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# Citizens Baptist seeks to boost morale during the COVID-19 pandemic



**BY VALLEAN JACKSON**

Special to The Daily Home

Citizens Baptist Medical Center (CBMC) remains a mainstay in the Talladega community as a provider of quality health care.

The facility is equipped with 122 beds, an emergency department that receives as many as 20,000 visits annually and numerous healthcare professionals dedicated to ensuring that patients receive the best care possible. The pandemic has unfortunately

caused a strain on hospital staff and a shortage of beds, making it a challenge to uphold staff morale.

“The increased prevalence of COVID-19 in our community is causing a surge in hospitalizations, primarily in unvaccinated adults between the ages of 18 to 65,” said CBMC CEO Frank Thomas. “Like all hospitals around the country, we are experiencing a nursing shortage. However, we continue to actively recruit nurses and are deeply grate-

ful for the dedication of our nursing staff.”

Sandra Willis, director of human resources, has with the hospital for 14 years, and during these unprecedented times, she tries to keep the staff encouraged by consulting members of their pastoral care team to offer spiritual support, providing resources through their employee assistance program for free onsite and virtual counseling opportunities.

Outside of prayer and counseling in an attempt to encourage staff, the use of small

incentives such as snack carts, employee appreciation initiatives throughout the month, donuts, coffee and pizza days are just a few small gestures CBMC has in place to try and keep the employees' morale up.

"Nurses everywhere are under considerable stress more so than any time in recent history," said Kim Hayes, nursing administrative director. "As a nurse, you are prepared to care for patients and their families during difficult times in their lives. However, this situation is proving to be more difficult for everyone involved. For patients, they have been separated from their loved ones as their primary source of support. The nurses are caring for patients in a more holistic manner than ever before, providing not only physical care, but emotional and spiritual support."

With safety at the forefront for both patients and staff, all protocols are in place to minimize exposure as much as possible. According to Hayes, wearing face masks is still a requirement, and there is a limit on visitation. The



Earlier this month, employees at Citizens Baptist Medical Center participated in the Statewide Moment of Silence led by the Alabama Hospital Association to remember the more than 12,000 Alabamians who have died from COVID-19.



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staff is provided personal protective equipment, and six negative pressure rooms are available, designed for the management of respiratory-borne illnesses and allowing for air to be constantly pulled into the room to lower the risk of incidental exposure.

"I believe that one of the best ways to overcome the challenge of this pandemic is to remind everyone that the most important protection against the virus, even for the people who have had COVID-19, is to get vaccinated," said Thomas.

It takes a lot of dedication to wake up each morning and go into a facility knowing the chal-

lenges at hand, but that does not stop the staff of CBMC. Their spirit of service is inspiring, as despite the adversities, they continue to love their job and do not regret taking on the role of make a difference in their community.

"Being in the moment is the best reward, and I can bear witness to some phenomenal work done by some amazing healthcare workers," said Willis.

Hayes added that having an opportunity to impact the care that is provided to the community and being associated with a great group of people who give their best every day is a reward within itself.

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# Coosa Valley Medical Center offers vaccination clinics on Wednesdays

**BY FAITH DORN**

Special to The Daily Home

Coosa Valley Medical Center is an independent, non-profit hospital serving Sylacauga and the surrounding community. The mission of the Coosa Valley Medical Center Foundation is “to promote wellness education and preventative activities and support the expansion and acquisition of facilities and services that serve the

health care needs of our region.”

The hospital has 19 areas of medical specialization through the state-of-the-art 168-bed facility, and it plans to add more services. In addition to inpatient services, CVMC has a 13-bed level-two emergency department that treats as many as 30,000 patients annually and offers ambulatory/outpatient services that provide treatment to 61,000 patients each year.

The CVMC Care Team has nearly 490 members, including about 40 active medical staff professionals and approximately 100 courtesy, consulting and Emergency Department staff members.

The Foundation is a nonprofit which holds annual fundraisers for the CVMC and to meet healthcare needs throughout the community. Donations made to the Foundation are tax-

deductible. Donations may be made payable to Coosa Valley Medical Center Foundation and sent to Attn: Administration/Foundation, Coosa Valley Medical Center, 315 West Hickory Street, Sylacauga, AL 35150.

