

Spring/Summer 2018

# WellnessViews

A Health Publication from King's Daughters Medical Center

A man with a beard and mustache, wearing blue surgical scrubs and a blue bouffant cap, stands with his arms crossed. He is wearing a black smartwatch on his left wrist. The background is a light blue gradient with a faint circular logo.

## *Advice from 'Angel' Leads to Successful Surgery*

*pg. 14*

**'Modern-Day Miracle' Helps  
Sleep Apnea Sufferers** *pg. 10*

**Athletic Performance Center  
Steps Up to Pro Level** *pg. 26*


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# Message from the CEO



Welcome to our Spring/Summer 2018 edition of Wellness Views!

The flu epidemic hit our community, as well as our state and nation, hard this year. Physician offices were busy; emergency departments were overrun with flu cases; hospitals were filled with sick people, taxing their ability to treat everyone.

We recognize that you come to KDMC sick and in pain, but also worried and anxious. That's why we're committed to answering your every question, taking the best care of you, and treating you with compassion and respect. After all, healthcare in its most basic form, is about making people feel better.

Healing for us is and always has been about seeing you as a person, not just a patient; and treating everyone — and I mean every one of you — as God's special creation. You deserve our very best.

Thank you for choosing KDMC!

*Providing quality health and wellness in a Christian environment.*

A handwritten signature in black ink, appearing to read "Alvin Hoover".

Alvin Hoover, FACHE, CEO  
King's Daughters Medical Center



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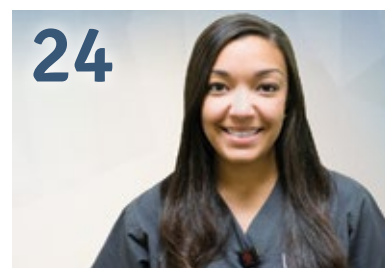
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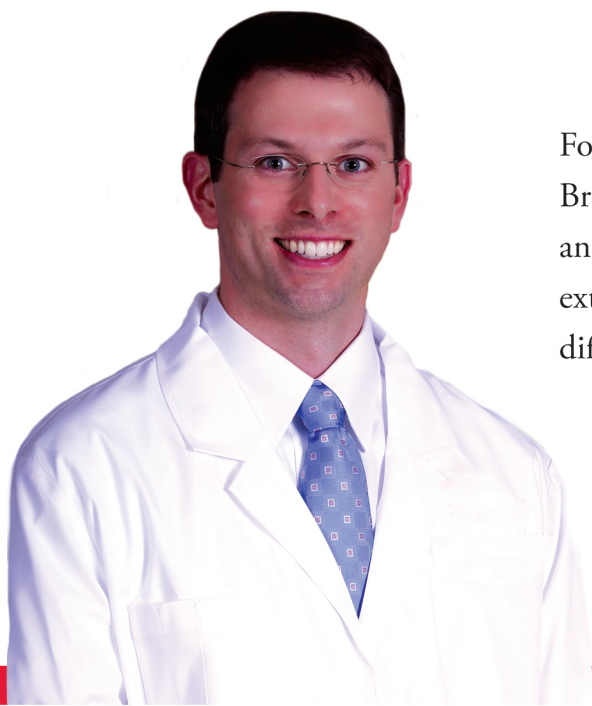


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# MY DOCTOR IS *in Our Community.*



For Dr. William Hay, among the perks of practicing family medicine in Brookhaven is getting to know several generations of the same family – and hanging out with local celebrities. To us, healthcare is personal. It extends far beyond the doctor–patient visit. That’s the KDMC difference. **Family. Friends. Neighbors. KDMC is our Community.**



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*Family Medicine*

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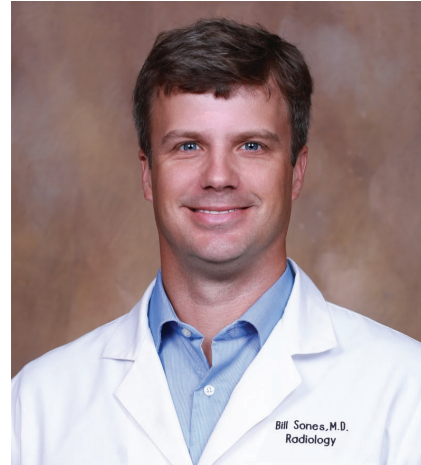
# Chief of Staff

## A Message from Bill Sones Jr., MD, KDMC Chief of Staff

**A**t King's Daughters Medical Center, we benefit from a diversified group of physicians and specialties who really enjoy working together. Speaking to an out of town colleague recently, I became aware that there are many medical communities where doctors do not know each other and sometimes have a hard time even getting a fellow doctor on the phone.

It is great comfort to know that if you have a test or procedure, your primary physician is going to be informed and kept in the loop about your health. Our doctors are friends outside of work and are involved in church and in other community activities. Our hospital, under the leadership of our administration and board, has done an excellent job of recruiting skilled doctors who hold to values that support our vision for delivering quality healthcare in a Christian environment. We will continue to work toward seeking new physicians and healthcare professionals to grow and serve you better.

Just stop by sometime to visit our facility and you will see that we are pursuing a level of quality that is not matched in our area. We work hard to make sure your time on our campus is as good of an experience as it can be. Our staff has as a mission to improve health and wellness in our town. We live here and often



times are serving the very friends and family that we hold dear. Whether you are coming by to visit a friend or loved one or you are needing care for yourself, I know you will feel right at home on our campus.

Our local clinics are a great resource as well. Through a growing number of providers, we are committed to giving you access to personalized care. From neurology, internal medicine, pediatrics, to surgical specialties including sports medicine, you no longer have to fight traffic in larger towns to get very advanced services and see physicians. Our Pathology, Lab and Diagnostic Imaging services are state of the art. Our goal is to get you evaluated quickly and treated so you can get back to doing the things that make our city great. Please contact me if you have any suggestions on how we can continue to grow and serve you better.

A handwritten signature in black ink, appearing to read "WDSm".

