HEALTHY LIVING

Get Healthy
TANNER'S CONTINUED COMMITMENT TO IMPROVE HEALTH IN WEST GEORGIA
PAGES 6 AND 14

REGAIN AT WILLOWBROOKE HELPS OVERCOME SUBSTANCE ABUSE
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GO FOR 0
NEED A REASON TO QUIT SMOKING?
PAGE 12
This is an exciting time of change and growth in health care. As a health system, Tanner has become very good at treating diseases. However, to create a sustainable healthcare organization, we also must be very good at preventing diseases. By changing behaviors that put our health at risk — for example, tobacco use, lack of exercise, unhealthy diets — we can reduce the number of people in our region who suffer from diabetes, chronic obstructive pulmonary disease (COPD), cancer and other diseases.

In the cover story of this issue of Healthy Living, we discuss the success we’ve been able to enjoy as an organization in reaching people throughout our service area, providing tools and resources to help them live healthier, more active lifestyles. On page 6, you can read about how Get Healthy, Live Well is impacting lives for the better throughout the region and how we’ll be using a new federal grant to serve even more of our neighbors.

One way we’re improving the health of the communities we serve is through expansion of our Tanner Urgent Care service. On page 10, you can learn about the new Tanner Urgent Care/Carrollton and Tanner Occupational Health locations that opened last summer and how you can stay connected through the new Tanner Urgent Care app. On page 12, we cover Tanner’s efforts to combat tobacco use in west Georgia, including the availability of free Fresh Start tobacco cessation classes, and on page 14 you can learn about how regional leaders are coming together to design healthier communities, with an increased emphasis on walkable neighborhoods.

Please take the opportunity to visit www.GetHealthyLiveWell.org and learn more about how you, too, can get your healthy on.

Sincerely,

Loy M. Howard
President and CEO
Tanner Health System
Tanner Among Atlanta’s Best Places to Work

Tanner Health System has earned numerous distinctions in recent years as a great place to receive care. The health system also has earned laurels as a great place to work.


Placement on the list was based on nominations the publication received from readers. Quantum Workplace, a workplace culture assessment company, then conducted surveys at the nominated companies. This year, more than 200 companies were nominated and 18,000 metro Atlanta employees completed confidential surveys to provide candid looks at workplace satisfaction.

“Our ability to deliver exceptional care is based on our ability to attract and retain exceptional staff,” says Loy Howard, president and CEO of Tanner Health System. “We make Tanner a place that’s comfortable and reliable for patients, and a place where healthcare professionals know they can have a future.”

With more than 2,800 employees, Tanner is one of the region’s largest employers.

Looking for a Great Place to Work?

Check out current career opportunities at Tanner at www.TannerJobs.org!

Tanner Welcomes New Physicians

J.D. Engelbrecht, MD, a family medicine physician, joined the patient care team at Buchanan Medical Clinic, a Tanner Medical Group practice. Dr. Engelbrecht earned his medical degree from the University of Pretoria School of Medicine in Pretoria, South Africa. He completed his internship at the Groote Schuur Hospital in Cape Town, South Africa, and his residency at the University of Alabama Family Medicine Residency program in Tuscaloosa. In addition to his medical degree, Dr. Engelbrecht holds a master’s in business administration with a concentration in healthcare administration from American Intercontinental University in Hoffman Estates, Ill.

Saman Razzak, MD, joined the patient care team at Tanner Primary Care at Mirror Lake. Dr. Razzak earned her medical degree from the Saba University School of Medicine in Saba, Netherlands-Antilles. She completed her residency in family medicine at the University of Alabama in Tuscaloosa. Dr. Razzak also holds a master’s of public health in health organization and policy from the University of Alabama at Birmingham.

Tiffany Stanfill Thomas, MD, joined the patient care team at West Georgia Healthcare for Women, part of Tanner Medical Group. Dr. Thomas earned her medical degree from the Mercer University School of Medicine in Macon, Ga., and completed her residency in obstetrics and gynecology at the Medical Center of Central Georgia in Macon.
The picture of substance abuse is not what you might expect. “Many of us expect that a person who suffers from alcohol or drug dependency would be in financial ruin, losing almost everything that is important to them or hitting what some would consider ‘rock bottom,’” says Meagen Thompson, a program manager and therapist with Willowbrooke at Tanner. “While that might be some people’s realities, many others who live with alcohol or drug dependency hold down jobs, care for families and generally appear to live productively — though life would be much easier and much more enjoyable if they weren’t also living with an addiction.”

