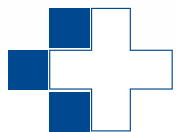


House CALLS



A Publication of Houston Healthcare

January – February – March 2025

Upcoming EVENTS

New Year, New You – “CEO of YOU”

Know your numbers and manage your health in 2025. Screenings will include lipids (cholesterol), blood sugar, blood pressure and BMI. Education provided to explain your screening numbers and develop a plan for improving your health this year. Fasting recommended for screenings. **Event is free with advance ticket.**

📍 Wednesday, January 8

Health Screenings: 8:30 - 9:30 am

Program with breakfast: 9:30 - 11 am

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.

Annual Red Luncheon

Take your lunch break with Houston Healthcare and learn about resources available in our community for preventing and managing heart disease. **Tickets are \$15 each and must be purchased in advance at EduCare.**

📍 Wednesday, February 26

11:30 am - 1 pm (Lunch provided)

Doors open at 11 am (Tickets must be presented at door for admittance.)

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. Pre-registration required.

📍 Thursday, February 6

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

Families will prepare their meal together at cooking stations. Program includes nutrition and food safety education. Class is recommended for children ages 8 to 18 with at least 1 adult per station. Space is limited.

📍 Thursday, March 27

5:30 - 7 pm

Roy H. “Sonny” Watson Health Pavilion – EduCare

233 North Houston Road, Warner Robins

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

Houston Healthcare Introduces New MAGNETOM Altea MRI: A High-Tech, Patient-Centered Solution for a Calmer Imaging Experience

Houston Healthcare is excited to introduce the MAGNETOM Altea, a cutting-edge MRI scanner now available in our newly renovated **Same Day Services** at **Houston Healthcare-Warner Robins**. Designed with patient comfort at its core, this advanced MRI system integrates state-of-the-art technology with thoughtful amenities to help ease the anxiety many feel during scans.

The MAGNETOM Altea also features Turbo Suite Technology, which can significantly reduce some scan times without compromising image quality, allowing for a faster, more efficient patient experience. Plus, customizable mood lighting and high-quality noise reducing headphones, allow patients to select calming light and custom sound settings for a soothing atmosphere tailored to their preferences.



“Houston Healthcare’s commitment to advanced, compassionate care is reflected in every detail of this new, modern facility and the Magnetom Altea MRI. We invite our community to experience the future of patient-centered imaging in our Same Day Services Building, where technology and comfort go hand-in-hand for the highest quality healthcare experience.”

Charles Briscoe, President and Chief Executive Officer for Houston Healthcare

A Heartfelt Journey: Houston Healthcare Employee Triumphs Over a Heart Attack

Seymour Castro, PT, DPT, manager of rehabilitation services for **Houston Healthcare**, shares his remarkable experience following an ST-elevated myocardial infarction (STEMI) and the care he received from his colleagues at **Houston Healthcare** in October 2023. The most deadly type of heart attack, a STEMI is a total or near total blockage of a coronary artery that supplies oxygen-rich blood to part of the heart muscle.

“The morning of my heart attack began like any other. I was preparing for work and had recently completed a 5K event just four days prior, feeling terrific afterwards,” explains **Seymour**. “Suddenly, I experienced chest and neck pain. Initially, I suspected it might be reflux, heartburn, or hyperacidity—conditions I had faced years ago. Denial set in, as I had felt great just days before. I tried hydrating, but when the pain persisted, I realized it was more serious.

Around 8 a.m., I texted my primary care doctor and an ER physician. They both instructed me to go to the ER rather than a MedStop. I asked my brother-in-law to drive me to the emergency room, where I signed in with ‘chest pain.’ Within two minutes, I was called in. During my triage, the nurses noted my ECG showed a STEMI, and within five minutes, I was rushed to the cath lab [in the **Houston Heart Institute**].”

In a cardiac event, time is crucial says **Anna Boyd, RN**, director of Cardiovascular Services at the **Houston Heart Institute**. “We perform diagnostic and coronary interventions for cardiovascular disease here in the **Houston Heart Institute**,” explains **Boyd**. “Time is crucial, as delays can cause long-term damage or death. Typically, the process from ER to opening the artery takes 60 to 90 minutes.”

According to **Seymour**, staff at the **Houston Heart Institute** discovered his right coronary artery was 100 percent blocked by a clot. Using manual extraction and a



Seymour Castro, rehabilitation services manager for Houston Healthcare and heart attack survivor.

specialized machine, they removed the clot and inserted two stents. “I was shocked to learn the severity of my condition and the potential risks of delaying treatment,” says **Seymour**.

Following his procedure in the cath lab, **Seymour** says he spent three nights in intensive care at **Houston Healthcare-Warner Robins**, where the ICU team monitored his critical condition. “My blood pressure was dangerously low, but with constant care and medication, it stabilized. On the fourth day, I was transferred to the cardiovascular unit,” explains **Seymour**.

Upon his release from the hospital, **Seymour’s** next stop was to begin cardiac rehab at **Health Connections** where he started with a simple exercise prescription, gradually increasing his tolerance while also

receiving guidance on disease management, nutrition, and stress.

