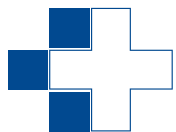


House CALLS



A Publication of Houston Healthcare

April-May-June 2022



Upcoming EVENTS

Stroke Support Meet and Greet

Each stroke survivor faces a unique set of physical and emotional challenges. The warmth, acceptance and emotional support from a support group can often be the key to uncovering hidden strengths. 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. Group meets first Monday of every month. Call (478) 923-9771 for more information.

➤ Mondays, April 4, May 2, June 6

6 - 7 pm

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, May 11

10 am - 12 noon

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

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

COOKING SCHOOL: Family Cooking School Series

Make dinner with us! Learn to prepare and cook healthy meals together as a family! Recipes feature staple spices and pantry items for easy assembly of meals 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 are welcome to participate with at least one adult represented per family. Limit 5 participants per station. Pre-registration is required. Must be able to attend all four Monday/Wednesday classes in the series.

➤ Monday & Wednesday, June 6, 8, 13, 15

5:30 - 7:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

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

Join the Conversation at ...



Stroke Education: Know the Signs and Symptoms

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

The brain controls many different functions in the body. When someone has a stroke, a part of their brain cannot get the blood and oxygen it needs to function because a blood vessel is either blocked by a clot or has ruptured. When this happens, the affected brain cells die. When brain cells die, the bodily functions controlled by those brain cells no longer work normally.

There are three different types of strokes. *Ischemic strokes*, or clots, occur when a blood vessel that supplies blood to the brain becomes blocked. Approximately 87 percent of strokes are caused by clots. *Hemorrhagic strokes*, or bleeds, happen when a weakened blood vessel ruptures. Most hemorrhagic strokes are caused by high blood pressure. *TIAs*, or *Transient Ischemic Attacks*, are often called mini-strokes because they are caused by a serious, but temporary clot. TIAs are the early warning signs of a stroke and require immediate medical attention to prevent an acute stroke.

"The right care—in the right amount of time—can lessen or completely

reverse brain damage that stroke can cause," explains **Francis Peed**, Director of Cardiovascular Services for **Houston Healthcare**. "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. Patients that do not arrive at a hospital within that timeframe may not be eligible for treatment and their outcomes will not be as good as we would hope for. Our community is fortunate to be able to receive

specialized stroke care close to home through the **Houston Healthcare Stroke Program**."

The **Houston Healthcare Stroke Program** uses advanced telemedicine services to connect our patients to highly trained Stroke Specialists in the Marcus Stroke Network, which is affiliated with 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 Medical Center** is an accredited Primary Stroke Center and **Perry Hospital** is an accredited Acute Stroke Ready Center.

WHEN IT COMES TO STROKE,
BE FAST CALL 911

Any one of these sudden **SIGNS** could mean a **STROKE**

- Balance**
Loss Of Balance, Dizziness
- Eyes**
Vision Changes
- Face**
Facial Drooping, Severe Headache
- Arms**
Weakness, Numbness
- Speech**
Trouble Speaking, Confusion
- Time**
To Call 911

specialized stroke care close to home through the **Houston Healthcare Stroke Program**."

The **Houston Healthcare Stroke Program** uses advanced telemedicine services to connect our patients to highly trained Stroke Specialists in the Marcus Stroke Network, which is affiliated with 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 Medical Center** is an accredited Primary Stroke Center and **Perry Hospital** is an accredited Acute Stroke Ready Center.

Houston Healthcare's Athletic Training Program Focuses on Keeping Student Athletes Safe

Sports-related injuries are a serious health concern for young athletes. It is estimated that every 25 seconds a young athlete suffers a sports injury severe enough to warrant a trip to the Emergency Room.

Houston Healthcare's Athletic Training program is designed to keep local high school student athletes safe by providing onsite care during practice and sports competitions. Available to all high schools in Houston County free of charge, five full time Certified Athletic Trainers serve as health care liaisons for student athletes, their coaches, physicians, and parents.

Led by **Mike Edgar**, Sports Medicine Manager for **Houston Healthcare**, the athletic trainers work in the schools by attending daily practices, weight training and conditioning sessions, as well as sporting events throughout the school year. Additionally, they provide health education to local

coaches, athletic directors, students, and parents on a variety of topics, including sports safety, preventive and wellness measures, and treatment of minor injuries. In the event of an injury, the athletic trainers also serve as health care liaisons between the student athletes and local physicians by coordinating appointments and administering treatment plans.

