

Health Matters

the MAGAZINE of PHOEBE PUTNEY HEALTH SYSTEM

taking an **EDUCATED** approach toward **CANCER**

Learning ways to prevent cancer is the key – early detection is the next best defense.



Our Spacious
Hyperbaric Chamber
Provides Healing
Oxygen Therapy

Golden Key is
Making Key Changes
for a Healthier
Senior Program



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Cancer Awareness

Physicians on the front lines of healthcare are saving lives with new methods of prevention and detection.

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Health Matters



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Lung Watch - Saving Lives
Since the program's inception in January, nine new lung cancers were diagnosed and five of those patients have been cured with robotic surgery. Comparatively, the national lung trial found one early lung cancer per 300 scans while Phoebe's program has identified one early cancer per every 60 scans.

For James and Shirley Buckley of Albany, Lung Watch was a lifesaver – twice. Though they'd given up smoking seven years prior, the Buckleys were both diagnosed with lung cancer earlier this year through a Lung Watch screening. Today, both are lung cancer survivors and encourage others to give up smoking and take advantage of early detection through Lung Watch.

Dear Friends

As we inch nearer to the end of another year, access to care for residents of Southwest Georgia remains at the forefront of all we do.

Advancements in medical care continue to make early detection and prevention easier than ever, and educating our community about the dangers of smoking, poor diet and a sedentary lifestyle is crucial. Talking to friends and loved ones about the importance of annual screenings that can lead to early detection *can* and *does* save lives. At Phoebe, we've seen that firsthand through services such as Lung Watch, a free screening program for people who may be at risk for lung cancer. The lifesaving program was funded by generous donations to Phoebe Foundation.

As it has been for decades, it remains our goal to bring



cutting-edge medical technology to this region, allowing patients to receive the care and treatment they need without having to travel to larger metropolitan areas. To that end, we're continuously looking to bring the latest advancements in health care to our region, delivering services closer to home, where they're more convenient and less expensive. For example, patients suffering

digestive issues can now access advanced therapeutic endoscopy at Phoebe Gastroenterology Associates. Prior to the arrival of Raja Sappati, M.D., patients in Southwest Georgia had to travel to gastro specialists in Macon and Tallahassee for this procedure. Additionally, Phoebe houses the only multi-patient hyperbaric chamber between Atlanta and Tallahassee, a benefit to patients with hard-to-heal wounds, including those receiving radiation and oral surgery for cancers of the head and mouth.

We want to keep our families and neighbors healthy, so take us up on opportunities for free screenings, health and wellness seminars, and other available services. Together, we can move Southwest Georgia into a healthier future.

All my best,

Joel Wernick

PRESIDENT/CEO

SHINING A LIGHT ON CANCER

CONSTANT AWARENESS IS KEY FOR PREVENTION AND EARLY DETECTION.

Our specialist physicians are on the front lines attacking cancer from every angle, using new methods of prevention and early detection whenever possible and cutting-edge treatments for those in need of world-class health care.

In the prime of his career, Dr. Anthony Parker, president of Albany Technical College, faced challenges that had him questioning his future. During an annual physical in 2000, Parker's high PSA score was followed by a diagnosis of prostate cancer. His cutting-edge treatment at Phoebe Cancer Center – radioactive seed implant – proved successful.

Known as brachytherapy, treatment using tiny radioactive seeds implanted close to the affected area more effectively stops the growth of cancer cells with minimal damage to healthy tissue.

Cover photo: Dr. Anthony Parker, President of Albany Technical College in Albany, has learned the importance of annual physicals.



Five years later, however, Parker was again diagnosed with cancer, this time advanced Hodgkin's lymphoma. Chemotherapy, radiation and lymph node removal were all part of the treatment plan prescribed by Dr. Chirag Jani and Dr. Jose Tongol. Follow-up appointments every six months were clean until 2012 when Jani detected the lymphoma had returned. A more aggressive treatment was needed, including auto stem cell transplant.

"Of the four types of lymphomas, he had the rarest," said Jani. "Even the national guidelines are controversial about its treatment." Parker's case was presented to Phoebe's tumor board, providing an opportunity for all disciplines involved in cancer care - medical oncologists, radiation oncologists, surgeons, pathologists, radiologists and others - to discuss how to proceed.

"Dr. Parker had complete trust in our doctors and our system."

Parker's psycho-social support was also crucial during that time, noted Jani, including the support of his family, along with the nursing staff and physicians at Phoebe. Through it all, Parker continued working 12 hour days, relying on the flexibility of Phoebe Cancer Center for treatments on Fridays, giving him the weekend to recoup before it was back to the office on Monday.

