

Partners

JACKSON IS FIRST
in AAA surgery



TEAMS OF
EXPERTS
MAKE OUR
SPECIALTY
CARE
STRONG

BABIES
FROM A TO
Z: GET YOUR
PLANNER!



A BRIGHT FUTURE

DEAR FRIENDS,

As we look forward to what's ahead in 2017, we reflect on the accomplishments made over the past year at Jackson Hospital.

The year began with our Family Birth Center's \$3 million renovation. We also unveiled the area's only 3 Tesla MRI and expanded The Jackson Clinic with three new specialties: cardiology, neurology and infectious disease.

We are pleased to end 2016 by introducing our Center of Excellence for Abdominal Aortic Aneurysm (AAA) Surgery. Jackson is the first hospital in the state to receive a Gold Seal of Approval in this specialty from The Joint Commission. AAA patients at Jackson are treated by experts who are committed to providing the highest level of care in the River Region.

In spring 2017, we'll open an inpatient unit with 25 additional rooms for medical/surgical patients. We will enhance our Heart Center's capabilities with a new cardiac catheterization lab. And we will continue our very active physician recruitment efforts. Over the past four years, Jackson has brought more than 40 new physicians to the River Region. In this issue of *Partners*, we've highlighted the 16 new doctors who joined our medical staff in 2016.

In the coming year, we will continue growing to meet the needs of the communities we serve, just as we've done for 70 years. I am honored by your continued trust in the Jackson team, and I wish you and yours a merry Christmas and a very happy new year.

Joe B. Riley
President and CEO

WELCOME

INSIDE

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ONLINE

OUR NEW WEBSITE FEATURES:

- Easy navigation
 - Beautiful design
 - Helpful information
- And it's mobile-friendly!

COME VISIT US AT
WWW.JACKSON.ORG

Check out
Jackson
Hospital's
new
website!



On the cover:
Our experts in vascular healthcare are (from left) Jennifer Kleinpeter, RN, AMI/AAA Coordinator; Steven O'Mara, DO, Emergency Physician; Billy Saliski Jr., CRNP; Brian Sellers, DO, and Gino Castaneda, MD, of The Jackson Clinic Vascular Specialists; and Bobby Brown, DO, Emergency Physician.

MORE JACKSON:

www.jackson.org

www.facebook.com/jacksonhospital

www.twitter.com/jacksonhospital

www.youtube.com/jacksonhospital

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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.

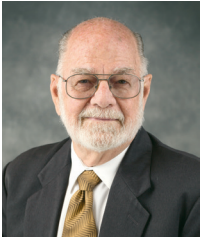
Information in **PARTNERS** comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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FIRST IN THE REGION NOW CHIEF OF ROBOTICS

Brian Richardson, MD, has been named chief of robotics and minimally invasive surgery at Jackson Hospital. A urologist with The Jackson Clinic, Dr. Richardson has performed more than 2,500 surgical and more than 600 robotic cases at Jackson Hospital in the last five years. Dr. Richardson was the first in the River Region to perform many complex robotic, laparoscopic and percutaneous urological procedures. As a proctor/instructor for Intuitive Surgical, he also teaches other surgeons to perform robotic surgery.



LEADING THE WAY

The Jackson Surgery Center has welcomed a new administrator, John Gray. He joins the Jackson team with a wealth of experience in healthcare and surgical center operations across the country in California, Maryland, Florida and North Carolina. Most recently, he was principal at The Gray Group, a healthcare consultancy in North Carolina. He has an MBA from Pepperdine University in Malibu, California.

Oh Baby!



Be sure to pick up a baby planner at OB/GYN offices throughout the River Region. The books are presented by Jackson Hospital and the Montgomery Advertiser.

DESIGNED FOR BEAUTY

The Family Birth Center at Jackson Hospital has secured a prestigious design award from the American Society of Interior Designers (ASID) by way of Sherlock, Smith and Adams, the architects, interior designers and engineers who worked with our staff to design our beautiful unit.



