

2018



Health, Wellness & Senior Living

INSIDE

2018 Health, Wellness & Senior Living

3 Express Pharmacy:
Cares about its customers' health

6 Alabama Senior Citizens Hall of Fame:
Dr. Shirley Spears has been inducted as a member

9 FUM Kindergarten/Daycare:
Helps kids from six weeks old to elementary-age students

11 Brookwood Health Care:
BE FAST when it comes to stroke signs

13 CVMC Foundation:
Schedules annual Seafood Scramble

14 Pediatric Initiative:
Stresses literacy and good health

16 Alabama Eye Clinic:
'Seeing is a lot better than not seeing'

18 Always There In-Home Care:
Q&A

20 St. Vincent's:
Continues to serve St. Clair communities

Teamwork Makes the Dream Work!

We take the time to fill all your needs.

NORTHSIDE APOTHECARY



Services provided:

- All prescription insurances accepted
- Competitive Pricing
- Wound care supplies
- We match local competitors and have \$4 & \$10 generics
- Drive Thru
- Automatic refill program where we remind you it's time to get your prescription refilled!
- Internet refill requests
- Fast prescription transfers from other pharmacies
- Flex Spending Cards accepted
- Comprehensive selection of Rehab & Home Health products
- Free Flavoring of liquid medicines
- OTC selection

We Also Carry

Compression Socks | Willow Tree Collectables
Home T Apparel

M-F 8:30 am-8 pm | Sat. 9 am-4 pm

74 Plaza Drive | Pell City, AL
northsideapothecary.com

We accept BCBS and Tricare!

205-814-7272 

Express Pharmacy cares about its customers' health

By Amanda E.H. Pritchard
Special to The Daily Home



our customers as family. At other pharmacies, customers are treated as just a number waiting in line. We try to stand out with our customer service and treat our customers the way they deserve to be treated."

He believes striving to provide that service has paid off, and the biggest compliment he and the Express Pharmacy staff have ever received is, "I love you."

"The best compliment anyone can get is for them to tell you they love you. We have many customers that literally say 'I love you' to me and my employees. It doesn't get any better than that."

See Pharmacy page 4

Express Pharmacy makes life easy. Since opening its doors in 2010, business has boomed. Owner Mark Walker attributes that to two things: valuing his customers' time and treating them like family.

"We try to fill prescriptions in a timely manner and not have you wait hours and days in order to pick up your prescription," he said. "Likewise, we do not have automated phones so you don't have to wait forever to talk to a person. When you call Express Pharmacy a person answers every time."

Walker wants customers to feel right at home when they walk into Express Pharmacy.

"The most important thing is we try to treat

You Can't See Early Signs of Eye Disease... **BUT WE CAN!**



We accept: BCBS, Southland, Medicare, ALL Kids, Medicaid, VSP, Healthspring, United Health Care/Spectera, Blue Advantage, Eyemed & Viva

JOSEPH SCHNORBUS, OD

ALABAMA EYE CLINIC

Comprehensive Eye Health Care

109 Coosa St. East, Suite A
Talladega (Located Behind Post Office)

(256) 362-4872



Woodcroft Apartments

3131 Carl Morgan Road, Moody, AL 35004

***** NOW LEASING *****

- Spacious 1 & 2 BR / 1 Bath Units
- Central H/A •Quiet, Friendly Property
- Stove/Refrigerator Included
- Experienced Property Manager & Maintenance Staff

Call or come by today for details!
205-640-4535

"Come Live With Us!"

TTD only 1-800-348-3546

Managed by Apartment Services & Management Inc., Auburn, AL



SYLACAUGA HOUSING AUTHORITY



*Providing
Affordable Housing
in Sylacauga
Since 1941*

1-2-3-4 & 5 Bedroom Apts.



256-249-0381

Pharmacy

from page 4

Walker opened Express Pharmacy “about a year after Spears Pharmacy closed. I had worked at Spears off and on during pharmacy school and loved every minute of it. So after Spears closed, I hired long time Spears employee Karen Wade and opened Express Pharmacy.”

Considering how busy most peoples’ lives are, Walker wants to give the gift of convenience to his customers. He enjoys connecting with them face-to-face, but if circumstances don’t allow time for that, he connects with customers on social media.

“Social media is a fantastic way to advertise. I have just begun to use it effectively this past year and will continue to do so,” he said. Customers can like Express Pharmacy on Facebook and subscribe to its YouTube Channel—Health Mart Pharmacy.

Dedicating himself to helping his community stay healthy, Walker offers the following suggestions for staying well as winter approaches.

“It’s getting to be cough and cold season, and one simple thing that can help keep you from getting a cold

is to wash your hands frequently. It’s simple, cheap and effective.

“The number one thing I would recommend for overall health is exercise. Regular exercise not only helps your body stay healthy, it also stimulates the brain and really helps out with mental health.”

Stressing the importance of healthy living, Walker says senior citizens have the most questions about healthy ways to live, and his number one suggestion is to stay active, which in return facilitates a healthy mind, body and soul.

Express Pharmacy is at 320 West Battle Street in Talladega. Its phone is 256-362-1120, and its website is www.healthmart.com.

Walker says the number one reason people return is because his staff cares.

“We care about you, and it shows. We know you can choose other pharmacies, and most of the time co-pays are the same no matter what pharmacy you go to. So we try to treat our customers like family so they will be happy to come see us.”



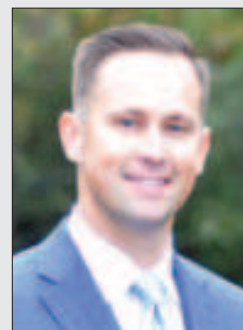
Mark Walker is the owner of Express Pharmacy in Talladega.



