



**RMC**  
Regional Medical Center  
*The Right Care. Right Here.*

# THRIVE

**Your Good Health  
Our Caring Expertise**

*for life*

FALL 2016

## Live pain-free

*Our orthopedic services  
offer solutions*

**PAGE 8**

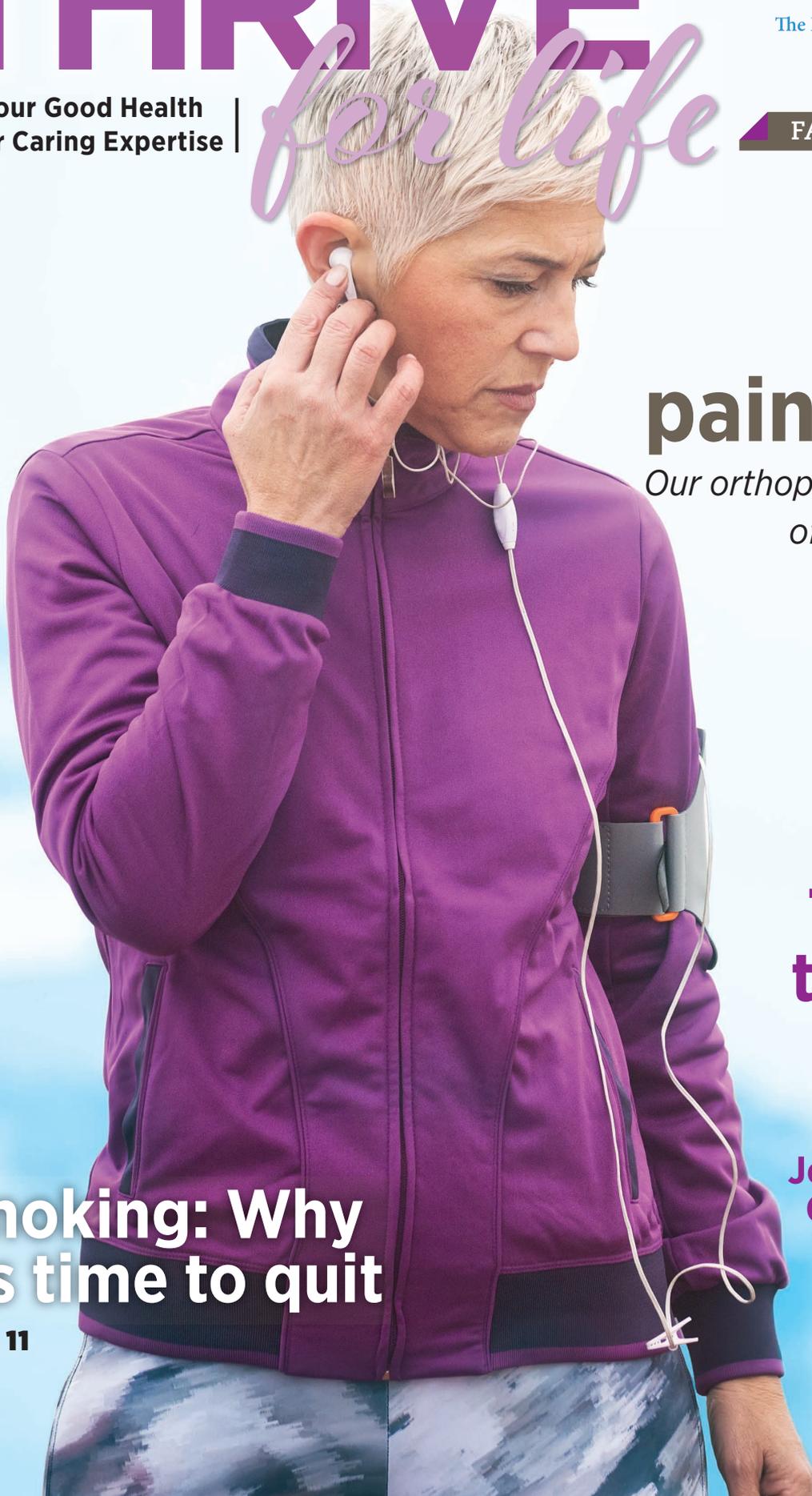
## Tee off to fight breast cancer

**Join us at the  
Golf Classic!**

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## Smoking: Why it's time to quit

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# Blaze **NEW** TRAILS

TOTAL ORTHOPEDIC CARE at



**RMC**

Regional Medical Center

The Right Care. Right Here.



Blue  
Distinction®  
Center+  
Knee/Hip

No matter **WHERE** your pain began,  
it ends **HERE**.

RMC's Total Joint Replacement Program helps you achieve optimal health before surgery so you have less pain and a shorter hospital stay. With our advanced surgical techniques and sophisticated rehabilitation services, you may even be back on your feet the same day. RMC is recognized by Blue Cross and Blue Shield of Alabama as a Blue Distinction Center+ for Knee and Hip Replacement®. Trust your care to the experts and expertise at RMC. **It's the Right Care. Right Here.**

To learn more about the total joint program at RMC, please visit **[RMCCares.org/orthopediccare](http://RMCCares.org/orthopediccare)**.

## Fall for health

As the calendar turns to fall, the leaves turn to spectacular shades of red, orange, yellow and gold. The hot, humid nights of summer become the crisp, chilly nights of autumn. Football season is here, and the days are filled with festivals and holidays.



Fall represents a time of change in anticipation of new beginnings at Regional Medical Center. We are eager to open the Oxford MediPlex (spring 2017), making care more convenient. We are excited to share information about RMC's orthopedic services, including programs in development for those facing joint replacement surgery. And new physicians in more specialties enhance your care right here, close to home.

