

# EduCare Calendar July-August-September 2004

Seating for our EduCare programs is limited. Please pre-register by calling 923-9771 or online at [www.hhc.org/community\\_ed](http://www.hhc.org/community_ed). Classes may be cancelled due to lack of registered participants. All programs are free unless a cost is noted.

## GENERAL HEALTH & WELLNESS

### Walk for Wellness

Need to exercise? Like to set your own schedule? We have the program you are looking for!  
Where: Sign up at Houston Health Pavilion EduCare Center  
When: Anytime! Call 923-9771 to make an appointment to sign up and get your first fitness evaluation.  
Cost: \$25 per person  
Monthly evaluations including blood pressure, weight, blood sugar (if diabetic) performed by a registered nurse. Participants will also receive a walking logbook. Walking is done on your own. Incentive awards will be given after completing 100 miles, 500 miles 1000 miles, etc.

### Smoking Cessation

A free four-session course to help you quit smoking.  
Thursdays, July 1, 8, 15, 22 and September 9, 16, 23, 30  
6 - 7:30 pm  
Houston Health Pavilion EduCare Center

### Hypertension Self-Management

This course is comprised of six sessions taught on a monthly basis. A specific topic will be discussed at each session. Educational materials, blood pressure and weight screenings will be offered. All individuals must have a physician's order to participate. You will gain the knowledge and skills you need to control your hypertension. Call 923-9771 to pre-register.  
Tuesdays, July 6, August 3, September 7  
4 - 5 pm  
Houston Health Pavilion EduCare Center

### Walk-A-Weigh

Through this eight-week weight control program participants will change their eating and activity patterns leading to permanent weight control. Participants will also learn to eat foods with less sugar, fat and sodium (salt). Your doctor's permission is required because exercise (walking) is included in each class. Class size is limited. Call 923-9771 to pre-register.  
Thursdays, September 23 through November 11  
6 - 7 pm  
Houston Health Pavilion EduCare Center  
Cost: \$40 (Must be paid in advance.)

### Weight Watchers

Weight Watchers can help you lose weight and enjoy a healthier lifestyle. Call Faye Tripp at 987-6262 for more information.  
Mondays  
5 - 6 pm  
Perry Hospital Medical Library  
Cost: \$18 to join with a weekly member fee of \$12

### Women's Health Watch: Women and Menopause

The generation of women entering menopause now is healthier, feels younger than their years, and leads more active lives and careers than previous generations. This can still be an uncomfortable and confusing time. Patsy Zoumberis, RN, has some tips to help embrace rather than dread this time in your life.  
Tuesdays, August 10  
10 am  
The Women's Center Classroom - Houston Medical  
Call 923-9771 to pre-register

### Critical Conditions Program

Houston Healthcare, in a joint effort with Georgia Health Decisions, is sponsoring CRITICAL Conditions SM, a program to educate and engage the citizens of Houston County in planning for health care at the end of life. To learn more about this program and to receive a copy of the legal document that combines durable medical power of attorney and the living will, call 923-9771 to pre-register.  
Tuesday, August 24  
6 - 7 pm  
Houston Health Pavilion EduCare Center

### Cholesterol: The role it plays in the body

Do not miss this informative talk presented by Sandra Brenner, PhD, RD. She will explain the good, the bad, and "the ugly" of the role cholesterol plays in our normal body functions and what happens when cholesterol levels are too high.  
Tuesday, August 17  
7 pm  
Houston Health Pavilion EduCare Center

### Alzheimer's Conference: Hope When Memory Fades

Renowned research and Alzheimer's expert, Dr. Larry Tune of Emory University will speak on the latest research toward the cure and the newest developments in the treatment of Alzheimer's disease. Dr. Alan Woolery, a member of the medical staff of Houston Medical Center, will discuss treatment, care, and the impact of Alzheimer's on family and community life. The conference is sponsored by Hospice of Houston County, Houston Healthcare, Houston Medical Center Auxiliary, and Abbott Laboratories. Call 953-5161 for more information.  
Tuesday, September 14  
7 - 9 pm  
Middle Georgia Technical College