While people are able to carry on their lives despite their dependency, they tend to have issues that prevent them from being completely engaged. “Absenteism from work is a major problem for those dealing with substance abuse,” says Thompson. “Since many who live with addiction use substances such as prescription pills, alcohol or street drugs to cope when they encounter the increased stresses of life, it’s a very hard cycle to break, especially if they’re trying to do it alone.”

Nationwide, illicit drug use has been increasing. The National Survey on Drug Use and Health found that about 9.2 percent of the population used an illicit drug or abused a psychotherapeutic medication — such as a pain reliever, stimulant or tranquilizer — in the past month. That’s up from 8.3 percent in 2002.

According to the National Institute on Alcohol Abuse and Alcoholism, about 17 million adults had an alcohol use disorder in 2012, though only 1.4 million...
“Regain at Willowbrooke allows us to address the whole person. That means not only treating the problems that come along with abusing substances, but also the effects that the abuse can have on the rest of the body and the family or support system.”

—Meagen Thompson, program manager and therapist

adults received treatment at a specialized facility.

A community health-needs survey conducted by Tanner Health System also found that access to substance abuse programs was lacking in west Georgia.

In response to these rising rates of substance use, Willowbrooke at Tanner has launched a new program, Regain at Willowbrooke, focused on helping people overcome addiction and move on to recovery. The program, which has received state certification as an American Society of Addiction Medicine outpatient and partial hospitalization treatment provider, empowers people to get into recovery and regain their healthy lives.

Regain at Willowbrooke incorporates the latest in specialty therapeutic programs, including expressive therapy, rhythmic therapy, animal-assisted therapy and more. Treatment sessions involve a variety of proven techniques, including group therapy, family therapy, one-on-one therapy and medication management. The average duration of treatment is eight to 12 weeks, and treatment is offered after traditional work hours to accommodate the busy schedules of professionals. This approach gives individuals the opportunity to work through the underlying causes of addiction and provides them with resources to be the kinds of people they want to be.

As part of Tanner Health System, Willowbrooke at Tanner offers the experience of a close-knit treatment team, as well as the resources of a medical staff of more than 300 physicians representing 34 specialties, who can address the physiological consequences of addiction and help a person achieve a complete, healthy recovery.

“Tanner’s approach to care is comprehensive. Few other treatment centers provide the level of award-winning care offered here, including acute inpatient care at Tanner’s hospitals or, if needed, inpatient treatment at Willowbrooke at Tanner to get you started on a path to recovery,” says Thompson. “It allows us to address the whole person. That means not only treating the problems that come along with abusing substances, but also the effects that the abuse can have on the rest of the body and the family or support system.”

Willowbrooke at Tanner is fully accredited by The Joint Commission — the gold standard in the accreditation of healthcare facilities and programs — and is licensed by the state as an addiction recovery treatment provider. Treatment for addiction is covered by most insurers, as well as Medicare and Medicaid.

“With dependency, people might think they have it together, even if barely,” says Thompson. “The truth is things are getting out of hand fast — faster than they realize. We want them to know that help is available. It can be the difference in saving their relationships, their careers and everything they have worked for. Treatment is how they regain their lives.”

Regain at Willowbrooke at Tanner

Alcohol and drug dependency often create feelings of shame or guilt. You’re stronger than this and you tell yourself that — and you are. Regain at Willowbrooke helps you find strength to overcome substance abuse.

Someone who is facing addiction might show these signs:
- Unable to limit the use of a substance until it creates significant impairment
- A craving or compulsion to use the substance
- Use of the substance impacts work, family responsibilities or the individual’s social life
- Efforts to stop using the substance cause withdrawal, which can include anxiety, nausea, shakiness and irritability

Regain at Willowbrooke is dedicated to providing a full range of health services to treat the whole person. The multidisciplinary care team works with the individual to evaluate and address his or her unique, individual needs.

