

Health Matters

the MAGAZINE of PHOEBE PUTNEY HEALTH SYSTEM



The Beat Goes On!

Phoebe Heart & Vascular Center is marching ahead in the fight against heart disease, improving Southwest Georgians' health with every beat.

New heart procedures performed by expert cardiologists.

Golden Key returns to Phoebe Northwest with exciting seminars to start the New Year!



INSIDE

Heart of the Matter

Leading the region in new technology, Phoebe Heart & Vascular Center continues to bring the best possible treatments to Southwest Georgia.

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Proceeds to Benefit Phoebe's Willson Hospice House

This year, the proceeds from the Albany Marathon will benefit Phoebe's Willson Hospice House. This in-patient hospice facility is staffed with highly trained professionals dedicated to bringing the best possible quality of life to patients with a terminal illness. Care is provided not only in a patient's final days, but also for respite care when regular caregivers need a break.

The Albany Marathon will be held on March 7, 2015.



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Dear Friends

Cardiovascular disease is the leading cause of death in the United States, accounting for one in every three deaths, according to the Centers for Disease Control. With over two million heart attacks and strokes a year, 800,000 of which result in death, the number of cardiac-related deaths per day is approximately 2,200.

Those are frightening statistics. Here in Southwest Georgia, the prevalence of heart disease and heart attack is even greater. Historically, poor diet, lack of exercise, and tobacco use have led to increased cases of high cholesterol, hypertension and other heart disease indicators in our region.

Fortunately, when heart problems do arise, Phoebe patients are served by some of the best heart specialists in the country. Those specialists have saved the lives of many of your Southwest Georgia neighbors whose stories fill these pages.



The pairing of experience and access to top medical technology is a winning combination. Healthgrades ranked Phoebe number one in the state for vascular surgery in 2013 and among the top 10 percent in the nation for five consecutive years (2010 - 2014). Most recently, we were a Healthgrades five-star recipient for carotid surgery. Recognition for such excellence in heart and vascular services further exemplifies our commitment to quality patient care. We recognize the importance of local access to state-of-the-art care and will continue to invest in top medical

technology and the expertise necessary to ensure local access to advanced healthcare.

Since Phoebe performed the first open heart surgery in South Georgia more than three decades ago, the Phoebe Heart and Vascular Center has continued to provide advanced life-saving treatment for heart conditions and vascular problems to the citizens of our region.

As we embark on a new year, let's take this opportunity to set goals for a healthier lifestyle. From diet and exercise to stress reduction, together with a focused effort, we can change the statistics of heart disease and heart attack in Southwest Georgia. ■

All my best,

Joel Wernick

PRESIDENT/CEO
PHOEBE PUTNEY HEALTH SYSTEM

The HEART of the Matter

LEADING THE REGION IN ADVANCED CARDIAC CARE, PHOEBE WORKS TO ASSURE BETTER OUTCOMES WITH HIGHLY EXPERIENCED DOCTORS USING THE LATEST TECHNOLOGY.

Phoebe's Heart and Vascular Center is an award-winning cardiac facility for patients and families facing heart-related injury and disease. Staffed by a team of cardiology and vascular specialists, Phoebe is recognized as the region's leader for advanced cardiac care.

From prevention and risk management to innovative medical therapies and surgical procedures, Phoebe offers a comprehensive array of cardiac services. Providing local access to advanced cardiac care, coupled with a highly experienced team of physicians and specialists, is what makes Phoebe a true destination for care.

Our cardiologists and surgeons have a level of experience that only comes from years of training and treating high volumes of patients with conditions ranging from routine to the most complex. To ensure best possible outcomes, each patient receives a personalized treatment plan that is created through a collaborative effort by physicians, specialists and other healthcare providers. This team approach further exemplifies Phoebe's dedication to patient-centered care.

Another Phoebe First

Being the first to perform advanced procedures is not a new concept for Phoebe or cardiologist Kamil L. Hanna, MD, FACC. Dr. Hanna has been the first to perform new electrophysiology procedures several times during his seven years in Albany.

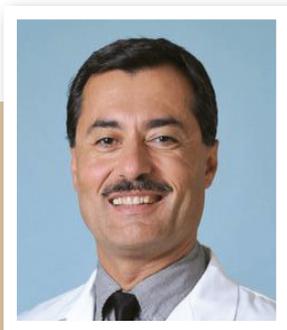
In recent months, Dr. Hanna has added two new procedures to that list – cryoablation and subcutaneous implantable cardioverter defibrillator (ICD).

In September, Clyde Smith of Andersonville underwent cryoablation performed by Dr. Hanna. “His cardiologist, Dr. Rodriguez in Americus, referred him to us.”

Cryoablation, which involves freezing the veins to treat atrial fibrillation rather than burning them, takes three hours or less and has success rates ranging from 72 to 80 percent. This procedure was used in the United States for the first time about two years ago when the Mayo Clinic participated in a trial. “Before having the procedure, I could barely walk up three flights of stairs,” said the 60-year-old farmer. “Now I can run up six flights!”

Prior to cryoablation being offered, surgeons conducted pulmonary vein isolation to correct the rhythm of a patient’s heart, which took anywhere from 10 to 16 hours. Not only was this procedure tedious, but it also had a much lower success rate.