### SENIORCARE

**Perry SeniorCare**  
Each Monday and Friday includes an exercise class featuring strength and flexibility stretching, along with a healthy lunch and guest speaker on Fridays. Call 923-9771 to make a reservation.  
Every Monday and Friday  
10 am  
Rozar Park - Perry  
Cost: \$5 (includes lunch-Fridays only)

### Every Wednesday - Exercise Only

9:30 am  
Rozar Park - Perry

### Warner Robins SeniorCare

Each Tuesday and Thursday "strength and flexibility stretching" exercise will be led by a certified instructor. Once a month (usually the third Thursday) a mini-check will be provided focusing on required annual checks for Senior Adults such as vision, dental and/or hearing tests.  
Every Tuesday and Thursday  
9 am  
YMCA (corner of HWY 96 and Moody Road- 922-2566)

### Centerville SeniorCare

Each Wednesday includes a strength and flexibility exercise class led by a certified instructor. Once a month, a mini-check will be provided focusing on required annual checks for Senior Adults. For more information, contact 988-1813.  
Every Wednesday  
9 am  
Starting in September  
New Centerville City Hall

### SeniorCare Community Collaborative

Are you interested in making life a little more enjoyable for our local senior adults? We meet once a month, with Houston Healthcare acting as the lead organization, to brainstorm on activities and resources that will help ensure quality of life for those over 50. Representatives from civic organizations, businesses, churches and community members are welcome. Call 988-1813 for more information.  
Tuesdays, July 13, August 10, September 14  
1:30 pm  
Rozar Park - Perry

### Blood Pressure Checks for Senior Adults

Tuesdays, July 27, August 24, September 28  
9 - 10 am  
Recreation Department - Warner Robins  
Wellston Senior Citizens Center

Tuesdays, July 27, August 24, September 28  
10:30 - 11:30 am  
Older American Council at the Wellston Center  
Warner Robins

Thursdays, July 22, August 26, September 23  
8:30 - 9:30 am  
Ted Wright Park - Warner Robins

Thursdays, July 15, August 5, September 16  
Centerville Seniors  
9 am  
New Centerville City Hall

Mondays, July 19, August 16, September 20  
11 am - 12 noon  
Older American Council at Rozar Park - Perry

### PHYSICIAN FACTS

#### The Stages of Prostate Cancer

September is Prostate Cancer Awareness Month. The treatment of prostate cancer is based on what stage the cancer is in when diagnosed and the grade of the cancer. Dr. Britt Pilcher, Pathologist, will explain how the staging and grading are done once the prostate biopsy reaches the lab. Join us for lunch and do not miss this informative talk. Call 923-9771 to pre-register.  
Wednesday, September 29  
12 noon  
Houston Health Pavilion EduCare Center

### What To Expect When Having Joint Replacement Surgery

Do you need a joint replacement? Have you been putting it off because of fear of the unknown? Dr. William Wiley, Orthopedic Surgeon, will tell you what to expect before, during and after your joint replacement. There will also be a question/answer time after the lecture. Pre-registration required by calling 923-9771.  
Monday, July 12  
7 pm  
Houston Healthcare Pavilion EduCare Center

### HEALTH FAIRS & SCREENINGS

**Flu Shots**  
Watch for more details for upcoming dates and locations for community flu shots. If your club, group or business has 30 or more individuals wanting to receive flu shots at their location, call 923-9771 to reserve a date and time for Houston Healthcare to give the shots.

