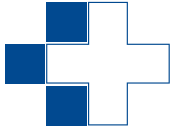


House CALLS



A Publication of Houston Healthcare

July-August-September 2022



Upcoming EVENTS

Kids in the Kitchen

Getting children involved in preparing their own meals is a great way to introduce them to new foods. This nutrition and cooking program encourages kids to eat healthy meals and snacks by providing them with hands-on learning. The program will also include food safety education. NOTE: Class is recommended for children ages 8 to 12. All children must be accompanied by an adult 18 years old or older. Class size is limited. Call (478) 923-9771 to register.

📅 **Tuesday, July 12**

10 am - 12 noon

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins

COOKING SCHOOL: Food Feature

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. Pre-registration is required as space is limited.

📅 **Wednesday, September 14**

10 am - 12 noon

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Diabetes Update for Healthcare Providers

Diabetes Update is an educational program intended for nurses, dietitians, providers, and pharmacists involved in providing education and support to patients with diabetes. Topics to be covered include: *Diabetes and Infectious Disease, Providing Diabetes Education to Your Patient, Obesity Implications for Diabetes and Pre-Diabetes, Managing Cardiovascular Health and Diabetes, and Exercise - the Foundations of Diabetes Management.* This program is approved for a total of 5.25 CEU hours by Houston Healthcare, an approved provider of continuing nursing education by the Alabama State Nurses Association. This program is sponsored by Houston Healthcare and Magnolia Coastlands Area Health Education Center (AHEC). There is no cost to attend and lunch will be provided. Participants must attend entire program to receive CEU credits. Healthcare students are welcome.

📅 **Wednesday, August 24**

9:30 am - 3:30 pm

Cary W. Martin Conference Center
Houston Health Pavilion - W3 Entrance
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Join the Conversation at ...



Houston Healthcare's National Diabetes Prevention Program Earns Recognition

Houston Healthcare recently earned Recognition PLUS status from the Centers for Disease Control and Prevention (CDC) for its national diabetes prevention program. This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all the standards for CDC recognition and additional retention thresholds.

All participants who have completed the program through **Houston Healthcare's EduCare** department have decreased their Hgb A1C from the pre-diabetic range to normal levels by applying the interventions learned.

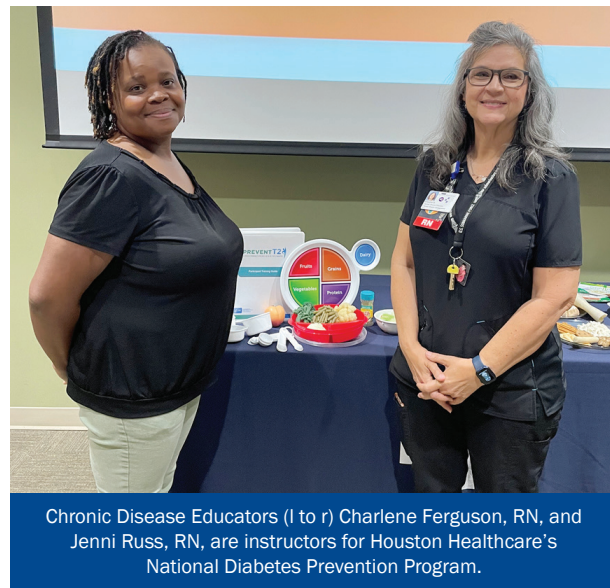
"I recently saw a group participant from last year's graduating class while out shopping. His grocery cart was full of healthy food options. He is still using what he learned from the program to keep his numbers on track," states **Jenni Russ, RN**, Chronic Disease Educator with **Houston Healthcare's EduCare** program.

"When participants have a clear WHY and see the improvements in their lab values, they are motivated to continue discovering wellness tools that work for them."

Jenni Russ, RN, Chronic Disease Educator for Houston Healthcare

In 2010, the CDC developed a research-based program to address the growing concerns of diabetes. The National Diabetes Prevention Program showed

that people with pre-diabetes who take part in a structured lifestyle change program could cut their risk of developing Type 2 diabetes by 58 percent. That increases to 71 percent for people over the age of 60. In addition, this program showed to be



Chronic Disease Educators (l to r) Charlene Ferguson, RN, and Jenni Russ, RN, are instructors for Houston Healthcare's National Diabetes Prevention Program.

almost twice as effective as Metformin at preventing or delaying diabetes — making it a cost-effective and accessible option to all populations.

