



Pre-registration required for all programs except the support groups (unless a meal is being served). Seating for our EduCare programs is limited. Please pre-register by calling 923-9771 or online at www.hhc.org/community_ed. Classes may be cancelled due to lack of registered participants. All programs are free unless a cost is noted.

LUNCH & LEARN

Join us for a series of programs focusing on health issues and topics important to women and men of all ages. Each program is open to the public at no charge and features a presentation by a Houston Healthcare physician or healthcare professional. **A free light lunch will be served. Seating is limited and pre-registration is required.** To register, call 923-9771.

“Peripheral Vascular Disease”

Dr. Garrett G. Ward, radiologist
Monday, July 24
12 noon
Perry Hospital Medical Library

“Irritable Bowel Syndrome (IBS)”

Dr. Ravi Shekarappa, internist
Monday, August 28
12 noon
Perry Hospital Medical Library

“Rein in Your Risk of Stroke”

Lynn Cochran, RN, CDE
Monday, September 25
12 noon
Perry Hospital Medical Library

GENERAL HEALTH AND WELLNESS

Annual Senior Health Fair

Must have an appointment for cholesterol and lipid profile screening and lab work.
Friday, August 18
7:30 am - noon
Wellston Center, Warner Robins
Call Seniors Services at the Warner Robins Recreation Department at 929-6960 for more information and to make an appointment.

Walk for Wellness

Need to exercise? Like to set your own schedule? We have the program you are looking for!
What: Houston Healthcare sponsored walking program
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: \$30 per person
FREE PODEMETER WITH SIGN-UP
Monthly evaluations include 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 and up to 2000 miles. Quarterly free dinners for all walking participants and guests.

Hypertension Self-Management

Gain the knowledge and skills you need to control your high blood pressure (hypertension). This class is comprised of an initial 1 hour session followed by 5 monthly follow-ups. Educational materials will be available. Call 923-9771 to pre-register.
Tuesdays, July 11, August 1, September 5
Call 923-9771 for times.

Weight Watchers

Weight Watchers can help you lose weight and enjoy a healthier lifestyle. Call Faye Tripp at 987-4468 for more information.
Mondays
5 - 6 pm
Perry Hospital Medical Library
Cost: \$18 to join with a weekly member fee of \$12

TOPS Club Inc.

Thursdays
Weigh-in from 5 - 5:30 pm
Meeting from 5:30 - 6 pm
Perry Hospital Medical Library
\$24 annual membership fee and \$1 weekly chapter fee. For more information call 988-1813 or 988-1827.

Thursdays

Weigh-in from 6:30 - 7 pm
Meeting from 7 - 8 pm
Houston Health Pavilion EduCare Center
Cost: \$24 annual membership fee and \$5 per month chapter fee. For more information, call Ruth Hatton at 953-6470.

Stress Management

Burton Carriker, Program Administrator for Houston Healthcare Behavioral Services and a licensed health counselor, will lead this class to help you understand and deal with everyday stress.
Tuesdays, August 22
7 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Critical Conditions Program

This program will educate and engage you in planning for health care at the end of life. You will receive a copy of the legal document that combines durable medical power of attorney and the living will.
Wednesday, August 23
2 - 3 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Tobacco Cessation

A free four-session course to help you quit smoking and/or using tobacco
Mondays, July 17, 24, 31, August 7
Mondays, August 28, September 11, 18, 25
(no class on September 4 due to Labor Day holiday)
4:30 - 6:30 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

SENIORCARE

Promoting wellness of mind, body and spirit for senior adults

Perry SeniorCare

Each Monday (10 am), Wednesday (9:30 am) and Friday (10 am) at Rozar Park includes an exercise class featuring strength and flexibility stretching. On Monday only, line dancing is offered at Rozar Park from 1 - 2 pm. On Wednesday only, PVO Bingo immediately follows exercise. On Friday only, a healthy lunch (cost is \$5) and a guest speaker targeting senior adult's mental, spiritual and/or physical health is provided after exercise. Call 988-1813 for more information.

Warner Robins SeniorCare

Each Tuesday and Thursday (9 am) at the Houston County YMCA (corner of HWY 96 and Mood Road - 922-2566) strength and flexibility stretching exercise will be led by a certified instructor. Once a month a mini-check will be provided focusing on recommended annual checks for senior adults such as blood pressure, blood sugar and/or cholesterol.