**Bill Sones Jr., MD**  
Chief of Staff





# IS PAIN ROBBING YOU OF *Your Quality of Life?*

*The pain management specialists at  
King's Daughters Medical Center are here to help you!*

## Symptoms:

- Back pain
- Neck pain
- Leg and foot pain
- Cancer pain
- Joint pain
- Tendonitis
- Arthritis
- Headaches
- Neuropathy
- Plantar fasciitis
- Pain secondary to injury
- Vertebral compression fractures

## Interventional Procedures Include:

- Epidural steroid injection
- Facet joint injection and radiofrequency ablation
- Joint injection (knee, hip, shoulder, ankle, small joints of hands/feet)
- Botox
- Intrathecal pumps



**Justin Estess, MD**

Anesthesiologist and Interventional Pain  
Management Specialist



**Robin Nations, MD**

Anesthesiologist and Interventional Pain  
Management Specialist



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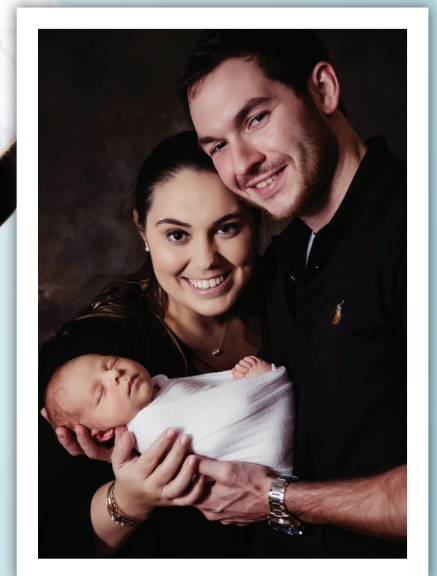


# Mothers Find Great Care at KDMC, **GENERATION** after **GENERATION**

**Two photos tell a heartwarming story of families — including the King's Daughters Medical Center family. One shows a young nurse Angie Williamson lovingly holding the first infant she delivered. In the other, taken 27 years later, Williamson cradles another newborn: the son of the girl in the first photo.**



Angie Williamson, RNC, BSN



Jerry, Holly and Oliver Fry





The first baby Williamson, RNC, BSN delivered at KDMC was in 1990. That little girl grew up to be Holly Fry. In September 2017, Holly and her husband, Jerry, became the parents of their first child, Oliver. Again, Williamson was there. Holly showed Williamson that first photo from 27 years before and asked for another photo of Williamson with baby Oliver. "It was a special moment for me to be able to see two generations of the same family that I helped bring into the world," Williamson said.

Her multigenerational care for Fry followed Williamson's own story of a return. She was born and raised in Brookhaven, Mississippi, but after nursing school took a job in Labor and Delivery at a hospital in Louisiana. Friends urged her to join them at KDMC, but she enjoyed the excitement of being on her own. "The Lord worked it out in time," Williamson said. "An opportunity came open at KDMC and I could not turn it down this time. So I came back home."

## Change in Plans

In 1991, Williamson became LDRP (Labor, Delivery, Recovery, Postpartum) Nurse Manager. She is now one of KDMC's longest-serving managers and assists in delivering approximately 700 babies annually. In December,

her KDMC peers selected her as Manager of the Year for 2017. She and her staff try to anticipate and fulfill the needs of expectant mothers, many of them uncertain and scared. "Making sure my patients are safe and happy with their care is always my biggest goal," she said.

From Fry's perspective, a very nervous first-time mother, KDMC definitely achieved that goal. "It was great!" she said. "The nurses answered any questions that I had. They were really understanding and worked patiently with me."

A checkup three days before her due date revealed that Oliver was macrosomic — which simply means he was an unusually large 8 pounds 11 ounces. So Fry and the medical team, led by Leigh Cher Gray, MD, agreed on a cesarean section. The next day, Fry checked into KDMC at 9 a.m. By 12:40 p.m., a healthy little Oliver had arrived.

Fry's recovery turned out to be smooth and easy. The KDMC lactation consultant showed her how to breastfeed. Whenever she pushed her call button, a nurse showed up almost immediately. "It feels like family there," Fry said, "in how they would take care of you, support you and encourage you."

Generation after generation.

## KDMC Offers Many Services for Moms

### Mommy University

- One-on-one childbirth class that includes a nurse-led tour of our LDRP (Labor, Delivery, Recovery and Postpartum) Suites and unit for the expectant family.

**KDMC encourages immediate skin to skin, and rooming in with your infant throughout your stay. Benefits of these include:**

- Improved bonding
- Help mothers learn baby's feeding cues, allows babies to feed when ready and more often
- Learn how to care for and comfort your newborn with staff nearby to help
- Pediatricians interact with parents during in-room exams which increases parents' confidence in their ability to care for their baby.

### Lactation support

- KDMC offers pre- and post-childbirth lactation support from an Internationally Board Certified Lactation Consultant.
- Families are educated on the benefits of exclusive breastfeeding, proper positioning and latch with 24 hour support for new moms with questions or complications.
- The KDMC Baby Café provides a support venue for expectant and/or breastfeeding moms weekly.

## Learn More

To schedule your Mommy University tour or get more information, call

 **601.835.9174**



Retiree and Teen Agree:

# Volunteering is the Best!



One retired after 30 years of nursing. The other is a 16-year-old 10th-grader at Brookhaven Academy who can't wait to start her own nursing career. These two ladies have something else in common besides a love of nursing: they volunteer at King's Daughters Medical Center.

**“**you try to make it as easy and as comfortable an experience as you can for them**”**

— Catherine Lambert

Catherine Lambert, known to friends and family as Jean, grew up in nearby Lawrence County. She started working in 1977, right after nursing school, in the KDMC Emergency Department — better known to the public as the ER. She stayed there her entire career, retiring last year as House Coordinator.





“It has definitely solidified my thinking that I want to be a labor and delivery nurse and help deliver babies every day”

— Graci Malone

“My adrenalin would get to flowing in the ER,” Lambert said. “It is just different than being on the floor. You never know what is going to walk through the door, and you have to be prepared for anything.”

## Making Patients Comfortable

She’s still in the ER, although her volunteer work is much more low-key. She checks with patients in both the lobby and the rooms to see if they need pillows, blankets or other comforts. She chats with those waiting in the lobby when she has time. “You know they are hurting,” she said, “so you try to make it as easy and as comfortable an experience as you can for them.”