"Until you've had to travel sick, especially when they're giving you massive doses of

chemo, that ride is a long one. When you're going through something like that, there's a lot to be said for coming home to your own house, sleeping in your own bed, sitting in your own recliner to watch the game or a movie."

Today, Parker stresses to others the importance of annual physicals. "Both in 2000 and 2012, I didn't even feel sick. I was working out five days a week and playing golf. Obviously, the earlier they can catch things like this, the more effective the treatment will be and the less aggressive."

"I didn't have to drive 100 or 120 or 200 miles for the standard treatment," said Parker, regarding the convenience of having a world-class cancer center so close to home. "A lot of people in this part of Georgia haven't lived other places to see the level of care at Phoebe is not typical, to see how fortunate we are."

Curing Cancer

Detected early, most breast cancers are curable. Just over a year and a half ago, Jack Morrell was diagnosed with breast cancer, which is rare in men.

He underwent mastectomy surgery, 18 weeks of chemotherapy, and 34 days of radiation treatment at Phoebe Cancer Center. It tested his spirit, but not his will.

CONTINUED
ON PAGE 4



Jack Morrell, the 2014 honorary Lights of Love tree lighter, invites the community to join him, Monday, December 8, 7 p.m. at the entrance to Phoebe Cancer Center.

“I was a helpless man some of that time. It was my family and my doctors who helped pull me through. I’m a survivor,” says the 72-year-old owner of South Georgia Brick Company. And so are many others, thanks to the professional services at Phoebe Cancer Center, a designated Center of Excellence by the American College of Radiology and the National Accreditation Program for Breast Centers.

His treatment behind him, Morrell says things have settled down; he’s getting stronger every day. “If something good had to come out of all of this, me having cancer, it is that cancer put me in a right frame of mind,” he says. “I know now where I am.”

As this year’s Lights of Love Tree Lighter, Jack Morrell invites the community to the celebration to kick off the holidays on Monday, December 8, 7 pm at the entrance to Phoebe Cancer Center in Albany. Your gift of \$25, which can be donated in honor or memory of a loved one touched by cancer, will benefit local cancer patients and their families. Call Phoebe Foundation at (229) 312-GIVE or visit supportphoebe.org for information.

Funding from the 2014 Lights of Love campaign will go towards purchase of a three-dimensional mammography unit. Studies show that 3D mammography, also known as tomosynthesis, can offer up to 29 percent improvement in cancer detection and a 15 percent decrease in callbacks.



Tina Giovingo, RN, RT, (R) (M), breast nurse navigator at Phoebe Cancer Center, is dedicated to

caring for the needs of breast cancer patients. She provides patients guidance from initial diagnosis throughout treatment, recovery and survivorship.

A Breast Cancer Nurse Navigator helps you by:

- Providing direction and assistance to you and your family during your breast cancer journey
- Monitoring your ongoing needs to ensure efficient and effective access to services
- Providing coordination of care between your primary care physician and all healthcare providers
- Providing breast cancer information, including:
 - breast cancer basics
 - chemotherapy
 - radiation therapy
 - clinical trials
 - mastectomy and lumpectomy
 - pre-and post-operative care
 - reconstruction
 - lymphedema
- Connecting you with:
 - social workers
 - support groups
 - American Cancer Society’s “Reach to Recovery” and “Look Good, Feel Better” programs
 - nutrition and lifestyle guidance
 - emotional and spiritual support throughout treatment and recovery for patient and family
 - certified fitters for breast prosthesis and mastectomy bras

NAPBC



Phoebe Cancer Center is a designated Center of Excellence by the American College of Radiology and the breast cancer program was named a Center of Excellence by the National Accreditation Program for Breast Centers.



New Therapeutic Endoscopy is a Diagnostic Revelation

Patients experiencing digestive issues are often referred to a gastro specialist for diagnosis. When the problem cannot be detected by older technologies, such as CAT scans and MRIs, more specialized imaging, such as endoscopic ultrasound, is required.

Dr. Raja Sappati specializes in advanced therapeutic endoscopy at Phoebe Gastroenterology Associates. His expertise in endoscopic ultrasound brings improved diagnosis of cancers, gallbladder disorders and other issues in the chest and abdomen. The combination of upper endoscopy and ultrasound examination is used to gather information about various parts of the digestive tract. This technology allows specialists to examine the esophageal and stomach linings as well as the walls of the upper and lower gastrointestinal tract.

The technology has a wide range of uses, from evaluating stages of cancer to diagnosing disorders of the pancreas and abnormalities or tumors in organs, including gallbladder and liver. The images are typically more accurate and detailed than those provided by traditional ultrasound traveling from outside the body. Without this technology, physicians with cases involving the pancreas or lymph nodes, for example, could only biopsy what was visible or else have to perform surgery to complete the biopsy. Endoscopic ultrasound uses sound waves to make a picture of internal organs, making it possible to perform needle biopsies in areas otherwise not accessible without surgery.