### Annual Senior Health Fair

Free health screenings including cholesterol and glucose. PSA tests at a cost of \$26. MUST HAVE APPOINTMENT FOR FREE LAB WORK AND PSA'S!! CALL W.R. SENIOR CENTER AT 929-6960 FOR APPOINTMENT.  
Friday, August 20  
7:30 - 11:30 am  
Wellston Center on Maple Street -- Warner Robins

### Annual Family Fair

This fair will feature booths and activities to provide screenings and health, recreation, safety and family education. Many free screenings will be offered. Cholesterol and glucose screenings will be available for \$5 per person.  
Saturday, July 31  
10 am - 2 pm  
Galleria Mall in Centerville

### COMMUNITY CPR

**American Heart Association CPR**  
Learn how to recognize a heart attack and how to perform CPR and the choking maneuver. All participants will receive the American Heart Course C Certification. Class size is limited. Pre-registration is required by calling 923-9771.  
Saturdays, July 17, August 14, September 25  
9 am - 1 pm  
Houston Health Pavilion EduCare Center  
Cost: \$20

### Re-certification for American Heart Association CPR Course C

Is it time to renew your CPR card? With current CPR card you can re-certify for 1/2 the class time.  
Saturdays, July 17, August 14, September 25  
1 pm  
Houston Health Pavilion EduCare Center  
Cost: \$25



923-9771  
[www.hhc.org](http://www.hhc.org)

### ACCIDENT PREVENTION

**55 Alive**  
A comprehensive driving course designed to update drivers aged 50 and over on the knowledge and skills of driving. Upon course completion, participants are eligible for a 10% discount on auto insurance. Pre-registration is required by calling Phil Baker at (478) 922-4680.  
Monday & Tuesday, August 9 and 10  
5 - 9 pm  
Houston Health Pavilion EduCare Center  
Cost: \$10

Thursday & Friday, September 30 and October 1  
1 - 5 pm  
Perry Hospital Cafeteria  
Cost: \$10

### DIET INSTRUCTION FOR SPECIAL DIETS

Taught by Sandra Brenner, Ph.D., this class is for persons who have been prescribed a specified diet by a physician. Call 923-9771 to pre-register. Please state type of diet when registering.  
Tuesdays, July 13, August 10, September 14  
9 am - 1:30 pm  
Houston Health Pavilion EduCare Center

Fridays, July 9, August 13, September 10  
11:30 am - 1 pm  
Houston Health Pavilion EduCare Center

### DIABETES MANAGEMENT

**Diabetes Diet Instruction**  
This class, taught by Sandra Brenner, Ph.D., is for individuals with diabetes who need a diet review or people with newly diagnosed diabetes. A physician diet prescription is required. Call 923-9771 to pre-register.  
Mondays, July 26, August 23, September 27  
6 pm  
Houston Health Pavilion EduCare Center

Thursdays, July 1, August 5, September 2  
1:30 - 4 pm  
Perry Hospital Cafeteria

Fridays, July 2, 9, 16, 23; August 6, 13, 20, 27; September 3, 10, 17, 24  
9 - 11:30 am  
Houston Health Pavilion EduCare Center

### Diabetes "In Control" Course

This American Diabetes Association course, taught by certified diabetes educators, consists of two five-hour classes. It's all you need to know to control your diabetes. Attendance to the diabetic diet is a pre-requisite. Physician referral is required. Medicare and most insurance companies accepted. Pre-assessment is also required. For more information and to pre-register call 923-9771.  
Tuesdays, September 21 & 28  
4 - 9 pm  
Houston Health Pavilion EduCare Center

Tuesdays, July 20 & 27  
4 - 9 pm  
Perry Hospital Cafeteria

Thursdays, August 12 & 19  
10 am - 3 pm  
Houston Health Pavilion EduCare Center

### Diabetes Exercise Program

An exercise program specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to diet and medication.  
Tuesdays and Thursdays  
Between the hours of 8 am and 4 pm  
Health Connections  
Call 923-1731 for more information and program fees.

### MATERNAL/CHILD

**Childbirth Education**  
Houston Medical Center offers a series of childbirth education classes. Participants attending all five classes in the series will receive newborn products. The cost is covered by many insurance plans, including Medicaid. Other classes offered include Breastfeeding, Early Pregnancy, Big Brother/Big Sister Sibling. For more information and to pre-register call 923-9771.  
\*\*NEW phone service for Hispanic pregnant patients. Call Elisa Martinez-Perez at 923-3760 and leave a message.

