

# Living 50 *Plus*



**PRIMETIME**  
October 2016

SPECIAL SUPPLEMENT TO  
**THE DAILY HOME**



# CONTENTS



**3** Physical therapy assists patients for better outcomes after surgery

**6** Be aware of bone and joint health concerns

**8** Seniors shouldn't neglect caring for their feet

**10** Local agency seeks to help seniors with prescripoin costs



**12** The Village at Cook Springs keeps residents active and engaged

**14** Talladega councilman serves on state senior advisory panel

**16** Talladega County resources for seniors

**18** Seniors encouraged to take flu shots

**19** Talladega dentists take pride in their work



**20** Father and son duo practice dentistry together

**22** Seniors can find compassionate care at Citizens Baptist

**24** St. Vincent's St. Clair earns prestigious national recognition for heart care

**28** Talladega Health and Rehab serves as 'home away from home'

**31** Cardiovascular Associates has been serving Sylacauga for more than 25 years



## Putting Personal Decisions In Your Hands.

Pre-planning allows you to make the important decisions about your final arrangements according to your own personal wishes and beliefs. It also saves your family the burden of making difficult choices during their time of grief. There's value in planning ahead; in fact, we can even guarantee the cost of a funeral at today's prices.

### TALLADEGA FUNERAL HOME

[www.talladegafuneralhomeinc.com](http://www.talladegafuneralhomeinc.com)



256-362-0111

65001 Hwy. 77 N.  
Talladega

## 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

# Physical therapy assists patients for better outcomes after surgery

By **DAVID ATCHISON**  
Home staff writer

It's been a long journey for Jennene Milam, 67, of Alpine but she is in the final stretch of recovery thanks to ACT Physical Therapy physical therapist Steven Estrada.

"He's been good for me," Milam said. "He's very professional."

Milam had surgery in July for a total knee replacement.

She said her surgery was performed at St. Vincent's Hospital in Birmingham.

Milam said ACT Physical Therapy was referred to her by her surgeon.

The facility is conveniently located in Pell City, so she did not have to travel all the way to Birmingham for her physical therapy sessions. She only has about a month of therapy remaining.

Estrada, 40, said ACT Physical Therapy does a wide range of physical therapy, from basic to complex orthopedic conditions.

"We work with people who have had knee replacements, rotator cuff repair as well as working with the elderly on their balance," he said.

Estrada, along with physical therapist assistant Morgan Goin, 22, of Pell City, said they work with people of different ages and see more of the baby boomer age people who undergo orthopedic surgery.

"We probably average about 15 patients a day," he said.

Estrada has worked as a physical therapist for 17 years, or since 1999.

He said his interests in physical therapy sparked when he was involved

in sports as a high school student.

"I now enjoy working with the general public," Estrada said. "The thing I enjoy is meeting different people with different personalities that you meet daily. I enjoy the interaction with patients."

He said while a doctor may only have a limited amount of time with a patient, he spends quite a bit of time with patients, two or three times a week.

Estrada, who is originally from the Pensacola area and attended the University of South Alabama before moving Central Alabama, said he really enjoys helping people recover from their injuries.

Ilene Hayes, who along with her partner Charles McKie, opened the first ACT (Accurate, Caring, Thorough) Physical Therapy office in Hoover about a decade ago, now have five clinics scattered throughout the Birmingham metro areas.

Hayes said they have clinics in Hoover, Gardendale, Trussville, St. Vincent's Birmingham, and Pell City.

She said they opened the ACT Therapy clinic about three years ago in Pell City.

"I just saw a need," Hayes said. "I felt like it was a good place to go."

She said ACT Therapy strives to assist patients so they have a better outcome after surgery.

"Many of the people we work with are away from their jobs," she said. "We try to get them back on the job."

Hayes, who has worked in orthopedics for about 17 years, said ACT Therapy also assists a lot of Medicare patients.

ACT Therapy in Pell City is located at 1242 Martin Street South, next to Alacare. For more information about ACT Therapy call 205-338-8338.



Physical therapist Steven Estrada said ACT Physical Therapy does a wide range of physical therapy, from basic to complex orthopedic conditions. ACT Physical Therapy is conveniently located in Pell City, so patients do not have to travel all the way to Birmingham for their physical therapy sessions.

Bob Crisp/  
The Daily Home

## LINCOLN CHIROPRACTIC & WELLNESS CENTER

**Dr. Andy Whiddon DC**



- Neck Pain • Back Pain
- Headaches
- Herniated Disc
- Congested Sinuses
- Auto/Personal Injury
- Sports Injury
- Leg/Arm Pain
- Allergies

**2009 Small Business of the Year & Awarded 2014 Young Chiropractor of the Year by the ASCA**

**MOST INSURANCE ACCEPTED**

47795 US Hwy. 78  
Lincoln, AL

**205-763-2222**

[www.lincolnchiropractic.org](http://www.lincolnchiropractic.org)



# Retaining independence through physical therapy

Special to The Daily Home

Physical therapy can help seniors retain their independence, whether they are managing a long-term illness or just want to improve their general health and mobility.

The goal of physical therapy is to help restore and improve functionality, reduce pain and increase mobility for better strength and balance.

Falls are the major reason seniors require physical therapy.

As people age, they tend to lose flexibility, strength and often their balance, so maintaining the desired level of fitness becomes increasingly challenging. Loss of these functions could lead to a fall that could cause serious injury. Physical therapy helps improve these functions.

Osteoporosis, which is a progressive bone disease characterized by a decrease in bone mass and density, can lead to an increased risk for fractures. It is often the cause of many falls. Physical therapy and a regular exercise program help control the effects of this condition.

Strength training and exercise provided in physical therapy can also help alleviate the symptoms of arthritis. People with arthritis can benefit from physical therapy because it provides exercises to help preserve the strength and use of the joints. Physical therapy also teaches therapeutic methods to relieve discomfort through both

physical techniques and activity modifications.

Physical therapy is prescribed in many cases following a hospital stay. Skimping on post hospitalization therapy can cause serious repercussions.

**Some of the potential consequences of seniors skipping physical therapy following a hospitalization can include:**

- **Falls.** After a hospital stay, many are weak and more prone to falling. Failing to have therapy after hospitalization could potentially lead to a re-hospitalization due to an injury from a fall.

- **Infections.** Without active movement because of weakness that could have been improved with physical therapy, there is an increased risk for pneumonia. There is also increased potential for skin problems, such as ulcers, which may develop because of lack of movement.

- **Reduced long term strength and endurance.** During recovery, physical therapy can influence your strength and endurance level that you will have long after you finished your sessions. This can also cause increased blood pressure and heart rate and decreased oxygen saturation levels, which can lead to stroke, blood clots and heart attacks.

- **Reduced education.** Education through physical therapy shows ways to complete activities of daily living in a more efficient way to help improve physical

and mental well being and quality of life.

- **Increased pain.** If you're not moving because you are not taking physical therapy, joints tends to get stiff. Decreased mobility leads to more pain.

Physical therapy for seniors has a variety of benefits which can include not only gaining strength and balance, but also providing a renewed sense of confidence. Physical therapy can give seniors back their independence and make daily tasks easier.

Working with a physical therapist will not only reduce pain, but it will also help improve overall strength and ability and reduce the risk for injuries, helping you maintain a higher quality of life.




John Meeker, 51, has his knee worked on by physical therapist Mike Degregorio. Meeker had a total knee replacement and was discharged the same day as his surgery.

## 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

Terry Grizzard  
Owner

Brenton Young  
Service Mgr.




Interior Vehicle Lifts

1227 Noble St.  
Anniston, AL

256-237-2006

tgrizzard@glalifts.com  
www.glalifts.com




Turning Automotive Seats

Exterior Vehicle Lifts

APPOINTMENTS NOW AVAILABLE!

## CAMP CHIROPRACTIC CLINIC




### Dr. Cary Camp

Alabama State Chiropractic Association and  
American College of Chiropractic Orthopedics

Specialize In Neuro-Muscular  
Skeletal Conditions

Serving The Community For 40 Years

- DOT Physicals (National Registry)
- Sports injuries
- On the job injuries
- Automobile injuries
- Muscle 'n bone injuries
- Bracing, splinting & casting
- Blood 'n urine testing
- Blood vascular testing
- Most insurance accepted



256-362-2003

300 East St. N., Talladega  
Office Park East  
(across from Piggly Wiggly)



stvhs.com/heart

# NATIONALLY

— *recognized* —

# FOR ATRIAL FIBRILLATION

St. Vincent's\* is the first and only health system in the nation to hold all three of the Society of Cardiovascular Patient Care's accreditations at the highest level. This includes being nationally recognized in the area of Atrial Fibrillation (AFib). That means we offer the most advanced and innovative techniques for treating AFib right here in Alabama. And that's why we are The Heart Experts.

 **St. Vincent's**  
**HEALTH SYSTEM**  
**THE HEART EXPERTS**

\*St. Vincent's Birmingham & East hold the highest level available in AFib with EPS, Heart Failure, and Chest Pain Center with Primary PCI and Resuscitation. St. Vincent's Blount and St. Clair hold Chest Pain Center accreditation.

 ASCENSION



# Be aware of bone and joint health concerns

An annual global event, Bone and Joint Action Week is this week, a designation focusing on such disorders as arthritis, back pain, osteoporosis and trauma – conditions that often affect older adults.

The observance is designed to raise awareness of prevention, disease management and treatments, as well as advances in a number of areas. Health care officials believe this is important for the following reasons.

- More than half the American population older than age 18 (54 percent) is affected by musculoskeletal (bone and joint) conditions, according to The Burden of Musculoskeletal Conditions in the United States.

- One in three people older than 18 required medical care for a musculoskeletal condition in each of the years 2009-2011, a 19 percent increase over the last decade.

- Bone and joint conditions are the most common cause of severe long-term pain and physical disability worldwide affecting hundreds of millions of people.

- Musculoskeletal conditions include back pain, arthritis, traumatic injuries, osteoporosis, spinal deformity, and childhood conditions.

- The global prevalence of musculoskeletal conditions is predicted to increase greatly due to increasing life expectancy and changes in risk factors unless new treatments and preventive measures are found.

- Musculoskeletal conditions can lead to significant disability plus diminished productivity and quality of life. Treatment and lost wage costs associated with musculoskeletal diseases in the U.S. alone were \$874 billion between 2009 and 2011, equal to 5.73 percent of gross domestic product.

