



Work on keeping healthy resolutions in 2015 and beyond
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Area hospital now offering Cardiac CT to patients
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livingwell

STRONGER AND HEALTHIER every day

Liberty County's health facilities expanding and improving



RECENT EXPANSION HAS SERVED LRMC WELL

Courtesy file photos

Above: Liberty Regional Medical Center employees demonstrate life-saving techniques using the hospital's new, state-of-the-art equipment.



NEW VA CLINIC IS CARING FOR THOUSANDS

Left: The 23,348-square-foot Ralph H. Johnson VA Medical Center Hinesville Outpatient Clinic at the intersection of Oglethorpe Highway and Memorial Drive opened in June.

Area providers, patients enjoy state-of-the-art equipment and buildings

By RANDY C. MURRAY
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Community health-care facilities are expanding, and services are improving for civilians, veterans and military families. Medical facilities on and off post have seen growth in the past year, and more improvements are planned for this year.

According to Liberty Regional Medical Center CEO Scott Kroell, recent expansion and renovations at LRMC have

resulted in better patient care.

In October 2013, LRMC saw the completion of a 15,700-square-foot expansion to its emergency room and a 15,440-square-foot renovation of the rest of the hospital.

"We have seen an increase in our emergency department business," Kroell said. "(We) are able to take care of our patients much more efficiently. (Additionally), the adult day health

FACILITIES continues on 14B



Photo provided

Above: Winn Army Community Hospital added its Liberty Wing in December 2013. The two-story, 60,000-square-foot facility houses physical therapy, occupational therapy and behavioral health.

WINN'S LIBERTY WING UP, RUNNING

"We have seen an increase in our emergency department business. (We) are able to take care of our patients much more efficiently."
— LRMC CEO Scott Kroell

Lecture to feature Johns Hopkins palliative-care expert

Jan. 30 event will be held at the Jewish Education Alliance

SPECIAL TO THE COURIER
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SAVANNAH — A renowned palliative-care expert from Johns Hopkins is coming to Savannah at the end of the month as part of

Hospice Savannah Inc. and The Steward Center for Palliative Care's seventh annual lecture series.

Dr. Thomas J. Smith, — a Harry J. Duffey family professor of palliative medicine and the director of palliative



Smith

medicine with Johns Hopkins Medical Institutions in Baltimore — will deliver a talk titled "Things no one wants to think about, but should: The advantages of advance care planning," or, "How I taught my nephew how to make my special

peach cobbler."

The public is invited to attend the community lecture and complimentary lunch, which is set for noon Friday, Jan. 30 at the Jewish Educational Alliance, 5111 Abercorn St. in Savannah. The event is funded by Bart Meyer & Company and the Endowment Fund of the Georgia Medical Society.

Smith is considered by experts in his field to be a passionate pioneer in the relatively young board-certified specialty of palliative care.

Smith said he advocates for open and honest communication with patients, setting medically appropriate goals and offering the best symptom management.

He provides evidence-based research to show how early access to hospice and palliative care actually extends life. Through discussion, he shares practical tools to deal with difficult physician-patient conversations.

To RSVP for the complimentary lunch, call 912-298-0313.

'Sleeves Up' campaign lets Red Cross supporters host virtual drives

National Blood Donor Month in full swing

SPECIAL TO THE COURIER
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American Red Cross supporters have a new way to help save lives in January during National Blood Donor Month through blood and platelet donation with SleeveUp virtual blood drives.

SleeveUp is a first-of-its-kind website that lets those who feel passionate about blood donation create a virtual blood drive and encourage colleagues, friends and family members to give blood or platelets or make a financial donation to support their campaign.

The campaigns allow people to honor someone's life, celebrate a special occasion or simply bring others together to help save lives — any time of the year — regardless of location.

"SleeveUp is a new way to empower people to help ensure blood is available for patients this winter and throughout the year," said Jerry J.K. Tillery, CEO for the Alabama and Central Gulf Coast, Puerto Rico and Southern Blood Services Regions. "It gives those who feel passionate about blood and platelet donation and want to make a difference in people's lives a chance to

HOW TO DONATE BLOOD

- Download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information.

BLOOD-DONATION REQUIREMENTS

- All blood types are needed to ensure a reliable supply for patients.
- A blood donor card or driver's license or two other forms of identification are required at check-in.
- Individuals who are 17 years old (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.
- High school students and other donors 18 years and younger also have to meet certain height and weight requirements.

multiply their impact many times over."

A SleeveUp virtual blood drive can be created online at redcrossblood.org/SleeveUp in just a few minutes.