### PARISH NURSE PROGRAM

Sponsored by Houston Healthcare this program provides resources for churches to promote a healthy lifestyle. If you are interested in becoming a volunteer nurse for your church, please call EduCare at 923-9771.

### ASTHMA EDUCATION

Asthma education is recognized as a vital part of asthma management. AsthmaCare can help you take charge of your asthma. For more information on this free program, call Vicky Alexander, RN, FNP-C at EduCare, 923-9771, or Cindy Ireland, RRT, at Perry Hospital, 988-1688.

### COOKING CLASSES

**Lowering Your Cholesterol Intake**  
Need to lower your intake of cholesterol? Join Sandra Brenner, PhD, RD, and Lynn Cochran, RN, as they cook low-cholesterol dishes. Tasting and recipes will be available. Must pre-register to attend. Call 923-9771.  
Wednesday, August 25  
11:30 am - 1 pm  
Health Connections  
Cost: \$5 per person

### EDUCATION/SUPPORT GROUPS

#### Alzheimer's Support Group

For families, caregivers and friends dealing with Alzheimer's disease and related disorders. Sponsored by the Alzheimer's Association - Central Georgia Chapter.  
Tuesdays, July 27, August 24, September 28  
7 pm  
Health Connections

#### Arthritis Support & Education

Wednesdays, July 21, August 18, September 15  
10 am  
Houston Health Pavilion EduCare Center

#### Breast Cancer Support & Education

Mondays, July 19, August 16, September 20  
7 pm  
Health Connections

#### Cardiac Support & Education

Join us for lunch and get the latest cardiac information. Pre-registration is required. Call 923-9771 to register.  
Monday, August 23  
12 Noon  
Health Connections

#### Compassionate Friends

For anyone dealing with the loss of a child.  
Thursdays, July 22, August 26, September 23  
7 pm  
Houston Health Pavilion EduCare Center

#### "MOMS"- Moms of Multiples

Tuesdays, July 20 and August 17  
7 pm  
Houston Health Pavilion EduCare Center

#### Multiple Sclerosis Support Group

Tuesdays, July 13, August 10, September 14  
7 pm  
Health Connections

#### SEAS-Surviving Everyday After Suicide

Adult support group meeting. Anyone is welcome who has lost a loved one by suicide.  
Mondays, July 26, August 23, September 27  
6 pm  
Houston Health Pavilion EduCare Center

#### Bereavement Support Group

Contact Hospice of Houston County at 953-5161 for schedule of meetings



Summer 2004

## New Ambulatory Surgery Center Under Construction At Houston Medical Center

**Houston Medical Center's** new multi-specialty **Ambulatory Surgery Center**, featuring three general operating and two endoscopy suites, is expected to open in January 2005. This 15,850-square-foot, \$7.5 million facility will provide **Houston Medical Center** with the capability to handle an increasing load of outpatient surgery volumes. Over the past five years, the number of outpatient surgery cases has increased by 47 percent, averaging over 11 percent growth each year. In 2003, 86 percent of all surgeries performed at **Houston Medical Center** were on an outpatient basis.

"Our operating rooms and endoscopy suites are currently operating at optimal capacity, and our Surgery Department is located in an area within the hospital that cannot be expanded or reconfigured without disrupting services. At the current level of utilization, the volume of non-elective cases often requires rescheduling of elective cases after normal business hours,"



explains **Frank J. Aaron, CEO** of Houston Healthcare. "After much review, the Hospital Authority and Administrative staff determined that the best alternative to relieving the strain on the Surgery Department was to develop an Ambulatory Surgery Center as the least disruptive approach towards meeting future growth and diminishing current scheduling problems."

