

House CALLS



HOUSTON
HEALTHCARE

EMORY
HEALTHCARE

A health care publication for Houston County

July - August - September 2025

Upcoming Events

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 wellbeing. A tasting of all recipes prepared will follow the cooking demonstration. FREE with pre-registration.

➡ **Thursday, August 14**

10 a.m. to noon

Roy H. "Sonny" Watson Health Pavilion – EduCare

233 North Houston Road, Warner Robins

Call 478-923-9771 to pre-register.

Diabetes Updates for Health Care Professionals

Diabetes Update is an educational program intended for professionals who provide education and support to patients with diabetes. Cost is \$5 to attend and lunch will be provided. Participants must attend entire program to receive CEU credits. Tickets available until August 21.

➡ **Wednesday, August 27**

9 a.m. to 3:30 p.m.

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion – W3

233 North Houston Road, Warner Robins

Call 478-923-9771 to purchase tickets.

The Family Table Project

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 eight to 18 welcome to participate with at least one adult represented per family. Limit five participants per station. FREE with pre-registration.

➡ **Thursday, September 18**

5:30 to 7 p.m.

Roy H. "Sonny" Watson Health Pavilion – EduCare

233 North Houston Road, Warner Robins

Call 478-923-9771 to pre-register.

We're Proud to Join Emory Healthcare!

Houston Healthcare is now part of Emory Healthcare, Georgia's most comprehensive academic health system. The integration became official on June 1, 2025, marking a significant step forward in advancing high-quality patient care across central Georgia.

As part of the integration, **Houston Healthcare-Warner Robins** has been renamed **Emory Hospital Warner Robins**, and **Houston Healthcare-Perry** is now **Emory Hospital Perry**. More than 2,500 employees at both locations are now part of **Emory Healthcare**, along with 350 physicians, who have joined the medical staff at both hospitals. Together, the two facilities have a combined 282 inpatient beds, supported by five outpatient centers and five physician practices, all of

which are being integrated into the Emory Healthcare system.

"Our mission at Emory Healthcare is to improve lives and provide hope, and we believe this integration represents the next chapter in fulfilling that mission," said **Joon S. Lee, MD, CEO of Emory Healthcare**. "We are uniting two dedicated teams—those deeply rooted in the central Georgia community and those within a leading academic health system—to expand access to exceptional care and deliver even more resources close to home."

Over the next several months, you'll begin to see new signage, location names and branding as we complete our integration into the Emory Healthcare system. Learn more at emoryhealthcare.org/houston.



Pictured (l to r): Joon S. Lee, MD, CEO, Emory Healthcare; Ivan Allen, EdD, chair, Houston Healthcare System, Inc.; and Kevin Splaine, CEO, Emory Hospital Warner Robins and Emory Hospital Perry

Houston Healthcare - Warner Robins Earns National Accreditation for Heart Care

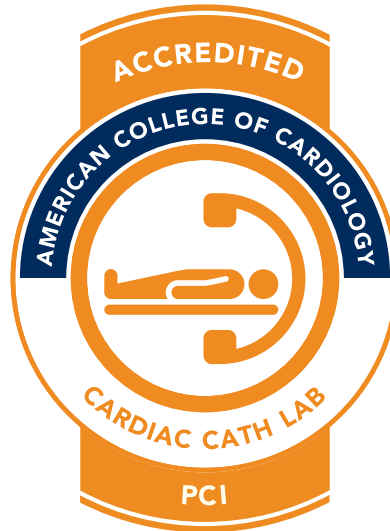
The American College of Cardiology (ACC) has recognized **Houston Healthcare - Warner Robins**, now **Emory Hospital Warner Robins**, for its demonstrated expertise and commitment in treating patients who come to a cardiac cath lab for care, including diagnostic catheterizations and percutaneous coronary intervention (PCI) procedures. The hospital was awarded Cardiac Cath Lab Accreditation with PCI in April 2025 based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose and treat patients who come to the cardiac cath lab.

