Women's Health Care: UNITING QUALITY WITH CONVENIENCE
Dear Friends,

Crisp Regional Health Services has long been dedicated to promoting the health and wellness of the people in the community we serve. Whether you’re blessed with good health and want to build on that strong foundation or you have a medical concern and need the best of care, Crisp is here for you. This issue of Crisp Living spotlights some of the ways we partner with the community to provide excellent care.

On Page 3, we take a look at the rehabilitation facility adjacent to our nursing home. In addition to offering a broad spectrum of high-quality services and treatments, the facility is warm and inviting.

We highlight our newly consolidated OB/GYN practice on Pages 4 and 5. Three physicians provide expert care for a range of conditions, and the practice is now in a convenient single location that has undergone major renovations, providing an even better patient experience.

Our pediatrics office has also been renovated. On Page 6, we discuss those improvements, as well as better patient flow and shorter wait times for pediatric care.

The wide scope of gastrointestinal services Crisp provides is the focus of our story on Page 7. We hear from our nurse practitioner and from a newly arrived physician who is providing advanced care close to where you live and work.

Thank you for allowing us to serve your family’s health needs.

Cordially,

Steven L. Gautney
President & CEO
Crisp Regional Health Services

Meet Our Resident Physical Therapist

Cordele Health and Rehab physical therapist Kameron Causey, PT, DPT, has 10 years of professional experience. A native of Cordele, she is pleased to serve her Georgia neighbors.

“I grew up in this community and then returned to practice professionally,” Kameron says. “I take pride in the therapy services we offer and enjoy helping others achieve their highest level of function.”

Kameron has worked with Cordele Health and Rehab for more than three years.

The Crisp Continuum

Crisp Regional is a regional health system with new facilities in the departments that matter most. Our ICU and brand new Emergency Department have won national awards for design that enhances the patient experience and the medical staff’s ability to provide personal attention.

CRISP REGIONAL HOSPITAL

For more information about all these outstanding services, call 229-276-3100 or visit crispregional.org and click on “Services.”

Anesthesiology       Obstetrics/Gynecology
Dermatology          Oncology
Ear, Nose, Throat & Allergy  Ophthalmology
Emergency Medicine   Orthopedics
Family Medicine       Pathology
Gastroenterology      Pediatric Cardiology
General Surgery       Pediatrics
Geriatrics            Podiatry
Imaging Services      Pulmonology
(Radiology)            Urology
Internal Medicine     Vein Center
Nephrology (Kidney)   Wound Center

A NETWORK OF FACILITIES

Crisp Regional Health Services also includes a comprehensive network of facilities that serve the community:

**Crisp Primary Care / Occupational Medicine**
Convenient Care—229-276-2000
Warwick Healthcare Center—229-535-4567

**Crisp Regional Rehabilitation**—229-271-4612
Physical, occupational and speech therapy for a variety of needs

**Cordele Health and Rehab**—229-273-1227
A 100-bed facility

**Crisp Regional Nursing and Rehabilitation Center**—229-273-1481
A 143-bed facility to care for our community’s seniors

**CareSouth Homecare Professionals**—229-271-4690
Delivering a wide range of health and social services to people at home

**Blackshear Retirement Villas**—227-273-2405
Assisted living for people who don’t need daily nursing care

**Reflections Hospice**—229-273-6282
Helping people have dignity and loving care at the end of life

**Dialysis Center**—229-273-2335
State-of-the-art technology, right here in Cordele

**Wound Center**—229-271-4620
Special help for wounds that do not heal within 30 days
Restoring quality of life—in an inviting setting—is the focus at Cordele Health and Rehab.

A short-term facility adjacent to but separate from Crisp Regional Nursing and Rehabilitation Center, Crisp Regional Health Services’ Cordele Health and Rehab offers care for patients recovering from illness or injury or from conditions that have been addressed through surgery. The cheerful color scheme, welcoming staff, full roster of activities and dedicated entrance make the facility appealing and easily accessible to patients and their loved ones.

