HealthNotes





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VASCULAR SURGEON OPENS NEW CLINIC TO CONVENIENTLY SERVE PATIENTS

Dr. Alan Willis has worked hard to build his vascular surgery practice to the point that he could open his own clinic

exclusively to serve vascular patients. His new clinic -Northeast Alabama Vascular and Vein Specialist - opened in July in the Marshall Professional Center.

"I wanted to expand the vascular side of my practice and felt a dedicated vascular practice would help me accomplish those goals," he said. "The layout of the new office and the flow is beautiful. It's centrally located and very convenient for the community."



Dr. Alan Willis

An especially important feature of the new office – located beside Marshall Cancer Care Center - is that it has its own full vascular lab.

"Patients can have ultrasound and see the doctor on the same day, which saves travel, expense and time for the patient," Dr. Willis said. "I can work closely with the ultrasound techs when questions arise and it's right here in the office, which is very convenient."

Also, the full staff of the clinic is focused directly on vascular surgery patient care rather than a multitude of specialties.

"All the team will be dedicated to treatment of vascular disease."

A vascular surgeon is trained in the diagnosis and management of diseases affecting all parts of the vascular system, or arteries and veins, except those of the heart and brain. He treats aneurysms, peripheral arterior disease and blockages of arteries, which usually occur in the legs, as well as inserting stents into the kidney artery, the arteries that go to the intestines and the carotid artery. These are all minimally-invasive procedures.

Dr. Willis has built a name for himself and earned respect throughout the medical community for pioneering the use of several cutting-edge medical techniques in this part of the state. Patients travel from surrounding counties to receive life-saving vascular surgery being offered locally only at Marshall Medical Centers.

New offerings at the clinic will include an expanded venous program with procedures to eliminate unsightly spider veins, as well as other cosmetic treatments.

"We will offer different modalities for vein procedures than those that have been offered before," Dr. Willis said. "We are all about convenience for patients. We are exploring the possibility of being able to offer support and compression hose sizing and purchasing right here in the office. We've been sending people here and there for compression hose







L to R back row: Daughter Abbey, wife Julie with Dr. Willis, Middle row: Lanie and Ella. Front: Setta.

but we'd like to have a dedicated area on site where they can be fitted and get off-the-shelf compression therapy."

After a decade as a partner with Surgical Associates of Marshall County, where a variety of surgical procedures was offered, Dr. Willis felt the time was right to open his own clinic.

"SAMC is a fantastic practice and I'm grateful to have had the opportunity to work there," he said. "I enjoyed tremendously my time there."

With an expanding patient

base, he was ready to leave general surgery behind to focus strictly on his specialty.

"The practice has grown and grown and grown."

Dr. Willis, who grew up in Walnut Grove in Etowah County, gives a tremendous amount of credit to the catheterization lab team that supports his surgeries.

Inside the Marshall Professional Center, Northeast Alabama Vascular and Vein Specialist joins the Marshall Sleep Disorders Center, Marshall Wound Healing Center, Marshall Imaging Center and Marshall Rheumatology. The Vascular Clinic has its own door between the entrance to the Cancer Care Center and the Professional Center

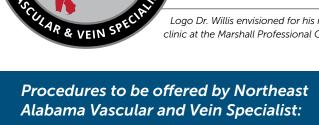
Dr. Willis proudly shows off his practice's striking new logo, stitched onto his surgical scrubs. It depicts an outline of the state of Alabama with a circle around the Northeast

> corner complete with a rendering of Guntersville Lake.

> > "It's even got the lake," he said.

Northeast Alabama Vascular and Vein Specialist can be reached by calling 256.894.6800.

Logo Dr. Willis envisioned for his new clinic at the Marshall Professional Center



• Aneurysmal Disease

THEAST ALAS

- Abdominal Aortic Aneurysm (AAA)
- Repair of aneurysms
- Carotid Artery Disease
- Blockages to the arteries of the intestines, which cause Mesenteric Ischemia
- Blockages to the kidney arteries

- Peripheral Arterial Disease (PAD)
- · Limb Salvaging
- Venous including Deep Vein Thrombosis
- Chronic Venous Stasis and Ulcers
- Dialysis Access



Seniors may have a free gym benefit available to them and are not even aware of it.

If you have one of the many Medicare supplement plans, ask whether it covers a gym membership. Many plans will pay 100% of the cost of everything offered at facilities such as TherapyPlus, including water aerobics classes, arthritis classes, access to pools, sauna, therapy pools and all equipment.