"With the continued growth in our county, we anticipate our

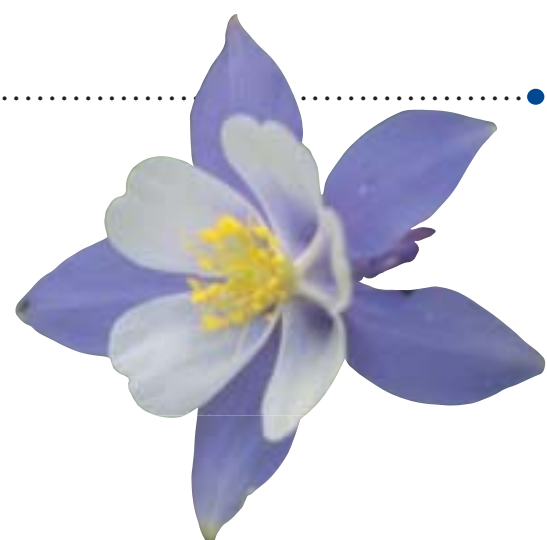
surgery volumes to continue to increase," **Aaron** said. "We believe that this center is the best approach to meeting potential future demand, and will also be convenient and more accessible for our patients."





# Hospice of Houston County Opens Serenity Gate

## New Inpatient Unit at Perry Hospital



A dream became a reality as Hospice of Houston County opened the doors to **Serenity Gate**, an inpatient Hospice and palliative care unit located at **Perry Hospital**. For the past several years, **Hospice of Houston County** researched the need within the community for services which would be provided through an inpatient Hospice and palliative care unit. Their research concluded the fact that there is definitely a great need for this type of service.

**Serenity Gate** is a warm, home-like setting, that provides 24-hour nursing care during the last stages of life. It is designed to help individuals and family members needing end-of-life care when the level of assistance is not available at home. Designed as a peaceful facility, **Serenity Gate** features six beautifully decorated patient suites with private bath facilities, meal service, a 24-hour family kitchen, a family area equipped with TV, internet access, and children's play area. Family members may spend the night if they choose. Pets are welcome at designated times. A peaceful chapel welcomes all faiths for gentle reflection and prayer.

Services offered will include symptom management such as

pain control, acute or chronic symptom management which cannot be feasibly provided in other settings; transition assistance to help families needing a gradual discharge from inpatient hospital care to long-term or assisted living

Located outside Serenity Gate is the Walk of Life, a unique garden dedicated to celebrating the memory of loved ones.

care; caregiver assistance by offering short-term care for families who are suffering from burnout due to excessive or intensive patient care needs; and respite care giving limited periods of rest to Hospice families needing a break from caregiving responsibilities.

Located outside Serenity Gate is the Walk of Life, a unique garden dedicated to celebrating the memory of loved ones. The Walk offers an opportunity to remember the life of someone

by creating a permanent legacy. The brick walk contains the names of friends, family and inspirational messages, engraved on granite and clay bricks. Opportunities to purchase bricks begin at \$250.

**Hospice of Houston County**, a non-profit, United Way agency, has been the leader in end-of-life care since 1984, serving over 3000 patients. **Serenity Gate** is just one of the additions to **Hospice of Houston County's** already long list of patient services. From grief support to support for caregivers, the organization serves the needs of many. In November 2001, **Hospice of Houston County**

sponsored the first "Camp Wings," a bereavement camp for children, ages six through 16, who have lost a loved one. The camp, held annually at Camp Martha Johnston in Lizella, helps children learn to

deal with their grief through various activities and group counseling. **Camp Wings 2004** will be held November 5, 6, and 7. Monthly grief support groups are available and are open to the community free of charge.

For more information about Serenity Gate, please contact (478) 988-1788 or for more information about Hospice of Houston County, please contact (478) 953-5161.



# New Product Available

## Takes the Discomfort Out of Having a Mammogram

One of the main reasons why women elect not to have regular mammograms, outside of the fear of possibly discovering breast cancer, is the concern of pain, pressure and discomfort. This concern keeps many women from getting an annual mammogram, an important health test that they know they should have.

The mammography technologists at **Perry Hospital** and the **Pavilion Diagnostic Center** in Warner Robins believe that a new product called the MammoPad, a soft, warm, single-use foam cushion approved by the Food & Drug Administration (FDA), will help women to change the way they feel about having a mammogram.