Results can help cancer doctors and surgeons determine the extent of spread of certain cancers of the digestive and respiratory systems. It also reveals the cancer's depth and whether it has spread to adjacent lymph glands or nearby vital structures, such as major blood vessels. Individuals who believe they might benefit from this procedure should talk to their physician about a referral.



Raja Sappati, MD of Phoebe Gastroenterology Associates has introduced endoscopic ultrasound to patients in the region, alleviating the need to travel long distances for this procedure.



Peter Hinds, MD, of Phoebe Urology Associates, is the area's only urologist fellowship trained in urologic oncology.

Urologist Brings Specialized Focus

As the most recent physician to join Phoebe Urology Associates, Dr. Peter Hinds brings to Southwest Georgia a specialized focus as the only urologist in the area fellowship trained in urologic oncology and robotic surgery. Hinds began his medical training at State University of New York Downstate College of Medicine in Brooklyn, where he earned his medical degree. He completed his internship and urology residency at the University of Medicine and Dentistry of New Jersey (Rutgers) - New Jersey Medical School in Newark. Additionally, he completed two years of specialized fellowship training in urologic oncology at the University of Pittsburgh Medical Center. Hinds is a member of the Society of Urologic Oncology and the American Urological Association. He joins longtime Albany urologists Dr. Stephen Allen and Dr. Kelvin Lane. ■

Phoebe Hyperbaric Treatment Increases Oxygen Supply to Promote Healing

Many patients suffering from hard-to-heal wounds have benefited from hyperbaric oxygen therapy at Phoebe Wound Care and Hyperbaric Center. The therapy has proven especially beneficial for high-risk patients, such as those receiving radiation and requiring tooth extraction and other oral surgery procedures. Hyperbaric treatment allows more oxygen to reach the damaged areas and helps prevent tissues from dying from lack of blood and oxygen flow.

When a patient gets radiation treatment, blood vessels get thick and blood supply drops to about 35 percent of what it was before treatment, says Dr. Thomas Bozzuto, medical director at the center. **Extraction sites and other areas exposed to radiation can be hard to heal. Hyperbaric oxygen treatments increase the oxygen supply and promote the growth of new blood vessels, allowing blood supply to increase up to 85 percent.**

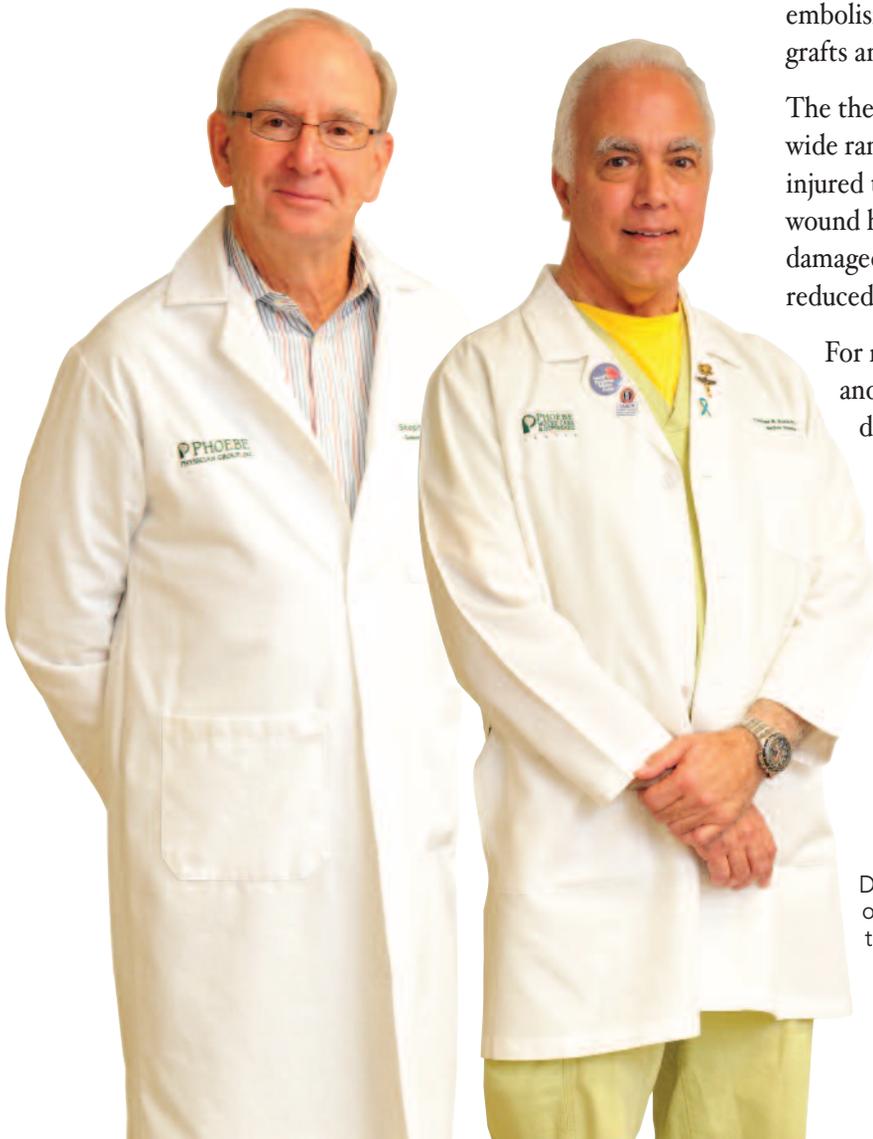
Patients referred by oral surgeons and radiologists/oncologists for this type of care typically require 30 two-hour treatments in Phoebe's multi-place hyperbaric chamber, the only one of its kind between Atlanta and Tallahassee, said Bozzuto.

