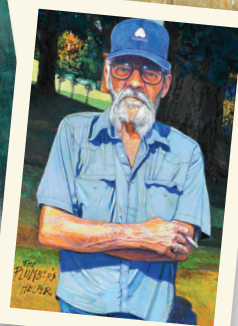
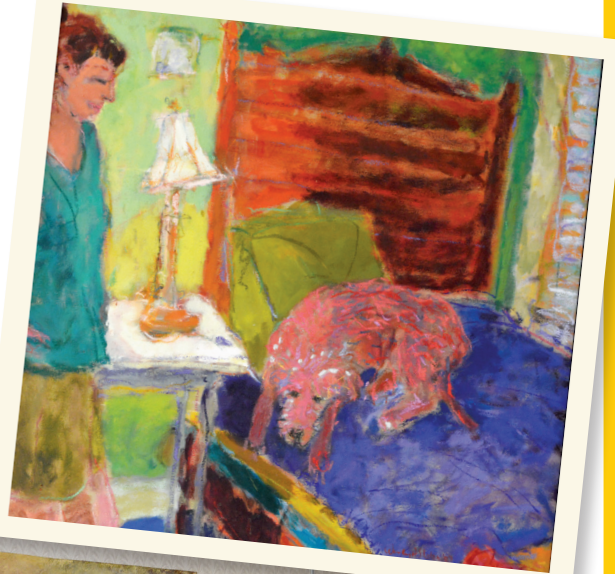


Partners

The Jackson Hospital Foundation

Healing Art Collection

Local art continues to
impact visitors, staff
and patients



A look back at our partners in giving from 2016





SUPPORTING HEALING

DEAR FRIENDS,
February marks National Heart Month, and in keeping with that theme, we want you to know our heart and passion is for the health, comfort and well-being of you and your loved ones. Please join us for our Heart Health Fair on Saturday, February 25. This will be a great time to check up on your health, as well as fun for everyone.

Jackson Hospital is the state's first Joint Commission–certified hospital for heart attack care, and we are now pleased to announce the installation of our new state-of-the-art cardiac catheterization lab. This lab will allow our cardiologists and vascular surgeons to perform many additional procedures. The Jackson Clinic Cardiology also welcomes interventional cardiologist Beverly Stoudemire-Howlett, MD, to their team.

In this issue of *Partners*, we pay tribute to the generous donors to the Jackson Hospital Foundation who have faithfully provided much needed support for the hospital and its programs. These special individuals and corporations are to be commended.

One of the most visible projects is the Foundation's Healing Art Collection, featuring River Region artists. This permanent exhibit of works that has been gifted to the hospital offers visitors and staff a unique environment to support healing and reduce anxiety. The program was recently given the inaugural Helen Steineker Community Award from the Montgomery Business Committee for the Arts. I encourage you to stop by the hospital and view this amazing collection.

Joe B. Riley
President and CEO

WELCOME

INSIDE

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9 Lights of love Thanks for making the holiday season, and the future of healthcare, bright!



16 Something for everyone Check out the classes and events helping to keep our community strong.

PLUS

- 3** Snap the winning photo of your city
- 5** Know the signs of a heart attack
- 6** Art project wins community award

MORE JACKSON: jackson.org

- facebook.com/jacksonhospital
- twitter.com/jacksonhospital
- youtube.com/jacksonhospital

CITIZEN OF THE YEAR

Joe B. Riley was named Citizen of the Year—Healthcare by River Region Living. He was selected for making the River Region a great place to live as a devoted, enthusiastic and involved leader in our community.



ON THE COVER

CLOCKWISE, FROM TOP RIGHT: "Caught Again" by Wendy Slaton; "Alabama Natural" by Mark Montoya (at left), pictured with David Braly; "The Plumber's Helper" by Rich Richardson; "Quilted Memories" by Cecily Hulet; "Afternoon at Lagoon Park" by Paulette Riley

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For address changes, comments or suggestions about PARTNERS, please contact us at partners@jackson.org or 334-293-8805.