The hospital continues to host vaccination clinics in the front lobby on Wednesdays beginning at 8 a.m. CVMC administers first, second and (when necessary) third doses of the Pfizer-BioNTech vaccine, and people 12 years old and up are eligible to receive the vaccine. Print out the consent form at this link and fill it out before you arrive to save time: <https://www.cvhealth.net/wp-content/uploads/2021/08/Pfizer-Vaccine-Consent-Form-for-3-doses-003.pdf>.

Coosa Valley Medical Center's director of pastoral care, Chaplain Glenn Winter, invites the community to join with CVMC in prayer for God's peace and the "replacement of fear with courage and stability around COVID-19" twice per day, at 1:19 a.m. and 1:19 p.m. Those with specific prayer requests may contact Chaplain Winter at 256-226-0041.

The CVMC Care Team has nearly 490 members, including about 40 active medical staff professionals and approximately 100 courtesy, consulting and Emergency Department staff members.

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# St. Vincent's St. Clair recognized by American Hospital Association

**BY FAITH DORN**

Special to The Daily Home

St. Vincent's St. Clair is a faith-based hospital serving St. Clair County.

Earlier this year, the hospital was honored for 50 years of membership in the American Hospital Association, the national organization that represents and serves hospitals, health care networks, their patients and communities. The AHA consists of nearly 5,000 hospitals, health care systems, networks, other providers of care and 43,000 individual members. The mission of the AHA is to advance the health of individuals and communities.