According to **Edgar**, student safety is always top priority for the athletic trainers. "Keeping the students safe so they can practice and play their sport is literally our job," he explains. "When a student is injured, we immediately contact the team doctor so we can make quick referrals to orthopedic specialists without the normal wait time. The relationship our athletic trainers have with our local physicians means your student's sports-related injuries are treated quickly to allow for faster healing."

Edgar adds the students are not the only ones benefiting from the expertise of the trainers. "With the athletic trainers in the schools, the coaches are free to coach because they don't have to worry about making the injury assessments anymore," he adds. "We also alleviate some stress from the students' parents. They are more secure knowing that the trainers are there to keep their children safe during practice, as well as during the games."



Athletic trainers plan and implement programs to prevent injury and illness for athletes.

All of **Houston Healthcare's** athletic trainers are certified through the National Athletic Trainers Association (NATA) and are licensed athletic trainers in the state of Georgia. Staff members include **Mike Edgar**, who serves Veterans High School; **Mike Pike**, who serves Perry High School; **Mike Minicozzi**, who serves Houston County High School; **Vonnie Hitchcock**, who serves Northside High School; and **Travis Polk**, who serves Warner Robins High School.

"The Athletic Training program is a prime example of how serious Houston Healthcare is in its commitment to improving the health and wellness of people in our community. We are proud to have this partnership with the Houston County Board of Education."

Charles Briscoe, President and Chief Executive Officer, 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 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.

June is Men's Health Month

Do You Wear Blue?

Men die five years younger than women, on average, and die at higher rates for nine of the Top 10 causes of death. Men are the majority of workplace injuries, less likely to be insured, and far less likely to see a doctor for preventive care. All of this impacts their ability to be an involved father, supportive spouse, and engaged member of their community.

In recognition of Men's Health Month, **Houston Healthcare** encourages men to step up and take charge of their health. Regular check-ups and age-appropriate screenings can improve your health and reduce premature death and disability. It's important to schedule an appointment with your physician to determine the most appropriate screenings for your age, medical history, and family history.

"Preventative exams can really reduce a man's risk of suffering from significant health conditions such as diabetes, high blood pressure, colon cancer, or prostate cancer," explains **Trent D. Sterenchock, MD**, a urologist on the medical staffs of **Houston Medical Center** and **Perry Hospital**. "Unfortunately, high blood pressure and high cholesterol, for example, are often found in men when they're already out of control."

When should a man visit their doctor? "Think of early screenings and doctor visits like preventive maintenance for your car," says **Dr. Sterenchock**. "Not only will they save you money in the long run but they could also save your life and/or make life easier to manage if diseases are caught early."



Trent D. Sterenchock, MD
Urologist



233 North Houston Road, Suite 100
E3 Entrance
Warner Robins, Georgia 31093
(478) 352-7020

Dr. Trent D. Sterenchock is board certified by the American Board of Urology. He is on the medical staffs at **Houston Medical Center** and **Perry Hospital**. For more information about Dr. Sterenchock, visit the Physician Directory on our website, hmc.org.



5 Medical Screenings Every Man Needs

Physical Exam with Blood/Urine Tests

- Age 20-39: every 3 years
- Age 50 and older: every year

Electrocardiogram (EKG)

- Age 30, if in a high-risk group: every 3 to 5 years
- Age 50 and older: every 3 to 5 years

Colon Cancer

- Age 40, if in a high-risk group and follow doctor recommendations for further screening
- Age 50 and older: every 3 to 4 years

PSA Blood Test (prostate cancer screening)

- Age 40, if in a high-risk group: every year
- Age 50 and older: every year

Blood Pressure and Cholesterol Check

- Age 18 and older: every year



Remember to #WearBlue on Friday, June 17th!
Wear Blue Day helps spread awareness
about men's and boy's health issues.

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, April 6, May 4, June 1**
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, April 20, May 18, June 15**
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. You are encouraged to weigh-in weekly and follow your progress for improving weight management, nutrition, exercise, and stress reduction.

📍 **Tuesdays**
Weigh-in: 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-DEJEL0-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, April 6, May 4, June 1**
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

Have you been told by a health care provider that you are at risk for diabetes, pre-diabetes, high blood sugar, borderline diabetes, or gestational diabetes? Did you know YOU can stop the progression and prevent a diabetes diagnosis? The National Diabetes Prevention Program, led by the CDC, 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 is an award-winning program that 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.

