

Flu vaccine is available at health dept. Winn closing in on baby-friendly designation page 15B



# livingwels

# Sheriff accepts award for blood-drive victory

Sikes cites group effort as key to success in third round of 'Battle of the Badges'

By JEREMY McABEE jmcabee@coastalcourier.com

iberty County Sheriff Steve Sikes accepted an award Thursday for his office's victory in the third round of the Battle of the Badges blood drive, which took place in August at the district attorney's office in Hinesville.

"This award really needs to go to all of us in (the sheriff's office)," Sikes said. "Every time we have a blood drive, everybody wants to try to do their part, and I really appreciate that."

Daniel Hines, a donor recruiter for the American Red Cross' coastal district, presented the award to

Sikes.

Liberty County human-resources specialist
Laura Troutman said she was very pleased with the 43 pints of blood collected at the drive, which was well above the 32-pint goal. Hines said that those 43 units were enough to potentially help 130 patients in need of blood.

Hines stressed the need for blood donations year-round.

"It's always just as important to donate all the time," he said. "The Red Cross is more of a proac-

tive blood bank, so we like to have a supply on hand, because we're a national blood-banking system. If they need blood in another region, we can ship it from our region to their region. So, it's good to always have a standing inventory."

Hines also explained that the 45-day shelf life of red blood cells necessitates a constant need for donations. He said that donors can make a whole-blood donation every 56 days.

Hines also expressed the need for minorities to donate blood as often as possible.

"There are certain antibodies that are specific to certain ethnic groups that could help an infant, could help a toddler," he said. "We always encourage people, especially minorities, to give."

Troutman asked Hines for tips for people who may have been turned away because of low iron levels.

"Lay off the caffeine," Hines replied, explaining that even if a person is getting adequate iron in his or her diet, too much caffeine may inhibit the body from absorbing the iron. He also said that the Red Cross' website, redcrossblood. org, contained more information regarding nutrition facts and methods for increasing iron intake.

The fourth and final round of the Battle of the Badges is scheduled for Dec. 19 at the Hinesville City Hall. The county's combined fire services are ahead in the overall standings, with 45 votes. The sheriff's office is in a close second, however, with 43 votes. Emergency medical services and the police force are vying for third place, with 25 and 24 votes, respectively.







Photos provideo

Top: American Red Cross donor recruiter Daniel Hines presents Liberty County Sheriff Steve Sikes with an award for his office's victory in the third round of the Battle of the Badges blood drive. Middle: Liberty County residents wait to give blood outside the Red Cross' mobile blood bank during the second round of the Battle of the Badges blood drive, held in May. Above: Liberty County Sheriff's Deputy Vernecia Mells stands outside the mobile blood bank during one of the drives. The fourth and final round of the Battle of the Badges is scheduled for Dec. 19 at Hinesville City Hall.



CRI Life Enhancement Program graduates and their family members, along with core-team members, spend time together at reunions. They laugh and play and discuss what they can do when they experience challenges to their goals to be healthy and happy every day.

# Friends are good medicine

By JENNIFER CABE editor@coastalcourier.com

At Canyon Ranch Insti-

tute, a short quote on the wall of the offices serves as a call to action. One of the CRI team members heard it at a reunion many years ago, and it stuck with us: "Friends are medicine." The 55-year-old woman

who said these words we'll call her Maria — went on to explain that because of her experiences with the Canyon Ranch Institute Life Enhancement Program with Urban Health Plan in the South Bronx, she had changed her life for the better. One of the best parts of her life was that she now regarded friendships as key to her well-being.

This approach was new to Maria, who previously had thought of medicine — as you may think of it right now — as something you put inside your body to help you manage a shortterm health problem such as a headache or a chronic illness such as diabetes or high blood pressure.

Maria shared her happy philosophy at a 2009 reunion of the participants in the South Bronx's CRI Life Enhancement Program.

