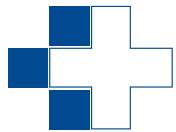


House CALLS



A Publication of Houston Healthcare

January - February - March 2024



Upcoming EVENTS

New Year New You: Community Campfire

Gather around and learn what you can do to enhance your health for life as you begin another year. Wear comfortable shoes and clothes as this will be an interactive program. **Event is free with advance ticket.** Call EduCare at (478) 923-9771 for more information.

Wednesday, January 10

8:30 - 9 am: Screenings (BMI, Blood Pressure, Blood Glucose)

9 am - 1 pm: Program with lunch provided

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion – W3

233 North Houston Road, Warner Robins

Annual Red Luncheon

Take your lunch break with Houston Healthcare and learn about resources available in our community for preventing and managing heart disease. Together we can prevent and increase survival from heart disease-related complications. **Tickets are \$15 each and must be purchased in advance.** Call EduCare at (478) 923-9771 to purchase.

Thursday, February 15

11:30 am - 1 pm (lunch provided)

Doors open at 11 am

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion – W3

233 North Houston Road, Warner Robins

Tickets must be presented at door for admittance.

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. A tasting of all recipes prepared will follow the demonstration. Pre-registration required.

Thursday, February 8

10 am - 12 pm

Roy H. "Sonny" Watson Health Pavilion – EduCare

233 North Houston Road, Warner Robins

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

Family Cooking School

Recipe features staple spices and pantry items for easy assembly of meal for families on the go. "Hands-on" cooking stations allow families to experience ways to use foods you may already have as well as learn how to add new foods that 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, March 7

5:30 - 7 pm

Roy H. "Sonny" Watson Health Pavilion – EduCare

233 North Houston Road, Warner Robins

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

Join the Conversation at ...



Houston Healthcare Offering Quality Healthcare in Bonaire

Houston Healthcare is pleased to meet the healthcare needs of the growing Bonaire community with the opening of a new medical office building. The new location boasts 16 private exam rooms with future plans to include imaging and laboratory services on site.

The **Houston Healthcare Medical Office Building – Bonaire** is located at 127 Old Highway 96, across the street from Bonaire Elementary School. On November 1, 2023, the facility became home to two **Houston Healthcare** physician practices- **Houston Family Care at Bonaire** and **Houston Physicians for Women**.

Board-certified family medicine physician **Peter Izzo, MD**, and certified nurse practitioner **Christy Gonzalez, NP-C**, provide

comprehensive primary care for patients aged 12 and up at **Houston Family Care at Bonaire**.

Established OB/GYN practice, **Houston Physicians for Women**, expanded its services to Bonaire with a second office location inside the **Houston Healthcare Medical Office Building – Bonaire**. Providers include board-certified OB/GYN physicians **Thekkepat Sekhar, MD**; **Sarah Stanescu, MD**; and **Vijaya Vella, MD**, as well as certified nurse practitioner **Lou Hollar, NP-C**, and certified nurse midwife **Blayne Haley, FNP-C, CMN**.

Both practices are excited to be in Bonaire and are welcoming new patients. Call today to schedule an appointment.



Houston Healthcare President and Chief Executive Officer, Charles Briscoe, did the honors of cutting the ribbon to officially open the new Houston Healthcare Medical Office Building located in Bonaire.

Houston Healthcare Medical Office Building – Bonaire

Houston Physicians for Women
127 Old Highway 96, Suite A
Bonaire, Georgia 31005
(478) 922-9944

Houston Family Care at Bonaire
127 Old Highway 96, Suite B
Bonaire, Georgia 31005
(478) 352-7143

Get to Know Our Primary Care Physicians

Houston Healthcare employs four talented and caring Primary Care providers who are currently accepting new patients.

Andrew Wang, DO

Houston Family Care at Perry

Education: Dr. Wang earned his medical degree at A.T. Still University School of Osteopathic Medicine in Kirksville, MO, and completed his residency at Houston Healthcare in Warner Robins, GA. He is board-certified by the American Osteopathic Board of Family Physicians.

What he loves about Family Medicine: “There is a wide variety of people I get to see and problems I get to solve.”

Why he chose Houston Healthcare: “They allow me to focus solely on patient care.”

Dylan Carroll, MD

Houston Internal Medicine Associates

Education: Dr. Carroll earned his medical degree from Trinity School of Medicine in Saint Vincent and the Grenadines and completed his residency at Parkview Hospital in Pueblo, CO. He is board-certified by the American Board of Internal Medicine.