"You and your colleagues should be extremely proud of this accomplishment. It is programs like yours that are turning the tide in the fight against the epidemic of Type 2 diabetes. Thank you for all that you are doing and for your commitment to reducing the preventable burden of diabetes in the U.S.," said Miriam T. Bell, MPH, Team Lead for the National Diabetes Prevention Program for the CDC.

Houston Medical Center and Perry Hospital Receive Stroke Center Certifications

Houston Healthcare has received stroke center certifications from the Georgia Department of Public Health's Office of Emergency Medical Services and Trauma for **Houston Medical Center** and **Perry Hospital**. The certifications are in recognition for their commitment to excellence in providing emergency stroke care to the community.

Houston Medical Center has been designated as a *Primary Stroke Center* while **Perry Hospital** has been designated as a *Remote Treatment Stroke Center*.

According to the Georgia Department of Public Health, improving the survival rates from strokes in Georgia is "exceedingly important and is in keeping with the Public Health's desire to protect and improve the health and lives of individuals throughout the state."

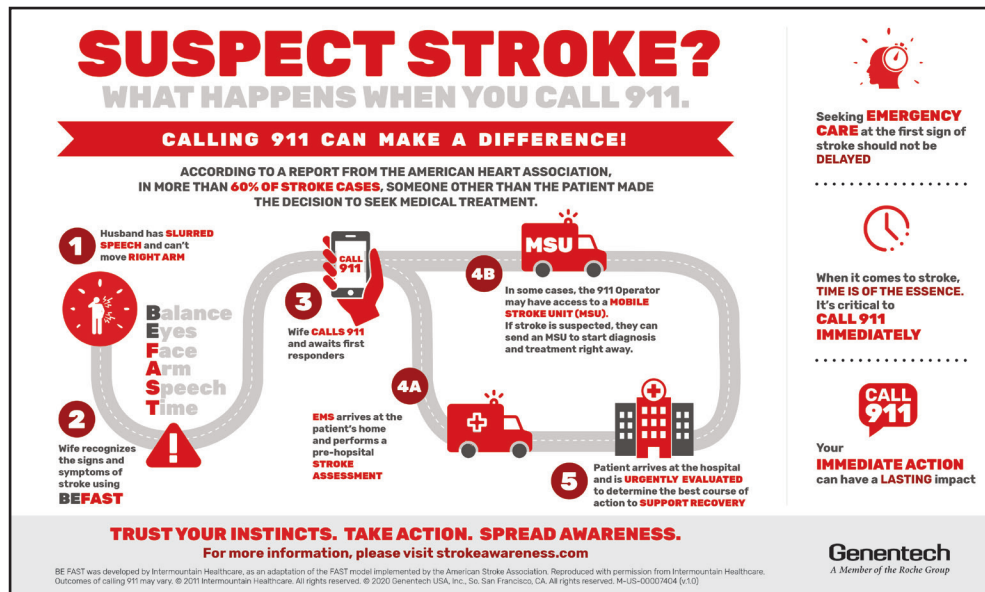
"We believe that improving emergency stroke care throughout Georgia can best be achieved by adopting a 'systems approach' to care. [**Houston Medical Center** and **Perry Hospital**] have become an integral part of a growing emergency stroke care

system throughout the state," says Kathleen E. Toomey, MD, MPH, Commissioner and State Health Officer with the Georgia Department of Public Health.

According to the National Stroke Association, stroke is a leading cause of death, killing nearly 130,000 people each year. It is also a leading cause of serious, long-term adult disability. Because stroke affects blood flow to the brain, rapid and effective treatment can save lives and provide the best chance of limiting the extent of long-term damage.

"These certifications let our

community know that **Houston Healthcare** has the resources and commitment to provide the best possible emergency stroke care," says **Kevin Rowley**, Public Information Officer for **Houston Healthcare**. "It's a combination of the right equipment, staff, and training to quickly assess and treat strokes. This includes the ability to efficiently transfer patients in the rare instances they require treatment beyond our capabilities."