Founded in 1946, Jackson Hospital is a community not-for-profit hospital serving Montgomery and the Alabama River Region. Our comprehensive healthcare services include cardiac, cancer, neurosciences, orthopedics, surgical care, and women's and children's care, along with 24-hour emergency services.

Information in PARTNERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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CALLING ALL SHUTTERBUGS

The Jackson Hospital Foundation and Total Image by Capitol Filmworks are hosting a River Region photography contest to provide imagery for a new medical floor at Jackson Hospital currently under construction. The theme of photos should be Montgomery landmarks, architecture and landscapes. Photo specifications and contest information can be found online at totalimage.com. The deadline to enter is Friday, March 10.

SUCCESS STARTS HERE

The Montgomery Area Chamber of Commerce held its seventh annual Success Starts Here bus tour, which recognizes expanding industries that have made significant investments year-to-date. Success Starts Here attendees included elected officials, community business leaders and local media. Jackson Hospital announced \$6.65 million in investments and 50 new jobs.



PRECIOUS CARGO

The wonderful Jackson Hospital volunteers recently donated a brand-new pink Staxi wheelchair for our new moms in the Family Birth Center! Want to get in on the giving? Visit jackson.org/volunteer.

FIGHTING HUNGER

The Jackson Hospital food and nutrition services team spearheaded the collection of 747 pounds of food that was donated to the Montgomery Area Food Bank in December.



A LEGACY OF LEADERSHIP

Donald M. Ball, the second administrator and CEO of Jackson Hospital, passed away December 15, 2016. Mr. Ball was named CEO after Douglas Goode retired in 1982. During his long tenure at Jackson, he oversaw many substantial changes to the hospital's medical staff, facilities and services. A few highlights of his career:

- Construction of the hospital's north wing
- Development of the neuroscience, orthopedic and pain management programs
- Oversight of an \$80 million construction project, including the current patient towers
- Leadership over a \$3 million capital campaign for the Jackson Hospital Foundation
- Creation of the Jackson Primary Care physician group
- Facilitation of a planned \$18 million clinical information system upgrade

Memorials in Mr. Ball's honor can be made to the Jackson Hospital Foundation.



2.5 billion heartbeats in a lifetime



5 common cardiovascular conditions



2 new cardiologists at The Jackson Clinic

Our HEARTS are set on you

Whether it's managing a heart condition or performing open-heart surgery, the cardiac experts at Jackson Hospital can take care of you.

With the state's first Joint Commission-certified center for the treatment of heart attacks, our team goes into action providing emergency angioplasty and opening blocked arteries within 90 minutes of arriving at the hospital.

"That's a national standard of care our hospital consistently meets," says interventional cardiologist Howard Brazil, MD, of The Jackson Clinic. "We pride ourselves on opening blocked arteries swiftly."

In March, a brand-new digital cardiac catheterization laboratory will open in the hospital's Heart Center, expanding angioplasty capabilities and allowing for additional emergent and routine cardiac and vascular procedures to be performed.

Our physician experts

The Jackson Clinic Cardiology offers comprehensive care for your heart with services including nuclear medicine,

echocardiography, Holter monitoring, graded exercise testing, defibrillator and pacemaker placement and interventional procedures. And now there are two new faces joining physicians Howard Brazil, MD, and John Williams, MD.

"Expanding The Jackson Clinic Cardiology continues our commitment to providing the services patients need in the River Region," says Kelin Penney, administrator of the Clinic. "Dr. Ike and Dr. Stoudemire-Howlett are great additions to the Jackson team."

Christopher Ike, MD, is a board-certified interventional cardiologist who graduated from the University of Texas

Medical Branch in Galveston, Texas. He performed his interventional cardiology fellowship at New York Methodist Hospital in Brooklyn, New York. He and his wife, hospitalist Adaeze Ike, MD, have relocated from Macon, Georgia.