In this issue, you'll find timely information on healthy lifestyles and RMC services. While exploring nature's beauty and fall's activities, we hope, too, that you will take advantage of our Breast Cancer Awareness Month programs and other health offerings to help you achieve and maintain optimal health.

American journalist Jim Bishop said, "Autumn carries more gold in its pocket than all the other seasons." This fall, I hope you will create new, treasured memories and cherish your health because they, too, are golden.

**Louis Bass**  
Regional Medical Center CEO

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## OH, MY ACHING JOINTS

Find relief from bone and joint pain with RMC Orthopedic Services.



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Genesis Senior Emotional Care helps improve your quality of life.

## Next time you're online:

Check out [www.facebook.com/rmccares](http://www.facebook.com/rmccares)

and [www.twitter.com/rmccares](http://www.twitter.com/rmccares).

Also be sure to visit Regional Medical Center at [www.rmccares.org](http://www.rmccares.org).

Thrive for Life Volume 1, Issue 3

EDITOR: KATE VAN METER, Director, Marketing and Public Relations

Information in THRIVE FOR LIFE comes from a wide range of medical experts and resources but is not intended to replace the advice of your personal health care provider. Please contact your provider with concerns or questions about specific content that may affect your health. Models may be used in photos and illustrations. To subscribe or unsubscribe, email us at [thriveforlife@rmccares.org](mailto:thriveforlife@rmccares.org).

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### Tuition aid for four-year nursing degree

Regional Medical Center (RMC) is excited to partner with Jacksonville State University's (JSU) College of Nursing to provide tuition support for nursing students pursuing four-year bachelor's degrees.

Christine Word, RN, BSN, nurse manager at RMC, says the four-year degree has many benefits for nursing students. Word recently completed coursework to satisfy the bachelor's degree in nursing after originally achieving the three-year nursing degree.

"It's a well-rounded education with program elements focused on evidence-based practices and nursing protocols, as well as nursing management and leadership skills," says Word. "Many of these elements were not part of the original three-year program."

The special partnership between RMC and JSU will help nurses with opportunities for advancement, according to Douglas Scott, RMC Director of Human Resources. "RMC often promotes from within."

**+** For more information on how to apply for tuition support from RMC, call **256-235-5217**.



### Art with a purpose—2016 Relay For Life

RMC raised more than \$31,000 for the American Cancer Society's 2016 Relay For Life. On April 15, Calhoun County residents came together to honor cancer survivors, remember loved ones and fight back against a disease that has already taken too much.

Art students from The Donoho

School created and presented a beautiful mural in memory of those who have lost their battle and in honor of survivors. Names around the mural's edge are lives touched by cancer and honored with a Relay luminary. The painting is on display in the RMC Anniston lobby.



### Volunteers: Making a difference

*"Your life and mine shall be valued not by what we take...but by what we give."*  
—Edgar F. Allen

This summer, more than 90 "volunteers" became the largest group of student volunteers at Regional Medical Center (RMC) Anniston since the program's inception. These friendly faces and talented youth were busy assisting the staff, patients and visitors throughout the halls of the hospital.

The summer volunteer program is a great experience for high school students. Duties range from administrative work and customer service to noncare interactions with patients and families. The program spans eight weeks during June and July. Interested teens must be 14 to 18 years old and able to commit to at least one day a week for a four-hour shift, with no more than two absences.



Mark your calendar for the 2017 program, with applications available in February 2017. For more information:

- Call **256-235-5147**.
- Visit **[www.rmccares.org/volunteer-opportunities](http://www.rmccares.org/volunteer-opportunities)**.
- Email **[vsimmons@rmccares.org](mailto:vsimmons@rmccares.org)**.

## Cancer program exceeds standards

Regional Medical Center (RMC) Anniston's cancer program has again earned three-year Accreditation with Commendation by the Commission on Cancer (CoC) of the American College of Surgeons.

This voluntary Accreditation with Commendation indicates that RMC has exceeded quality care standards; has undergone evaluation and survey every three years; and maintains excellence in the delivery of comprehensive, patient-centered care. This marks the third consecutive three-year cycle that RMC has earned the distinction, based on all measured quality standards.

As a patient receiving care at an accredited facility, you have access to critical information about new treatments and clinical trials; genetic counseling; and patient-centered services, including psychosocial support, patient navigation, and a survivorship care plan that documents your care and seeks to improve the quality of your life.

"Being recognized with such high distinction in cancer care validates the exemplary care delivered by our cancer specialists, physicians and clinical staff."  
—Louis Bass, RMC CEO

## A sneak preview: Oxford MediPlex nears completion

Regional Medical Center's new specialty clinic is well on its way to serving residents in Oxford and surrounding communities.

The two-story, 24,000-square-foot RMC Oxford MediPlex will house internal medicine and specialty physicians, an urgent care center, full-service radiology, and occupational health and rehabilitation services. Located on Highway Drive in Oxford, the Oxford MediPlex will open its doors in spring 2017.

The specialty clinic will bring new physicians in more specialties to care for your medical needs in a state-of-the-art facility.



 For more information, visit [www.rmccares.org/oxfordmediplex](http://www.rmccares.org/oxfordmediplex).