That may not sound like a huge task, but the nurses (most of them Lambert’s former colleagues) rave about her thoughtfulness and calming presence.

Lambert said that when she looked into volunteering, the hospital asked whether it would be a letdown to merely supply

blankets and pillows instead of nursing. “I said, ‘absolutely not, I’ll take it.’”

Lambert’s self-deprecation aside, volunteers do play an important role at KDMC. Volunteer Services Coordinator Alicia Hawkins interviews all applicants and tries to place them in positions that match their aptitudes and interests. Volunteers participate

in an orientation and must follow some important rules. Volunteering requires a serious, significant commitment.

## A Summer Start

Graci Malone started in the Junior Volunteer program last summer, helping in the Human Resources Department. At the end of the summer, she transitioned to volunteering in the LDRP (Labor, Delivery, Recovery, Postpartum) Department, and found her mission in life.

She works there every chance she gets, even on Saturdays or school holidays. Her parents actually call sometimes and say, “Honey, it is time to come home. You have been up there long enough.” Her favorite part is going into a delivery room knowing that a baby is about to be born.

Her duties involve delivering ice chips to patients, running samples to the lab and otherwise assisting patients and staff. Malone has undergone special screening, so if patients agree, she can help with checking vital signs.

She is already researching Mississippi nursing schools. “It has definitely solidified my thinking that I want to be a labor and delivery nurse and help deliver babies every day,” she said. “I absolutely love everything about it.”



Alicia Hawkins, Volunteer Services Coordinator

## Learn More

To learn more about volunteering, call Alicia Hawkins

☎ 601.835.9181

or visit

➔ [KDMC.org/volunteer](http://KDMC.org/volunteer)





# 'Modern-Day Miracle' Helps Sleep Apnea Sufferers

Adam Fuselier knew he had sleep issues. Between his work with the U.S. Forest Service and his family life with his wife and daughter, the 33-year-old archaeologist never found the time to do something about it. He finally visited the KDMC Sleep Center. Now, he's revving through his life in a much higher gear.

Fuselier has always snored a lot, which can be a symptom of sleep apnea. Sleep Apnea is a potentially life-threatening breathing disorder that affects as many as 18 million Americans. Those afflicted experience breathing interruptions during sleep. Either the brain fails to signal the breathing muscles (central sleep apnea) or body tissues obstruct the airway (obstructive sleep apnea).

Fortunately, the brain rouses the body to resume breathing. But those little disturbances prevent sufferers from enjoying deep, restorative sleep. They may feel chronically drowsy, and that's more than just a nuisance. People who feel tired all the time are less productive and are prone to have more accidents.

## Father's Diagnosis

Fuselier suspected he had sleep apnea, especially because his father had been diagnosed with it 15 years earlier. (The disorder sometimes is passed on genetically). He consulted his family doctor, Bryan Calcote, MD, an Internal Medicine specialist. Dr. Calcote referred him to the KDMC Sleep Center for a sleep study.

"The sleep study room was very comfortable and homey," Fuselier said. "You do not feel like you are at a doctor's office at all." The Sleep Center has its own building with four quiet, dark sleep rooms. As Fuselier slumbered, a sleep technician



“ I have a lot more energy than I did before ” — Adam Fuselier

remotely monitored snoring, breathing, heart rate and movement.

Not everyone with sleep apnea snores, said Cheri Walker, KDMC's Chief Nursing Officer. Some people with the condition think they have narcolepsy, a different disorder that causes excessive sleepiness. "In fact, they just have sleep apnea, and their body is exhausted," Walker said.

Sleep apnea treatment often involves CPAP or BiPAP machines. Both supply sleepers with mildly pressurized air through masks to keep airways open. CPAP (continuous positive airway pressure) machines provide unvarying air pressure. BiPAP (bilevel positive airway pressure) machines generate different inhale and exhale pressures. Patients who need BiPAP assistance usually have a higher degree of sleep apnea.

### BiPAP Does the Trick

The sleep study confirmed what

Fuselier had already assumed – he did indeed have sleep apnea. A BiPAP machine was recommended. Fuselier said "It took several weeks of trial and error to find the best combination of machine and mask that worked best."

Now, he wakes up rested and ready to go after just five hours of sleep. "I have a lot more energy than I did before," he said.

Getting the machine, mask and air pressure right often takes time, Walker said, "but it is well worth the wait." Like Fuselier, many patients experience dramatic improvement. One patient saw his high blood pressure drop to within the normal range after sleep apnea treatment seven years ago and hasn't had to take blood pressure medication since, Walker said.

"It is one of those modern-day miracles," she said, "that we are able to provide this service to people who have trouble sleeping."



## Sleep Apnea Risks

Those who have or are likely to develop sleep apnea often show the following characteristics:

- Loud snoring
- Excess weight
- High blood pressure
- Physical abnormality in the nose, throat or other parts of the upper airway

Sleep apnea may be associated with the following:

- Irregular heartbeat
- High blood pressure
- Heart attack
- Stroke
- Daytime sleepiness
- Increased risk of driving accidents

## Learn More

To learn more about the KDMC Sleep Center, call

☎ 601.835.9270

or visit

👉 [KDMC.org/sleepcenter](http://KDMC.org/sleepcenter)





## IMPROVING HEALTH BY IMPROVING SLEEP

When a lack of sleep becomes a problem, the KDMC Sleep Center is a fully accredited sleep disorder center conveniently located closer to home. We provide comprehensive sleep evaluations in a patient-friendly setting to help your physician diagnose and treat conditions such as snoring, sleep apnea and narcolepsy that affect your health. We accept referrals for patients ages 12 to adult, and day and evening appointments are available. If sleeplessness is interfering with your life and health, ask your doctor if a sleep study may be right for you.



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*Supporting OUR hospital*

## Operation Baby Safe

Safety is a top priority for KDMC. Several months ago, we set our sights on improving the level of protection for the newborns in our LDRP suites. To protect these precious patients and their families, we wanted our security system to be state of the art. But everything has a price tag. This one was over \$115,000. That's a large bill for our hospital to have to pay. This is where the KDMC Foundation stepped in.