Once a campaign is created, others can pledge their support immediately by making an appointment to donate blood or platelets at a blood drive or donation center convenient for them.

Those who are not eligible to give blood, do not have a Red Cross blood donation opportunity near them or simply want to do more also can support a SleeveUp campaign by making a financial donation to the Red Cross Blood Services.

SleeveUp is one of many ways individuals and groups can celebrate National Blood Donor Month, which has

been observed in January since 1970 and recognizes the importance of giving blood and platelets while honoring those who roll up their sleeves to help patients in need.

The winter months can be especially difficult to collect enough blood and platelets to meet patient needs.

Inclement weather can result in blood drive cancellations, and seasonal illnesses, like the flu, can prevent some donors from making or keeping appointments to give.

Blood donors with all blood types, particularly O negative, A negative and B negative, and platelet donors are encouraged to make an appointment to give.

For more information about SleeveUp, go to redcrossblood.org/SleeveUp.

Hospital's new cardiologist brings new technology to Jesup



Photo provided

The cardiac CT may take anywhere from 30 minutes to 2 hours, depending on the needs of the patient. The patient receives a contrast dye through an intravenous injection. Images may be viewed on a computer or monitor, printed on film or moved to a DVD or CD.

Heart-imaging test helps determine whether plaque buildup has narrowed patients' coronary arteries

SPECIAL TO THE COURIER
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JESUP — Residents in Jesup and the surrounding communities now have one less reason to travel elsewhere for health care thanks to Wayne Memorial Hospital's addition of full-time cardiologist Dr. Gary Stern and an additional diagnostic tool, the cardiac CT.

Recruiting physicians from outside the area benefits the public in many ways, including those physicians bringing new technology and ideas with them.

"Undergoing a cardiac CT is similar to a noninvasive angiogram," Stern said. "And patients don't have to travel to Savannah now for a closer look at their heart because we can offer it here now."

A cardiac CT, formally known as a coro-

nary computed tomography angiography, or CCTA, is a heart-imaging test that assists in determining if plaque buildup has narrowed a patient's coronary arteries, which are the blood vessels that supply the heart, according to radiologyinfo.org.

A cardiac specialist or a primary-care physician may order the test, which is then performed by a radiologist and appropriate staff.

"The cardiac CT is a great tool, and Wayne Memorial is way ahead of other hospitals in offering this to their patients," radiologist Dr. Gordon Greene said. "Adding this to their slate of existing services is an appropriate step in the detection of cardiovascular disease and in the prevention of sudden cardiac death."

"Eventually, the cardiac CT will be a diagnostic mainstay," he added.

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5 NEW YEAR'S RESOLUTIONS THAT WE LOVE TO MAKE

+3 WHICH WE COMMONLY BREAK

TOP COMMONLY MADE & BROKEN NEW YEAR'S RESOLUTIONS: A COMPARISON

COMMON NEW YEAR'S RESOLUTIONS	COMMONLY BROKEN NEW YEAR'S RESOLUTIONS
1. Lose weight.	1. Eat healthier.
2. Get organized.	2. Lose weight.
3. Spend less, save more.	3. Minimize stress.
4. Enjoy life to the fullest.	
5. Stay fit and healthy.	

HOW TO BE AT YOUR BEST THIS COMING YEAR: A GUIDE FOR HEALTHY SUPPLEMENTATION

PROTEIN

- Build muscle
- Increase strength
- Enhance your athletic performance

CREATINE

- Maximize power output
- Increase lean muscle mass

FISH OIL

- Reduce inflammatory activity
- Maintain cardiovascular health

MULTIVITAMIN

- Replace deficiencies in your diet

VITAMIN D

- Keep bones healthy and strong

PROBIOTICS

- Maintain digestive health to boost immunity

MAXIMIZING HEALTH AND REDUCING THE RISK OF DISEASE: GENERAL HEALTH ADVICE

- Prioritize a nutritionally adequate diet.**
- Maintain a consistent exercise regimen.**
- Replace deficiencies in your diet with high-quality supplements.**

Upcoming lunch and learn session to focus on food labels

SPECIAL TO THE COURIER
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BRUNSWICK — What does it really imply if products are listed as all-natural or gluten-free? Which part of the label should consumers review first? What is the appropriate amount of beneficial nutrients?

Understanding food labels is an essential part of getting the safest and healthiest food possible, and an upcoming "Lunch and Learn For Your Health" lecture will offer important information on nutrition basics and making healthy choices.

Dr. Melinda Peterlin, a board-certified pediatrician with Southeast Georgia Physician Associates-St. Simons Pediatrics, will present "The Truth Behind Food Labels" from noon-1 p.m. Jan. 28 at the Golden Isles YMCA.