## New providers: Welcome to RMC



**Abey Albert, MD**  
*Medical Director, Anesthesiology*  
EPIX Anesthesiology  
400 E. 10th St., Anniston, AL 36207  
**256-235-5224**



**Maquincy Ibekwe, MD**  
*Internal Medicine/Hospitalist*  
RMC Anniston  
400 E. 10th St., Anniston, AL 36207  
**256-231-2830**



**Robert Chadband, MD**  
*Internal Medicine and Endocrinology*  
RMC Talladega Primary Care  
803 North St. E.  
Talladega, AL 35160  
**256-362-1600**



**Darryl Morin, MD**  
*Internal Medicine*  
Kamran & Morin Cardiology  
1700 Christine Ave., Suite 100  
Anniston, AL 36207  
**256-238-1154**



**Ashley Fry, MD**  
*Oncology*  
Anniston Oncology  
901 Leighton Ave., Suite 602  
Anniston, AL 36207  
**256-238-1011**



**William Phillip Smith, MD**  
*Family Medicine*  
RMC/JSU Student Health Center  
Jacksonville, AL 36265  
**256-782-5310**

MAMMOGRAMS

# Take 20 MINUTES

**REGULAR MAMMOGRAMS**

(breast x-rays) can detect cancer in its early stages and give women a head start on potentially lifesaving treatment.

Accredited by the American College of Radiology and Mammography Quality Standards Act, RMC offers advanced screening and diagnostic mammography technologies and highly trained radiologists and technicians.

Our comprehensive mammography services include Genius™ 3D MAMMOGRAPHY™ and specific breast tissue studies through stereotactic breast biopsy—a highly accurate,

nonsurgical method of diagnosing breast abnormalities.

Breast health services at RMC comprise a team of experts in breast health and breast cancer detection through mammography, ultrasound and MRI. Equipment and services include:

- Dedicated mammography.
- Genius 3D MAMMOGRAPHY with tomosynthesis, an advanced mammogram offering better detection, fewer call-backs and greater peace of mind.
- Dedicated ultrasound.
- Breast and reconstructive surgery.
- Educational programs and support groups.



## Brake for Breakfast

**Friday, Oct. 21, 7 to 8:30 a.m.**  
**Tyler Center, 731 Leighton Ave.**  
**Anniston**

Join us for a free healthy breakfast and information on RMC's early detection capabilities—without ever leaving your car! For more information, visit [www.rmccares.org/brakeforbreakfast](http://www.rmccares.org/brakeforbreakfast).



# Get a better mammogram

Genius™ 3D MAMMOGRAPHY™ is the first and only clinically superior breast tomosynthesis exam approved by the U.S. Food and Drug Administration. Detailed breast images with Genius exams allow your doctor to better evaluate your breasts layer by layer. Clinical studies have shown that by using this technology, breast cancer screenings yield much greater accuracy, regardless of a woman's age or breast density.

Conventional two-dimensional mammograms can be limiting due to overlapping layers of tissue, sometimes producing unclear results, false alarms or potentially missed cancers.

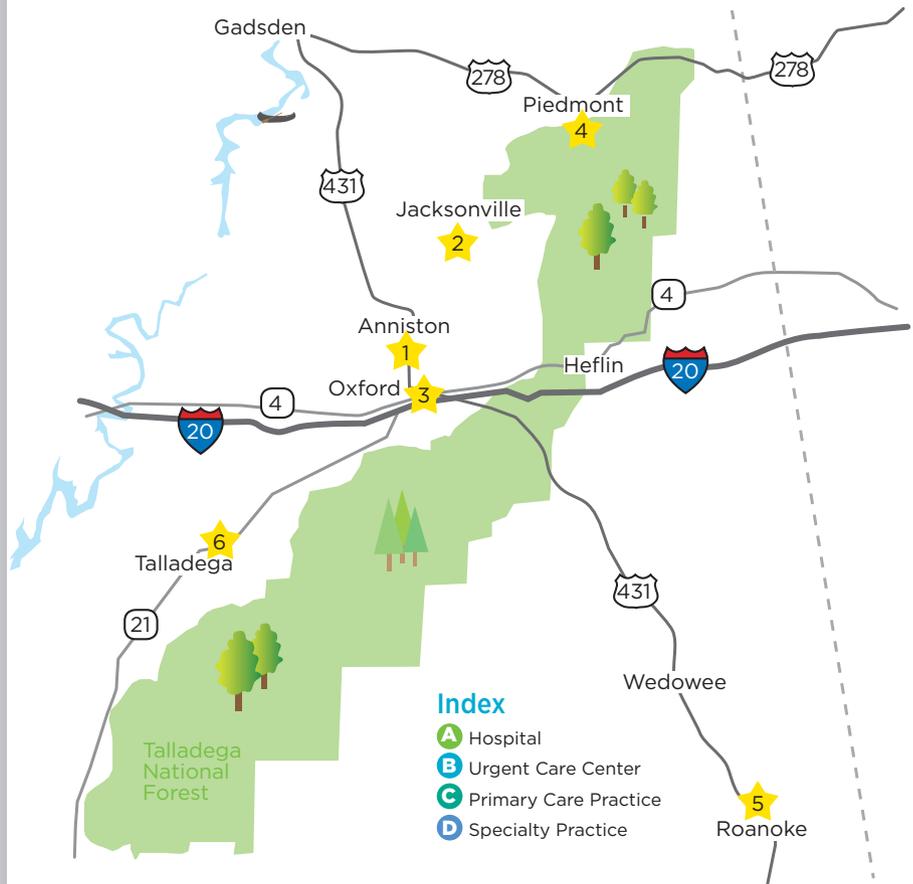
Greater accuracy means better breast cancer detection and a reduced chance of being called back for additional screenings.

RMC is one of the first locations in northeast Alabama to offer this advanced technology. Medicare and a growing number of private insurers cover Genius exams. For more information, visit [www.mygenius3d.com](http://www.mygenius3d.com).

Source: [www.mygenius3d.com](http://www.mygenius3d.com)

## Make an appointment

To schedule a mammogram at RMC, call **256-235-5141**.



