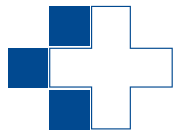


House CALLS



A Publication of Houston Healthcare

April - May - June 2023

Upcoming EVENTS

Senior Camp 2023: Spice Up Your Health

Break up your routine and spice up the day-to-day grind at Senior Camp! Whether you are looking to find new ways to look at old habits, or start new activities and interests, you can feel refreshed and reinvigorated about your health with a little help from Houston Healthcare. This event promotes ways to include good health practices into your everyday schedule. Community vendors on site. Cost is \$5 per person and includes lunch and a gift. For tickets, call (478) 923-9771.

📅 **Wednesday, April 26**

Registration and visit vendors: 8:30 - 9:30 am

Program and lunch: 9:30 am - 1 pm

Cary W. Martin Conference Center

Sonny Watson Health Pavilion — W3 Entrance

233 North Houston Road, Warner Robins

Food Feature Cooking Demonstration

This adult cooking class features a signature staple food that promotes good health. Cooking demonstration focuses on preparing and cooking with highly nutritious whole food items to enhance your overall wellbeing. Recipes will be provided so you can make again at home. A tasting of all recipes prepared will follow the cooking demonstration. Program is FREE with pre-registration.

📅 **Thursday, May 11**

10 am - 12 noon

Sonny Watson Health Pavilion — EduCare

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Caregiver Conference

In Houston County, 23% of adults provide care or assistance to a friend or family member who has a health problem, long-term illness, or disability. This one-day conference encourages successful caregiving by providing information and resources available in our community to support you. Local agencies will be on-site to share resource information. Lunch will be provided. Event is FREE with pre-registration.

📅 **Wednesday, June 14**

9:30 am - 1:30 pm

Doors open for registration and vendors at 8:30 am

Cary W. Martin Conference Center

Sonny Watson Health Pavilion — W3 Entrance

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Family Cooking School

Learn to prepare and cook healthy meals together as a family! "Hands-on" cooking stations allow families to experience ways to use food to promote healthy families. Children age 8 and over welcome to participate with at least one adult represented per family. Limit 5 participants per family station. Class is FREE with pre-registration.

📅 **Thursday, June 22**

5:30 - 7:30 pm

Sonny Watson Health Pavilion — EduCare

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Join the Conversation at ...



Houston Healthcare Celebrates Opening of Houston Internal Medicine Associates

Houston Healthcare, in conjunction with the Robins Regional Chamber of Commerce, recently hosted a Ribbon Cutting and Open House for its newly opened physician practice **Houston Internal Medicine Associates**. In addition to tours, the event offered the opportunity for attendees to meet the staff, including board-certified internal medicine physician **Dylan Carroll, MD**.

Houston Internal Medicine Associates provides wellness care and the diagnoses and treatment of all adult diseases. When long-term internal medicine physician

Richard Smith, MD, retired, **Houston Healthcare** leased the office space and placed **Dr. Carroll** into the newly created **Houston Internal Medicine Associates** practice to address the needs of Houston County's rapidly growing population. The building, containing eight exam rooms and an in-house laboratory, has been renovated and remodeled.

Houston Internal Medicine Associates is located at 1260 Russell Parkway in Warner Robins. **Dr. Carroll** is accepting new patients. Call (478) 352-8880 to schedule an appointment.



"We have many great physicians in Houston County, but there is a shortage of primary care doctors industry wide. The creation of Houston Internal Medicine Associates aligns with Houston Healthcare's mission to provide patient-focused, high-quality, cost-effective services to the communities we serve."

Charles Briscoe, President and Chief Executive Officer for Houston Healthcare

Houston Healthcare Recruiting for Volunteers

Patient care doesn't just happen in a hospital room.

It occurs from the moment a patient steps foot onto one of Houston Healthcare's campuses.

Volunteers at **Houston Healthcare** provide assistance throughout our facilities in numerous ways. They are welcoming faces for our patients and their families, as well as other visitors to our campuses. They also provide assistance such as obtaining a wheelchair for a visitor with mobility issues, to providing directions to loved ones needing to be at a patient's bedside. **Houston Healthcare** volunteers provide that caring touch that is just as important as the clinical care a patient receives while in the hospital.

According to **Patty Callahan**, Supervisor of Volunteer Services for **Houston Healthcare**, the Volunteer program is a way to stay connected to people. "Our Volunteers are a network of community members that have retired or are in need of social activity. They are a vital part of our hospitals. They work in the Gift shops to help with family needs, provide information to families and visitors, and assist people in navigating our facilities. Volunteering is more than just being here in our hospitals...it's a way to give service to others."

Houston Healthcare is looking for individuals who want to make a difference in their community. If you are interested or would like more information on becoming a Volunteer for **Houston Healthcare**, please call (478) 542-7753.



Houston Healthcare's Auxiliary recently donated 12 new wheelchairs for volunteers to use when helping transport patients throughout the hospital.


May is Stroke Awareness Month Know the Signs and Symptoms of Stroke

A stroke affects the arteries leading to and within the brain. According to the American Stroke Association, stroke is the fifth leading cause of death in the United States and a leading cause of disability. Fortunately, 80 percent of strokes are preventable.

