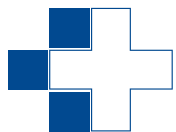


House CALLS



A Publication of Houston Healthcare

October - November - December 2023



Upcoming EVENTS

Girls Day Out Brunch for Women's Health

Special Saturday hours for women who find weekday appointments for mammograms challenging.

Enjoy a light brunch during your annual screening mammogram. **These event requires a pre-scheduled appointment.** Call (478) 329-3200 or (866) 605-7565 to schedule your annual mammogram or to attend the event.

📅 Saturday, October 14

8 am - 12 noon

Houston Healthcare-Perry - Radiology Department
1120 Morningside Drive, Perry

📅 Saturday, October 21

8 am - 12 noon

Pavilion Diagnostic Center
Roy H. "Sonny" Watson Health Pavilion
Suite 1401, S1 Entrance
233 North Houston Road, Warner Robins

Saturday Mammograms in October for Breast Cancer Awareness Month

Houston Healthcare-Perry will be offering screening mammograms every Saturday during October for Breast Cancer Awareness Month. Call (478) 329-3200 or (866) 605-7565 to schedule your annual mammogram.

📅 Every Saturday in October

8 am - 12 noon

Houston Healthcare-Perry, Radiology Department
1120 Morningside Drive, Perry

Diabetes Day

The future of your health starts now! No need to look to the stars when information you need to manage your diabetes is here. Explore patient-provider responsibilities of diabetes care, wound prevention, trends in nutrition, and continuous monitoring options. Celebrate the future with lunch and giveaways. Reserve your spot by purchasing your \$5 ticket at EduCare.

📅 Wednesday, November 1

Registration: 9 am

Program and Lunch: 9:30 am - 2 pm

Cary W. Martin Conference Center
Roy H. "Sonny" Watson Health Pavilion - W3 Entrance
233 North Houston Road, Warner Robins
Call (478) 923-9771 for more information and to purchase tickets.

Food Feature Cooking Demonstration

This cooking demonstration uses one healthy staple food in multiple recipes. Pre-registration is required as space is limited.

📅 Thursday, November 9

10 am - 12 noon

Roy H. "Sonny" Watson Health Pavilion - EduCare
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Join the Conversation at ...



Houston Healthcare Offers Breast Screening with Innovative Technology

Screening mammograms are a woman's best defense against breast cancer. These non-invasive imaging exams can detect cancer early, when it's most treatable and long before it can be felt. According to the American College of Radiology (ACR), mammograms are the only test shown to reduce breast cancer deaths.

With advancements in technology, these lifesaving exams have gotten even better. A case in point: three-dimensional (3D) mammography, sometimes called breast tomosynthesis. This technology provides increased accuracy and makes false alarms less likely.

"3D mammography allows us to look at multiple layers of breast tissue individually as opposed to a two-dimensional image of the breast," says **Lori Armstrong, DO**, lead interpreting radiologist, **Houston Healthcare**. "It can be especially helpful in detecting cancer in women with dense breasts."

Houston Healthcare has set the standard of care by offering 3D mammography to every patient at the **Pavilion Diagnostic Center** and **Houston Healthcare-Perry**. To schedule a screening mammogram at a **Houston Healthcare** facility, scan the QR code below or call **(478) 329-3200**.

The American College of Radiology recommends that women begin getting annual mammograms at age 40 for the following reasons:

- **1 in 6** breast cancers occurs in women in their 40s.
- Mammography has helped reduce breast cancer mortality in the U.S. by nearly **40% since 1990**.
- One study shows mammography screening **cuts the risk of dying** from breast cancer nearly in half.
- 3 out of 4 women diagnosed with breast cancer **have no family history** of the disease and are not considered high risk.