According to **Lisa Behling, RT, RM**, manager of Diagnostic Imaging Services at Perry Hospital and a registered mammographer, the MammoPad, an adhesive product that looks much like a computer mousepad, makes the compression of the breast, which may cause the discomfort, much more tolerable. "The MammoPad is applied to the mammography equipment and provides a nice, soft cushion for

the patient's ribs and chest muscles. Patients are more relaxed, able to lean in, hold still and not pull away which makes it much easier for the technologist to take the images," she explained. "Having this product available gives our patients a much more comfortable, pleasant experience in getting a mammogram, and we hope that women who are concerned about the pain and discomfort will decide to go forward with getting their regular mammogram because we have this new MammoPad available for them."

The MammoPad was designed by a female breast surgeon after she began looking for a solution to a problem while conducting breast research that involved successive compressions on the same patient. Complaints from the research participants led the surgeon, Dr. Gail Lebovic, to develop the MammoPad which would be soft enough to make the exam more comfortable yet be made of a thin radiolucent material to allow X-rays to pass through to maintain the quality of the image. Clinical studies have shown that the MammoPad

significantly reduces the discomfort many women feel during mammography.

"This invention is truly one of the best things that have come along in mammography. We hope that by having the MammoPad available at **Perry Hospital** and the **Pavilion Diagnostic Center** more women, no longer worried about the pain and discomfort, will get regular mammograms which detect breast cancer in its earliest, most treatable stage," **Behling** added.

The Mammography Services at **Perry Hospital** and the **Pavilion Diagnostic Center** offer state-of-the-art equipment and a staff of female technologists trained and registered in providing

screening and diagnostic mammograms. The services are accredited by the American College of Radiology and the Food & Drug Administration (FDA). All mammogram films are read and interpreted by board certified radiologists.

Regular mammograms are recommended by the American Cancer Society and the American College of Radiology for women between the ages of 35 and 40 with no symptoms (baseline mammogram); women between the ages of 40 and 49 (annual or bi-annual mammogram); and women over the age of 40 (annual mammograms) and at any time as advised by a woman's physician. For more information or to schedule an appointment for a mammogram, call 322-5175.

*"This invention is truly one of the best things that have come along in mammography."*

# Houston Healthcare A Showcase Facility for Technology

Since the implementation of a Philips Picture Archive Communications System (PACS) system in 2002, **Houston Healthcare** has been showcased by Philips to other hospitals throughout the United States. Philips brings Chief Executive Officers, Chief Financial Officers, Radiologists, Diagnostic Imaging and Information Systems staff to see first-hand how PACS is being utilized within a multi-site system.

During these site visits, Philips representatives have the opportunity to demonstrate to the visiting executives how the PACS system operates in a "real-world", multi-site environment. Hospitals visiting **Houston Healthcare's**

facilities, as well as participating in conference calls, include facilities such as Piedmont Hospital in Atlanta; Trident Medical Center in Charleston, South Carolina; Aiken Regional Medical Center, Orlando Regional Healthcare System and hospital systems in Kentucky, Alabama, North Carolina and Massachusetts.

"We are proud to have been selected by Philips as a showcase facility," said **Frank Aaron, CEO**. "Not only do we have state-of-the-art equipment and technology, we have a knowledgeable and skilled Diagnostic Imaging and Information Systems staff who are leaders in the PACS 'world'

and have been selected by Philips to demonstrate the capabilities of this outstanding technology. We were one of the first hospitals in Georgia to implement a PACS

system, and we are pleased to be able to share our experience with other healthcare organizations."



### What To Expect When Having Joint Replacement Surgery

Do you need a joint replacement? Have you been putting it off because of fear of the unknown? Dr. William Wiley, Orthopedic Surgeon, will tell you what to expect before, during and after your joint replacement. There will also be a question/answer time after the lecture. Pre-registration required by calling 923-9771. Monday, July 12 7 pm Houston Health Pavilion EduCare Center

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For more information or to pre-register, please call 478-923-9771 or visit [www.hhc.org/community\\_ed](http://www.hhc.org/community_ed).