CONGRATULATIONS TO OUR EXCEPTIONAL EMPLOYEES

Jackson recognizes three employees each quarter—clinical, nonclinical and management. The winners are nominated by their peers and represent the excellence that all Jackson employees strive for.

1st quarter



▶ Brett Pugh, 5 Tower, clinical



▶ Nikki Clark, Java Coffee Shop, nonclinical



▶ Brandon Hawkins, facilities management, management

2nd quarter



▶ Eric Walker, 5 East medical/surgical, clinical



▶ Lee Lloyd, radiology, nonclinical



▶ Terry Reid, security, management

3rd quarter



▶ Meagan Brown, emergency room, clinical



▶ Brenda Davis, Patient Access, nonclinical



▶ Peter Frohmader, marketing, management



MEET OUR DOCTORS

At Jackson Hospital, our medical staff includes more than 300 who provide superior healthcare to the people of the River Region.

The list of physicians to the right is of our approximately 170 active medical staff members. Highlighted within the list are our newest physicians who joined in the past year. We continue to meet the needs of our community by recruiting exceptional physicians to serve our patients.

ANESTHESIA

Frances Boyette, MD
Timothy J. Doles, MD
Nancy Johnson Haring, MD
William M. Jordan, MD
Susan Davis Kreher, MD
René A. Llera Jr., MD
Alan T. Mann, DO
Kevin A. Pace, DO
Dana R. Williams II, MD

CARDIOLOGY

Howard L. Brazil, MD
Wynne Crawford, MD
Henry F. Flemming, MD
Darryl A. Hamilton, MD



Christopher Ike, MD
The Jackson Clinic
1758 Park Place,
Suite 401
Montgomery
334-264-9191

Michael T. Miller, MD
Paul B. Moore Sr., MD
Beverly A. Stoudemire-Howlett, MD
John A. Williams, MD

CARDIOVASCULAR SURGERY

Stephen K. Kwan, MD

DERMATOLOGY

John L. Anthony, MD
Porcia Bradford Love, MD
Steven L. Mackey, MD

EMERGENCY

Oluyinka S. Adediji, MD
Steven D. Avezzano, MD



Sunni Beeck, DO
NES and Jackson Hospital
Emergency

Bobby G. Brown, DO
Maher Farah, MD
Audrey M. Hodge, MD
Steven G. O'Mara, DO
Urmil S. Patel, MD
Richard L. Sample, DO

ENDOCRINOLOGY

Basil O. Burney, MD

FAMILY PRACTICE

George M. Handey, MD
Ashley D. McIntyre, MD

GASTROENTEROLOGY

Robert R. Brinson, MD
John C. Hendrix III, MD
Viplove Senadhi, DO

GENERAL SURGERY

Sherman L. Armstrong, MD
Wesley H. Barry Jr., MD
Randall G. Cook, MD
Brian C. Gary, MD
Randal M. Sedlak, MD
R.D. Seirafi, MD

HEMATOLOGY/ONCOLOGY

Robert A. Avery, MD
Krishnamohan R. Basarakodu, MD
Naresh Bellam, MD
Susmitha Nimmagadda, MD
John E. Reardon, MD
Kent E. Taylor, MD
Keith A. Thompson, MD
Sri Laxmi Valasareddi, MD

INFECTIOUS DISEASE

Glenn D. Bedsole, MD



Tiara Tene Hypolite, MD
The Jackson Clinic
1722 Pine St.,
Suite 406
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334-273-6871

INTERNAL MEDICINE



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The Jackson Clinic
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Eagle Chen, MD
Xinyu Chen, MD



Yingying Chen, MD
Hospitalist Jackson Hospitalist Group

Eric S. Cunningham, DO
Ronaldo V. de Jesus, MD



Adaye Cecilia Ike, MD
Hospitalist Jackson Hospitalist Group

John A. Jernigan, MD
Gerald G. Lim, MD
Pavan Madadi, MD
Joel McCloud Jr., MD
James T. McLaughlin, MD
James F. Mracek II, MD



Wanjiru N. Muigai, MD
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Raghu Mukkamala, MD
Adedoyin Ogunbi, MD