MATERNAL/CHILD

Breastfeeding Made Simple - Part 1

Breastfeeding is the best and ideal way of feeding your baby. Your breast milk is perfectly matched to meet your baby's needs for proper growth and development. 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, April 6, May 4, June 1**
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

Most new moms have lots of questions on the "how to" aspect of breastfeeding once they begin getting back to a routine or daily activity. 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, April 13, May 11, June 8**
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. The training covers a variety of topics from infant health and safety to caring for fussy babies. 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, May 3 or May 24**
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. Pregnant moms are encouraged to bring a support person. This free class meets one night a week for four weeks.

📍 **Tuesday 4-week series begins April 5**

📍 **Tuesday/Thursday 4-week series begins May 10**
6:30 - 8:30 pm

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

EXERCISE & MOVEMENT

A Matter of Balance

One in every three adults aged 65 and older experiences a fall. Fortunately, falls are a public health problem that is largely preventable. In partnership with the Middle Georgia Area Agency on Aging, Houston Healthcare offers this class to improve flexibility, balance and strength to reduce falls. These two-hour classes meet two times per week for four weeks. The classes are designed to benefit adults in the community that are concerned about falls, have sustained a fall in the past, or restrict activities because of concerns about falling. Participants should be age 60 or older, ambulatory and able to problem-solve. Call for more information and to pre-register. Class size is limited.

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

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.

Tai Chi

Led by a certified instructor, these one-hour classes, developed by Dr. Paul Lam, use gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life. It will also help to reduce stress, increase balance and flexibility, and improve overall mind, body and spirit. Call for more information and to pre-register. Class size is limited.

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

Walk with Ease

Learn and practice the many benefits of walking! Walk with Ease is an Arthritis Foundation-approved program that promotes regular walking as the easiest and safest way to get needed cardiovascular exercise while promoting physical and mental benefits. This 6-week program meets 3 times a week to gradually increase walking time and educate on walking strategies, benefits and support. Pre-registration is required.

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

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, screening equipment, and training for healthcare professionals in the church family who are willing to provide this service. Meetings are the first Wednesday of each month at noon. Lunch is provided with RSVP. Call (478) 923-9771 for more information.

What You Should Know About Advance Care Planning

Do your loved ones really know how much or how little life-extending care you would want at the end of your life? Making your end-of-life wishes known ahead of time helps your family and health care providers know who's in charge of the situation and who will be making the decisions for you as the patient. When an individual is in the hospital dying or facing a devastating, life-changing alternative, it's too late to talk things over with family.

Houston Healthcare's Life Choices Team—a group of nurses and other health care personnel—serve as resources for patients and families wanting more information about end-of-life health care decisions. Advance directives are written documents, such as a durable healthcare power of attorney and living will, which allow you to document your end-of-life wishes, putting you in control of your healthcare in the event that you are terminally ill or critically injured and unable to talk or communicate.

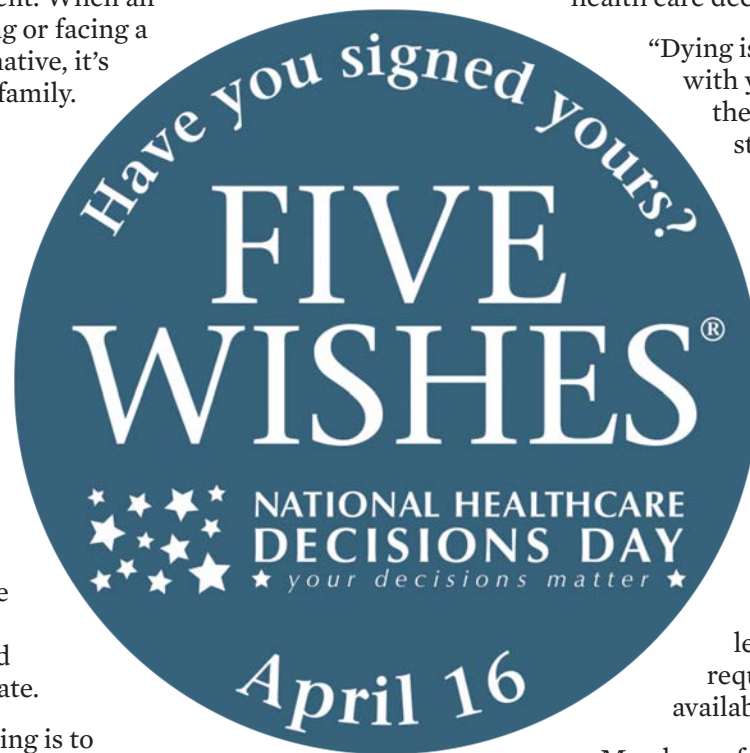
“The goal of advance care planning is to save your family and/or friends from the pain and guilt of having to make tough decisions for you if you are unable to do so,” explains **Sherri de Neuf**, Palliative Care Coordinator for **Houston Healthcare**. “It allows you to control the level of care you want, such as pain control and hospice care. Having those conversations ahead of time with your family and/or friends and doctor can save everyone involved so much time and anguish.”