"When we heard of this need, it didn't take long for us to realize that this was exactly the type of issue for which we exist" said Jeff Richardson, KDMC Foundation Director.

This new system provides us with skin sensitive bands to be placed on all newly born infants. It will also have additional monitored zones throughout the hospital and improved monitoring stations. "We've always taken great care in protecting our newborns," said Alvin Hoover, KDMC CEO. "This just takes us to the highest level."

The system was installed in March of 2018. The entire cost of the system was covered by the donations of concerned citizens and businesses through the KDMC Foundation.



### Learn More

For more information on current projects and programs needing your support, please contact Jeff Richardson

 **601.835.7900**

 **[jrichardson@kdmc.org](mailto:jrichardson@kdmc.org)**

or visit

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# ADVICE FROM 'ANGEL'

## LEADS TO SUCCESSFUL SURGERY

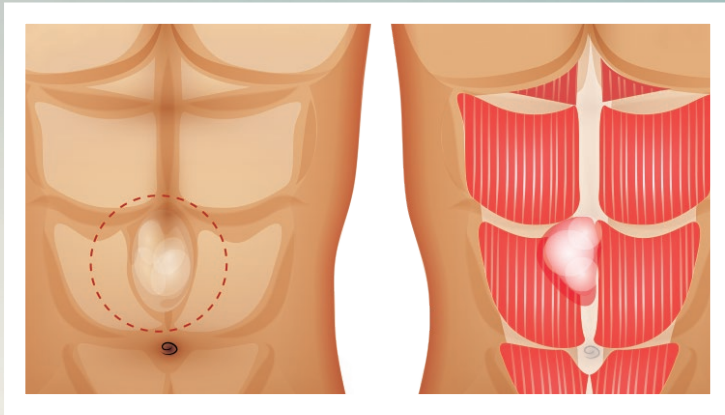
Annie Bates received an unusual and urgent recommendation to have surgery by Michael Stewart, MD, at King's Daughters Medical Center. It turned out to be a very good thing for her that she listened.

Bates lives in California. A few years ago, she traveled to Brookhaven, Mississippi, when her mother required an operation. Dr. Stewart performed the surgery at KDMC. She really liked his bedside manner. "He just had a certain spirit about him," she said.

Back in California, her primary care physician told her she would need surgery one day for an abdominal problem. She had no pain or other symptoms, so she







Abdominal Hernia

“It was like God was talking to me, telling me I needed to have this surgery by Dr. Stewart”

— Annie Bates



mentally filed away the recommendation under “get around to doing something about it one of these days.”

### ‘Like God was Talking’

Then her brother in Brookhaven became ill. She came back to Mississippi to help care for him. And an overwhelming feeling came over her concerning that nearly forgotten advice from her doctor. “It was like God was talking to me, telling me I needed to have this surgery by Dr. Stewart,” Bates said. It had been more than a year since her mother’s operation. Bates didn’t even recall Dr. Stewart’s name. Her brother had to refresh her memory.

Dr. Stewart is Chief of Surgery at KDMC. He is board certified in general surgery and is the Medical Director of The Vein Center at KDMC. He and his wife are originally from Greenville in the Mississippi Delta. They and their three children moved to Brookhaven seven years ago because they liked the quaint, family-friendly small-town feel.

Bates got her California doctor to refer her to Dr. Stewart. It turned out that she was suffering from an incarcerated hernia that had been growing since her last checkup in California. Part of her intestine had begun protruding through a weak spot in her abdominal muscles.

### 5 Million Abdominal Hernias

Abdominal hernias affect about 5 million people in the United States. A weakness or gap in a muscle layer allows tissue to poke through. Many hernias go unnoticed, at least at first. Left untreated, however, they can worsen and become dangerous.

With an incarcerated hernia, like the one that Dr. Stewart found in Bates, the protruding part of the intestine becomes trapped in the abdominal wall. Despite the lack of symptoms, her condition posed a serious threat. An incarcerated hernia can become strangulated, cutting off the blood flow to the trapped tissue. That can cause the tissue to die and can even be life-threatening.

Dr. Stewart recommended surgery. Bates, of course, readily agreed. In fact, she informed the doctor that God had already told her to have him perform the surgery. The minimally invasive laparoscopic incisional hernia repair lasted only a couple of hours. Dr. Stewart used special instruments, inserted through small incisions, guided by a laparoscope (a flexible fiber optic tube that enables physicians to see inside the body). Laparoscopic surgery allows, for faster recovery than conventional open surgery.



## 'God Sent Me an Angel'

Bates said that the surgery went wonderfully and that she recovered well. She considers Dr. Stewart an angel that walked with her through the whole process. "God sent me an angel that did to me what needed to be done," she said.

That may be a bit stronger than the reaction that Dr. Stewart usually receives, but he does draw deep satisfaction from being able to have such a profoundly positive affect on a patient's life.

"Being a doctor has always been the only thing I wanted to do," he said. "I was really drawn to surgery because it's so hands-on — helping people when medicine can't."



### Other Common Procedures Performed at KDMC

The surgeons at KDMC are highly skilled and perform a wide variety of services, including both inpatient and outpatient procedures. Minimally invasive procedures are able to be performed daily, thanks to the facility's investment in leading-edge technologies, such as the da Vinci® robotic system.

#### Services:

- Hernia repairs
- Colon resections
- Gallbladder surgeries
- Breast surgeries
- Endoscopies

### Learn More

For more information on surgical services at KDMC, visit

➤ [KDMC.org/surgery](https://www.kdmc.org/surgery)





# MY DOCTOR IS *in Our Community.*



Dr. Josh Iles is as passionate about pediatric medicine as he is being a soccer dad coaching his children's team. In both fields, he's proud to be helping Brookhaven-area families raise healthier kids. To us, healthcare is personal. It extends far beyond a doctor-patient visit. That's the KDMC difference. **Family. Friends. Neighbors. KDMC is our Community.**



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# WHY DOES THE KDMC FOUNDATION NEED YOUR SUPPORT

From a complicated spine surgery to a preventive flu shot, KDMC's services mean you don't have to leave your hometown for the care you deserve. But the daily financial challenges leave little money to renovate, expand or create. This is where the KDMC Foundation steps in.