"The right care — in the right amount of time — can lessen or completely reverse brain damage that stroke can cause. Treatments like 'clot-buster' medications and endovascular procedures work best if the stroke is recognized, diagnosed, and treated within three hours of the first symptoms," says **Francis Peed**, Director of Cardiovascular Services for **Houston Healthcare**.


The **Houston Healthcare Stroke Program** uses advanced telemedicine services to connect patients to highly trained Stroke Specialists in the Marcus Stroke Network, which is affiliated with the Grady Health System, for rapid evaluation and treatment of acute stroke.


By participating in the Georgia Coverdell Acute Stroke Registry and the American Stroke Association's "Get with the Guidelines" program, **Houston Healthcare** ensures high quality stroke care from rapid evaluation and treatment to inpatient management, rehabilitation, and prevention. **Houston Healthcare-Warner Robins** is an accredited Primary Stroke Center and **Houston Healthcare-Perry** is an accredited Acute Stroke Ready Center.


 American Stroke Association
 Together to End Stroke™


SPOT A STROKE™

F.A.S.T.

- 

FACE Drooping
- 

ARM Weakness
- 

SPEECH Difficulty
- 

TIME to Call 911

Learn more at stroke.org

"Our community is fortunate to be able to receive specialized stroke care close to home through the Houston Healthcare Stroke Program."

Francis Peed, Director of Cardiovascular Services for Houston Healthcare

Statement of Nondiscrimination

Houston Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: Language assistance services, free of charge, are available to you. Call 478-975-5662 (Houston Healthcare Warner Robins) or 478-218-1635 (Houston Healthcare Perry).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 478-975-5662 (Houston Healthcare Warner Robins) o 478-218-1635 (Houston Healthcare Perry).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 478-975-5662 (Houston Healthcare Warner Robins), 478-218-1635 (Houston Healthcare Perry) 번으로 전화해 주십시오.

EduCare CALENDAR

Join the Conversation at ...



Research shows that people who receive education and support and who practice healthy habits have decreased medical costs and improved health. EduCare offers a variety of classes tailored to meet specific health needs. Our classes are free or low cost as a service for you. If you have any questions regarding our classes or overall services provided by Houston Healthcare, call us at (478) 923-9771. You may also sign up for our classes online at www.hhc.org/calendar.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management

Knowing your numbers can help make changes to protect your heart. Learn how by developing a heart healthy lifestyle.

📍 **Wednesday, May 17**

5:30 - 7:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

Help for the Heart: Heart Failure Education

A program designed for persons with congestive heart failure to become a more active part of improving their overall health. Caregivers or support persons are encouraged to attend.

📍 **Wednesday, April 12, June 21**

1 - 3 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

Healthy Living for Life

Weight control, healthy eating, exercise, and stress reduction are the most effective ways to reduce your risk for chronic diseases. Learn healthy habits for life with a different topic each week.

📍 **Tuesdays**

Weight-in: 4:30 - 5 pm

Class: 5 - 6 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 for more information.

Critical Conditions/Advance Directives

Call our Life Choices Team for free assistance in preparing an Advance Directive. *Houston Healthcare-Warner Robins* - (478) 975-5346 or *Houston Healthcare-Perry* - (478) 218-1626.

Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line today - a free and effective service available from your own phone. The services are available at no-cost to Georgia adults, pregnant women, and teens (ages 13 and older). Call the toll-free number or visit the website: <https://dph.georgia.gov/ready-quit>.

1-877-270-7867 (English)

1-855-DEJELLO-YA (Spanish)

For Hearing Impaired: TTY services: 1-877-777-6534

DIABETES MANAGEMENT

Diabetes Nutrition and Meal Planning Class

For individuals with pre-diabetes or diabetes who need a nutrition review. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Diabetes Exercise Program

An exercise program designed specifically for adults with diabetes.

📍 **Monday, Wednesday and Thursday**

Between the hours of 8 am and 6 pm

Houston Healthcare-Warner Robins, Health Connections
1601 Watson Boulevard, Warner Robins

Call (478) 322-5143 for more information and program fees.

Diabetes Prevention Program: You Can Make a Change for Life

The National Diabetes Prevention Program, developed by the CDC, can help you make changes for life. Group meets for a year-long program with a trained Lifestyle Coach. For more information, call (478) 923-9771.

Diabetes Self-Management Education Course

Recognized by the American Diabetes Association, this 10-hour course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, a nutrition class with a Registered Dietitian, and two comprehensive skill classes. A physician referral is required. Call (478) 923-9771 or fax referral to (478) 975-6776.

MATERNAL/CHILD

Breastfeeding Made Simple – Part 1

This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn.

📍 **Wednesday, April 12, May 3, June 7**

6:30 - 8:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

Breastfeeding Make Simple – Part 2

Follow-up to Part 1. Join this class to learn about milk production, pumping, milk storage and safety.

📍 **Wednesday, April 19, May 10, June 14**

6:30 - 8:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

Baby Care Boot Camp

This class is an introduction to caring for a newborn and covers a variety of topics from infant health and safety to caring for fussy babies. Participants will learn baby care essentials.