Centerville SeniorCare

Each Monday, Wednesday and Friday (8:30 am) at the Centerville City Hall, exercise class including strength and flexibility led by a certified instructor. Once a month, a mini-check will be provided focusing on recommended annual checks for senior adults. For more information, call 988-1813.

***All exercise participants must have a signed physician referral form from their personal physician.**

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 certificate. Class size is limited. Pre-registration is required. Call 923-9771.
Saturdays, July 22, August 5, September 23
9 am - 1 pm
Houston Health Pavilion EduCare Center
Cost: \$35 in advance (includes course book)

Re-certification for American Heart Association Course C

Is it time to renew your CPR card? With a current CPR card you can re-certify for 1/2 the class time.
Saturdays, July 22, August 5, September 23
1 pm
Houston Health Pavilion EduCare Center
Cost: \$35 in advance (includes course book)

ACCIDENT PREVENTION

AARP Driver Safety Program

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 Lamar Odum (for Warner Robins classes) at 478-783-1988. **Cost is \$10 per person.**
Thursday and Friday, July 27 & 28
1 - 5 pm
Perry Hospital Cafeteria

Monday and Tuesday, August 7 & 8
5 - 9 pm
Houston Health Pavilion EduCare Center

DIET INSTRUCTION FOR SPECIAL DIETS

Taught by Sandra Brenner, RD, PhD, CDE, this class is for persons who have been prescribed a specified diet by a physician. Call 923-9771 for schedule of classes and to pre-register. Please state type of diet when registering.

DIABETES MANAGEMENT

Diabetes Diet Instruction

This class, taught by Sandra Brenner, RD, PhD, CDE, is for individuals with diabetes who need a diet review or people with newly diagnosed Diabetes Type 2. A physician diet prescription is required.
Call 923-9771 for the schedule of classes and to register.

Diabetes “In Control” Course

This course recognized by the American Diabetes Association is taught by registered nurses, dietitians, and certified diabetes educators. The course will consist of a 1 hour initial assessment and education, a 2 hour nutrition class, and 2- five hour comprehensive education classes. Follow up at 3, 6 and 12 months after completion of the entire program. A pre-assessment and attendance to the diabetic diet class is a pre-requisite. Physician referral is required. Medicare and most insurance plans accepted. For more information, call 923-9771.

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. The cost is covered by many insurance plans, including Medicaid. Other classes include breastfeeding, early pregnancy, big brother/ big sister sibling. For more information and to pre-register call 923-9771.

PARISH HEALTH 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 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 923-9771 or Cindy Ireland at 988-1688.

COOKING CLASS

The DASH Eating Plan (Low Salt)

Diet affects the development of high blood pressure. Blood pressure can be lowered by following a particular eating plan called the Dietary Approaches to Stop Hypertension (DASH) eating plan, which reduces the amount of sodium (salt) consumed. Sandra Brenner, RD, PhD, CDE, will demonstrate and explain this low-sodium diet plan.
Tuesday, August 15
5:30 - 7 pm
Health Connections
Cost: \$5
Call 923-9771 to pre-register.



923-9771
www.hhc.org

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 25, August 22, September 26
7 pm
Houston Health Pavilion EduCare Center

Cardiac Education and Support

Join us for the quarterly cardiac luncheon. Lynn Cochran, RN, CDE, will present the program “Rein in Your Risk of Stroke.”
Must pre-register.
Monday, August 21
12 noon
Health Connections
Call 923-9771 to pre-register.

Arthritis Support and Education

Wednesdays, July 19, August 16, and September 20
10 am
(Breakfast will be served at the August meeting. **Must pre-register for this meeting.**)
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Breast Cancer Support and Education

Mondays, July 17, August 21, September 18
7 pm
Health Connections

Compassionate Friends (for anyone dealing with the loss of a child)

Thursdays, July 27, August 24, September 28
7 pm
Houston Health Pavilion EduCare Center

Diabetes Type 2 support group meetings

For adults with Diabetes Type 2 and their support system.
First Wednesday of each month
1 pm
Houston Health Pavilion EduCare Center

Second Thursday of each month
7 pm
Houston Health Pavilion EduCare Center

Fourth Tuesday of each month
12 noon
Perry Hospital Cafeteria

Lupus Support Group

Thursdays, July 6, August 3, September 7
6 - 7 pm
Houston Health Pavilion EduCare Center

“MOMS” – Moms of Multiples

Tuesdays, July 18, August 15, September 19
7 pm
Houston Health Pavilion EduCare Center

Multiple Sclerosis Support Group

Tuesdays, July 11, August 8, September 12
7 pm
Houston Health Pavilion EduCare Center

Bereavement Support Group

Contact Hospice of Houston County at 953-5161.

