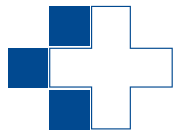


# House CALLS



A Publication of Houston Healthcare

July - August - September 2024



## Upcoming EVENTS

### Kids in the Kitchen

Getting children involved in preparing their own meals encourages them to eat healthy. Program includes hands-on cooking, nutrition and food safety education. NOTE: Class is recommended for children ages 8 to 12. All children must be accompanied by an adult 18 years old or older. Class size is limited.

📅 **Thursday, July 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.

### 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.

📅 **Tuesday, August 13**

10 am - 12 pm

Roy H. "Sonny" Watson Health Pavilion – EduCare  
233 North Houston Road, Warner Robins

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

### Diabetes Update for Healthcare Professionals

Diabetes Update is an educational program intended for professionals providing education and support to patients with diabetes. sponsored by Houston Healthcare and Magnolia Coastlands Area Health Education Center (AHEC), this program is approved for 5.25 CEU hours. Participants must attend entire program to receive CEU credits. Tickets available until Wednesday, August 21. **Cost is \$5 to attend.**

📅 **Wednesday, August 28**

9 am - 3:30 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 purchase tickets.

### 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, September 19**

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.

Join the Conversation at ...



## Houston Healthcare-Warner Robins Earns Level II Emergency Cardiac Care Center Redesignation

**H**ouston Healthcare-Warner Robins has earned redesignation as a Level II Emergency Cardiac Care Center (ECCC) by the Georgia Department of Public Health (DPH) in recognition of its continued commitment to excellence in providing emergency cardiac care. In addition, **Houston Healthcare-Perry** is designated as a Level III ECCC.

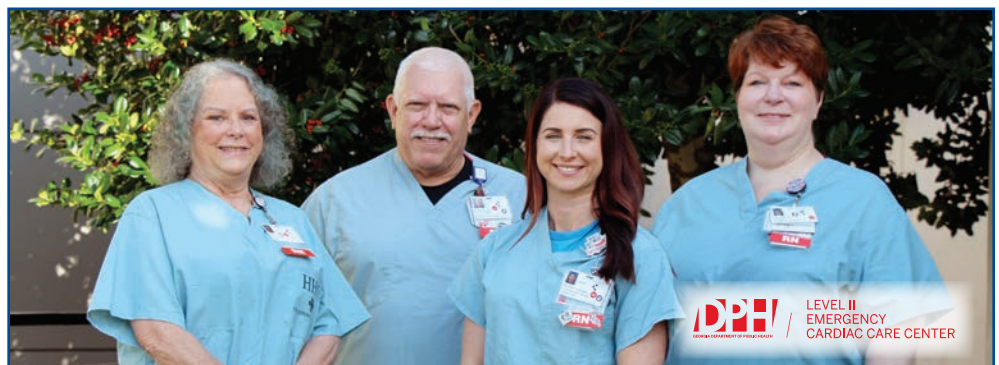
The Level II designation for Emergency Cardiac Care Centers helps prioritize a hospital's capacity to provide interventional cardiac catheterizations. Hospitals undergo a rigorous evaluation process and site inspection to earn the recognition.

"Having this designation should assure our community that they will receive the highest standard of evidence-based care and treatment should they come to Houston

Healthcare with cardiac arrest or heart attack," says **Anna Boyd**, BSN, RN, director of cardiovascular services, **Houston Healthcare**.

"We are honored to receive this redesignation and are committed to continuing our efforts to provide top-tier emergency cardiac care to our community," said **Charles Briscoe**, president and CEO at **Houston Healthcare**. "This recognition reflects the hard work and collaboration of our **Houston Heart Institute, Emergency Department, and Emergency Medical Services** teams. We will continue to strive for excellence in all aspects of patient care."

To learn more about cardiac care at **Houston Healthcare-Warner Robins**, visit [hhc.org/services/cardiovascular](http://hhc.org/services/cardiovascular).



Pictured (l to r): **Debra Williford, RN, STEMI coordinator; Mark Liles, RN, manager, Invasive & Non-Invasive Cardiology; Heather Gallegos, RN, assistant nurse manager, Cardiac Cath Lab; and Anna Boyd, BSN, RN, director, Cardiovascular Services.**

Not pictured: **Scott Cole, RN, nurse manager, Cardiac Cath Lab; Donald Smith, MSN, RN, director, Emergency Services; Amy Johnson, BSN, RN, assistant nurse manager of operations, Emergency Services; Rebecca Anderson, BSN, RN, nurse manager, Emergency Services; and David Borghelli, director, Emergency Medical Services.**

# Summertime Safety: *ER or Med-Stop?*

We all love the laid back days of summer. Longer daylight hours mean more time for outdoor fun. Unfortunately, some of the summer activities we enjoy may also make it more likely for us to get sick or injured. Staying vigilant when enjoying summer activities may help you avoid an unexpected trip to the emergency room or Med-Stop. Follow these important tips to stay safe this summer:

- Wear helmets, pads and other protective equipment when riding bikes or playing sports.
- Warm up before engaging in physical activities to reduce the chance of injury.
- Set off fireworks far from people and houses.
- Supervise children carefully around fires, grills and fireworks.
- Drink plenty of fluids on hot days, even if you don't feel particularly thirsty.
- Don't swim alone or assume children are safe in water because they've had swimming lessons.
- Wear sunscreen with a sun protection factor (SPF) of at least 30 to lower your risk of painful burns and skin cancer. Get out of the sun at the first signs of sunburn.