- Research funding is currently less than 2 percent of the National Institutes of Health's annual budget and continues to decline each year despite the high costs associated with injuries, arthritis, and back pain.

- Since 2011, when baby boomers became beneficiaries of Medicare, the economic and societal cost of bone and joint health escalated and is expected to continue for decades.

As part of Bone and Joint Action Week, Friday is World Osteoporosis Day, designated to help the public learn more about bone health, as well as the prevention, early detection, diagnosis and treatment on the condition. For more information, visit [www.worldosteoporosisday.org](http://www.worldosteoporosisday.org).



World Osteoporosis Day takes place every year on Oct. 20, launching a year-long campaign dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease. Organized by the International Osteoporosis Foundation (IOF) every year, World Osteoporosis Day involves campaigns by national osteoporosis patient societies from around the world with activities in over 90 countries.

**EVERYTHING YOU NEED**

- No Waiting
- Convenient Drive Through
- No Automated Phone Lines

**TRUST • VALUE • SERVICE**

## Express Pharmacy

Located Inside "The Pig" on Battle Street, Talladega

(256) 362-1120

Hours: Monday-Friday 8:00 a.m.-6:00 p.m.  
Saturday 8 a.m.-2 p.m.

000229519r1

## BEN CONTRATTO, DMD, LLC FAMILY DENTISTRY

Taking good care of your oral health is important at any age. We offer a full range of dental care services – from routine cleanings to fillings, and even whitening – to help make sure your smile stays healthy and bright through the years.



**NEW PATIENTS WELCOME  
MOST INSURANCE ACCEPTED**

Hours: Mon.-Thurs. 8 am - 5 pm  
[www.facebook.com/TalladegaDentist](http://www.facebook.com/TalladegaDentist)



116 Coffee Street • Talladega

**256-362-8511**



**CVA** Cardiovascular  
Associates

Proudly serving Sylacauga  
for over 25 years.

Our family of advanced heart specialists is expanding in Sylacauga  
to provide comprehensive cardiovascular care close to home.

Call today for your appointment at [256.245.5833](tel:256.245.5833) or visit [cvapc.com](http://cvapc.com)



Christopher M. Huff,  
M.D.

Benjamin R. Plaisance,  
M.D., FACC

Tammie Klepper,  
CRNP

Andrew P. Miller,  
M.D., FACC

Larry E. Dye,  
M.D., FACC

William R. Harrison,  
M.D., FACC

Barry K. Rayburn,  
M.D., FACC

Percy J. Colon, III,  
M.D., FACC

David E. Cox,  
M.D., FACC

### Sylacauga

209 West Spring Street | Suite 104 | Sylacauga, AL 35150  
256.245.5833

### Northside

70 Plaza Drive  
Pell City, AL 35150  
205.510.5000

### Pell City

2048 Martin Street South  
(Inside Pell City Internal & Family Medicine)  
Pell City, AL 35128 | 205.510.5000

### Talladega

201 Medical Office Park  
Talladega, AL 35160  
256.480.6300



# Seniors shouldn't neglect caring for their feet

By KELLI TIPTON  
Home Staff Writer

Shirley Hurst, 63, is comfortably reclined in a chair with her bare feet propped up. She is getting a pedicure at Podiatry Associates, P.C. in Sylacauga as part of a follow-up treatment plan for a surgically removed ingrown toenail. Dr. Robert I. Russell, D.P.M., performed her surgery in February.

"I come here for pedicures because I am a diabetic, and I can't go to the salon anymore to get my toenails clipped. It's too easy to get an infection. This is a sterile environment, and Dr. Russell is the best doctor I've ever been to. He is very compassionate. He took time to talk with me about my diabetes. He went above and beyond for me," she said.

Russell said there are numerous reasons why senior citizens, especially those with diabetes, should be particularly careful in caring for their feet. "First, when we get older, our circulation is not as good as it was when we were younger. A lot of times seniors have neuropathy, which means there is not as much feeling or sensation in their feet, particularly if the person has diabetes. Their toenails tend to be thicker, and as with many things in our lives, the older we get, the more of a challenge it is to stay healthy, and our feet are no different," he said.

"Our feet hold up the entire weight of our body. Every bit of pressure comes through our feet as we walk, and if you think about the number of steps you take in a day, multiplied by 60 to 80 years, that's a lot of wear and tear. So, older people are more susceptible to foot problems than younger people," he said.

Often, the first line of defense in good foot care is a good pair of shoes. Seniors should wear shoes with good support, a good insole, and that offer their feet good protection. "Walking barefoot is not a good idea, especially for those with diabetes. They can pick up infections or step on a sharp object. I am not a big fan of flip flops. They are unstable, and you can trip and fall. If you happen to step on something sharp, it can go right through the bottom of a



Bob Crisp/The Daily Home

**There are numerous reasons why senior citizens, especially those with diabetes, should be particularly careful in caring for their feet. Older people are more susceptible to foot problems than younger people.**

0002200501

## Cheaha Eye Associates, P.C.

### Optometrists

Member American Optometric Association

**Office Park East  
Suite F  
300 East St. No.  
Talladega**

**Call 256-362-5800  
For Appointment**

Dr. David H. Pickrell

**INSURANCES ACCEPTED**  
NEW: Health & Welfare

•Humana •Southland •Aetna •Blue Cross/Blue Shield •Cigna-Health Springs  
•Eyemed •Medicaid •Medicare •NVA •United Healthcare •Spectera •VSP •VCP •AEA  
•Superior Vision •Viva •Avesis •Advantra •Davis Vision

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

## 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

awningsbyevans.com



flip flop,” he said.

But even a good pair of shoes can't prevent some foot-related issues for seniors. Fungal toenails and ingrown toenails are very common and very treatable. “Fungal nails are extremely thick. If a person doesn't have good vision or the mobility to cut their own toenails, it is difficult. If they have poor circulation or loss of sensation, significantly bad things can happen if they cut themselves while trimming their own toenails. For that reason, we have a lot of diabetics and people with other health issues come to us to take care of their toenails,” he said.

“If you are going to do your own toenails, always cut them straight across, or have a family member do it. Some people will try to dig the edge of an ingrown toenail out, and it becomes infected. Don't dig into the edges of the nail under any circumstances. Let a podiatrist or a doctor do it,” he said.

Other common issues are corns and callouses which are usually caused by bony deformities such as a hammertoe, bunions or bone problems in the foot. These problems can be treated in several ways. “We can trim the corn or callous and put a pad under it for temporary relief. Or we can surgically remove the portion of the bone that is causing the corn or callous to form, taking the pressure off it and giving a lot of relief. We can custom make a silicone pad that's fitted directly to the foot and toe that gives instant relief by taking the pressure off it. I caution people not to use

any of those acids at the drug store. Corn removers and callous removers are very strong acid compounds. They can cause a severe burn if you get it on normal skin. I don't recommend it,” he said.

Some seniors have pain in their heels called plantar fasciitis, or a heel spur. “We can treat that both conservatively or surgically, or with cortisone shots if necessary. We really work hard in our practice to be as painless as possible. Many people fear needles and shots. We take great efforts to be as gentle as possible. Taping the foot, medications, and physical therapy are all things we do to help people with heel pain. Surgery is typically reserved for the most resistant cases of heel pain that do not respond to the other treatments. The results from surgery are very good also,” he said.

Russell recommends that seniors inspect their feet every day and take some simple preventive measures. “Most of our body is visible, but our feet are covered up with shoes almost all the time. Everyone should look at their feet every day and inspect them. Keep them clean. Dry between the toes well. Don't soak your feet in very hot water. Lukewarm water is best. Applying skin softener or moisturizer on the feet is a good idea at night. You don't have to put it between your toes. A little powder between the toes is fine,” he said.

“If you can't see your feet, have a family member look at them, or get a mirror. Wear properly fitted

shoes. Shoes that are too big will rub a blister, and that is almost as bad as wearing shoes that are too small. If you are a diabetic, the best thing you can do for your feet is to keep your blood sugar normal,” he said.

“And one of the worse things you can do for your feet is to smoke. I counsel my patients against smoking. We strongly encourage our patients to stop smoking, because it cuts off the circulation to their feet and makes them more susceptible to problems,” he said.

Sometimes, despite preventive measures, a patient will develop a wound or a sore on their foot that won't heal, even after months or years. “We specialize in wound care. We have very simple techniques and very advanced techniques to help a sore to heal,” he said.

By working closely with vascular doctors and the patient's primary doctor, even the most stubborn sores can heal quickly. “This is especially important for diabetics. It's important to get their sores healed because it is an opening that allows germs to enter and set up an infection that could lead to the loss of a foot. So we do limb salvage. We work with the patient and their other doctors to do whatever is necessary to avoid an amputation. That is one of the most gratifying parts of my job,” he said.

To schedule an appointment with Dr. Russell, call Podiatry Associates, P.C. at 256-249-2212.

# 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



Dignity®

256-245-4361



# Local agency seeks to help seniors with prescription drug costs

By **KELLI TIPTON**  
Home staff writer



Melanie Moore is the president and founder of Mercy Medical Consultants, a pilot program in Talladega that helps senior citizens fill out applications for free medication from these companies. Pharmaceutical companies give away millions of dollars of medication every year. Almost 99% of patients qualify for these programs.

Bob Crisp/  
The Daily Home

Many seniors live on fixed incomes. Sometimes they must choose between paying for prescription medications and buying groceries or paying a utility bill.

“Pharmaceutical companies give away millions of dollars of medication every year,” said Melanie Moore, president and founder of Mercy Medical Consultants, a pilot program in Talladega that helps senior citizens fill out applications for free medication from these companies. “Almost 99 percent of patients qualify for these programs.”

Moore has 16 years of experience in patient advocacy with major pharmaceutical companies. Her main office is in Ranburne, but she opened a local office at 803 North St. because she feels a need to help people in this area. She is a graduate of Winterboro High School, and she attended Jacksonville State University.

“I wanted to help the people in my own backyard. So we talked to Regional Medical Center, and they agreed to let us pilot a program here, and we are trying to help the people of Talladega County, Clay County, Calhoun County, Cleburne County and St. Clair County,” she said. “Our job is basically to help people who are in the Medicare Part D donut hole or seniors who just have regular Medicare, and we help people with private insurance get brand name drugs that their insurance won’t pay for.”