Ngozi Chidimma Okeke, MD
Hospitalist Jackson Hospitalist Group

Mukesh B. Patel, MD
Praful S. Patel, MD
Rakesh R. Patel, MD
Malcolm E. Roebuck Jr., MD
William D. Smith, MD
Norman L. Taylor, MD
Sandeep S. Virk, MD
Nitin Widhani, MD
Lawrence T. Williams, DO
Glenn A. Yates, MD



NEONATOLOGY

Aaron R. Millage, MD

NEPHROLOGY

Michael H. Broder, DO



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Montgomery
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2034 Chestnut St.
Montgomery
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Robert B. Hoit Jr., MD
Gerald V. Jones, MD
Radha K. Krothapalli, MD
Rafael A. Lopez, MD
Kim R. McGlothlan, MD
William McGuffin, MD
Rodney T. Smith, MD
Charles E. Thomas, MD
Jogy Varghese, MD

NEUROLOGY



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NEUROSURGERY

Thomas W. Rigsby, MD
Patrick G. Ryan, MD
Thomas R. Whisenhunt, MD

OB/GYN

LaToya S. Clark, MD
Christopher R. Duggar, MD
Roger S. Duggar, MD
Jason K. Gentry, MD
Gregory P. Jones, DO
David L. Kouri, MD
Julian E. McIntyre, MD
Edward W. Reed, MD
Glenn J. Saucer, MD



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F. Kim Whittington, MD

ONCOLOGY

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Stephen L. Davidson, MD
Scott A. McDaniel, MD

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ORTHOPEDIC SURGERY

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Donald D. Thornbury, MD
Hussein W. Turki, MD
George D. Walcott Jr., MD

OTOLARYNGOLOGY (EAR, NOSE AND THROAT)



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Thomas H. Cawthon, MD
Stephen W. Chandler, MD
Olan N. Evans, MD

PAIN MANAGEMENT

Roger W. Kemp, MD

PATHOLOGY

Timothy C. Barrowman, MD
Eric M. Bixby, MD
Joshua D. Gapp, MD
Lemuel D. Gorden III, MD

PEDIATRICS

Robert L. Coggin, MD
David W. Drennen, MD
Malissa K. Hoy, DO
David L. Morrison, MD



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4700 Woodmere Blvd., Montgomery
334-273-9700

Jeffrey A. Simon, MD
Denslow A. Trumbull III, MD
Charles A. White, MD
Mahmood A. Zaied, MD

PLASTIC SURGERY

John D. Robertson, MD

PULMONARY MEDICINE

Stephen A. Ensminger, MD
Fred D. Hunker, MD
Gaeton D. Lorino, MD
William P. Saliski Jr., DO
David R. Thrasher, MD
Priyanka Vyas, MD
Lisa Jackson Williams, MD

RADIATION ONCOLOGY

Thomas E. Beatrous, MD
Robert L. Franklin III, MD
William W. Helvie, MD
Michael L. Ingram, MD
Alexander C. Whitley, MD

RADIOLOGY

Jeffrey D. Adams, MD
Donald H. Dahlene, MD
Daniel T. Hankins, MD
Robert L. Hutto, MD
Kenneth J. Richardson, MD
Gary W. Scott, MD
Bradley P. Thomas, MD
Paul A. Turner, MD
George H. Wakefield, MD
Stanley B. Winslow, MD

UROLOGY

Gloria S. Massey, MD
Timothy W. Morrow, MD
Alfred J. Newman Jr., MD
Brian E. Richardson, MD
Peter S. Shashy, MD
Joshua C. Waits, MD

VASCULAR SURGERY

Gino A.S. Castaneda, MD
Brian L. Sellers, DO



35
Providers



11
Specialties



1 Medical
Record



The **POWER** of The

Whether you need to update your vaccinations or have vascular surgery, we've got you covered. Serving the River Region for 10 years, The Jackson Clinic is the area's largest multispecialty clinic. With 35 providers and 11 specialties, the clinic provides care that's both exceptional and accessible. We offer families comprehensive healthcare, including primary care and a wide range of specialties under one umbrella. And with a single electronic medical record, your care is better coordinated at every step.