A common misconception is that advance care planning is something only the elderly, sick or dying should consider. As unpleasant as it is to think about, healthy young people and middle-aged adults can—and do—have life-changing accidents or illnesses that leave them unable to make their own health care decisions.

“Dying is not an easy topic to talk about with your family, but if you don't have the conversation early and at least start thinking about it, then you won't be ready when the time comes,” says **de Neuf**. “How you want to live or die is an important discussion that every family member should have.”

Houston Healthcare offers the Five Wishes® planning guide as a tool to help make these conversations easier. The 12-page document is easy to use and deals with personal, family, and spiritual matters, as well as medical and legal concerns. It meets the legal requirements of 42 states and is available in 29 languages.

Members of **Houston Healthcare's Life Choices Team** are available to meet individually with patients and their families. For free assistance in preparing an advance directive, please contact the **Life Choices Team** at **Houston Medical Center** by calling (478) 975-5346, or **Perry Hospital** by calling (478) 218-1626.



Advance Care Planning Q & A

What is a living will?

A living will allows you to state which types—if any—life-sustaining treatments, such as breathing machines, feeding tubes, resuscitation efforts, and medications you would want. You can also document your wishes about organ or tissue donation and the specific conditions under which the terms of your living will go into effect.

What is a durable health care power of attorney?

This allows you to designate a family member or friend to serve as your health care spokesperson in the event that you are unable to communicate. This person will discuss your current health situation with your physician and other health care providers, and be allowed to make appropriate treatment decisions for you based on your wishes stated in your living will.

When does an advance directive go into effect?

Your advance directive goes into effect only when you are unable to communicate for yourself. Up until that point, you are still the one making the decisions about your health care.

What if I want to make changes to my advance directive?

You are able to make changes to your advance directive at any time.

Where is the best place to keep a copy of an advance directive?

It's a good idea to keep several copies of your advance directive at home, as well as give a copy to the person you designated as your health care spokesperson in case of an emergency. Make sure you let your family members know where to find copies and whom you have chosen to be your health care spokesperson. Your primary care physician should also have a current copy of your advance directive.

Specialty Care. Closer To Home.

Houston Healthcare's Physician Practices

BEHAVIORAL HEALTH



HOUSTON BEHAVIORAL HEALTH ASSOCIATES

Dr. Sheldon Brown | Dr. Dan Ioanitescu

Houston Health Pavilion, Entrance E3
233 North Houston Road, Suite 103
Warner Robins | (478) 352-7001

PRIMARY CARE



HOUSTON FAMILY CARE at Houston Lake

Christy Gonzalez, NP-C

2510 Highway 127, Suite A
Kathleen | (478) 352-7143



HOUSTON FAMILY CARE at Perry

Dr. Andrew Wang

1057 Morningside Drive
Perry | (478) 218-1801

ENT *(Otolaryngology)*



HOUSTON ENT ASSOCIATES

Dr. R. Wayne Williams

Houston Health Pavilion, Entrance W3
233 North Houston Road, Suite 171
Warner Robins | (478) 352-7050

UROLOGY



HOUSTON UROLOGY ASSOCIATES

Dr. Victor Andress | Dr. Trent Sterenchock

Houston Health Pavilion, Entrance E3
233 North Houston Road, Suite 100
Warner Robins | (478) 352-7020