*Like a good neighbor,
State Farm is there.®*

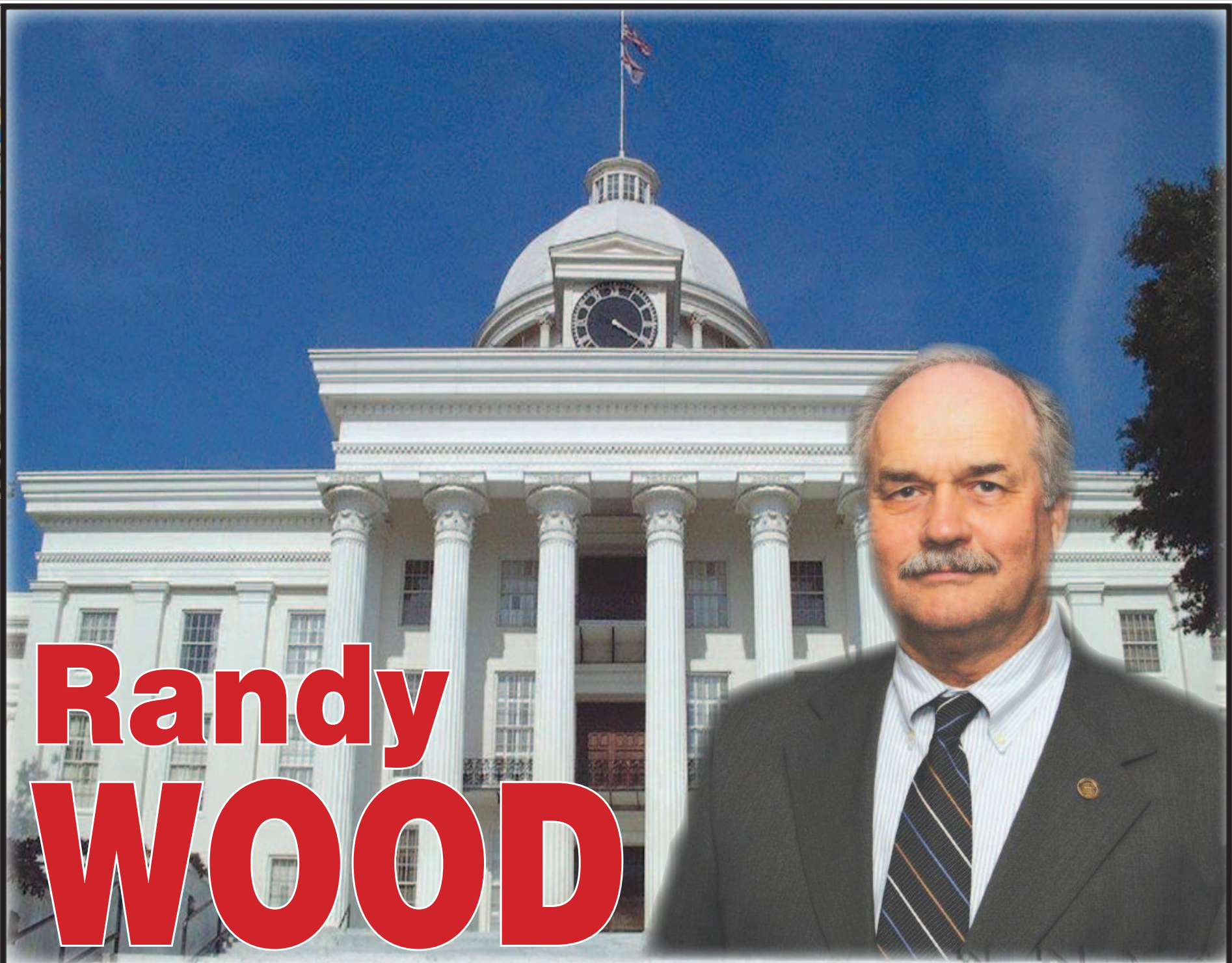
See me for Auto, Home, Business,
Property, Life and Health Insurance.

*September is
Life Insurance Awareness Month*



Bart Perry, Agent
www.bartperry.com
1000 Forrest Place, Suite 1
Pell City, Alabama 35128
205-525-0726

 **State Farm®**



Randy WOOD

**STATE REPRESENTATIVE
DISTRICT 36**

Local resident inducted into Alabama Senior Citizens Hall of Fame

By Denise Sinclair
Home Staff Writer



Senior Citizens Hall of Fame inductee Dr. Shirley Spears with former state Sen. Jerry Fielding, who nominated her for the honor. Fielding is also a hall of fame member.

Dr. Shirley Spears has been inducted as a member of the Alabama Senior Citizens Hall of Fame.

Induction into the Hall of Fame is awarded to Alabamians, age 60 and older, for their outstanding accomplishments, service and contributions to the lives of older members of their local communities.

Spears was nominated by former State Sen. Jerry Fielding. Fielding is also a member of the Senior Citizens Hall of Fame.

"It is truly an honor to recognize a group of seniors who have contributed so much to improving the lives of older Alabamians," said Todd Cotton, acting commissioner of the Alabama Department of Senior Services, which sponsors the Hall.

For more than 45 years, Spears was a librarian. She retired last year as director at B.B. Comer Memorial Library.

Spears' path to serving as a librarian for more than four decades -- what she calls the "perfect job" -- was not easy.

Her early years of hard work as a child on a small cotton farm were followed by her years as a mill worker and a night student at a junior college. Along the way, she developed a determination to work for other people's

enjoyment and enrichment, regardless of their station in life.

She served as a school librarian at Benjamin

See Senior page 8



COOSA
VALLEY MRI



Be
Safe
Be
Sure

Sports injuries happen.

When they do, you can turn to us to make sure your athlete is getting the most accurate diagnosis with fast scheduling, fast results, and more head-out MRI scans.

INSIDE
COOSA VALLEY
MEDICAL CENTER

315 West Hickory Street
Sylacauga
256-207-2686

COOSAVALLEYMRI.COM





**A SIMPLE WAY TO
ENJOY EATING BETTER**

ROAST BEEF

SUBWAY CLUB®

**SWEET ONION
CHICKEN TERIYAKI**

TURKEY BREAST

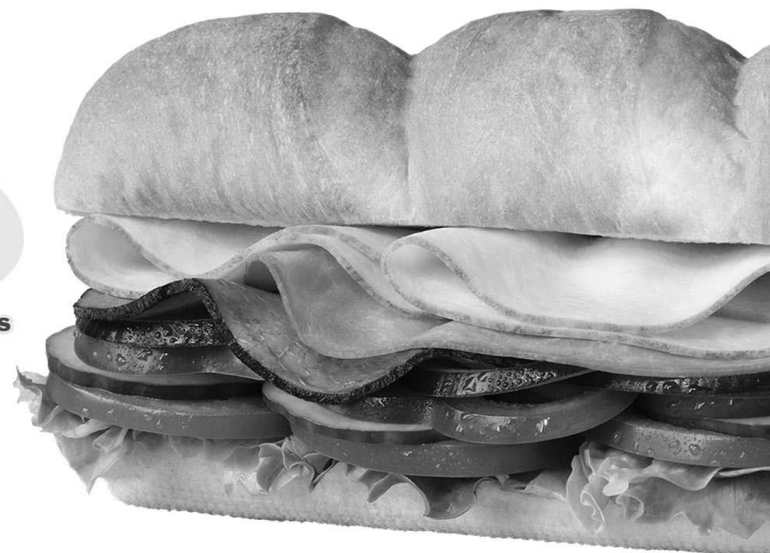
**TURKEY BREAST &
BLACK FOREST HAM**

**OVEN ROASTED
CHICKEN**

BLACK FOREST HAM

VEGGIE DELITE®

6 grams
of fat
or less*
on **6"** subs



**608 Battle Street, East
Talladega
(256) 362-0741**



SUBWAY FRESH FIT® and SUBWAY FRESH FIT FOR KIDS™ should not be considered a diet program.
*Fat content refers to regular 6-inch subs on white or 9-grain wheat bread prepared to standard
formula. Visit Subway.com for full nutritional information. ©2018 Doctor's Associates Inc.
SUBWAY® is a registered trademark of Doctor's Associates Inc. submul_18997

Look For Our KIDS' MEALS

Senior

from page 6

Russell High while receiving her doctorate from Auburn University.

