

House Calls



EMORY
HEALTHCARE

A Health Care Publication for Houston County

November | December 2025

Upcoming Events

Cooking School Food Feature

Join us for a hands-on adult cooking class centered around a signature staple food known for its health benefits. This interactive demonstration will guide you through the preparation of nutrient-rich, whole food recipes designed to support overall wellness. Participants will receive recipe cards to recreate the dishes at home and enjoy a tasting of all the delicious creations following the demo.

Pre-registration is required as space is limited.

➔ **Thursday, Nov. 6**

10 a.m. to noon

Roy H. "Sonny" Watson Health Pavilion – EduCare

233 North Houston Road, Warner Robins

Call 478-923-9771 to purchase tickets.

Diabetes Day: Be the Star of YOUR Health

Join us as we roll out the red carpet for Diabetes Day! Take charge of your health and learn more about managing diabetes. Topics include:

- Sleep and stress
- Diabetes and fatty liver disease
- Advances in insulin delivery
- The impact of steroids blood sugar

This event includes brunch and a gift.

Tickets are available for purchase for \$5 each until Nov. 12.

➔ **Wednesday, Nov. 19**

Registration: 9 to 9:30 a.m.

Program and Brunch: 9:30 to 11:30 a.m.

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion – W3

233 North Houston Road, Warner Robins

Call 478-923-9771 for more information and to purchase tickets.

Emory Hospital Warner Robins Earns National Recognition for Excellence in Stroke Care

We're proud to share some exciting news: **Emory Hospital Warner Robins** has been honored with the American Heart Association's Get With The Guidelines® – Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Stroke is the fifth leading cause of death and a major cause of disability in the U.S. Following the American Heart Association's guidelines helps improve stroke care by promoting consistent adherence to these guidelines which can minimize the long-term effects of a stroke and even prevent death.

In addition to the Gold Plus award, **Emory Hospital Warner Robins** also received two more distinctions. The Target: Stroke Honor Roll award recognizes our success in delivering clot-busting treatment quickly after a patient arrives at the hospital, which is critical in reducing stroke damage. The Target: Type 2 Diabetes Honor Roll award highlights our commitment to providing specialized care for stroke patients with Type 2 diabetes, who may face higher risks and need extra attention.

These awards reflect the dedication and expertise of our incredible stroke care team. Their hard work is making a real difference in the lives of patients and families in our community.



Pictured (l to r): Francis Peed, MSN, RN, EMTP, nurse manager, Stroke Program/CMU Telemetry; Christie Lawrence, R.T.(R)(CT)(ARRT), ASC-BC, stroke quality management specialist; and Anna Boyd, BSN, RN, director, Cardiovascular Services.

Emory Healthcare Expands Specialty Care with New Heart and Vascular, and Transplant Clinic in Warner Robins

Emory Healthcare is expanding access to specialty care in Central Georgia with a new clinic serving heart, vascular and transplant patients—the first of its kind in Warner Robins. Staffed by clinicians from Emory’s Heart & Vascular and Transplant teams, the clinic is located at the Roy H. “Sonny” Watson Health Pavilion on North Houston Road.

“Following the integration of Houston Healthcare and Emory Healthcare in June, our promise was to expand access to care in Central Georgia,” said Kevin Splaine, CEO of Emory Hospital Warner Robins and Emory Hospital Perry. “This new clinic represents our commitment to improving lives through compassionate, innovative and accessible care.”

Heart and vascular services include electrophysiology, heart failure, chronic thromboembolic pulmonary hypertension (CTPH), structural heart, interventional, cardiothoracic and thoracic surgery.

“This clinic provides specialized care closer to home,” says Angel Leon, MD, executive director of Emory Heart & Vascular. “Patients no longer have to travel long distances to see experts about their condition.”



Ribbon cutting for new heart and vascular and transplant clinic in Warner Robins - Photo by: Robins Regional Chamber of Commerce

The clinic also offers kidney and liver transplant services. “Our specialists can now see patients pre- and post-transplant locally,” said Thomas Pearson, MD, of the Emory Transplant Center. “Expanding our footprint in Central Georgia better supports patients and families.”

The clinic opened to patients in October.