The care team reviews the individual’s physical, mental and environmental conditions to create an individualized treatment plan. The recovery program integrates the latest behavioral health therapies and primary care to ensure emotional and physical well-being during treatment and a return to a healthy life. The therapy model focuses on the underlying issues that affect the individual’s ability to live a balanced and productive life — all in an outpatient setting that ensures discretion.

If you or someone you know needs help, call Willowbrooke at Tanner any time at 770.812.6300. More information is available at www.WillowbrookeAtTanner.org.

GET HELP

If you think you have a problem, find a solution. To learn more, call Regain at Willowbrooke today at 770.812.6300.
Getting Better,
Most of us know how to make healthier choices.
Playing a sport is better than watching one on TV. Don’t overeat, and when you do eat, most of the plate should be filled with vegetables. Whole grains are better than starchy whites. Don’t use tobacco, and if you do, quit.

While many of us have a pretty good idea what it takes to be healthier, many in west Georgia, nonetheless, encounter obstacles to better health.
Eating more fruits and vegetables is a nice goal, unless all the available options are fast food and typical convenience store fare of chips and soda. It would be great to get in 30 minutes of exercise a day, if you had a safe, convenient place to walk or jog. Quitting tobacco certainly is a goal that’s easier set than achieved.

Unhealthy diets, sedentary lifestyles and tobacco use — which in west Georgia is higher than the national average — have consequences. High-fat, high-calorie foods lead to obesity, which can lead to diabetes, increasing the risks for cardiovascular disease, heart attack and stroke. Smoking raises the risks of many forms of cancer, as well as chronic lung diseases that require lifelong care and management. And studies continue to tie active lifestyles to longer, healthier lives.

OUNCE OF PREVENTION OR POUND OF CURE?
One in three residents in west Georgia has cardiovascular disease. From high blood pressure to high cholesterol, congestive heart failure to atherosclerosis, the rates of cardiovascular disease have made it the region’s leading cause of death.

To address this problem, Tanner Health System opened Tanner Heart and Vascular Center in Carrollton in 2008.

Team Tanner Is Getting Healthier
As part of its Get Healthy, Live Well initiative, Tanner has launched a massive educational campaign of wellness-focused messaging. Billboards, Web ads, posts on social media, newspaper ads and more are encouraging residents to “Go for 30” minutes of exercise each day, “Go for 5” servings of fruits and vegetables each day, “Go for 0” tobacco products each day and more.

The health system is pressing that message with its own employees as well.
“Way we’ve done a lot of work to make a meaningful impact on the health of our communities,” says Loy Howard, president and CEO of Tanner Health System. “As one of the region’s largest employers, we can set an example, both by making our employees better advocates for health and hopefully by showing other companies in the area how they, too, can play roles in making west Georgia healthier.”

Health, says Howard, must be considered at work as well as at home.

To drive this point home, Tanner has launched its own employee-focused effort to improve the health of its workforce. The program, Well for Life, employs registered dietitians, exercise specialists and others as health coaches. They work one-on-one with employees and lead group classes to help employees lose weight, keep their chronic diseases in check and adopt healthier lifestyles.

Tanner has long offered employee wellness programs. Each year, the health system provides a free wellness assessment to all employees that includes a cholesterol screening, blood glucose reading, body mass index (BMI) check (a ratio that compares height to weight) and more — and gives year-to-year comparisons to see how an employee’s health is progressing. Tanner employees also have 24-hour access to Tanner Health Source exercise facilities, which feature cardio and weight-training equipment, at its hospital campuses in Carrollton, Villa Rica and Bremen. The health system also distributed Fitbit fitness-tracking devices to about 1,800 of its employees. During Tanner’s first “Fitbit challenge,” employees logged more than 460 million steps and 920,000 “very active minutes.”

These investments have paid dividends in improved health for Tanner’s employees. Over the past five years, the average BMI of Tanner’s workforce has dropped from 35 in 2010 to 29.2 in 2014. The average blood pressure reading for employees also has dropped, from 125/76 to 118/78.
The center allowed the health system to continue expanding its cardiovascular services. New endovascular and special procedure labs enabled cardiologists to perform more interventional procedures, such as angioplasties and stenting. With its new angioplasty capabilities, the health system averaged more than one angioplasty a day and saved its 2,000th heart in just five years.