In 1983, Spears became director of B.B. Comer Memorial Library, a job that offered the perfect opportunity to help provide adults with education, enrichment and entertainment through the humanities and the cultural arts.

"The ground was fertile. Sylacauga had no theater, bookstore, civic center or nearby university," Spears said. "Senior citizens really needed good programs in a comfortable setting, close to home.

"Although we started out small with the programs, more and more retirees began to count on Comer Library for continued learning, fellowship and just plain fun."

Spears is quick to point out the critical factor in successfully serving adults was the extraordinary staff at the library.

"We started writing grants and piloting programs for all ages," she said. "With the library board's blessing, we were pioneers in making ongoing programs for adults as part of our service plan, and having most of the programs at noon was great for seniors." Spears said it is

hard to overstate the importance of the library to the area. The Donna Dickey Book Store provides low-cost books for those on fixed incomes, and the large print and audio books for check-out are a blessing to those who have vision problems, she said.

Other programs benefiting seniors at the library are the SouthFirst Bank brown bag lecture series and the Coosa Valley Medical Center's Community Links health information series, as well as computer classes and test proctoring services.

Also, there is hands-on help with online access to resumes, job applications, volunteer opportunities, food stamps, workmen's compensation and other benefits.

Spears pointed out Comer Library is helpful to so many -- "balancing the books" for those who need help with their lives.

Spears felt honored by the Hall of Fame induction but offered credit to others, saying, "The award truly belongs to Comer Library, its staff and historic trustees like Donna Dickey, Harry Brown and others.

"I feel blessed to have been a participant in the work of Comer Library for such a long time -- and I appreciate the opportunity to be an active senior citizen -- continuing to follow my dream by working on behalf of the library through the B.B. Comer Memorial Public Library Foundation.

"Early in my career, I came to believe that public libraries had an



Friends and relatives of Dr. Spears attended the senior citizens hall of fame induction ceremony organized by the Alabama Department of Senior Services.

important role to play in improving the lives of our senior citizens."

Spears' family and friends, and members of the Comer Library

staff, attended the ceremony.

Sunrise Village

*** NOW LEASING ***

- New Remodeled Units
- All New Flooring & Appliances
- 1, 2 & 3 Bedroom Units
- On-Site Maintenance & Security
- Friendly Community

Call today for details!
256-761-1249

"Come Live With Us!"

TTD only 1-800-348-3546

Managed by Apartment Services & Management Inc., Auburn, AL



0002573371

Local service.

Drew Alexander
Union State Insurance, Inc.
1920 1st Ave N. | Pell City, AL
(205)884-1670
800-239-4356

Great insurance.

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

0002401371

FUM Kindergarten/Daycare helps students from six weeks old to elementary-age



DeeDee Mathews oversees 25 staff members and 135 students at the historic childcare center.

By Sherry Kughn
Special to
The Daily Home

DeeDee Mathews, director of the First United Methodist Kindergarten/Daycare in Sylacauga, appreciates the positive responses that she gets from parents; but it is the love for the children

See Students page 10A

¡ Feliz día de la Independencia !



CHECK OUT OUR FULL BAR!

L'Acosta Mexican Restaurant

Our Area's Only Mexican Lunch Buffet
Served Sunday-Friday

215 N. Broadway Ave.
Sylacauga, AL

256-249-3360

00024015711

Trust Your Heart & Veins to Birmingham Heart Clinic



BHC
BIRMINGHAM
HEART
CLINIC, P.C.

**Leaders
Specializing in**

- Adult coronary, carotid & peripheral disease
- Latest catheterization techniques
- Treat of AFIB & arrhythmia disorders
- VenaSeal vein repair
- State-of-the-art, office-based cath lab

CALL TODAY TO SCHEDULE AN APPOINTMENT!

BHC at St. Vincent's 119
Hoover
205.776.6330

BHC at St. Vincent's
Birmingham
205.776.6330

BHC at St. Vincent's
Gardendale
205.776.6330

BHC Pilot
Trussville
205.856.2284

BHC at Northside Medical
Pell City
205.815.4818

BHC at St. Vincent's Blount
Oneonta
205.274.3323

Students

from page 9

that motivates her and her staff.

Twenty-five caregivers and teachers watch over and teach the children who attend. Some children are as young as six weeks old, and others are elementary-school-age students up to age 10 who need after-school care.

Each day, the children are given 30 minutes of playground time and, on some afternoons, they get more.

“We firmly believe in outside play,” Mathews said.

The staff is diligent to ensure that it goes beyond the state standards for kindergarten/daycare centers in church settings. All staff members undergo background checks, and the administration stays prepared to pass health and fire inspections by the Department of Human Resources.

The staff encourages parents to send lunches and snacks that are low in sugar, a practice which improves student performance in class.

“Too much sugar affects their behavior,” she added.

The kindergarten/daycare opens at 6:30 a.m. in order to accommodate parents who travel out of town to their jobs. It closes at 5:30 p.m. About nine

children are in kindergarten, and there are 33 four-year-old children this year. Eight babies come each day; and about 35 children attend the after-school program. These numbers, counting all classes, total 130 children.

Many parents work, but Mathews said they are eager to take off on days when children have special programs, such as during the Christmas, spring programs, and graduation. Sometimes parents will also take off from work to accompany their child on a field trip.

Each day, the children hear Bible stories and say blessings before meals and snacks in order to get a spiritual foundation.

The history of the kindergarten/daycare might make it one, if not the, oldest in the state. In 1947, it began as the Sylacauga Cooperative for Children Under Six. Instead of asking for tuition, parents were asked to volunteer their time. At one point, a family bought a bus to transport children. School leaders added a daycare in 1967 when mothers began to work outside the home. Cloyd Smith was the school’s first director; and, in all of these years, Mathews is only its sixth director.

There are a lot of daycares around here,” said Mathews, “but here we have a beautiful church

building, and our staff is number one. They truly care about these children and would not be here if they didn’t. It is hard work for the pay they get.”

