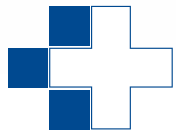


# House CALLS



A Publication of Houston Healthcare

April - May - June 2025

## Upcoming EVENTS

### Senior Camp 2025: Surviving Worst Case Scenario

Prepare for your best future by learning how to protect your health. This event promotes ways to include good health practices in your everyday schedule. Community vendors on site. **Cost is \$5 per person, and includes lunch and a gift.**

➔ **Wednesday, April 23**

Registration & visit vendors: 8:30 - 9 am

Program & lunch: 9:30 am - 1 pm

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.

### Adult Cooking Class - Food Feature

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, May 8**

10 am - 12 pm

Roy H. "Sonny" Watson Health Pavilion - EduCare

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

### Kids in the Kitchen

"Hands-on" cooking stations allow families to experience ways to use food to promote healthy families. Children age 8+ welcome to participate with at least one adult represented per family. Limit 5 people per station. **FREE with pre-registration.**

➔ **Thursday, June 19**

5:30 - 7 pm

Roy H. "Sonny" Watson Health Pavilion - EduCare

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

### Caregiver Conference "Picnic in the Park"

This one-day conference encourages successful caregiving by providing information and resources available in our community to support you. Local agencies on-site to share resources. Lunch provided. **FREE with pre-registration.**

➔ **Wednesday, June 25**

Doors open for registration & vendors at 8:30 am

Program & lunch: 9:30 am - 1:30 pm

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion - W3

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

## Houston Healthcare-Perry Earns ACR Accreditation in Breast Ultrasound

**H**ouston Healthcare-Perry has been awarded a three-year term of accreditation in breast ultrasound as the result of a recent review by the American College of Radiology® (ACR®).

Ultrasound imaging is a noninvasive medical test using high-frequency sound waves to produce images of internal body parts to help physicians diagnose and better treat medical conditions. Breast ultrasound captures images of internal breast structures.

"It's important that our community knows we're dedicated to providing exceptional care by achieving top of the

line accreditations," says **Autumn Litteral, RT(S), RVT**, an ultrasound technologist at **Houston Healthcare-Perry**.

It was **Litteral** who led the charge within her department to apply for this accreditation. "This is a 'first' for **Houston Healthcare-Perry**, and I guess I wanted to show that even though we're a small hospital, we're mighty," says **Litteral**. "Plus, I watched my mom and aunt go through breast cancer, and I know how important the ultrasound/mammogram combination is for prevention and diagnosis."

*[Continued on page 2]*



Pictured (l to r): Houston Healthcare-Perry Ultrasound Technologists: Autumn Litteral, RT(S) RVT; Anne Donson, RDMS; Lindsay Arrington, BSHA RT(R), Imaging Manager; and Brooke Davis.

# May is Asthma Awareness Month

## How Can You Tell If You Have Asthma?

**A**sthma is a chronic respiratory condition that affects millions of people, causing symptoms like wheezing, shortness of breath, and chest tightness. Diagnosing and managing asthma effectively requires accurate testing, and **Pulmonary Function Testing (PFT)** is one of the best tools available for this purpose.

PFT consists of non-invasive tests that measure lung capacity, airflow, and efficiency in gas exchange. One common test is spirometry, which evaluates how much air a person can inhale and exhale and how quickly they can do so. Another specialized test, the Bronchoprovocation Test, helps confirm asthma by temporarily narrowing the airways with a nebulized solution, mimicking asthma symptoms. A spirometry test before and after the inhaled medication measures any changes in lung function. If airway constriction occurs, asthma is likely present, and symptoms are quickly reversed with medication.

According to **Christy Gonzalez, NP-C**, a certified Nurse Practitioner at **Houston Family Care at Bonaire**, PFT is crucial for both diagnosis and long-term asthma management for patients. “PFT not only correctly diagnoses asthma, but it also helps assess disease progression, monitor treatment effectiveness, and prevent severe attacks,” says **Gonzalez**. By incorporating PFT into routine asthma care, patients and healthcare providers can work together to achieve better respiratory health.



**Houston Healthcare's** two outpatient **Pulmonary Function Labs** perform a wide variety of pulmonary function tests for numerous respiratory conditions. Tests require a physician's order. Learn more at [www.hhc.org](http://www.hhc.org).

### Houston Healthcare Pulmonary Function Lab Locations:

1601 Watson Boulevard Warner Robins      1120 Morningside Drive Perry

Most insurances are accepted, including Medicare and Medicaid.

Ask your doctor if pulmonary function testing is right for you.

*[Continued from front]*

**Houston Healthcare–Perry** has three imaging modalities that are breast accredited through the ACR®. They include MRI, Mammography, and now Ultrasound.

For more information about **Houston Healthcare's** breast imaging services, visit the Breast Health and Mammography page on our website at [www.hhc.org/services/breast-health-mammography](http://www.hhc.org/services/breast-health-mammography).

The **ACR® Gold Seal of Accreditation** represents the highest level of image quality and patient safety. It is awarded only to facilities meeting specific requirements based on ACR® Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field.



