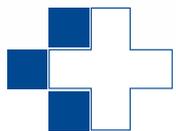


House CALLS



A Publication of Houston Healthcare

July - August - September 2023

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. NOTE: Class is recommended for children ages 8 to 12. All children must be accompanied by an adult 18 years or older. Class size is limited.

📅 **Wednesday, July 19**

10 am - 12 noon

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

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 well-being. 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.

📅 **Wednesday, August 16**

10 am - 12 noon

Sonny Watson Health Pavilion — EduCare
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. This program is approved for 5.25 continuing education 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). Cost is \$5 to attend and lunch will be provided. Participants must attend the entire program to receive CEU credits.

📅 **Wednesday August 23**

9 am - 3:30 pm

Cary W. Martin Conference Center
Sonny Watson Health Pavilion — W3 Entrance
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register before Friday, August 18.

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, September 14**

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's Pavilion Diagnostic Center Mammography Department Receives National Recognition

Houston Healthcare's Pavilion Diagnostic Center Mammography Department recently competed in the National Consortium of Breast Centers Abstract Program at the 32nd Annual Interdisciplinary Breast Center Conference in Las Vegas, Nevada.

Hundreds of organizations nationwide submitted abstracts in three categories: *Breast Center Operations, Administration and Programs; Patient Care and Support; and Breast Center Diagnosis and Management.* The entries were then peer-reviewed by a committee to be selected for presentation at the Conference.

The Pavilion Diagnostic Center Mammography Department was selected as the Abstract Award Winner in the *Breast Center Operations, Administration and Programs* category. Their abstract — *Journey to a Breast Center of Excellence: Creating a High-Risk Program in a Rural Community Imaging Center* — detailed the processes

used to decrease the turnaround time of radiographically positive screening mammograms to breast cancer diagnosis from upwards of 30 days to a period of seven to 11 days.

Members of Houston Healthcare's Breast Care Team displayed the abstract on an eight-foot poster during the poster reception while **Kendra Brown, BSRT(R)**, Manager of the Pavilion Diagnostic Center, presented the details and data to conference attendees.

The Pavilion Diagnostic Center, along with Houston Healthcare-Perry, has also

been designated a *Breast Imaging Center of Excellence* by the American College of Radiology (ACR). The ACR Breast Imaging Center of Excellence designation signifies that these Houston Healthcare facilities provide essential breast imaging services to our community at the highest standards of the radiology profession.



"Our outstanding team has developed a unique, compassionate, comprehensive and personalized approach to assisting our patients through the entire breast imaging and breast care process. It's an honor to be recognized nationally."

Lori Armstrong, DO, Lead Interpreting Breast Radiologist at Houston Healthcare



Houston Healthcare's Speakers Bureau

Empowering You to Get Well, Stay Well and Live Well

As part of our commitment to improving the health and wellness in the communities we serve, **Houston Healthcare** offers a comprehensive *Speakers Bureau* – comprised of physicians, medical personnel and other staff within our organization available to discuss a variety of topics with relevant health and wellness.

We understand our role as a major health care resource not only includes treating those who are sick, but also ensuring the emotional, social and physical well-being of our friends, neighbors and families. Because increasing the health care knowledge of our community is of great importance to us, we offer our *Speakers Bureau* as a free service to industries, local clubs, churches and civic organizations. With so much information available online, it's helpful to hear a trusted medical professional confirm your findings or educate you on what's new.

Available topics include, but are not limited to the following:

- Cancer Care
- Children's Health
- Diabetes
- Emergency Room Care
- Heart Disease
- Home Health
- Men's Health
- Mental Health
- Nutrition
- Organization Updates
- Orthopedics
- Senior Health
- Teen Health
- Women's Health

For more information regarding **Houston Healthcare's Speakers Bureau** and to review a complete list of available topics, visit our website at www.hhc.org/about-us/speakers-bureau.

To request a **Houston Healthcare** speaker for your organization or club, contact the **Marketing** Department at (478) 975-6585 or email marketing@hhc.org.

