

2019



# Health, Wellness & Senior Living



# Citizens Baptist offers free fitness for local seniors



By **CHRIS NORWOOD**  
Home staff writer

Citizens Baptist Medical Center is offering seniors in the Talladega area an opportunity to stay healthy and fit through the SilverSneakers program at no extra cost.

“Through this collaboration, Citizens Baptist will now offer older adults a way to increase their levels of physical activity while motivating them to remain active,” said a media release issued by

the center this month. “SilverSneakers is the nation’s leading

community fitness program designed exclusively for older

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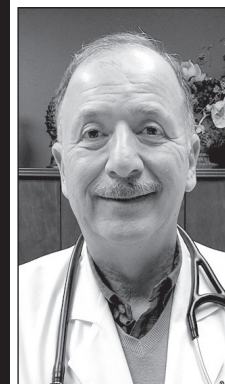


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# SilverSneakers

“available to more than 15 million Medicare beneficiaries through many Medicare Advantage plans, Medicare supplement carriers and group retiree plans.” Citizens is offering memberships free of charge to these members.

The program “helps older adults take greater control of their health through a variety fitness offerings that engages

participants in more frequent strength training, aerobic and flexibility exercise by providing access to a variety of venues and programming designs specifically for older adults.

To check your eligibility or to enroll, please visit [SilverSneakers.com](http://SilverSneakers.com) or call Citizens Baptist Medical Center at 256-761-4492.



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# Small changes can make a big difference to your health

By Sheena Q. Gregg  
Special to The Daily Home

Healthy eating and weight loss are goals of many residents of Talladega and St. Clair counties. Luckily, some of the smallest changes in our dietary habits can yield the biggest results when it comes to long-term weight loss and improved health behaviors.

### Avoid Skipping Meals

Avoid going long periods of time between meals and snacks. Your metabolism works best when you are consistently fueling yourself throughout the day, ideally every 3-4 hours. If you're in a meeting or running errands during a meal time, make sure to at least have a snack (trail mix, peanut butter crackers, etc.) to tide

you over until you can get an actual meal. If you're going out with friends for dinner, try to avoid being ravenously hungry when you get to the restaurant. To do this, have a small snack, such as a handful of nuts or an apple, about 30 minutes or so before going out to eat.

### Take Time with Your Meals

Slow down your pace of eating so that it takes you at least 15 to 20 minutes to eat your meal. One way to accomplish this is making sure to put down the fork in between every bite of food. Sometimes we end up eating so quickly, and we end up already having the fourth bite of mashed potatoes ready to go on our fork before we've even completely swallowed our

first initial bite. Other ways you can slow your pace of eating include taking a sip of water (or other low-calorie beverage) in between bites of food or even having conversation in between bites of food. Slowing down your pace of eating not only helps with getting full off of a smaller portion size, but it also allows you to take time to really enjoy and savor each bite of food.

### Make Friends with Veggies

Be mindful that since vegetables do not contain many calories, they will not be very helpful in providing energy. Avoid getting so full off of vegetables that it prevents you from eating the calorie-containing foods that you do need for weight management and daily

function. Make a practice of making half of your plate veggies followed by one-fourth starch and one-fourth protein when building your plate to ensure a nice balance. Great ways to sneak in vegetables throughout the day include between-meal snacks and popping frozen veggies in reusable steamer bags for a quick vegetable sidekick at dinner.

### Don't Underestimate the Power of Water

Even though it may seem contradictory, drinking plenty of water throughout the day can help with reducing water retention and bloating, especially since you're getting to flush out your system. If you have trouble getting in the usual recommended eight glasses of water per day, buying

a water bottle to have at work or at home can be a fun way to prompt you to drink water. Also, naturally flavoring your water with slices of fruit to steep in a pitcher of ice water can be refreshing and avoids artificial sweeteners.