"A lot of patients that go into a single chamber—one that looks like a torpedo—get claustrophobic. Ours is as big as a mini-van." In fact, Phoebe's hyperbaric chamber can comfortably accommodate up to 12 people at once. The chamber is filled with compressed air, and patients breathe 100 percent oxygen, typically remaining at ease enough to watch television, read, play cards or even nap during sessions.

Hyperbaric oxygen therapy can prove beneficial to anyone with a difficult to heal wound, such as diabetics. In addition, the therapy treats carbon monoxide poisoning, air or gas embolisms, crush injuries, decompression sickness, skin grafts and soft tissue infections.

The therapy is painless, and it is capable of producing a wide range of effects, including increased oxygen delivery to injured tissue, greater blood vessel formation, advanced wound healing, improved infection control, preservation of damaged tissue, elimination of toxic substances, and reduced effects from toxic substances.

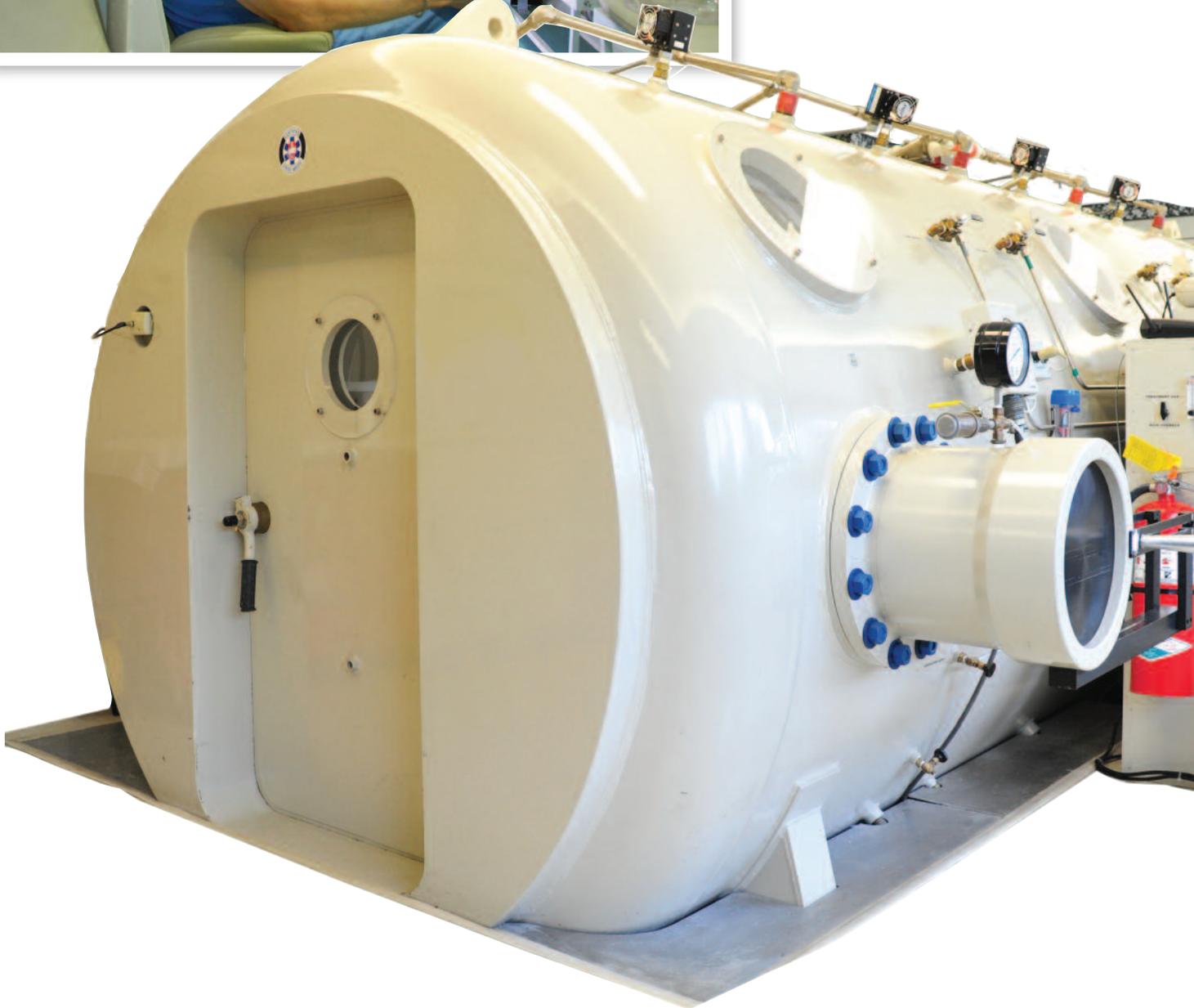
For more information, contact the Phoebe Wound Care and Hyperbaric Center at (229) 312-7600 or ask your doctor or dentist for a referral. ■



