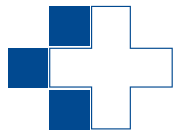


House CALLS



A Publication of Houston Healthcare

April - May - June 2024



Upcoming EVENTS

Senior Camp 2024 - Treasure Hunt for Health

Search for new ways to find health with a little help from Houston Healthcare. This event promotes ways to include good health practices into your everyday schedule. Community vendors on site. **Cost is \$5 per person (includes lunch and a gift)**. Call EduCare at (478) 923-9771 for tickets.

📅 **Wednesday, April 24**

8:30 - 9:30 am: Registration and visit vendors

9:30 am - 1 pm: Program with lunch provided

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion — W3 Entrance
233 North Houston Road, Warner Robins

Food Feature Cooking Demonstration

This adult cooking class features a signature staple food that promotes good health. The cooking demonstration focuses on preparing and cooking highly nutritious whole-food items to enhance your overall well-being. Recipes will be provided so you can make again at home. A tasting of all recipes prepared will follow the cooking demonstration. **FREE** with pre-registration.

📅 **Thursday, April 11**

10 am - 12 pm

Roy H. "Sonny" Watson Health Pavilion — EduCare

233 North Houston Road, Warner Robins

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

Family Cooking School

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 8 and over are welcome to participate, with at least one adult represented per family. Limit 5 participants per station. **FREE** with pre-registration.

📅 **Thursday, May 2**

5:30 - 7:30 pm

Roy H. "Sonny" Watson Health Pavilion — EduCare

233 North Houston Road, Warner Robins

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

Caregiver Conference

In Houston County, 23% of adults provide care or assistance to a friend or family member with a health problem, long-term illness, or disability. This one-day conference encourages successful caregiving by providing information and resources available in our community to support you. Local agencies will be on-site to share resources. The event is **FREE** with pre-registration.

📅 **Thursday, June 6**

Doors open for registration and vendors at 8:30 am

Program: 9:30 am - 1:30 pm (includes lunch)

Cary W. Martin Conference Center

Roy H. "Sonny" Watson Health Pavilion — W3 Entrance

233 North Houston Road, Warner Robins

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

Houston Healthcare Expands da Vinci Robotic Surgery to Perry

Houston Healthcare recently expanded its robotic surgical capabilities to **Houston Healthcare-Perry** by adding a new da Vinci Xi surgical robot. The new robot, named *Stitch*, is one of four da Vinci surgical robots at **Houston Healthcare**. The other three are located at **Houston Healthcare-Warner Robins**, where board-certified surgeons have performed more than 3,400 da Vinci robotic-assisted surgeries since Fall 2019.

The da Vinci Xi Surgical System enables surgeons to perform intricate surgical procedures using minimal incisions. Maneuvering the robotic arms, surgeons can operate with unparalleled precision, translating their hand movements into smaller,

more precise movements with the robotic-assisted instruments inside the patient's body.

For more information about da Vinci surgery at **Houston Healthcare**, visit hhc.org/surgery.

Potential Patient Benefits of da Vinci Procedures

- Less pain during recovery
- Less blood loss
- Fewer complications
- Lower risk of infection
- Less scarring
- Shorter hospital stays
- Quicker recovery time



"We are thrilled to be able to provide this technologically advanced surgical equipment to the Perry community."

Todd Edenfield, RN, Vice President, Administrator for Houston Healthcare-Perry

Houston Healthcare-Warner Robins Same Day Services to Upgrade MRI

Houston Healthcare-Warner Robins is expanding its outpatient services area known as **Same Day Services** to make room for a new Siemens MAGNETOM Altea 1.5T MRI system. Construction will be completed in May, and the new MRI unit will be ready for use.

“MAGNETOM Altea 1.5T represents a dramatic leap forward in MRI technology and exemplifies our commitment to excellence,” explains **Phyllis Briaud**, MBA, CRA, RT(R)(T)(CT)(QM), Director of Imaging Services for **Houston Healthcare**.

The technology within the new MRI system will allow **Houston Healthcare** to provide patients with a more comfortable patient experience, while also offering doctors the accurate images they need to make confident healthcare decisions. It also addresses another key challenge: All patients are different. They each have different bodies, different conditions, and different



needs. MAGNETOM Altea automatically accommodates these anatomical and physiological differences, which decreases the need for rescans and increases scan consistency. And with a larger opening, plus an array of other innovative technologies, the result is a faster, quieter, more comfortable scan for patients.

To accommodate the new MRI system, an extra 1,690 square feet

is being added to **Same Day Services** to include ambient lighting for patient comfort as well as required MRI Safety Zones. The renovated portion of the building's exterior will feature a new patient drop-off area and covered walkway.

