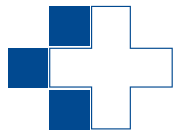


House CALLS



A Publication of Houston Healthcare

October - November - December 2024



Upcoming EVENTS

October is Breast Cancer Awareness Month

Breast care services are conveniently offered at the Pavilion Diagnostic Center and Houston Healthcare-Perry. To schedule an appointment, please call (478) 329-3200. As a reminder, please have your physician's order with you before calling. You can also schedule an appointment online by visiting www.hhc.org by clicking on the patient portal tab. Also visit www.hhc.org for upcoming Breast Cancer Awareness events offered in October.

Diabetes Day

The Olympic Games display the cutting edge of physical ability for all the world to see. Go for the GOLD in your personal health by learning the skills you need to better manage your diabetes. Events include Diabetes Types and Differences, Medication Management, Dialysis and Diabetes, and Diabetic Neuropathy. Compete in the games, win prizes and enjoy lunch. **Tickets are \$5 to attend and can be purchased at EduCare.**

➤ Thursday, November 7

Registration: 9 - 9:30 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 to purchase tickets.

Cooking School: Food Feature

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, November 14

10 am - 12 pm

Roy H. "Sonny" Watson Health Pavilion — EduCare

233 North Houston Road, Warner Robins

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

Join the Conversation at ...



Meet Houston Surgical Associates, A Houston Healthcare Physician Practice

Houston Healthcare welcomed **Houston Surgical Associates** to its employed physician group, **Houston Physician Specialists**, in August 2023. Formerly known as Surgical Associates of Warner Robins, the collaboration brought together a respected surgical practice with a strong track record of service and a renowned local health system.

"We excitedly welcomed this experienced group of surgeons to the **Houston Healthcare** family last Summer. As a trusted name in healthcare for many years, their commitment to patient care and our community's well-being made them an excellent addition," said **Charles Briscoe**, president and CEO at **Houston Healthcare**.

Located at 1701 Watson Boulevard in Warner Robins, **Houston Surgical Associates** is home to five highly-trained general surgeons — **Kent McBride, MD, FACS**; **Silvie Harrington, MD, FACS**; **Kerry Rodgers, MD, FACS**; **Luke Couch III, MD**; and most recently, **Steve D. Watts III, MD**. The group offers a comprehensive range of general surgical services from minimally invasive laparoscopic procedures to major surgeries including abdominal, breast, endocrine, and emergency procedures. The practice includes robotically trained surgeons who utilize the da Vinci Xi Surgical System.

To learn more about **Houston Surgical Associates** or to schedule an appointment, call (478) 352-5900 or visit hhc.org.



Pictured (l to r): Steve D. Watts III, MD; Kerry Rodgers, MD, FACS; Silvie Harrington, MD, FACS; Luke Couch III, MD; and T. Kent McBride MD, FACS.

Ways We *Benefit* Our Community

Financial Report

Annual Stats for 2023

Admissions (excluding newborns)	13,189
Patient Days (excluding newborns)	61,639
Emergency Department Visits	68,921
Births	1,971
Surgeries & Endoscopies	15,966
Med-Stop Visits	78,083
EMS Trips	25,613
Employees (Full & Part-time)	2,454

Financial Report for 2023 (audited)

Net Operating Revenue	\$303,026,000
Expenses	\$339,609,000
Net Operating Margin	\$(36,583,000)
Non-Operating Revenue	\$5,531,000
Excess of Revenue	\$(31,052,000)
Indigent, Charity Care & Implicit Price Adjustments at cost	\$18,882,871