Patients at Cordele Health and Rehab may be dealing with a variety of conditions, including cardiac, orthopedic and neurological challenges. To work through these conditions and help patients return home with their prior level of function restored, they may participate in occupational therapy, physical therapy and speech therapy. Services such as IV therapy and wound treatment are also available.

“We address the specific needs of each individual,” says Kameron Causey, PT, DPT, physical therapist with Cordele Health and Rehab. “People can come here for more intensive treatments than they would get from home health or on an outpatient level.”

**AN UNUSUAL RANGE OF CARE ...**

In addition to rehabilitation services, Cordele Health and Rehab offers dental, ophthalmic and podiatric care.

“We provide the highest quality of patient care in South Georgia,” says Rena Dickerson, Senior Nursing Home Administrator with Cordele Health and Rehab. “We are ready to work with every patient who walks through our doors.”

Other services include:
- Therapeutic plans for patients with neurologic needs, sports injuries, joint replacement, orthopedic repairs, plantar fasciitis, back pain, geriatric complications, vestibular/vertigo and workers’ compensation, as well as for children and amputees
- Pre-habilitation for joint replacement
- Instrument-assisted soft tissue massage for myofascial release
- Manual therapy
- Therapeutic exercise
- Neuromuscular re-education
- Balance and gait training
- Custom orthotics
- Pain and swelling management through electrical stimulation, iontophoresis, ultrasound and more.

**AND PLENTY OF ACTIVITIES**

To enhance emotional, mental and spiritual health as well as physical well-being, Cordele Health and Rehab hosts a variety of activities for patients and staff alike, offering recreational opportunities such as arts and crafts, bingo, bowling, and pizza and popcorn socials.

“Volunteers from the South Georgia community often attend and help out during these programs, and everyone loves the collaboration,” Rena says. “These activities give patients a chance to socialize and live life to the fullest as they prepare to return home.”

» For more information about Cordele Health and Rehab, contact Rena Ray at 229-273-1227, talk with your physician or visit crispregional.org.

**Wright and Warbington Join the Therapy Team**

Crisp Regional Rehabilitation physical therapist Jena Wright, PT, DPT, hails from South Georgia and enjoys giving back through outpatient services that use a variety of hands-on manual therapies to promote recovery and provide pain relief.

“What sets me and the rest of our therapists apart is that we take a very eclectic, full-body approach to create an individualized treatment plan for each patient,” Jena says. “For example, we may use yoga- and Pilates-based exercises to help patients get back to doing what they want to do. Whether it’s baseball or golf or simply being able to get from the bedroom to the living room, we turn your can’ts into cans. The patients’ goals are the important thing.”

Another South Georgia native, Crisp Regional physical therapist Bethany Warbington, PT, DPT, is making a difference in the region she has long called home.

“I look forward to giving back to the community that helped shape me, especially as I’m starting out as a new clinician,” Bethany says. “I am passionate about helping people get back to where they were functionally.
Quality Plus Convenience at Merged OB/GYN Office

Three physicians now practice at Crisp Regional’s newly renovated OB/GYN office, the Women’s Center. They take a team approach to treatment, so patients benefit from their combined expertise.

“We’ve merged our clinics into a single, high-quality facility,” says Samantha Boreland, M.D., OB/GYN at Crisp Regional. “We all function as one and provide a pleasant environment where patients can easily schedule appointments and find the medical help they need.”

The focus on teamwork, coupled with the unified location, streamlines and simplifies care, while promoting close bonds between physicians and patients, says Angela McDowell, DO, OB/GYN, who joined the Crisp Regional staff in March.

“It’s less confusing for patients because they don’t have to remember which office to drive to,” Dr. McDowell says. “Also, with the expansion of our services and capabilities, women now can stay in town rather than drive to Albany for certain types of treatment. We can provide everything in-house. Plus, with all three OB/GYNs practicing at the same site, all medical records are easily accessible. Patients don’t have to wait while we make calls to other offices to access their medical history or charts. We’re able to connect with them on a more personal level as well.”