## Making care more convenient

Choose from one of these RMC affiliates for care when you need it, close to home.

**STAR 1**

**A** Regional Medical Center  
Anniston  
400 E. 10th St.  
Anniston, AL 36207

**STAR 1**

**D** RMC Cardiology  
901 Leighton Ave., Suite 307  
Anniston, AL 36207  
**256-231-8636**  
Mohammed Jasser, MD

**STAR 1**

**D** James Hixon, MD  
Gastroenterology  
901 Leighton Ave., Suite 101  
Anniston, AL 36207  
**256-236-0890**

**STAR 1**

**D** RMC Neurology  
901 Leighton Ave., Suite 402  
Anniston, AL 36207  
**256-236-1303**  
Sharman Sanders, MD  
Jessica Vincent, MD

**STAR 1**

**D** RMC Urology  
622 Leighton Ave.  
Anniston, AL 36207  
**256-237-6717**  
Barry Billings, MD  
Frank Kim, MD  
Terry Phillis, MD

**STAR 1**

**D** OB-GYN Associates of Anniston  
901 Leighton Ave., Suite 102  
Anniston, AL 36207  
**256-294-7010**  
Jeffrey W. Collins, MD  
Obstetrics and Gynecology

**STAR 1**

**RMC Center for Occupational Health & Wellness**  
731 Leighton Ave.  
Anniston, AL 36207  
**256-741-6464**  
William Bohannan, DO  
Donald Casey, DO  
Scott Grayner, MD  
Cheri Johnson, PA-C  
Naomi Wade, CRNP  
Brandy Wester, CRNP

**STAR 2**

**A** Regional Medical Center  
Jacksonville  
1701 Pelham Road S.  
Jacksonville, AL 36265

**STAR 2**

**C** Jacksonville Primary Care & Wellness Center  
1701-B Pelham Road S.  
Jacksonville, AL 36265  
**256-365-2416**  
Eduardo Villeda, MD  
Internal Medicine

**STAR 3**

**C** Roland Cook, MD  
Family Medicine  
Renee Staude, CRNP  
1674 Hillyer Robinson Parkway  
Oxford, AL 36203  
**256-831-0927**

**STAR 3**

**C** RMC Oxford Family Practice  
6 Allen Parkway  
Oxford, AL 36203  
**256-831-7100**  
David Emerson, MD  
Family Medicine  
David Hopper, MD  
Family Medicine  
Natalie Lindell, MD  
Internal Medicine and Pediatrics  
Vance Moore, MD  
Family Medicine

**STAR 4**

**C** Piedmont Family Medical Center  
32 Roundtree Drive  
Piedmont, AL 36272  
**256-792-9322**  
April Cobb, CRNP

**STAR 5**

**B C** Roanoke Rural Health & Urgent Care Center  
Primary and Urgent Care, Specialty Care, Diagnostics  
1950 Main St.  
Roanoke, AL 36274  
**334-863-2311**  
J. Melburn Holmes, MD  
Family Medicine  
Michael Robinson, DO  
Family Medicine  
April Anthony, CRNP  
Samantha Baggett, CRNP  
Sherry Hall, CRNP

**STAR 6**

**C D** Talladega Primary Care Center  
803 North St. E.  
Talladega, AL 35160  
**256-362-1600**  
Arden L. Aylor, MD  
Family Medicine  
Robert Chadband, MD  
Internal Medicine and Endocrinology  
Charles R. Lambert, MD  
Family Medicine

# Living with pain?

RMC Orthopedic Services can help you find relief.

**DOES YOUR SHOULDER ACHE** after playing softball, tennis or golf? Does your knee creak when you climb the stairs? Is a worn-out hip limiting your mobility? When you have an orthopedic problem, the specialists at Regional Medical Center (RMC) can help you find relief.

Orthopedics is the medical specialty that involves treatment of your musculoskeletal system, including your bones, spine, joints, ligaments, tendons and muscles. Whether it's muscle or joint pain, tendon or ligament tears, or bone fractures or arthritis, RMC is here to help.

Sometimes your best treatment may be a knee or hip replacement. As a Blue Distinction® Center for Hip and Knee Replacement, surgeons and staff at RMC Anniston can handle that too. With an experienced team of specialists, orthopedic surgeons, a neurosurgeon, surgical staff, nursing and rehabilitation therapists, you'll experience comprehensive care and recovery for your bone, joint and muscle injuries or conditions.

## Pleased as punch

Gail Herring is a retired registered nurse. At 68 years old, when her hip pain caused her to limp and began limiting her mobility, she and her daughter, a nurse practitioner,

researched options. She was referred to Duane Michael Tippets, DO, orthopedic surgeon, to be evaluated for the anterior approach to total hip replacement. On March 1, 2016, she had surgery at RMC Anniston.

"Dr. Tippets listened intently to everything I said," reflects Herring. "He shared that I would have virtually no restrictions after surgery, compared to the traditional procedure. He was true to his word—even after just a few days, I had no limp, no hip pain, and I could do pretty much anything. I was pleased as punch!"

Herring looks back on her experience with RMC and those who cared for her with great satisfaction. "I was in the hospital only two nights, and the people I dealt with were amazing. As the primary caregiver for my 92-year-old parents and an active, involved grandmother myself, I was so grateful for less pain and a quick recovery after this major surgery!"

## Ample experience

You don't have to live with knee, shoulder and other joint pain. With the latest diagnostic and imaging technologies, our specialists will determine the cause of your pain and the best way to fix it.

It's good to know that there is no need for you to travel for diagnosis, treatment and rehabilitation for most common and many complex orthopedic conditions. More than 7,000 surgical procedures are performed at RMC each year, including nearly 600 joint replacements and over 1,000 other orthopedic procedures.