"We have a very good senior population in this area and I believe one of the main reasons we do is because we have such a friendly atmosphere here," said Marsha Chadwick, director of Wellness Services at Marshall Medical Centers. "Our seniors come here not only for their physical health but also for their mental and social health."

Programs like SilverSneakers and Silver ϑ Fit provide a gym membership as part of their health coverage. Members can join water aerobics classes, yoga classes, stretch ϑ balance classes, arthritis classes or exercise on their own in the water. Seniors also use the cardio and strength training equipment.

Arthritis classes are held in the heated therapy pool, three days a week. The class does range of motion moves along with stretching exercises. It is very helpful for people who suffer from arthritis, fibromyalgia, joint pain, hip pain and back pain who gain benefits from being in hot water and exercising. Water helps take stress off joints because the body is buoyant, allowing sufferers to exercise with less pain. In return, they increase range of motion and flexibility.

Water aerobics and arthritis classes are similar, but water aerobics is more intense because it has a cardio component and takes place in warm water. The water temperature is not as hot as the pool for arthritis patients. TherapyPlus has two pools – a lap pool and a heated therapy pool. The water temperature in the lap pool is 85 degrees while the arthritis therapy pool's temperature is 100 degrees.

Don't know if you qualify for SilverSneakers or Silver & Fit? Just stop by one of the TherapyPlus locations and ask a staff member to look it up. If you do not qualify, senior discounts are available for gym memberships.

For a full class schedule or for more information visit www.mmcenters.com/services/fitness-wellness or call 256.571.8850 for North (256.753.8850 for Arab area residents) or 256.840.3348 for South.

GOLDCARE 55+ MEMBERS GO PLACES

Southern Belle Riverboat Cruise and Hunter Museum of American Art

September 28 • Cost is \$99 - Sold Out!

Climb aboard the beautiful Southern Belle Riverboat for a two-hour cruise down the scenic Tennessee River. Take in views of Lookout Mountain, the beauty of the river and fall colors while enjoying live entertainment, bingo and a buffet lunch. This outing brings together all the gorgeous nature the city of Chattanooga has to offer!

Islands of New England

October 11-18

GoldCare 55+ travelers will explore idyllic islands, quaint communities and so much more! Highlights of the New England trip include:

- Travel Newport's Ocean Drive past the sprawling mansions of Bellevue Avenue.
- Celebrate the taste of Cape Cod with a traditional New England seafood and lobster dinner.
- Ride a ferry to Martha's Vineyard, the summer home of artists, writers and celebrities.
- Visit artist colony Provincetown on the tip of the Cape
 then choose to take a whale watching cruise in Cape
 Cod Bay or a scenic adventure through the iconic dunes.
- Catch a glimpse of the Camelot era in Hyannis Port and visit the Kennedy Memorial.
- Visit a working New England cranberry bog, a thriving crop of Cape Cod.
- Explore the island of Nantucket with its cobblestone streets, beaches and lighthouses.

Occupancy: Single \$3,799 - Double \$2,999 - Triple \$2,969 Space is limited. Please call for information 256.571.8025.

Mystery Trip

November 7 • Cost is \$119 Deadline to register is October 3

Join the bravest of all travelers – the ones who hop on a bus with no idea of their destination! They love a mystery! You may too. Don't miss this one!

Full payment due at registration on or before October 3.

Watch for the 2020 Travel & Events booklet hitting mailboxes in October!



GoldCare 55+ Kentucky Derby trip bonds ladies who share memorable experiences of a lifetime

Travelers often become fast friends after agreeing to room with a stranger in order to save money on a hotel room. That is what happened to two ladies who signed up with GoldCare 55+ for a recent trip to the Kentucky Derby.

Mary Jo "Joey" Evans of Guntersville and Marilyn Wycoff of Grant had never met before the morning they boarded a motorcoach for Kentucky along with 39 others. Their side-by-side seats allowed them to get to know each other along the way. It turned out to be a great experience with lasting memories for both. Wycoff credited Marshall Medical's GoldCare 55+ travel program and fate for putting her with someone so compatible.

"This has given me such opportunities I never would have had and allowed me to meet people I would have never met," said Wycoff.

The pair also became friends with two ladies on the trip who were travelling and rooming alone, Sheila Mountain of Gadsden and Brenda Hall of Grove Oak.

"It was a God thing," Evans said. "We're four women travelling alone but this allowed us to be a foursome. We all blended and it worked out really well."

The foursome teamed up to apply what they learned from betting lessons provided on the trip to their wagers at Churchill Downs. Mountain taught the others how to bet "across the board," which paid off. Wycoff won \$30 while the others went home \$16 richer.

