

Winter 2018

# HealthNotes

A quarterly publication from



**CELEBRATING 25 YEARS**  
1993-2018

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**FEBRUARY  
IS HEART HEALTH  
MONTH**



# LAKESHORE FAMILY PRACTICE THRIVES ON DEDICATION TO GERIATRIC PATIENTS

## By Rose Myers - Marshall Medical Centers

As a new physician 37 years ago, Dr. Stephen Brown Henderson joined the staff of the old Guntersville Hospital and began practicing family medicine. He worked in the emergency room on weekends. He did rotations in nursing homes from the beginning. He ended up just a few steps from the site of the hospital where he built a thriving and highly-respected geriatric practice.

"Dad loves elderly people and always has," said Lindsey Henderson, Dr. Henderson's daughter who serves as his IT administrator.

Lakeshore Family Practice is the longest existing doctor's office in Guntersville, serving the citizens of Marshall County and surrounding areas for nearly 40 years. The Guntersville office is located on Homer Clayton Drive and a second office is located in New Hope. Dr. Henderson is the only physician for both offices. He also sees patients in four nursing homes in the area.

"It's still growing, of course," he said. "Baby boomers are aging. This is a retirement community. New people are moving in all the time."

Geriatrics, or geriatric medicine, is a specialty that focuses on health care of the aging population. It aims to promote health by preventing and treating diseases and disabilities in older adults.

Lakeshore Family Practice recently earned a rare and distinctive recognition as a Patient Centered Medical Home awarded by the National Committee for Quality Assurance or NCQA.

"It's about good medicine," said Dr. Henderson. "It shows we have a commitment to high quality."

NCQA is a not-for-profit organization founded in 1990 dedicated to improving health care quality.

"NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients," said Margaret E. O'Kane, president of NCQA. "This recognition shows that Lakeshore Family Practice has the tools, systems and resources to provide its patients with the right care, at the right time."

Marshall Medical Center CEO Gary Gore praised the efforts by the practice to achieve the distinction.

"As the healthcare delivery system evolves, you will likely see more practices adopt various components of the Patient Centered Medical Home model," he said. "We commend Dr. Henderson for being the first practice in Marshall County to earn this distinction."

The accomplishment took the entire staff working for more than a year to pull together the data that qualified the practice for this recognition.

"The whole office had to be on board with the project because it took everybody," said Nurse Practitioner Nancy Seaman. "It was a year-long process. There are very, very few practices that have this distinction for that very reason."



*Dr. Henderson, second from right, has been active in Scouting for many years.*



*Dr. Henderson shown with a painting of his historic home, a house built by his grandfather in 1926.*

There are two in Huntsville and we may be the only one in Marshall County.”

Preparing the data required to be designated a Patient Centered Medical Home was very meticulous. The staff had to review current policies and procedures to see if they were working and whether they met the higher bar set by Patient Centered Medical Home.

The project included six major focus areas. These included: patient access and wait times; team based care (coordinating care among different providers); population health management; care management and support (making sure patients understand their condition, what resources are available and medication management); care coordination and transition; and improvement (based on areas the practice can focus on such as waiting times, waiting rooms, etc.).

“Even if we didn’t get credentialed, we would have benefited from the work,” Seaman said.

“It forces you to look at the way you’re doing things and streamline them, measure things you weren’t measuring before,” Lindsey Henderson said.

Dr. Henderson and his wife Susan have been married for 30 years. In addition to Lindsey, they have daughter Grace and son Spence. The couple lives in the house Dr. Henderson’s grandfather built in 1926, where both he and his father grew up. It sits near St. William Catholic Church in Guntersville. When he is not busy seeing patients, Dr. Henderson is very active in his personal life. He competes in triathlons and decathlons, and has long been involved with Scouting.



*Competing in triathlons and decathlons is part of Dr. Henderson’s active lifestyle.*



## WINTER WEATHER PREPAREDNESS

As any old-timer will tell you, just because spring is coming doesn't mean cold weather can't hit again. Here's a good checklist for being prepared.