Caregiver Conference

Approximately 23% of Houston County residents act as a caregiver to a friend or relative. Take time to refresh with support from community services and educational information to better equip you to be a caregiver to others.

Wednesday, July 27 | 10 am - 2 pm

(Doors open at 9 am)

Program and lunch are free with registration. Resource vendors will be on site.

Cary W. Martin Conference Center

Houston Health Pavilion (W3 Entrance) | 233 North Houston Road, Warner Robins

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

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 Medical Center) or 478-218-1635 (Perry Hospital).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 478-975-5662 (Centro Médico de Houston) o 478-218-1635 (Hospital de Perry).
Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 478-975-5662 (Houston Medical Center), 478-218-1635 (Perry Hospital) 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

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. Knowing your cholesterol numbers and how they relate to coronary artery disease can help you make changes to protect your heart. Research has linked inflammation to nearly every critical chronic disease. Learn how to protect your heart by developing a heart healthy lifestyle.

📍 **Wednesday, July 6, September 7**
6 - 7:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Help for the Heart: Heart Failure Education

An education program designed to improve the quality of life for persons with congestive heart failure. Taught by a multidisciplinary team of healthcare professionals, educational topics include *Understanding Heart Failure, Nutrition, and Medications*. Join us for this free program to become a more active part of improving your overall health. Caregivers or support persons are also encouraged to attend.

📍 **Wednesday, August 17**
1 - 3 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
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 such as heart disease, diabetes and some cancers. This free, ongoing class will teach you healthy habits for life with a different topic each week. Topics include strategies for improving weight management, nutrition, exercise and stress reduction.

📍 **Every Tuesday**
Weigh-in (optional): 5 pm
Class: 5:30 - 6:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Critical Conditions/Advance Directives

Do your loved ones know—really know—how much or how little life-extending care you would want at the end of life? Don't leave them wondering. Having a family conversation is the most loving thing you can do to make your wishes known. Call our Life Choices Team for free assistance in preparing an Advance Directive. *Houston Medical Center* - (478) 975-5346 or *Perry Hospital* - (478) 218-1626.

Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line today - a free and effective service available from your own phone. Tobacco use is a major cause of lung cancer and other types of cancer, heart disease and chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema. It also contributes to asthma, diabetes and pregnancy complications. Tobacco cessation assistance is provided by highly trained coaches. The services are available at no-cost to Georgia adults, pregnant women, and teens (ages 13 and older). To learn more about the Georgia Tobacco Quit Line, please 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 Support Group

For adults with diabetes and their support system. Meetings are led by a Diabetes Educator with Houston Healthcare. Caregivers and support persons are encouraged to attend.

📍 **Wednesday, July 6, August 3, September 7**
1 - 2 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins

Diabetes Exercise Program

An exercise program designed specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to nutrition and medication.

📍 **Monday, Wednesday and Thursday**

Between the hours of 8 am and 6 pm
Health Connections - located inside Houston Medical Center
1601 Watson Boulevard, Warner Robins
Call (478) 322-5143 for more information and program fees.

Diabetes Nutrition and Meal Planning Class

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

Diabetes Prevention Program: You Can Make a Change for Life

Did you know YOU can stop the progression and prevent a diabetes diagnosis? The CDC-researched National Diabetes Prevention Program can help you make changes for life. This free program helps you learn how to change your lifestyle to prevent Type 2 diabetes. Groups meet for a year-long program with a trained Lifestyle Coach. For more information, call (478) 923-9771.

Diabetes Self-Management Education Course

Houston Healthcare's Diabetes Self-Management Education Program has earned National Recognition by the American Diabetes Association. The course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, nutrition class with a Registered Dietitian, and two comprehensive skill classes. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Reset: Path to Reversing Pre-Diabetes

Reset is for individuals that have been diagnosed with pre-diabetes or are at risk of developing Type 2 diabetes. A trained Lifestyle Coach provides the tools needed to reset your blood sugar with lifestyle changes that prevent or delay the onset of Type 2 diabetes. Enrollment options for the National Diabetes Prevention Program are also provided. For more information, call (478) 923-9771.