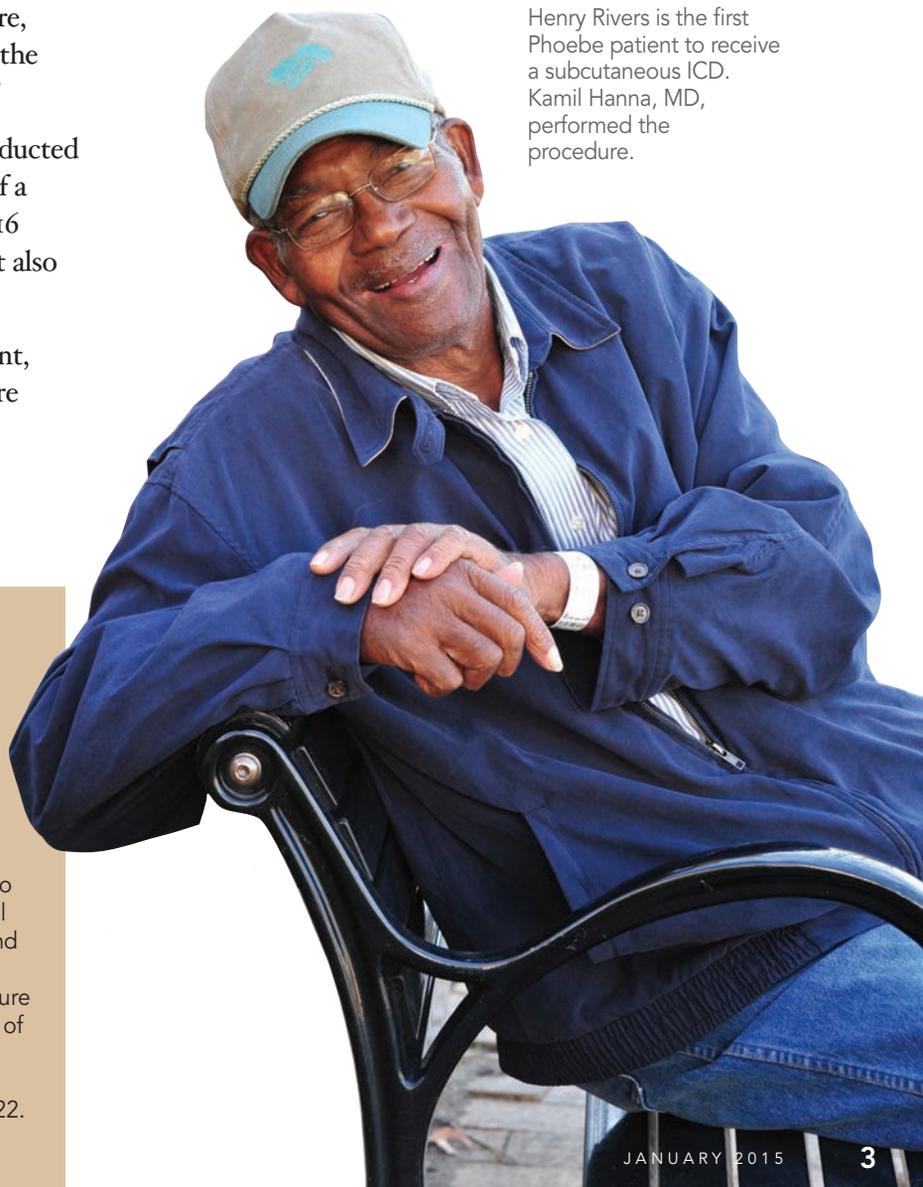
“He’s like Superman!” said Dr. Hanna of his patient, noting that prime candidates for the procedure are patients in the early stages of atrial fibrillation.



Kamil Hanna, MD, of Cardiology Associates is among a small handful of physicians in Georgia who specialize in the treatment and diagnosis of abnormal heart rhythms. In addition to implants, pacemakers and defibrillators, he performs procedures such as catheter ablations and laser lead extractions, a high-risk procedure to remove the leads of previous implants. A member of Phoebe Physician Group, Cardiology Associates is located in Suite 600 at 425 Third Avenue in Albany. To schedule an appointment, please call 229-312-1022.

Additionally, Henry Rivers of Turner County made history in November as the first patient to receive a subcutaneous ICD at Phoebe. He had been suffering from heart problems for years. “My heart was weak, and I didn’t have much energy,” recalls the 77-year-old. However, that has all changed now. “I’m going fishing just as soon as they tell me I can drive,” he says.

Unlike the traditional defibrillator procedure that requires implanting leads into a heart ventricle, this new procedure allows for the leads to be implanted in the chest wall. “This procedure is for patients with a prior history of infection,” explains Dr. Hanna. “It works particularly well for patients on dialysis. In addition, the heart is not put at risk should the system ever need to be extracted.” ■



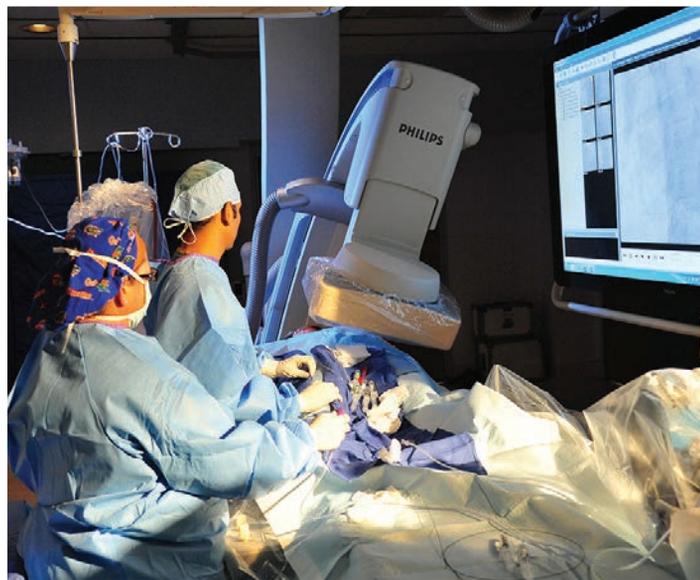
Henry Rivers is the first Phoebe patient to receive a subcutaneous ICD. Kamil Hanna, MD, performed the procedure.