## To find an orthopedic specialist at RMC:



- Talk with your primary care physician.
- Call 256-231-8880.
- Visit [www.rmccares.org/our-doctors](http://www.rmccares.org/our-doctors).



## Blazing new trails

Some of the latest and greatest technologies and procedures for joint replacement are here at RMC:

- The anterior approach for total hip replacement means less pain, faster recovery and improved mobility after surgery. Your surgeon will use one small incision on the front (anterior) of your hip, instead of the side or back approach used in conventional surgery. This way, the postoperative pain of sitting on the incision site is eliminated.

“This muscle-sparing technique allows me to work between the muscles, instead of cutting through or detaching them,” says Duane Michael Tippets, DO, orthopedic surgeon. “It enables me to do the best surgery possible because I’m able to position the patient in the OR in such a way that we can obtain detailed x-rays of the joint and implant. And before leaving the OR, I know the implant is in the exact perfect position.”

- Reverse total shoulder replacement is an effective treatment

option for people with rotator cuff tear arthropathy (a type of arthritis in unrepaired cuff tears). This condition occurs as a result of long-standing rotator cuff tears that can leave the arm with virtual paralysis of the shoulder’s bone structure. “This surgery is similar to traditional shoulder replacement, except the joint is actually reversed,” says Clinton M. Ray, MD, orthopedic surgeon. “We move the ball of the joint to where the cup should be and the cup to where the ball should be. This procedure relies on the deltoid muscle, instead of the rotator cuff, to move the arm with the replacement joint. Many patients will be able to lift the arm overhead with little or no pain. Some may take several months to recover range of motion but should have excellent pain relief.”

- And coming soon, focused joint replacement programs will help you prepare for surgery and recover faster. With goals of optimal health before surgery, getting you up and active in therapy right away, and returning home faster, these programs improve outcomes and help restore life at its fullest.

## Recovery and rehab

At RMC, we provide a comprehensive approach to rehabilitation and wellness for patients of all ages in both inpatient and outpatient settings. From physical, occupational and speech therapy to specialized programs for balance, cancer, lymphedema, aquatic and cardiopulmonary rehab, we offer a variety of services to meet your needs.

RMC’s outpatient rehabilitation services are provided in the Tyler Center, a 20,000-square-foot freestanding facility designed by therapists and equipped with the latest therapeutic equipment and machines.

Please call **256-235-5688** for more information or to schedule an appointment. Appointments require a referral from your physician.

## Conditions and treatments

- Conditions**
- Arthritis
  - Back, neck and spine conditions
  - Carpal tunnel syndrome
  - Emergency joint fractures
  - Foot and ankle conditions
  - Hand, wrist and shoulder conditions
  - Hip conditions
  - Joint replacement surgery
  - Knee conditions

- Treatment options**
- Arthroscopic surgery
  - Hip resurfacing
  - Interventional radiology
  - Kyphoplasty
  - Laminectomy
  - Knee replacement surgery
  - Hip replacement surgery
  - Shoulder replacement surgery
  - Rotator cuff repairs
  - Sports-related procedures, including ligament repairs

## Meet our physicians

Gordon T. Hardy, MD  
Jeffrey Lawler, MD

John R. Payne, MD  
Clinton M. Ray, MD

Duane D. Tippets, MD  
Duane Michael Tippets, DO

Kenneth L. Vandervoort, MD  
Michael R. Wiedmer, MD



## Welcome to RMC!

*Ambassadors at your service*

As you arrive at the main entrance of RMC Anniston, you'll encounter new friendly faces to greet you and help you find your way. Our Ambassador Program, launched in April, aims to create a wow effect for patients and visitors.

Ambassadors are available from 6 a.m. to 2:30 p.m., Monday through Friday. They will enhance your experience here—helping to greet, direct and transport patients and visitors; ease traffic challenges; support security personnel; and maintain cleanliness of the main entrance.

RMC Ambassadors complement the exceptional support and service already found in the RMC Auxiliary. Together, they represent a collection of people with true servant hearts—people who give generously of their time and talents to assist not only patients and visitors but to help our staff focus on their important work here.

# Give your kids a good shot at protection

**THERE'S A LOT** of information out there about children and vaccines. But perhaps the most important thing you need to know is this: Vaccines save kids' lives.

Immunizations help protect kids against potentially debilitating and deadly diseases, such as polio and measles. According to the American Academy of Pediatrics, vaccines have reduced the number of infections from these preventable illnesses by more than 90 percent.

It's true that many of these diseases are rare—in part due to the effectiveness of immunization. But that doesn't mean that children don't need protection.

The viruses and bacteria that cause these diseases still exist. Also, some vaccine-preventable illnesses are still common outside of the U.S., so travelers could bring diseases home with them. That's why it's important for kids to be up-to-date on their shots.

### Are they safe?

Vaccines are both effective and safe. Side effects are usually mild and can include swelling, redness and tenderness at the site of the injection. Also, kids may have a slight fever or fussiness for a little while after a shot.

Most children—even those with a minor illness, such as a cough or an ear infection—can be immunized safely. Kids who have a more serious illness may need to delay or avoid certain shots.

For more information, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).



**From left: Russell Williams, Kyser Whatley and Wayne Tillman, RMC's first three Ambassadors**

# Be a quitter

## THE GREAT AMERICAN SMOKEOUT

is Nov. 17. But any day is the day that quitters win.

Tobacco use remains the largest preventable cause of disease and premature death in the U.S., with approximately 42 million Americans smoking cigarettes and another nearly 15 million smoking cigars and pipe tobacco.