St. Vincent's St. Clair opened in 2011 and is licensed for 40 beds. Services offered by the hospital include a 24/7 emergency room, inpatient and out-

patient surgical services, a GI lab, respiratory care, neurological services, orthopedics, sports medicine, physical therapy, occupational health, speech therapy, diabetes education, pain management, transitional care, a sleep disorders center and an advanced wound care center.

"Dial-A-Nurse" is another service offered by Ascension St. Vincent's St. Clair. "Dial-A-Nurse" provides thoughtful responses to questions about your health. Contact "Dial-A-Nurse" at 205-939-7878 or toll-free at 800-331-6777 Monday-Friday (8 a.m.-5 p.m. CST). The service is not intended to replace your primary physician and cannot diagnose you. If you are experiencing a medical emergency, call 911.

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# Sylacauga physician encourages caution, respect for others during pandemic

**BY VALLEAN JACKSON**

Special to The Daily Home

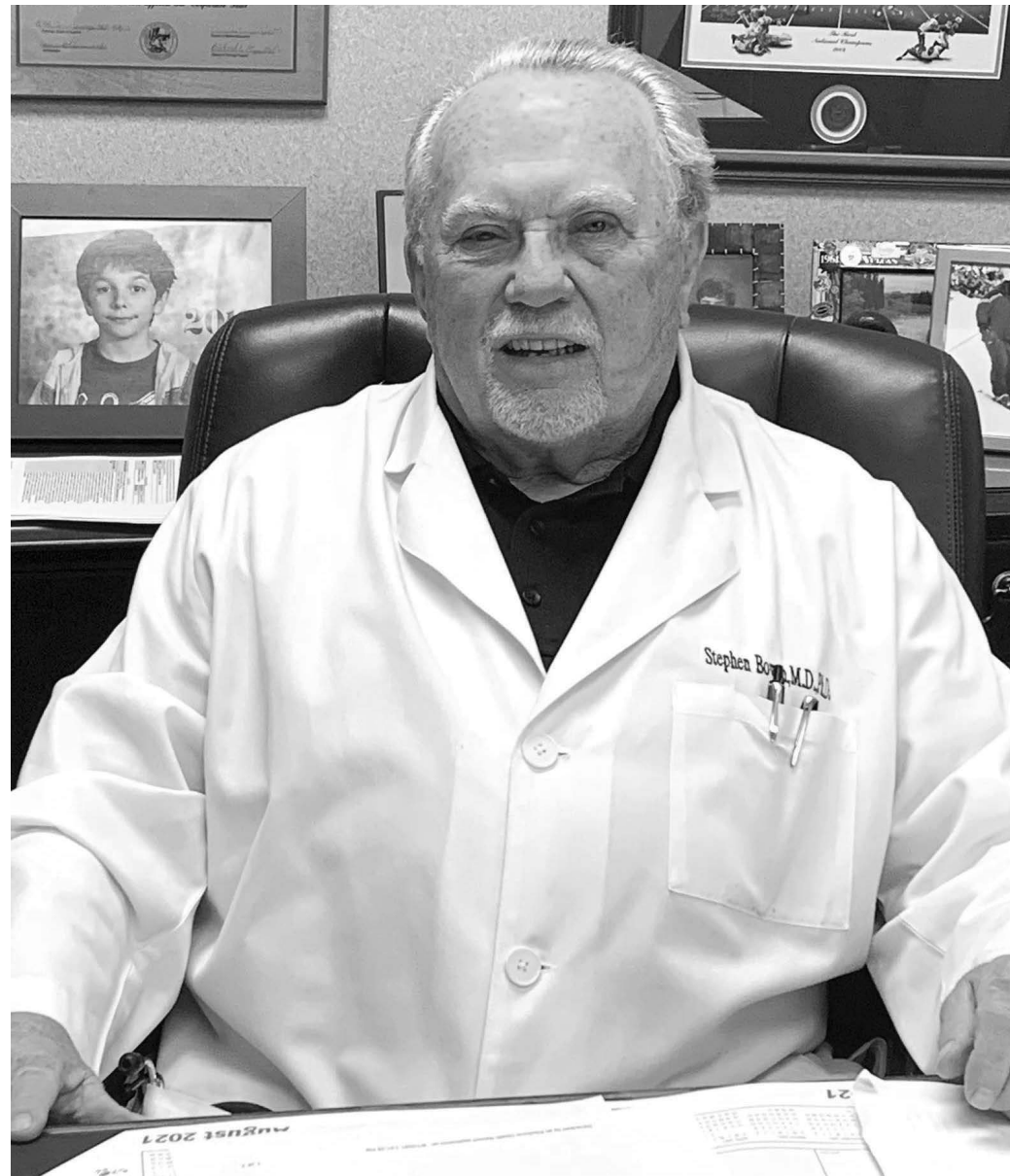
Craddock Health Center is a pillar of the Sylacauga community that has been providing health care, medical diagnoses and various services to residents of the Marble City for decades.