“Our cardiac program is a huge success,” says Shazib Khawaja, MD, a board-certified interventional cardiologist and endovascular specialist with Tanner Heart & Vascular Specialists and a medical operations leader for cardiac services at Tanner Health System. “The clinical quality of the program is excellent, the technology we have is first rate and our outcomes are excellent. Of course, with angioplasty, cardiac rehab, cardiac electrophysiology and the other services we offer, we’re trying to address diseases that people have, but our emphasis has to be on preventing those diseases in the first place.”

Similarly, Tanner expanded its cancer program, with additional oncology specialists, a new infusion center and a new, highly advanced radiation delivery system that doubled the capacity of the Roy Richards, Sr. Cancer Center. Improvements and expansions also were made throughout Tanner’s neurology services, surgical services, medical staff and more.

Many of the diseases that residents encounter could be prevented — or at least better controlled — with a greater focus on living healthier lifestyles.

“That’s where Tanner steps up with its Get Healthy, Live Well program,” says Dr. Khawaja. “It’s not only helping people understand and achieve healthier lifestyles, it also is working with people who have chronic diseases to learn more about controlling their diabetes, controlling their blood pressure, becoming more active and quitting tobacco. It’s becoming a powerful force for better health in our region.”

FROM GRANT TO GET HEALTHY

Health and wellness programs have long been part of Tanner Health System’s mission to improve the health of the communities it serves. Those efforts received a major shot in the arm when Tanner received a two-year Community Transformation Grant from the Centers for Disease Control and Prevention (CDC) in September 2012.

That grant led to the establishment of Get Healthy, Live Well, a multi-sector community coalition and a major regional campaign to expand access to healthy food, increase physical activity, eliminate tobacco use and reduce chronic disease risks in Carroll, Haralson and Heard counties.

In September 2014, Tanner learned that the health system was among 39 government organizations, public health offices, housing authorities and other nonprofit healthcare organizations throughout the nation to receive grants from the U.S. Department of Health and Human Services (HHS) Partnerships to Improve Community Health program. These grants were aimed at supporting public health efforts to reduce chronic diseases, promote healthier lifestyles, reduce health disparities and control healthcare spending.

“The Community Transformation Grant, we sought to establish programs that would make lasting impacts in communities throughout west Georgia,” says Denise Taylor, senior vice president and chief community health, strategy and brand officer for Tanner Health System. “The important work that began with that grant can be continued with the support of our community partners. Now, we continue those partnerships in new ways to reinforce healthy behaviors and reach even more area residents.”

The CDC administers the grants, which will run for three years. Tanner was awarded $859,412, representing first-year funding of the three-year Partnerships to Improve Community Health project period. The CDC will continue the award on an annual basis — at $859,412 per year — based on the availability of funds and satisfactory progress of the project, making it a potential total award of $2.6 million over three years.

Community gardens have been launched throughout the region, including this one at Fairfield Plantation.

The cast of “Ciggy Havasmoke” unfurls a list of the ingredients in cigarettes during a performance of the play designed to teach middle schoolers about the dangers of tobacco.
Healthy for Life, another program presented by Get Healthy, Live Well, provides education on living with chronic diseases and diabetes.
She would’ve made third base. She would’ve been the go-ahead run, giving her team the lead.

But something happened just past second base. Her foot rolled, she made a noise — something between a squeal and a shriek — and down she went.

Now your daughter is in agony over her ankle in the back of your SUV, and you’re trying to figure out where to go for care.

Tanner has an app for that

Sprains and strains, bumps and bruises, fevers and coughs rarely happen at convenient times, so Tanner has made accessing care for these problems easier with its recent expansion of Tanner Urgent Care facilities throughout the region. Walk-in care for minor medical emergencies now is available in Carrollton, Villa Rica and Bremen, as well as in Wedowee, Ala.

The new Tanner Urgent Care app — available for Apple and Android smartphones — takes the guesswork out of current wait times, provides tap-to-call connectivity to Tanner Urgent Care and turn-by-turn navigation to quickly get users to the best, most convenient urgent care facility.

While you might have used Tanner Urgent Care in Villa Rica previously, the softball tournament this weekend was in Bremen and you needed to get to the closest facility as quickly as possible. A tap on the app brought up a map, showing your location in proximity to Tanner Urgent Care centers around the region, then navigating you to the nearest facility with turn-by-turn directions.