HOUSE Calls

Houston Healthcare

Summer 2006



www.hhc.org

Need to Exercise & Improve Your Health??

Join the Houston Wellness Center

Houston Healthcare is pleased to announce a new partnership with the Houston Wellness Center, a full-service fitness facility located in the Houston Mall in Warner Robins.

“We believe that the new partnership with the Houston Wellness Center offers an excellent opportunity for adults in our community to exercise and improve their health as an extension of the health education and wellness programs we currently offer,” said **Frank J. Aaron**, CEO of **Houston Healthcare**. “The Center also fits in very well with the services provided by **Health Connections**, our cardiac rehabilitation center which is located next door.”

Designed to help improve the health and overall fitness of adults age 40 and over, the Wellness Center offers a staff of trained professionals and a variety of cardio equipment including:

- eleven treadmills
- five NuSteps
- two ellipticals
- one Body Trek
- two Rowers
- four Recumbent Bikes
- three Upright Bikes
- one Stepper
- and one Air Dyne Bike.

For strength, the Center offers bicep curls, pec fly, tricep press, hamstring curls, leg extensions, back machines, abdominal machines, rear delt, lateral pullover, lat/row combo, shoulder AB, leg press, incline chest, calf and shoulder press equipment.

Members receive an initial fitness assessment, followed by reassessments throughout the year. To join the **Houston Wellness Center** or for more information, please call (478) 923-4567.



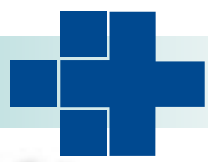
Join us ...

Free One Week Trial Membership

Bring this coupon into the Wellness Center and receive a free one-week trial membership.

Houston Wellness Center
233 N. Houston Road, Suite 135
Warner Robins, Georgia 31093
(478) 923-4567





Houston Healthcare ... Provides Total Joint Replacement Education to Patients

As part of its new **Human Motion Institute**, a unique program that offers a leading edge approach to the prevention, assessment, treatment and rehabilitation of orthopedic and musculoskeletal injuries or problems, **Houston Healthcare** is initiating a pre-operative educational program for patients undergoing total joint replacement surgery at one of **Houston Healthcare's** three surgical centers. The program includes several components all designed to educate the patient on what to expect before, during and after total joint replacement surgery.

According to **Geoff Aulds, P.T., A.T.C., C.S.C.S.**, Director of **Houston Healthcare's Rehabilitation Services** and Coordinator of **Houston Healthcare's Human Motion Institute**, such education gives the patient a better understanding of joint replacement surgery and the rehabilitation that follows so they will experience a more successful outcome. "Patients learn exactly what their joint surgery entails and all of the demands involved on their part such as physical therapy,

medications, and nursing care," he explains. "The patient will also be more knowledgeable about the hospital discharge procedures so they can make advance preparations for their recovery at home or at another facility."

Nichole McGlamry, RN, BSN, Surgical Services Nurse Manager for **Perry Hospital** and member of the **Houston Healthcare Human Motion Institute's Continuum Team**, agrees. "Because of the pre-op education, the patient will know what to expect and what is expected of them," she comments. "They can do a pre-surgery home safety assessment to see what needs to be changed to ensure they have a smooth recovery at home. The education will also help patients mentally prepare for the rehabilitation that follows, get them thinking about their options and what is best for them."

Houston Healthcare's pre-operative joint replacement patient education program includes bi-monthly classes taught at **Houston Medical Center** by hospital staff who are also members of the **Human Motion Institute** team. **Perry Hospital** conducts education classes with

patients on a one-on-one basis. The patient education classes focus on joint anatomy, causes of total joint replacement, what to expect before, during and after surgery, post-operative rehab, anticoagulation therapy, home safety assessments, case management, and recovery equipment needs. "Pre-surgery instruction pamphlets, available in all physician offices, are given to patients when they decide to undergo joint replacement surgery," adds **Aulds**. "As an optional educational method, we are also looking at having the same information available in the future on the **Houston Healthcare** website as well as on CDs for those patients who are unable to attend the patient education class."