- Check battery-powered equipment and stock extra batteries for flashlights and a portable radio. Also check emergency cooking equipment.
- Check food supply and stock extra. Supplies should include food that requires no cooking or refrigeration in case of power failure. Consider high energy foods such as dried fruit or candy. Don't forget prescription medicines and first aid supplies.
- Check supply of heating fuel but be aware of fire hazards due to oil-burning heaters or stoves.
- Stay indoors during storms and cold snaps. Avoid overexertion, especially if shoveling snow.
- Dress to fit the season. Loose, layered clothing will keep you warm. A hat and mittens will protect your extremities.
- Winterize your home by caulking around openings, installing storm windows and adding insulation.
- Winterize cars before the storm season begins.
- Carry a winter storm kit. Include a mobile phone and charger, blankets or sleeping bags, flashlight and batteries, first aid kit, non-perishable foods, extra clothing, window scraper, water, road maps, small shovel and kitty litter and sand for traction.
- Check the latest weather information before driving and make sure someone knows your travel plans.

Marshall Medical Centers has back-up power in place to keep both hospitals running during a weather emergency. Please remember, though, that hospitals are not shelters for the public during power outages. Everyone should prepare for winter weather so that families can safely shelter-in-place.

# GOLDCARE 55+ MEMBERS GO PLACES

## Mystery Trip

**April 12, 2018 • Cost is \$127**  
**Deadline to register is March 2, 2018**

A Mystery Trip full of surprises is on the calendar in April. Take off down the road with no idea where you are headed. It's one of the most fun ways to travel. More surprises are in store on this year's second Mystery Trip October 11.

## Blue Ridge Scenic Railway

**November 7-9, 2018**  
**Deadline to register is August 15, 2018**

A beautiful ride is in store on the Blue Ridge Scenic Railway. This 26-mile round-trip journey winds through charming mountain villages and along the beautiful Toccoa River in your choice of vintage, climate-controlled rail cars or open-air rail cars. Also included is Gibbs Gardens, one of the nation's largest private gardens. With 24 ponds, 32 bridges and 19 waterfalls, it's world class. Afterwards, see Dahlonega, Georgia, a jewel set in the North Georgia mountains.

**\$100 deposit or \$500 deposit with \$500 travel insurance.**  
**Three days with two nights lodging, three breakfasts and two dinners, admission to Gibbs Garden and preferred seating on The Blue Ridge Scenic Railway.**

**Double: \$549 • Triple: \$489 • Single: \$689**

## Danube River Cruise

**June 1 – 11, 2020**  
**Deadline to register is April 18, 2018**

GoldCare 55+ travelers have the chance for a once-in-a-lifetime trip featuring a cruise down the Danube River with stops in Budapest, Bratislava, Vienna, Passau and Munich. A highlight is the Oberammergau Passion Play, produced only once a decade.

**\$750 deposit or \$500 deposit with \$500 travel insurance.**  
**Cost includes 11 days and 24 meals: nine breakfasts, six lunches and nine dinners.**

**Book now and save \$450 per person:**

Lower Outside Double Rate	\$6,949	<b>\$6,499</b>
Middle Outside Double Rate	\$7,449	<b>\$6,999</b>
Upper Outside Double Rate	\$8,299	<b>\$7,849</b>
Suite Double Rate	\$10,649	<b>\$10,199</b>

*Price includes round trip air from Birmingham, taxes and hotel transfers.*

**Don't miss the fun!**  
**Get signed up for a GoldCare 55+ trip!**

Traveling with a GoldCare 55+ group is wonderful for seniors because of the safety of seeing new sites with people you know. Having your name on a trip roster is exciting and gives you a treat to look forward to! Join us for a great outing!



*GoldCare 55+ travelers cruised on Lake Powell on the Colorado River as part of a 9-day trip out west in September 2017.*



*GoldCare 55+ travelers around the huge dining table in the historic 1930s Manor House at Milky Way Farm in Tennessee.*



*Will and Linda Ellis enjoying a cruise on scenic Lake Powell.*



*Frank Thomason relaxes in a room in the historic 1930s Manor House at Milky Way Farm.*



*Linda Hedrix (left) and Linda Anderson enjoy samples after a cooking class at Marshall South in December.*

**FEBRUARY IS  
HEART  
HEALTH  
MONTH**



Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Make heart-healthy choices, know your family history and get regular check-ups.