Moore helps seniors and other people with a doctor’s prescription fill out the required paperwork to obtain free medication from the pharma-

ceutical company that manufactures it.

“Senior citizens need to bring a Social Security benefit letter, a Social Security card, a Medicare card, and if they are on Medicare Part D, they need to bring something showing they are. They also need a low income subsidy letter from the social security office,” she said, adding that it is easier now for senior citizens to qualify because eligibility is based solely on their Social Security benefits. “Land is no longer counted as an asset anymore, so that makes a lot of people eligible.”

Some of the brand-name medications she helps people obtain are Primarin, Eloqist, Cialis, Viagra, Advair, Androgel and Lyrica. Moore does not dispense medications. They are delivered to the patient’s home or to their doctor’s office for them to pick up.

“There are lots of medications we have helped



**OAK CIRCLE  
ASSISTED  
LIVING**

Vanessa Masters

605 15th St. N. / Pell City, AL 35125

**205-884-HOME**

**GIVING YOUR LOVED ONE THE COMFORTS  
OF HOME AWAYS FROM HOME**

**ALL ABOUT YOU**  
HOME CARE *living life to the fullest*

**Locally Owned, Bonded, and Insured**

**Our team of sitters, companions, and caregivers is the most professional and courteous around...**

**GUARANTEED!**

**If your home care company does not guarantee your satisfaction, why are you settling?**

***Our services at a glance***

- Companionship Services
- Homemaker Services
- Personal Care Services

*Call for  
a personal  
consultaion  
today...*

29 West Third St., Suite B, Sylacauga, AL 35150

**256-369-4313**

**www.allaboutyouhc.com**

000230909R1

000230909R1



people with. For people with chronic pain, we can get Duragesic patches. They are delivered to the patient's home by UPS. We can help them get Tramadol and Zohydro. We don't actually get the tablets for them, but we give them a \$25 card for Zohydro. They take it to the pharmacy, and they pay \$25 instead of \$500, because most insurance companies won't pay for that medication," she said.

Sometimes, insurance will pay for the prescribed medication, but the copay is expensive.

"I just spoke to an 80-year-old woman who had \$1,200 in monthly Social Security benefits. Her Blue Cross Blue Shield had a Medicare Part D. She was on five medications with a \$55 copay per medication. She said she needed the medications to live, but she also needed food and to pay her utility bills. We are going to be able to assist her with her medications," Moore said.

In addition to filling out the necessary paperwork, she sometimes writes letters explaining a person's situation in order to get them the help they need.

"I will help them fill out the required forms to determine their eligibility and the applications for their medications. If we have to, we will appeal a decision. We do charge a consultation fee, but we break it down into installments where people can better afford it. We charge \$66 a quarter, because unfortunately we are not a non-profit organization. We hope to be non-profit in the future. Right now, it's \$22 a month for each medication. We try to get a 90-day supply each time. They are not paying for the medicine, but they are paying for the consultation fees and ongoing follow-up work."

Mercy Medical Consultants also offers discount cards.

"We offer cards from companies like Pfizer," Moore said. "They have a 50percent off card for Viagra, but people have to ask for it. We give a card for Lyrica. Lyrica is for neuropathy pain and costs over \$500 if you purchase it out right at the drug store," she said. "We also help people get free diabetic monitors. The Prodigy blood glucose monitor is free, but there is a \$50 charge for a box of strips. Anybody can get a free monitor, though."

Mercy Medical accepts clients in the office on Mondays, Wednesdays and Thursdays. On Tuesdays and Fridays, Moore is traveling. "I spend some of my time on the road. If people have mobility issues and they can't make it to my office, I will come to their home. Our goal is to go nationwide eventually. We try to help as many people as we can," she said.

For more information about Mercy Medical Consultants, call 205-753-6118.



DailyHome.com



facebook.com/  
DailyHomeNewspaper



@dailyhome

# Quality Healthcare for the Entire Community



**Ammar Aldaher,  
M.D.**



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



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



**Mahgoub A. Eltoum,  
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 physicians have a proud heritage  
of medical care dating back to 1912.*

# CRADDOCK Health Center

[www.craddockhealthcenter.com](http://www.craddockhealthcenter.com)

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

**(256) 245-5241**

18/002/16/000



# The Village at Cook Springs keeps residents active and engaged

By GARY HANNER  
Home staff writer

**T**he Village at Cook Springs, home to 280 residents, is located just off Interstate 20. Services include independent living, assisted living, memory care-wisteria, skilled nursing and therapy/rehabilitation.

The Village also has a satellite Specialty Care Assisted Living location, Village East, on Kings Circle in Pell City.

The Village is a Noland Health Services retirement community.

Noland Health Services is dedicated to identifying and meeting the healthcare needs of the people and communities they serve by providing innovative, high-quality health services in a compassionate, efficient and effective manner.

The director at The Village at Cook Springs is Trent Jackson, a position he has held the past three years.

Currently, there are 64 residents living in the Assisted Living; 27 residents living in Specialty Care Assisted Living in Cook Springs; 22 residents living in Specialty Care Assisted Living at Village East in Pell City; 8 residents living in Independent Living; and the rest (162) living in the Skilled Nursing facility or nursing home.

There are 300 employees taking care of the 280 residents.

Denise Spence and Becky Henderson operate the front desk Monday through Friday. Kathy Crew works the weekend.

“These three ladies are very important because they are our first line,” said Randell Pickering,



Gary Hanner/The Daily Home

**Shirley Estes, guest services assistant for Wisteria, visits with resident Judy Shrader.**

the director of marketing at the Village. “When visitors come in, these three ladies have to be very knowledgeable about what goes on and which department the visitors need to go to. Many times when visitors come in, they have high anxiety, and are not sure where they need to go. All three of these ladies are excellent in what they do, and they need the recognition of what they do.”

They have what’s called the Gathering Room, where residents can put puzzles together.

“It keeps them engaged and keeps their minds going,” Pickering said. “There is also a hydration station in the room with various juices and water.”

Upstairs on the second floor, there is a game room where residents can play board games, play cards or watch television. There are computers set up in the room as well if residents want to learn more about the computer or get on Facebook, Pinterest or Skype to keep up with children and grandchildren who may live out of state.

“You would be surprised at how many of our senior adults are tech savvy,” Pickering said.

Also upstairs is a screened-in porch that overlooks the pond and walking track and what Pickering called his favorite area.

“Occasionally, we will have activities out here, especially when it’s a little cooler,” he said.

Many of the residents have the opportunity to go on trips. The Village has a bus, and they occasionally will go to Georgia for a day-long trip and visit local places in Pell City, Moody, Leeds and Birmingham.

GARDENS OF  
TALLADEGA  
ASSISTED LIVING

256.362.1072  
130 Seasons Way | Talladega, AL 35160

00023003171



“They really enjoy going to Love Lady’s Thrift Store,” Pickering said. “They go to Walmart every week. They have gone to plays at the Leeds Theater. We try to participate in the local Christmas Parades every year.”

Pickering said one of the things you do not want to do is disturb the residents’ bingo time.

“That is a huge mistake,” he said. “We just want to keep our residents active and engaged. We want to help them in their daily tasks. Many of our residents have different types of dementia. They have no problem with remembering what happened 50 years ago. It’s their short-term memory they have problems with, so we want to keep them as active as possible.”

Annual events held include pageants for Ms. Village at Cook Springs for both the assisted living and nursing home facilities.

Contact Gary Hanner  
at [ghanner@theclairtimes.com](mailto:ghanner@theclairtimes.com)



# Let your neighbors help you reach your goals.

## Earn More Rewards in 2016!!

Open your First Bank of Alabama personal or business credit card and enjoy great benefits...

- No annual fee
- Fixed and variable interest rates
- Local decisions & local service
- Online account management



(256) 362-2334  
[www.FirstBankAL.com](http://www.FirstBankAL.com)



### UChoose Rewards®

Earn rewards points every time you make a purchase, in-store or online. Earn additional rewards points by shopping at participating retailers.

Redeem rewards points for millions of products, including travel, tickets to events, gift cards and cash back.

Terms and conditions apply. Subject to credit approval. Credit limits based upon the customer's creditworthiness and ability to repay. Rates may vary. Other restrictions may apply. For more information about the rates, fees, other costs and benefits associated with the use of this card or to apply, visit any branch and refer to the disclosures accompanying the credit card application.





# Talladega councilman serves on state senior advisory panel



Dr. Horace Patterson

Bob Crisp/The Daily Home

## Staff Report

**S**erving others and the community is important to Dr. Horace Patterson.

Besides representing Ward 1 on the Talladega City Council and directing senior services at the Alabama Institute for the Deaf and Blind (AIDB), he serves as vice chairman of the Alabama Department of Senior Services (ADSS)'s advisory board, a panel that also includes local state Sen. Jim McClendon.

Patterson recently took time to answer five questions related to the advisory board and issues of concern to

seniors in Talladega County.

### What is the purpose of ADSS Advisory board?

The ADSS was created in 1957 as the single state agency for receiving and disbursing federal funds made available under the Older Americans Act (OAA) of 1965 and to serve as the lead agency on programs for the aging population. In 2008, Section 38-3-8 of the Code of Alabama was amended to provide that ADSS is to administer programs and funds that are not the specific responsibility of another state agency under federal or state statutes. ADSS has an Advisory Board of

**NOW OFFERING DRY NEEDLING**

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



**GAIN RELIEF & LOSE THE PAIN! CALL TODAY!**

Ben Donahoo, PTA

Dan Schabel, PT



114 W. Fort Williams St.  
Sylacauga, AL 35150

**256-487-8040**

Directors composed of 16 members as follows: two members of the Senate appointed by the president of the Senate; two members of the House of Representatives appointed by the speaker of the House; nine members appointed by the governor; and three ex officio members: commissioner of the Alabama Department of Labor, the State Health Officer, and the commissioner of the Department of Human Resources.

This board works closely with the commissioner of the state Department of Senior Services to promote the independence and dignity of those seniors who are served through a comprehensive and coordinated system of quality services. The board reviews and assists the department of senior services as it develops the official state plan developed by the state commissioner that is signed off by the Governor of the state. The state plan is then presented to the U.S. Administration on Aging for approval.