NEW DECOR AND TECHNOLOGY
The entire facility has undergone a face-lift—including fresh paint, new flooring and updated waiting rooms with comfortable furniture—to make it feel more like home.

“The consolidation’s goal was to enhance the patient experience, but in the office, we wanted to start from scratch and bring in all-new amenities and decor to create an environment where women want to spend time,” Dr. McDowell says. “Our efforts paid off. The atmosphere is inviting and soothing, which is especially important for the kind of work we do.”

Patients also benefit from the Women’s Center’s investment in cutting-edge technology that promotes better outcomes. For example, ultrasound services are still provided at the clinic, but new, more technologically sophisticated ultrasound equipment has been incorporated, underscoring Crisp Regional’s commitment to high-quality care.
At Crisp Regional, we truly care about our patients. We don’t see our work as simply a job. We find value and joy in serving the Cordele community. I especially want to encourage women who don’t normally see a doctor to start making time for themselves to get preventive care. It’s the little decisions, such as scheduling regular well-woman visits, that can save lives. We are accepting new patients. Please make time today to call for an appointment.”

—Samantha Boreland, M.D., OB/GYN at Crisp Regional

In addition, the Women’s Center in the hospital has been renovated, giving the suites an updated look to ensure moms have a comfortable location in which to welcome their new arrivals.

**TREATMENT OPTIONS**
The clinic offers a full range of OB/GYN services to the Cordele community, including:

- Well-woman visits
- Routine lab work and ultrasounds
- Contraception, conception and infertility counseling
- Antenatal care for the entire scope of the pregnancy

- NovaSure endometrial ablation to reduce bleeding
- Hysterectomy
- Hysteroscopy
- Tubal ligation

“At Crisp Regional, we offer almost every OB/GYN service a women needs,” says Daniel Bailey, M.D., OB/GYN at Crisp Regional. “Our nursing staff is really top-notch, and they provide an excellent quality of care to our patients. For instance, recently one of our nurses discovered a pregnancy issue in one of our patients, and the baby was delivered safely within 10 minutes. Our clinical staff thinks quickly on their feet, and we are here to offer exceptional OB/GYN care to the community.”

To schedule an OB/GYN appointment, call 229-276-3038.
Pediatrics Office: Fresh Look, Shorter Wait Times

Crisp Regional Health Services recently renovated its Cordele pediatrics office with a simple goal in mind: making the patient experience even better.

The office is seeing more patients, as parents in the community recognize the high-quality care the pediatric team provides. In response, Crisp has taken steps to keep pace with the higher volume and to make sure its young patients continue to get excellent care in an appealing atmosphere. As part of the renovation project, Crisp has built one lobby for children coming to the pediatrics office for well checkups and another for children who may have contagious illnesses. That and other efforts have helped improve patient flow.

“We’ve really shortened the time our patients wait to be seen,” says Charolett Engram, Director of Professional Services at Crisp Regional. “And we’ve created a healthier environment for everyone by having the separate lobbies.”

A PLACE FOR KIDS

Brightening the office and making it more comforting to youngsters was also an important focus of the renovations.

“We redecorated the office using vibrant colors throughout,” Charolett says. “Plus, photos of some of the patients who have received care at the practice before are now on the walls, making patients and their families feel more welcome.”

In addition, two local artists, Rachel Kingry and Crisp employee Marsha Ingram, hand-painted canvases for each patient examination room, using a children’s book theme throughout. Many decorations and other items were funded by the hospital’s auxiliary program, and Conner’s Construction in Cordele performed the renovations.

“Whether children need a well visit or vaccines for school, or if they simply aren’t feeling well, we’re here to take care of them,” says Charolett. “We want to invite all parents to bring their children to see us, whether they’re new to the area or they’ve received care from us in the past. This is definitely a new office.”

» For more information about pediatric services, visit crispregional.org.

An Office of Their Own

Renovations at Crisp Regional’s pediatrics office weren’t just exciting for patients and their parents—the staff is also enjoying the fresh new digs. Physicians and office employees discussed plans before the renovations began, and they like the end product.