Race Against the Clock

Ricky Hedrick experienced chest pain for several days before it occurred to him that he might be having a heart attack. One morning on his way to work, following many days of discomfort, Hedrick started to feel worse but made his first service call anyway. On the way to his second call, however, he noticed his left arm was starting to go numb. After driving to his home in rural Worth County, Hedrick took a few aspirin, sat down in his recliner and placed a call for help. Within minutes, he was under the care of Phoebe Worth Emergency Medical Services (EMS), who confirmed his suspicions – a heart attack.

Once in the ambulance, the attending EMT instructed the driver to head straight to Phoebe in Albany. “I told him to not spare the horses, but don’t kill me,” recalls Hedrick, who recently celebrated his 63rd birthday. En route to Phoebe’s main campus, Hedrick was given nitroglycerin and medicine for pain but remained conscious through the transport. The EMS team performed a pre-hospital EKG, which was interpreted by James Black, MD, in the emergency center as STEMI or ST-segment elevation myocardial infarction – a heart attack.

Met by cardiologist, Stephen Souther, MD, in the emergency center, Hedrick was quickly prepped for the cardiac catheterization lab where interventional cardiologist, Russell Jones, MD, inserted a stent into his heart. The entire process was completed within a



mere 62 minutes and undoubtedly saved Hedrick’s life. “There were many doctors involved with my care. Every one of them had a wonderful bedside manner. They sat down and took the time to speak with my wife and me. We never felt rushed. Any questions we had, they answered.”

Today, Hedrick warns others about the risks of ignoring signs of heart trouble. “Men have aches and pains all the time. If we were to run to the hospital every time we had a pain, we’d never leave. But this was different.”

“There’s going to be something in the back of your mind that tells you this is not right, this is not normal. Don’t ignore it. I am so grateful to have Phoebe in our community. I would not be here if it weren’t for the specialists and technology that they provide.” ■



Worth County resident, Ricky Hedrick, recently received a life-saving procedure. He attributes the success to the well-orchestrated team response by the EMS, emergency center and cardiology physicians.

Quick Response Saves Lives

When a heart attack occurs, getting treatment within the first 90 minutes is crucial to a positive outcome. Through the quick response of EMS working in tandem with Phoebe's emergency center, Ricky Hedrick, who lives on the farthest side of Worth County was able to go from home to treatment in the cath lab within a 62 minute time period.

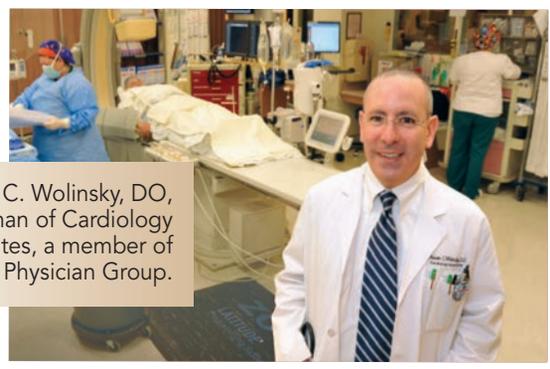
"Time is muscle, and the faster we can get them to treatment, the better off their heart is going to be," said Kevin Lassiter, director of Phoebe Worth EMS.

Lassiter was recognized in 2013 as the EMS Director of the Year for Southwest Georgia. Additionally, Phoebe Worth EMS has won the state advanced cardiovascular life support competition seven of the last 10 years, including their recent third consecutive win. ■



In the event your heart problem requires immediate attention, Phoebe's main campus emergency center is the best place to be. Specialized equipment and highly trained professionals are on site to quickly diagnose and treat you. "The goal is to achieve a door-to-balloon time of 90 minutes or less," says Steven Wolinsky, DO, referencing the stent procedure used for most cases.

"Phoebe continuously strives to improve the treatment of STEMI (ST-segment elevation myocardial infarction)," says Dr. Wolinsky. "A select group of healthcare professionals convene on a monthly basis to analyze the data on patients with acute myocardial infarction. Our goal is to confirm that our procedures are the best they can be."



Steven C. Wolinsky, DO, is chairman of Cardiology Associates, a member of Phoebe Physician Group.



The Tiniest Hearts Need Special Care

As one of six state-designated perinatal centers, Phoebe cares for the sickest babies in a 22-county region. Access to specialists is a crucial piece of the equation. Enter Justin (Mac) Vining, MD, of Georgia Regents University, and Benjamin Toole, MD, of Sibley Heart Center Cardiology. Board-certified in pediatrics and pediatric cardiology, they are the first dedicated pediatric cardiologists to practice in Southwest Georgia.

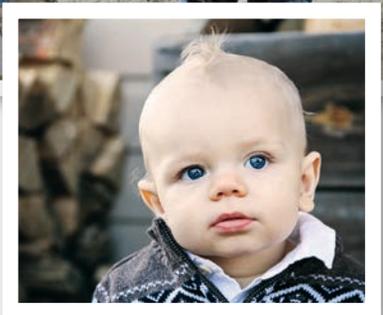
“Albany is central to Southwest Georgia making it easier for me to follow patients from other areas,” says Dr. Vining. “That way I get to see them more often.” The specialists’ presence is invaluable to families with sick children who would otherwise have to travel to Atlanta or Augusta for care. Bowen Kilby is one such child. Born in Augusta last March with a long list of heart problems and coinciding medical challenges, he underwent a myriad of appointments with doctors from Augusta to Atlanta. Dr. Vining, then practicing at Georgia Regents University, was one of them.