ADSS administers statewide programs on aging that cover all 67 counties through the Regional Planning Commissions and the local Area Agencies on Aging (AAA). Each of the area agencies on aging provide comprehensive services through contracts and grants to a wide variety of local agencies, both public and private.

**What does your role as the board's vice chairman involve?**

My role as vice chairman is to preside over board meetings in the absence of the board chairman.

**What issue are local seniors most concerned about?**

The cost of medication, which is met through the SenioRx program and assistance in navigating the system regarding which program is best for each senior in selecting health care during open enrollment periods.

Alabama's Prescription Drug Assistance Program, SenioRx has been a state-funded program since 2002. The program is designed to provide prescription assistance to Alabamians who are 55 and older, or individuals of any age who have a doctor's declaration of disability, have applied for disability and are awaiting and are awaiting a decision, or who have been deemed disabled and are in the 24-month waiting period. SenioRx also assists Medicare beneficiaries that have reached their Medicare Part D coverage gap (donut hole) receive free or low cost medications.

The purpose of the program is to help people manage their chronic illnesses earlier and prevent serious health problems later in life. SenioRx has helped thousands of Alabamians receive free or low cost prescription drugs from pharmaceutical manufacturers by conducting education, outreach and enrollment through the 13 Area Agencies on Aging.

State and Local SenioRx staff work collaboratively with the local Aging & Disability Resource Center (ADRC) and State Health Insurance Assistance Program (SHIP) counselors to ensure each consumer they come in contact with are properly screened for SenioRx services. SenioRx is expanding efforts to develop new partnerships with local pharmacists and health care providers, and advocacy organizations that assist people of any age with disabilities.

**How is AIDB an excellent resource for Talladega County's senior citizens?**

AIDB is a valued member of the Alabama Health and Human Services Network. The Senior Services department of AIDB is charged to provide a system of service delivery that will ensure that the elderly sensory-impaired citizen is better prepared to maintain a quality of life where one can remain functionally independent, be a viable part of a productive community, and have access to a safe and sustaining environment. This is done through group and individual counseling, information and referral sources, and community education.

**What are some other local resources senior citizens may find advantageous?**

In partnership with the East Alabama Area Agency on Aging, AIDB offers help with paying

for medications through the SenioRx program, vision and hearing screenings and community education on numerous issues that confront the elderly and coordination of health fairs and seminars. Recently the AIDB received certification for the evidenced-based PEARLS program (Program to Encourage Active Rewarding Lives for Seniors).

Depression is a serious matter that can affect your body, your mood and your thoughts. It can affect the way you eat, sleep or feel about yourself.

Depression is more than just feeling sad. Episodes of depression can last for weeks, is serious enough to interrupt your daily activities, and can leave you feeling exhausted, helpless and hopeless. If left untreated, depression can be devastating for the person who has it, and for their family.

The PEARLS program imparts the knowledge and skills necessary to identify depression among community dwelling clients.

Through PEARLS, seniors can be taught to identify those things contributing to their depression, and learn skills to improve their quality of life in one-on-one counseling sessions facilitated by nationally certified PEARLS counselors.

# Marble City Pharmacy & Gifts

*"The way a drug store used to be...  
...Caring for you, and about you."*

**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**  
**Shelly Smith, PharmD**  
**Daniel Allison, PharmD**

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

**256.245.4446**

**www.marblecitypharmacy.com**



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

**We Deliver**





# Talladega County resources for seniors

Following is a listing of resources available to senior citizens in Talladega County.

- **The Alabama Institute for the Deaf and Blind (AIDB)** has a strong commitment to helping all Alabamians with sensory impairments regardless of age. For more information, call 256-761-3740.

- **The East Alabama Regional Planning and Development Commission's Area Agency on Aging** offers a number of programs and benefits for seniors, including free legal services, food assistance, Medicare assistance, caregiver assistance and help transitioning from a long-term care facility to a home or community-based setting. For more information, call 1-800-243-5463 or email [info@EastAlabamaAging.org](mailto:info@EastAlabamaAging.org).

- **State Health Insurance Counseling (SHIP)** provides free, unbiased health insurance counseling for people with Medicare. For more information, call 256-761-3575.

- **Farmers Market Coupons:** The goal of this program is to provide fresh, nutritious, unprepared, locally grown fresh fruits, vegetables, and herbs from Alabama Farmers Market Authority eligible farmers markets and roadside stands to low-income seniors and nutritionally at risk women and children. For more information or to apply, visit [www.fma.alabama.gov/VoucherPrograms.aspx](http://www.fma.alabama.gov/VoucherPrograms.aspx).

- **SNAP (Supplemental Nutrition Assistance Program):** This food assistance program's purpose is to end hunger and improve nutrition by providing monthly benefits to eligible low income households to help them buy the food they need for good health. For more information, call 256-761-6600.

- **Free Prescription Savings Card from United Way.** For more information, call 1-866-810-3784.

- **Free discount prescription card** are also available by calling 1-800-931-8872 or visiting [www.coast2coastrx.com](http://www.coast2coastrx.com).

- **Senior Activity Centers** provide activities, fun, fellowship, volunteer opportunities and access to health and nutritional information. For those who qualify, there are a limited number of lunches at the center and delivered to homebound clients.

- Childersburg Senior Center, 65 Graves Avenue, 256-378-7037.

- Munford Senior Center, 110 Lions Road, 256-358-6437.

- Oak Grove Senior Center, 2364 Forest Glen Road, 256-249-3638.

- Maxye Veazey Senior Adult Center, 2 West 8th Street, Sylacauga, 256-237-3565.

- Talladega Senior Center, 309 N. MLK Jr. Drive, 256-362-5769 or 256-761-0273.

- Talladega Springs Wellness and Health Center, 40 Granberry Drive, Sylacauga, 256-249-0802.

## Transportation Services

- **Medicaid Recipients:** The Alabama Medicaid



Non-Emergency Transportation (NET) Program helps eligible recipients pay for rides to dental and doctor offices, hospitals and other medical facilities when the service is also covered by Medicaid.

### Childersburg

- Contact: Vicky Moody or Amy Wheat at 256-378-7037

- Hours of Operation: 8 a.m. to 4 p.m. Monday-Friday

- Operator goes as far as Harpersville, Vincent, Fayetteville, Sylacauga, and Winterboro. No specific route is taken.

- Cost: General Public, \$2 first 5 miles and \$1 for each additional 5 miles. Senior Citizens and Disabled Persons: \$1 first 5 miles and 50 cents each additional 5 miles.

### Oak Grove

- Contact: Pippia Shaffer at 256-249-2800

- Hours of Operation: 8 a.m. to 5 p.m. Monday-Friday

- Operates within Talladega County from Sycamore to Talladega Springs. No specific route taken.

- Cost: Senior Citizens and Disabled Persons, \$1 each 5 miles. General Public, \$2 each 5 miles.

### Sylacauga:

- Contact: 256-249-9085

- Hours of Operation: 6 a.m. to 6 p.m. Monday-Friday

- Operates within the city limits of Sylacauga, but will go outside of city limits if necessary for individual passenger's needs. No specific route taken.

- Cost: Under age 55, \$2 first 5 miles, \$1 each additional 5 miles; Over age 55 or Disabled, \$1 per trip within the city limits; outside the city limits, all trips are \$2 first 5 miles, \$1 each additional 5 miles.

### City of Talladega:

- Contact: Sherron Stockdale at 256-362-0514

- Hours of Operation: 8 a.m. to 5 p.m. Monday-Friday

- Operates inside the City of Talladega. No specific route taken.

- Cost: Senior citizens and disabled persons, \$1 to a location and \$1 to return from a location; general public: \$2 to a location and \$2 to return from a location.

## Edward Jones<sup>®</sup>

**MAKING SENSE OF INVESTING**

2603 Moody Pkwy Suite 101 | Moody, AL 35004  
**Bus. 205-352-3778 Fax. 855-677-2263**

[steve.sink@edwardjones.com](mailto:steve.sink@edwardjones.com)  
[www.edwardjones.com](http://www.edwardjones.com)

**Steve Sink** - Financial Advisor

000230635r1

## Autumn Trace Apartments

*1400 Autumn Lane, Sylacauga*

*1, 2, 3 Bedrooms, all electric, private balconies and patios, 24 hour maintenance and on-site security. Garbage and pest control included.*

# 256.249.2126





# You Can't See Glaucoma Coming... But We Can.

The early signs of eye disease are often undetectable, but a dilated eye exam can detect many of these diseases in their early stages before vision loss occurs. Early detection and treatment of eye diseases such as glaucoma and macular degeneration can help save your eyesight.

If it's been more than one year since your last eye exam, contact us today for a professional exam and protect your precious vision. We offer the latest vision tests and technology to ensure complete and thorough eye care.

## TALLADEGA/PELL CITY OPHTHALMOLOGY CLINICS

### **2 CONVENIENT LOCATIONS:**

216A East Battle St., Talladega  
256-362-1590  
or 1-800-362-4140

Professional Office Building  
2811 Dr. John Haynes Dr., Pell City  
205-338-6444



Khalid L. Khan M.D.  
Board Certified  
Ophthalmologist



# Seniors encouraged to take flu shots

## Risk of getting influenza rises with age

It has been recognized for many years that people age 65 and older are at greater risk of serious complications from the flu when compared with younger healthy adults, because human immune defenses become weaker with age.

While flu seasons can vary in severity, senior adults bear the greatest burden of severe flu disease. In recent years, health studies have shown that between 71 and 85 percent of seasonal flu-related deaths have occurred in people 65 and older, and between 54 and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.

Since flu viruses are most common during the fall and winter, here is some basic information about the flu and steps seniors can take to remain healthy this fall and winter.

### What is influenza?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious cases can result in hospitalization or death.

### What is a flu shot?

Just like other vaccinations, the flu shot is made from a killed virus. When the virus is injected (flu shot) or inhaled (nasal-spray flu vaccine), your body's immune system recognizes that a foreign substance is present and makes antibodies that attach to the virus. These antibodies signal the immune system to attack and destroy the virus. The flu virus changes every year, so annual flu vaccines are necessary.

The flu vaccine is not guaranteed to prevent the flu, but it minimizes your chances of contracting the flu virus and, if you do get the flu, the vaccine helps to minimize the symptoms.