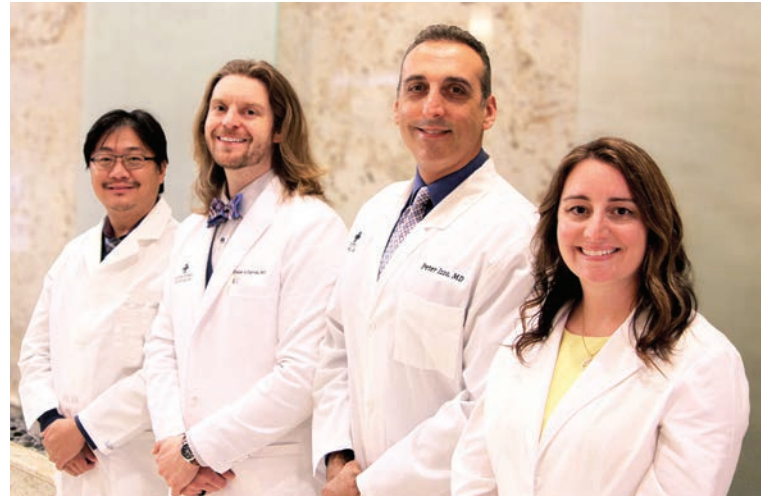
What he loves about Family Medicine: “I love learning and problem solving, and Internal Medicine offers the breadth and depth of knowledge to keep me constantly engaged.”

Why he chose Houston Healthcare: “From the very first interaction with the recruiter, I felt like I would be part of a close-knit community wherein I could grow and help make a difference.”

Peter Izzo, MD

Houston Family Care at Bonaire

Education: Dr. Izzo attended Ross University School of Medicine in the West Indies and earned his medical degree from the American University of Antigua College of Medicine in the West Indies. He completed his residency at Memorial Health University in Savannah, GA. He is board-certified by the American Board of Family Medicine.



Pictured (l to r) Andrew Wang, DO; Dylan Carroll, MD; Peter Izzo, MD; and Christy Gonzalez, NP-C.

What he loves about Family Medicine: “I am on the front lines of medicine and there is so much variety. I have the opportunity to treat generations of families.”

Why he chose Houston Healthcare: “It’s a supportive, close-knit hospital with many opportunities.”

Christy Gonzalez, NP-C

Houston Family Care at Bonaire

Education: Christy completed her Master of Science in Nursing at Georgia College and State University. She is a board-certified Family Nurse Practitioner by the American Academy of Nurse Practitioners.

What she loves about Family Medicine: “I get to know my patients and develop relationships while caring for their physical and mental needs. Family medicine challenges me because every patient is different.”

Why she chose Houston Healthcare: “It is patient-focused and encourages the community to engage in wellness. I started as a patient care tech at the age of 19. The organization has always supported my professional development.”

Houston Healthcare Offers Three Convenient Locations for Primary Care

Houston Family Care at Perry

1057 Morningside Drive
Perry, Georgia 31069
(478) 218-1801

Andrew Wang, DO

Houston Internal Medicine Associates

1260 Russell Parkway
Warner Robins, Georgia 31088
(478) 352-8880

Dylan Carroll, MD

Houston Family Care at Bonaire

127 Old Highway 96, Suite B
Bonaire, Georgia 31005
(478) 352-7143

Peter Izzo, MD
Christy Gonzalez, NP-C

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 ...



EduCare offers a variety of classes tailored to meet specific health needs. Classes are free or low cost as a service for you. **All classes meet at the Roy H. "Sonny" Watson Health Pavilion EduCare classrooms unless noted otherwise.** To register, call (478) 923-9771 or visit at www.hhc.org/events.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management
 ☞ Wednesday, January 17, March 20
 5:30 - 7:30 pm

Help for the Heart: Heart Failure Education
 ☞ Wednesday, February 21
 1 - 3 pm

Healthy Living for Life
 ☞ Tuesdays
 Weigh-in: 4:30 - 5 pm | Class: 5 - 6 pm

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
 A free and effective service available from your own phone at no-cost to Georgia adults, pregnant women and teens (ages 13 and older).
<https://dph.georgia.gov/ready-quit>
 1-877-270-7867 (English)
 1-855-DEJALO-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
 The National Diabetes Prevention Program can help you make changes for life. Groups meet for a year-long program with a trained Lifestyle Coach. For more information, call (478) 923-9771.