Following a cardiac catheterization at the age of three months, Bowen was initially slated for surgery. Subsequent appointments at Eggleston put the brakes on surgery, with the main concern being a deformed valve that didn’t allow blood to flow properly.

“The doctors had only seen one other patient in Bowen’s condition,” said mom Lyndsey Kilby. “They said they wanted to wait and see what this kid could do.”

Imagine the Kilby’s relief when, after moving to Valdosta last fall, they realized Dr. Vining had begun seeing patients in the Phoebe Pediatric Specialty Clinic in Albany. “It’s a lot easier than traveling to Augusta!” says Mrs. Kilby, of her son’s monthly appointments.

The goal is for Bowen to wait for surgery until he is two, as replacement valves for children under the age of two do not currently exist. The replacement valves will then need to be changed as the child grows, which means Bowen is facing additional surgeries at age five, in his early teens, and again at 18.



Bowen Kilby, a Valdosta patient of Dr. Vining, is able to see his doctor in Albany rather than making the four-hour drive to Augusta.



Pediatric specialists, Justin Vining, MD, and Benjamin Toole, MD, were the first dedicated pediatric specialists to practice in Southwest Georgia.

“It’s a very frustrating problem when you have this kind of heart disease,” says Dr. Vining, who began practicing full time in Albany six months ago. “You wait and wait and wait until they grow. Then when we replace the valves, they are typically outgrown. With an adult, it’s basically one and done.”

Phoebe Pediatric Specialty Clinic is just one of several efforts underway to diagnose and treat children with heart conditions in Southwest Georgia. New technology is being used to detect heart defects in infants born at Phoebe Putney. All newborns are now being tested for the seven critical congenital heart defects found, on average, in eight of 1,000 births at Phoebe.

“The pulse oximetry test monitors oxygen saturation levels that could indicate a defect,” said Dr. Vining. “This test allows us to readily diagnose babies with chronic heart disease, where at smaller hospitals it may have been overlooked.”

If a problem is found, intervention begins immediately and could include a pediatric echocardiogram – an ultrasound of the heart. Kyle Crenshaw, manager of non-invasive cardiovascular services at Phoebe, says three of the department’s pediatric technicians received specialized training at Mayo Clinic to perform the pediatric echocardiograms.

“Because we now have dedicated pediatric cardiologists on staff, it is crucial that our techs receive additional training in pathology. This training prepares them for the more complex heart disease cases that once would’ve gone to Atlanta or other cities for care,” Crenshaw explains.

Currently, there are efforts to pass a state law requiring hospitals to perform the pulse oximetry testing routinely in order to timely diagnose and treat more newborns. This standard was implemented at Phoebe many months ago. ■



All newborns at Phoebe are tested for the seven critical congenital heart defects found, on average, in eight of 1,000 births.

Keeping Beat

Porcelain aorta requires beating-heart surgery

At 76, Buster Wasden's life was zipping along – breakfasts with Pearly's pals, daily walks at Phoebe Northwest, keeping rhythm as percussionist in the Byne Memorial Baptist Church Orchestra and enjoying another year of more than half a century of marriage with wife, Brenda. No complaints here. But during his annual physical, Wasden casually mentioned some trouble catching his breath on occasion. This was enough of a red flag for his physician to order a stress test.

The results landed him in the office of Anthony Hoots, MD, cardiovascular surgeon, and then in the cardiac cath lab with Mark Cohen, MD, interventional cardiologist. Wasden's case was unusual in that his aorta had calcified, a condition that ruled out the traditional coronary bypass surgery Dr. Hoots often performs. "He said it would have been like trying to sew up a broken eggshell," recalls Wasden.

Instead, the cardiovascular surgery team came together bringing many minds to bear in determining the safest way to address the fragile calcified condition of Wasden's main artery – a condition known as porcelain aorta. They decided a beating-heart procedure was the best course of action. Unlike the standard method of opening the chest, stopping the heart and placing the patient on a heart/lung machine to replace the valve, Wasden successfully underwent surgery while his heart remained beating.

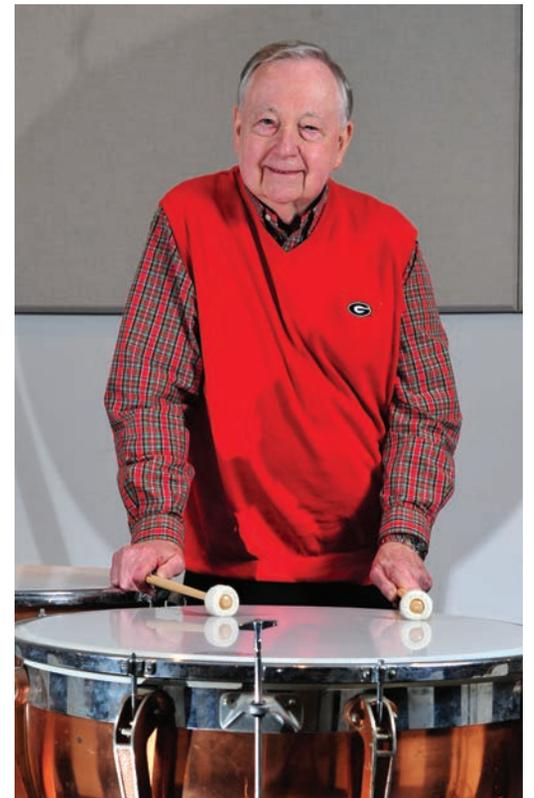


Today, Buster Wasden enjoys precious time with wife, Brenda, two children and four grandchildren.