### Who should get a flu shot?

Everyone who is at least 6 months old should get a flu vaccine. You should especially receive a vaccination if you:

- are at high risk of developing serious complications (like pneumonia).
- have certain medical conditions including asthma, diabetes and chronic lung disease.
- are pregnant.
- are younger than 5 (especially applicable for those younger than 2).
- 65 and older.
- live with or care for others who are at high risk of developing serious complications, including household contacts and caregivers of infants less than 6 months old and healthcare personnel.



Following is a list of some pharmacies in the area where individuals may receive vaccinations for flu. Shingles and pneumonia vaccinations may also be offered.

**Lincoln  
Fred's Pharmacy**  
47950 U.S. 78  
205-763-1047

**Pell City  
CVS/Pharmacy**  
118 Comer Ave.  
205-338-2628

**Kmart**  
803 Martin St. S  
205-884-2703

**Pell City Pharmacy**  
107 Highway 234  
205-338-6080

**Walgreens**  
1649 Martin St. N  
205-338-2319

**Talladega  
Professional  
Apothecary**  
210 N. St. W  
256-362-8328

**Rite Aid**  
101 Asbury St.  
256-362-9540

**Walgreens**  
503 E Battle St.  
256-315-1659

**Sylacauga  
Marble City Pharmacy**  
264 W. Ft. Williams St.  
256-245-4446

**Hubbard Pharmacy**  
1351 W. Ft. Williams St.  
256-245-7708

**Rite Aid**  
1 N Broadway Ave.  
256-245-7474

**Walgreens**  
100 W. Ft. Williams St.  
256-249-8646

**Fort Williams  
Pharmacy**  
410 W. Ft. Williams St.  
256-207-2007

**Childersburg  
J&J Childersburg  
Pharmacy**  
33633 U.S. Hwy 280  
256-378-7761

**Winn-Dixie**  
33404 U.S. Hwy 280  
256-378-5727

COMMERCIAL &  
RESIDENTIAL HEATING & COOLING

**FALL  
MAINTENANCE  
CHECKUP**

\$75

Call

*Engle  
Services*

AL STATE CERT. #00145








855-GET ENGLE



# Talladega dentists take pride in their work



Buddy Roberts/The Daily Home

**Dr. Michael Kulovitz has sold his practice at Talladega Dental Associates to Dr. Garry Rice, who says he looks forward to continuing the practice's tradition of providing quality dental care for its patients.**

**By BUDDY ROBERTS**  
Special Projects Editor

**T**alladega Dental Associates prides itself on the quality of its denture work. “We take the time to do it right here,” said Dr. Garry Rice, who recently bought the practice from Dr. Michael Kulovitz. Seeing patients now on a part-time basis, Kulovitz has been in practice at the office at 108 North St. E. since 1981.

“But there has been dentistry in this building at this location since the 1950s,” he said. “Dr. A. Lee Teague practiced here for 31 years.”

Rice, who bought Talladega Dental Associates in late June, said longtime patients won't see wholesale changes with his arrival.

“One thing I wanted patients to know is that Dr. Kulovitz will still be around,” he said. “There is a nice down-home feel to the community here, which I think is a great fit for me. I love the staff, and I love the patients. I'm really enjoying being here.”

The office is open from 8 a.m.-5 p.m. Mondays-Thursdays and Fridays by appointment.

“Over the years, our practice has developed the reputation of being willing to respond to true medical emergencies after hours and on holidays and weekends,” Kulovitz said. “Especially now that Garry is here, we're available for seeing patients on Fridays.”

He described Talladega Dental Associates as “a comprehensive dental office. We refer out very little work,

usually only orthodontic care.”

Acknowledging that Talladega is a small town, Rice noted that many patients “do not like to have to go to Anniston or Birmingham. They want to get what they need done here in our office, and we're happy to accommodate.”

Periodontal care, treatment of TMJ disorder, dentures and partials, fillings, crowns, wisdom teeth extraction and root canals are among the services the practice offers. Denture implants has become one of its specialties.

Dental implants are single, multiple or complete artificial tooth replacements that are a viable alternative when a patient does not feel that he or she could get accustomed to wearing partial or complete dentures.

Teeth restored with dental implants look, feel and function just like natural teeth. The placement of a dental implant usually takes several steps.

First, the implant, a cylindrical and/or tapered post, is placed surgically into the jawbone. As it heals, the implant will fuse with the natural jawbone, with the two growing together to form the foundation for replacement teeth.

Once the implant bonds with the jawbone – which, Kulovitz said, takes 18 weeks – a small connector called an abutment is placed on top of the implant to connect it to the replacement dentures.

“Often times with dentures, the bottom denture doesn't fit well, because it's the bottom jaw that moves up and down,” Rice said. “Implants provide stabiliza-

tion, and we take pride in making sure we do it right.”

A graduate of the University of Georgia and the Medical College of Georgia, he added that he and Dr. Kulovitz believe that visiting the dentist shouldn't be a scary thing.

“A lot of people had a bad experience seeing a dentist when they were young, and for anyone who may be fearful because of such an experience, you can come in here, have your work done and know that the experience you may have had before is not going to happen with us,” Rice said.

## PROFESSIONAL APOTHECARY

210 North Street W. • Talladega  
**256.362.8328**

[www.proapo.com](http://www.proapo.com)

*Your Friendly  
Hometown Pharmacy*

Chris Helms | Alicia Holbrook | Jennifer Carter

**We are here to help  
fill all of your needs.**

## PROFESSIONAL APOTHECARY

**DURABLE MEDICAL EQUIPMENT**

- Diabetic Supplies & Shoes
- CPAP & Supplies-Nebulizers
- Lift Chairs-Hospital Beds
- Manual & Motorized Wheelchairs
- Mastectomy Bras & Prosthesis

Plus Many Other Medical Supplies

**Delivery Service Available for  
Prescriptions & Medical Equipment**



# Father and son duo practice dentistry together

By GARY HANNER  
Times Associate Editor



Gary Hanner/St. Clair Times

Scott Koplton, left, and his son Adam Koplton take care of patient Paula Made of Leeds.

It's a father-son tandem that has a unique opportunity to practice dentistry together in a historic building in Leeds.

Meet Scott Koplton and his son Adam. Since 1990, Scott Koplton has been the primary dentist, while Adam came on board this past May.

What makes them unique is what both bring to the practice.

Scott brings decades of clinical experience and knowledgeable patient care. His top priority is building relationships with his patients, ensuring that they feel comfortable while getting the dental care they need.

"I'm very fortunate to be a dentist here in the Leeds community," Scott said. "Some of the people I treat are third and fourth generation patients. I find the people in the Leeds community like a second family to me. I treat my patients like they are family."

On the other hand, Adam brings a new eye to technology and practice management, striving to provide patients with the latest and best practices and resources available.

"Growing up in my father's office, I always knew I wanted to be a dentist like him so I too would have the chance to help change people's lives," Adam said.

Blended together, both father and son's diverse yet equally important skills are what make Koplton Implant & Family Dentistry different.

The actual building where they practice has deep roots and history in the Leeds community. It is a registered historic landmark and was once the hospital in Leeds. Many current patients had parents, grandparents or even themselves who received treatment at the hospital back in the day, whether it was general procedures or giving birth to a child.

"What makes our practice unique is that we truly do practice in a home," Scott said. "Our patients primarily come from all over St. Clair County, and to be part of this community is truly rewarding."

Scott said he started his practice with Dr. Harold Fendley, who had bought the practice from Dr. Horace Clayton when the building was the old Leeds Hospital.

"Dr. Fendley always treated me like I was his son," Scott said. "He was so good to me. He shared his patients with me, and then about 20 years ago, I bought the practice from him."

Scott said he had never practiced by himself as the first 10 years was with Fendley, and then with an associate and now his son.

DO I HAVE ENOUGH TO  
**RETIRE**

At UnionState, we can help you develop your retirement portfolio by keeping track of your investments and making sure that you are *on track* with your goals. So when the time comes for you to retire *you'll be ready.*



**Chris Alexander, Financial Advisor**

205-871-0279 - Office

investments@unionstate.net - email | www.unionstate.net

Securities offered through Sterne Agee Financial Services Inc. Member FINRA, SIPC  
Not FDIC insured May lose value No Bank guarantee





**Koplon Implant & Family Dentistry is located in what used to be the old Leeds Hospital. The building is more than 110 years old.**

Gary Hanner/St. Clair Times

The mission is to provide all-in-one dental care under one roof. Most dental treatments completed in-house include:

- Implants.
- Veneers.
- Oral Conscious Desation.
- Same Day Crowns.
- Root canals.
- Crowns and Bridges.
- Dentures.
- Gum Grafts.
- Teeth Cleanings.
- Surgical Extractions.
- 3D X-ray.
- Teeth Xpress.
- Snap On Smile.
- Pediatric Dentistry.
- Oral Cancer Screenings.

“This is a dream come true to work alongside my son,” Scott said. “I guess it’s every dad’s dream, and I get to share my knowledge with him.”

“I feel like we are a good team. I’ve introduced him to the clinical side and

the experience side. I have felt like we have always run a modern practice with a historic feel working in a building that’s over 110 years old.”

Adam said it is “awesome” being able to work with his dad.

“It is pretty cool being able to now work on a lot of the patients that I knew growing up as a child because I spent so much time here,” Adam said. “I went to college at Alabama and then had the chance to work for

my dad for an 18-month internship. Then I went to dental school. It was cool that I got to work for him before I actually started.”

  
DailyHome.com

  
facebook.com/  
DailyHomeNewspaper

  
@dailyhome

# MEET OUR TEAM

*Coosa Valley*  
**HOSPICE**  
*"Where every journey matters"*  
**256-401-4545**



**COOSA VALLEY  
HOSPICE**



**Dolores Catchings, RN**  
*Director of Hospice*



**Alex Brooks**  
*Community Outreach*



**Sallie Morrison**  
*Office Coordinator*



**Jody Alberson, RN**  
*Hospice Nurse*



**Penne Swearingen, RN**  
*Hospice Nurse*



**Chuck Terrell, RN**  
*Hospice Nurse*



**Lisa Cooper, LPN**  
*Hospice Nurse*



**Makeisha King, CNA**  
*Hospice Aide*



**Carolyn Ashley, CNA**  
*Hospice Aide*



**Annie Brown**  
*Social Worker*



**Glenn Winter**  
*Chaplain*



# Seniors can find compassionate care at Citizens Baptist

Special to The Daily Home

Citizens Baptist Medical Center in Talladega offers a number of services for senior citizens and their families.