Diabetes Self-Management Education Course
 American Diabetes Association Accredited 10-hour program designed to improve blood sugar control and decrease complications from diabetes. **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 a newborn.
 ☞ Wednesday, January 3 or January 31, March 6
 6:30 - 8:30 pm

Breastfeeding Make Simple – Part 2
 This class serves as a follow-up to instruct on milk production, pumping, milk storage and safety.
 ☞ Wednesday, January 10, February 7, March 13
 6:30 - 8:30 pm

Baby Care Boot Camp
 Introduction to caring for a newborn. Training covers a variety of topics from infant health and safety to new baby care essentials.
 ☞ Wednesday, January 17, February 21, March 20
 6 - 8:30 pm

Prepared Childbirth Series
 Designed for the expectant family to make informed decisions about their birth experience. Pregnant moms are encouraged to bring a support person. This class meets one night a week for 4 weeks.
 ☞ Tuesday series begins January 9 or January 30, February 20, March 19
 6:30 - 8:30 pm

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.

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 at EduCare or by calling (478) 923-9771.

☞ **Perry SeniorCare:** Every Monday & Wednesday (10 am) at Rozar Park. Mini-fitness assessment provided on the 2nd Monday of each month includes blood pressure/BMI screenings before class and health talk after.

☞ **Pavilion SeniorCare:** Every Monday & Wednesday (8:30 am) at Roy H. "Sonny" Watson Health Pavilion-Main Hallway. Mini-fitness assessment on the 2nd Wednesday of each month includes blood pressure/BMI screenings before class and health talk after.

A Matter of Balance
 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, ambulatory, and able to problem-solve.
 Call (478) 923-9771 to pre-register.

Walk with Ease
 This 6-week program meets 3 times a week. Pre-registration is required.
 Call (478) 923-9771 to pre-register.

Tai Chi
 One hour classes use gentle movements to relieve pain, reduce falls, and improve quality of life.
 Call (478) 923-9771 to pre-register.

NEW! Parkinson's Exercise Workshop
 Led by a certified instructor, this class focuses on strength, balance and muscle control. Class meets every Thursday for 6 week sessions. Support persons welcome. Call (478) 975-6752 to pre-register.

ACCIDENT PREVENTION

AARP Driver Safety Program
 Upon course completion, you could be eligible to receive an insurance discount (contact your agent for details). Cost is \$20 AARP members and \$25 for non-members. Make checks payable to AARP (no cash accepted).
 ☞ Tuesday, January 23, February 20, March 19
 9 am - 3:30 pm
 To register, visit AARPDiversSafety.org or call (478) 227-7198.

SUPPORT GROUPS

Alzheimer's Education and Support Group
 ☞ Thursday, January 25, February 22, March 28
 6:30 pm
 Centerville Library, 206 Gunn Road, Centerville
 ☞ Monday, January 15, February 19, March 18
 2 pm
 First Presbyterian Church, 1139 Watson Blvd, Warner Robins

Better Breathers Club
WARNER ROBINS:
 ☞ Thursday, January 4, February 1, March 7
 12 pm
 Houston Healthcare-Warner Robins
 Northwest Tower Lobby Conference Room

Diabetes Support Group
WARNER ROBINS:
 ☞ Wednesday, January 3, February 7, March 6
 1 - 2 pm
 Roy H. "Sonny" Watson Health Pavilion — EduCare

Faith Community Health Support
 ☞ Wednesday, January 3, February 7, March 6
 10:30 - 11:30 am
 Roy H. "Sonny" Watson Health Pavilion — EduCare

Heart of Georgia Hospice Bereavement Support Group
 ☞ Thursday, January 18, February 15, March 21
 6:30 pm
 McCullough Funeral Home Farmhouse
 417 South Houston Lake Road, Warner Robins
 Call (478) 953-5161 for more information.

Multiple Sclerosis Support Group
 ☞ Tuesday, January 9, February 13, March 12
 6:30 pm
 Roy H. "Sonny" Watson Health Pavilion — EduCare
 Call Lisa King (478) 396-9702 for more information.

Stroke Support
 ☞ Monday, January 8, February 5, March 4
 6 - 7 pm
 Roy H. "Sonny" Watson Health Pavilion — EduCare

All classes or support groups meet at the Roy H. "Sonny" Watson Health Pavilion unless noted otherwise in description. Call (478) 923-9771 to register for classes or for more information.



HOUSTON HEALTHCARE

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Warner Robins, Georgia 31093

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Primary Care You Can Trust Closer to Home.

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Dylan Carroll, MD
Peter Izzo, MD
Christy Gonzalez, NP-C



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New Patients Welcome!
Conveniently Located in Houston County, GA
Most Major Insurance Providers Accepted



HOUSTON HEALTHCARE