Dr. Stephen Weiss and Dr. Thomas Bozzuto rely on the benefits of hyperbaric medicine when treating wounds that are difficult to heal.



Phoebe's spacious multi-place hyperbaric chamber, the only one of its kind between Atlanta and Tallahassee, can comfortably accommodate up to 12 people.



R. K. Mellon Foundation Helps Fund Resident Housing



Future dedicated housing will advance efforts to alleviate the shortage of family care physicians in Southwest Georgia by making Albany a more appealing option for residency.

When a medical student is considering where to spend their valuable clinical training time while in medical school, a number of factors play into that decision. Among them is where the student will live during their rotations there. Until now, medical students arriving in Albany for residency with Phoebe have relied on some direction from AHEC or just opted to go it alone while securing housing. A major hurdle is that conventional apartment and house rentals require a minimum one year lease. But often students are rotating in and out of an area every four, six or eight weeks, leaving them to foot the bill for rent even during the weeks they aren't in town.

Earlier this year, third year medical student Prianka Kandhal and two fellow students from Augusta planned to room together in Albany after being accepted for residency at Phoebe. But they were still in school and studying for boards, leaving no time for all three to travel to Albany for a housing search.

"There just wasn't a good time to come look, so two of us came down and had to pick something. The third person was just left to see what we'd picked. It was just a hassle," said Kandhal.

MEETING THE NEED

The housing dilemma is about to become a thing of the past, thanks to a \$1 million grant to the Phoebe Foundation from the R.K. Mellon Foundation. Property has been identified and

once the full \$2.5 million is raised, construction will begin, said Lauren Ray, executive director of Phoebe Foundation. The housing will serve as an "equalizer" between Albany and towns like Rome, Savannah and Athens that are also bidding for medical students. "Phoebe is a teaching hospital and already scores highest in the state in clinical rotations because the students work front and center with the doctors and see such a variety of illnesses," she said. But Georgia's population is increasing faster than its supply of primary care physicians. The state currently ranks 41st in the nation for the number of physicians per 100,000 population and projections show Georgia will fall about 5,000 physicians short of needed levels by 2030. With a third of all doctors projected to retire this decade, and not enough upcoming physicians to fill the gaps, the emerging doctor shortage in Georgia could become critical.

LOCAL ECONOMIC IMPACT

Plans include a 25-unit facility, a combination of single and family living quarters, for medical students from Georgia Regents University, students from the University of Georgia Pharmacy School and other clinicians studying at Phoebe. The housing will



Medical student Prianka Kandhal has experienced the frustration of searching for housing to match her needs as a resident.

not only boost the number of residents in the region, it's also a plus for economic development, potentially building the professional workforce through a ripple effect. Clinicians who train in Albany often choose to stay to practice in this area, creating additional jobs in many sectors.

Phoebe Foundation is actively fundraising for the resident housing project. Anyone wishing to contribute can call (229) 312-GIVE. ■



Black & Blue Clinic ImPACT's Sports Safety

Friday night football in the South is about as traditional as it gets. And while the big game is important, so is the health of our athletes. A regional program, the **Black and Blue Clinic** is now available in Albany. The sports medicine evaluation and treatment program provided by Phoebe Orthopedic Specialty Group, the area's only fellowship-trained, board-certified group, requires no appointment and is open every Saturday from 9 - 11 a.m.