## Psychiatry care for senior adults

Citizens Baptist Medical Center offers compassionate psychiatric care for seniors in a supportive environment. The Senior Care team understands that psychiatric and behavioral health disorders affect more than the brain; they impact the well-being of the patient, their families and loved ones.

The Senior Care program at Citizens Baptist is designed for adults age 60 and older, and offers a secure, therapeutic environment 24 hours a day. The program offers in-depth evaluation and treatment for a broad range of psychiatric disorders including depression, anxiety disorders, domestic violence, trauma, eating disorders and schizophrenia.

Treatment teams take a holistic approach to assessing and treating the mental health issues that often occur as we age. The team of doctors, nurses, mental health workers, case managers, therapists and social workers work together to develop an individualized plan for each patient. Treatment may include daily therapeutic activities, physician management of chronic medical conditions and dietary counseling. Specialists are available to assess all inpatient admissions so any concurrent medical conditions can be addressed and treated alongside psychiatric care.

Inquiries and admissions are accepted 24 hours a day by calling 256-761-4380. For more information, visit [www.brookwoodbaptisthealth.com/Psychiatry](http://www.brookwoodbaptisthealth.com/Psychiatry)

**Citizens Home Health representatives are on call and available to assist with patient needs after hours and on weekends.**

Bob Crisp/  
The Daily Home

## Home health care

The home health medical professionals at Citizens Baptist Medical Center collaborate with physicians, patients, and families to develop and facilitate a personalized treatment plan for each patient. Once the treatment plan is established, dedicated home health liaisons maintain open lines of communication with members of the care team to streamline updates on patient care.

Home health services at Citizens are Medicare-certified home health providers serving Talladega, St. Clair, Jefferson, Blount, Walker, Tuscaloosa and Bibb counties. Citizens Baptist's commitment to quality home health care is illustrated by the quality awards it has received, including Home Health Quality of Patient Care Star Rating Award and Homecare Elite Award.

Services include:

- Skilled Nursing, which includes nursing assessments; instituting physician orders; instruction and education on safety, medications, infection control, and disease processes; treatments such as wound care and IVs; and specialty nurses for psychiatric care.
- Physical Therapy (evaluation and




## Retirement Community Services Include

- Assisted Living • Memory Care • Respite Care
- Adult Day Care • Rehabilitation Therapy
- Independent Living • Skilled Nursing Services

**Call Today!**

**(205) 338-2221**

[www.villageatcooksprings.com](http://www.villageatcooksprings.com)





Tucker Webb/The Daily Home

**The Senior Care program at Citizens Baptist is designed for adults age 60 and older, and offers a secure, therapeutic environment 24-hours a day.**

implementation of a home exercise program, transfers, gait training and strengthening to help with pain and post-op rehab.

- Occupational Therapy (evaluation and education for muscle re-education, perceptual motor training, endurance, strength, independence and self-care).
- Speech Therapy (treatment and evaluation of voice, speech, language, swallowing, auditory disorders or difficulty with cognitive function).
- Medical Social Worker offering assistance in social and financial issues and education for patient and caregiver about available resources to aid in recovery.
- Home Health Aide, providing assistance with bathing, personal care, transfers and vital signs

Citizens Home Health representatives are on call and available to assist with patient needs after hours and on weekends. For more information, call 256-761-4363 or 866-617-4363.

#### Hospice care

If a patient has a life-limiting illness, hospice care provides essential physical, emotional, social, and spiritual support in the peace and comfort of their current home environment. By surrounding the patient with a team of caring, compassionate individuals, Citizens Baptist Medical Center hospice care provides support for both the patient and their family. The care team focuses on increasing the quality of life by working to reduce the physical and emotional stress that accompanies end stages of life.

Because “home” is wherever the patient resides, hospice services are available not only in people’s homes, but in the hospital, nursing home, and assisted living facility. Many patients receive hospice care as a result of a diagnosis of heart disease, lung disease, Alzheimer’s disease, stroke, kidney disease, HIV/AIDS, ALS (Lou Gehrig’s disease), liver disease and cancer.

Hospice Services include:

- Pain Management.
- Nursing Care.
- Personal Care.
- Social Work Services.
- Spiritual Counseling.
- Bereavement and Grief Support.

Helpful facts:

- Hospice is paid for by most insurance plans.
- Hospice serves anyone with a life-limiting illness.
- Hospice provides not only expert medical care for the patient, but spiritual and emotional support for the patient and family as well.
  - Research indicates that the majority of Americans prefer to be at home at the end of life.
  - Hospice affirms life, regards dying as a normal process and neither prolongs life nor hastens it.
  - Research shows that patients who receive hospice care can live longer than patients who do not.

Hospice team includes:

- Registered nurses.

- Certified hospice aides.
- Specially trained hospice volunteers.
- Social workers.
- Spiritual care coordinators.
- Bereavement coordinators.

For more information about any of Citizens Baptist’s programs or services, call 256-761-4566.

## Get Your Smile Back!



**Need DENTURES or PARTIALS?**

*Friendly Staff  
Affordable Prices*

**SAME DAY SERVICE**

(In Most Cases)

**Need EXTRACTIONS?**

We can remove your teeth & place a denture the same day!

*Out With The Old - In with The NEW!*

**280  
Dental  
Care**

*Dr. Thomas A.  
Douyard, D.M.D.*

33044 Hwy. 280  
Childersburg, AL

Call For Appointment

**256-378-3322**





Bob Crisp/The Daily Home

# St. Vincent's St. Clair earns prestigious national recognition for heart care

Special to The Daily Home

**S**erving the community for more than 117 years, St. Vincent's Health System has a longstanding reputation of caring for hearts as the heart experts.

By combining the experience and knowledge of our physicians with the latest in cutting-edge technology, the health ministry offers cardiovascular expertise with the care and compassion that is uniquely St. Vincent's.

This drive to serve recently led to St. Vincent's being the first and only health system in the nation to hold the highest Society of Cardiovascular Patient Care (SCPC) heart accreditations in all three areas. Through the teamwork and determination of numerous associates and physicians across the Health System, St. Vincent's earned the prestigious accreditations in only seven months.



**FLOWER ART**


*Flower & Gift Shop*

- *Wedding & Party Planning,*
- *Cemetery Silks • Funerals*

**4503 Cogswell Ave., Pell City, AL**  
**205-525-4503 • Cell 205-531-3944**

**flowerartbyvanessa.com**  
 Vanessa M. Reynolds, owner





**ALABAMA EYE CLINIC**  
 JOSEPH SCHNORBUS, OD

Comprehensive Eye Health Care



- Routine Eye Exams
- Trauma & Injury
- Contact Lenses
- Eye Glasses
- Macular Health Screening
- Eye Disease Treatment

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

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

**(256) 362-4872**

00023091 011

Among the many criteria evaluated were how the hospitals worked internally to care for cardiac patients, its outreach efforts to educate the community on heart disease, and its processes to help ensure patients continued to thrive even after they left the hospital.

St. Vincent's St. Clair holds the prestigious Society of Cardiovascular Patient Care accreditation in the area of Chest Pain Center.

As an accredited facility, St. Vincent's St. Clair offers the following: quick assessment, diagnosis and treatment of chest pain patients; chest pain center treatment plan to promote optimal patient care; effective treatment plans for patients at low risk for acute coronary syndrome (blood flow blocked to heart); specially trained staff in the latest chest pain protocol; coordination of care across St. Vincent's Health System for those

patients needing to be transferred for more extensive care; and community outreach programs to educate the public on recognizing the signs and symptoms of a possible heart attack.

Cardiologist Dr. Jason Thompson, who sees patients on the St. Vincent's St. Clair and St. Vincent's East campuses, has been a part of the accreditation process. "It's a huge win for the St. Clair community to have access to this level of heart care right in their own community," he said. "The accreditation has helped lead to quicker diagnosis and treatment of

patients with chest pain when every second counts. By following consistent protocol, physicians and staff are able to stabilize and then transfer a patient if more intensive heart care is needed."

St. Vincent's Birmingham and St. Vincent's East achieved the highest level available in Atrial Fibrillation (AFib) with EPS, Heart Failure, and Chest Pain Center with Primary PCI and Resuscitation.

St. Vincent's Blount also received Chest Pain Center accreditation.

And while this is a tremendous achievement for St. Vincent's St. Clair, the overall Health System and the cardiovascular patients they serve, it's not a one-time recognition. The best practices and new processes the accreditation has put into place are the new standards of care that will only be enhanced for years to come.

St. Vincent's Health System, which is a part of Ascension, includes four hospitals, a health and wellness facility, outpatient surgery and diagnostic centers, home health and hospice, home medical equipment services, behavioral health, wellness services, corporate health services and specialized care.

To learn more about its full range of cardiovascular services, visit [www.stvhs.com/heart](http://www.stvhs.com/heart). For a physician referral, call the St. Vincent's Heart and Vascular Line at (205) 939-7886.

**"It's a huge win for the St. Clair community to have access to this level of heart care right in their own community,"**

**DR. JASON THOMPSON**  
Cardiologist

## October is National Health Literacy Month

Problems with health literacy affect millions of Americans, including senior citizens.

More than 77 million adults have basic or below-basic health literacy skills. For the growing population of older Americans age 65 years or older (which is expected to reach more than 71 million by 2030), difficulties with health literacy can complicate already challenging health problems.

Health literacy has to do with how well people understand and are able to use health information to take action on their health. More than just the ability to read and write, it includes the ability to listen, follow directions, fill

out forms, calculate using basic math and interact with professionals and health care settings. It can also include making sense of jargon or unfamiliar cultural norms. Health literacy requires people to apply critical thinking skills to health-related matters.

Health literacy has been defined as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."

A person's health literacy is influenced by a number of factors, including basic literacy skills, the communication skills of health professionals, and the situations one

encounters in the health care system. These issues affect how a person finds a doctor, reads instructions for medicine or takes other health-related action. Also, to take such action people often need a realistic understanding of health and disease. People with low health literacy skills often lack such knowledge.

Anyone can have low health literacy problems will not always be obvious. Some people hide their problem out of shame, or they may not recognize the difficulty they have with reading. Such individuals may not ask important health questions, or they may misunderstand a health care provider's directions.