As with any new health goal, social support is key. Having a friend or family member to keep you accountable throughout the year can ensure better success. The best long-term success with healthy eating is being able to incorporate some of your favorite foods in moderation while practicing additional healthy-eating behaviors. Any fad diets that are found on the Internet or in a magazine that exclude entire food groups can be a red flag indicating that

this isn't a long-term way to eat.



**Sheena Quizon Gregg, MS, RDN, LD, is a registered dietitian nutritionist and assistant director of the Department of Health Promotion & Wellness at The University of Alabama.**

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# Make heart health your lifestyle

By Braidyn Lazenby  
Special to The Daily Home

While heart health is a common concern within southern states, especially Alabama, many people do not address their own heart health until it is too late.

Heart disease is the leading cause of death in both men and women in the United States. Unfortunately, these numbers do not seem to be budging any time soon.

In 2012, I was exposed to the reality of heart disease. As a 15-year-old, I lost my 44-year-old father to a massive heart attack.

With no prior symptoms to give any warning, my family was left to pick up the pieces and determine where to go next. Since then, my life has been dedicated to promoting heart health across the state of Alabama, while specifically focusing on St. Clair, Shelby, Jefferson, Montgomery and Autauga counties.

One common misconception with heart health is that there is a drastic change that must

occur in order to make a difference. Individuals often believe they must throw out every salty or fatty food or begin running marathons in order to make up for lost time. However, heart health should be, first and foremost, a lifestyle.

Many of the lifestyle suggestions stem from the American Heart Association, whose Alabama location is centered in Birmingham. The American Heart Association is one of the best advocates we have to fight heart disease, and is structured to advocate, fundraise, and promote research for heart health. However, the American Heart Association needs you, volunteers and advocates, to successfully bring heart health to Alabama.

The American Heart Association makes heart health easy. With various social media platforms to follow, the American Heart Association provides fun healthy recipes, exercise tips, and other general lifestyle suggestions in

order to keep Alabama healthy.

Some of their biggest success, however, comes from the events that are planned across the state

to fundraise. Heart walks, banquets, and galas are just a few examples of fundraisers used to advocate for heart health by the American Heart

Association. However, the fundraisers that are directed by the American Heart Association are not the only opportunity for heart health fundraising.

The American Heart Association is extremely supportive of programs and fundraisers that volunteers plan every year.

Although the American



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**Braidyn Lazenby**



with the American Heart Association firsthand. It seems impossible at first but doing the work that you are passionate about should come easy, and somehow it did for me.

This is not to say that the best thing to do is to begin planning fundraisers and volunteer for hours upon hours. The best thing to do for health this year is to start with your own

health and work your way out. Support the programs that support our state. Your health, and Alabama's health, will benefit far greater than you can imagine. All it takes is the

first step!

*Braidyn Lazenby is a graduate student at the University of Alabama and a former Miss St. Clair Area.*

Heart Association is a national nonprofit, one of the best reasons for communities in Alabama to get involved is how the funds are allocated. Money donated to the American Heart Association directly benefits education programs and research initiatives here in the state

of Alabama.

When beginning my journey with heart health, I had no idea how much of a blessing this opportunity would be. I have traveled the state of Alabama advocating for heart health, raising thousands of dollars in the process and interacting

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# Don't ignore symptoms of dry mouth

By Dr. Michael R. Price Jr.  
Special to The Daily Home

Have you ever experienced dry mouth? Saliva, or spit, is important to help begin the digestion process, to keep your teeth strong and fight tooth decay.

Dry mouth, or xerostomia, can be caused by many factors such as diseases like diabetes or side effects from taking prescription medications. Since dry mouth has become a prevalent issue the past several years, dentists are often asked about treatment options.

There is not one specific treatment for symptoms of dry mouth. Most products available



are palliative and provide temporary relief. There are over the counter products that act as a conditioner to moisten the tissue within the oral cavity such as Biotene. Natural alternatives to help with dry mouth include chewing sugar free gum to induce salivation or frequently carrying water to moisten the tissues and teeth.