"We spend game time on the 50 yard line, so we're onsite at the moment of injury," said Yamazaki, whose practice helps care for athletes at schools across the region. They can then direct those injured players to the Black and Blue Clinic or schedule an appointment for later in the week. The clinic also speeds up the process for getting an injured player into the surgery rotation, if necessary.

The clinic allows Phoebe Orthopedic Specialty Group to enhance sports medicine offerings by providing care for exercise-induced asthma, heat illness and dehydration, concussions and other problems. In fact, generous donations to the Phoebe Foundation recently allowed the group to begin offering **ImPACT, a concussion management program.** As we know, concussion can occur in any sport. As children and athletes of all ages play longer and harder than ever before, the potential for concussion continues to increase.

ImPACT allows Phoebe physicians conducting student athlete health screenings to capture a baseline history to consult later should that athlete present with a concussion. Even without a baseline test, ImPACT's scientific approach and comprehensive data can take some of the guesswork out of when it's safe to return to play.

For more information on the Black and Blue Clinic or ImPACT, contact the Phoebe Orthopedic Specialty Group at (229) 312-5000. ■



Phoebe Orthopaedic Specialty Group, a member of Phoebe Physician Group, is a huge advocate for safety in local athletics. ImPACT, a concussion management program that was funded by Phoebe Foundation, allows for a more accurate assessment of when to safely allow players back on the field.



Phoebe Foundation is a philanthropic organization in Albany, Georgia whose mission is to support Phoebe Putney Memorial Hospital and the patients Phoebe serves.

Whether your gift is earmarked for life-saving equipment, a specific department or improvements to the hospital environment, your generosity will make an important difference in the lives of patients here in Southwest Georgia.

For more information about The Phoebe Foundation and how you can help, call 229-312-4483 or 1-877-312-4483 or e-mail phoebefoundation@ppmh.org.



**WOMEN'S HEALTH
CONFERENCE**

SATURDAY, OCTOBER 18 • 8 am - 1 pm
PHOEBE HEALTHWORKS, ALBANY



**PHOEBE SUMTER BREAST
CANCER AWARENESS WALK**

SATURDAY, OCTOBER 18 • 8 am
LENNY'S MARKET, AMERICUS



at **PHOEBE WORTH**

SATURDAY, OCTOBER 25 • 8:30 - 11:30 am
WORTH COUNTY COMMUNITY CENTER



**10K RUN, 5K RUN/WALK &
1 MILE FUN WALK**

BENEFITTING CMN AT PHOEBE
SATURDAY, DECEMBER 6 • 8 am
PHOEBE HEALTHWORKS,
ALBANY



**TREE LIGHTING
CEREMONY**

MONDAY, DECEMBER 8 • 7 pm
PHOEBE CANCER CENTER ENTRANCE
MAIN PHOEBE CAMPUS

OCTOBER - DECEMBER

■ SATURDAY, OCTOBER 18 | 8 am - 1 pm
at PHOEBE HEALTHWORKS, ALBANY
Phoebe Women's Health Conference

■ SATURDAY, OCTOBER 18 | 8am
at LENNY'S MARKET, DOWNTOWN AMERICUS
Phoebe Sumter Breast Cancer Awareness Walk

■ SATURDAY, OCTOBER 18 | 9 am - 1 pm
SOUTHWEST GEORGIA CANCER COALITION
Cancer STOMP - Dougherty/Lee Counties

■ FRIDAY, OCTOBER 24 | 10am - 2pm
at PHOEBE PUTNEY MEMORIAL HOSPITAL
Wear Pink Day for Breast Cancer Awareness

■ SATURDAY, OCTOBER 25 | 8:30 - 11:30 am
at WORTH COUNTY COMMUNITY CENTER, SYLVESTER
Phoebe Worth Women's Health Fair

■ THURSDAY, OCTOBER 30 | 6:30 pm
at PHOEBE NORTHWEST, ALBANY • PHOEBE BARIATRICS
Weight Loss Surgery Seminar - Free

■ SATURDAY, NOVEMBER 8 | 9 am - 12 pm
SOUTHWEST GEORGIA CANCER COALITION
Cancer STOMP - Crisp & Tift Counties

■ SATURDAY, DECEMBER 6 | 8 am
at PHOEBE HEALTHWORKS, ALBANY
Jingle Bell Jog
Register at www.jinglebelljog.org