*Foot Pain? We Can Help!*

**PODIATRY ASSOCIATES, PC.**

The *foot* doctor is in!



**DR. ROBERT RUSSELL**



**DR. JAMES BOWMAN**

**TREATING MAJOR & MINOR FOOT PROBLEMS, INCLUDING BUT NOT LIMITED TO:**

- Diabetic Foot Care •Bunions •Heel Pain •Hammer Toes
- Ingrown Toe Nails •Corns & Plantar Warts

**CELEBRATING OUR 30TH YEAR IN SYLACAUGA!**

9 South Western Ave., Sylacauga • 256-249-2212  
[www.podiatryassocpc.com](http://www.podiatryassocpc.com)

No representation is made about the quality of podiatry services to be performed or the expertise of the podiatrists performing such services.

000220731

**256-362-1000**  
**SUBSCRIBE TODAY!**  
The Daily Home





## Senior auto care

A poll of ASE-certified automotive technicians indicated that drivers over 60 are among the most conscientious when it comes to taking their vehicles in for routine maintenance and repair. The experts at the nonprofit National Institute for Automotive Service Excellence (ASE) remind consumers that good communication between shop and customer can help make the repair process go smoothly.

“Professionally run repair establishments recognize the importance of two-way communications,” notes Martin Lawson, ASE’s editorial director. “Just as you would with your physician, be prepared to discuss your vehicle’s aches and pains once you are at the repair shop.”

The following tips from ASE should make the repair process go smoothly:

Don’t ignore what your vehicle is telling you.

Look for:

- \* Unusual sounds, odors, drips, leaks, smoke, warning lights, gauge readings.

- \* Changes in acceleration, engine performance, gas mileage, fluid levels.

- \* Worn tires, belts and hoses.

- \* Problems in handling, braking, steering, vibrations.

- \* Note when the problem occurs and whether it is constant or periodic.

Stay involved; communicate your findings:

- \* Be prepared to describe any symptoms. In larger shops, you’ll probably speak with a service consultant rather than with the technician directly.

- \* Carry a written list of the symptoms that you can give to the technician or service consultant.

- \* Do not be embarrassed to request simple definitions of technical terms.

- \* Ask to be called and apprised of the problem, course of action and costs before work begins.

- \* Before you leave, make a note of shop policies regarding labor rates, guarantees and acceptable methods of payment.

- \* Keep a record of all repairs and service.

# State services for Alabama seniors

## Staff Report

The state of Alabama provides and offers a number of programs, services and organizations for the benefit of senior citizens. Following is an overview of a few, along with how to learn more about each.

### Prescription Drug Assistance

SenioRx - Prescription Drug Assistance Program Partnership for Medication Access is designed to provide medication assistance to senior citizens with chronic medical conditions who have no prescription insurance coverage and limited financial means to apply for drug assistance programs provided by pharmaceutical manufacturers.

The Alabama Department of Senior Services (ADSS) partners with the Social Security Administration and the Disability Determination Offices to refer clients to the SenioRx program, which also partners with the Primary Health Care Association to advance the goal of providing Alabamians with access to quality healthcare.

Additional partnerships include the Department of Corrections, which makes

information available to prisoners age 55 and over who are exiting the prison system to re-enter the community.

The goal of these partnerships is to provide individuals who have chronic diseases and/or mental health issues the opportunity for medication access to help them establish and maintain stability in the community and curtail recidivism into the prison system.

In 2012, the Legislature authorized the SenioRx program to work in unison with the Aging and Disability Resource Centers serving as the single entry point for intake and pre-screening for program applicants. Providing the extension of options counseling to these individuals assists with more than their medications and helps improve their quality of life and independence.

For more information, visit [www.pparx.org](http://www.pparx.org).

### Masters Games of Alabama

Masters Games of Alabama is a non-profit organization supported by ADSS and dedicated to promoting healthy lifestyles for active adults age 50 and over through social, mental and physical activities. While the games provide an Olympics-style atmosphere, the focus is on fun and fellowship rather than competition. Each year there are between 600 and 800 participants from across the state.

For more information, visit [www.mastersgamesalabama.org](http://www.mastersgamesalabama.org).

### Ms. Senior Alabama

Ms. Senior Alabama is a non-profit organization associated with the Ms. Senior America program, designed to enrich the lives of senior women while allowing them to share their experiences, wisdom, and interests with others.

**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**



**Hwy. 231 N.  
Pell City  
205-338-3221**

**BUFFET HOURS:  
10:30 a.m.-8:00 p.m.**

**Every Tuesday is  
"Senior Day"**

ADSS and the Aging Network support the efforts of this project that represents the southern charm and wisdom of Alabama's senior women who volunteer to work and compete in these pageants.

For more information, visit [www.mssralabama.com](http://www.mssralabama.com).

### Retired & Senior Volunteer Program (RSVP)

The Retired & Senior Volunteer Program provides civic participation and volunteer service opportunities to persons 55 years and older throughout Alabama. RSVP receives funding from the Legislature through ADSS.

RSVP allows senior volunteers to use their skills and time to make meaningful contributions to non-profit and public agencies in our communities. It is part of a network of more than 760 RSVPs funded by the Corporation for National and Community Service.

For more information, visit [www.nationalservice.gov/programs/senior-corps/rsvp](http://www.nationalservice.gov/programs/senior-corps/rsvp).

### Alabama Silver-Haired Legislature (ASHL)

The ASHL is a non-partisan, non-profit model legislature of citizen volunteers age 60 and older elected or appointed by their peers to represent the interests of older Alabamians. The ASHL works in cooperation with the ADSS and the Aging Network to inform Alabamians about senior needs and issues by drafting resolutions, participating in committee work, debating, and advocating legislation. Each year the ASHL chooses five top issues to advocate for during the upcoming legislative session.

For more information, visit [www.agingsouthalabama.org/volunteer\\_silver\\_haired\\_legislature](http://www.agingsouthalabama.org/volunteer_silver_haired_legislature).

### Alabama Senior Citizens Hall of Fame

In 1983, the Legislature created the Alabama Senior Citizens Hall of Fame. It moved the Hall of Fame under the purview of the ADSS in 2008.

The Hall of Fame was created to honor living Alabama citizens who made significant contributions toward enhancing the lives of older Alabamians. The organization is run by older individuals who volunteer to support and lead this project.

An induction ceremony is held each year to honor up to 10 new members. In addition to inductees, special awards are presented to individuals in various categories along with couples who have been married for 65 years or more. Individuals who are 100 years or older are also recognized.

For more information, visit <http://www.alabamageline.gov/hall-of-fame>.

### Alabama Quality Assurance Foundation (AQAF)

AQAF is a non-profit company that provides quality improvement expertise and services through contracts with federal and state governments, as well as private organizations. Through a contract with the Centers for Medicare & Medicaid Services (CMS), AQAF serves as Alabama's Medicare QIO. In this capacity, AQAF works in partnership with healthcare professionals and organizations, governments, businesses, and consumers to improve the quality of healthcare for the state's 830,000 Medicare beneficiaries.

For more information, visit [www.aqaf.org](http://www.aqaf.org).



# PAIN?

*Gentle, Effective Pain Relief May Be Only Minutes Away*



**Dr. David A. Head, D.C., D.A.B.C.O.**  
Board Certified in  
Chiropractic Orthopedics

- Headaches
- Foot Plantar Fasciitis
- Neck & Low Back Pain
- Numbness/Tingling
- Shoulder & Arm Pain
- Hip & Leg Pain
- Auto Accident Injuries
- Rotator Cuff Issues
- Sports Injuries
- Non-Surgical Disc Treatment

## HEAD CHIROPRACTIC CENTER

### CALL NOW! 256-245-2258



Located in Victorian Village  
1013 Victorian Village • Sylacauga, AL



**Your source for local  
high school sports  
news, scores,  
and more!**

[www.DailyHome.com](http://www.DailyHome.com)





# Talladega Health and Rehab serves as ‘home away from home’ for many seniors

By LACI BRASWELL  
Home staff writer

Located at 616 Chaffee St., the facility provides short and long-term rehabilitation services.

Tucker Webb/The Daily Home

Talladega Health and Rehab Select serves as a “home away from home” for many seniors and helps patients transition from hurting to healing.

Located at 616 Chaffee St., the facility provides short and long-term rehabilitation services.

“Our staff collectively has over 250 years of experience among us, and we are always learning from one another,” Administrator Mary Tuberville said.

Short-term patients are offered a multitude of services, specifically catered to their personal needs.

“We are constantly keeping track of our patients’ progress through documentation so we will know how to better serve them,” she said.

Physical Therapy and Occupational Therapy are just two of the many programs provided. Talladega Health and Rehab has its own physical therapist who works with rehab patients in a variety of ways.

Specialized exercise machines that can monitor a patient’s progress are used for many treatments. The machines help patients recuperate from ailments, such as a sustained injury from a fall; regaining the loss of tissue and muscle strength; recovering from surgery; or neurologically recovering from a stroke.

Rehab patients are also treated through interactive programs, such as virtual reality video games.

“We are so proud to be one of the few facilities offering patients an interactive form of treatment,” Tuberville said.

Additionally, the practice of occupational therapy is also provided.

“Occupational therapy helps our patients get back to being independent, and back into the swing of their daily routines,” Tuberville said.

Occupational Therapy helps patients regain the strength and cognitive functions that are weakened with certain diagnoses.

Talladega Health and Rehab aids in training patients to complete simple routine tasks like dressing themselves and being able to shower independently.

“We have devices that help patients dress themselves and pick up things without bending over,” Tuberville said.

The facility has a replica of a bathroom and kitchen area, which is handicap accessible.

“Many health care facilities do not think about getting patients used to operating a wheelchair, but for some, this could be something they deal with for the rest of their lives,” Tuberville said. “It is indeed a learning process for them.”



*Lakeside Hospice*

A NONPROFIT ORGANIZATION  
*Specialized care for the terminally ill.*  
800-427-3993 • 205-884-1111

**ASK FOR LAKESIDE HOSPICE.  
IT IS YOUR CHOICE!**

Serving St. Clair, Blount, Talladega, Jefferson, Etowah,  
Calhoun, Shelby and Coosa Counties.



Speech therapy services are also offered.

Tuberville noted how vital speech therapy can be for the elderly.

“Frequently, stroke patients lose basic muscle memory, such as being able to properly swallow food or speak,” she said. “It can be a scary situation for them, and we want them to feel as safe as possible.”