Expanding The Jackson Clinic to include cardiology and neurology continues "our commitment to providing the services patients need in the River Region," says Kelin Penny, RN administrator of The Jackson Clinic.

Cardiology

Our highly specialized physicians are experts in the heart conditions they deal with on a daily basis, providing you with the best care available. No matter the heart condition you face, you can rest assured you're in the best hands.

Cardiology services at The Jackson Clinic include hospital nuclear medicine, echocardiograms, defibrillator or pacemaker placement, Holter and GXT monitors, and interventional procedures.

CARDIOLOGY

- Howard Brazil, MD
- Christopher Ike, MD
- John Williams, MD

Endocrinology

Our highly trained providers evaluate and treat patients with all types of endocrine disorders.

Diseases and conditions managed include diabetes, as well as thyroid and adrenal and pituitary disorders.

ENDOCRINOLOGY

- Basil Burney, MD
- Julie Jenkins, CRNP



JACKSON CLINIC

General surgery

General surgery focuses on the complex and interrelated organs in the abdomen. General surgeons care for a wide range of conditions, from cancer to obesity.

Surgeons at The Jackson Clinic provide comprehensive surgical services, including single-site robotic surgery, bariatric surgery, hernia repair, colonoscopy and gastrointestinal surgery. Our surgeons also use minimally invasive surgical techniques whenever possible, with benefits to patients including less pain, shorter hospital stays and a quicker return to the lifestyle to which they're accustomed.

GENERAL SURGERY

- Wesley Barry Jr., MD
- Brian Gary, MD
- R.D. Seirafi, MD



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

Infectious disease

Our physician identifies and treats infections that arise from exposure to infectious diseases or that follow organ transplantation and other surgical procedures. Focus areas at The Jackson Clinic include chronic infectious disease management and travel medicine.

INFECTIOUS DISEASE

- Tiara Hypolite, MD

Neurology

Neurology at The Jackson Clinic specializes in diagnosing and treating patients affected by neurological and brain disease. We offer consultation, evaluation and treatment to manage a variety of conditions. Our physician specializes in Parkinson's disease, dementias, multiple sclerosis, headaches, epilepsy, ALS and acute stroke care.

NEUROLOGY

- Richard Salazar, MD

OB/GYN

The Jackson Clinic is committed to providing the best possible care to you and your family during your pregnancy.

Our physicians also offer advanced techniques in diagnosing and treating gynecologic conditions, such as hysterectomy, colposcopy, tubal ligation, uterine myomectomy and oophorectomy.

OB/GYN

- LaToya Clark, MD
- Gregory Jones, DO

Occupational medicine

The Jackson Clinic provides one central location for all occupational medicine services. Our goal is to help employers keep their workers safe, well and productive. Together with Jackson Wellness Works, our physicians offer treatment for occupational injuries, employment physicals and screening, drug testing, and workplace wellness.

OCCUPATIONAL MEDICINE

- Kristopher Jones, MD

—Continued on page 8

Primary care

The Jackson Clinic staff of family medicine and internal medicine providers meet the general health needs of families and individuals. From routine exams, diagnosing acute illnesses and managing chronic conditions to preventive care and minor procedures, our primary care providers offer adult primary care for patients 18 years of age or older. Our primary care providers offer a broad range of health maintenance services.

FAMILY MEDICINE

- Shelley Byrd, CRNP
- Jennifer Groff, CRNP
- George Handey, MD
- Jade Hoy, DO
- Adelle Hutchins, CRNP
- William Jones, MD
- Donald Marshall, MD
- Christopher Waguespack, DO

INTERNAL MEDICINE

- Rikka Banayat, MD
- William Cumbie, MD
- Kim Hindi, CRNP
- James Mracek II, MD
- Sahil Sharma, MD
- Jodie Shedd, CRNP

Urgent care

When you are sick, you just want to get better. That's why The Jackson Clinic offers walk-in urgent care services at two locations, no appointment necessary. With an on-site lab and imaging services, you'll get quick and convenient care without the hassle.