#### 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) o 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 CALENDAR

All classes or support groups meet at the Roy H. "Sonny" Watson Health Pavilion unless noted otherwise in description.  
Call (478) 923-9771 to register for classes or for more information.

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](http://www.hhc.org/events).**

## GENERAL HEALTH & WELLNESS

**Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management**  
 ☛ Wednesday, May 21  
 5:30 - 7:30 pm

**Help for the Heart: Heart Failure Education**  
 ☛ Wednesday, April 16, June 18  
 1 - 3 pm

**Healthy Living for Life**  
 ☛ Tuesdays  
 Weigh-in: 4:30 - 5 pm | Class: 5 - 6 pm

**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**  
 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-DEJELLO-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 am and 6 pm  
 Houston Healthcare - 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

**Breastfeeding Made Simple**  
 This class provides expectant moms with the information needed to be successful in breastfeeding a newborn.  
 ☛ Wednesday series begins April 2, May 7, June 4  
 6:30 - 8:30 pm

**Baby Care Boot Camp**  
 Introduction to caring for a newborn. Training covers a variety of topics from infant health and safety to new baby care essentials. Support person and grandparents are welcome to attend.  
 ☛ Wednesday, April 16, May 21, June 18  
 6 - 8:30 pm

**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. This class meets one night a week for 4 weeks. Classes include scheduled tour of The Women's Center at Houston Healthcare-Warner Robins.  
 ☛ Tuesday series begins April 8, May 6, June 10  
 6:30 - 8:30 pm

**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) 923-9771.**

☛ **Perry SeniorCare:** Every Monday & Wednesday (10 am) at Rozar Park. Exercise class features strength training, flexibility, and stretching. Mini-fitness assessment provided on the 2<sup>nd</sup> Monday of each month includes blood pressure/BMI screenings before class and health talk after.

☛ **Pavilion SeniorCare:** Every Monday & Wednesday (8:30 am) at Roy H. "Sonny" Watson Houston Health Pavilion-Main Hallway. Exercise class features strength training, flexibility, and stretching. Mini-fitness assessment on the 2<sup>nd</sup> 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 2-hour classes meet 2 times per week for 4 weeks. Participants should be age 60 or older, and able to problem-solve.

**Walk with Ease**  
 This 6-week program meets 3 times a week to gradually increase walking time and educate on walking strategies.

**Tai Chi**  
 Led by a certified instructor, these 1 hour classes use gentle movements to relieve pain, reduce falls, and improve quality of life.

## ACCIDENT PREVENTION

**AARP Driver Safety Program**  
 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](http://AARPDiversSafety.org).

## SUPPORT GROUPS

**Alzheimer's Education and Support Group**  
 ☛ Thursday, April 24, May 22, June 26  
 6:30 pm  
 Centerville Library, 206 Gunn Road, Centerville  
 ☛ Monday, April 21, May 19, June 16  
 2 pm  
 First Presbyterian Church, 1139 Watson Blvd, Warner Robins

**Better Breathers Club**  
 ☛ Thursday, April 3, May 1, June 5  
 12 pm  
 Houston Healthcare-Warner Robins  
 Northwest Tower Lobby Conference Room  
 1601 Watson Boulevard, Warner Robins

**Diabetes Support Group**  
 ☛ Wednesday, April 2, May 7, June 4  
 1 - 2 pm  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

**Heart of Georgia Hospice Bereavement Support Group**  
 ☛ Thursday, April 17, May 15, June 19  
 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**  
 ☛ Tuesday, April 15, May 20, June 17  
 6:30 pm  
 Houston Healthcare-Warner Robins  
 Lower Lobby Conference Room  
 1601 Watson Boulevard, Warner Robins  
 Call Lisa King (478) 396-9702 for more information.

**Sepsis Support**  
 ☛ Monday, April 7, May 5, June 2  
 6 - 7 pm  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

**Stroke Support**  
 ☛ Monday, Monday, April 7, May 5, June 2  
 6 - 7 pm  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

## FAITH COMMUNITY NURSING

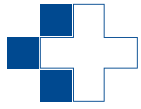
Houston Healthcare serves as a resource center for health education and training for health professionals who are willing to provide this service to their church family. New churches and organizations are welcome.  
 ☛ Wednesday, April 2, May 7, June 4  
 10:30 - 11:30 am  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

All classes or support groups meet at the Roy H. "Sonny" Watson Health Pavilion unless noted otherwise in description.

Call (478) 923-9771 to register for classes or for more information.

Join the Conversation at ...





**HOUSTON HEALTHCARE**

1601 Watson Boulevard  
Warner Robins, Georgia 31093

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## “Welcome home little one.”

“Wonderful Experience”



“Amazing staff ”



“Everyone was so sweet”



“I am so thankful that  
we have this option in  
Houston County”



From prenatal care to diagnostic imaging and childbirth, our experienced maternity team has comprehensive services for moms, babies, and families in a caring and comforting environment.

**The Women’s Center**



1601 Watson Boulevard  
Warner Robins, GA 31093

[hhc.org](http://hhc.org)

\*from actual patient comments