“Once construction is complete in May, the new and improved **Same Day Services** area will provide a more comfortable and enjoyable place for patients to receive outpatient care,” says **Peter Tran**, MBA, MHA, MPH, FACHE, Associate Administrator, **Houston Healthcare-Warner Robins**.

May is Stroke Awareness Month Know the Signs and Symptoms of Stroke

A stroke affects the arteries leading to and within the brain. According to the American Stroke Association, stroke is the fifth leading cause of death in the United States and a leading cause of disability. Fortunately, 80 percent of strokes are preventable.

The **Houston Healthcare Stroke Program** uses advanced telemedicine services to connect patients to highly trained Stroke Specialists in the Marcus Stroke Network, which is affiliated with the Grady Health System, for rapid evaluation and treatment of acute stroke.

By participating in the Georgia Coverdell Acute Stroke Registry and the American Stroke Association's “*Get with the Guidelines*” program, **Houston Healthcare** ensures high quality stroke care from rapid evaluation and treatment to inpatient management, rehabilitation, and prevention. **Houston Healthcare-Warner Robins** is an accredited Primary Stroke Center and **Houston Healthcare-Perry** is an accredited Acute Stroke Ready Center.

“Our community is fortunate to be able to receive specialized stroke care close to home through the Houston Healthcare Stroke Program.”

Anna Boyd, BSN, RN, Director of Cardiovascular Services for Houston Healthcare

**WHEN IT COMES TO STROKE,
BE FAST CALL 911**

Any one of these sudden **SIGNS** could mean a **STROKE**

- B**alance
Loss Of Balance, Dizziness
- E**yes
Vision Changes
- F**ace
Facial Drooping, Severe Headache
- A**rms
Weakness, Numbness
- S**peech
Trouble Speaking, Confusion
- T**ime
To Call 911

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. Llaman 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

Join the Conversation at ...



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, May 15
 5:30 - 7:30 pm

Help for the Heart: Heart Failure Education
 ☞ Wednesday, April 17, June 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. **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
 The 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
 This class provides expectant moms with all the information needed to be successful in breastfeeding a newborn. Breast pump demonstration provided.
 ☞ Wednesday series begins April 10, May 8, June 12
 6 - 8 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. Grandparents are welcome to attend.
 ☞ Tuesday, April 23, May 21, June 25
 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. Class includes scheduled tour of The Women's Center at Houston Healthcare-Warner Robins.
 ☞ Tuesday series begins April 30, June 4
 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. Forms are available by calling (478) 975-6752.**

☞ **Perry SeniorCare:** Every Monday & Wednesday (10 am) at Rozar Park exercise class featuring 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 featuring 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 one 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.

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).
 ☞ Wednesday, April 24 or June 19
 ☞ Monday, May 20
 9 am - 3:30 pm
 To register, visit AARPDiversSafety.org or call (478) 227-7198.

SUPPORT GROUPS

Alzheimer's Education and Support Group
 ☞ Thursday, April 25, May 23, June 27
 6:30 pm
 Centerville Library, 206 Gunn Road, Centerville
 ☞ Monday, April 15, May 20, June 17
 2 pm
 First Presbyterian Church, 1139 Watson Blvd, Warner Robins

Better Breathers Club
 ☞ Thursday, April 4, May 2, June 6
 12 pm
 Houston Healthcare-Warner Robins
 Northwest Tower Lobby Conference Room
 1601 Watson Boulevard

Diabetes Support Group
 ☞ Wednesday, April 3, May 1, June 5
 1 - 2 pm
 Roy H. "Sonny" Watson Health Pavilion - EduCare

Faith Community Health Support
 ☞ Wednesday, April 3, May 1, June 5
 10:30 - 11:30 am
 Roy H. "Sonny" Watson Health Pavilion - EduCare

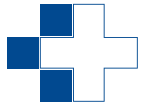
Heart of Georgia Hospice Bereavement Support Group
 ☞ Thursday, April 18, May 16, June 20
 6:30 pm
 McCullough Funeral Home Farmhouse
 417 South Houston Lake Road, Warner Robins
 Call (478) 953-5161 for more information.

Multiple Sclerosis Support Group
 ☞ Tuesday, April 9, May 14, June 11
 6:30 pm
 Roy H. "Sonny" Watson Health Pavilion - EduCare
 Call Lisa King (478) 396-9702 for more information.

Sepsis Support
 ☞ Monday, April 1, May 6, June 3
 6 - 7 pm
 Roy H. "Sonny" Watson Health Pavilion - EduCare

Stroke Support
 ☞ Monday, April 1, May 6, June 3
 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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The Latest In Robotic Surgery Now Available in Perry!



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