One of the clinic's primary care providers, Dr. Stephen Bowen offers his patients 34 years of experience, quality care and compassion as he practices internal medicine. He is committed to continuing to maintain preventative care and identify patients' concerns so that they can get well.

"Since COVID-19, we have administered less preventative medicine than usual," he said. "I believe a lot of people are afraid to come in to see the doctor due to thinking they will catch COVID, and that is not unreasonable thinking. I noticed last year when we were more so inside that we did not have as many flu cases as though we had in prior years, so I do not blame people's hesitation of coming out. We have to be cautious in the decision we make, but it should be for the safety of everyone.

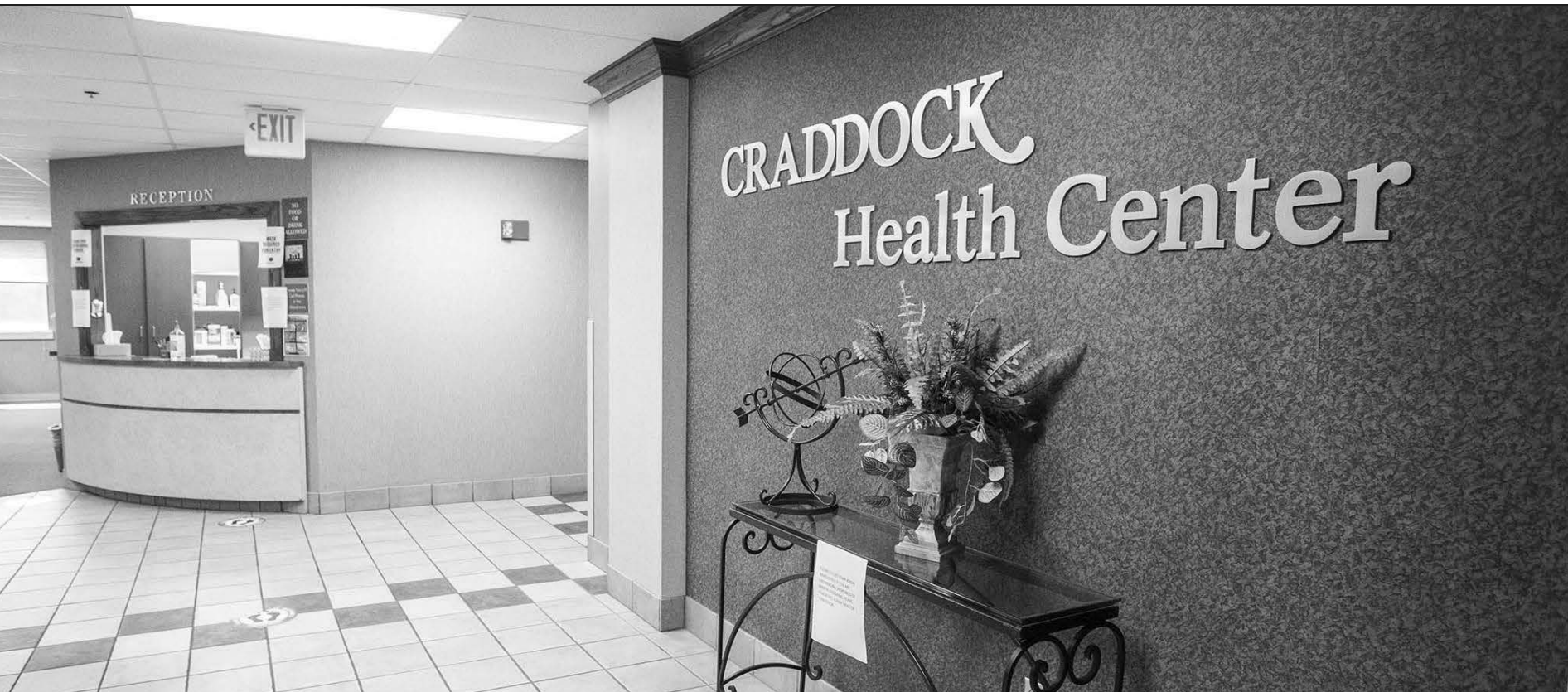
"For those who decide to come in to the office, we screen them with a COVID test before their scheduled appointment. If someone happens to refuse testing, especially if they are experiencing symptoms, the appointment will most likely be postponed. However, if someone is experiencing COVID-like symptoms we strongly discourage them from coming in to eliminate the risk of exposure."

Bowen added that telehealth has become the go-to for many patients, as it keeps patients on track in their health, and lowers the chances of being exposed to the virus. With the pandemic causing changes in everyday life, many routine check-ups have been postponed, but this is not the time to put chronic pre-existing illnesses on hold, according to the doctor.



“The biggest problem we are encountering is COVID-19, of course, and I believe prevention is the best medicine. COVID has changed the life expectancy in the country, and a lot of misinformation has led to some choosing not to get vaccinated. In my opinion, getting vaccinated, maintaining proper distance and avoiding being in closed areas with large groups of people are the key to staying healthy during these times.”

— Dr. Stephen Bowen



“My advice is not to ignore or dismiss regular scheduled check-ups just because we are in a pandemic. You do not want to forget or put off regular exams. It’s good to be checked out before something progresses and can become

life threatening. In some cases, you just never know, and treatment is always better when ailments are caught early.”

Bowen suggests that if people are going to be active during the pandemic, it is impor-

tant to be respectful to others. In doing that, he suggests continuing to practice social distancing, avoiding crowds, being vaccinated and attending outside activities rather than indoor events.

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# Talladega dentist treats her patients like family

**BY VALLEAN JACKSON**

Special to The Daily Home

As a child, it may have been recommended to you to brush your teeth at least twice a day, and even as you age, that is still a key to good oral health.

“To have good oral health is important as it affects your whole body,” said Talladega dentist Dr. Elaine Gissendaner. “If someone is missing a lot of teeth, they

could encounter a vitamin deficiency from not being able to consume all their needed nutrients or have digestive issues. If someone has gum problems, it can lead to heart disease or cause further problems in someone who already has heart disease. It is highly important to take care of your teeth.”