Seymour credits his colleagues’ expertise and dedication for his swift recovery. “I am deeply grateful to everyone involved in my care. Their expertise and dedication provided me with an excellent experience and a swift recovery,” he says. “I thank the entire **Houston Healthcare** community for their exceptional services and support.”

Warning Signs of a Heart Attack

If a person experiences any of the following symptoms, call 9-1-1 immediately:

- Pressure, fullness, pain or squeezing in the center of the chest that lasts for more than a few minutes or goes away and comes back;
- Chest pain that radiates to the shoulder, neck, jaws or arms;
- Chest discomfort along with light-headedness, fainting, sweating, clamminess, nausea or shortness of breath;
- For women, shortness of breath, fatigue, nausea and upper abdominal pain along with any of the above.

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 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 at www.hhc.org/events.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management
 ☞ Wednesday, January 22, March 19
 5:30 - 7:30 pm

Help for the Heart: Heart Failure Education
 ☞ Wednesday, February 19
 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 own phone at no-cost 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 program fees.

Diabetes Prevention Program: You Can Make a Change for Life
 The CDC National Diabetes Prevention Program can help you make changes for life. Groups meet 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 - Part 1
 This class provides expectant moms with the information needed to be successful in breastfeeding a newborn.
 ☞ Wednesday, January 8, February 5, March 5
 6:30 - 8:30 pm

Breastfeeding Made Simple - Part 2
 A follow-up to Part 1, join this class to learn about milk production, pumping, milk storage and safety.
 ☞ Wednesday, January 15, February 12, March 12
 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, January 22, February 19, March 19
 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.
 ☞ Tuesday series begins January 7, February 11, March 18
 6:30 - 8:30 pm

Gestational Diabetes Education Program
 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 2nd 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 Health Pavilion-Main Hallway. Exercise class features strength training, flexibility, and stretching. Mini-fitness assessment on the 2nd 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, ambulatory, and able to problem-solve.
 Call (478) 923-9771 to pre-register.

Walk with Ease
 This 6-week program meets 3 times a week to gradually increase walking time and educate on walking strategies. Pre-registration is required.
 Call (478) 923-9771 to pre-register.

Tai Chi
 Led by a certified instructor, these 1 hour classes use gentle movements to relieve pain, reduce falls, and improve quality of life. Call (478) 923-9771 for more information and to pre-register.

NEW! Parkinson’s Exercise Workshop
 Led by a certified instructor, this class focuses on strength, balance and muscle control. **Class meets every Thursday for 6 week sessions.** Support persons welcome. Call (478) 923-9771 for more information and to pre-register.

ACCIDENT PREVENTION

AARP Driver Safety Program
 Upon course completion, you could be eligible to receive an insurance discount (contact your agent for details). Participants must sign a disclosure from AARP upon entry to class. 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
 ☞ Thursday, January 23, February 27, March 27
 6:30 pm
 Centerville Library, 206 Gunn Road, Centerville
 ☞ Monday, January 20, February 17, March 17
 2 pm
 First Presbyterian Church, 1139 Watson Blvd, Warner Robins

Better Breathers Club
 ☞ Thursday, January 9, February 6, March 6
 12 pm
 Houston Healthcare-Warner Robins
 Northwest Tower Lobby Conference Room
 1601 Watson Boulevard, Warner Robins

Diabetes Support Group
 ☞ Wednesday, February 5, March 5
 1 - 2 pm
 Roy H. “Sonny” Watson Health Pavilion – EduCare

Heart of Georgia Hospice Bereavement Support Group
 ☞ Thursday, January 16, February 20, March 20
 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, January 14, February 11, March 11
 6:30 pm
 Roy H. “Sonny” Watson Health Pavilion – EduCare
 Call Lisa King (478) 396-9702 for more information.

Sepsis Support
 ☞ Monday, January 6, February 3, March 3
 6 - 7 pm
 Roy H. “Sonny” Watson Health Pavilion – EduCare

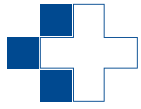
Stroke Support
 ☞ Monday, January 6, February 3, March 3
 6 - 7 pm
 Roy H. “Sonny” Watson Health Pavilion – EduCare

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 welcome.

Join the Conversation at ...





HOUSTON HEALTHCARE

*1601 Watson Boulevard
Warner Robins, Georgia 31093*

NON PROFIT
US Postage
PAID
Permit #448
Macon, Georgia

Cardiac and Pulmonary Rehabilitation Services



Cardiac and Pulmonary Rehab at Health Connections focuses on Phase II recovery, which includes cardiovascular exercise, strength training, and further education about cardiac and pulmonary illnesses. You will begin the program after a thorough assessment to determine your current fitness level so that a personally tailored program can be made for you. The center features a 12-week, 36 session program for cardiac patients, and an 8-week, 24 session program for pulmonary patients.



**Health Connections is located at Houston Healthcare in Warner Robins
Call 478-322-5143 for more information**



HOUSTON HEALTHCARE

This physician referred and insurance approved program offers individualized, telemetry monitored exercise therapy, nutrition education and lifestyle changes with the goal of helping patients return to their optimal level of health.