“I’m grateful for my extended lease on life. I am a true champion of Phoebe.”

– Buster Wasden

“I’m grateful for my extended lease on life,” says Wasden. “I am a true champion of Phoebe. I tell anyone and everyone that I had the best care – a great experience.” ■



Vascular Services

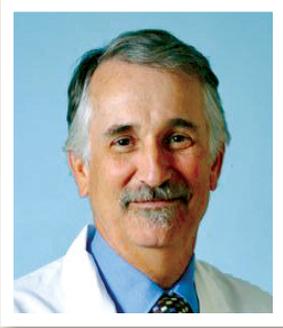
- Thoracic and abdominal aortic aneurysm
- Leg revascularization
- Hemodialysis access
- Carotid stenting
- IVC filters
- Venous reconstruction
- DVT/PE thrombolysis
- Fenestrated grafts
- Mesenteric bypass
- Lower extremity bypass grafting
- Lower extremity angioplasty/stenting
- Varicose veins
- Venous ulcers

Cardiac Services

- Coronary artery bypass graft
- Aortic valve replacement
- Aortic root replacement
- Mitral valve repair
- Tricuspid valve repair
- Pacemakers

For more information on Cardiovascular Surgical Associates, call 229-312-7500.

Francis N. Herrbold, MD – Cardiovascular Surgeon
Anthony Hoots, MD – Cardiovascular Surgeon
Daniel Martin, MD – Vascular Surgeon



Mark Cohen, MD is an interventional cardiologist with Cardiology Associates, a member of Phoebe Physician Group.

Fully blocked blood vessels require CTO intervention

No stranger to chest pain, Dougherty County resident Laura West had undergone a double bypass in 1999, but one of the bypasses had since

collapsed. As a result, she'd become used to not having much energy, unable to walk short distances without breathing heavily and having pains in her chest. So when more severe chest pain set in one day last year, West went immediately to Phoebe's emergency center. She soon learned that she had only one functioning valve.

"I prepared for the worst," admits West. "I even had a ramp built at my home and purchased an electric wheelchair.

However, she was referred to interventional cardiologist Mark Cohen, MD, who was able to successfully clear five arteries over the course of two procedures – chronic total occlusions (CTO). Pioneered by Japanese interventionalists, these procedures help patients with fully blocked blood vessels.

"CTO has been available for years but only had a 30 to 50 percent success rate," said Dr. Cohen. "Now, through the use of new wire and balloon technology, that rate has increased to 85 to 90 percent." says Dr. Cohen.

"I'm doing great," says West, who now walks a mile every morning and doesn't have to see Dr. Cohen again for a full year. "I felt like a new person right away, even after just the first two were done. Thank you, Phoebe!" ■

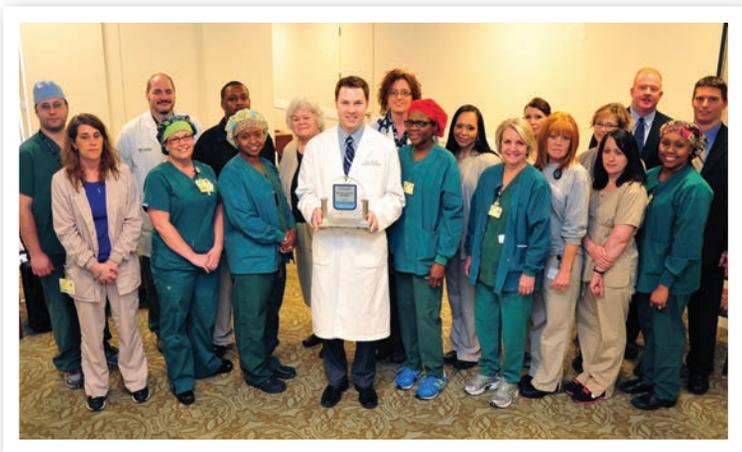
For more information, or to make an appointment, please contact Cardiology Associates at 229-312-1022.

Phoebe Receives Five-Star National Award for Quality

Phoebe Putney Memorial Hospital has again been named a Healthgrades five-star award recipient. Ranked number one in the state for vascular surgery in 2013 and among the top ten percent in the nation for five consecutive years (2010 - 2014), Phoebe most recently was recognized for carotid surgery excellence.

The American Hospital Quality Outcomes 2015 Healthgrades Report focuses on performance of over 4,500 hospitals nationwide covering 31 of the most common inpatient procedures and conditions.

"The care that the heart and vascular team provides is critical," said Dan Martin, MD, medical director of Phoebe's vascular program. "This honor reiterates our commitment to ensuring high quality care is readily accessible to the citizens of Southwest Georgia." ■



Phoebe Physician Group is helping to assure that residents of Cordele, Fitzgerald and Americus have access to the finest cardiac care. Board-certified cardiologists, I Philip Reese, DO, and Jose Rodriguez, MD, provide the following services:

- consultations
- stress testing
- comprehensive lipid analysis
- echocardiograms (EKG)
- pacemakers