For **Dr. P. Jeffrey Jarrett**, an orthopedic surgeon and member of the **Houston Medical Center** and **Perry Hospital's** medical staffs, patient education is essential. "Pre-op patient education helps us as healthcare providers adjust the patient's expectations about their length of



hospitalization, convalescence and ultimate desired outcome," he states. "Patient education helps us reinforce realistic expectations of their joint surgery, and it reinforces to the patient what our expectations are for their recovery. It also helps the patient get onboard as part of their own healthcare team. If the patient is not in the right mindset and mentally prepared for the joint replacement surgery, then their outcome will not meet the expectations I have as an orthopedic surgeon for their outcome."

Houston Healthcare's Diabetes Program Receives Statewide Award

Houston Healthcare's Diabetes Management Program took top honors at the 2006 State of Georgia Diabetes Conference for Healthcare Professionals. **Houston Healthcare's** program was recognized for the quality of the program, the comprehensive services offered and program outcomes as well as the program's collaborative community efforts. "The goal of our program since its inception has been to have the best quality program for people living with diabetes in Houston County and the Central Georgia area," said **Beth Jones, RNC, CDE, Director of Community Education and Services for Houston Healthcare**. "To meet this goal, we achieved national

recognition through the American Diabetes Association. The program dietitian, nurse educators and program director all attended additional training and were awarded the title of Certified Diabetes Educators. We are pleased to have been recognized by the State of Georgia for our efforts."

The program continues to demonstrate success for its participants. During 2005, program participants decreased their number of hospitalizations and Emergency Department visits as well as decreasing their blood sugar levels as measured by A1C from previous years. "Our program targets the many needs of persons living with diabetes including offerings of one-to-one assessments, education classes,

diet classes, a diabetes cooking school and exercise classes as well as offering flu vaccine and peripheral vascular disease screenings for our participants," **Jones** added. "We work well with community partners to enhance diabetes management, including

the Houston County Extension Service, Robins Air Force Base, and the Central Georgia Parish Nurse Ministry which is sponsored by **Houston Healthcare**."

For more information about the program, call (478) 923-9771.



Recognizing G.R.E.A.T. Ambassadors

Work in a hospital setting often holds deep and personal meaning with compelling reasons as to why people have chosen the field of healthcare. **Houston Healthcare** was proud to participate in this year's G.R.E.A.T. program, which stands for Giving Recognition for Excellence, Advocacy and Teamwork, as an opportunity to recognize dedicated healthcare employees and share their inspiring stories to the community.

Houston Healthcare recognized 40 employees during a special luncheon for the G.R.E.A.T. program, sponsored by the Georgia Hospital Association to celebrate the pride that healthcare employees have in their work and the contributions that they make to their patients, their hospitals, their community and their profession.

Laurie Darsey, RN, Houston Medical Center Emergency Department, and **Patricia Dent, RNC**, Perry Hospital Outpatient Surgery, were selected as **Houston Healthcare's** G.R.E.A.T. Ambassadors.



"I thank God everyday for the career he has guided me to and for the blessings it has brought me in my life. The experience has been worth more than any paycheck I have ever received. I have laughed, cried and felt every emotion possible - sometimes all within one shift. It is a privilege to work side-by-side with some of the best people on Earth, people with character, people with standards of respect and dignity for life. Also, some of the patients for whom I have cared will forever be etched in my memory ... some good and some heart wrenching. I have been fortunate enough to witness miracles and strong enough to carry tremendous grief. Although, it has been tiresome at times, I would not trade one memory."

- Laurie Darsey, RNC, Houston Medical Center Emergency Department



"Nursing is more than medicine. Nurses observe more than medical needs and have the privilege of ministering to unspoken needs. Nurses listen, touch and encourage. We are there for very private, intimate and vulnerable moments. Nursing is a great responsibility as patients trust their nurses who are really strangers. When I was working labor and delivery, my mom told me how, after years, she still remembered the kindness of her delivery nurse. Patients and family members make me so proud and grateful when they remember or thank me for making them feel cared for."

- Patricia Dent, RNC, Perry Hospital Outpatient Surgery

Houston County Teens Attend Educational Health Forum

More than 2,000 eighth-grade students from the Houston County School System, The Westfield Schools and Sacred Heart School attended the 16th annual Teen Health Forum on May 11 where they learned life-altering information about the effects of alcohol, drug and tobacco abuse, as well as the dangers of AIDS and other sexually transmitted diseases. Sponsored by **Houston Healthcare** with funding from Community HealthWorks and the Central Georgia Cancer Coalition, the goal of the forum was to educate students about making important life choices and the consequences of making the wrong ones.