MATERNAL/CHILD

Breastfeeding Made Simple - Part 1

This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn. Learn about the proper latch, various feeding positions, infant feeding cues, guidelines for frequency and duration of feedings, and much more!

📍 **Wednesday, July 6, August 3, September 7**
6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Breastfeeding Make Simple - Part 2

Join this class to learn about milk production, pumping, milk storage and safety. This class serves as a follow up to the initial Breastfeeding Made Simple class.

📍 **Wednesday, July 20, August 10, September 14**
6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Baby Care Boot Camp

This class is an introduction to caring for a newborn. Participants will learn baby care essentials including bathing, diapering, feeding, healthy sleeping and eating patterns, cord care, and much more. This free class provides education as well as an opportunity to ask questions or discuss concerns.

📍 **Tuesday, August 9, September 13**
6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Gestational Diabetes Education Program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. 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.

Prepared Childbirth Series

These classes are designed for the expectant family to make informed decisions about their birth experience. Topics include stages of labor, birth, potential medical interventions, comfort measures, and maternal care after delivery and a tour of the Women's Center. Pregnant moms are encouraged to bring a support person. This free class meets one night a week for four weeks. Call (478) 923-9771 for more information or to register.

📍 **Tuesday 4-week series begins July 12 and August 16**
6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins

Super Sibling Class

A class for new brothers and sisters to prepare for a baby's arrival! Includes a "Super Sibling" movie, basic baby care, infant safety, and a snack. For children ages 3 to 10. A parent is required to attend with their children.

📍 **Wednesday, July 27, September 21**
6:30 - 7:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

GRANDparenting

Grandparents play a special and important role in every family. This class provides up-to-date research and information related to child-rearing and baby-care issues. Topics include information on home and infant safety, stages of development, schedules and routines, and a car seat overview for newborns through 3 years old.

📍 **Wednesday, August 17**
6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

EXERCISE & MOVEMENT

Senior Exercise

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. Once a month, a mini-fitness assessment that includes weigh-in, blood pressure screenings and health talk provided for all participants. **All senior exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling (478) 923-9771.**

📍 **Perry SeniorCare:** Monday and Wednesday (10 am) at Rozar Park includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment provided on the 2nd Wednesday of each month includes health talk and snack to follow.

📍 **Pavilion SeniorCare:** Each Monday and Wednesday (8:30 am) at Houston Health Pavilion. Includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment on the 2nd Monday of each month includes health talk and snack to follow.

FAITH COMMUNITY NURSING

Houston Healthcare supports Faith Community Nurses that provide health screenings and health education to their faith communities. Houston Healthcare serves as a resource center for area churches wanting a health ministry by providing health educational materials and training for healthcare professionals in the church family who are willing to provide this service. Members meet once a month to learn specific health-related concerns and find connection to community resources. Call (478) 923-9771 for more information.

SUPPORT GROUPS

Stroke Support

Stroke survivors face unique sets of physical and emotional challenges. Topics include health education, community resources and support options for stroke survivors and their families. Interact with other individuals and families facing similar challenges to navigate stroke deficits, promote independence, as well as prevent future strokes. For more information, call (478) 923-9771.

📍 **Monday, July 11, August 1, September 12**
6 - 7 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins

MS Support Group

📍 **Thursday, July 14, August 11, September 8**
6:30 pm

Houston Medical Center, Lower Lobby, Classroom 2
1601 Watson Boulevard, Warner Robins
Call Lisa King (478) 396-9702 for more information.



HOUSTON HEALTHCARE

1601 Watson Boulevard
Warner Robins, Georgia 31093

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Mark Your Calendars!

Saturday, September 17

5K - 8:30 am | Fun Run - 9:30 am

Onsite registration starts at 8 am

Wellness Expo | 10 am - 2 pm

Houston Health Pavilion

233 North Houston Road, Warner Robins

Join us for a day of health and family fun!

*Health Screenings • Food Trucks • Giveaways
Inflatables for the Kids • And More!*



5K
FUN RUN | WELLNESS
EXPO



For more information and to register for the 5K/Fun Run, visit: <http://ow.ly/bl1050Jmw3C>