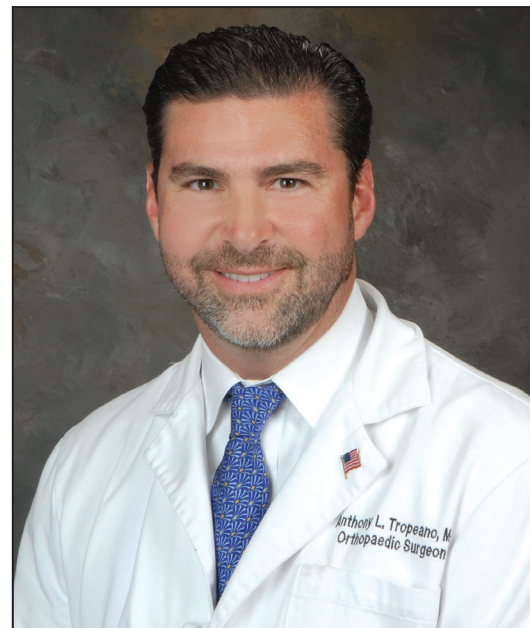
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ence in their lives. For 28 years, she has been an a provider of pediatric, general, cosmetic and denture care. As one of the only dental practices in the area that accepts Medicaid, her practice has become convenient and a great help to parents. She believes in making her patients comfortable, getting to know them, and treating them like family.

“I know that most people do not like the dentist and tend to avoid routine check-ups, but it is highly suggested that both adults and children visit the dentist at least every six months. However, if someone is experiencing tooth pain, swelling, sensitivity to temperature, having pain biting, discoloration, trauma, a loose filling or any other dental issue, it is best to reach out to a professional before it gets worse.”

If you want a confident and healthy smile, Dr. G recommends avoiding smoking and tobacco use, carbonated beverages and hard candy, which could lead to either tooth decay or oral cancer. Also, avoid foods and beverages with a lot of sugar, eat a lot of fruits and vegetables, do not crunch on ice and

drink plenty of water. Lastly, when it comes to the little ones, it's common to put youngsters to bed with their nightly bottle or cup of milk, but it is best to not give a child milk or juice before bed. Water is best quenching a late night thirst because the sugar in other beverages tends to sit on the teeth and can lead to cavities, according to Dr. G.

“Flossing is hard to add to your schedule, but please do,” she added. “Try to floss at least once a day and brush at least twice a day. It

does not matter the brand of toothpaste or if your toothbrush is electric. As long as you use a good fluoride toothpaste and a regular manual toothpaste, you are good. Each choice of brand is based on a person's preference.”

With the recommendation in place to wear a face mask in public, some have questioned if their oral health is being put at risk, but Dr. G says that's not the case. She said that there have been no studies to show that wearing a mask can affect one's oral health.



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# ‘It’s all about finding time:’ Workout Anytime owner encourages consistency when seeking to lose weight

**BY VALLEAN JACKSON**  
Special to The Daily Home

Do you want to lose weight, but you’re are having a hard time committing to a diet or sticking to a workout plan? Does it seem like no matter what you do, the desired weight you are seeking is not coming fast enough?

Workout Anytime in Pell City can help.

“When it comes to dieting, people often feel backed into a corner,” said owner Tood Stewart. “I feel like diets tend to fail for many because a person also has to change their lifestyle in order for a diet to take full effect, or you will go back to what you were trying to get away from. It takes a lot of

commitment and sacrifices to change what you have become accustomed to. It is not impossible. It just takes change all the way around and not just what you eat.”

Workout Anytime has more than 100 locations across the country. Stewart said that the Pell City location is one of the largest, and it is only a year old. The gym offers convenience to the residents of the community, low rates and well-decorated and spacious workout areas.

“It’s not shoulder-to-shoulder equipment here,” Stewart said. “The environment we offer is upbeat, colorful, clean, pretty, sanitary, safe, welcoming and overall has a nice glamorous look. The layout

makes you just want to hang out. How our members continue to come back time after time and talk about how they are enjoying the facility is truly one of the best rewards.”

Aside from dieting to get on track to a weight loss journey or simply to tone, sometimes the hardest thing to do can be just taking the initiative to start. Stewart suggests that if you are having a problem starting, just show up to the gym and try three to four machines for about 15 minutes. He believes that after you do something consistently for a while, it will begin to stick and you’ll be able to find your rhythm. Regularity and consistency are important.



Workout Anytime also strives to make itself a safe place during an uncertain time.

"I am not sure what to expect from this pandemic, but the goal is to just keep the place clean and be able to offer the community a clean and safe place to continue working out," Stewart said. "It is easy to lose sight of getting fit especially with

all that is going on, but you have to try. Even I feel I have strayed a little from how much I used to work out from trying to balance work and home life. Some days when I clock out I just want to go home and lay down, but I know it's all about finding the time. Once you find your niche of what works for you, you are more likely to become a usual."