Beverly Stoudemire-Howlett, MD, is a longtime Montgomery physician with more than 20 years of experience. Dr. Stoudemire-Howlett is a board-certified interventional cardiologist who graduated from medical school and performed a cardiology fellowship at the University of South Alabama School of Medicine in Mobile, Alabama.

No matter the condition, your heart is in good hands at Jackson.



The Joint Commission awarded Jackson Hospital its gold seal of approval for heart attack care (AMI). To earn this distinction, the hospital demonstrated compliance with the commission's national standards for quality and safety in heart attack care. The certification awards the hospital's dedication to continuous compliance with the commission's state-of-the-art standards.

GET HEART SMART

Saturday, February 25

8 to 11am | \$20 | Space is limited

Get screenings reviewed by cardiologists. Screening includes:

- Blood pressure
- Glucose
- Total/HDL cholesterol
- EKG
- Body mass index

Reservations are limited. Visit jackson.org/events or call 334-293-8805 to register.

THE JACKSON CLINIC CARDIOLOGY



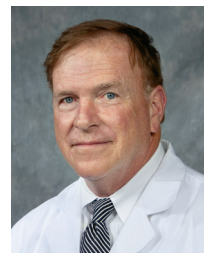
Howard Brazil, MD



Christopher Ike, MD



Beverly Stoudemire-Howlett, MD



John Williams, MD

334-264-9191

1758 Park Place, Suites 401 and 402, Montgomery

HEART ATTACK SYMPTOMS

FATIGUE

Unusual or unexplained fatigue is a more common heart attack symptom in women than men.

NAUSEA OR VOMITING

Women are twice as likely as men to experience unexplained nausea, vomiting or indigestion during a heart attack.

SHARP PAINS

Back, neck and jaw pain are more common heart attack symptoms for women than for men. Pain or discomfort in one or more arms, a shoulder, or in the stomach (above the belly button) are equally common heart attack symptoms in both men and women.

CHEST DISCOMFORT

Chest discomfort is the most common heart attack symptom in men and women. It may feel like pressure, squeezing, fullness or pain. It usually lasts more than a few minutes. It may go away and then come back.

SHORTNESS OF BREATH

Shortness of breath can come on suddenly and can happen while you're resting. It can start before chest pain or at the same time, or it may be your only symptom of a heart attack.

SWEATING

Heart attacks can cause cold sweats or sweating that is unexplained or excessive.

LIGHT-HEADEDNESS OR DIZZINESS

A heart attack probably won't make you pass out right away, but you might suddenly feel dizzy or light-headed.

Sources: American Heart Association; U.S. Department of Health and Human Services



For an appointment,
call **334-293-8888**
or go online to
JacksonClinic.org.



Jackson Healing Art program wins community award

Jackson Hospital received the inaugural Helen Steineker Community Award from the Montgomery Business Committee for the Arts on November 3, 2016. The award posthumously honors Steineker, who managed the Montgomery Symphony Orchestra for more than 25 years. Jackson Hospital was honored for its unique program that has turned the hospital’s hallways into an art museum—one that never closes.

A dream come true

The Jackson Hospital Foundation’s (JHF) Healing Art Collection has grown steadily since the 2008 acquisition of 15 paintings from the Montgomery Art Guild/

First Alabama (now Regions) Bank show and competition. Former JHF board chairwoman Laura Harmon and JHF President Janet McQueen secured the placement of these iconic paintings by noted Montgomery artists through the cooperation of both entities.

The two were soon joined in the quest for additional art by Katherine Gayden, whose father, Jimmie Sabel, had also served on the foundation board decades earlier. An artist himself who actively championed the local art community, Sabel envisioned businesses like Jackson Hospital filled with local art. It is a dream that came true with a collection that now numbers more than 260 pieces by 175 artists and photographers in the River Region.