"Giving to the KDMC Foundation is not just a donation," said Foundation Director Jeff Richardson. "It is actually an investment in healthcare for you and the generations to come. We've helped finance KDMC's endoscopy suites, LDRP suite renovations, a state-of-the-art infant security system and built a beautiful memorial garden."

The donations of individuals and businesses who want to see KDMC thrive provided all this. More than 40 percent of our employees support our foundation with every paycheck. "I give to the KDMC Foundation because I love this hospital," said Office Administrator Tiffani Bessonette. "It means so much to me."

Quality Data Analyst Briana Standberry agrees. "I believe that KDMC is truly an organization that upholds its mission and values," she said. "I understand the importance of quality healthcare in our community, and I am proud to be affiliated with that. Therefore, my donation goes to accomplish projects that will benefit the hospital and community as a whole."

KDMC faces big needs. Anything helps, from a small donation to a large naming opportunity.

- Monthly giving starts at \$10 per month
- Yearly giving starts at \$50
- Memorial gifts start at \$125
- Legacy giving allows you to leave part of your estate to KDMC

Please invest in **OUR** healthcare, today!

 **Give Now**

To give to KDMC Foundation projects and programs needing support, please visit

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# THE VEIN CENTER

*at*



King's Daughters  
Medical Center

## NOW YOU CAN PUT YOUR BEST FOOT(AND LEG) FORWARD.

For many people, even a short walk can be quite painful. Problems with veins can cause aching or cramping pain, tiredness, restlessness, burning, throbbing, tingling, or heaviness in the legs. If you are suffering from leg discomfort, join us for a **FREE VEIN SCREENING**.

- Aching, cramping or burning pain
- Restless Legs
- Varicose Veins
- Skin changes or discoloration
- Numbness or tingling in legs



# WELLNESSWORKS FOSTERS HEALTHIER WORKPLACES, AND COMPANIES

How can the King's Daughters Medical Center employee health program, known as WellnessWorks, help your business? Sign up and find out. Enrollment is free. And the program can adapt to your company's specific needs.

For example, Reed's Metals, a major provider of metal roofing and steel buildings, has a 120-employee location in Brookhaven, Mississippi, five and a half miles from KDMC. The company's health insurance provider stressed the benefits of preventive care. "WellnessWorks helped us with this," said Office/Finance Manager Carlos Garcia. "It helped keep our premiums down."

As part of employee drug screening, the company requested hair samples be tested, if and when it is needed. "That was something that we had not done before," said Melissa Leggett, Corporate Health Consultant at KDMC. "However, we recognized their need for this type of testing, and customized our program to meet their requirements. At KDMC, WellnessWorks strives to provide the most convenient, customer service-oriented environment for employers and their employees."



## Improving Productivity

WellnessWorks can help boost company productivity by preventing injuries and improving employees' health. For both current and prospective employees, the program can provide testing for drugs and alcohol, nicotine (which may help reduce health insurance premiums) and fitness. Safety and wellness education from KDMC healthcare professionals is available on-site. The program can administer employee weight-loss challenges and flu shots, as well as health events for testing weight, body mass index, blood pressure and glucose levels — again, all on-site.

If there is a workers' compensation-related accident, the Service Coordinator tracks every aspect of any necessary clinic or hospital visit, treatment or test. "Our providers realize the



L to R: Bernie Reed, Owner, Reed's Metals; Alvin Hoover, CEO, KDMC; Amy Ferguson, Executive Assistant to the President, Reed's Metals; Carlos Garcia, Office/Finance Manager, Reed's Metals

**REED'S  
METALS, INC.**



## WellnessWorks Services

WellnessWorks offers a wide range of services to employers:

- Occupational health services for injury prevention
- Workers' compensation services for injury prevention
- Preventive health and wellness services for wellness promotion
- Group health services for general health maintenance
- 24/7 access to Service Coordinator for service scheduling
- Access to KDMC Corporate Health Consultant as liaison to KDMC and affiliated providers

## Learn More

To learn more about the WellnessWorks program, call  
Melissa Leggett

 888.977.3319

or visit

 [KDMC.org/wellnessworks](http://KDMC.org/wellnessworks)

**“** Knowing what I know as business owner and my experiences at KDMC it really makes you want to get your healthcare locally with people you trust **”**

— Bernie Reed, Owner, Reed's Metals

importance of employees returning to work in a timely manner,” Leggett said, “so they try to see patients as quickly as possible.”

The Service Coordinator also can schedule appointments, 24/7. If it's midnight and you need to schedule an appointment for an employee or family member the next morning, all it takes is a phone call. The coordinator sets up the paperwork in advance to minimize time away from work.



Melissa Leggett, Corporate Health Consultant

## Respect and Trust

Garcia said he respects and trusts KDMC. “The hospital itself is very well presented in the Brookhaven community,” he said. “It is all over Facebook. You see it everywhere. They are involved in everything. KDMC is a great corporate citizen.”

More than 100 companies use WellnessWorks. Reed's Metals signed up about 10 years ago. “As a business owner,” said Bernie Reed, “what is huge is the fact that there is a facility this close to our location. With 120 employees at this location, mostly working with heavy machinery, it could be a matter of life or death to get help soon. With such a great hospital only 10 minutes away, it makes us feel safe.”

“I feel good about sending, not only, my employees there, but my family as well.”



# Candice Moore and KDMC: A PERFECT FIT

Candice Moore has been associated with King's Daughters Medical Center since birth. Literally. She was born there in 1990. She got her first work experience there as a Junior Volunteer in high school. She received part of her nursing training at KDMC and came to work in the Intensive Care Unit after nursing school graduation in 2011.

“King’s Daughters has always felt like home to me because of the close-knit community and the environment” — Candice Moore, RNP

Now, at age 27, she is a Nurse Practitioner at the KDMC Medical Clinic. “King’s Daughters has always felt like home to me because of the close-knit community and the environment,” Moore said. “The idea of working somewhere I was born with people I know just seems right. And I literally love the people I work with.”

She literally fell in love at KDMC, too. She met her husband, Daniel Moore NP-C, during a shift change while they were working as nurses. They both went on to nurse practitioner school. Daniel now works next door to her at the KDMC Specialty Clinic.