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# Don't ignore what your body is telling you, Lincoln chiropractor advises

**BY VALLEAN JACKSON**

Special to The Daily Home

After a good night's rest, are you waking up feeling stiff or with back or neck aches?

If your answer is yes and it's has been going on for more than a week, it may be time to see a professional. The reason, according to Lincoln Chiropractic owner Andy Whiddon, is that pain is an indication that something is wrong in the body.

"To ignore pain is like putting a piece of tape on your oil light when it comes on," he said. "The tape does not fix the problem, and over time the problem only gets worse. Many people wait for

something to hurt badly before they come in to seek help, but if something has not healed in a week, it is likely the pain will become worse."

With the world facing unfamiliar times, self-care at times can fall to the bottom of one's to-do list, but it is important to try and remain in good health as best possible, Whiddon advises.

"Too often, our bodies do not get the best nourishment or adequate sleep they need, and they start to give indications that they need help in getting back on track," he said. "Being in the chiropractic profession for 17 years now, a few problems that I see often are headaches and back and neck problems, a lot of which comes



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from your posture or how you are sleeping. Your mattress is important, due to the fact that we typically spend about 6 to 8 hours a day on it. It is important that a mattress is firm. When most people hear the word firm, they think hard, but firm does not always mean hard. There are some firm mattresses that are soft. Like with memory foam mattresses, it is the density in them that is important. It all varies on the person, but I believe that if your mattress is over 10 years old, it is not supporting you right."

With the majority of society spending a great bit of its time standing or sitting, to have proper posture is important. It is easy to slump over, as it can be comfortable, but it is best to try and practice sitting up right. According to Whiddon, when sitting down, your feet should be flat on the floor, elbows at 90 degrees and computer monitor at eye level. Desks are better than laptops, and your back should be against the back of the chair with some type of lumbar support.

"As a kid, I always wanted to help people, and this job enables me to do that, as well as to treat everyone as if they were my mother or father when it comes to giving them the best treatment," he said. "I finished top of my class in school, so I was more than dedicated. I have invested a lot in this profession and seek the best for all my patients. To help people get back to enjoying life without pain is one of my best rewards."

Whiddon advises to

not put off something for tomorrow or a later time that can be taken care of today, as well as recommends incorporating daily exercise and a stretch routine into your everyday life. For aches, he suggests starting with ice first for a pain reliever or for inflammation.

Further tips for achieving good chiropractic health are to eat properly, get a proper amount of sleep and have your spine checked regularly.



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# Marble City Pharmacy encourages seniors to be knowledgeable about their prescriptions, insurance



**BY VALLEAN JACKSON**

Special to The Daily Home

When choosing a pharmacy, you may find that many offer the same retail products. However, it is often the quality of customer service that leads you to your decision.

Owner and pharmacist Jacob Johnson believes superior customer service is what sets Marble City Pharmacy apart.

A longtime family-owned small business in Sylacauga, the pharmacy prides itself on taking care of its customers, such as helping seniors understand some of the complexities involved in health care.

“As we continue to age in life, things change,” Johnson said. “When it comes to medications, when someone is younger take one or two prescriptions, an older someone likely takes more.” Understanding the seri-

ousness of medications, taking them properly, and “how they are a big deal” is important, he said, describing it as “urgent to make sure what is being taken is what is prescribed to that individual, is what is needed, and what is best for them to take.


“As you age, your lifestyle and health changes, and it is important that your medicines and dosages are addressed and adjusted to fit accordingly. If you are taking the

same medicines year after year, it might be time to talk to your doctor or pharmacist to discuss more options. If the time can not be taken to sit down with one's current physician or pharmacist and discuss better choices, then it might be time to switch that person for someone who cares more about your health."


For the seniors, Johnson advises that it is important to pay attention to your insurance. When it comes to Medicare, the prescription plans change yearly, and it is important to pay

"In the many years our family business has been in the Sylacauga community, we have continued to grow significantly each year," he said. "I truly believe we are still in our growing phase, and that is good and truly a blessing. As we continue to grow, our growth benefits the community, and we will continue to provide quality service."