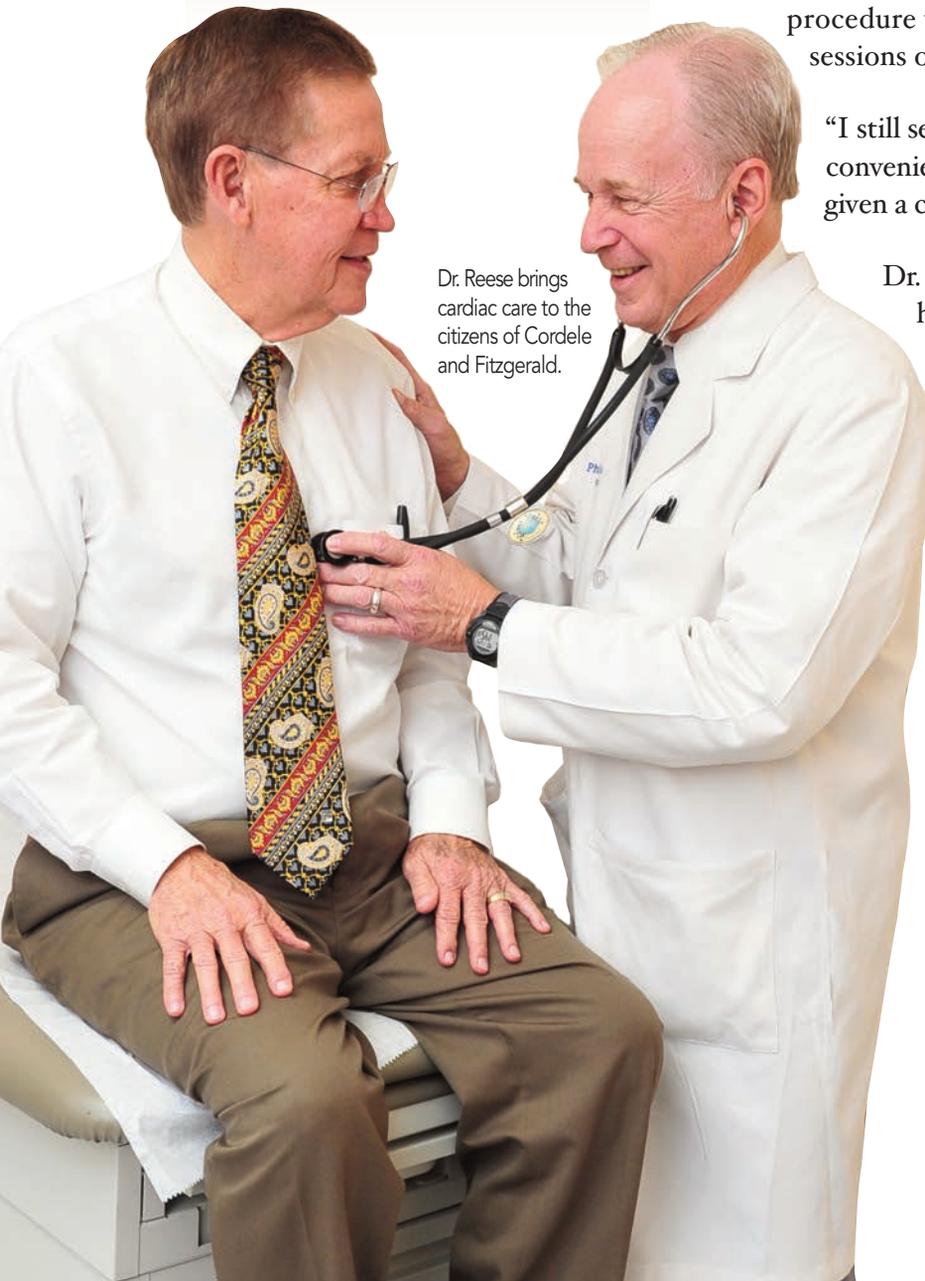
In cases involving complex diagnosis or advanced treatment, the resources of the Phoebe Heart and Vascular Center are available to each patient. Phoebe's team approach to care ensures collaboration of all healthcare professionals when customizing a treatment plan.

Bringing Cardiac Care Closer to Home

At 72, Phil Streetman of Cordele was very health conscious. An avid runner, he exercised daily. However, one morning when he awoke for his exercise routine “my heart ran away from me.” He went to Crisp Regional, where his heart seemed to “settle.” A follow-up appointment with his family doctor resulted in a stress test. “I could tell by his face it wasn't good,” said Mr. Streetman.

A member of Phoebe Cardiology Associates, I Philip Reese, DO, has an office in Cordele. That's where the EKG was performed that soon sent Mr. Streetman on his way to the cath lab in Albany for advanced treatment. Russell Jones, MD, interventional cardiologist, discovered three blockages during Mr. Streetman's procedure. No longer deemed a candidate for a stent, Mr. Streetman was then scheduled for bypass surgery with Cardiovascular Surgical Associates. His successful procedure was then followed by three weekly sessions of cardiac rehab at Phoebe Northwest.

“I still see Dr. Reese in Cordele, and it's been very convenient,” said Mr. Streetman, who's just been given a clean bill of health.



Dr. Reese brings cardiac care to the citizens of Cordele and Fitzgerald.

Dr. Reese also has an office in Fitzgerald, where he recently added Marcie Merritt, NP-C, to assist in meeting the growing cardiology needs of that community. “It's all about having the availability of big city medical care in a small town,” says Dr. Reese. “Things that can be done in small communities should be done there. It is not only more convenient for the patient, but it also keeps these small towns economically viable.”