“Art can play an important role in healing by offering beautiful, diverse and interesting focal points for patients and visitors, as well as hospital staff,” McQueen says. “We have a unique opportunity to showcase local art to a captive audience.”

Emotional reaction

The foundation’s goal is to create a less stressful experience for people while they are in a hospital. McQueen related the story of a visitor who spent three days studying a watercolor by the late Paulette Riley.

“I want you to notice she painted a cracked button on her flannel shirt,” the visitor said of the painting of an elderly woman fishing with a cane pole. He added that his wife was a patient.

“That said everything I needed to know about the power of the paintings in the hospital and how it can move a person to not dwell on their own problems, but to focus on something beautiful,” McQueen says.

Art in the River Region

Overwhelming support from the community and generous donations by many artists have made this endeavor even more special. Original works by Mary Lynne Levy, Sharon Yavis, Sandra Hicks Larson, Marguerite Edwards, Barbara Gallagher, Priscilla Crommelin, Nancy Hartsfield, Jimmie Sabel, Jake Wagnon, Clark Walker, Jack Deloney, Mose T. and many more works by prominent names in the River Region’s art community grace the hospital’s walls.

The vast array of art in hallways and waiting rooms has added great character and provided a source for conversation. Art brochures are available in the main lobby of the hospital to guide visitors to specific artists and favorite pieces.

“Any venue that highlights local artists and their work is good for the community,” says Rusty Gregory, of Stonehenge Gallery. “The patients and visitors get a lot of enjoyment from viewing the artwork, and I am honored to be a part of this ongoing project.”

The hospital received a new piece of artwork at the ceremony. The award itself was a painting by local artist Barbara Davis, of crowds listening to the Montgomery Symphony Orchestra’s outdoor pops concerts. The scenes were events coordinated by Steineker for years—and it serves as a showcase for her resilient spirit.

For more information about the Healing Art program, call the Jackson Hospital development office at 334-293-6941.

Jackson Hospital Foundation President Janet McQueen accepts the Helen Steineker Community Award from Ashley Ledbetter, Executive Director for Montgomery Area Business Committee for the Arts.



1

1st Floor

"College Street" by Jack C. Deloney
 "New Growth but the Same Old Tune" by Jim Gunter

"Oscar" by Patricia Caldwell
 "Alabama Natural" by Mark Montoya
 "Sunlit Fields" by Shirley Esco
 "Roadside Series" by Clark Walker
 "Bits & Pieces" by Honey Baker
 "Now You Can Feel Like the Only One Flying" by Sam Stephens
 "Spring Flowers" by Elmore DeMott
 "Jackson Hospital Collage" by Beau Redmond
 "March Comes Before April" by Hilda Slager
 "Music in Montgomery" by Barbara Davis

2

2nd Floor

"Chameleon" by Gregory H. Brown
 "Shady Ladies" by Barbara Davis
 "Untitled" by Terry McKee

"Celestial Chicken" by Sharon Yavis
 "Truth Be Told" by Bess Coats
 "As Time Goes By II" by Mark Montoya
 "Harmony" by Jimmie Sabel
 "Golden Fields" by Jon Cook
 "Ladies in Red" by Lavanna Story Brazil
 "Heaven's Serenity" by James Gutierrez

3

3rd Floor (Elevator Lobby)

"Quilted Memories" by Cecily Hulett
 "Untitled" by Frank Loeb

"Servant" by Warren Christopher Thomas
 "Afternoon at Lagoon Park" by Paulette Riley
 "Scene in Coosa County" by Hazel Springfield
 "Bathing Beauties" by Sharon Yavis
 "Covered Bridge" by Frank Randall, MD
 "Birds on Cigarette Hill (Marlborough Street)" by Judy Glass McLean
 "King Memorial Church" by Sam Butner
 "Good Evening" by Barbara Davis
 "At the Heart of the Party" by Barbara Gallagher
 "Three Birds" by Clark Walker

Healing Art Collection

Central Alabama artists color your hospital stay

"Art enables us to find ourselves and lose ourselves at the same time." —Thomas Merton

While you are visiting Jackson Hospital, please take time to enjoy the Healing Art Collection of original works by Central Alabama artists. This permanent collection is made possible by tax-deductible donations to the Jackson Hospital Foundation and through the generosity of our featured artists.