Mathews started out at the kindergarten/daycare as a teacher, and she has been there 27 years.

“I love working with children,” she said. “They love me, and they know when I mean business. We have a good time here.”



**Hello
Gorgeous
Salon**
205-886-3609
29 W 3rd St
Sylacauga AL 35150
Tara Wells
Owner & Master Cosmetologist

Cheaha Eye Associates, P.C.
Optometrists
Member American Optometric Association
Office Park East Suite F, 300 East St. N., Talladega
Call 256-362-5800 For Appointment

- Comprehensive Eye Exams
- Contact Lenses (Bifocal & Disposable)
- No Line Bifocals
- Latest Fashion Frames

MOST INSURANCES ACCEPTED



Dr. David H. Pickrell

**HOURS: Mon., Wed., Thurs. & Fri. 8:30-5:00,
Tues. 8:30-5:30 & Saturday 8:30-4:00 By Appointment**

IT'S ALL ABOUT THE SLEEP...



and we can help you get the rest you need!

A good night's sleep is essential for good health!

**WE HAVE •TOP BRANDS
•LARGE SELECTION •BEST PRICES
•DELIVERY & A GOOD NIGHTS SLEEP**

Mattress & More, LLC
1911 Martin St S # 8, Pell City, AL 35128
205-338-2335
PATTY HODGE, MANAGER

Pathway
PEDIATRICS

Direct your children onto the right path and when they are older they will not turn from it.
Proverbs 22:6

- Leslie Sawyer, MD (owner)
- Megan Moore, PA-C (owner)
- Alice Hardy, MD
- Chante' Ruffin, MD
- Kristen Lawhorn, PNP

**Big City Medicine,
Small Town Care**

Sylacauga Office: 209 West Spring St. #300, 256-208-0060
Chelsea Office: 398 Chesser Dr. Suite 7, 205-678-1286

www.pathwaypeds.com

Brookwood Baptist Health Care reminds to BE FAST when it comes to stroke signs

By Brookwood Baptist
Special to *The Daily Home*

When T'nesheia Davis welcomed home her newborn daughter earlier this year, she thought the biggest challenges ahead were dealing with her children and her family's impending move from Atlanta to Alabama. The last worry on her mind was the possibility of stroke.

Less than a month after the birth of her daughter, T'nesheia's right side suddenly went limp while she was in the shower.

"I just collapsed. I had no signs or symptoms beforehand - my right side was suddenly paralyzed, like a switch was turned off," T'nesheia remembers. "I couldn't move or talk at all."

Luckily, when T'nesheia fell, her husband

heard her from the next room. When she didn't respond to his calls to check on her, he became worried and found her in the bathroom and called 911. Once the first responders arrived, T'nesheia was unable to answer any questions and she was rushed to Brookwood Baptist Medical Center's Primary Stroke Center, where

See Stroke page 12

CURTIS AND SON FUNERAL HOME



Truly caring for the Sylacauga and Childersburg area for over 43 years with dignity, comfort and help.

Barry Curtis, Manager & Elder Care Attorney

**1315 Talladega Highway
Sylacauga**

**10991st Street N.W.
Childersburg**

256-245-4361

www.curtisandsonfh.com

Dignity®



Stroke

from page 11



Thirty-three-year-old stroke survivor T'nesheia Davis with her husband and children. She was treated at Brookwood Baptist Health's Primary Stroke Center.

It was found that she had experienced a stroke caused by a blood clot in her brain.

"Once I got to the hospital, they gave me an MRI and the next thing I knew I was being rushed into the OR for emergency surgery. It happened so quickly and everyone was so calm that I didn't even realize that I was having brain surgery at first."

Dr. Jitendra Sharma, interventional neurologist and medical director of Brookwood Baptist Health's Primary Stroke Center says, "It is incredibly important that anyone exhibiting any symptoms of a stroke get to the hospital quickly so that we have the highest chance of successfully helping them. There is a two-six

hour window where we have the chance of totally reversing the stroke, and it is vital that patients come to us in that time frame. Luckily, T'nesheia was able to get to us quickly so we were able to help her."

Thanks to the quick action of her husband, T'nesheia is now back at home with her family and recovering. She is slowly working on getting back to her normal life, and has minimal effects left from the stroke.

"The doctors and nurses were amazing and I'm so thankful for Dr. Sharma. Without them, I'm not sure what would have happened. It was so scary and I'm so thankful that my husband acted quickly and made sure that I got to the hospital," said T'nesheia.

"This changed my life in ways that I couldn't imagine. I look at life differently now. I am only 33, with a new baby and a two year old, and before this I was perfectly healthy. I thought that strokes happened when you were older, but this was an eye-opener. I want people to know that it can happen to anyone at any age, even if you are as young and healthy as I am."

To remember the symptoms of a stroke, remember to **BE FAST**:

Balance: loss of balance or coordination, dizziness

Eyes: Blurry, double vision or loss of vision in one eye

Face: one side of the face droops

Arms: One arm drifts downwards when both are raised

Speech: slurred or strange speech

Time: if you observe any signs of stroke, call 911 immediately

GRIZZARD LIVING AIDS

Improving Lives Through Better Mobility

We only sell the best quality equipment
because we want it to always work properly.



**Straight & Curved
Rail Stairlifts**



**Turning
Automotive Seats**

**Terry Grizzard
Owner**

**Brenton Young
Service Mgr.**

1227 Noble St.
Anniston, AL

256-237-2006

tgrizzard@glalifts.com
www.glalifts.com



**Interior Vehicle
Lifts**



**Exterior Vehicle
Lifts**

Kind, caring & complete
Family Dentistry

Our patient's smiles say it all!

New Patients Welcome - Call For Appointment
Most Insurance Accepted
Open: Monday-Thursday 8 a.m.-5 p.m.



CHEAHA
FAMILY DENTISTRY
151 Stephen J. White Memorial Blvd., Talladega
256-362-8511

BEN CONTRATTO, DMD
www.facebook.com/TalladegaDentist

CVMC Foundation schedules annual Seafood Scramble



Staff Report

Coosa Valley Medical Center Foundation's 2018 Seafood Scramble Golf Tournament is scheduled for October 15 at Pursell Farms.

The registration deadline is October 12, with four levels of sponsorship.

• EAGLE Sponsor -

\$1000.00 - Includes four players, four tournament gifts, acknowledgement of sponsorship on a course hole, golf cart, and list in the Event Program.

• BIRDIE Sponsor - \$700.00 - Includes two players, two tournament gifts, acknowledgement of sponsorship on a course hole, golf cart, and list in the Event Program.

• PAR Sponsor - \$350.00 - Includes one player, one tournament gift, acknowledgement of sponsorship on Sponsorship Board and list in the Event Program.