Cracker Barrel will provide a free lunch for attendees.

Seating is limited, and preregistration is required by calling the YMCA at 912-265-4100.

The lecture series is on the last Wednesday of each month at the Golden Isles YMCA, which is at 144 Scranton Connector in Brunswick.



Full-Time Heart Care For The First-Time In Jesup

New cardiologist to provide full-time service to local residents

Wayne Memorial and St. Joseph's/Candler Physician Specialty Associates are proud to extend a heartfelt welcome to cardiologist, Gary Stern, MD.

Dr. Stern offers full-time (for the first-time) cardiology services to Jesup and the surrounding areas as part of the continued partnership between Wayne Memorial Hospital and St. Joseph's/Candler.

The addition of Dr. Stern alleviates the need of local patients to travel out of town for a highly-skilled heart physician, providing access to the advanced heart care through Wayne Memorial Hospital, or through St. Joseph's/Candler for more extensive cardiac services.

Board Certified by the American Board of Internal Medicine in cardiology, critical care medicine and internal medicine, Dr. Stern has specialized experience in:

- cardiovascular disease
- cardiac catheterization
- critical care medicine
- nuclear cardiology

He is a Fellow of the American College of Cardiology and a Fellow of the American College of Chest Physicians. He is also a member of the Society of Critical Care Medicine and the American Heart Association.

Dr. Stern's office is located at **111 Colonial Way, Suite 3.**

For more information, or to schedule an appointment, please call **912-427-8177.**

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Simple tips make it easier to maintain discipline

BY CHRISTINE MYERS
Special to the Courier

Here we are in the new year, and if you're like most people, you've made resolutions to lose weight, eat better, get more exercise and generally take better care of yourself.

During the first few weeks, you're motivated and ready to go. Then, as the weeks go by, you hit a few bumps in the road. That's when the personal trash talk starts.

"I'll never do this," "It's too hard," "I've already blown it, so I might as well give up."

What can you do to stay on track with your resolutions and meet your health and wellness goals? The trick is to anticipate and plan for the challenges that have stopped you before. Here are some tips to help overcome those curves that life throws at your good intentions about eating more healthfully:

- Eat an apple on the way to dinner to take the edge off your hunger.



One way to stay on track with your healthy-eating goals when dining out is to ask the server to put half your entrée in a to-go container. That way you can prevent eating too large a portion.

Photo provided



- Drink water as often as possible. Be especially mindful of drinking one glass of water for every glass of an alcoholic drink.

- Ask for half portions at restaurants or for half of your entrée to be boxed before it even leaves the restaurant's kitchen.

- Say "no thanks" to the

server before they bring the bread and butter or chips and salsa. And, if your dining companions are looking forward to the premeal snacks, don't deny yourself. Instead, put a small portion on your plate and eat slowly.

- Know what you're going to order before you go to the restaurant. Look at the menu

online when you aren't hungry and make your choice. Then, when it's time to order, stick to your earlier decision.

- Ask the server to remove your plate before you've eaten everything on it.

- Bring a healthy dish to a party so there will be at least one selection you can feel good about eating.

- Eat slowly, stop when you've had enough and put your fork down between bites to let your stomach register when you've had enough.

While you're on your path to keeping those resolutions, make sure goals are realistic. Don't set a goal to lose 30 pounds in a month. Even if that were possible, you are more likely to gain the weight back if you cannot maintain the lifestyle that got you to that goal. With smaller, easier-to-achieve goals, you'll have the opportunity to experience success and maintain your motivation to continue your journey to a healthier you.

Here are some additional tips to help keep you on track:

1. Tell your friends about your goals, and ask them to help keep you accountable. With some advance notice, they'll be more likely to understand your restaurant requests.

2. Write your goals down or draw a picture as a reminder and put the paper where you can read it every day, such as on the bathroom mirror.

3. Visualize yourself eating healthier, exercising and feeling the sense of accomplishment it gives you. This exercise is especially helpful when you're feeling stress related to your goals.

4. Track your progress. There are apps you can use for your smartphone that will help you track your daily weight, food and physical activity. For free ones, try Loselt and MapMyWalk.

5. Acknowledge accomplishments along the way. Even if it's just that one day you went for a walk, you did it!

6. Try new recipes. If you like to cook, or if you haven't tried cooking but think you might like it, the next time

you're at the grocery store, pick up a vegetable you have never seen or tasted before and find a recipe for it online.

7. Make small goals to get to your ultimate success point. For example, "This month I will walk around the park on Monday, Wednesday and Saturday."