For more information about supporting this project, please call the Jackson Hospital Foundation at **334-293-6940**.



"Mardi Gras Merriment" by Terry McKee

"Montgomery Museum of Fine Arts" by Kitty Hubbard
 "Lobster Buoy Shack" by Enid Probst
 "Yellow Flowers" by John Troup Wagnon
 "Giverny Garden" by Sherry K. George
 "A Quiet Place" by Hilda Brown
 "Snow Scene" by Marguerite Edwards
 "The Girl in the Flowered Hat" by Priscilla Crommelin
 "The Charolais of Pintlala" by Dot Hawes
 "Untitled" by Jean Daniel



"Untitled" by Sissy McClinton

"Chicken Tree" by Lilia Daniel, MD
 "September Fields" by George Taylor
 "The Party's Over" by Mary Barwick
 "Floral Vase" by Kitty Pelham
 "Woman in Black" by Clark Walker
 "Ring Around the Rosy" by Frank Randall, MD
 "Red Crested Turacao" by Kay V. DeMarsche
 "The Path That I Follow" by Alisa Koch
 "The Wedding" by Sharon Yavis
 "Court Square Fountain at Sunrise" by Mark Dauber

3rd Floor (North Wing)

"Night Shift" by M. Ferraro
 "Untitled" by Sandra Hicks Larson
 "Serenity of Nature" by Sandra Hicks Larson
 "April Flowers" by Ethel W. Barnes
 "Daylillies" by Jean Daniel
 "Hat Rack" by Jule Perry

3rd Floor (CVICU Waiting Room)

"Promised Tranquility" by James Gutierrez
 "Clouds" by James Gutierrez
 "Land and Clouds" by James Gutierrez
 "Alabama Lakes and Rivers" series of six pastels and one oil by Sandra Hicks Larson



"Heart Strings" by Melanie Morris
"At the Heart of the Matter"
by Barbara Gallagher
"Landscape" by Wilson

3rd Floor (Crossover)

"Bricked Passage" by Melissa Tubbs



"Tajma," with artist Elana Hagler

"Late Bloomer" by James L. Guest Jr., MD
"Fireworks Over the River" by Jamie Mitchell
"Muse Over Montgomery" by Cappy Thompson
"Morning Light" by Connie Watts
"Specter 5" by Bob Shelton
"Twenty twelve" by Elizabeth Hawke
"Reflections on Blue," collage by the Alabama Folk Art Project
"Spring Bounty" by Barbara Wilkerson
"Farmers' Market" by Faye Bozeman
"Holland Fantasy" by Mark Montoya
"Spring After Winterhalter" by Michael Vaughn Sims
"Fairy Land II" by Won Bong Choi
"The Plumber's Helper" by Rich Richardson
"Tempio" by David Braly
"High Cotton" by Madison Faile
"Caught Again" by Wendy Slaton
"Primary Abstract" by Jean Daniel
"Make Hay While the Sun Shines" by Peggy Milburn Brown
"Hooked" by Ashley Longshore
"Narcissus" by Madison Faile
"A New Where to Go" by Langley Tolbert
"Hubbard Hospital" by O Kel & Cooper Architects
"Rainy Bay" by Emily Barnes
"Appule Joy, Curb Market Baby" by Nancy Hartsfield
"Pettus Bridge—Selma, AL" by Phil Scarsbrook
"Colorful Pine Needles"