Life expectancy for smokers is at least 10 years shorter than that of nonsmokers. Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90 percent.

"Quitting while you are younger will reduce your health risks more,

but quitting at any age can give back years of life that would be lost by continuing to smoke," says David Emerson, MD, with Oxford Family Practice. "It lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs."

Some benefits will happen right away, while others will appear more slowly over time. You'll instantly save money spent on tobacco! Here are just a few other benefits you may notice:

- Food tastes better.
- Your sense of smell returns to normal.
- Your breath, hair and clothes smell better.

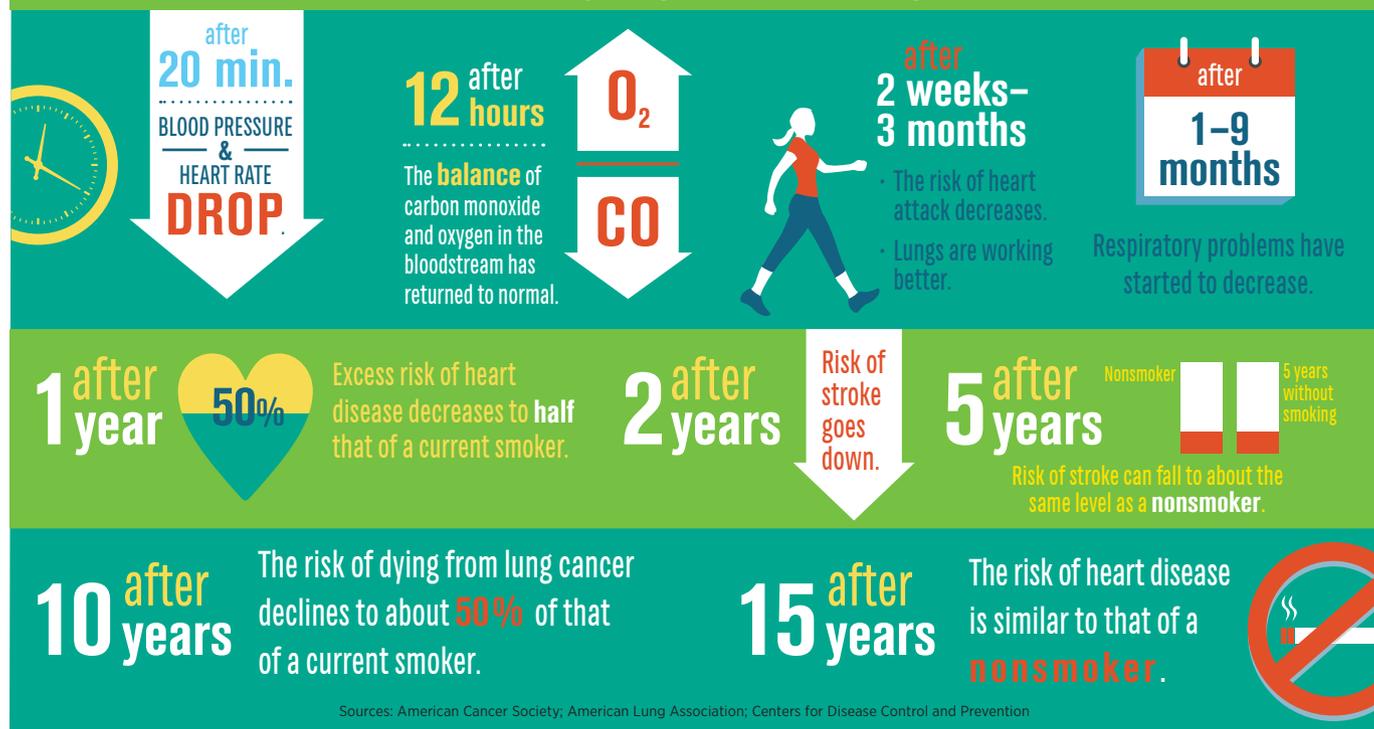
- Your teeth and fingernails stop yellowing.
- Ordinary activities leave you less short of breath (e.g., climbing stairs or light housework).
- You can be in smoke-free buildings without leaving to smoke. Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease and tooth loss.

Source: American Cancer Society

**1.800.QUITNOW**  
**QUITNOWALABAMA.COM**  
 1-800-784-8669

## BENEFITS OF QUITTING

### When you give up smoking



# Garden Jubilee raises \$100,000 for scholarships

**ON MAY 13,** community members and leaders gathered to celebrate the inaugural Martha Vandervoort Garden Jubilee, held at the Longleaf Botanical Gardens in Anniston. The generosity of attendees and donors surpassed the event goal of \$60,000, raising more than \$100,000.

Proceeds benefit the Martha Vandervoort Memorial Scholarship Fund, created to honor the life and legacy of longtime Anniston resident and philanthropist Martha Vandervoort. The annual Garden Jubilee will award a renewable \$6,000 scholarship each year for a graduating high school senior in Calhoun County.

“Martha’s most valuable gift was investing in people in our community,” says Lagina Fillingim, Regional Medical Center Foundation’s executive director. “She recognized pure qualities in others, particularly those with a servant’s heart. This is a way for us to honor her legacy.”

To be eligible, students must maintain a GPA of at least 3.0, demonstrate a financial need and reflect the embodiment of charity. This year, because of the event’s enormous success, two deserving high school seniors received scholarships for their college educations. Bailey Matthews, Oxford High School senior, was awarded a full scholarship; and Emily Robertson, also of Oxford High School, received a partial scholarship.

“More than 400 people came together to celebrate a wonderful,

compassionate pillar of our community, and we are truly overwhelmed by their enthusiasm and generosity,” says Glea Sarrell, chairman of the RMC Foundation

Board. “To witness the overwhelming support for this inaugural event speaks to the unselfish nature that is so evident in our local community.”