8. Reward yourself for meeting small goals. Pick a reward that will motivate you.

No matter what, stay focused on your goals. No doubt, you will have bumps along the road. If you slip, remember that every day and every meal is a new opportunity to get up and back on track. Use what works for you. You're building a new lifestyle, not going on a diet. And you are worth it.

Myers is on the core team of the Canyon Ranch Institute's Life Enhancement Program with Curtis V. Cooper Primary Health Care, which is offered free in Savannah thanks to civic leaders Charles H. and Rosalie Morris.

FACILITIES

Continued from page 11B

center will open, probably the third week in January. (It will) have a capacity of 50 patients. We hope to expand our rehab capabilities at Coastal Manor next year."

The 5,000-square-foot adult day health-care facility is being built behind the Coastal Manor Long-Term Care nursing home in Ludowici. Coastal Manor's chief long-term-care officer, Elise Stafford, suggested a late January or early February opening date. She talked about the services the new facility will provide the community.

"Construction appears to be on schedule," Stafford said. "I think the end date for the contract is Jan. 17. After that, of course, we have to wait for the inspections before we can move in. The end of January or early February is probably when we'll open."

Stafford said they already have appointed a director for the facility. Social worker Rosby Frasier, who has been with Coastal Manor for 15 years, will take charge on opening day, Stafford said.

She said that even though the facility is limited to 50 residents at one time, enrollment is unlimited.

Unlike an adult day care center, Coastal Manor Daybreak, as they intend to call it, will offer two levels of care, Stafford said. The first is mostly supervisory care, or what she called "eyes on you." The second is a more direct level of care, or "hands on you."

Fees are based on the level and duration of care (half or full day), she said.

Stafford anticipates 30 jobs will be generated in the community by the adult day health center.

Liberty County veterans also have new, expanded medical facilities. In June, the new Department of Veterans Affairs Outpatient Clinic opened for business. The 23,000-square-foot facility is nearly five times larger than the temporary clinic that opened in 2011 next to the Georgia Department of Labor.

According to Public Affairs Officer Tonya Lobbestad with the Ralph Johnson VA Medical Center in Charleston, which oversees the Hinesville clinic, the number of patients seen at the clinic has increased significantly since June.

"The clinic serves 3,328 veteran-patients as of the end of fiscal year 2014," Lobbestad said. "(That's) a 40-percent increase in patients served since June. Currently, the VA is recruiting for its fifth primary-care team at the

Hinesville VA Clinic. The facility is designed to house six primary-care teams to serve approximately 7,200 veterans in the Hinesville area."

She said services provided at the clinic include primary care, general mental health, tele-mental health, post-traumatic stress disorder services, homeless services, substance abuse services, tele-health, general radiology, optometry, women's health and Operation Enduring Freedom/Operation Iraqi Freedom Seamless Transition services.

She also noted that Johnson VAMC is working with Winn Army Community

Hospital to provide tele-mental health care to active-duty soldiers at Fort Stewart-Hunter Army Airfield, and they're looking for other ways to collaborate health care with Winn in the future.

A lot of changes are taken place at Winn, too. According to Winn's facility manager, Brent Rose, expansion and renovation projects at the hospital will ultimately increase the 330,000-square-foot facility to about 450,000 square feet.

"We added what we call the Liberty Wing in December (2013)," Rose said. "It's approximately 60,000 square feet, and it's two stories. It

houses our physical therapy, occupational therapy and behavioral health."

Rose said several ongoing projects include both expanding and renovating the cafeteria, phase 2 for expanding the emergency department as well as renovating administrative areas.

"The emergency department is going from 7,500 square feet to 14,000 square feet," he said. "The current emergency room will be moved to the new addition.

What is now the emergency room will become patient administration. The (emergency department) move is going to

allow us to do the renovations within the hospital that will involve inpatient and outpatient records, the pharmacy and labs."

Rose said prior to beginning renovations inside the hospital, the construction areas will be blocked off with temporary walls and plastic to ensure dust does not get into patient-care areas.

He said the remodeling of the cafeteria includes expanding the dining area to about 4,500 square feet and renovating the entire kitchen with all new kitchen equipment. He said the cafeteria project should be completed by June.

Rose said other renovations and expansions include increasing the size of the central energy plant. Additionally, the hospital plans to begin upgrades next month for five of its operating rooms. Other areas will receive upgrades starting in June.

In all, he said about 55,000 square feet of Winn will have been renovated with another 110,000 square feet of new construction added by late 2017. In addition to all the building construction and renovation, Rose said Winn plans to add 225 parking spaces on the north side of the hospital.

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