— Jacob Johnson



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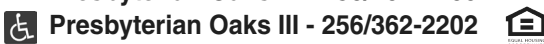
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attention to the changes they make as far as the drugs they will and will not cover. "Just because Plan A was good in the previous year might not always mean that coverage will roll over into the following year, and then problems of cost become an issue. Seniors, please keep in mind to consider all available options for insurance that fits you and your needs."

Marble City Pharmacy cares for its patients and the community and believes in developing good relationships to create a place of comfort when a question arises or more information is needed about a new medication or how to stay healthy during this pandemic.

"I am happy to help those who want my help," Johnson said. "That is what I am here for. I am

not here to judge, but to simply support whatever decision the customer makes in best pursuit of their health. We have the vaccine on hand if it is wanted, and if not, I can suggest some things that can keep you healthy during this time. I can understand the fear of each decision and the fear of the unknown. However, I am here to answer questions either way."

When asked what is the key to good health, Johnson said that some things do not change no matter how life goes on. "It has always been said to eat well and exercise. It sounds elementary, but that is still the case," he said.

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# UAB Medicine in Leeds: Ask your doctor, not social media, for health advice



## **BY VALLEAN JACKSON**

Special to The Daily Home

Jeff McGough, the director of radiology for UAB Medicine in Leeds, provides patients with 30 years of experience and compassion when they come in for imaging and diagnoses.

The practice has become a cornerstone in the community by offering convenience and access to some of the best physicians and the latest technology. Before opening in Leeds in 2014, many residents had only the choice to go to downtown Birmingham to Kirkland Clinic for their imaging needs.

UAB Medicine in Leeds also offers the services of dermatology, nephrology, neurology, orthopaedics, labs, imaging, and primary care for all ages in a community setting.

“I have spent the duration of my entire career at UAB, and one of the things that I love most is being able to be that diagnostic tool to give patients what they need,” McGough said. “You might see 60 patients in a day, but when each individual sees you, it is most important to them how they are treated. The goal is to give the same level of service to each person as if they were the first one of the morning. The level of care and compassion helps

patients to feel comfortable despite their fears and apprehensions of what is going on with them and allows them to get through testing.”

According to McGough, most of the time when patients come to them they have most likely been referred by another physician. However, in all cases, the goal is prevention if possible. The earlier a physician can intervene, the likelihood of a good outcome and survival rates are better.

“In late spring, around March, we started to see a decline in patients getting elective surgeries and getting the recommended images due to their fear of COVID, and that is under-



Jeff McGough of UAB Medicine Leeds

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standable," he said. "Over the course of the months around October, people started to feel more comfortable in getting back to normal procedures, but I know that is not the case for every one, so I highly suggest trying to get to your provider before things get too severe. You do not want the issue to turn into a stroke or aneurysm. That is why we are here. If symptoms are being experienced that are concerning, it is best to get it checked out and get a diagnosis done."

When asked what he considers the key to good

health, McGough answered exercising, eating right "and just overall taking care of oneself. The more active someone is can truly go a long way. There are some situations that can not be controlled, but it is important to not wait too late to get things checked out. Don't rely on social media to be your driver of education about your condition. It is important to properly research the subject of your health from credible sources, not hearsay, and addressing concerns with your provider is always best."

“The goal is to give the same level of service to each person as if they were the first one of the morning. The level of care and compassion helps patients to feel comfortable despite their fears and apprehensions of what is going on with them and allows them to get through testing.”

— Jeff McGough

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## Pell City retailer offers natural products to support a healthy lifestyle

**BY VALLEAN JACKSON**

Special to The Daily Home

WellWay Whole Health Shoppe provides the residents of Pell City the opportunity to purchase natural products that assist in nourishing and cleansing the body. As one of the only of its kind in the area, it is very convenient and beneficial to those seeking certain vitamins, a new health journey or change of lifestyle.

“WellWay was formerly known as Stan’s Natural Foods and was in business for over 17 years,” says current owner Karen Sawyer. “When

the previous owners, Stan and Joyce Clements, decided to reach out to me, it seemed like the perfect timing. They were ready for retirement, and I had sold my Subway restaurants. I always had an interest in natural health, I took them up on their offer, and come October, it will be seven years I have been in the business.”

Before the pandemic, many people sought natural choices for various reasons, but with the coronavirus numbers back on the rise, some are asking for natural solutions to stay healthy. According to Sawyer, the store does offer products that support immune health,



Karen Sawyer of  
Wellway Whole Health Shoppe

but its staff members are not medical doctors. They do not diagnose, prescribe or claim to cure any ailment. All of the information they offer is for educational purposes only, and is up to the customer to conduct further research in reference to their own health concerns.