- Encourage healthy eating habits. Even small changes can make a big difference. Suggest making healthier versions of your favorite family recipes. Look up new recipes then accompany your loved ones on a grocery store run. Help them choose items low in sodium, added sugar and trans fats, and stock up on fresh fruits and vegetables.
- Promote physical activity. Encourage your family members to aim for at least 150 minutes of physical activity per week. Offer to join them for a walk, bring them to an exercise class, or challenge the whole family to a friendly fitness competition.
- Show support. Someone who feels supported is more likely to quit smoking. Have a heart-to-heart with your loved ones about tobacco use.
- Check in on health care. Remind family members to get their blood pressure and cholesterol levels checked regularly by a health care provider. Are they already on medication to control their risk factors? Help family members set up a reminder system using a phone app or pillbox.

Remember, you don't have to leave the community to get excellent cardiac care. Marshall Medical has three cardiologists available to serve patients close to home.

**Cardiologists at Marshall Medical Centers**

Kathleen Evans, DO    Raymond Fernandez, MD    George Philip, MD  
(256) 840-4580    (256) 891-8580    (256) 840-4580



# HEALTHY RECIPES BY CHEF JOE



## Alabama Caviar

### INGREDIENTS

30 ounces black-eyed peas, drained and rinsed  
30 ounces black beans, drained and rinsed  
30 ounces Rotel tomatoes, drained  
1 whole green bell pepper, seeded and diced  
1 whole red bell pepper, seeded and diced  
1 whole yellow bell pepper, seeded and diced  
1 bunch fresh parsley, minced  
¼ cup balsamic vinegar  
2 tsp. sugar  
Cucumbers for serving

### DIRECTIONS

1. Combine all ingredients and mix well.
2. Hollow out the centers of cucumbers using a melon baller or a spoon.
3. Fill with caviar and serve.



### ABOUT CHEF JOE

Marshall South is pleased to have Executive Chef Joseph Vance on its food services team. A New Orleans native, he enjoys sharing healthy, delicious recipes like this one.



## MARSHALL GOLDCARE 55+ MILEAGE CLUB

### ***Need a way to motivate yourself to exercise consistently this year?***

The "Mileage Club" is designed to help you monitor your exercise progress and increase your consistency each quarter this year.

Recognition for reaching milestones and a chance to win a GoldCare 55+ Mileage Club T-shirt, are a part of your reward.

Regular exercise helps you look younger, feel better and lead a more fulfilling life.

### ***So let's get started.***

Participation forms are located at either TherapyPlus location or can be downloaded from our website at [mmcenters.com/services/goldcare](http://mmcenters.com/services/goldcare).

It's easy, just pick up your form and follow the simple instructions. Each 20 minutes of exercise you complete counts as one mile. Just add the date and miles on your chart upon completion.

The minimum goal is to work out 3 times a week for 20 minutes for a total of 36 miles a quarter.

Any 20 minutes of exercise counts the same for mileage.

Aerobics, walking, weight training, swimming, exercise classes, or others.

Any member who reaches 250 miles by December 31, 2018, and turns in their tracking forms by January 15, 2019, will receive a complimentary Marshall Medical GoldCare 55+ Mileage Club T-shirt.

## Sue Brock

From long-time hospital employee to GoldCare 55+ volunteer.

Sue Brock devoted her entire adult life to Marshall Medical Centers. When she retired after 55 years, she happily committed a share of her new-found free time to volunteering with GoldCare 55+.

"I just enjoy working," she said.

Indeed. Brock hired on at the former Boaz-Albertville Hospital in 1962 when she was still a teenager. She started her career on the switchboard. She also worked in admissions and medical records, which back then were saved on microfilm.

"That's how we gave people copies of their medical records," Brock remembers.