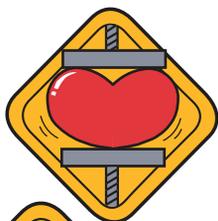
Also helping to assure access to cardiac care in underserved areas is Jose Rodriguez, MD, who serves patients in Americus. ■

For more information about Phoebe Physician Group regional cardiology services or to make an appointment, please contact:

I Philip Reese, DO
Cordele 229-273-7443
Fitzgerald 229-424-0134

Jose Rodriguez, MD
Americus 229-931-7159

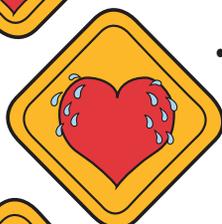
Warning Signs of a Heart Attack



- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.



- Heartburn and radiating pain to shoulders, neck or arms.



- Chest discomfort with sweating, lightheadedness, fainting, nausea or shortness of breath.



If you have any of these symptoms, call 911 IMMEDIATELY!

Heartfelt Giving

Phoebe Foundation is a philanthropic organization whose mission is to support Phoebe Putney Memorial Hospital and the patients it serves. In deciding how funds are dispersed, the Foundation ensures the most critical needs are met first. Recently, Phoebe Foundation provided the cath lab with rotablator technology.

Patients with clotting issues benefit from this technology which shaves the plaque accumulation in a vessel or artery, opening the blockage so blood may freely flow.



Prior to having access to this system locally, patients had to travel long distances to receive treatment. ■

For information about Phoebe Foundation and how you can help, call 229-312-GIVE or visit them online at supportphoebe.org.

Calendar of Events

JANUARY - MARCH

■ DIABETIC LUNCH & LEARN

Thursday, January 8 | 11 am - 1 pm
SENIOR LIFE ENRICHMENT CENTER • AGE 60+
335 WEST SOCIETY AVENUE, ALBANY
CALL 435-6789 TO REGISTER

■ NATIONAL WEAR RED DAY

Friday, February 6
AMERICAN HEART ASSOCIATION campaign to raise awareness of women's heart disease

■ NIGHT FOR HOPE

Saturday, February 14 | 5 pm
HILTON GARDEN INN, DOWNTOWN ALBANY
TICKETS \$100 EACH • sgacancer.org • 312-1700

■ LOVE YOUR HEART BLOOD PRESSURE SCREENING

Saturday, February 14 | 10 am - 2 pm
at ALBANY MALL • 229-312-7121

■ AMERICAN RED CROSS BLOOD DRIVE

Thursday, February 19 | 10 am - 6 pm
PHOEBE MAIN CAMPUS - SECOND FLOOR
OF THE MEDICAL TOWERS • 800-733-2767

■ ALBANY PINK WALK - Albany Motorcars

Saturday, March 21 | 10 am
MEREDYTH PLACE CAMPUS • albanypink.com

■ DIABETES SUPPORT GROUP

Third Tuesday each month | 3 pm
at PHOEBE SUMTER MEDICAL CENTER
CAFETERIA PRIVATE DINING ROOM • 229-924-6011

■ CHAIR YOGA - Sowega Council On Aging

Wednesdays | 11 - 11:45 am
SENIOR LIFE ENRICHMENT CENTER
FREE • AGE 60+ • CALL 435-6789 TO REGISTER

■ LINE DANCING - Sowega Council On Aging

Mondays | 11 am
Advanced, Wednesdays | 3 pm
SENIOR LIFE ENRICHMENT CENTER
FREE • AGE 60+ • CALL 435-6789 TO REGISTER

FOR MORE INFORMATION

For a complete list of community events and activities visit phoebeputney.com.

PHOEBE GOLDEN KEY SEMINARS

JANUARY 20 - Emergency of the Heart



Russell Jones, MD, guest speaker at our **January 20** seminar, will discuss the importance of seeking fast medical treatment when experiencing cardiac trouble. Time is muscle and getting treated quickly can often keep problems from becoming more severe. Dr. Jones is an

interventional cardiologist at Cardiology Associates, a member of Phoebe Physician Group. He received his medical degree from Temple University School of Medicine and completed his residency and fellowship at the University of Pittsburgh Medical Center, both in Pittsburg, Pennsylvania.

Reservations are required. To make reservations, call 229-312-2418 by January 14. ■

FEBRUARY 17 - Eating a Heart-Healthy Diet

On **February 17**, Sarah Davis, registered dietitian, nutritionist and certified personal trainer, will discuss the importance of diet in keeping your heart healthy. Davis works with patients in the areas of diabetes, renal, older adult, pediatric, general medical and surgical, critical care, and cardiovascular nutrition.

After achieving a personal weight loss of 100 pounds, Davis decided to return to school to pursue her passion

for nutrition and exercise. She now holds both bachelor's and master's degrees in dietetics and exercise physiology from Iowa State University.

Reservations are required. To make reservations, call 229-312-2418 by February 9. ■



MARCH 17 - Colon Screening for Cancer Prevention

Ira Knepp, MD, is a gastroenterologist who has been with Phoebe Gastroenterology Associates since 1998. He earned his medical degree from Medical College of Virginia in Richmond, Virginia, and completed his undergraduate studies at Lord Fairfax Community College in Middletown, Virginia, and Virginia Commonwealth University in Richmond.

He is board certified in internal medicine and gastroenterology. Dr. Knepp also served in the U.S. Navy as a general medical officer. He received several naval

commendations and was discharged as a commander in 1991. In addition, he has numerous academic appointments, including assistant professor in family medicine at Mercer University in Macon.

Reservations are required. To make reservations, call 229-312-2418 by March 9. ■



**MONTHLY SEMINAR
NEW LOCATION, NEW TIME:**

Golden Key seminars will return to the conference rooms at Phoebe Northwest, 2336 Dawson Road in Albany. We will begin with bingo at 10:30 a.m. Lunch will be served at noon, and you can enjoy your meal during our guest speaker's presentation from noon to 1 p.m. Cost is \$6 per person, which includes a bingo card and lunch.