It is important not to ignore prolonged dry mouth symptoms as it can be a chronic issue and contribute to tooth decay. Saliva acts as a buffer to defend your teeth against the frequent daily acidic periods that occur from eating. Upon having acidic



Michael Price, DMD





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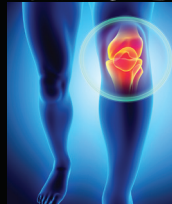
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beverages and foods, it can take saliva 30 minutes or more to help buffer and return the pH in your mouth back to a more neutral level.

If you have dry mouth, it is imperative that you try to be more stringent with your home oral hygiene. This includes brushing your teeth for two minutes after each meal to manually remove the debris left over from eating, flossing in between your teeth to remove debris brushing was not able to get, and using an alcohol free mouth rinse with fluoride (products with alcohol can dry out the oral tissues). It is also recommended that you visit your dentist for a health exam to identify if you have any signs of tooth decay.

Dry mouth is not a normal part of aging. If dry mouth is something you are experiencing or you think you may have dry mouth, see your dentist to learn more.

*Michael Price, DMD, is the owner of Talladega Dental Associates.*



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# Sylacauga fitness center provides 24-hour access

By LACI BRASWELL  
Home staff writer

Workout Anytime takes pride in providing the Sylacauga community a convenient place to exercise and get fit.

The 8,300-square-foot fitness center is at 540 W. Fort Williams St., next to Ollie's Bargain Outlet. It opened in September of 2017 and continues to expand its membership.

"We have equipment that will work all areas of the body," general manager Sabrina Fowler said, "including treadmills, ellipticals, stair climbers and stationary bikes."

The gym also has its own weightlifting area

featuring Hampton free weight dumbbells, squat rack and flat and incline bench press, along with a variety of assisted weight lifting equipment.

In addition to the variety of equipment, Workout Anytime is also home to multiple tanning beds, showers and free Wi-Fi.

"The showers and tanning beds are really popular," Fowler said. "We have a lot of members who get a quick workout before heading to their job and they want to be able to freshen up."

Fowler added the gym also has lockers so members can store their personal belongings

without worry while they exercise. Another popular feature is the flat-screen television sets.

"We have a home theater mode that allows members to listen to the tv of their choice with headphones. It's something our members really enjoy."

When asked what sets Workout Anytime apart from other fitness franchises, Fowler said it's the accessibility.

"Members have access to the gym 24 hours a day, seven days a week. Each member is given their own key card so they can enter after business hours."

Fowler added the gym also has multiple



Photo by Tucker Webb

surveillance cameras and a panic button, which will alert law enforcement if a member is in need of help.

"We have a lot of police officers who are members. They also do a really great job of

patrolling the area for us." Workout Anytime also provides members with trainers and offers group



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sessions.

“First, we sit interested members down and find out why they are here and what their specific goals are,” Fowler said. “Our personal trainers help plan out a personal success strategy that helps members meet their goals. We are all here to motivate one another.”

She and her team are proud of the relationship they have built with the community.

“Each week, I ask my team to learn the names of three new members, and get to know them,” she said. “Being present in the community is important to us.”

Workout Anytime has affordable membership rates, starting at \$19 a month.

“We have premium membership for \$29 a month and a family plan at \$39 a month. Those interested may sign up online or in person.”

The gym participates in the Silver Fit and Silver Sneakers insurance plans.

“Silver Sneaker is a program under Blue Cross Blue Shield, and Silver Fit is with Cigna Health,” Fowler said. “Depending on your coverage, they may pay for your gym fees completely.” Workout Anytime also honors VIVA Health Insurance, Fowler noted.

Staff and non-member hours are 8 a.m.-8 p.m. Mondays-Thursdays, 8 a.m.-6 p.m. Fridays and 9 a.m.-1 p.m. Saturdays.