• Individual Player - \$250.00 - Includes one player and one tournament gift.

Fees include golf cart, a tournament gift and the Seafood Scramble buffet

from 11:30 a.m.-1:30 p.m. Checks made payable to the Coosa Valley Medical Center Foundation can be mailed to Jala Hayes, 315 W. Hickory Street, Sylacauga, AL, 35150.

To pay with a credit card, or to obtain more information, call 256-401-4070.



Juan Campos, M.D.

Matthew Dimon, M.D.

David Marotta, D.O.

Surgical Excellence.

Full-Time Surgeons, close to home.

SYLACAUGA SURGICAL ASSOCIATES is home to the general surgeons at Coosa Valley Medical Center. All of our surgeons are board certified by the American Board of Surgery and are full time to the community.

Come experience our continuity of care.

When you need expert surgical care close to home, trust Sylacauga Surgical Associates.

Surgical Services Include:

- EGD & Colonoscopy
- Gastrointestinal Surgery
- Heartburn Care
- Wound Care
- Breast Surgery
- Cancer Surgery
- Hernia Surgery
- Laparoscopic Surgery
- Reflux Surgery
- Thoracic Surgery
- Thyroid Surgery
- And MORE



SYLACAUGA SURGICAL ASSOCIATES

110 S. Anniston Ave. Sylacauga, AL 35150

256-207-0200

Ensure The Financial Health of Your Business

We offer customized bookkeeping services to eliminate your financial burdens.

- Full Service Payroll
- Payables & Receivables
- Bank Reconciliations
- QuickBooks Support & Training



Connecting small businesses with affordable financial services

256-272-9733

www.nexusbookkeepingllc.com

000257327R1

Pediatric initiative stresses literacy and good health



By Linda Lee
*Special to
The Daily Home*

Good oral hygiene, reading and regular bedtimes are three simple life skills that pediatricians in 12 Alabama practices are reinforcing through Brush, Book, Bed (BBB), a new statewide program of the Alabama Chapter of the American Academy of Pediatrics (AL-AAP) and its early literacy arm, Reach Out and Read-Alabama (ROR-AL).

Made possible by a grant from the DentaQuest Foundation, along with in-kind support from the Alabama Department of Public

Health's Oral Health Division, the program is providing families at well-child visits with materials in hand. These total 6,000 age-appropriate books, stickers, a toothbrush, toothpaste and floss -- 500 kits to each of the pediatric offices. These items are to remind families of the need to complete the BBB routine each night to achieve optimal oral health for their children.

"This program will pay dividends to the lifelong health of our patients and their families," said Dr. Grant Allen, a Florence, Ala., pediatrician and BBB physician leader. "Many families, especially those

most vulnerable, are not aware of the importance of early

oral health, seeing a dentist and reading to their children."

Participating pediatric offices in the program are Charles

Henderson Child Health Center, Troy; Dothan Pediatric

Quality Healthcare for the Entire Community



**Ammar Aldaher,
M.D.**



**Stephen R. Bowen,
Ph.D., M.D.**



**Laura G. Deichmann,
M.D.**



**Walter Pinson,
M.D.**



**Imad Khdair,
M.D.**

We want you to know that you and your good health are important to us. We appreciate the trust you place in us, and we will do everything possible to meet your health care needs.

CRADDOCK Health Center

www.craddockhealthcenter.com

Coosa Valley Medical Plaza
209 West Spring Street, Suite 200
Sylacauga, Alabama 35150

(256) 245-5241

Clinic; Enterprise Pediatric Clinic; Eufaula Pediatric Clinic; Gadsden Pediatric Clinic; Model City Pediatrics, Anniston; Ozark Pediatric Clinic; Partners in Pediatrics, Montgomery; USA Family Medicine, Mobile; West Alabama Pediatrics, Tuscaloosa; Pediatrics West Bessemer; and Pediatrics West McAdory, Bessemer.

“Appropriate early oral health prevention, intervention and education are needed to prevent dental decay, which in Alabama is twice that of the national rate, and those children particularly at risk for dental caries are those under 3 years of age,” said State Dental Director Dr. Tommy Johnson. “Because pediatricians and other child health professionals are most likely to encounter new mothers and infants, it is essential that they educate parents on the prevention of dental decay.”

According to a recent article in Parents magazine, bedtime stories have long been known to foster parent-child bonds and prepare children for sleep. But lately, researchers have attached other powers to this nighttime routine; parents reading to

their child are actually boosting the child’s brain development. According to G. Reid, Lyon of the National Institute of Child Health and Human Development, the most profound benefit is the way reading bedtime stories can rewire children’s brains to quicken their mastery of language.

The evidence-based Reach Out and Read program, administered by 60 pediatric practices and clinics in 30 counties across Alabama, builds on the unique relationship between parents and medical providers

to develop critical early reading skills in children, beginning in infancy. During regular visits with the doctor, families grow to understand the powerful role they play in supporting their children’s development, early language and literacy at home.

ROR-AL’s ninth annual “Rx for Summer Reading” campaign is currently underway and complimenting BBB by promoting the importance of bedtime routines through the children’s book, *Goodnight, Daniel Tiger*.



Patient Care Academy
 Become a
Certified Nursing Assistant



Are You Ready For A New Career In The Medical Field?

Classes Beginning - October 1, 2018
8am-5pm, Monday-Friday, no weekends

10 - Day Course Completion
Affordable Tuition
Payment Plans Available

Medical Organizations -
Expand Your Staffing With Our
Sponsorship Program

For information call or e-mail:

205-208-8058

patientcareacademy1@gmail.com

1207 Main Ave North, Sylacauga, AL 35150
256 369-2498

00025730R1



Health Care & Rehabilitation Center



Improving Every Life We Touch.

510 Wolf Creed Road North
Pell City, AL 35125

205-338-3329

000240138r1

'Seeing is a lot better than not seeing,' local optometrist says



By Sherry Kughn
*Special to
The Daily Home*

Dr. Joseph Schnorbus, O.D., has a 22-year career in optometry in Talladega. He and his wife, Arlene, operate Alabama Eye Clinic. She is his office manager.

Schnorbus came to Talladega by way of the University of Alabama at Birmingham. He is a Cincinnati, Ohio, native who earned his undergraduate degree at the University of Cincinnati. He became a teacher in upstate New York after graduating with a master's degree from State University of New York at Potsdam. Later, he taught chemistry, biology, and physical science in a district called Madrid-Waddington, a rural area in upstate New York. During his

teaching career, which included also teaching college students, he remembered how he had always wanted to go into a field of medicine. He decided to find an affordable university with an excellent reputation

and pursue a doctorate in optometry. UAB provided him with an opportunity that fit both needs, even though he had offers from several schools.