GASTROENTEROLOGY



HOUSTON GASTROENTEROLOGY ASSOCIATES

Dr. Fredrick Oni

1700 Watson Boulevard
Warner Robins | (478) 922-2930

VASCULAR



HOUSTON VASCULAR ASSOCIATES

Dr. Todd Jenkins

Houston Health Pavilion, Entrance W3
233 North Houston Road, Suite 173
Warner Robins | (478) 352-7040

For more information on
Houston Healthcare's Physician Practices:

www.hhc.org/find-a-physician



HOUSTON HEALTHCARE

Houston Healthcare

Recognizes Volunteer, Nurse's, and Hospital Weeks

Thank You

Improving the healthcare of the communities we serve is the heart of our mission at **Houston Healthcare**. During National Volunteer Week, National Nurse's Week, and National Hospital Week, we recognize the commitment and dedication of our staff members and volunteers—more than 2,400 of your family, neighbors, and friends who provide quality care and impact the overall patient experience for thousands each year.

“Our people are what make **Houston Healthcare** such a special place to work,” explains **Charles Briscoe**, President and Chief Executive Officer for **Houston Healthcare**. “We are thankful for each employee and volunteer who help ensure our community is taken care of while they are in our facilities, particularly over the past two years in the midst of the COVID pandemic.”

National Volunteer Week was established by President Richard Nixon in 1974, with an executive order, as a way to recognize and celebrate the efforts of volunteers. Every sitting United States President since Nixon has issued a proclamation during National Volunteer Week, which has now become a nationwide effort to urge people to volunteer in their communities.

“Our people give of themselves—often tirelessly—to make sure our patients and their family members are cared for with compassion and respect. I could not be more proud of our staff, our physicians, and our volunteers.”

Charles Briscoe, President and Chief Executive Officer, Houston Healthcare

May 6th is known as National Nurse Recognition Day and kicks off National Nurse's Week each year. The week ends on May 12th, the birthday of Florence Nightingale, whom many consider the founder of modern nursing.

National Hospital Day began on May 12, 1921 to celebrate the vital roles hospitals and health care workers play in the communities they serve. The nation's most traditional health care event was later expanded to a week-long celebration in 1953.

National Volunteer Week

April 17-23

National Nurse's Week

May 6-12

National Hospital Week

May 9-15

Getting Started with Weight Management

Healthy bodies come in all shapes and sizes, and what may be healthy for one person may not necessarily be healthy for another. A visit to a family physician can help you determine the weight range that is healthy for you and the benefits of maintaining that weight.

Reasons for Losing Weight: Losing weight can alleviate or reduce serious health problems such as high blood pressure, heart disease, diabetes, and sleep apnea. Losing just five pounds can help you feel more energetic and can help lower bad cholesterol.

Set a Long-term Goal: A weight-management goal does not have to be a specific weight. A long-term goal can be walking 10 miles a week or it can be lowering blood pressure or gaining more energy. The goal can be anything as long as it is measurable.

Make an Action Plan: Bad habits won't change overnight and setting goals that are too high can be discouraging when those goals aren't met. To be successful, choose one or two small changes to make at a time,

and then devise an action plan for making those changes. When those changes are accomplished, then make a few more small changes. With smaller steps, you are more likely to be successful in reaching your long-term goal.

Track the Progress: To accurately measure progress, write down your goals and keep a daily record of what you eat and how active you are. The record will provide a visible timeline of achievement. It can also be a reminder of what worked and what didn't if you hit a plateau.



Get Support: Encouragement from others can help make losing weight easier. Family and friends are excellent sources of support. Physicians, registered dietitians, and fitness professionals are also good sources of support. **Houston Healthcare's EduCare** program offers a variety of nutrition, health, and weight loss classes and support groups for the community. For more information or to locate a physician, call (478) 923-9771 or visit hhc.org.

#HoustonHealthy



HOUSTON HEALTHCARE

*1601 Watson Boulevard
Warner Robins, Georgia 31093*

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#HoustonHealthy

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HOUSTON HEALTHCARE



You are what you eat. It really is true. Over time the foods you consume each day have a lasting impact on your overall health and wellness.

As part of our #HoustonHealthy Initiative we are encouraging everyone to make healthy choices at mealtime. Our very own Nurse Manager, Danielle Ray, is an expert on how food affects the body. That's why we have started our healthy eating segments on our website and Facebook page:
www.houstonhealthyga.org

Join us and show how you are staying #HoustonHealthy by using the hashtag on your own social media posts. Help us encourage everyone to be healthier today for a happier tomorrow!