For more information, call 256-487-6287 or visit <https://workoutanytime.com/sylacauga/>



Staff members Ray Lee, Sabrina Fowler and Tekk Jones welcome fitness enthusiasts to Workout Anytime in Sylacauga.

Photo by Tucker Webb

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# St. Vincent's St. Clair enjoys its role in the community



Submitted photo

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

care, re-admission, patient experience, effectiveness/ timeliness of care, efficient use of medical imaging and value of care. "This rating is truly a

Quality and compassion are what patients find when they receive medical care at St. Vincent's St. Clair.

In operation since 2011, the hospital is at 7063 Veterans Parkway in Pell City. Having served the local community and its surrounding areas since then, St. Vincent's St. Clair recently earned a five-star quality rating from Centers for Medicare and Medicare Services (CMS), making it one of only five hospitals in the state and the only one in the region to be recognized for that level of excellence.

The CMS star rating system measures hospitals on a matrix of 57 different qualities, concentrating on six specific aspects of quality, which include safety of

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reflection of the promise and commitment we have made to this community to provide them with quality, compassionate care," said Lisa Nichols, St. Vincent's administrator.

As many as 50 cardiac surgeries are performed at the hospital per month, 10 total knee and hip surgeries have been performed so far this year, and more than 400 cases per month involve general surgeries, gastrointestinal procedures and pain management services.

"We now offer radiofrequency ablations," said Nichols. "If patients receive a series of three pain blocks and need that next level of pain relief, they may qualify for the radiofrequency ablation."

Radiofrequency ablation "uses an electric current to heat up a small area of nerve tissue to stop it from sending pain signals. It can provide lasting relief for people with chronic pain, especially in the lower back, neck and arthritic

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Sleep study room

Submitted photo

joints.”

Striving to help patients throughout St. Clair and Talladega counties, St. Vincent's St. Clair provides monthly diabetes education classes. “A registered dietician comes out to provide training and instruction at our facility,” Nichols said.

Other services St. Vincent's St. Clair provides include a joint navigation program through which patients meet with a physical therapist, case manager and the surgery department to map out a plan for healing.

“Once these patients go home, they may also qualify for an active outpatient program,” Nichols said. In conjunction with this program, St. Vincent's St. Clair also offers physical therapy, occupational therapy and specializes in pediatric speech therapy.

Another area in patient care in which the hospital excels is its wound care department. St. Vincent's St. Clair houses hyperbaric chambers that provide extra oxygen to help promote wound healing.

Over the last year, St. Vincent's has seen a 25 percent increase in volume. It offers a top-of-the-line sleep study department that serves more than 100 patients per month. Imaging such as MRI and CT scans can be performed at St. Vincent's St. Clair, and patients' primary physicians can request weekly or monthly blood work to be taken at the hospital.

“There are a lot of exciting things happening,” Nichols said. “St. Vincent's St. Clair is partnering with Jefferson State Community College's nursing program for their clinicals, and our director of nursing conducts mock interviews with the Jeff State nursing students.”

Nichols added that she is excited for the future of St. Vincent's St. Clair.

“To me, it's important for us to be here and be that health care provider for this community. This is a great community that's growing tremendously. St. Vincent's St. Clair has a great leadership team, and our staff is amazing. We're excited for what's coming.”



Hyperbaric chamber

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**SUBWAY** ↗

# Upcoming festival to raise awareness of health concern for teens

By **Samantha Hennings**  
Special to The Daily Home

When I was 13 years old, I was diagnosed with severe anxiety and depression. With this realization and the occurrence of symptoms, my parents quickly presented me with the help I needed to overcome these obstacles. I commonly suffered from panic attacks, and I would hold my breath to try and stop crying, and my dad would tell me to “just breathe.” For this reason, when I began to help others with mental illnesses through my involvement with the Miss America organization, I titled my platform “Just Breathe.”