January February March

Monday, January 5
Free blood pressure screening
10 a.m. – 2 p.m.
Main Lobby
Phoebe Putney Memorial Hospital

Tuesday, January 6
Better Breathers Support Group
Phoebe Northwest • 11 a.m.
229-312-7047

Wednesday, January 7
Phoebe Pioneers
Retired Phoebe Employees
Golden Corral • 12 – 1:30 p.m.

January 5 – 28
Cancer survivors Yoga Class – Ladies Only
Mondays & Wednesdays except holidays
YMCA from 1 – 2 p.m. • 229-312-0042

Thursday, January 8
Breast Cancer Support Group • noon
910 N. Jefferson • 229-312-3999

Tuesday, January 13 & 27
NAMI – National Alliance on Mental Health
Meets the Second & Fourth Tuesdays
Phoebe Northwest • 229-343-8791
5:30 p.m. – January 13
6:30 p.m. – January 27

Tuesday, January 20
Golden Key Seminar • 10:30 a.m.
Reservations required by January 14
229-312-2418

Saturday, January 24
AARP Smart Driver Classes
Phoebe Northwest • 9 a.m. – 4 p.m.
Reservations required
Golden Key • 229-312-2418

Additional Resources:
Diabetes Counseling – 229-312-1392
Cancer Survivor's Support Group – 229-312-0042
Carlton Breast Health Center – 229-312-4012

Monday, February 2
Free blood pressure screening
10 a.m. – 2 p.m.
Main Lobby
Phoebe Putney Memorial Hospital

Tuesday, February 3
Better Breathers Support Group
Phoebe Northwest • 11 a.m.
229-312-7047

Wednesday, February 4
Phoebe Pioneers
Retired Phoebe Employees
Golden Corral • 12 – 1:30 p.m.

February 2 – 25
Cancer survivors Yoga Class – Ladies Only
Mondays & Wednesdays except holidays
YMCA from 1 – 2 p.m. • 229-312-0042

Saturday, February 7
AARP Smart Driver Classes
Phoebe Northwest • 9 a.m. – 4 p.m.
Reservations required
Golden Key • 229-312-2418

Tuesday, February 10 & 24
NAMI – National Alliance on Mental Health
Meets the Second & Fourth Tuesdays
Phoebe Northwest
6:30 p.m. • 229-343-8791

Thursday, February 12
Breast Cancer Support Group • noon
910 N. Jefferson • 229-312-3999

Tuesday, February 17
Golden Key Seminar • 10:30 a.m.
Reservations required by February 9
229-312-2418

Thursday, February 19
Blood Drive
10 a.m. – 6 p.m.
Phoebe Medial Towers
2nd floor lobby

Monday, March 2
Free blood pressure screening
10 a.m. – 2 p.m.
Main Lobby of
Phoebe Putney Memorial Hospital

March 2 – 30
Cancer survivors Yoga Class – Ladies Only
Mondays & Wednesdays except holidays
YMCA from 1 – 2 p.m. • 229-312-0042

Tuesday, March 3
Better Breathers Support Group
11 a.m. – Phoebe Northwest
229-312-7047

Wednesday, March 4
Phoebe Pioneers
Retired Phoebe Employees
Golden Corral • 12 – 1:30 p.m.

Thursday & Friday, March 5 & 6
AARP Smart Driver Classes
SOWEGA Council on Aging
1 – 4 p.m. • 229-432-1131
jamiharper@gmail.com

Tuesday, March 10 & 24
NAMI – National Alliance on Mental Health
Meets the Second & Fourth Tuesdays
Phoebe Northwest • 6:30 p.m.
229-343-8791

Thursday, March 12
Breast Cancer Support Group • noon
910 N. Jefferson • 229-312-3999

Saturday, March 14
AARP Smart Driver Classes
Phoebe Northwest • 9 a.m. – 4 p.m.
Reservations required
Golden Key • 229-312-2418

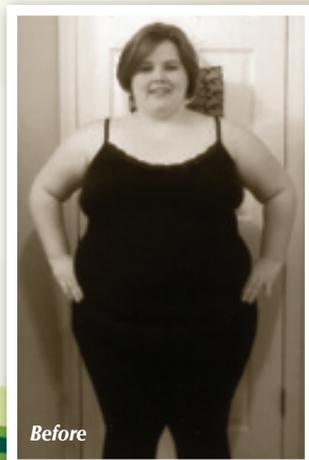
Tuesday, March 17
Golden Key Seminar • 10:30 a.m.
Reservations required by March 9
229-312-2418

Resolved to Lose?

Board-certified, fellowship-trained bariatric surgeons, Jeremy Joyner, MD, and Sean Sheff, MD, perform Lap-Band® adjustable gastric banding and laparoscopic sleeve gastrectomy.

Call 229-931-1152 to register for one of our FREE seminars.

- Thursday, January 22 • 6:30 p.m.
Phoebe Sumter Medical Center
Wellness & Education Center
126 Highway 280 West, Americus
- Thursday, February 26 • 6:30 p.m.
Phoebe Northwest
Conference Rooms B & C
2336 Dawson Road, Albany
- Thursday, March 26 • 6:30 p.m.
Phoebe Sumter Medical Center
Wellness & Education Center
126 Highway 280 West, Americus



Shannon Mathis decided it was time for a change. With the help of Phoebe Bariatrics, she has lost 119 lbs.

 **PHOEBE
BARIATRICS**

Learn more at phoebeputney.com/bariatrics