Does she ever wish she had moved away for school and experienced an independent campus life? “Not really,” she said, “because I maybe wouldn’t have ended up where I am today, and I wouldn’t want to change that.”

Moore and KDMC just fit together. “Not everyone strives to provide care in a Christian environment,” she said. “We do, and that has a lot to do with why I love KDMC.”





# Randi Brooks' Career BLOSSOMS AT KDMC

Healthcare encompasses many ways of caring for people. Randi Brooks has explored several on her way to her current position as the King's Daughters Medical Center Compliance Officer. She encourages the staff to adhere to the rules, regulations and policies and standards of conduct.

Brooks, who is married with two children, grew up near Brookhaven and started working at KDMC while she was still in nursing school. Her father is a pharmacist and her mother a KDMC operating room nurse. She went straight from nursing school graduation to the KDMC Intensive Care Unit. "It was scary at first but very rewarding," she said.

In 2011, Brooks switched to the case management program, which is designed to get patients the proper level of care after discharge from the hospital. The next year, she moved into the Regulatory Affairs department, working on quality and internal auditing as well as insurance reviews.

**“***I love what I do and I want to continue to grow at KDMC***”**

— Randi Brooks, Compliance Officer

In February 2016, Brooks became Assistant Compliance Officer for Regulatory Affairs. In November 2017, she stepped up to Compliance Officer. She's now back in school at Delta State University, working on a master of business administration degree with an emphasis on healthcare administration. "I love what I do," she said, "and I want to continue to grow at KDMC."







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**Tyrone  
Jacobs**  
OL



# ATHLETIC PERFORMANCE CENTER STEPS UP TO PRO LEVEL



Athletes of all ages in "any sport, any level" can improve their personal bests through Pro Sports Performance powered by KDMC, a new program at the KDMC Athletic Performance Center. You don't have to be a pro or a star. But if you want to get faster, stronger, better conditioned and more agile, then this is the program for you.



"We can carry you from the youth sport level all the way to the professional level," said Mark Cornwell, Performance Center Supervisor. Cornwell, a former professional hockey player, joined the Performance Center in November. He has a degree in kinesiology and exercise physiology and is a certified strength and conditioning coach.

Cornwell has worked with National Hockey League and National Football League athletes as well as top performers in basketball, baseball, tennis, soccer and other sports. His experience and expertise allow the Pro Sports Performance program to offer sport-specific and even position-specific training.

### Facility Upgrade

The Performance Center itself is also stepping up its game. The facility is adding outdoor all-weather turf, an overspeed hill and a sand pit. ("Overspeed" sprinting down a slope and slogging through soft sand can build running speed and power.)

A new performance lab will allow athletes to watch video of their training. "If they see what they are doing wrong, they are more inclined to fix it rather than if we just tell them what they are doing wrong," said Todd Peavey, Director of Fitness and Performance at KDMC. "Visual is better for any athlete."

Peavey has an undergraduate degree in exercise physiology and a master's in strength and conditioning. "I feel fortunate to be able to come back to my hometown and do what I love," he said.

The Performance Center offers training for college athletes preparing for the NFL Scouting Combine or their Pro Day at their respective schools. "They will train from 8:30 a.m. until 5 at night every day for three months," Peavey said. A less intense version targets high

school players. "Some area college coaches will come in and observe certain drills just like the professional scouts would at the NFL Combine," he said.

### Sports Medicine

Pro Sports Performance powered by KDMC is an extension of KDMC's Sports Medicine program, said David Culpepper, Director of Marketing and Public Relations. "It shows our commitment to the community in and around southwest Mississippi to provide the very best sports medicine program, enhanced by continued training for those that return to their sport after an injury or for those that want to continue to get better using proper technique."

The Performance Center coordinates with area coaches, Culpepper said. "When we are working with an athlete from a school, we always include their coach in the process."

Peavey wants to make KDMC a magnet for top national athletes. "We have the amenities here to do anything that is done in big cities," he said. "We have the therapy center, the orthopaedists, the diagnostics and the top-of-the-line equipment, thanks to the KDMC hospital."

"I want to be known as the small town that has the big-city facility."



## Learn More

To learn more about the KDMC Athletic Performance Center programs, call:

 **601.823.5155**

or visit

 [KDMC.org/performancecenter](https://www.kdmc.org/performancecenter)





## Whole Wheat Spaghetti with Marinara and Turkey Meatballs

**King's Daughters Medical Center Clinical Dietitian Natalie Ybarra shares healthy tips and recipes.**

This Simple Cooking with Heart® Italian recipe for Whole-Wheat Spaghetti with Marinara and Turkey Meatballs is an upgrade from the classic — it has more fiber and vegetables, less saturated fat and sodium but it sure delivers on taste!

### Ingredients

#### Marinara Sauce

- 14 oz. canned, no-salt added or low-sodium, sliced carrots
- 14.4 oz. packaged, frozen pepper stir-fry (onions and peppers) (thawed)
- 1 medium zucchini (chopped)
- 4 clove fresh garlic (minced)
- 52 oz. cubed, no-salt or low-sodium tomato (crushed)
- 2 tsp. salt-free, dried Italian spice blend

#### Whole Wheat Spaghetti and Turkey Meatballs

- 1 lb. extra-lean or fat free ground turkey breast (95%-99% lean)
- 1/4 tsp. black pepper
- 1/2 cup multigrain cereal flakes (crushed, optional)
- 1 lb. whole-wheat spaghetti

### Preparation

#### Marinara Sauce

1. In a large pot (not over heat yet), add carrots. Use a fork or potato masher to mash. Add stir-fry vegetables, zucchini, garlic, crushed tomatoes, and spice blend.
2. Bring to a boil over high heat. Cover and reduce heat to medium-low so sauce is simmering.

#### Whole Wheat Spaghetti and Turkey Meatballs

1. In a bowl, combine turkey, pepper, cereal and parsley. Form meat mixture into golf-sized meatballs to make about 20 to 25 meatballs.
2. Add meatballs into simmering sauce, trying to get the majority of meatballs covered by sauce. Cover and cook until meatballs are cooked through, about 20 to 25 minutes.
5. Make spaghetti according to package directions (omitting the salt and fat). Serve with marinara and meatballs.