"I was teaching school," said Schnorbus, "and

realized that I needed to get the degree before I got too old."

Two days after graduation, in 1996, he went to work for a Talladega optometrist. Two years later, he opened Alabama Eye Clinic and has enjoyed his chosen field of work.

"It is very fulfilling," he said. "I get to talk to people in a nice, comfortable setting day in and day out, and I help people see better."

At his office, Schnorbus checks patients and co-manages many surgeries on cataracts. When he sees patients

who need more advanced care, he

makes referrals so they can have the best



**LUCK
WON'T GET
YOU
THE JOB.**

**The right staffing
company will.**

**elwood
staffing®**

The better people, people.®

115 Court Street North, Talladega

256-362-1953

0002569391

 **State Farm™**

AL1374

Brandon Tate Agent
TateFarm.net

45277 US Highway 78
Lincoln, AL 35096
205.763.7023

Office Hours:
Monday-Friday
9 am - 5 pm



**Providing Insurance and
Financial Services**

**Come see us for your
Medicare Supplement needs.**

00025718-1

GAIN RELIEF & LOSE PAIN! CALL TODAY!

**We Treat SPORTS INJURIES,
Dry Needling, Fall Injuries &
Balance Therapy,
Tendonitis,
Total Joint Rehab,
Work Injuries,
Sprains, Strains,
Arthritis, Back Pain,
Neck Pain and more...**



Ben Donahoo, PTA

Dan Schabel, PT

Abby Allen, PTA

 [facebook.com/donahooPT](https://www.facebook.com/donahooPT)

 twitter.com/donahooPT

**DONAHOO
PHYSICAL THERAPY**

114 W. Fort Williams St.
Sylacauga, AL 35150

256-487-8040

00025718-1

vision possible.

“Seeing is a lot better than not seeing,” he said.

Schnorbus said he enjoys living in the South and believes Southern people are not different from people anywhere else.

“If a person treats others with respect,” he said, “they get the same respect back.”

Schnorbus enjoys southern food, especially the style of fried chicken available in the South. He likes Cajun cooking and country food. His wife and he enjoy the outdoors, especially hiking and paddling. He started the hobby of whitewater canoeing in Alabama where there are many different levels of whitewater creeks and rivers.

“There is a whole variety of different skill levels within a 60-mile radius,” he said, “from the mountains to the coast. Arlene and I spend a fair amount of time outside.”

As for his unusual last name, he said it is German in origin, and he is the only Schnorbus in Alabama.

Since he and Arlene are happy in Talladega, he plans to continue working for several more years. He considers himself a lifelong learner and also enjoys cooking and music.

Alabama Eye Clinic is at 109 Coosa St., Suite A, Talladega. The phone number is 256-362-4872.



Dr. Joseph Schnorbus, O.D

Presbyterian Oaks Apartments I, II & III



Talladega's Premier Senior Living

Where communities are built, apartments become homes and residents are like family.

Seniors 62 years and older.

Social Activities ~ Outings ~ Community Gardens
~ Onsite Benefits & Services Coordinator ~

Non-Smoking Property ~ Rent based on income
~ Generous Utility Allowance ~

408 S. 5th St., 21 & 23 Ironaton Rd. • Talladega

Presbyterian Oaks I - 256/362-5218

Presbyterian Oaks II - 256/761-2469

 Presbyterian Oaks III - 256/362-2202 

View Apartment Info @ spm.net

000243117r1



Children's
of Alabama®

www.ChildrensAL.org



While practicing a motocross jump, Brayden (BB) Butler fell and suffered a brain bleed. It would take half a year and surgeons, physicians, nurses and therapists to help him recover. Fortunately, for BB and thousands of other children, Children's of Alabama is ranked among the top hospitals for children by *U.S. News & World Report*.



CHILDREN'S OF ALABAMA DOWNTOWN RUSSELL CAMPUS

1600 7th Avenue South, Birmingham, AL 35233

205.638.9100

CHILDREN'S SOUTH OUTPATIENT CENTER

Outpatient surgery, Pediatric Imaging, laboratory services and specialty care clinics

1940 Elmer J. Bissell Road, Birmingham, AL 35243

205.638.4800

PELL CITY PEDIATRICS

Primary care

2850 Dr. John Haynes Drive, Pell City, AL 35125

205.884.2260

Q&A about Always There In-Home Care

Staff Report

Always There In-Home Care has been in St. Clair County since its Pell City office opened in January, 2011.

Offering assisted living and sitter services covering a wide range of non-medical and basic home care needs, Always There also has offices in Birmingham and Huntsville. Following is information provided by Always There staff members about the services it provides

and how it supports patients' families in many ways.

• What services does Always There provide?

Hourly caregiver/companion services which include light housework, laundry, meal preparation, escorts/transportation, bathing, dressing, activities, reminding clients to take medicine, child care services, medication management, nursing visits and care management which assists with doctors' appointments, bill



paying, and arranging legal visits and appointments.

• What makes Always There different from home health care

agencies?

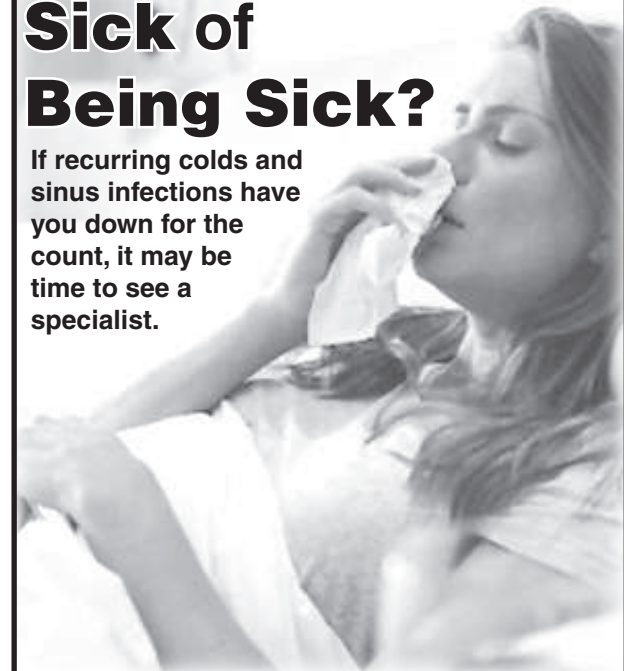
With over 30 years of long-term care experience, we are bonded and insured,

we perform criminal background checks and drug screens on all employees, orientation and ongoing education

DR. PRAMOD BHATIA Ear, Nose & Throat

Sick of Being Sick?

If recurring colds and sinus infections have you down for the count, it may be time to see a specialist.