THE JACKSON CLINIC AND URGENT CARE—MONTGOMERY

1801 Pine St., Suite 103, Montgomery
Monday through Friday, 8am to 6pm

THE JACKSON CLINIC AND URGENT CARE—PIKE ROAD

11123 Chantilly Parkway, Pike Road
Monday through Thursday, 8am to 5pm
Friday, 8am to noon

Urology

Urologists at The Jackson Clinic diagnose and treat problems involving the male and female urinary tract and the male reproductive organs. The Jackson Clinic Urology comprises five physicians with more than 110 years of experience. They use the latest in minimally invasive and robotic surgery techniques to treat prostate cancer, urinary stone disease, and bladder and kidney cancers. The following subspecialty areas are available at The Jackson Clinic: robotic surgery, prostatectomy, urinary stone disease, cystectomy and nephrectomy.

UROLOGY

- Gloria Massey, MD
- Timothy Morrow, MD
- Brian Richardson, MD
- Peter Shashy, MD
- Joshua Waits, MD

Vascular surgery

The Jackson Clinic is dedicated to providing superior vascular care for our patients. We specialize in both conventional open surgical operations and minimally invasive endovascular operations. All aspects of arterial and venous problems are treated by our surgeons.

We offer clinical excellence in peripheral arterial disease, venous disease, abdominal aortic aneurysm (AAA), carotid stenosis, and visceral and renal artery stenosis.

The Joint Commission has certified Jackson Hospital as the first hospital in Alabama for the surgical repair of AAA. Learn more about our AAA Center of Excellence on page 10.

Pictured (from left) are Billy Saliski Jr., CRNP, and Tiara Hypolite, MD.



NEUROLOGY | OB/GYN | OCCUPATIONAL MEDICINE | UROLOGY | VASCULAR SURGERY



HEALTH PLAN HELP

What you need to know for 2017

OPEN ENROLLMENT

When you apply for or renew your coverage in the health insurance marketplace, you'll need to provide some information about you and your household, including income, any coverage you currently have and some additional items. Use the checklists below to help you gather what you need to apply for coverage. Stay up-to-date about the marketplace. Visit www.healthcare.gov to get email or text updates that will help you get ready to apply or renew.

DATES TO NOTE

- Thursday, December 15:** Last day to enroll in or change plans for coverage to start January 1, 2017.
- Sunday, January 1:** 2017 coverage starts for those who enroll or change plans by December 15, 2016.
- Tuesday, January 31:** Last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a special enrollment period.

CHECKLIST

- Information about your household size. Figure out who in your household should apply before you start your application.
- Home or mailing addresses for everyone applying for coverage.
- Information about everyone applying for coverage, like Social Security numbers and birth dates.
- Information about the professional helping you (if you're getting help completing your application).
- Document information for legal immigrants. More information is available online.
- Policy numbers for any current health insurance plans covering members of your household.
- A completed Employer Coverage Tool for every job-based plan you or someone in your household is eligible for. (You'll need to fill out this form even for coverage you're eligible for but don't enroll in.)
- Notices from your current plan that include your plan ID, if you have or had health coverage in 2016.

TAX CHECKLIST

- Employer and income information for every member of your household (for example, from pay stubs or W-2 forms—wage and tax statement).
- Your best estimate of what your household income will be in 2017.

These local resources can also help: **The Wellness Coalition, 334-293-6502, thewellnesscoalition.org;** and **Health Services, Inc., 334-420-5001, healthservicesinc.org.**





#1

Another first for Jackson

Abdominal aortic
aneurysm **SURGERY**

When the wall of a blood vessel weakens, a balloonlike bulge, called an aneurysm, sometimes develops. This happens most often in the abdominal aorta, an essential blood vessel that supplies blood to your legs. The aorta is the largest blood vessel (artery) in your body, running from the heart down through your chest and abdomen.

A bulge in that vessel is called an abdominal aortic aneurysm (AAA). If the bulge expands to the point of breaking through one or more layers of the artery's wall, it can become a fatal bleed.