Percutaneous coronary intervention is also known as coronary angioplasty. It is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or

reduce heart damage during or after a heart attack.

"We are honored to receive this accreditation from the American College of Cardiology," says **Anna Boyd**, BSN, RN, director of Cardiovascular Services. "This achievement reflects the dedication of our entire heart team—from physicians and nurses to technologists and support staff—who work tirelessly to deliver exceptional, evidence-based care. Our community can trust that when minutes matter most, they have access to nationally recognized heart care, right here at home."

The **Houston Heart Institute**, located inside **Emory Hospital Warner Robins**, houses two cardiac cath labs and a vascular lab, equipped and staffed to respond quickly to cardiac emergencies. Visit hhc.org to learn more.



EMS Supervisor Wins Statewide Hospital HERO Award

Quinton Head, a supervisor and paramedic on our **Emergency Medical Services** team, was recently honored by the Georgia Hospital Association as one of only three recipients statewide of a prestigious hospital hero award. With over 35 years of service, **Head** began his career as an orderly in the Emergency Department and has become a respected leader in emergency medical services. Known for his compassion, dedication, and commitment to improving community health, **Head** exemplifies the spirit of a hospital hero. GHA President and CEO Caylee Noggle praised him as "a shining example of what it means to lead and care for others with empathy and compassion." We are proud to celebrate **Quinton Head's** remarkable contributions to healthcare and our community.



Pictured (l to r): David Borghelli, director, Emergency Medical Services; Caylee Noggle, president, Georgia Hospital Association; Hospital Hero Honoree Quinton Head, paramedic and supervisor, Emergency Medical Services; and Tim Powell, manager, Emergency Medical Services

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. Llame al 478-975-5662 (Houston Healthcare Warner Robins) or 478-218-1635 (Houston Healthcare Perry).

Korean: 주의: 한국어를 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 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

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, July 23, September 10**
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 – 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

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.

MATERNAL/CHILD

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 July 8, August 12, September 16**
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 July 9, August 6, September 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, July 23, August 20, September 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.

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.

Walk with Ease

This six-week program meets three times a week to gradually increase walking time and educate on walking strategies.

Tai Chi

Led by a certified instructor, these one-hour classes use gentle movements to relieve pain, reduce falls and improve quality of life.

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). Cost is \$20 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

➔ **Thursday, July 24, August 28, September 25**
6:30 p.m.

Centerville Library, 206 Gunn Road, Centerville

➔ **Monday, July 21, August 18, September 15**
2 p.m.

First Presbyterian Church, 1139 Watson Blvd, Warner Robins

Better Breathers Club

➔ **Thursday, July 3, August 7, September 4**

Noon

Emory Hospital Warner Robins

Northwest Tower Lobby Conference Room

1601 Watson Boulevard, Warner Robins

Diabetes Support Group

➔ **Wednesday, July 9, August 6, September 3**
1 to 2 p.m.

Roy H. "Sonny" Watson Health Pavilion – EduCare

Heart of Georgia Hospice Bereavement Support Group

➔ **Thursday, July 17, August 21, September 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, July 8, August 12, September 9**
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, July 7, August 4, September 8**
6 to 7 p.m.

Roy H. "Sonny" Watson Health Pavilion – EduCare

Stroke Support

➔ **Monday, July 7, August 4, September 8**
6 to 7 p.m.

Roy H. "Sonny" Watson Health Pavilion – EduCare

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.

➔ **Wednesday, July 9, August 6, September 3**
10:30 to 11:30 a.m.

Roy H. "Sonny" Watson Health Pavilion – EduCare

Join the Conversation at ...





1601 Watson Boulevard
Warner Robins, Georgia 31093

NON PROFIT
US Postage
PAID
Permit #549
Macon, Georgia

Houston Healthcare is
proud to join

EMORY
HEALTHCARE

Georgia's most comprehensive
academic health system

Learn more at
emoryhealthcare.org/houston