by Elmore DeMott
"The Road Home" by Betty Knowles
"Tangerine Medley" by Joanne Staley
"Nature the Victor" by Joe Law
"Sweet Sorrow" by DaNeal Eberly
"The Gateway" by Del Ingle
"Seminar '71 Portrait Painting Demonstration" by Cecile Higdon
"Sunrise San Juan Bay, Puerto Rico" by Neal Brantley
"A Stroll Through Gold Star Park" by Bobby Carr
"Baa Baa Black Sheep" by Nani Bhalla, MD
"Persimmons on a Slab" by Vivian Cooper
"Halfway Home" by the Renaissance Community
"Carp Pool" by Herndon Grice
"Untitled" by Jean Daniel
"Take My Hand" by Elmore DeMott
"Vertigo #8" by Rick Mills
"Church" by Laura Gaines Waldo



4th Floor

"Precious Pilgrim, You've Got Mail" series by Mary Barwick
"Zoo" by Nell Milne
"Elmore County School" by Susan McKeen
"Sammy the Lambie" by Mary Barwick
"The Doll" by Susan Geddie
"Kid Games II" by Jim Gunter

Family Birth Center

"Nightingale of Paradise" by Enid Probst
Photography by local artists



5th Floor

"Ice Wagon" by John Lapsley
"French Garden Still Life" by Craig Greene
"Waterlillies No. 5" by Neal Brantley
"White Flowers" by Chipaman
"Bright Flowers" by Karen Schmitt
"Vertigo Sarong" by Richard Mills
"Spring on Felder" by Julia Anne Griggs
"Golden Morning" by Richard Folmar
"Lunch at Pike Road" by Carol Ballard
"As Time Goes By," triptych by Mark Montoya

"Holly Creek" by Tim Vaught
"Springtime on the Lake" by Myrtle Cohen
"Lighthouse" by Jean Daniel
"Untitled" by Anton Haardt
"The Watussi Woman" by Durand Seay
"Untitled" by Kevyn Bates
"Cloverdale Road" by Tom Conner
"The Discus Thrower" by Michael Vaughn Sims
"Untitled" by Mary Lynne Levy
"Gaggle" by Frank Randall, MD
"Dreams on Dexter" by Barbara Davis
"Jasmine Hill Gardens," series of four by Bama Brushstrokes Painters Chapter



6th Floor

"Winter in Aspen" by Jimmie Sabel
"Jubilation" by Frances Beck
"Shall We Dance" by Frank Randall, MD
"Soleil et Ombre au Jardin: Texas Sage" by Nancy Hartsfield
"Mud Puddles" by Marguerite Edwards
"Red Tractor" by Steven Davis
"Untitled" by Mose T.
"Untitled" by Jean Daniel
"Mother" by Julia Wallace
"Studio Interior" by Nan Cunningham
"The Beginning" by Cindy Beumer
"Untitled" by Richard Folmar
"Oak Park Festival" Jean Daniel
"Bayou la Batre" by Elliot Knight
"Willie" by Mary Lynn Levy
"Wild Persimmons" by Priscilla Crommelin
"Sailor Home From the Sea" by Jake Wagnon
"Petals and Leaves" by Sharon Yavis
"Lazy Day" by Frank Randall, MD
"Morocco" by Anton Haardt
"Kiev Couple" by Jimmie Sabel

Jackson Imaging Center

"Art Class 1824—No Nude Models" by Eve Perry
"My View From Heaven" by Mark Montoya

Jackson Sleep Disorders Center

"Morning" by Betsy Barrett



LIGHTS LOVE



In honor or in memory of loved ones and people special to them, many people gave to Lights of Love in 2016. Each gift of \$15 purchased a light for the Lights of Love tree.

Gifts of \$100 or more purchased a miniature Moravian star, and gifts of \$500 or more a miniature angel. The tree shone with light, thanks to all of you!