If the illness or injury isn’t as dire, such as coughing or congestion, you can keep up with wait times and choose to go to Tanner Urgent Care when the rush is over, so you can get in and out even faster.

Tanner developed the app to be as useful and user-friendly as possible, designing it to serve the wide variety of people who use Tanner Urgent Care.
For fast care on a walk-in basis — available on weekdays, evenings and weekends — Tanner Urgent Care provides treatment for minor medical emergencies, including bug bites and stings, burns, colds and flu, cuts and lacerations, earaches, rashes, sore throats, sprains, upset stomachs, urinary tract infections and more.

Get the App

With the free Tanner Urgent Care app, users are instantly able to:
- View Tanner Urgent Care wait times, hours and locations
- View your location in relation to all Tanner Urgent Care facilities on an interactive map
- Tap to view any Tanner Urgent Care on an interactive map
- Tap for directions and turn-by-turn navigation to any Tanner Urgent Care
- Tap to call any Tanner Urgent Care
- Learn more about Tanner Urgent Care and how wait times are determined
- Receive special notifications and health reminders from Tanner Urgent Care
- Find a primary care physician or a specialist
- Read the latest Tanner news
- Visit the Info Center to view Tanner Jobs
- Follow Tanner on social media
- Share this app with friends via e-mail

Smartphone users can download the Tanner Urgent Care app — for free — from the Apple App Store or Google Play (Android) at any time. For clickable links to the Apple and Android app stores and to learn more about Tanner Urgent Care, visit www.TannerUrgentCare.org.
8 Dangers of Smoking

About half a million Americans die every year because they smoke. Another 16 million Americans suffer from diseases caused by smoking. It’s not just smokers who suffer: Each year 41,000 deaths are attributed to exposure to secondhand smoke.

Despite these figures, Americans continue to use tobacco at alarmingly high rates. More than 18 percent of U.S. adults — 42.1 million people — currently smoke cigarettes.

Here are eight ways smoking can impact your health and reasons why being a quitter can improve — and lengthen — your life.

1. SMOKING HARMs YOUR HEART AND BLOOD VESSELS
   Compared to nonsmokers, those who smoke are two to four times more likely to develop coronary heart disease, the leading cause of death in the U.S. Smokers also have double the risk for stroke, and they’re more likely to develop peripheral artery disease.
   The good news? After a year of not smoking, you’ll reduce your risk for coronary heart disease by 50 percent.
   “Without a doubt, quitting tobacco is the single best thing anyone can do for his or her health,” says Jeff Reid, MD, a board-certified pulmonary medicine specialist with West Georgia Lung and Sleep Medicine and a member of the medical staff at Tanner Health System. “From the moment you take your last puff, your health begins improving.”

2. SMOKING DAMAGES YOUR LUNGS
   Smoking causes chronic obstructive pulmonary disease (COPD), a lung disease that includes emphysema and chronic bronchitis. Compared to nonsmokers, smokers are up to 13 times more likely to die from COPD.
   The American Lung Association estimates that 12.7 million Americans have COPD. However, research indicates that almost 24 million Americans have evidence of impaired lung function, which may indicate an under-diagnosis of COPD.
   “Within two weeks to three months of quitting tobacco, your lung function will begin to improve,” says Lindsey Roenigk, MD, a board-certified pulmonary medicine specialist with

Get a Fresh Start

Quitting is hard, but with Fresh Start, a tobacco cessation counseling program designed by the American Cancer Society, it’s a little easier. Offered by Tanner and Get Healthy, Live Well — for free in Carroll, Haralson and Heard counties — the Fresh Start program can help you quit for good.

These free classes support you through the first few days, when quitting is the hardest, and teach you how to master obstacles you might encounter later. You’ll also learn the lifelong benefits of quitting tobacco and how to avoid relapses.