Houston Healthcare Mammography Facilities

Pavilion Diagnostic Center

233 North Houston Road
Ste. 140-I
Warner Robins, Georgia

Houston Healthcare-Perry

1120 Morningside Drive
Perry, Georgia



SCAN TO SCHEDULE

Ways We *Benefit* Our Community

Financial Report

Annual Stats for 2022

Admissions (excluding newborns)	13,886
Patient Days (excluding newborns)	65,881
Emergency Department Visits	66,038
Births	1,954
Surgeries & Endoscopies	15,481
Med-Stop Visits	77,201
EMS Trips	24,595
Employees (Full & Part-time)	2,438

Financial Report for 2022 (audited)

Net Operating Revenue	\$277,535,000
Expenses	\$317,374,000
Net Operating Margin	\$(39,839,000)
Non-Operating Revenue	\$(20,257,000)
Excess of Revenue	\$(60,096,000)
Indigent, Charity Care & Implicit Price Adjustments at cost	\$20,069,000

How We *Benefited* Our Community in 2022

Charity Care at Cost	\$11,128,737
Bad Debt at Cost	\$8,939,851
Unreimbursed Medicaid Cost	\$10,565,186
Medicare Shortfall	(\$4,911,473)
Total Financial Cost/Shortfall:	\$25,722,301
Community Health Improvement Services <i>Health Education, Community Based Clinical Services, Health Care Support Services</i>	\$2,082,042
Subsidized Health Services <i>Behavioral Health</i>	\$4,178,362
Financial and In-Kind Contributions <i>Cash and In-Kind Donations, Grants, Cost for Fundraising for Community Programs</i>	\$558,109
Community Building Activities <i>Economic Development, Community Support, Coalition Building, Community Health Improvement Advocacy, Workforce Development</i>	\$208,403
Community Benefit Operations <i>Community Needs/Health Assets Assessment and Other Resources</i>	\$142,487
Total Other Community Benefit:	\$7,169,403
Grand Total 2022:	\$32,891,704

Get Vaccinated Against the Flu This Season

Houston Healthcare urges adults and children over the age of six months to get a flu shot and take the following steps to help prevent the flu this year:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Wash your hands often with soap and water.
- Cover your coughs and sneezes.
- Avoid touching your eyes, nose and mouth to prevent the spread of germs.
- Clean and disinfect surfaces and objects that may be contaminated with flu viruses.
- Take everyone in the family to get a flu shot this year.

The flu virus can be passed from person-to-person beginning a day before the person feels sick. The virus is spread when someone coughs or sneezes. A person can also get the flu by touching a surface, such as a doorknob, that has the flu virus on it and then touching their nose, mouth or eyes. Adults may be contagious from one day before developing symptoms to up to seven days after getting sick. Children can be contagious for longer than seven days.

“Getting the flu vaccine is simple, and it’s the most important thing you can do to protect yourself and your family from the flu.”

Andrew Wang, DO, Board-certified Family Medicine Physician, Houston Family Care at Perry

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

Join the Conversation at ...



All classes meet in the Roy H. "Sonny" Watson Health Pavilion Educare classrooms unless otherwise noted. Call us at (478) 923-9771 or visit www.hhc.org/events to register.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management
 ☞ Wednesday, November 8
 5:30 - 7:30 pm

Help for the Heart: Heart Failure Education
 ☞ Wednesday, October 18, December 13
 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
 Call the Georgia Tobacco Quit Line today - a free and effective service available from your own phone. The services are available at no cost to Georgia adults, pregnant women, and teens (ages 13 and older). Call the toll-free number or visit the website: <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. **A physician referral is required.** For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Diabetes Exercise Program
 ☞ 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 National Diabetes Prevention Program, developed by the CDC, 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
 Recognized by the American Diabetes Association, this 10-hour course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, a nutrition class with a Registered Dietitian, and two comprehensive skill classes. **A physician referral is required.** Call (478) 923-9771 or fax referral to (478) 975-6776.