Honorees in black, donors in green

IN HONOR

Kathryn Abenaki
Dr. and Mrs. Lemuel Gorden
Tom and Leigh Adams
Drs. Fran Boyette and David Kouri
Dr. and Mrs. Mark Anderson
Mac and LeVonne McGee
Abigail Applegate
Mr. and Mrs. Elbert R. Hughes Jr.
Anilise Applegate
Mr. and Mrs. Elbert R. Hughes Jr.
Nathan Applegate
Mr. and Mrs. Elbert R. Hughes Jr.
Dr. Robert Avery
Marietta B. Russell
Dr. Robert Avery's Jackson office staff
Dr. Robert Avery*
Dr. Robert Avery's patients
Dr. Robert Avery*
William, Luke, Dominica, James and Ryan Avery
Dr. and Mrs. Robert Avery**
Julia and Dean Azar
The Rev. and Mrs. Joseph Hastings
Mrs. Jean Baccus
Mac and LeVonne McGee
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Derrick Wilcher
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Loren and Tina Crawford

Cates Optical (Jack and Sharon)
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The family of Comer W. Stringer

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Betty Jones Gorden
Dr. and Mrs. Lemuel Gorden

Lemuel D. Gorden Jr.
Dr. and Mrs. Lemuel Gorden

Walker and Angie Grant
Drs. Fran Boyette and David Kouri



From left, Derek Parrish, Carl Barker, Dr. Melanie Halvorson, and Carol and Dr. Robert Avery

Derrick and Allie Grooms
Ms. Anna Applin

Drake Grooms
Ms. Anna Applin

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Drs. Fran Boyette and David Kouri

Jackson Surgery Center staff
Drs. Fran Boyette and David Kouri

John Gray**

JH 4 North nursing staff
Drs. Fran Boyette and David Kouri

JH 4 West nursing staff
Drs. Fran Boyette and David Kouri

JH CCU nursing staff
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JH CVICU nursing staff
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JH PACU staff
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Drs. Fran Boyette and David Kouri

Dr. Stephen Kwan
Howard, Carolyn and Robin Burris
Ronald and Maudis Jowers

Stephen and Kathy Kwan
Drs. Fran Boyette and David Kouri

Dusty Lambert-Wright
The family of Comer W. Stringer

Charlie Lane
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Susan Elizabeth Lawson
Mr. and Mrs. Carl Cooper Walter*

Charles Lee
The Jackson Hospital Foundation

Dr. Gregory Lipscomb and Jessica Walls

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Ms. Anna Applin

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John Ed and Lynn Mathison
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Dr. and Mrs. Lemuel Gorden

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John and Yvonne Evans
Charles and Juanita Grant
Mrs. Stella C. Massey

Lynne Newmeyer Russell
Charles and Juanita Grant

Jackson Hospital Foundation's Lights of Love pays tribute to loved ones while helping to fund services at Jackson Hospital. The McGough Oncology Center team received the No. 1 item on their wish list, which was an EKG machine.



Dr. Patrick Ryan
Ms. Doris B. Wallace

Randy Sansom
Mr. and Mrs. Tommy Sansom

Terri Sasser
John and Kathy Knudsen

Dr. Glenn Saucer
Ms. Doris B. Wallace

Mr. and Mrs. Ernest Scott
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THE GIFT OF TIME

"Jeremy and I lost our daughter, Taylor Anne Sharpe, on December 5, 2015. She was 4 days old, born 10 weeks early on December 1, 2015. After she passed, we wanted to somehow find a way to give back and honor her short but meaningful life. I had heard of the Cuddle Cot (a cooling unit) and found out that Jackson didn't have one, so we raised most of the funds to purchase one. With a very generous donation from the Jackson Hospital Foundation, we were able to see our hope become a reality.

We wanted to give parents the gift of time. With the Cuddle Cot, if the unimaginable becomes reality, parents can choose to keep their baby in the room with them for as long as they need to in order to say goodbye, have photos taken, and allow family to come and say goodbye.