“I would say vitamins and minerals are my top sellers when it comes to what people are buying the most of as of recently,” Sawyer said. “Specifically, immune builders such as Vitamin D, Zinc,

and Vitamin C. In these trying times, I believe people are trying to prevent illness as well as support sleep and fight stress.”

When asked how she defines the word natural, Sawyer said that the products are derived from God-given ingredients. “The benefits of natural products tend to work better with the body, as all pharmaceuticals deplete nutrients from the body. In being a service to the community, we have had many customers that have been able to get off of a prescrip-

“In these trying times, I believe people are trying to prevent illness as well as support sleep and fight stress..”  
— Karen Sawyer



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- Volunteer Services** - Our volunteers make visits/phone calls to patients or families, help with household chores, run errands, write letters, plus many other services.
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tion or at least help put back into their body what was lost.”

WellWay Whole Health Shoppe offers herbs, vitamins, minerals, sports nutrition, CBD products, groceries, alkaline water, chemical-free household products, health and beauty products and more. The staff is passionate, knowledgeable, and committed to serving the community. As the demand has grown and the goal to satisfy customers has grown with it, an adjoining wellness

center is now available. Chiropractors Dr. Zachary Howard and massage therapists Erika Skeivelas Janet Greibel are in practice, and Regina and Karyne Davis will be offering detox foot baths and an organic juice bar soon.

“Our biggest reward comes from our customers sharing their improvements in health concerning mind, body and soul,” Sawyer said. “Even in the midst of this pandemic, as a team we endured our own battles of contracting COVID,

and we overcame it, thank God, but we continue to fight to be there for our community by offering products that we have and professionals promote. I try my best to practice what I preach as far as eating healthy, taking supplements, getting good sleep, exercising, eliminating artificial ingredients internally as well as externally and staying well-hydrated. The goal I seek to help my customers achieve as well as myself is to live life well.”

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# Local long-term care facility seeks to protect residents from dangers of ongoing pandemic

**BY VALLEAN JACKSON**  
Special to The Daily Home

Diversicare of Pell City is committed to offering seniors a home away from home, health care services, short term rehabilitation, hospice care and more, all in a supportive and welcoming environment.

Administrator Stephanie Howard believes that the nursing home industry was as unprepared as any other when the outbreak of the

coronavirus swept the nation. Health care has remained on the frontlines throughout the pandemic, and health care professionals continue to do their due diligence, at times working around the clock to provide for those in need.

“Our team members have worked tirelessly and have put our residents first -- sometimes before their own families -- to ensure they are taken care of,” Howard said. “Honestly, I know they are worn out mentally, emotionally and physically, but even in their exhaustion they

have continued to do a great job and have continued to stick it out with us. I believe in taking it one day at a time, reinforcing the good the team has done and letting them know that they have to be as calm as possible for our residents, because if we show fear, the residents will be afraid.”

She believes that one important key to a normal society is respecting others and accepting differences of opinions. The vaccination is available to those who feel that it is vital to their

health and safety; however, those who choose not to be vaccinated are asked to continue following recommended CDC guidelines, as seniors are most vulnerable to this virus.

"We are doing all we can to keep their loved ones safe. For seniors, it is important to make sure that those that want it get the vaccine receive it, or be proactive if they start to show any symptoms. We have had several residents get the vaccine since the first of

the year and continue to offer it as new residents come into our center. In order to keep seniors encouraged, we continue to do as much as we did before COVID through engaging activities and letting them know that we care. We have all had to make changes to ensure that safety is number one."

Just as many work to recover from the virus, it continues to mutate. As age persists and additional care becomes a bigger factor, more assistance

is needed more than ever. The doors of nursing homes are still open and taking patients to lend a hand in the care of loved ones. According to Howard, insurance companies have been great in helping to waive authorizations so that patients do not have to wait for approval before being admitted to centers such as Diversicare.

Howard displays a compassion that allows her to support others during the various stages of their lives. She enjoys helping others and making a difference in their lives, desiring the best for her staff and residents. When asked what she recommends for seniors to stay healthy, she suggested that they eat properly, get a proper amount of sleep, stay hydrated and adhere to CDC guidelines to protect themselves and others.



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