The program has a long track record for successfully helping people in low-income areas become health-

Canyon Ranch Institute is led by top scientists — including two U.S. surgeons general — and emphasizes measuring health changes. Those measures include markers that can help indicate whether a person is at a high risk for diseases and problems like a heart attack

or diabetes. Markers include blood pressure, lipid profiles, body weight and ability to exercise for certain periods

The improvements that I hear about the most from program participants, however, aren't measured in numbers on a chart or on a bathroom scale.

Graduates talk about

Saturday, October 18th





At the CRI Life Enhancement Program reunion, Savannah civic leader Charles H. Morris encourages graduates to stick with their new, healthier lifestyles and talks about the friendships that help motivate him to be healthy.

feeling connected to a community or finding a focus outside themselves. That feeling of being someone who matters happens when people experience — sometimes for the first time in their lives — what it is like to have friends.

True friendship often is described as what it feels like to be able to balance helping and being helped by another person or people.

Help and support from friends come in many forms: a hug when we're feeling lonely, a celebratory moment when we've succeeded at a goal or a smile of recognition when a friend finally is able to do something that wasn't easy and also was worth succeeding at — whether it's a two-mile walk or being able to pay the rent on time for a

The program in Savannah is offered to patients of Curtis V. Cooper Primary Health Care Inc. through the CRISP partnership between Canyon Ranch Institute and Connect Savannah and Charles H. and Rosalie Morris. Recently, the first group of Savannah's CRI Life Enhancement Program graduates gathered at the Charles H. Morris Center

for a reunion. Graduates have been through a life-changing experience together, which included learning how to exercise, losing weight, changing how they eat (a little less fat, a little more vegetables), discovering yoga and other relaxation techniques and so much more.

Across all of the places where people have graduated from the program, reunions like this one in Savannah are happening and for good reason.

The reunions are an important part of helping graduates maintain their healthy choices and changes forever.

Cabe is the executive director and a board member of Canyon Ranch Institute.

# **Liberty County Health** Department now offering flu vaccine

Vaccinations are recommended for people 6 months and older

SPECIAL TO THE COURIER editor@coastalcourier.com

The Liberty County Health Department now has flu vaccines available through injection and nasal spray for \$28.

A high-dose flu vaccine also is being offered for people 65 and older, and it is designed to provide the best protection for that age group. The high-dose vaccine will be \$45 per dose. The cost of the flu vaccine is covered under both Medicare and Medicaid.

Getting vaccinated against the flu is recommended for everyone 6 months and older. Neither the flu shot nor the nasal spray can cause the flu, officials say.

The shot is approved for use in healthy people 6 months and older, people with chronic medical conditions and pregnant



women.

The nasal spray is approved for use in healthy people 2 to 49 years old who are not pregnant.

The flu virus is easily spread through coughs and sneezes as well as by touching something with the virus on it and then touching your eyes, nose or mouth.

That's why good health habits also are important, including staying home when you're sick; avoiding

close contact with people who are sick; coughing or sneezing into your elbow and not your hand washing your hands often with soap and water; and avoiding touching your eyes, nose and mouth.

For more information call the health department at 876-2173 or go to www.gachd.org/liberty and click on the "Flu Information" link under Liberty County Health Department Information.



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Wayne Memorial and its highly skilled orthopedic care team are now offering anterior hip and knee replacement via a special surgical table called the HANA table. This unique hip and knee arthroplasty (HANA) surgical table affords several advantages to patients choosing the anterior approach to surgery compared to the conventional approach.

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# Health system is pretty in pink

# Several events planned in region to observe Breast Cancer Awareness Month

SPECIAL TO THE COURIER editor@coastalcourier.com

Pink ribbons, pink flags, Pink Out Friday. The Southeast Georgia Health System is pretty in pink this October in recognition of Breast Cancer Awareness Month. In addition, a variety of community activities and fundraisers are planned.