How We *Benefited* Our Community in 2023

Charity Care at Cost	\$8,760,564
Bad Debt at Cost	\$10,122,307
Unreimbursed Medicaid Cost	\$13,431,539
Medicare Shortfall	\$5,122,395
Total Financial Cost/Shortfall:	\$37,436,805
Community Health Improvement Services	\$1,229,521
<i>Health Education, Community Based Clinical Services, Health Care Support Services</i>	
Subsidized Health Services	\$4,099,884
<i>Behavioral Health</i>	
Financial and In-Kind Contributions	\$623,656
<i>Cash and In-Kind Donations, Grants, Cost for Fundraising for Community Programs</i>	
Community Building Activities	\$263,684
<i>Economic Development, Community Support, Coalition Building, Community Health Improvement Advocacy, Workforce Development</i>	
Community Benefit Operations	\$160,641
<i>Community Needs/Health Assets Assessment and Other Resources</i>	
Total Other Community Benefit:	\$6,377,386
Grand Total 2023:	\$43,814,191

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) 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 at www.hhc.org/events.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management

📍 Wednesday, November 20
5:30 - 7:30 pm

Help for the Heart: Heart Failure Education

📍 Wednesday, October 16, December 4
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, October 16, November 6, December 4
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, October 23, November 13, December 11
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, October 30, November 20, December 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 3 weeks.
📍 Tuesday series begins October 15, November 5, December 3
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.

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). To register, visit AARPDiversSafety.org.
📍 Wednesday, November 13
9 am - 3:30 pm
Call (478) 227-7198 to register.
📍 Monday, November 18
9 am - 3:30 pm
Call (478) 953-9625 to register.

SUPPORT GROUPS

Alzheimer's Education and Support Group

📍 Thursday, October 24, December 12
6:30 pm
Centerville Library, 206 Gunn Road, Centerville
📍 Monday, October 21, November 18, December 16
2 pm
First Presbyterian Church, 1139 Watson Blvd, Warner Robins
📍 *NEW* Thursday, October 10, November 14, December 12
6:30 pm
The Farmhouse at McCullough, 95 Chantilly Dr., Warner Robins

Better Breathers Club

📍 Thursday, October 10, November 7, December 12
12 pm
Houston Healthcare-Warner Robins
Northwest Tower Lobby Conference Room
1601 Watson Boulevard

Diabetes Support Group

📍 Wednesday, October 2, December 4
1 - 2 pm
Roy H. "Sonny" Watson Health Pavilion - EduCare

Heart of Georgia Hospice Bereavement Support Group

📍 Thursday, October 17, November 21, December 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

📍 Meets on Tuesdays
6:30 pm
Roy H. "Sonny" Watson Health Pavilion - EduCare
Call Lisa King (478) 396-9702 for more information.

Sepsis Support

📍 Monday, October 7, November 4, December 2
6 - 7 pm
Roy H. "Sonny" Watson Health Pavilion - EduCare

Stroke Support

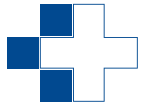
📍 Monday, October 7, November 4, December 2
6 - 7 pm
Roy H. "Sonny" Watson Health Pavilion - EduCare

FAITH COMMUNITY NURSING

Houston Healthcare serves as a resource center for area churches wanting a health ministry by providing health educational materials and training for nurses in the church family who are willing to provide this service. Call 478-923-9771 for more information.

Join the Conversation at ...





HOUSTON HEALTHCARE

1601 Watson Boulevard
Warner Robins, Georgia 31093

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Permit #448
Macon, Georgia



Need a Mammogram?



*Are you due for your first mammogram?
Have you put off getting a mammogram?
Has it been more than a year since your last mammogram?*

Girls Day Out Brunch for Women's Health

offers after-hours mammograms for women trying to find the time to schedule an annual screening mammogram. In addition to your mammogram, you'll be treated like a VIP while enjoying a relaxing atmosphere with refreshments

Saturday, October 12
8am - 12pm

Pavilion Diagnostic Center

Saturday, October 19
8am - 12pm

Perry Radiology Department

Saturday Mammograms

Every Saturday in October | 8am - 12pm
Pavilion Diagnostic Center & Perry Radiology Department

Pavilion Diagnostic Center
Roy H. "Sonny" Watson Health Pavilion
233 N. Houston Rd, Warner Robins
Suite 140 - I, S1 Entrance

Perry Radiology Department
Houston Healthcare - Perry
1120 Morningside Dr

To schedule your
mammogram, call:
(478) 329 - 3200