📍 **Tuesday, May 2 or Wednesday, May 24; Thursday, June 29**

6 - 8:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

Prepared Childbirth Series

Classes designed for the expectant family to make informed decisions about their birth experience. Support persons are encouraged to attend.

📍 **Tuesday 4-week series begins May 9 or June 6**

6:30 - 8:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

Gestational Diabetes Education Program

The program includes a detailed initial assessment with a Registered Nurse and nutritional instruction with a Registered Dietitian. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Super Sibling Class

A class for new brothers and sisters to prepare for a baby's arrival! For children ages 3 to 10. A parent is required to attend with their children.

📍 **Wednesday, May 17**

6:30 - 7:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

GRANDparenting

Grandparents play a special and important role in every family. This class provides up-to-date information related to baby-care and safety issues.

📍 **Wednesday, June 21**

6:30 - 8:30 pm

Sonny Watson Health Pavilion — EduCare
Call (478) 923-9771 to pre-register.

EXERCISE & MOVEMENT

SeniorCare

Exercise and health talk options to promote wellness of mind, body and spirit for senior adults. Movement options for chair, standing and other modifications provided throughout sessions by trained instructors. **All exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling (478) 975-6752.**

📍 **Perry SeniorCare:** Every Monday and Wednesday (10 am) at Rozar Park. Mini-fitness assessment provided on the 3rd Wednesday of each month includes blood pressure/BMI screenings before class and health talk after.

📍 **Pavilion SeniorCare:** Every Monday and Wednesday (8:30 am) at Sonny Watson Health Pavilion-Main Hallway. Mini-fitness assessment on the 3rd Monday of each month includes blood pressure/BMI screenings before class and health talk after.

A Matter of Balance (AMOB)

In partnership with Middle Georgia Area Agency on Aging, Houston Healthcare offers AMOB to improve flexibility, balance and strength to reduce falls. These 2-hour classes meet 2 times per week for 4 weeks. Participants should be age 60 or older and able to problem-solve.

Sonny Watson Health Pavilion — EduCare
Call (478) 975-6752 to pre-register.

Walk with Ease

An Arthritis Foundation-approved program that promotes regular walking as the easiest and safest way to get needed cardiovascular exercise. This 6-week program meets 3 times a week. Pre-registration is required.

Sonny Watson Health Pavilion — EduCare
Call (478) 975-6752 to pre-register.

Tai Chi

Led by a certified instructor, these one hour classes use gentle movements to relieve pain, reduce falls, and improve quality of life. Call for more information and to pre-register.

Sonny Watson Health Pavilion — EduCare
Call (478) 975-6752 to pre-register.

ACCIDENT PREVENTION

AARP Driver Safety Program

A comprehensive driving course designed to update drivers of all ages on the knowledge and skills of driving. Upon course completion, you could be eligible to receive an insurance discount (contact your agent for details). Cost is \$20 for AARP members and \$25 for non-members.

📍 **Monday, April 24; Wednesday, May 17; Monday, June 26**

9 am - 3:30 pm

Sonny Watson Health Pavilion — EduCare s

To register, visit AARPDiversSafety.org.

SUPPORT GROUPS

Alzheimer's Education and Support Group

📍 **Thursday, April 27, May 25, June 22**

6:30 pm

Centerville Library

206 Gunn Road, Centerville

📍 **Monday, April 17, May 15, June 19**

2 pm

First Presbyterian Church

1139 Watson Blvd, Warner Robins

Better Breathers Club

PERRY:

📍 **Tuesday, April 4, May 2, June 6**

12 pm

Houston Healthcare-Perry — Dining Conference Room

WARNER ROBINS:

📍 **Thursday, April 6, May 4, June 1**

12 pm

Houston Healthcare-Warner Robins

Northwest Tower Lobby Conference Room

Diabetes Support Group

WARNER ROBINS:

📍 **Wednesday, April 5, May 3, June 7**

1 - 2 pm

Sonny Watson Health Pavilion — EduCare

PERRY:

📍 **Tuesday, April 11, May 9, June 13**

12 - 1 pm

Houston Healthcare-Perry — Dining Conference Room

Stroke Support

📍 **Monday, April 3, May 1, June 5**

6 - 7 pm

Sonny Watson Health Pavilion — EduCare

Multiple Sclerosis Support Group

📍 **Thursday, April 13, May 11, June 8**

6:30 pm

Houston Healthcare-Warner Robins

Northwest Tower Lower Lobby, Classroom 2

Call Lisa King (478) 396-9702 for more information.

Heart of Georgia Hospice Bereavement Support Group

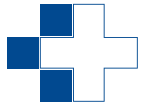
📍 **Thursday, April 20, May 18, June 18**

6:30 pm

McCullough Funeral Home Farmhouse

417 South Houston Lake Road, Warner Robins

Call (478) 953-5161 for more information.



HOUSTON HEALTHCARE

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Warner Robins, Georgia 31093*

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*Continuing to bring the most innovative advances in
healthcare technology to our community.*

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