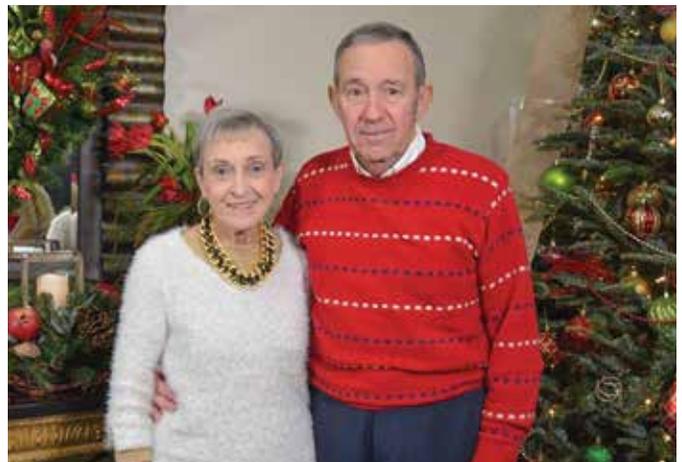


Brock and her husband Charles, who've been married since 1967, owned a retail store called The Bag Place in Boaz for more than 20 years. After finishing her shift at the hospital, Brock headed to work in the store. The petite woman became a walking advertisement for her shop, amassing a vast collection of eye-catching jewelry pieces and fashionable outfits.

When Brock hit her 50th year of employment, she was believed to be the first employee at Marshall Medical to work that long. The hospital honored her with a proclamation from the board of directors and an engraved crystal vase. People assumed she would retire but Brock was in no hurry.

"It's been my whole life," she says with a big smile.

When Brock announced in January that she was finally ready to stay home, John Anderson, administrator of Marshall South, said Brock's retirement was more than a treasured employee going home.



*Sue and her husband Charles look forward to continuing their active membership in GoldCare 55+.*

"To bring Sue's longevity and commitment into perspective, she has been a part of the hospital for over 55 years of the 61 years that Marshall Medical Center South has served our community," he said. "We are going to miss our most knowledgeable historian and our longest serving member of the team."

It turns out her timing was perfect. Just after her announcement, Brock and her husband Charles found out he has a health condition that will require her to be with him. The couple has been regular travelers on trips with GoldCare 55+, as well as faithful attendees of the monthly lunch n' learns. She wants to spend more time with the group and help its organizers arrange travel and plan parties.

"It's been fun," she says.



— Clip and save for future reference. —

## CALENDAR OF UPCOMING EVENTS

**FEBRUARY 20****Cooking Demonstration with Chef Joe***Mountain Valley Arts Council***FEBRUARY 28****Linda England Exhibit Opening***Mountain Valley Arts Council***FEBRUARY 28 – MARCH 1****Winter Blood Drive at Marshall South****MARCH 2****Registration deadline April 12th****Mystery Trip****MARCH 3****The Gatlin Brothers & Barbecue***Milltown Music Hall in Bremen, GA***MARCH 15****GoldCare 55+ Lunch n' Learn****Healthy Living Cooking Class****with Chef Joe***11:30am, Guntersville Senior Center***MARCH 30****Doctors' Day****APRIL 5****Hiking Club High Falls Hike***Meet at State Park Lodge fireplace  
at 10am***APRIL 10****Deadline to reserve a spot for  
seven-night Danube Cruise with  
Oberammergau Passion Play.***\$750 deposit or \$500 plus travel insurance  
of \$500. Trip is June 1-11, 2020.***APRIL 12****GoldCare 55+ Mystery Trip***You never know what's in store on  
a trip full of surprises!***APRIL 19****MVAC Concert in the Park series***6:30-8:30pm Thursdays***GoldCare 55+ Lunch n' Learn****World Health Day***"Close to Home Advances" presented by**Nancy Stewart, MMC board of directors.***APRIL 20–28****"The Cover of Life"***The Whole Backstage Theatre***APRIL 30 – MAY 1****\$5 Jewelry Sale***Marshall North, in the main lobby***MAY 7–11****Hospital Week****MAY 9****Boaz Chamber of Commerce Early Bird  
Breakfast at Marshall South.****MAY 10****Senior Health & Fitness Day***Civitan Park on Sunset Drive in Guntersville.**No cost but please RSVP to attend.**Lunch provided.***MAY 22–23****Summer Blood Drive at Marshall South****Alaska Adventure by Land and Sea****JUNE 5-6****Summer Blood Drive at Marshall North****JUNE 12****Healthy Heart Cooking Class****with Chef Joe***6:30pm, Marshall South Women's Center***JUNE 14****GoldCare 55+ Summer Party***1-3pm, Guntersville Senior Center**Cost \$10*