The second leading cause of death among teens in the United States is suicide. It is my mission to take Just Breathe to a national, or even global, level to reach out to these teenagers who have not been given proper

treatment or attention concerning their disorders.

Most of the time, depression is overlooked in teenagers. This is often because teenagers are growing into a new body, finding who they are and discovering what their interests may be, and this can lead to an internal confusion heightened by natural hormones. No signs or symptoms of a mental illness should be sugar-coated.

With Just Breathe, I do my personal best to teach teens and parents how to properly handle and react to these signals. The easiest changes regarding your mental health to identify are personality changes (talkative to quiet, bubbly to disinterested, etc.), differences in eating habits and sleep deprivation (always tired).

If you are a parent or mentor, please be aware of these signs in order to take care of your loved one’s health. I try to reach out to any of my peers with these symptoms, as

well. My goal is to always encourage them to find something positive in their lives and focus on it. For me, I focused on music and my relationship with Jesus. I am a firm believer that true joy can only come from God; however, happiness and joy are very different things.

I also motivate them to talk to an adult they trust about the stress that is overwhelming them. For a while, I went to a Christian counselor, and talking to someone about how I felt really did help. My message to teens, “It is serious, and someone does care.” There is an answer to your confusion, and there are people like me who are praying for you every day.


Just Breathe has only been established for a year, but it has many goals ahead. So far, I have donated \$300 to The Ireland Center at Children’s of Alabama. But most exciting, this fall, Just Breathe will be hosting

The #GetUpMovement at Big Springs Park in Springville. Everyone is welcome to attend. This festival will include food and items vendors, fun activities, live entertainment, and it is all for a good cause. The main profit will go to Children’s Miracle Network, and other titleholders will receive donations for their


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own personal platform, as well. I have been brainstorming this movement for months and can not wait to see it take off. The goal of The #GetUpMovement is to encourage teens to find something they enjoy, and use it to escape whatever fears or worries they may face. This festival will be held on November 23, and I hope all who can will attend!

My last piece of advice comes from my favorite Bible verse, which also serves as the theme for Just Breathe: Psalm 61:2. It says, "When my heart is overwhelmed, lead me to the rock that is higher than I." Find your rock, whatever it may be, and let go of all of the negativity clouding your life. There is always hope, but it is up to you to #GetUp and find it!



*Samantha Hennings is Miss Hamilton's Outstanding Teen 2020. She is 16 years old and a junior at Victory Christian School in Pell City.*



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# Local senior centers provide valuable services

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

Senior citizens centers serve as a gateway to a community's aging network, connecting older adults to vital community services that can help them stay healthy and independent. Talladega and St. Clair counties are home to a number of such centers aimed at helping seniors lead active and social lifestyles.

Senior centers offer a wide variety of programs and services, including: meal and nutrition programs, information and assistance; health, fitness, and wellness programs; transportation services; public benefits counseling; employment assistance; volunteer and civic engagement opportunities; social and recreational activities; educational and arts programs and intergenerational programs.

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being. To learn more about services and activities available at senior centers in local communities, the following

contact information is provided.

## Talladega County

### **Talladega Senior Center**

309 N. MLK Drive  
256-761-0273

### **Lincoln Senior Citizens Center**

181 Magnolia Street  
205-763-0088

### **Maxye Veazey Senior Adult Center**

2 W. 8th Street, Sylacauga  
256-401-0021

### **Childersburg Senior Center**

65 Graves Avenue  
256-378-7037

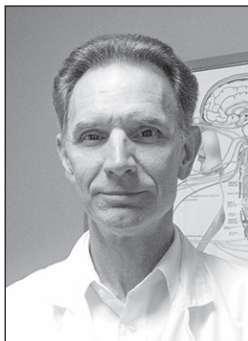
### **Oak Grove Senior Citizens Services**

2364 Forest Glen Road  
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Above: Regulars at the Pell City Senior Center enjoy an outing together.

Below: The Pell City Senior Center organized a tail-gate party this month for the start of college football season. Attendees enjoyed wearing their favorite team gear and accessories.