*Recipe © 2016 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit [heart.org/simplecooking](http://heart.org/simplecooking).*

### 6 Servings

\$	\$3.09	Price per serving
📊	489	Calories per serving
💧	0.5 g	Sat. Fat per serving
📏	157mg	Sodium per serving

**Tip:** Products simply labeled "ground turkey" will likely also include the skin, which elevates fat and calorie levels greatly. Make sure to purchase "ground turkey breast" which includes only the lean breast meat.

### Learn More

To learn more about the health and wellness services offered at KDMC, visit the following:

#### Food & Nutrition

➤ [KDMC.org/FoodandNutrition](http://KDMC.org/FoodandNutrition)

#### Weight-Loss Class

➤ [KDMC.org/TOPS](http://KDMC.org/TOPS)

#### Fitness Center

➤ [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

#### Athletic Performance Center

➤ [KDMC.org/PerformanceCenter](http://KDMC.org/PerformanceCenter)





## Exercise Never Gets Old

Older bodies enjoy exercise as much as younger ones do. Studies have found that older adults who exercised improved their lifespans and cognitive functions. Adding exercise to your life can be easier than you might think. You may just need to expand your definition of “exercise.”

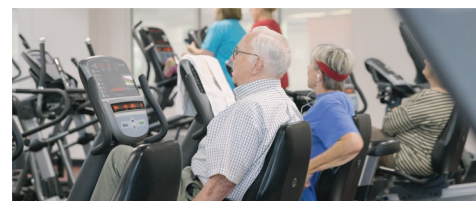
Adults need about two and a half hours of aerobic exercise (something that gets your heart pumping) every week. That could involve exercise machines or classes at a gym such as the KDMC Fitness Center. You can also get the benefits of exercise from walking, running, or even spirited housework, yardwork or gardening.

Regular exercise does your heart good. It can help you maintain a healthy weight, keep joints flexible, and improve balance so you can avoid falls. Yoga and tai chi classes can help with balance too. Here are some other fun ways to exercise that have the added benefit of getting you out socializing and making friends — which can also help you live longer.

- Dance, at a class, a club or at home.
- Join a bowling league or bowl weekly with friends or family.
- Rediscover a favorite sport or learn a new one. Golf (especially if you walk rather than use a cart), tennis, badminton, table tennis or even just throwing a Frisbee can provide good all-around exercise.
- Enjoy the outdoors. Mississippi’s climate lets you bicycle, hike or walk year-round.
- Swim, especially if you experience arthritis pain. The KDMC Fitness Center offers easy-on-the-joints pool exercise classes Monday through Friday.

Adults also need muscle-strengthening exercise at least two days a week. Consider a gym; the machines and trainers encourage proper technique to avoid injury. Yardwork, gardening and other at-home activities may do the trick, but be careful of your back. The internet has lots of suggestions for strength exercises using typical household items such as canned goods or just the weight of your own body. A simple resistance band (basically a giant rubber band) can be used for all sorts of muscle-toning.

Here’s the bottom line on exercise as you get older. Do what you enjoy. And keep doing it.



### Learn More

To learn more about the health and wellness services offered at KDMC, visit the following:

#### Food & Nutrition

➤ [KDMC.org/FoodandNutrition](https://www.kdmc.org/FoodandNutrition)

#### Weight-Loss Class

➤ [KDMC.org/TOPS](https://www.kdmc.org/TOPS)

#### Fitness Center

➤ [KDMC.org/FitnessCenter](https://www.kdmc.org/FitnessCenter)

#### Athletic Performance Center

➤ [KDMC.org/PerformanceCenter](https://www.kdmc.org/PerformanceCenter)



# COMING UP

## Diabetes Education Classes

**When:** Tuesdays, call for class availability  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call 601.835.9118



## Smoking-Cessation Classes

American Cancer Society Freshstart Smoking Cessation Classes start every six weeks. This is an educational support group that will supply free nicotine replacement items with a doctor's prescription and class attendance.

**When:** First Tuesday of every month, 5 p.m.  
**Venue:** King's Daughters Medical Center, Community Services Building  
**Address:** 418 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Kim Bridge, 601.835.9406

## CPR Certification Classes

These classes are for those who are being certified in CPR for the first time.

**When:** First Wednesday of every month, 6 p.m.  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Kim Bridge, 601.835.9406

## CPR Recertification Classes

These classes are for those whose CPR certification has expired or is about to expire. Other CPR classes can be scheduled as needed for your business, church or civic group

**When:** Third Wednesday of every month, 9 a.m. and 1 p.m.  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Kim Bridge, 601.835.9406



## TAKE OFF POUNDS SENSIBLY

**TOPS Club Inc.** (Take Off Pounds Sensibly)

TOPS promotes successful, affordable weight management with "a hands-on pounds-off approach to weight loss®."

**When:** Tuesday, call for class availability  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Amy Case, RN, 601.835.9118

## Mommy University

Mommy University is designed to help guide moms-to-be and their partners through the birthing process step by step with a one-on-one education class and tour of the labor and delivery unit.

**When:** At your convenience  
**Venue:** King's Daughters Medical Center, Labor & Delivery Unit  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call 601.835.9174 and tell a labor & delivery nurse you are scheduling your Mommy University appointment.



## Breastfeeding Support Group

Join other breastfeeding or pumping mothers and share breastfeeding experiences on how to get started or how to maintain breastfeeding.

**When:** First and 3rd Tuesday every month, 11 a.m. and 1 p.m.  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** 601.835.9167  
Second and fourth Tuesday meets at Lincoln County Library

## KDMC Performance Center

Call for available classes and times 601.823.5155 or visit [KDMC.org/PerformanceCenter](http://KDMC.org/PerformanceCenter)

Boot Camps • Camps • Speed/Agility Training • Strength & Conditioning • Flexibility & Mobility • Team Training • Indoor Soccer

## KDMC Fitness Center

Call for available classes and times 601.823.5271 or visit [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

Spin Classes • Sit Fit • Yoga and Pilates • Abs Class • Body Sculpt • Zumba® • Aqua Aerobics



# KING'S DAUGHTERS

## MEDICAL CENTER

### DISCRIMINATION IS AGAINST THE LAW

King's Daughters Medical Center and KDMC Physician Clinics, LLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. King's Daughters Medical Center and Physician Clinics, LLC does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

King's Daughters Medical Center and KDMC Physician Clinics, LLC provides free aids and services to people with disabilities to communicate effectively with us and access our services, such as:

- Written and spoken information in other formats (large print, audio, accessible electronic formats, interpreters, etc.)
- Handicap parking, curve cuts and ramps, elevators, etc.