Every year, 200,000 people in the U.S. are diagnosed with an AAA, and about 15,000 die. A ruptured AAA is the 15th leading cause of death in the country and the 10th leading cause of death in men older than 55.

But if an AAA is found in time, doctors can often successfully treat it with medicines or surgery.

Silent symptoms

In most cases, abdominal aortic aneurysms cause no symptoms and are found when a patient is being evaluated for another medical condition. However, if you have a family history of AAA and feel sudden, severe pain in your abdomen or back, seek immediate care. These symptoms may signal that you have developed an AAA, possibly one in the process of rupturing.

Jackson Hospital vascular surgeons and other doctors in a wide array of specialties collaborate as a multidisciplinary team to provide coordinated, comprehensive care. This collaborative approach means doctors can evaluate you and develop a treatment plan.

Jackson Hospital uses the most current imaging tests to accurately diagnose abdominal aortic aneurysms. Tests may include ultrasonography, computed tomography (CT), magnetic resonance imaging (MRI) and others. Jackson Hospital physicians have extensive experience performing surgery to repair abdominal aortic aneurysms using endovascular surgery and open abdominal surgery.

Expert care for you

The Joint Commission has certified Jackson Hospital as the first hospital in Alabama for the surgical repair of AAA. All areas of the AAA patient's care were rigorously evaluated by a surveyor expert in the field of AAA surgery and found to exceed standards of care.

During each patient's hospital stay, our AAA Center of Excellence nurse meets with them to discuss their care and address any questions they may have. An interdisciplinary team of caregivers also meets regularly to review AAA patients' care to ensure they received excellent care.



"PARTNERS MAGAZINE SAVED MY LIFE"

When Judy Brannon happened to read the *Partners* issue from January, she learned the importance of a timely diagnosis and treatment of vascular disease. After reviewing the signs, risk factors and often hidden symptoms, she decided to get checked out.

"I came in for a screening and then met with Dr. Brian Sellers, who found I needed an abdominal aortic aneurysm surgical repair," Brannon says. "The next couple of weeks, I had all kinds of tests to prepare me for a successful surgery. Thankfully, I qualified for an endovascular repair, which meant I could recover more quickly."

A PREFERRED OPTION

Endovascular repair is a preferred treatment for many people with an abdominal aortic aneurysm (AAA). It is less invasive than open-heart surgery because it avoids a large incision in the abdomen or chest; only very small incisions are required.

"Now my children know this is something they need to keep an eye on, because the symptoms can be hereditary," she says. "That *Partners* magazine saved my life. Had I not read that back cover, I wouldn't have come in for that screening or had my lifesaving surgery. Jackson will always be my hospital."



Judy Brannon lives happily in Wetumpka with her husband, Charles.

Q & A: DIAGNOSIS AND TREATMENT ARE KEY

Q HOW CAN YOU TELL IF YOU HAVE AN AAA?

Answer: Because AAAs often don't cause signs or symptoms, even when they're growing, they are found during routine physical exams or tests for something else. But if you're at risk for an AAA, you can be screened, which is usually done using ultrasound.

Medicare pays for a one-time AAA ultrasound if you:

- Have a family history of abdominal aortic aneurysms
- Are a man age 65 to 75 and you have smoked at least 100 cigarettes in your lifetime

Talk with your doctor about screening if you're concerned about your risk.

Q HOW IS AN AAA TREATED?

Answer: It usually depends on its size.

For example, an aneurysm of less than 5.5 centimeters (about 2 inches) may not need treatment at all. Instead, your doctor might keep an eye on its growth with follow-up ultrasounds.

You also might be given medicines—for high blood pressure, for example—to reduce the risk of a rupture. Surgery may be needed for an aneurysm that is larger than 5.5 centimeters or is growing fast.

Q WHO'S AT RISK FOR AN AAA?

Answer: You're more likely to have an AAA if you:

- Are male
- Are 65 or older
- Have a history of smoking
- Have a family history of aortic aneurysms
- Have a history of aneurysms in the arteries of your legs
- Have high blood pressure or other conditions that can weaken arterial walls

Sources: National Institutes of Health; Society of Interventional Radiology

Our dedicated vascular team and up-to-the-minute technology can make the difference.