**Scholarship recipients Emily Robertson (left) and Bailey Matthews (center), pictured with Kenneth Vandervoort, MD**





## 2016 Garden Jubilee Committee

Leslie LaPlante, Chairwoman  
 Ellen Bass  
 Margaret Davenport, DO  
 Hannah Downing  
 George Dudchock  
 Mark Ford  
 Jessica Grisso  
 Maudine Holloway  
 Russell Jackson  
 Vera Jordan  
 Bridgette Magouirk  
 Elke Obermeier  
 Kathy Phillips  
 Margaret Pope, PhD  
 James Riddle  
 Kate Van Meter  
 Lucy Whatley  
 Chris Wilson



# Hole in one

**THE 20TH ANNUAL** Regional Medical Center Foundation Golf Classic will celebrate Breast Cancer Awareness Month as we tee off for the cause! Sponsorship and entry proceeds support important RMC services. Sign up with an individual entry or as a foursome. Sponsorships are available for businesses or individuals.

Last year, this event raised more than \$65,000 for the benefit of patients and services at RMC. The RMC Foundation is a not-for-profit volunteer organization promoting and assisting RMC by enhancing community services through education and financial assistance.

Find out how you can support our important work with a day on the golf course!



**2016 RMC Foundation Golf Classic**  
**Wednesday, Oct. 5**  
**Anniston Country Club**



## Give back and get involved!

Thanks to you, the power of philanthropy is making a difference at Regional Medical Center. For more information on how you can support important community services:

- Visit [www.rmccares.org/foundation](http://www.rmccares.org/foundation).

- Email [foundation@rmccares.org](mailto:foundation@rmccares.org).
- Call 256-741-6359.

Regional Medical Center is a 501(c)3 organization, gifts to which may be deductible as charitable contributions for federal income tax purposes.

# Genesis

## Senior Emotional Care

Living the golden rule: It's what we do

### AT REGIONAL MEDICAL CENTER JACKSONVILLE,

the Genesis Senior Emotional Care (SEC) program stands ready to serve the special health and emotional needs of seniors pursuing an optimal level of life and function. Your loved ones will experience a person-centered care approach with an experienced team of medical doctors; psychiatrists; nurses; social workers; an activities coordinator; and physical, speech and occupational therapists.

Genesis SEC recently celebrated completion of facility renovation and expansion from 10 to 25 inpatient beds, increasing access to personalized, compassionate treatment for those experiencing serious behavioral or emotional issues. A holistic approach considers emotional and psychiatric needs as well as pre-existing medical conditions. To improve longevity and quality of life, it integrates behavioral interventions, therapeutic treatment, medication evaluation and management, and more.

"For seniors, everything is a little different," says Eddie Huggins, MD, medical director of Genesis SEC. "The way your body metabolizes medication or anything else is different. Things that we take for granted—for instance, taking Benadryl for a runny nose—might trigger psychosis for your grandfather, causing him to see things and hear voices. It's likely a reaction to the level of antihistamine in his system. It's things as simple as that."

Dr. Huggins advises family members to be sensitive to behavior or health changes in aging loved ones. "Notice changes in cognition

and disposition. Be available to help, but do so without assertion or aggression. Also, anticipate the need for a guardian or power of attorney before it's needed."

He offers these tips for optimal health in aging adults:

- Stay active.
- Eat well.
- Create and maintain a safe environment to prevent falls.
- Get regular medical checkups.

"The staff meets each patient where he or she is, making the best of his or her current abilities," Dr. Huggins says. "We treat your loved one as if he or she were one of our own. It's what we do."



RMC leaders and managers gather to open expanded and renovated facilities for Genesis SEC.



*For more information*

Visit [www.rmccares.org/genesis](http://www.rmccares.org/genesis).

**Special Events**

● **OxfordFest**

Saturday, Oct. 1, 8 a.m. to 4 p.m.  
Downtown Oxford  
Visit RMC’s booth at OxfordFest, an arts and crafts festival complete with food, live music and fun for all ages.

[www.oxfordfest.org](http://www.oxfordfest.org)

● **Brake for Breakfast**

Friday, Oct. 21, 7 to 8:30 a.m.  
Tyler Center, 731 Leighton Ave., Anniston  
A free, healthy breakfast and information on RMC’s breast health services—without ever leaving your car!

[www.rmccares.org/brakeforbreakfast](http://www.rmccares.org/brakeforbreakfast)

● **RMC Foundation Golf Classic**

Wednesday, Oct. 5  
Anniston Country Club

For more information, see page 13.

● **Business to Business Expo**

Calhoun County Chamber of Commerce  
Tuesday, Oct. 18

Anniston Meeting Center

1615 Noble St., Anniston

RMC is proud to serve as presenting sponsor of the 32nd annual expo.

Open to the public; free for Chamber members or \$25 per person.

● **Really Magical Christmas Tree Lighting**

Visit [www.rmccares.org](http://www.rmccares.org) for more information.

**Blood Drives**

Every two seconds, someone in the U.S. needs blood. More than 44,000 blood donations are needed every day. Donate today!

**RMC Anniston**

Tuesday and Wednesday, Oct. 18 and 19 (main lobby)

Thursdays, Nov. 10 and Dec. 15 (overflow room near cafeteria)

**RMC Jacksonville**

Donation bus at main entrance

Wednesdays, Nov. 9 and Dec. 14 and 28



**Upcoming community health screenings and events**

Regional Medical Center (RMC) is pleased to provide a number of health screenings, educational programs and events throughout the year. For more information on these and other programs in the interest of your good health, visit [www.rmccares.org/classes-events](http://www.rmccares.org/classes-events).