MATERNAL/CHILD

Breastfeeding Made Simple - Part 1
 ☞ Wednesday, October 4, November 1, December 6
 6:30 - 8:30 pm

Breastfeeding Make Simple - Part 2
 ☞ Wednesday, October 18, November 8, December 13
 6:30 - 8:30 pm

Baby Care Boot Camp
 ☞ Tuesday, October 17, December 19; Wednesday, November 15
 6 - 8:30 pm

Prepared Childbirth Series
 Meets once a week for 4 weeks.
 ☞ Tuesday series begins November 7, November 28
 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.

Super Sibling Class
 A parent is required to attend with their children.
 ☞ Wednesday, October 25
 6:30 - 7:30 pm

GRAND-Parenting
 ☞ Wednesday, November 29
 6:30 - 8:30 pm

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.**

☞ **Perry SeniorCare:** Every Monday & Wednesday (10 am) at Rozar Park. Mini-fitness assessment provided on the 3rd Wednesday 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. Mini-fitness assessment on the 3rd Monday of each month includes blood pressure/BMI screenings before class and health talk after.

A Matter of Balance (AMOB)
 These 2-hour classes meet 2 times per week for 4 weeks. Participants should be age 60 or older and able to problem-solve. **Call (478) 975-6752 to pre-register.**

Walk with Ease
 This 6-week program meets 3 times a week. Pre-registration is required. **Call (478) 975-6752 to pre-register.**

Tai Chi
 One hour classes use gentle movements to relieve pain, reduce falls, and improve quality of life. **Call (478) 975-6752 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) 975-6752 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).
 ☞ Monday, October 23, December 11; Tuesday, November 14
 9 am - 3:30 pm
 To register, visit AARPDiversSafety.org or call (478) 396-9705 for November date and (478) 953-9625 for October/December dates.

SUPPORT GROUPS

Alzheimer's Education and Support Group
 ☞ Meets 4th Thursday of every month
 6:30 pm
Centerville Library, 206 Gunn Road, Centerville
 ☞ Meets 3rd Monday of every month
 2 pm
First Presbyterian Church, 1139 Watson Blvd, Warner Robins

Better Breathers Club
PERRY:
 ☞ Meets 1st Tuesday of every month
 12 pm
Houston Healthcare-Perry, Dining Conference Room

WARNER ROBINS:
 ☞ Meets 1st Thursday of every month
 12 pm
Houston Healthcare-Warner Robins Northwest Tower Lobby Conference Room

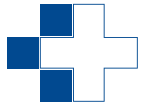
Diabetes Support Group
WARNER ROBINS:
 ☞ Meets 1st Wednesday of every month
 1 - 2 pm
Roy H. "Sonny" Watson Health Pavilion - EduCare
PERRY:
 ☞ Meets 2nd Tuesday of every month
 12 - 1 pm
Houston Healthcare-Perry - Dining Conference Room

Heart of Georgia Hospice Bereavement Support Group
 ☞ Meets 3rd Thursday of every month
 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
 ☞ Meets 2nd Thursday of every month
 6:30 pm
Houston Healthcare-Warner Robins Northwest Tower Lower Lobby, Classroom 2
 Call Lisa King (478) 396-9702 for more information.

Stroke Support
 ☞ Meets 1st Monday of every month
 6 - 7 pm
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.



HOUSTON HEALTHCARE

*1601 Watson Boulevard
Warner Robins, Georgia 31093*

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Robotic surgery provides a surgeon with a natural extension of their eyes and hands to provide a less invasive option for a patient's surgical needs.

For the patient, less-invasive means: smaller incisions, less scarring, decreased blood loss, lowered infection risks, shorter hospital stays due to reduced recovery time, and quicker returns to normal life.

**Houston Healthcare offers robotic surgical options in:
Bariatric, Cholecystectomy, Colectomy, Gynecological & Hernia Repair**



HOUSTON HEALTHCARE

*Continuing to bring the most innovative advances in
healthcare technology to our community.*

www.hhc.org