Throughout October, the health system will be decorated with large pink ribbons in the lobbies of the Brunswick and Camden campuses and the senior-care centers. Pink flags will hang from lampposts, and the front-entrance fountains will bubble pink. Nursing teams will wear pink gloves, surgical teams will wear pink surgical caps and the cafeterias will serve pink desserts.

#### ARTrageous Bras exhibit and fundraising event

The ARTrageous Bras exhibit will be on display at the Horton Gallery on the Brunswick campus and the Camden campus art gallery through Oct. 31.

This fundraising event includes an opportunity for the community to cast \$1 votes for their favorite uniquely decorated bras.

The silent and live auctions will be from 6-7:30 p.m. Nov. 7 at the historic Ritz Theatre in downtown Brunswick, where light hors d'oeuvres will be served. Proceeds from the event benefit the health system's cancer care programs.

#### Ribbons of Hope

Another health system fundraiser open to the community is the pink paper Ribbons of Hope. People can purchase pink ribbons in honor or memory of loved ones affected by breast can-

The goal is to decorate hallways throughout the Brunswick and Camden hospitals. Similar to the ARTrageous Bras, proceeds from the sales benefit the cancer care programs.

#### Julie Grimm quilt

The fanciful Julie Grimm quilt created from Susan G. Komen Race for the Cure and American Cancer Society Relay For Life official T-shirts will be displayed in the Camden campus lobby today and then transferred for display on the Brunswick campus Oct. 16-31.

#### **Pink Friday Games**

Pink Friday Games will take place at football games in October at Brunswick School, Camden County High School, Frederica Academy and Glynn Academy and the volleyball game at the College of Coastal Georgia.

The health system will provide a pink-ribbon image on the field, wristbands for players and pink poms for cheerleaders. Health system team members will distribute breast cancer awareness materials, and athletic trainers will wear pink polo

#### **Community lectures**

oncologist Abraham Cheong, M.D., will present "Breast Cancer Awareness" from noon-1

p.m. Thursday at Velocity

Health and Fitness, 1520 W. Orange St. in Jesup.

Meanwhile, radiation oncologist Bruce Tripp, M.D., will present "Genetic Testing and Links to Breast Cancer" from noon-1 p.m. Tuesday in the cafeteria conference room of the health system's Camden campus, 2000 Dan Proctor Drive in St. Marys.

Additionally, Lesli G. Mc-Quigg, WHNP-BC, ANP-BC, will present "Screening Recommendations and Genetic Testing" from noon-1 p.m. Oct. 29 at the Golden Isles YMCA in Brunswick.

#### Make breast care a routine for life

Patients receiving mammograms in October will receive a breast cancer awareness gift that includes a cup, calendar, nail file and breast self-exam card. Those who complete the health system's breast-health quiz will be entered in a drawing to win a gift bag at the end of the

#### YMCA goes pink

The Golden Isles YMCA will be decorated in pink this month. The Southeast Georgia Health System will provide breast-care educational materials for the YMCA, and the Wellness on Wheels mobile-health vehicle will be present Oct. 27 for mammograms. Call 912-466-5234 to schedule a mammogram appointment.

#### More information

To reserve a seat for lectures or for more information about the health system's breast cancer awareness activities, call 912-466-5770.



Dr. Maj. Amber McCusker, shown here with her 2-month-old son, Thomas, is one of many physicians helping Winn Army Community Hospital work toward a baby-friendly designation.

# Winn hospital working toward baby-friendly designation

By Dr. Maj. Amber McCusker Winn Army Community Hospital

Fort Stewart's Winn Army Community Hospital is on its way to achieving a coveted baby-friendly designation. The Baby Friendly Hospital Initiative, a global program launched in 1991, encourages hospitals to offer the best care for new families and encourage breast-feeding. To achieve the program's baby-friendly designation, hospitals must successfully implement the Ten Steps to Successful Breastfeeding and comply with the International Code of Marketing of Breastmilk Substitutes.