Submitted photos



**St. Clair County**

**Pell City Senior Center**  
801 Comer Avenue  
205-338-6589

**Moody Senior Center**  
670 Park Avenue  
205-640-2536

**Odenville Senior Center**  
183 Alabama Street  
205-629-6366

**Ashville Senior Center**  
155 8th Street  
205-594-7666

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209 Robinson Street  
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# CVMC dedicated to providing health resources for community

By LACI BRASWELL  
Home staff writer

Coosa Valley Medical Center remains a vital resource for the Sylacauga community and surrounding areas.

“We want people to remain in their community for health care and not have to travel out of town,” CEO Glenn Sisk said.

The CVMC team is made up of more than 490 staff members, with nearly 40 active medical staff professionals and approximately 100 courtesy, consulting and emergency department staff members.

Throughout the year, CVMC has added new facilities, staff and services.

In July, it announced

the opening of its new wound care center.

CVMC has collaborated with Healogics, the nation’s leading provider of advanced, chronic and wound care services, which has a nationwide network of almost 700 wound care centers.

“One of the foundational planning cornerstones for CVMC

through the years has been the identification of services that are not available locally which force members of the community to travel great distances for healthcare,” Sisk said. “Over the last few years we’ve been evaluating the opportunity to bring a coordinated wound care service to CVMC.”

The staff includes

Dr. Regina Phillips and nurse practitioner Quincy Leach.

Phillips received her medical degree from UAB and completed her residency at Emory University in Atlanta. She specializes in wound care.

Leach has been in the medical field since 1995. He previously served as nurse manager for

the emergency unit at CVMC.

“We’re confident that under the leadership of Dr. Regina Phillips and Quincy Leach, along with great support from the balance of the wound care team, that our patients and guests will now have access to world class wound care close to home,” Sisk said.

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Likely candidates for treatment at the center are those suffering from diabetic ulcers, pressure ulcers, infections, compromised skin grafts and flaps -- and any wounds that have not healed within a reasonable time frame.

In August, CVMC introduced Dr. Emily Allen McInnis to its obstetrics and gynecology team.

McInnis is the first female physician specializing in obstetrics and gynecology in Sylacauga.

She is a 2007 graduate of Sylacauga High School. She received her bachelor's degree from Auburn University in 2011.

The Sylacauga native attended medical school at the Edward Via College of Osteopathic Medicine in South Carolina. McInnis graduated from medical school in 2015 and completed a four-year residency at the University of Mississippi Medical Center.

Earlier this year, surgeons Dr. Jonathan Overcash and Dr. Matthew Dimon joined

the CVMC staff. Both are now accepting appointments.

Additionally, CVMC's senior behavioral unit recently increased from 15 to 20 beds.

"It's important that we're able to provide the community with as many medical services as possible," Sisk said.

CVMC has received a number of recognitions and awards so far in 2019, including



**Dr. Emily Allen McInnis**

the Gold Plus Stroke Award, Hospice Honors Award, a Home Health 5-Star Rating and the



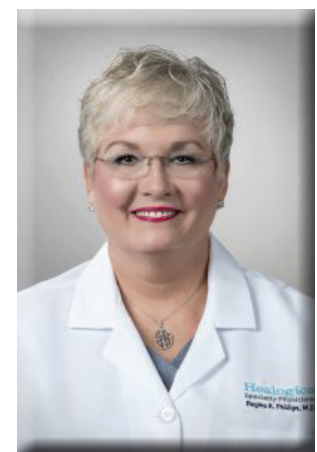
**Dr. Jonathan Overcash**

Beacon Award for Excellence. It has been named a Distinction Center for Maternity