"We are a sponsor of the Teen Health Forum each year because we want to promote wellness in our community through preventive health education," explains **Beth Jones, RNC, Director of Community Education and Health Services for Houston Healthcare**. "It is important to start educating children when they are most influential so as to encourage them to have healthier lifestyles as adults by avoiding unhealthy risk factors."

According to **Frankie Ross**, coordinator of health and physical education for the Houston County Board of Education, the students need to know this information before entering high school. "We feel they are mature enough at this age to realize how poor decisions can affect the rest of their lives or even end their life," she explains.

"We want them to have factual information in order to help them make wise decisions."

Gayle Bina, Executive Director of the Central Georgia Cancer Coalition, agrees. "The decision to use tobacco is made when people are teenagers," she explains. "The Teen Health Forum provides students and teachers with great information that will help them make the decision to stay tobacco free."

Ross believes that the Houston County community benefits not only in health status but also economically from this type of health education. "Students who make wise decisions based on facts are healthier, happier and more productive citizens," she states. "They are more likely to finish high school and go on to college. They are less likely to be victims of alcohol and drug related accidents; they are less likely to contract a sexually transmitted disease or become pregnant as teenagers; and they are less likely to suffer from diseases related to tobacco use. All of this definitely makes an economic impact on our community ... now and in the future."

Guest speakers at this year's Teen Health Forum included **Dr. Harold Katner**, an infectious disease specialist with the Mercer University School of Medicine, who speaks to community groups and schools about HIV and AIDS. He attends the Teen Health Forum each year with his graphic slide presentations showing the devastating effects that HIV and

AIDS can have on a person.

Richard Gillespie from Wapakoneta, Ohio, spoke to the students from his wheelchair about the consequences of driving drunk and not wearing a seatbelt. He was paralyzed 29 years ago at the age of 17 when he crashed his car into a telephone pole at 100 mph.

Jason Respert, former University of Tennessee football player from Northside High School where he is now a coach, told the students how his dream of playing college football at the NCAA level was almost ruined by one night of drinking while on a recruiting trip to the University of Florida. As a result of his drinking that night, he was accused of sexual assault, his reputation and character were questioned, and he lost full football scholarships from two major universities.

George Crawford of the Georgia Department of Public Health's Tobacco Prevention Program reminded students about the dangers of smoking and the need to be aware of marketing tactics

used by tobacco companies when advertising to teens. He said that tobacco companies frequently use images and celebrities from the hip hop culture in their advertising to make tobacco products more appealing to teenagers.

"The Teen Health Forum is just one of the many community health education programs **Houston Healthcare** offers," says **Jones**. "We feel it is important to the overall health of our community that we educate people of all ages about the benefits of good health and the means of achieving and maintaining a lifetime of good health."

The annual Teen Health Forum is a community effort supported by the Area Health Education Center, American Cancer Society, Central Georgia Cancer Coalition, Houston County Board of Education, **Houston Healthcare**, Peachbelt Medical Alliance and the North Central Health District.



Annual Prostate Cancer Luncheon

Don't miss our annual prostate cancer luncheon. **Lee Brown, RNC, FNP**, will discuss the prevention and early detection of prostate/testicular cancer, the most common cancer found in men. Pre-registration is required. **Thursday, September 14**
Lunch served from 11:30 am to noon
Guest speaker at noon
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Annual Family Fair

Join **Houston Healthcare** for this annual event, offering health screenings and information for the entire family. **Saturday, August 5**
10 am - 2 pm
Galleria Mall, Centerville
Call 923-9771 for more information.

The Diabetic Foot

The number one complication of uncontrolled diabetes is foot problems. **Dr. Evaristus Oshiokepkhai**, podiatrist, will discuss the diagnosis and treatments for this common problem. **Thursday, July 13**
7 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Ankle Replacement

Dr. Daniel Wagner, orthopedic surgeon, will present a program on ankle replacement. Breakfast will be served. (This is the regular arthritis support group meeting.) **Wednesday, August 16**
10 am
Houston Health Pavilion EduCare Center
For more information call 923-9771.

Congestive Heart Failure

Dr. Rahil Kazi, cardiologist, will present a program on managing congestive heart failure. Lunch will be served. Must pre-register. **Thursday, August 24**
Lunch served from 11:30 am to noon
Guest speaker at noon
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.