In short, the process involves policy changes, extensive training and skill building among all levels of staff in every area of the hospital, not just in the labor and delivery area and the mother-baby unit. WACH's Baby Friendly Task Force has been working toward achieving this goal since March 2013.

What this means for the young families

- · Families will be receiving dedicated, professional and exceptional care designed to enhance and promote breast-feeding and mother/baby bonding
  - The hospital will promote the first hour of uninterrupted skin-to-skin con-
- Breast-feeding immediately after delivery will be a priority.
- The one hour of skin-to-skin contact and immediate breast-feeding only will be interrupted if there is a medical concern with the mother or baby.

- Newborn babies will not be taken out of the mother's room unless absolutely necessary as all of their care will be provided at the mother's bedside.
- · Breast-feeding also will be encouraged and supported in other areas of the hospital, including the adult and pediatric wards in addition to all satellite clinics.
- · All staff within the hospital and its clinics, from the nutritionist to the nursing staff and the hospital providers, will be trained in educating patients and encouraging bonding and breast-feeding.

While all pregnant women will receive education about the benefits that breast-feeding provides for mothers and babies, they will be encouraged to make informed decisions about infant feeding. They will be given support and education about the feeding method they choose, whether it is breast-feeding or formula

The Baby Friendly Task Force is headed by lactation consultant Kris Nilson. WACH has completed the first three of four stages of this designation and is prepared to enter the final stage, with the final designation expected in mid-2015.

WACH will be among the first hospitals in Georgia and among the first Army medical facilities to achieve the baby-friendly designation, and so far it is the only hospital in the Savannah area to

The baby-friendly designation comes with on-site evaluations and rigorous inspections by an internationally recognized committee, Baby Friendly U.S.A., to ensure compliance.



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### Red Cross hopes blood donors make it a habit

Special program gives students chance to win college scholarships

editor@coastalcourier.com

The American Red Cross likes to remind eligible donors that it's never too late — or too early — to make blood donation a lifelong

Many blood donors report making their first blood donations while in high school. High school and college students account for about 20 percent of all blood donations to the Red Cross.

Individuals can begin donating at 16 years old in Georgia and continue to do-

nate as long as they meet eligibility requirements.

Blood donations often decline during the winter holidays when school is not in session. But the Red Cross is offering 16- to 24-year-old students currently enrolled in school a way to help overcome this seasonal decline and have a chance to win a college scholarship.

Students who sponsor a successful blood drive between Dec. 15 and Jan. 15 through the Leaders Save Lives program will be entered to win a college scholarship and will receive a gift card. More information is available at redcrossblood. org/leaderssavelives.

Donors are needed yearround, particularly those with types O negative, A negative and B negative blood.

Those who attempt to donate in October will be entered to win a \$5,000 Visa gift card, courtesy of Suburban Propane.

To make an appointment to donate blood, eligible donors are encouraged to download the new Red Cross Blood Donor App from app stores or text BLOODAPP to

#### **UPCOMING BLOOD DRIVE**

• 11 a.m.-3 p.m. Oct. 25 Liberty County YMCA 201 Mary Lou Drive, Hinesville

To find additional donation opportunities, go to www.redcrossblood.org and enter your zip code in the blue search box, or call 1-800-RED-CROSS.

90999 to receive a download link, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).



painting, "Pretty in Lavender" by Suzanne Croci, and others like it will be up for auction at the Hospice Savannah Art Gallery.

# Hospice Savannah's silent art auction to aid special services

SPECIAL TO THE COURIER editor@coastalcourier.com

The Miniature Masterpieces art show will hang in the Hospice Savannah Art Gallery as part of the annual fall show and silent auction.

Formerly known as the 5 by 7 Art Auction, the event is made possible through donations from local artists.

The public is invited to preview the show in October and begin their holiday shopping by placing

The closing reception, which includes refreshments, will begin at 5:30 p.m. Nov. 6, with final bids being taken at 7 p.m. Bidders do not have to be present to win.