Financial and Community Benefit Report for 2024

Annual Stats for 2024

Admissions (excluding newborns)	14,266
Patient Days (excluding newborns)	63,497
Emergency Department Visits	70,316
Births	1,994
Surgeries & Endoscopies	16,629
Outpatient Procedures	114,612
Houston Heart Procedures	5,647
Med-Stop Visits	77,683
EMS Trips	24,613
Employees (Full and Part-time)	2,423

Financial Report for 2024 (audited)

Net Operating Revenue	\$325,605,000
Expenses	\$355,025,000
Net Operating Margin	\$(29,420,000)
Non-Operating Revenue	\$11,946,000
Excess of Revenue	\$(17,474,000)
Indigent, Charity Care and Implicit Price Adjustments at cost	\$17,504,738

Ways We Benefited Our Community

Athletic Trainer Program	760 student athletes
Spring sports physicals, Saturday sports clinics, community events and sports medicine education	
SeniorCare Program	17,256 senior contacts
Ongoing exercise and health education	
Perinatal Coalition	81 female contacts
Case management and interpretation services for non-English speaking women with high risk pregnancies, gestational diabetes and case management	

Childbirth and Baby Education	1,448 family member contacts
Education classes on early pregnancy, breastfeeding, older sibling roles, childbirth education, grandparenting and baby care	
Diabetes Education	824 contacts
Self-management education and support	
Community Health Improvement	6,632 contacts
Glucose and blood pressure screenings, influenza immunizations, community and industrial health fairs, vulnerable population outreach and health education	

Statement of Nondiscrimination

Emory 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. Emory Hospital Warner Robins 478-975-5662; Emory Hospital Perry 478-218-1635.

Spanish: ATENCIÓN: hay servicios gratis de asistencia de idiomas. Emory Hospital Warner Robins 478-975-5662; Emory Hospital Perry 478-218-1635.

Korean: 참고: 한국어 지원 서비스를 무료로 이용하실 수 있습니다. Emory Hospital Warner Robins 478-975-5662; Emory Hospital Perry 478-218-1635.

EduCare offers a variety of classes tailored to meet specific health needs. Classes are free or low cost as a service for you. All classes meet at the Roy H. "Sonny" Watson Health Pavilion EduCare classrooms unless noted otherwise. To register, call 478-923-9771 or visit www.hhc.org/events.