■ MONDAY, DECEMBER 8 | 7 pm
at PHOEBE CANCER CENTER ENTRANCE, ALBANY
Lights of Love Tree Lighting Ceremony
Register at www.supportphoebe.org/lightsoflove

■ During the month of October, **Albany Pink** will be accepting your nominations for a Breast Cancer Survivor Makeover!
To submit a survivor's name, please go to:
<https://www.facebook.com/AlbanyPinkWalk> or
email pink@albanymotorcars.com

■ FOR MORE INFORMATION
For a complete list of community events and activities visit phoebeputney.com

CHANGE IS KEY



GOLDEN KEY, PHOEBE'S FREE SENIOR PROGRAM FOR AGES 50 AND OVER, IS EXPERIENCING SOME EXCITING CHANGES

In case you've missed some of the recent changes that have been made with Phoebe's Golden Key program, seminars now have a new home at the SOWEGA Council on Aging's state-of-the-art Kay Hinds Senior Life Enrichment Center (335 West Society Avenue in Albany). Bingo, lunch and the physician-led presentations take place in the center's Harry and Jeanette Weinberg Ballroom.

Bingo will begin at 11 a.m. Lunch will be served at noon, and you can enjoy your meal during the physician seminar from noon to 1 p.m. Cost is now \$8 per person, which includes a bingo card and lunch. Reservations are required and can be made by calling Sandra at 435-6789.

We welcome anyone in Southwest Georgia who is 50 and older to join us for fun, fellowship and enlightening health information.

Our Golden Key publication known as *Keynotes* will now be found here within *Health Matters*, a quarterly publication.

PHOEBE GOLDEN KEY

October

Wednesday, October 1

Phoebe Pioneers • Ryan's – 12 to 1:30 p.m.
Retired Phoebe Employees

Monday, October 6

Free Blood Pressure Screening
10 a.m. – 2 p.m.
Main Lobby of
Phoebe Putney Memorial Hospital

October 1, 6, 8, 13, 15, 20, 22, 27, 29

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

Tuesday, October 7

Better Breathers at Phoebe Northwest
11 a.m. to Noon • 229-312-7047

Thursday, October 9

Breast Cancer Support
910 N. Jefferson • 229-312-0352

Tuesday, October 14 and 28

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

Tuesday, October 21

Golden Key Seminar • 11 a.m. to 1 p.m.
SOWEGA Council on Aging
335 West Society Avenue • \$8.00 per person
Reservations required
Call 229-435-6789 – Sandra
Deadline October 13

Saturday, October 18

AARP Smart Driver Classes
Phoebe Northwest • 9 a.m. to 4 p.m.
Reservations required
Call Surendra Pandey - 229-883-1687
or email pandeysn@yahoo.com

November

Monday, November 3

Free Blood Pressure Screening
10 a.m. – 2 p.m.
Main Lobby of
Phoebe Putney Memorial Hospital

Tuesday, November 4

Better Breathers at Phoebe Northwest
11 a.m. to Noon • 229-312-7047

Wednesday, November 5

Phoebe Pioneers • Ryan's – 12 to 1:30 p.m.
Retired Phoebe Employees

November 3, 5, 10, 12, 17, 19, 24, 26

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

Tuesday, November 11 and 25

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

Thursday, November 13

Breast Cancer Support
910 N. Jefferson • 229-312-0352

Tuesday, November 18

Golden Key Seminar • 11 a.m. to 1 p.m.
SOWEGA Council on Aging
335 West Society Avenue • \$8.00 per person
Reservations required
Call 229-435-6789 – Sandra
Deadline November 10

Saturday, November 15

AARP Smart Driver Classes
Phoebe Northwest • 9 a.m. to 4 p.m.
Reservations required
Call Surendra Pandey - 229-883-1687
or email pandeysn@yahoo.com

December

Monday, December 1

Free Blood Pressure Screening
10 a.m. – 2 p.m.
Main Lobby of
Phoebe Putney Memorial Hospital

December 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

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

Tuesday, December 2

Better Breathers at Phoebe Northwest
11 a.m. to Noon • 229-312-7047

Wednesday, December 3

Phoebe Pioneers • Ryan's – 12 to 1:30 p.m.
Retired Phoebe Employees

Tuesday, December 9 and 23

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

Thursday, December 11

Breast Cancer Support
910 N. Jefferson • 229-312-0352

Tuesday, December 16

Golden Key Holiday Event
10:30 to 11:30 a.m.
Conference Rooms at Phoebe Northwest
2336 Dawson Road, Albany
Event will be FREE • Reservations required
Deadline – December 8 • Call 229-312-2418

Thursday, December 18

AARP Smart Driver Classes
Phoebe Northwest • 9 a.m. to 4 p.m.
Reservations required
Call Surendra Pandey - 229-883-1687
or email pandeysn@yahoo.com

Tuesday & Wednesday, December 11 & 12

AARP Smart Driver Classes
SOWEGA Council on Aging
1 p.m. to 4 p.m. • Jami Harper
229-432-1131 or email jamiharper@gmail.com

SOWEGA Council on Aging's Kay Hinds Senior Life
Enrichment Center, 335 West Society Avenue in Albany,
is the new monthly seminar site.