Specializing in:

- Balloon Sinus Surgery
- General Ear, Nose & Throat Diseases
- Allergy Testing

3 Locations To Serve You:

- 204 Medical Park - Talladega - Mon. & Tues.
256-761-1729
- 7063 Veterans Parkway - Pell City - Thursday
205-814-2434
- 1010 Christine Ave. - Anniston - Wednesday
256-761-1729

Marble City
PHARMACY
& Gifts



HERE FOR LIFE!

Flu Season is On Its Way...Come in today for your in-store flu shot. No reservations required.

OUR PHARMACISTS:

Jared K. Johnson, PharmD - owner
Jacob M. Johnson, PharmD - owner
Daniel Allison, PharmD

Business Hours:
Monday through Friday
8:30am-6:00pm
Saturday 8:30am-12:30pm
Closed Sunday

We Deliver

facebook



twitter



000257104R1

264 West Fort Williams St. in Ogletree Plaza, Sylacauga, AL

256.245.4446

www.marblecitypharmacy.com

000256923R1



Dee Harrell, RN. Dee has a love for seniors and a passion for

taking care of people. She has extensive experience in geriatric

classes for all caregivers, specialized Alzheimer's and dementia training, 24-hour on-call manager, backup support of over 150 employees, no long-term contract to sign, free initial visit by a qualified case manager, care is provided at home, hospital, nursing home or assisted living facilities, supervisory visits and professional geriatric care management services.

How do patients qualify for in-home services?

Each client has their own individual needs and qualify for services based upon those needs and making a phone call to Always There In-Home Care.

What is the history of the company?

The company was founded in 1999 by

Alabama Digestive Care Center

- Gastroenterology
- Hepatology
- Endoscopy
- Board Certified



Offering Diagnosis & Treatment Of Digestive System Disorders

- Esophagus
- Stomach
- Intestines
- Pancreas
- Gallbladder
- Liver

Our specialists have extensive training and experience in treatment and management of digestive tract disorders with the highest quality care and compassionate, personalized physician/patient relationships.

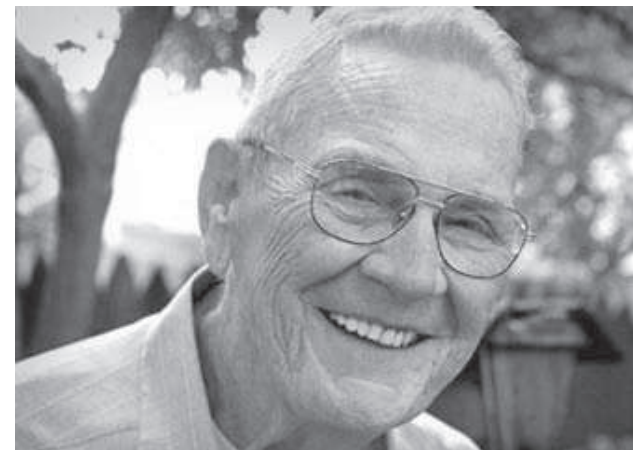
Bashar A. Hakim, M.D.

Kendra Q. Crews, PA-C

40 Broadway Ave., Sylacauga, AL (256) 249-6050
202 Medical Office Park, Talladega, AL (256) 362-0266

All Major Insurances Accepted

care and has worked in a variety of settings including hospitals, home care and adult day care. Among the many things that Dee finds rewarding about her career is the fact that she is helping an elderly client stay independent or is assisting a family who is caring for a loved one. She has built her Always There career around knowing that only the highest quality of in-home care has been provided. The success of the business is due to the fact that Always There is 100 percent committed to making sure that the needs of their clients are met every time.



First United Methodist Kindergarten & Daycare

NEW MOTHER'S DAY OUT PROGRAM

AFTER SCHOOL PROGRAM

OPEN REGISTRATION

6 WEEKS TO K5

ABeka Christian Curriculum, Phonics Based, Closed Circuit Security System

71 Years Quality Child Care



...a fun place to play and learn!

105 E. Spring St., Sylacauga • 256-249-2300



Village at Cook Springs



Noland Health Services

Retirement Community

- Independent Living
- Assisted Living
- Memory Care

Skilled Nursing

- Long Term Care
- Memory Care
- Cornerstone Rehab

Call Today!

(205) 338-2221

www.villageatcooksprings.com

St. Vincent's continues to serve St. Clair communities

By David Atchison
Home Staff Writer

You have sinus problems, and you don't want to head to the doctor or the emergency room during the peak of a flu epidemic - St. Vincent's St. Clair has the solution right at your fingertips.

It's called, "On Demand Virtual Care Service," said St. Vincent's St. Clair

administrator Lisa Nichols, RN, MSHA.

She said a patient with a minor health issue, like a sore throat, can go to their computer and link up with a doctor or nurse practitioner, who can diagnose and prescribe treatment, without the patient ever leaving their home.

The patient only has to log on for a two-way video conference with a medical profession

at www.stvondemand.com on their computer.

Nichols emphasize that the service is only for minor ailments.

She said if the medical condition is more serious, the physician will recommend that the patient visit their regular physician or the emergency department, as

appropriate.

This is one of many St. Vincent initiatives to improve and grow it services, so people who need medical care and treatment do not have to travel elsewhere. They can literally stay home.

St. Vincent's St. Clair also offers services right in the local community.

See St. Vincent's page 22

Your Neighborhood Pharmacy



LINCOLN PHARMACY

Friendly, helpful service with a wide range of convenient products.

Open: Mon.-Fri. 8:30 a.m.-6 p.m.,
Sat. 8:30 a.m.-1 p.m.

99 Magnolia St., South • Lincoln

 HealthMart. **205-763-7759**

0002572411



James W.
Bedsole O.D.
Eye Care
www.drbedsole.com

We are passionate about eye health and vision care for your entire family. Our goal is to establish lifetime relationships by providing exceptional eye care and improving the quality of life for our patients and our friends.

The modern healthcare system is a daunting environment. We strive to personalize your experience and navigate for your best interest, and we plan to have some fun along the way.

Our staff is excited about meeting you and taking care of you and your family for a lifetime. It doesn't matter if you are 4 or 94 you will receive the highest level of care from the first phone call, to picking out your stylish new eyewear.

1723 Cogswell Ave.
Pell City, Alabama 35125
205.884.2020

0002572981

GOT FOOT PAIN? WE CAN HELP!



DR. ROBERT RUSSELL **DR. JAMES BOWMAN** **DR. STEWART PIERSON**

The *foot* doctor is in!