King's Daughters Medical Center and KDMC Physician Clinics, LLC provides free language services to people whose primary language is not English, such as information written in other languages. If you need these services, contact King's Daughters Medical Center's Compliance Officer.

- Name: Cathy Bridge
- Mailing Address: 427 Highway 51 North Brookhaven, MS 39601
- Telephone number: 601-835-9175
- Fax: 601-835-9119
- Email: cbridge@kdmc.org

If you believe that King's Daughters Medical Center or KDMC Physician Clinics, LLC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with King's Daughters Medical Center's Compliance Officer. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, King's Daughters Medical Center's Compliance Officer is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-523-1786.	Chisamaliro: Ngati mulankhula English, chinenero ntchito thandizo kwaulere, mungapeze. Itanani 1-800-523-1786.	Atención: Si usted habla a Inglés, servicios de asistencia de idioma, de forma gratuita, están disponibles para usted. Llamar al 1-800-523-1786.	pansin: kung ikaw ay nagsasalita ng ingles, tulong sa wikang mga paglilingkod, libreng bayad sa, iyo na ito. tawagan .
Chú ý: Nếu bạn nói tiếng Anh, Dịch vụ hỗ trợ ngôn ngữ, miễn phí, có sẵn cho bạn. Gọi 1-800-523-1786.	تحدثت كنت إذا: ن ب ي ه المساعدة خدمات الإن ج ل ب ي ه, لك ت توف ر مجاناً, و ب ه, ال لغ 1-800-523-1786 اسد تدعاء	注意: 如果你說英語, 語言援助服務, 免費的是可供您使用。調用 1-800-523-1786。	주의: 당신이 영어, 언어 지원 서비스를 무료로 사용할 수 있습니다 당신에 게. 1-800-523-1786를 호출 합니다.
ATTENTION: Si vous parlez anglais, langue assistance, des services gratuits, sont à votre disposition. Composez le 1-800-523-1786.	સાવધાની: જો તમે ઇંગલિશ ભાષા સહાય સેવાઓ વિના મૂલ્યે, વાત, તો તમે કરવા માટે ઉપલબ્ધ છે. 1-800-523-1786 પર કોલ કરો.	Achtung: Wenn Sie Englisch sprechen, sind Sprache Assistance-Leistungen, unentgeltlich zur Verfügung. Rufen Sie 1-800-523-1786.	注意: 英語を話す言語アシスタンス サービス、無料で、あなたに利用できます。1-800-523-1786 を呼び出します。
ВНИМАНИЕ: Если вы говорите по-английски, языковой помощи, бесплатно предоставляются услуги для вас. Вызовите 1-800-523-1786.	Attenzione: Se si parla inglese, servizi di assistenza di lingua, gratuitamente, sono a vostra disposizione. Chiamare 1-800-523-1786.	ધિઆન: જેકર તુરાનું દા અંગરેજી, ટ્રાસા સહાયતા સેવા, મુદ્દત ગોલ કર, ને, તુરાડે લઈ ઉપલબ્ધ ચન. 1-800-523-1786 નું કાલ કરો.	ध्यान दें: यदि आप अंग्रेजी बोलने, भाषा सहायता सेवाओं, नि: शुल्क, आप के लिए उपलब्ध हैं। 1-800-523-1786 कहते हैं।



# COMMUNITY

## King's Daughters Medical Center Service Awards Banquet February 22, 2018



### Employee of the Year

Robyn Aker, KDMC Board Chair; Melissa Woodcock (Employee of Year); Alvin Hoover, KDMC CEO



### Employees of the Quarter

L-R: 1ST Quarter – Melissa Woodcock (Employee of Year); 2nd Quarter – Aaron Sanders (NOT PICTURED); 3rd Quarter – Annette Dunaway; 4th Quarter – Keri Leggett



### 35 Years of Service

Malinda Sellers and Cathy Davis



### 30 Years of Service

Lasandra Martin and Peggy King



### 25 Years of Service

L-R: Celine Craig, Teri Burns-Mabile, Emma Coleman, Sandra Martin





**20 Years of Service**  
Tanya Huff and Jennifer Smith



**15 Years of Service**  
Front L-R: Cheri Brooks, Chasity Skates, Lacie Ebarb, Annette Dunaway, Candi Case, Dana Matte  
Back: Lauren Thompson, Sharon Case, Daphne Smith, Joe Farr, Tiffany Blackwell, Todd Peavey



**10 Years of Service**  
Front L-R: Amber Morrison, Jennifer Ballard, Veronica Hawley, Ashley Alsworth, Lora Kelly  
Back: Anita Smith, Tasha Moore, Julie Lambert, Amy Kimble



**5 Years of Service**  
Front L-R: Lekyndra Smith, Holly Baggett, Taylor Berry, Lindsey Byrd, Kammy Cody, Georgina Barnett  
Back: Jeffery Nunnery, Jason Snider, Greg May, Katie Hux, Ashley Choudoir, Megan Durr, Karla Gerald, Ann Griffin, Antoinette Reese, Blake Sasser





# MY DOCTOR IS *in Our Community.*



His passion for understanding how complex systems work drew Dr. Craig Berteau into neurology, and it also gives him common ground with people who share his pursuits. To us, healthcare is personal. It extends far beyond a doctor-patient visit. That's the KDMC difference.

**Family. Friends. Neighbors. KDMC is our Community.**



**KING'S DAUGHTERS**  
SPECIALTY CLINIC

Craig D. Berteau, MD  
*Neurology*

940 Brookway Blvd. | Brookhaven, MS 39601 | 601.823.5000 | [www.KDMC.org](http://www.KDMC.org)