AAA SURGERY



SPINE SURGERY



STROKE TREATMENT



New Year's resolutions Make them work for you

The first of January may find you ready to make some changes for your health. But if you are afraid that New Year's resolutions are only for dreamers, take a fresh approach. Try these tips to help make this year's resolutions stick.



GET FOCUSED

Make one or two changes at a time. Don't try to overhaul your whole lifestyle at once. Come up with simple, clear steps to take. For example, you might resolve to:



Eat one more serving of fruit each day. Or maybe you can go meatless one day per week.



Quit smoking—and don't give up on your decision. Are you afraid you might break down and smoke a cigarette? Or even buy a pack? It's OK. Decide right now that you will get back on track if that happens.



Move more. If it's been a while since you were physically active, start slowly. Try exercising 15 minutes a day, three days a week. Then gradually do more. Remind yourself that this goal will also help reduce stress.



PLAN—THEN ACT

So you've decided to make a change. Next, think about how you'll meet your goal and get prepared. You might:



Pick out a few tasty recipes that use whole grains, veggies or beans. Make a shopping list of any ingredients you need.



Get over-the-counter stop-smoking aids, such as patches or gum. Or ask your healthcare provider about prescriptions that can help. Throw out your ashtrays and cigarettes on your quit day.



Find a fitness buddy. Ask a friend or family member to commit to exercising with you.



GO—AND KEEP GOING

Here's your final step. Put your plans into action on New Year's Day—or sooner if you feel like it. If you get off course, don't give up. Just remember why you decided to make the change, and start again.

Sources: Academy of Nutrition and Dietetics; American Cancer Society; American Psychological Association; Mental Health America

Resolve right now to make an appointment with your primary care provider. If you don't have one, call The Jackson Clinic at 334-293-8888.



LIGHTS & LOVE 2016

Making a difference
for families in the
River Region

Celebrate the holiday season by honoring a caregiver, friend, business associate or family member, and investing in the health of our community.

Tree Lighting Ceremony

Thursday, December 8 at 6pm
Jackson Hospital, Main Lobby



1725 Pine Street | Montgomery, AL 36106 | 334-293-6940 | www.jackson.org/foundation

\$5 Jewelry Sale

*Find the
perfect
holiday gift!*

Dec 11 – 6pm-10pm

Dec 12 – 7am-10pm

Dec 13 – 7am-10pm

Dec 14 – 7am-10pm

Dec 15 – 7am-3pm

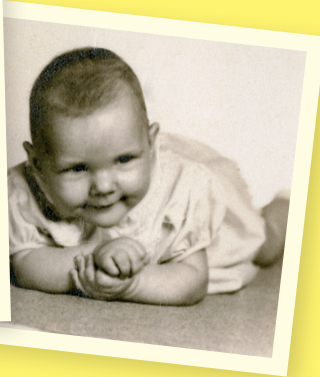
Located in the Jackson Hospital Main Lobby





Jackson Babies

Come see why Jackson Hospital is the premier location in the River Region to welcome your new baby. For more information on birthing classes or to schedule a tour of the Family Birth Center at Jackson Hospital, call 334-293-8497.



I was born at Jackson Hospital 60 years ago— June 11, 1956. I was delivered by Conrad Walters, MD. My pediatrician was Edwin Webb, MD. I've attached my baby picture and a current picture. In later years I worked in the admitting and discharge office at Jackson for Mrs. Dennis from 1974 to 1976. I have fond memories of eating at the Ponte Rouge Restaurant. Jackson has always been the hospital of choice for our family. I grew up in Prattville and moved to Montgomery in 1975. After leaving Jackson Hospital, I went to work for Brown Printing, and then in 1989 I began working at Walker Printing (now Walker360), where I'm still employed. I married my husband, Chuck Holmes, in September 1982.

Betty Holmes



My daughter, Cyd Shinbaum Falkson, was born July 9, 1983, and was delivered by Patrick Quigley, MD. A note signed by all the nurses in the newborn nursery has been a source of pride in our family for the past 33 years!