The highlight of the trip, however, happened in the grandstand as Evans and Wycoff sought shelter from the rainy weather that dogged the race. While they stood there, a man approached them – out of the 150,000 Derby attendees – to ask if they would like to have a rose from "the winning garland." He was holding three red roses, and gave them each one, which they protected like fine crystal all the way home. The experience made the ladies feel very special and thankful for being in the right place at the right time.

The trip was Evans' second time to travel with GoldCare. Her first was a Mystery Trip in April. Wycoff, who has taken several GoldCare trips, was also on that trip but the two didn't remember seeing each other then.

Mountain, who is single, said she enjoys travelling with GoldCare and other

groups. "Everybody includes everybody else – whether they are married or not," she said. "You never have to sit alone. Spending the day with a lot of people is great."

Zip Ling Can't V

After the trip, Marilyn and Joey got together for another adventure – ziplining at the Guntersville State Park.

GoldCare 55+ members are on the go!



Travelers toured the Louisville Slugger Museum and saw how baseball bats are made



GoldCare hikers joined Guntersville State Park Naturalist Mike Ezell on a trail where they identified wildflowers, trees and wild berries.



Travelers were treated to a surprise visit to TopGolf in Huntsville during their April Mystery Trip.



Hats were all the rage for women on the GoldCare trip to the 145th Kentucky Derby in May.

RECIPES



Spice up your grilled sweet corn with flavorful toppings.

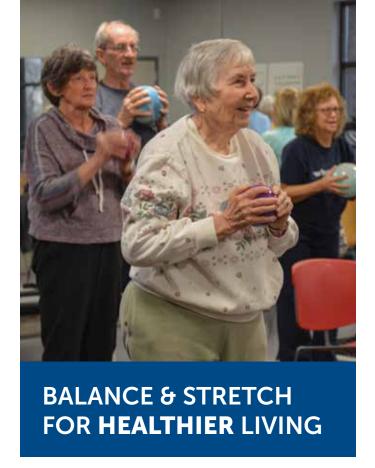
From My Southern Health

With sweet corn season upon us, it's time to fire up the grill and get cookin'. Plain sweet corn is moderately high in fiber and contains only 78 calories and 1 gram of fat per ear. Here are the steps to grilling the perfect mouth-watering ear of corn:

- 1. Heat a charcoal or gas grill to medium-high heat $(400^{\circ}\text{F} 475^{\circ}\text{F})$.
- 2. While the grill is heating up, carefully peel back the corn husks, stopping at the base. Remove the corn silk and fold husks back into place.
- 3. Place ears of corn into a large bowl of cold water and soak for about 10 minutes to prevent husks from burning.
- 4. Remove from bowl and shake off excess water.
- 5. Place ears of corn directly on grill grates and cook, turning occasionally, until crisp-tender and slightly charred, approximately 15-20 minutes.

Before you take a bite into your grilled cob, top it off with some fresh flavors. Here are 6 out-of-the-box combinations to turn sweet corn into the highlight of your next backyard barbecue:

- Lime juice + sea salt (dash) + cayenne pepper
- Basil pesto + grated Parmesan cheese (sprinkle)
- Hummus + smoked paprika
- Low-fat sour cream + chives
- Unsalted butter (light spread) + honey (drizzle)
- Minced garlic + extra-virgin olive oil (drizzle) + grated Parmesan cheese (sprinkle)



For seniors looking to get active while having fun and making friends, participating in Balance & Stretch, an aerobics class, offered at Marshall Medical Centers' TherapyPlus Fitness / Wellness Center North and South locations may be a good fit.

It has worked for Shirley Fricker, 87 years old, and Brookes Hawkins, 78, who have attended Balance & Stretch classes for more than 5 years at the North location.

The women first met at Balance & Stretch in 2012, and they formed a friendship regularly attending the aerobics class.

Hawkins discussed what piqued her interest in the class and what sparked her decision to keep coming back, explaining that she initially thought it could be of benefit to her mother who was in her nineties; however after participating in the class, she realized Balance & Stretch could help her too.

Fricker's motivation to attend the class stems from a desire to prolong her health.

"I have been blessed with good health. My goal is to maintain, to keep moving," Fricker said.

During Balance & Stretch classes, attendants are led by an instructor in balance exercises and various stretches, including ones targeting the legs, arms, and back.

Balance & Stretch is offered Monday, Tuesday, and Thursday from 7:30 a.m. to 8:15 a.m. at TherapyPlus Wellness Center at Marshall North.