GENERAL HEALTH & WELLNESS	MATERNAL/CHILD	ACCIDENT PREVENTION
Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management Knowing your numbers can help you make changes to protect your heart. Learn how to develop a heart healthy lifestyle to improve your overall wellbeing and health. ➔ Wednesday, Nov. 12 5:30 to 7:30 p.m. 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. Topics covered include different types of heart failure, management and monitoring, medications and nutrition education. Caregiver or support person are encouraged to attend. Call 478-923-9771 to schedule an appointment. Healthy Living for Life Weight control, healthy eating, exercise and stress reduction are the most effective ways to reduce your risk and/or manage chronic disease. Learn healthy habits for life with a different topic each week. Optional weekly weigh-in to follow your progress. ➔ Tuesdays Weigh-in: 4:30 to 5 p.m. Class: 5 to 6 p.m. Critical Conditions/Advance Directives Call our Life Choices Team for free assistance in preparing an Advance Directive. Emory Hospital Warner Robins – 478-975-5346 or Emory Hospital Perry – 478-218-1626 Georgia Tobacco Quit Line A free and effective service available from your phone to Georgia adults, pregnant women and teens (ages 13 and older). https://dph.georgia.gov/ready-quit. 1-877-270-7867 (English) 1-855-DEJELO-YA (Spanish) For Hearing Impaired: TTY services: 1-877-777-6534	Prepared Childbirth Series 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. Meets one night a week for four weeks. Classes include scheduled tour of The Women's Center at Emory Hospital Warner Robins. ➔ Tuesday series begins Nov. 4, Dec. 2 6:30 to 8:30 p.m. Breastfeeding Made Simple Provides expectant moms with the information needed to be successful in breastfeeding a newborn, including proper latch and feeding positions to start with success. Second class focuses on milk production, pumping, milk storage and safety. Breast pump demonstration provided. ➔ Wednesday two-class series begins Nov. 5, Dec. 3 6:30 to 8:30 p.m. Baby Care Boot Camp Introduction to caring for a newborn. Participants will learn baby care essentials including normal infant health and safety to caring for fussy babies. Support person and grandparents are welcome to attend. ➔ Wednesday, Nov. 19, Dec. 17 6 to 8:30 p.m. 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.	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). Cost is \$20 for AARP members and \$25 for non-members. Make checks payable to AARP (no cash accepted). To register, visit AARPDiversSafety.org.
SUPPORT GROUPS		
		Alzheimer's Education and Support Group ➔ Monday, Nov. 17, Dec. 15 2 p.m. First Presbyterian Church, 1139 Watson Blvd, Warner Robins ➔ NEW LOCATION: Thursday, Nov. 13, Dec. 11 6:30 p.m. The Farmhouse at McCullough, 95 Chantilly Drive, Warner Robins Better Breathers Club ➔ Thursday, Nov. 6, Dec. 4 Noon Emory Hospital Warner Robins Northwest Tower Lobby Conference Room 1601 Watson Boulevard, Warner Robins Diabetes Support Group ➔ Wednesday, Nov. 19, Dec. 3 1 to 2 p.m. Roy H. "Sonny" Watson Health Pavilion – EduCare Heart of Georgia Hospice Bereavement Support Group ➔ Thursday, Nov. 20, Dec. 18 6:30 p.m. McCullough Funeral Home Farmhouse 417 South Houston Lake Road, Warner Robins Call 478-953-5161 for more information. Multiple Sclerosis Support Group ➔ Tuesday, Nov. 18, Dec. 16 6:30 p.m. Emory Hospital Warner Robins Lower Lobby Conference Room 1601 Watson Boulevard, Warner Robins Call Lisa King 478-396-9702 for more information. Sepsis Support ➔ Monday, Nov. 3, Dec. 1 6 to 7 p.m. Roy H. "Sonny" Watson Health Pavilion – EduCare Stroke Support ➔ Monday, Nov. 3, Dec. 1 6 to 7 p.m. Roy H. "Sonny" Watson Health Pavilion – EduCare
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 after first class. Forms are available by calling 478-975-6752. ➔ Perry SeniorCare: Every Monday and Wednesday (10 a.m.) at Rozar Park. Exercise class features strength training, flexibility and stretching. Mini-fitness assessment provided on the second Monday of each month includes blood pressure/BMI screenings before class and health talk after. ➔ Pavilion SeniorCare: Every Monday and Wednesday (8:30 a.m.) at Roy H. "Sonny" Watson Houston Health Pavilion-Main Hallway. Exercise class features strength training, flexibility and stretching. Mini-fitness assessment on the second Wednesday of each month includes blood pressure/BMI screenings before class and health talk after. A Matter of Balance Improve flexibility, balance, and strength to reduce falls. These two-hour classes meet two times per week for four weeks. Participants should be age 60 or older, and able to problem-solve. Tai Chi Led by a certified instructor, these one-hour classes use gentle movements to relieve pain, reduce falls and improve quality of life.	
DIABETES MANAGEMENT		
Diabetes Nutrition and Meal Planning Class For individuals with pre-diabetes or diabetes who need a nutrition review or those newly diagnosed. 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 a.m. and 6 p.m. Emory Hospital Warner Robins, Health Connections 1601 Watson Boulevard, Warner Robins Call 478-322-5143 for more information and fees. Diabetes Prevention Program: You Can Make a Change for Life The CDC National Diabetes Prevention Program can help you make changes for life. This free program helps you learn how to prevent Type 2 diabetes. Group meets for a year-long program with a trained Lifestyle Coach. For more information, call 478-923-9771. Diabetes Self-Management Education Course American Diabetes Association accredited 10-hour program designed to improve blood sugar control and decrease complications from diabetes. A physician referral is required. Call 478-923-9771 or fax referral to 478-975-6776.		
FAITH COMMUNITY NURSING		
		Emory Healthcare serves as a resource center for health education and training for health professionals who are willing to provide this service to their church family. New churches and organizations are welcome. Call 478-923-9771 for more information.

Join the Conversation at ...



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1601 Watson Boulevard
Warner Robins, Georgia 31093

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