Guest judge Heather Henley, the editor of DOSavannah, will award prizes donated by Blick Art Materials to the first-,

second- and third-place winners.

Proceeds from the silent auction support the Daily Impact Fund, which helps Hospice Savannah to deliver special services like individual or group bereavement counseling for any child, teen or adult in the community; an overnight children's grief camp; the complementary therapies of story keeping, massage therapy and music therapy; Pet Peace of Mind, which allows patients and their pets to stay together; the "We Honor Veterans" Initiative; and the Steward Companion

transitions program. Hospice Savannah is located at 1352 Eisenhower Drive. For more information, go to www. HospiceSavannah.org/ ArtGallery or call Director of Marketing Beth Logan at 912-355-2289.

# J.C. Lewis Primary Health Care Center has new CMO Savannah facility promotes veteran staff physician Michael Adams

SPECIAL TO THE COURIER

editor@coastalcourier.com

J.C. Lewis Primary Health Care Center, a nonprofit organization that aims to provide affordable health-care services to the Savannah community, recently promoted Dr. Michael Adams to chief medical officer.

In his new position, Adams is responsible for providing outpatient medical services as well as overseeing all clinical aspects of care at the health center, including



supervising all physicians and care providers. Prior to his

promotion chief medical officer, Adams

served as a staff physician for seven years. He also has served as a staff physician and U.S. civil surgeon at the Chatham County Health Department since 2005.

Adams received his medical degree from the Uniformed Services University of the Health Sciences in Bethesda, Maryland. After completing an internship in general surgery at Walter Reed Army Medical Center in Washington, D.C., he served as a U.S. Army flight

Adams then completed his general surgery residency at Memorial Health University Medical Center in Savannah. He is board certified by the American Board of Surgery and the American Board of Addiction Medicine.

In addition to receiving multiple awards in academic surgery and public health, Adams was awarded the U.S. Army Commendation Medal and U.S. Army Meritorious Service Medal during his time spent in the U.S. Army.

He also is a member of the American Medical Association, the American Public Health Association, the Georgia Public Health Association and the International Society of Travel Medicine.

He currently resides in Savannah with his wife and two

#### SPECIAL TO THE COURIER ease Control and Prevention. day incubation period, and that The meeting also addressed all international students have the travels of international stubeen here longer than 21 days, dents. DeLoach reminded the so the current risk to the cam-

GSU officials discuss infectious disease response

editor@coastalcourier.com

STATESBORO — Members of the Georgia Southern University Pandemic Influenza and Emergency Infectious Disease Committee met last week to discuss community and campus preparedness and response related to infectious diseases such as the Ebola virus and influenza.

University Health Services Medical Director and Staff Physician Brian DeLoach said the university has an updated response plan.

**66** We have a plan in place that dictates how we would respond to a situation in our facility.

have a robust triage process in place in our facility to identify and assess persons who present 'at risk' based on travel and recent contact Dr. Brian DeLoach, history,"

**University Health** Services medical director

plan in place that dictates how we would respond to a situation in our facility."

DeLoach

said. "We have a

In addition to discussing a response plan, DeLoach shared information from a recent meeting at East Georgia Regional Medical Center with hospital and local health-department officials and local public-safety and emergency services.

"If we see a patient who is considered to be at risk based on travel history and the presence of symptoms compatible with Ebola, then our plan is to call our local EMS, and that patient would then be transported to East Georgia Regional Medical Center or another appropriate facility for further assessment," DeLoach said.

DeLoach noted that each patient who is seen at the university's health center, regardless of the reason, would be asked about their travel history within the last 21 days, which is a new recommendation by the Centers for Discommittee that Ebola has a 21-

pus community is very low.

Earlier this month, the CDC and the Texas Health Department confirmed the first Ebola case diagnosed in the United States. The patient later died.



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