TREATING MAJOR & MINOR FOOT PROBLEMS

- Diabetic Foot Care •Wound Care •Fractures & Sprains
- Heel Pain •Sports-Related Injuries •Ingrown Toenails
- Corns, Calluses, Plantar Warts •Bunions •Hammertoes

Celebrating 32 years in Sylacauga!

Podiatry Associates, P.C.

9 South Western Ave., Sylacauga • 256-249-2212



000257265R1



Welcoming Dr. Jan Skowronski to Sylacauga

Cardiovascular Associates is proud to welcome Dr. Jan Skowronski into our practice. Board-certified in cardiology and interventional cardiology, Dr. Skowronski is accepting new patients with peripheral artery disease and heart valve disease, and we're grateful to have him as a member.



SYLACAUGA

209 W. Spring Street, STE 104
Sylacauga, AL 35150
(256) 245-5833



TALLADEGA

201 Medical Office Park
Talladega, AL 35160
(256) 480-6300



PELL CITY

2048 Martin Street South
Pell City, AL 35128
(inside Pell City Internal & Family Medicine)
(205) 510-5000



ASK FOR CVA

To book an appointment, please call
(256) 245-5833 or visit cvapc.com.



**Brookwood Baptist
Health**[™]

Specialty Care Network



Cardiovascular Associates

St. Vincent's

from page 20



Lisa Nichols, RN, MSHA, continues to lead St. Vincent's St. Clair hospital as its administrator. She was appointed to the position in December 2015.

"If they need lab work, they don't have to go somewhere else," Nichols said.

She said patients only need to have an order from their physician, and the local hospital can complete all necessary lab work, as well as imagery services, like MRI, x-rays, ultrasounds and CAT scans.

"We have about

every imaging service a doctor would need," she said.

She said patients can call 205-814-2434 to schedule an appointment for lab or imaging services. "In addition, we now offer online scheduling for screening mammograms. You can visit our new website at www.Ascension.org/Alabama and select St.

Vincent's St. Clair under locations to access this offering.

"We do lab work from 6:30 a.m.-6:30 p.m.," Nichols added. "Patients will need to have a lab order from their physician. No appointment is necessary. Our lab will send the results to their physician."

The hospital also offers a new "tele-stroke service" after a patient is identified with a stroke. The patient can receive consultation with a neurologist through video conferencing, after the CT scan is sent to specialists electronically for review.

In some cases, depending on the severity of the stroke, the patient will be transferred.

"We can treat some stroke victims here," Nichols said.

Nichols said St. Vincent's St. Clair continues to add new surgeons to their rosters and continue to grow its cardiac, orthopedic and pain management services.

This past year the hospital also added a full time speech therapist.

The hospital is also gearing up for its transitional care program, where patients can receive 12-14 days of rehabilitation care at the hospital,

following surgery or treatment. It provides patients more time for recovery, before going home.

The hospital also has an Advance Wound Care Center, which focuses on patients who have hard-to-heal wounds that need advance care. Many cases involve diabetics, and the hospital continues to offer diabetes education for those who battle diabetes.

St. Vincent's St. Clair, a \$32 million, two-storied, 79,000

DON'T FALL

KEEP YOUR BALANCE
going up and down stairs



Ornamental Iron Handrails
Over 10 Styles to Choose From

BE SAFE

EUGENE L. EVANS MFG. Co., Inc.
256-237-5821 or 1-800-321-4414
awningsbyeans.com

000240021R1

ATTENTION RITE-AID PATIENTS!

IT'S YOUR CHOICE WHERE TO GET
YOUR PRESCRIPTIONS FILLED!

We want to be your hometown pharmacy!

FAST, FRIENDLY SERVICE!

•NO AUTOMATED PHONES

•NO LONG WAITS •CONVENIENT DRIVE-THRU

Transferring Your Prescriptions To Us Is As Easy As 1-2-3

1. Call or stop by our Pharmacy
2. Give us your prescription number
3. We do the rest!

R_x

Come in and see what a difference an Independent Pharmacy Makes!

EXPRESS PHARMACY

320 W. Battle Street, Talladega • 256-362-1120

(Located inside the Piggly Wiggly)

M-F 8am-6pm / Sat. 8am-2pm / Closed Sunday

000257094R1



OAK CIRCLE ASSISTED LIVING

About Oak Circle Assisted Living

We are a 16 bed, state licensed facility providing care to the elderly and disabled. We offer 3 home cooked meals and 3 snacks daily, daily activities, laundry service and an onsite hair salon. We also offer transportation assistance if needed. All staff are trained in CPR and First Aid. Our activities include: Arts & crafts, Neurological stimulating games, Bingo, Board games, Exercising such as Yoga, Walking, and light Aerobics. We have weekly church service and music. For more information call or stop by.

605 15th St N, Pell City, AL 35125

205-884-HOME

0002572521

St. Vincent's St. Clair opened in December 2011 and continues to serve St. Clair communities.



Bus. 256-245-4392
Cell: 256-404-0021
Fax: 866-745-5488

ANDY SHOEMAKER
AGENT

See me about a quote for life insurance!



1011 W. Ft. Williams St.
Sylacauga, AL 35150

rshoemaker@alfains.com

00025723311



SYLACAUGA PEDIATRICS

"We Treat Every Child As Our Own"

- Darlene Mathis, DNP, CRNP FAAP
- Rekha Chadawada, MD
- David W. Hardy, MD, FAAP
- Leslie Brewer, CRNP
- Julie Boycott, CRN

FOR APPOINTMENTS OR INFORMATION CALL
(256) 245-3267 OR (256) 245-3269

00025723311

square-foot, state-of-the-art facility, opened in 2011.

The hospital is at 7063 Veterans Parkway, Pell City.

If individuals want to find a physician seeing patients at St. Vincent's St. Clair, they can visit www.Ascension.org/Alabama and select "Find a Doctor." In addition, they can call Dial-A-Nurse at 205-939-7878.



SPECIAL CD RATES

2.10%
APY*

13 MONTHS

2.45%
APY*

25 MONTHS

3.25%
APY*

65 MONTHS



When we benefit, you do, too!

Our loyal customers are the reason we are in business, and we want to take every opportunity to show our appreciation. So, we've decided to pass our tax savings along to our customers in the form of higher interest rates on CDs. Take advantage of this opportunity. It just makes sense.

1ST First Bank
OF ALABAMA

Where You Are First

firstbankal.com | (256) 362-2334

* APY=Annual Percentage Yield. Minimum balance to open and obtain APY is \$500. Interest paid on Account Types listed as CDs (Certificates of Deposit) is compounded every month. A penalty may be imposed for early withdrawal. Fees could reduce the earnings on the account. Approval required. We reserve the right to end this promotion at any time. Please see a First Bank of Alabama Customer Service Representative for details. APY is accurate as of 9/11/2018.