“They’re really proud of where they work, and that has created a more positive environment for our patients,” says Charolett Engram, Director of Professional Services at Crisp Regional. “It’s brought our physicians and staff even closer together as a team. The great care we were already able to provide is now reflected in the facilities where we provide it.”
Big-city Care in a Hometown Setting

Gastroenterology Associates of Cordele brings a high level of expertise and experience to tackling stomach troubles and digestive issues.

Gastroenterologist Vithal Kusuma, M.D., and nurse practitioner Phylis Willis, FNP-C, treat the full gamut of gastrointestinal problems at Gastroenterology Associates of Cordele. Both joined the practice, which is affiliated with Crisp Regional Health Services, in early 2015, but neither of them is new to South Georgia—or to providing quality medical care.

“I worked as a gastroenterologist in Albany for more than 30 years,” Dr. Kusuma says. “There’s not a lot I haven’t seen in my years of practice. Phylis and I make a good team, and we believe in taking excellent care of our patients—it’s what we enjoy doing most.”

As part of their approach to ensuring high-quality service, Dr. Kusuma and Phylis work with an experienced office staff that has deep roots in the community.

“When Dr. Kusuma and I joined this practice, we kept the office staff that was already in place, and it was like joining a ready-made family,” Phylis says. “They helped us transition well into the area.”

FROM ROUTINE TO COMPLICATED

“Many of our patients are here for a routine screening colonoscopy,” Phylis says. “That’s the best way to check for colon cancer, and everyone should have a colonoscopy starting at age 50 and then at least every 10 years. Another common procedure is called EGD, or esophagogastroduodenoscopy or simply gastroscopy. This procedure examines the stomach and small intestines for any digestive problems.”

Dr. Kusuma is also able to perform an advanced procedure called ERCP, or endoscopic retrograde cholangiopancreatography, which was previously unavailable in the area.

“An ERCP allows us to solve problems with the common bile duct that can occur with gallstones, pancreatic disorders or gallbladder disease,” he says. “As the only gastroenterologist in the region, I can help patients who otherwise would have to travel out of town for care.”

Gastroenterology Associates of Cordele takes referrals from doctors as well as self-referrals. To make an appointment, call 229-276-2185.

“We strive to treat our patients the way we would want to be treated—and the way we would want our mom and dad to be treated.”

—Phylis Willis, FNP-C, nurse practitioner with Gastroenterology Associates of Cordele
Rosemary Pork Loin

This savory, low-carb dish is great for a cold winter day.

**INGREDIENTS**
- 3 pounds boneless pork loin
- 2 tablespoons organic Dijon mustard
- ½ cup white wine
- 3 tablespoons chopped red onion
- 2 tablespoons pepper
- 1 clove garlic
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons rosemary, freshly chopped

**DIRECTIONS**
1. Preheat oven to 350 degrees Fahrenheit and mix all nonmeat ingredients together in a small bowl. Spray glass pan with nonstick cooking spray. Place pork loin in the glass pan and evenly coat the meat with the mixture.
2. Cover meat dish with aluminum foil and bake. When the meat temperature reaches 145 degrees Fahrenheit, remove it from the oven.
3. Let meat cool before slicing it into thin pieces.

**NUTRITIONAL INFORMATION PER SERVING**
- Servings: 10
- Calories: 201
- Total fat: 8.8g
- Cholesterol: 66mg
- Sodium: 793.5mg
- Potassium: 16.8mg
- Total carbohydrates: 1g
- Dietary fiber: 0.2g
- Protein: 25.3g

If you can find the watermelon hidden in this issue, call 229-276-3650, email crushton@crispregional.org, subject line “Watermelon,” or mail a postcard to 902 North 7th St., Cordele GA 31015, and you’ll be entered in a drawing for a $25 gas card. Tell us the page number and location of the watermelon as well as what you’d like to see in future issues of Crisp Living. A winning entry will be drawn from all responses received by Feb. 5. You must be 18 or older to enter. Employees of Crisp Regional and their family members are not eligible.