Houston Healthcare's Emergency Departments

We're Here When You Need Us

Medical emergencies are hard to plan for in advance, but there's no need to travel 50 plus miles for high-quality emergency care when **Houston Healthcare's** team of medical professionals specializing in emergency care are available right here in Warner Robins and Perry.

Our **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. **Houston Healthcare-Warner Robins** is an accredited *Primary Stroke Center* and **Houston Healthcare-Perry** is an accredited *Acute Stroke Ready Center*. In addition, we have access to a medical helicopter to transport patients for additional care if needed.

Houston Healthcare's Houston Heart Institute is also available providing 24-hour, on-call staff to treat patients with emergency heart problems. The **Houston Heart Institute** team has the capabilities and equipment to treat an active heart attack and restore blood flow to the heart to minimize damage.



Call 9-1-1 or visit the Emergency Department at Houston Healthcare-Warner Robins or Houston Healthcare-Perry if you experience any of the following:

- Breathing difficulties
- Chest pain
- High fevers
- Head injuries such as a concussion
- Sudden abdominal pain
- Broken bones
- Traumatic sports injuries
- Severe cuts, wounds, strains or sprains
- Serious dehydration

Houston Healthcare-Warner Robins
1601 Watson Boulevard, Warner Robins

Houston Healthcare-Perry
1120 Morningside Drive, Perry

"We are committed to providing our community with high-quality emergency and specialized medical care close to home through our Emergency Departments and the Houston Heart Institute. Our teams are here for you when you need us."

Charles Briscoe, President and CEO of 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. Llaman al 478-975-5662 (Houston Healthcare Warner Robins) o 478-218-1635 (Houston Healthcare Perry).

Korean: 주의: 한국어 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.

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, July 12, September 13**

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, August 9**

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**

Weigh-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-DEJEL0-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, July 19, August 16, September 6**

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, July 26, August 23, September 13**

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.

📍 **Thursday, July 27, August 17; Tuesday, September 12**

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. Meets once a week for 4 weeks.

📍 **Tuesday series begins July 18, August 15, September 26**

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, August 30**

6:30 - 7:30 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.

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.

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).

📍 **Tuesday, July 25; Monday, August 28;**

Tuesday, September 19

9 am - 3:30 pm

Sonny Watson Health Pavilion — EduCare

To register, visit AARPDiversSafety.org or call (478) 396-9705 for July/September dates and (478) 953-9625 for August date.

SUPPORT GROUPS

Alzheimer's Education and Support Group

📍 **Meets 4th Thursday of every month**

6:30 pm

Centerville Library

206 Gunn Road, Centerville

📍 **Meets 3rd Monday of every month**

2 pm

First Presbyterian Church

1139 Watson Blvd, Warner Robins

Better Breathers Club

PERRY:

📍 **Meets 1st Tuesday of every month**

12 pm

Houston Healthcare-Perry — Dining Conference Room

WARNER ROBINS:

📍 **Meets 1st Thursday of every month**

12 pm

Houston Healthcare-Warner Robins

Northwest Tower Lobby Conference Room

Diabetes Support Group

WARNER ROBINS:

📍 **Meets 1st Wednesday of every month**

1 - 2 pm

Sonny Watson Health Pavilion — EduCare

PERRY:

📍 **Meets 2nd Tuesday of every month**

12 - 1 pm

Houston Healthcare-Perry — Dining Conference Room

Heart of Georgia Hospice Bereavement Support Group

📍 **Meets 3rd Thursday of every month**

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

📍 **Meets 2nd Thursday of every month**

6:30 pm

Houston Healthcare-Warner Robins

Northwest Tower Lower Lobby, Classroom 2

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

Stroke Support

📍 **Meets 1st Monday of every month**

6 - 7 pm

Sonny Watson Health Pavilion — EduCare



HOUSTON HEALTHCARE

1601 Watson Boulevard
Warner Robins, Georgia 31093

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Mark Your Calendars!

Saturday, September 30

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

Onsite registration starts at 8 am

Wellness Expo | 8 am - 12 pm

Sonny Watson 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



HOUSTON HEALTHCARE

For more information and to register for the 5K/Fun Run, visit: www.hhc.org/houstonhealthy