**Dr. Matthew Dimon**

Care by Blue Cross Blue Shield. CVMC is at 315 West Hickory Street in



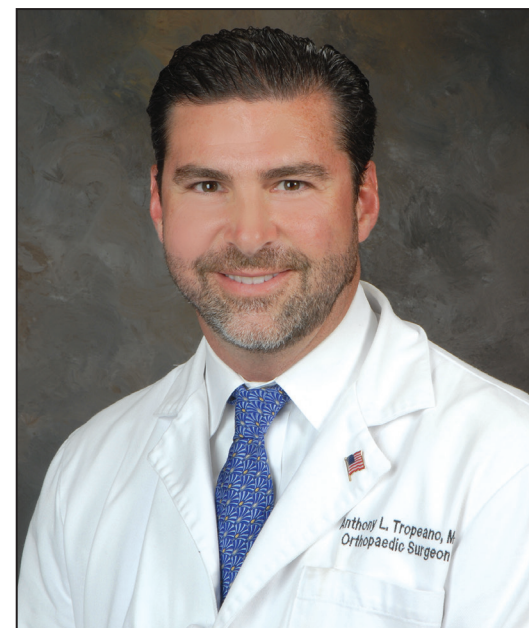
**Dr. Regina Phillips**

Sylacauga. For more information on the medical center, visit [www.cvhealth.net](http://www.cvhealth.net).

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# Want better sleep and less stress? Try grounding

By Dr. Adia Winfrey  
Special to The Daily  
Home

This summer, I had the opportunity to work as a prevention specialist for a six-week camp, teaching positive action strategies, promoting outdoor play and fostering the creative arts with 40 Talladega County children ages 6-13.

Through this camp, I also introduced the technique known as grounding.

Grounding (sometimes called earthing) involves making direct physical contact with the electrons on the surface of the Earth, often through the feet. According to research cited by Chevalier et. al (2012) in the Journal of Environmental and Public Health, reconnection with



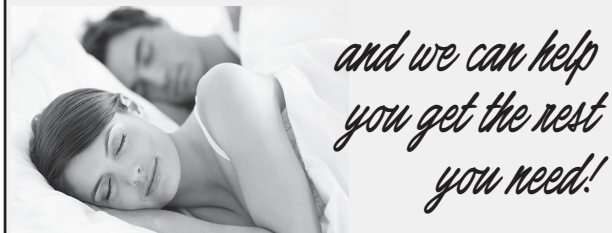
the Earth's electrons has been found to promote physiological changes that include improving sleep and reducing stress levels.

When the idea of grounding was first introduced, most campers

had never heard of the technique and had to be coaxed into standing barefoot in the grass, yet they all slowly warmed

up to the idea. After removing their socks and shoes, the youth were then instructed to form a circle and given a card with a

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Dr. Adia Winfrey

in previously, but since the camp concluded, I have taken time to do so regularly, and with greater intention.

Never practiced

grounding? Give it a try. Spend a few minutes standing barefoot outside, breathing deeply, and repeating positive affirmations to yourself.

Who knows, you may find it as rewarding as we did. Sometimes it is the simple things in life that foster the greatest health benefits.

*Dr. Adia Winfrey is a clinical psychologist and the author of H.Y.P.E.: Helping Young People Through Empowerment. She resides in Talladega.*

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positive affirmation on it. The affirmations had been written by the 10-to-13-year-old campers on the first day.

As we stood together, barefoot in a circle, each person read the affirmation listed on their card aloud. When everyone had the opportunity to feel the ground under their feet for a few minutes and read their affirmation, we went back inside to process the experience. Most campers described feeling “more calm” and “peaceful” after grounding. Several said the experience turned out “better than I thought.” Everyone agreed that we should ground again.

In the weeks that followed, the youths made frequent requests to ground. When there were first-timers in the group, the experienced campers would guide them through the process. Some youths would even ground on their own during outdoor recreation times. On the last day of camp, they asked that we ground together one more time, and I happily obliged. Their desire to utilize self-care practices was inspiring.

Spending time grounding left an indelible mark on the campers and me as well. Grounding is a practice I engaged

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