At TherapyPlus Fitness/Wellness South, the class is offered Wednesday from 8 a.m. to 8:30 a.m.

For TherapyPlus Fitness/Wellness class schedules or more information, call 256.840.3348 (South location); 256.571.8850 or 256.753.8850 for Arab area (North location); or visit mmcenters.com/services/fitness-wellness.

MEMBER **SPOTLIGHT**

GoldCare 55+ member keeps traveling for the fellowship and for the mystery

Alan Fossler knows how much fun it is to travel with a senior group. He and his late wife, Constance or Connie as everyone called her, got the travelling bug after he retired from a nuclear plant in Illinois and they settled in Arab. Once the couple became members of GoldCare 55+ in 2007, they joined groups on trips to Charleston, Pigeon Forge, Gatlinburg, Kentucky and an apple orchard in Georgia. They took river cruises and cruised to the Caribbean. A cruise along the Eastern seaboard and into Canada was the couple's final trip together. Connie had a stroke and died in early 2014. The Fosslers would have celebrated their 43rd anniversary that year.

"It was so sudden," he recalls. "It was very hard for me and my family."

But Fossler has continued to travel with GoldCare for the company and conversation, as well as the destinations.

"It's good for me to get out and it's good to be around other adults to talk to," he says.

In addition to travelling, Fossler likes to fish in a neighborhood pond. He helps teach Sunday school at his church, Joppa Church of God. He enjoys reading Christian books and studying the Bible. He started exercising at TherapyPlus soon after losing his wife and now works out at the gym three times a week.

Fossler's oldest son, Charles, lives with him. His youngest son, David, lives nearby with his wife. Middle son Andrew lives in Wisconsin with his wife and stepdaughter.

Fossler grew up on a dairy farm in Pennsylvania, the youngest of three brothers and a sister. He joined the Navy in 1965 and served in the Mediterranean, North and South Atlantic, Indian Ocean, Red Sea and the Persian Sea until he was discharged in 1969. He worked at the Zion Nuclear Power Station in Illinois from 1972 until it shut down in 1998. The Fosslers had toured this area and decided to move to Alabama. Connie, an RN, got a job at Crestwood Medical Center, where she worked for seven years before she retired.

Fossler especially likes GoldCare's Mystery Trips. He found himself laughing with others seniors while they fed cantaloupe to chickens on 1818 Farms at Mooresville. The group finished up the day swinging clubs at TopGolf. He went on a Mystery Trip last fall to Nashville and is on the roster for another one in November. Why does he like them?

"There's a little curiosity about them," he said. "A little mystery. You could be going anywhere."



Alan works out in the gym at TherapyPlus North on Mondays, Wednesdays and Fridays.



Alan and Connie had a wonderful marriage of 42 years before she died in 2014.



Alan relaxes alongside Barbara Kucera and Joan Kanner after hitting golf balls during a Mystery Trip to TopGolf in April



2320 Homer Clayton Drive Guntersville, AL 35976





— Clip and save for future reference.

CALENDAR OF UPCOMING EVENTS

AUGUST 15

GoldCare 55+ Lunch 'N Learn

"Caring for Elderly Parents" Marshall Medical Social Services

SEPTEMBER 3-4

Blood Drive

Marshall Medical Center South

SEPTEMBER 11

Guntersville Chamber of Commerce Healthcare Breakfast *Gunter's Landing Club House - 7 a.m.*

SEPTEMBER 19

GoldCare 55+ Lunch 'N Learn

"Prostate Cancer Awareness" Dr. Michael Myers of Medical Centers Urology Clinic

SEPTEMBER 28

GoldCare 55+ Trip - Sold Out

Chattanooga Riverboat Cruise

OCTOBER 1-2

Blood Drive

Marshall Medical Center North

OCTOBER 3-4

Collective Goods

Book & Gift Fundraiser Sale

Marshall Medical Center North

OCTOBER 10-11

\$5 Jewelry Fundraiser Sale

Marshall South POB Classroom

OCTOBER 11-18

GoldCare 55+ Trip

Islands of New England

OCTOBER 23

Birding

Guntersville State Park Lodge. Bring folding chairs, binoculars and snacks. Water will be provided. 7 a.m. No cost but call to register. 256.571.8025.

OCTOBER 24

GoldCare 55+ Lunch 'N Learn

"Breast Cancer Awareness" Marshall Cancer Care Team

NOVEMBER 14

Fall Color Hike

Guntersville State Park Lodge. Water will be provided. 2 p.m. No cost but call to register. 256.571.8025.