Thank you so much to our friends, family, some kind strangers and the Jackson Hospital Foundation for giving future families the gift of a little extra time." —Amy Sharpe



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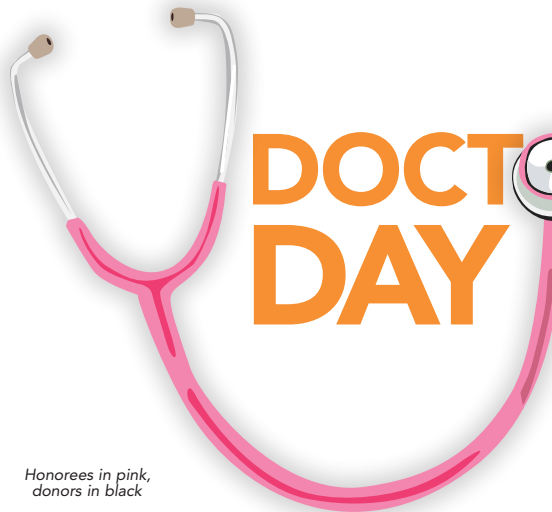
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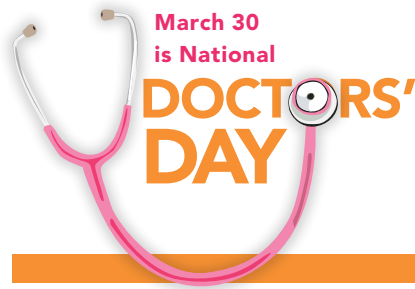
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Joint Venture Class

FIRST AND THIRD THURSDAYS |
9 TO 11AM

Jackson Hospital Classroom 1
Before your total joint surgery, you and a coach are required to attend this class. Please schedule at least four weeks before surgery. **334-293-8805**

Heart Screening and Car Show

SATURDAY, FEB. 25 | 8 TO 11AM |
\$20

Heart screenings reviewed by cardiologists, cath lab tours and car show. Reservations are limited. Visit jackson.org/events or call **334-293-8805** to register.

Walk MS: River Region 2017

SATURDAY, MARCH 25
Riverwalk Stadium

The walk begins at 9am. To register, visit nationalmssociety.org.

Relay For Life

SATURDAY, APRIL 1 | 3 TO 9PM
301 Brown Springs Road,
Montgomery

For more information, call
404-329-5113.

Two-Day Air Show and Open House

SATURDAY, APRIL 8, AND SUNDAY,
APRIL 9, 8AM TO 4PM | FREE
Maxwell Air Force Base

Celebrate the Air Force's 70th anniversary. The U.S. Air Force Thunderbird demonstration team will perform on both days. There will also be a variety of static displays and air and ground demonstrations.

Walk for Autism

SATURDAY, APRIL 8 | PRE-RACE FEES: \$30;
AGES 10 AND YOUNGER \$20 | DAY-OF FEES:
\$35; AGES 10 AND YOUNGER \$25

Ida B. Young Park, 5400 Vaughn Road,
Montgomery

The 5K race begins at 8am, and the walk begins at 9:30am.

LifeSouth Blood Drive

TUESDAY, APRIL 11, 10AM TO 6PM
Jackson Hospital Classroom 1

Joy to Life Walk of Life

SATURDAY, APRIL 22
Tallapoosa Street near Dreamland BBQ
Downtown Montgomery
Walk starts at 8:30am.

CHILDBIRTH AND PARENTING

Classes require registration. For class dates and times or to register, please visit jackson.org/events or call **334-293-8497**.

Breastfeeding Class

\$15

Jackson Hospital Classroom 1
Breastfeeding and lactation support designed for expectant mothers. Class includes dealing with common problems.

Prepared Childbirth Classes

\$25

Jackson Hospital Classroom 1
Topics include labor and delivery terminology, stages of labor, the role of a support person, and care after delivery. Register by your fourth month of pregnancy.