Cyd graduated from LAMP High School and got her undergraduate degree from the University of Texas and her MBA from NYU. She now lives in Chappaqua, New York, and is employed as the media director for Dannon Yogurt.

Fern M. Shinbaum

To whom
The
Cyd Shinbaum
7-9-83
Sister
Marlee
Jordan
Smitherman
born
7-16-85
Witnessed by
Margie L. Smitherman
Bellew, MD
Jackson Hospital Staff



Marlee Jordan Smitherman was born January 5, 2015, to Kevin and Brittany Smitherman. She was delivered by David Kouri, MD, at Jackson Hospital.

"Marlee is a joy to be around, and we are blessed God chose us to be her parents," say the Smithermans.

If you'd like to share your Jackson baby in *Partners*, please email partners@jackson.org or call 334-293-8977.



Health steps

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.
334-293-8500

LifeSouth Blood Drive

WEDNESDAY, DEC. 7, 10AM TO 6PM
Jackson Hospital Classroom 1

Lights of Love

THURSDAY, DEC. 8, 6PM
Jackson Hospital, Main Lobby

AARP Driver Safety Program

SATURDAY, DEC. 10,
8:30AM TO 2:30PM | \$20
Jackson Hospital Classroom 1
A refresher course that may qualify
older drivers for an auto insurance
discount. **334-293-8805**

\$5 Jewelry Sale

SUNDAY, DEC. 11, 6 TO 10PM |
MONDAY THROUGH WEDNESDAY,
DEC. 12 TO 14, 7AM TO 10PM |
THURSDAY, DEC. 15, 7AM TO 3PM
Jackson Hospital, Main Lobby

CHILDBIRTH AND PARENTING

Classes require registration. For
class dates and times or to regis-
ter, please visit [www.jackson.org/](http://www.jackson.org/events)
[events](http://www.jackson.org/events) or call **334-293-8497**.

Breastfeeding Class

\$15
Jackson Hospital Classroom 1
Breastfeeding and lactation sup-
port designed for expectant moth-
ers. 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.

Find out more online

There's more about these and other classes on Jackson Hospital's website, www.jackson.org/events.



PUMPKIN STEW

Makes 4 servings.

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- ½ teaspoon ground cumin (curry powder may be substituted)
- 1 (15-ounce) can pureed pumpkin (2 cups fresh may be substituted)
- 1 (15-ounce) can black beans, no salt added, drained
- 1 (15-ounce) can yellow corn kernels, no salt added, drained (1 to 1½ cups fresh or frozen may be substituted)
- 1 (14-ounce) can diced tomatoes, no salt added
- 2 cups reduced-sodium chicken broth (vegetable may be substituted)
- ¼ cup fresh cilantro, finely chopped, divided
- Salt and freshly ground black pepper to taste
- ¼ cup plain, low-fat yogurt, optional

DIRECTIONS

- In large saucepan, warm oil over medium heat.
- Stir in pepper, onion and garlic and sauté about 6 minutes, until peppers and onion soften.
- Stir in cumin, and continue to cook 1 to 2 minutes.
- Pour in pumpkin, beans, corn, tomatoes and broth. Add 1 teaspoon cilantro, and season with salt and pepper to taste.
- Bring to boil; then reduce heat. Cover, and simmer 25 minutes.
- Divide stew among four bowls and garnish with cilantro and yogurt, if desired.

NUTRITION INFORMATION

Serving size: 2 cups. Amount per serving: 301 calories, 5g total fat (1g saturated fat), 57g carbohydrates, 14g protein, 14g dietary fiber, 307mg sodium.

Source: American Institute for Cancer Research

LIGHTS OF LOVE

Remember or honor your loved one this holiday season with a light on our Lights of Love tree.

Join us for the lighting ceremony:
**Thursday,
December 8**
Jackson Hospital
lobby

Jackson Hospital & Clinic, Inc.
1725 Pine St.
Montgomery, AL 36106

Nonprofit Org.
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