- Keep food refrigerated or well-chilled in a cooler until you're ready to grill or serve it.
- Refrigerate food promptly after serving. The Centers for Disease Control and Prevention (CDC) recommends refrigerating food after two hours if it's less than 90 degrees outside or within one hour if the temperature exceeds 90 degrees.

*In the event of an injury, check out the tips below to determine if you need to seek care at the ER or visit a Med-Stop location. In an emergency, call 9-1-1 immediately.*

## When to go to a Med-Stop location:

- Minor illnesses or injuries
- Cold or flu symptoms
- Sprains or minor fractures
- Muscle aches
- Minor rashes
- Cuts, scrapes or minor wounds
- Urinary tract infections (UTIs)

## When to go to the Emergency Room:

- Severe accidents, injuries or illnesses
- Heart attack or chest pain
- Numbness in face, arms or legs
- Head or back injuries
- Trouble breathing
- Poisoning
- Loss of consciousness
- Severe allergic reactions
- Serious burns
- Severe dehydration

## Houston Healthcare Achieves National Metabolic and Bariatric Surgery Accreditation

**H**ouston Healthcare's Bariatric Surgery Program has been accredited as a Comprehensive Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®), a joint Quality Program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).

"This accreditation formally acknowledges our continued commitment to providing quality care and supporting patient safety efforts for metabolic and bariatric surgery patients," says **Sheldon Mattox**, RN, MBA, Post-Surgical, Rehabilitation and Education Director for **Houston Healthcare**.

The MBSAQIP Standards, *Optimal Resources for Metabolic and Bariatric Surgery*, published by the ACS and the

ASMBS, ensure that metabolic and bariatric patients receive multidisciplinary medical care, which improves patient outcomes and long-term success. MBSAQIP-Accredited centers offer preoperative and postoperative care designed specifically for patients with obesity.

To earn MBSAQIP Accreditation, **Houston Healthcare's Bariatric Surgery Program** met essential criteria for staffing, training, facility infrastructure and patient care pathways, ensuring its ability to support patients with obesity. The center also participates in a national data registry that yields semiannual reports on the quality of its surgical outcomes and identifying opportunities for quality improvement.

### 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

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

## GENERAL HEALTH & WELLNESS

**Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management**  
 ☞ Wednesday, July 17, September 18  
 5:30 - 7:30 pm

**Help for the Heart: Heart Failure Education**  
 ☞ Wednesday, August 14  
 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-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 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 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, July 10, August 7, September 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, July 17, August 14, September 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, July 24, August 21, September 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.  
 ☞ Tuesday series begins July 23 and September 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 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. Exercise class features strength training, flexibility, and stretching. Mini-fitness assessment on the 2nd Monday 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.

**Parkinson's Exercise Workshop**  
 Led by a certified instructor, this class focuses on strength, balance and muscle control. Class meets once a week 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).  
 ☞ Wednesday, July 17  
 ☞ Monday, August 19  
 ☞ Tuesday, September 17  
 9 am - 3:30 pm  
 To register, visit [AARPDiversSafety.org](http://AARPDiversSafety.org) or call (478) 227-7198 for July/September dates and (478) 953-9625 for August date.

## SUPPORT GROUPS

**Alzheimer's Education and Support Group**  
 ☞ Thursday, July 25, August 22, September 26  
 6:30 pm  
 Centerville Library, 206 Gunn Road, Centerville  
 ☞ Monday, July 15, August 19, September 16  
 2 pm  
 First Presbyterian Church, 1139 Watson Blvd, Warner Robins

**Better Breathers Club**  
 ☞ Thursday, July 11, August 1, September 5  
 12 pm  
 Houston Healthcare-Warner Robins  
 Northwest Tower Lobby Conference Room  
 1601 Watson Boulevard

**Diabetes Support Group**  
 ☞ Wednesday, July 10, August 7, September 4  
 1 - 2 pm  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

**Faith Community Health Support**  
 ☞ Wednesday, July 10, August 7, September 4  
 10:30 - 11:30 am  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

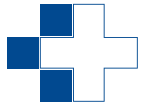
**Heart of Georgia Hospice Bereavement Support Group**  
 ☞ Thursday, July 18, August 15, September 19  
 6:30 pm  
 McCullough Funeral Home Farmhouse  
 417 South Houston Lake Road, Warner Robins  
 Call (478) 953-5161 for more information.

**Multiple Sclerosis Support Group**  
 ☞ Tuesday, July 9, August 13, September 10  
 6:30 pm | Houston Healthcare-Warner Robins  
 Northwest Tower, Lower Lobby, Classroom 2  
 1601 Watson Boulevard  
 Call Lisa King (478) 396-9702 for more information.

**Sepsis Support**  
 ☞ Monday, July 8, August 5, September 9  
 6 - 7 pm  
 Roy H. "Sonny" Watson Health Pavilion - EduCare

**Stroke Support**  
 ☞ Monday, July 8, August 5, September 9  
 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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# Mark Your Calendars!

**Saturday, September 21**

**5K - 8:30 am | Fun Run - 9:30 am**

*On-site registration starts at 8 am*

**Wellness Expo | 8 - 11 am**

**Roy H. "Sonny" Watson Health Pavilion**

*233 North Houston Road, Warner Robins*

**Join us for a day of health and family fun!**

*FREE On-site Health Screenings • Community Vendors*

*Mega Colon Exhibit • Food Trucks • Giveaways*

*Inflatables for the Kids • Local Police, Fire & EMS On-Site*



For more information, view the race map, or register for a race, visit:

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