Talladega Health and Rehab offers personal tours, and its goal is to help

patients feel at home, however long their stay.

“As much as we want our patients to be able to go back to their homes, it’s hard not to become attached to those you see every day,” Tuberville said. “They become like family.”

Talladega Health and Rehab has three sister locations in Albertville, Montgomery and Alabaster.

To schedule a tour, contact Tuberville at 256-362-4197.



Tucker Webb/The Daily Home

Physical Therapy and Occupational Therapy are just two of the many programs provided. Talladega Health and Rehab has its own physical therapist who works with rehab patients in a variety of ways.

**FAST, FRIENDLY,  
LOCAL!**

— EST. 1916 —



Contact your friendly local agent today!

**Drew Alexander  
Union State Insurance, Inc.**

1920 1st Ave N. | Pell City, AL

**(205)884-1670**

800-239-4356

**SERVICE YOU  
CAN COUNT ON!**

Since 1916, Auto-Owners Insurance has been teaming up with your local independent agent — a person focused on you, the customer. It’s a break from the norm... and that feels good. That’s why we’ve been doing business this way for the last 100 years.

**Auto-Owners  
INSURANCE**

LIFE • HOME • CAR • BUSINESS



# Don't fall for Medicare fraud scams

Staff Report

Medicare fraud costs the U.S. more than \$60 billion annually, equal to \$114,155 every minute.

Senior Medicare Patrol (SMP) works to empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

In doing so, the organization not only protect senior citizens but also helps preserve the integrity of the Medicare program. Because its work often requires face-to-face contact to be most effective, SMPs nationwide recruit and teach nearly 5,700 volunteers every year to help in the effort. Most SMP volunteers are both retired and Medicare beneficiaries and thus well-positioned to assist their peers.

Medicare fraud is defined as knowingly and willfully executing, or attempting to execute, a scheme or ploy to defraud the Medicare program or obtaining information by means of false pretenses, deception, or misrepresentation in order to receive inappropriate payment from the Medicare program.

Medicare abuse is defined as incidents or practices of providers that are inconsistent with accepted sound medical, business, or fiscal practices. These practices result in unnecessary costs to the program, improper payments, payment for services that fail to meet professionally recognized standards of care, or conducting procedures that are medically unnecessary.

Abuse involves improper payments where the provider has not knowingly and intentionally misrepresented the facts to obtain payment. Abuse still needs to be reported and corrected. Inappropriate practices that start as abuse, if unchecked, can evolve into fraud.

The types of schemes that can and are being perpetrated against older adults and the health care system are as complex as the system itself. Common fraud schemes include efforts to fraudulently obtain and use a person's Medicare number as well as scams that target Medicare services and plans.

"Scam artists have treated Medicare like an automated teller machine, drawing money out of the government's account with little fear of getting caught," said former Sen. Norm Coleman of Minnesota.

Common Medicare scams involve the criminals targeting older adults to obtain their Medicare, Social Security and bank account numbers, which they can use for a variety of fraudulent purposes.

Sometimes the Medicare number is simply stolen by an employee at a nursing home, long-term care facility, hospital or clinic and then sold to organized crime units or gang leaders, who use the information to bill Medicare.

In other cases, perpetrators provide an offer for "free services" but require the person's Medicare number.

In some instances, scam artists target financially needy individuals and offer to pay them for their Medicare number or pay them to receive services they don't need.

These situations are different from errors and other circumstances that may not constitute fraud. Providing and billing for health care services involves many complicated steps, which may lead to errors or other situations that may not be fraud. Most Medicare payment errors are simply mistakes and are not the result of physicians, providers or suppliers trying to take advantage of the Medicare system. Also, people often have trouble understanding their bills.

Following are some steps you can take to detect potential errors, fraud and abuse.

Always review your Medicare Summary Notice and Part D Explanation of Benefits for mistakes. Access to your current account is available at [www.MyMedicare.gov](http://www.MyMedicare.gov).

Keep records of your health care visits, services and equipment provided and lab results. Keep file copies of any bills or notices from insurance companies, doctors, hospitals and pharmacies, as well as copies of your can-



celled checks.

Compare your Medicare Summary Notice and Explanation of Benefits to your files and prescription drug receipts to make sure they are correct.

On your billing statement, look for charges for something you didn't get, billing for the same thing twice and services that were not ordered by your doctor.

If you have questions or believe you or a family member may be a victim of Medicare errors, fraud or abuse, or to learn more about how to come a member of SMP, call 1-800-AGE-LINE or email [info@EastAlabamaAging.org](mailto:info@EastAlabamaAging.org).

## LINCOLN PHARMACY

Your Neighborhood Pharmacy

We make it easy to get everything you need with friendly, helpful service and a wide range of convenient products.

99 Magnolia South  
Lincoln

205-763-7759

Monday-Friday  
8:30 am - 6 pm

Saturday  
8:30 am - 1 pm

000229769R1

# Pet Pawlor

256-404-8315

Jullia Brunfeldt

34898 US Hwy. 280 • Sylacauga, AL

Office hours by appointment

GROOMING INCLUDES

Trim Nails

Private Areas & Pads

Anal Glands Expressed

Clean & Pluck Ears

Bath & Fluff Dry

Groom W/Bandanas, Bows & Cologne

Grooming Starting At \$45

Baths Starting At \$25

www.PetPawlorGrooming.com

000229790-1

# Cardiovascular Associates has been serving Sylacauga for more than 25 years

By DENISE SINCLAIR  
Home staff writer

Cardiovascular Associates has been serving Sylacauga for more than 25 years, and today, it has locations in Childersburg, Pell City and Talladega.

CVA offers its patients a comprehensive range of cardiac services from general cardiology to diagnostics, interventions and specialty clinics. CVA is recognized as one of the largest and most respected cardiovascular practices in the Southeast.

CVA was founded in 1946 by Dr. John B. Burrett, of Birmingham. He was the first cardiologist to practice in Alabama. His legacy of dedication, skill and compassion remains at the heart of the practice today.

In September 2012, CVA opened a \$20 million state-of-the-art facility just off Interstate 459 at the Colonnade. In addition to its main campus location, CVA has several outreach locations in Childersburg, Clanton, Crestline Park, Cullman, The Narrows, North Jefferson, two locations in Pell City, Hoover, Sylacauga, Talladega and Winfield.

Jennifer Varnell, development manager for CVA, said there are 33 cardiologists in the practice, seven nurse practitioners and 14 clinics.

The office in Sylacauga is open five days a week. Last month, 445 patients were seen there.

Varnell said CVA is on target to see between 66,000 to 70,000 patients in its offices across central Alabama for 2016.

Cardiologists Dr. David E. Cox, Dr. Larry E. Dye, Dr. William R. Harrison, Dr. Christopher M. Huff, Dr. Percy J. Colon III, Dr. Andrew P. Miller, Dr. Benjamin R. Plaisance and Dr. Barry K. Rayburn come to the Sylacauga office.

While cardiologists Dr. Robert Brock and Dr. Saema Mirza are in Talladega, Dr. Michael B. Honan is in Pell City and Dr. Percy J. Colon III is in Childersburg.

Dye, who has been a cardiologist for

40 years, including 26 Sylacauga, said the practice is concerned with the whole patient. "Our physicians," he said, "treat all of your heart and blood vessel problems from head to toe."

He started treating patients in the Craddock Clinic before the new professional medical building was completed in Sylacauga.

CVA offers patients comprehensive programs with a wide spectrum of care. This broad approach serves to improve the patient's quality of life while providing access to new treatments and leading edge technology.

Its cardiologists and nurse practitioners are equipped to serve the patient, whether the patient is experiencing his or her first cardiac symptoms, or needs treatment for a pre-existing, serious cardiac condition.

Dye put the first coronary stent in a patient at Coosa Valley Medical Center in Sylacauga. Patients can be treated for some heart conditions at CVMC, but more difficult procedures can be done at Grandview Hospital or Brookwood Medical Center, he said.

When it comes to heart disease, Dye said he believes it is more prevalent in this area than in other places. He also noted women have more heart attacks than breast cancer.

"There are so many facets of heart disease and there are all kinds of specialties for treating heart disease," Dye said. "Times have changed so much when it comes to treatment. Years ago, if you had a heart attack, you stayed in the hospital for two weeks. Now, you can go straight to a catheterization lab for a procedure and go home not long after."

Dye said CVA is committed to the communities it is in. CVA cardiologists will do informational programs on heart disease and procedures to groups in the community.

"We will go to churches, civic meetings, whatever. I even gave one program in a truck stop several years ago," Dye said.

Varnell said anyone interested in a program can contact the Sylacauga

office.

Dye said one program CVA provides -- and he believes it is the only one in the state provided by a cardio group -- is smoking cessation. Dr. Michael B. Honan does this program.

Some of the specialty clinics CVA has are arrhythmia and electrophysiology, carotid artery stenting, clinical cardiovascular research program, congestive heart failure, invasive and interventional cardiology, peripheral artery disease and limb salvage, pulmonary arterial hypertension, refractory hypertension, tobacco cessation program, structural heart and valve, venous disease and women's cardiology.

To schedule an appointment, contact CVA at 205-510-5000 and visit cvapc.com.



Submitted photo

Dr. Larry Dye has been practicing cardiology for 40 years and since 1990 in Sylacauga.

## Care You NEED. Convenience that MATTERS.



Flu  
Shots  
Available

401 W. Fort Williams St.  
Sylacauga

256-207-2007



Open 8 am - 6 pm

We Offer  
Drive Through  
Service  
and  
**FREE DELIVERY!**



# Coosa Valley Medical Center would like to **WELCOME** Alabama Cardiovascular Group



**Juan Bernal, MD, FACC**



**Hasan Guven, MD, FACC**



**Byron Jones, MD, FACC**



**David Schultz, MD, PhD**



**James Taylor, MD, FACC**



**Jeffery Herald, ACNP, AACCC**

**Alabama Cardiovascular Group will begin seeing patients September 6th. To schedule an appointment call TODAY 256-401-4423. Located at 209 W. Spring Street, Suite 304, directly across from the hospital.**



**Alabama  
Cardiovascular  
Group**  
AN AFFILIATE OF GRANDVIEW HEALTH



**COOSA VALLEY**  
MEDICAL CENTER