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

OCTOBER 21: Breast Cancer Awareness



Shawnta L. Speer, MD

Shawnta L. Speer, MD, guest speaker at our **October 21** seminar, will give an update on the latest statistics about breast cancer, as well as the detection, prevention and treatment of the disease.

Dr. Speer specializes in internal medicine and hematology/oncology, and is a physician with Phoebe Cancer Center.

NEW LOCATION, NEW TIME:

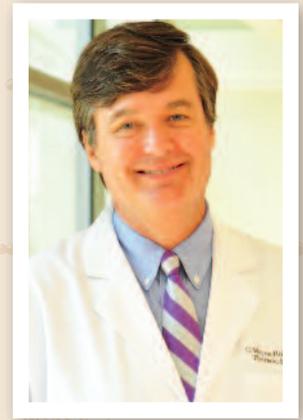
The October 21 seminar will take place in its new location, the Kay Hinds Senior Life Enrichment Center, Harry and Jeanette Weinberg Ballroom, 335 West Society Avenue. We will begin with bingo at 11 a.m. Lunch will be served at noon, and you can enjoy your meal as Dr. Speer gives her seminar from noon to 1 p.m. Cost is \$8 per person, which includes a bingo card and lunch. Reservations are required. To make reservations, call Sandra at 435-6789.

NOVEMBER 18: Lung Cancer Screening Update

C. Wayne Holley, MD, will be our guest speaker at our November 18 seminar. He will discuss updates on lung cancer screening in Southwest Georgia. Dr. Holley is the only thoracic surgeon in Southwest Georgia who has dedicated his practice to thoracic surgical oncology and general thoracic surgery. His training at the world renowned Memorial Sloan Kettering Cancer Center has provided him the opportunity to focus his expertise specifically on thoracic surgery. Prior to completing this fellowship in thoracic surgical oncology, Dr. Holley practiced cardiovascular surgery at Phoebe.

The October 21 seminar will also take place in the Kay Hinds Senior Life Enrichment Center, Harry and

Jeanette Weinberg Ballroom, 335 West Society Avenue. We will begin with bingo at 11 a.m. Lunch will be served at noon, and you can enjoy your meal as Dr. Holley gives his seminar from noon to 1 p.m. Cost is \$8 per person, which includes a bingo card and lunch. Reservations are required. To make reservations, call Sandra at 435-6789.



C. Wayne Holley, MD

DECEMBER 16: Jazz Up Your Holiday!

Golden Key members are invited to get into the spirit of the season by attending the December 16 holiday event from 10:30 to 11:30 a.m. at Phoebe Northwest, 2336 Dawson Road. The Jazz Combo of Michael Decuir, made up of musicians from the area, will join us for our annual Christmas celebration. The group is “jazzing up” your regular holiday music for this special event. Light refreshments will be available during their presentation. Reservations are required. Please call 229-312-2418 before 4 p.m. on December 8 to attend the celebration.



Phoebe Northwest, 2336 Dawson Road in Albany, is where our December Christmas celebration will be held.

Consider Paver Bricks for a Special Holiday Gift



When you give a paver brick as a gift for someone special, you are giving a lasting tribute. Children and adults alike will delight in seeing their names, throughout the years to come, etched in the paver pathway leading to the main Phoebe Putney Memorial Hospital entrance.

The paver program is a novel way to honor the memory of a loved one, commemorate a special anniversary or mark the birth of a child. A dedication ceremony is held each spring. At that time, those who purchased paver bricks, those who are honored, and the loved ones of those memorialized

are notified of the ceremony.

Inscriptions of two or three lines of 12 characters each are etched in the surface of the paver brick. If your paver brick is to honor or memorialize someone, you may provide a name and address of the person to be notified of your gift.

The proceeds of the paver program are designated where the need is greatest in the hospital. So as you leave your mark in history, your gift will also help provide funds for a worthwhile cause. Of course, all gifts are tax-deductible within the limits set by law. ■

These Network Sponsors give generously in support of the Phoebe Foundation so that our community may benefit from the hope, happiness and greater wellness that a strong hospital system provides. They are recognized throughout the year on the Phoebe Foundation website and at our events. To become a Network Sponsor, call 229-312-1438.

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