**Preparing for the New Baby**

Participate in these programs to help you and your family prepare for the arrival of the new baby. Space is limited. Call **256-235-5132** to register.

● **Stork School**

First Sunday of each month, 3 to 5 p.m.

● **Prenatal Class**

Weeknight and Saturday classes available

● **Natural Childbirth Class**

Weeknight and Saturday classes available

● **New Sibling Class**

Saturday mornings for ages 3 to 12; must be accompanied by a guardian

● **Breastfeeding Support Group**

Wednesdays, 10 a.m. to noon

● **Milk Drop**

Wednesdays, 10 a.m. to noon  
Stop by for infant weight checks, lactation questions or to drop off donor milk.

**Seniors' Bingo**

First Wednesday of each month  
RMC Jacksonville  
Call **256-782-4620** for more information.

**Seniors Dance**

Jacksonville Senior Center  
6:30 to 9:30 p.m.  
Friday, Oct. 7  
Friday, Nov. 11  
Friday, Dec. 9  
Call **256-782-4450** for more information.

**Support Groups**

Visit [www.rmccares.org/classes-events](http://www.rmccares.org/classes-events) for information on numerous support groups offered by RMC.

**Get  
the latest  
in your inbox!**

Getting healthy happens wherever you are. Sign up for our free *Be Well* or *Be Well Baby* e-newsletters to get the latest health information and news from RMC in your inbox every month.

To subscribe, simply email

[HealthNews@rmccares.org](mailto:HealthNews@rmccares.org).



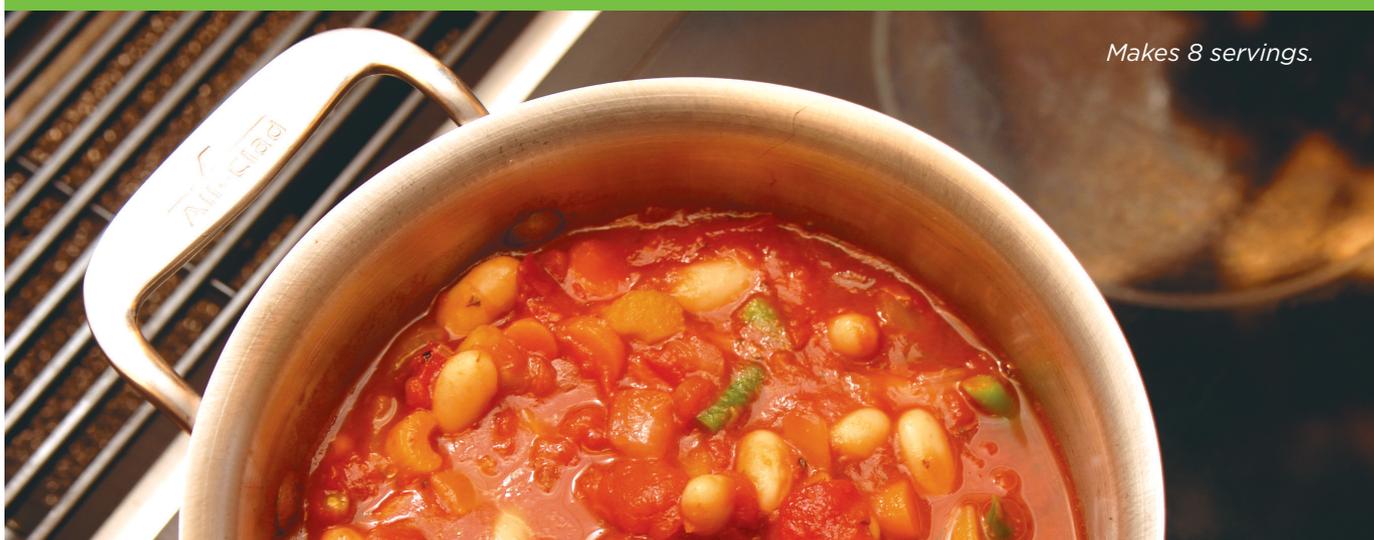
**RMC**  
Regional Medical Center

Regional Medical Center Board  
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Anniston, AL 36207

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# Tomato and white bean soup



*Makes 8 servings.*

## Ingredients

- ½ cup chopped onion
- 1 teaspoon olive oil
- ½ cup thinly sliced celery
- ½ cup thinly sliced carrot
- 1 teaspoon finely chopped garlic
- 1 can (28 ounces) diced tomatoes in juice
- 2½ cups water
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried cumin
- Salt and freshly ground black pepper, to taste
- 1 can (15 ounces) cannellini or Great Northern beans, rinsed and drained

- 1 jarred roasted red bell pepper, rinsed, patted dry, coarsely chopped (about ½ cup)
- ½ cup cut green beans (optional)

## Directions

- In large saucepan, cook onion and olive oil over low heat until onion begins to color, about 5 minutes.
- Add celery, carrot and garlic; cook, stirring, 2 minutes.
- Add tomatoes, water, oregano, basil and cumin. Cover and cook over medium heat until vegetables are tender, 5 to 10 minutes.

- Season to taste with salt and pepper. Add cannellini beans, red bell pepper and green beans, if using. Cover and cook 10 minutes or until green beans are tender and flavors are blended. Ladle into bowls, and serve.

If you want a thicker soup, puree the beans and stir them in.

## Nutrition information

Serving size: ⅓ recipe. Amount per serving: 74 calories, less than 1g total fat (0g saturated fat), 14g carbohydrates, 3g protein, 3g dietary fiber, 423mg sodium.

Source: American Institute for Cancer Research