Find the support you need to kick the habit for good with these free classes. All materials are provided. Classes meet for 30 minutes a week for three weeks. Find a schedule of upcoming classes and register at www.GetHealthyLiveWell.org or call 770.214.CARE (2273).
Why should you quit tobacco? According to Get Healthy, Live Well:

- **Within 20 minutes of quitting smoking, your blood pressure and heart rate drop.**
- **Within 12 hours of quitting, the carbon monoxide level in your blood drops to normal.**
- **About two weeks to three months after quitting, your risk of heart attack begins to drop and your lung function improves.**
- **Between one month to nine months after quitting, coughing and shortness of breath decrease.**
- **Within a year of quitting, your risk of coronary heart disease is half that of someone who still smokes.**
- **Five to 15 years after quitting, your stroke risk is reduced to that of a nonsmoker.**
- **Ten years after quitting, your risk of dying from lung cancer is about half that of someone who still smokes. Your risk of developing cancers of the mouth, throat, esophagus, bladder, kidney and pancreas also decreases.**
- **About 15 years after quitting, your risk of coronary heart disease is the same as a nonsmoker’s.**

To learn more about how you can Go for 0, visit www.GetHealthyLiveWell.org.
How healthy you are might depend, at least in part, on where you live. Access to walking trails or paths, the option to not use a car to go to the store and having a safe place to play with your children all matter in the quest to battle obesity, diabetes and other health concerns in west Georgia.

Unified in their desire to create more active and healthier communities, key leaders from Carroll, Haralson and Heard counties met at Tanner Medical Center/Carrollton in late September for a daylong summit and wrap-up breakfast the next morning, joining forces for an exclusive opportunity to design the future of west Georgia.

“Obesity has reached epidemic proportions in the state of Georgia,” said Denise Taylor, senior vice president and chief community health, strategy and brand officer for Tanner Health System. “In 2013, between 30 and 35 percent of the population was considered obese. This is the first generation in the U.S. to have a lower life expectancy. For the first time, our kids are going to live shorter lives than we are.”

Taylor challenged those present — including representatives from Carroll, Haralson and Heard counties; the cities of Bremen, Carrollton and Villa Rica; state government; businesses and industries; schools and universities; public health; media and interested residents — to work together to stop the obesity epidemic in west Georgia.

Mark Fenton, a nationally acclaimed public health, planning and transportation expert who works with communities to create more active and livable environments, gave a keynote address at the summit, visibly pulsating with excitement as he talked about the causes of the obesity epidemic in our nation.

“It all boils down to inactivity and poor nutrition,” said Fenton. “That’s where you’ll find your epidemic. One in three kids in our country born today will get type 2 diabetes. This is because we’ve engineered activity out of our lives.”

Fenton explained how community designs geared toward automobile use have put our society at risk of being even more sedentary and warned that we need to “build a world where being physically active is once again the norm.”

According to Fenton, good community design doesn’t just create healthier people. Done well, active community designs lead to economically, environmentally and socially thriving cities, towns and rural settings where people of all ages, abilities and incomes live longer, more vibrant lives.

“Engineering physical activity back into your community is a way to boost west Georgia’s economy and tourism, to reduce chronic disease, improve public health and enhance quality of life.”

A panel discussion moderated by public health, planning and transportation expert Mark Fenton included six community leaders: Wayne Garner, mayor of Carrollton; Tim Grizzard, assistant city manager for Carrollton; Loy Howard, president and CEO of Tanner Health System; Dr. Kyle Marrero, president of the University of West Georgia; Eric McDonald, president and CEO of the Greater Haralson Chamber of Commerce; and Ben Skipper, director of community development for Carroll County.
for your family, friends and neighbors,” said Fenton. The audience of area leaders listened intently as Fenton shared his public health perspective and engineering expertise, which includes bachelor’s and master’s degrees from the Massachusetts Institute of Technology (MIT). Fenton demonstrated ways to provide innovative community-level program designs and policy solutions that would create safer, more walkable and bicycle-friendly settings. He laid out a vision of a world where physical activity isn’t just a New Year’s resolution but something that “sticks” and becomes a daily part of people’s lives.

Fenton has successfully partnered with many communities and organizations of all sizes, creating living spaces that encourage physical activity.

He moderated a panel discussion that included community leaders. The panelists discussed projects they’re working on that will help make west Georgia more active and healthier.

“This is a huge opportunity to build a better community, to combine public and private partnerships in a way that enriches lifestyles in west Georgia— not only drawing more business and industry here, but also pulling in more creative and intellectual talent,” said Loy Howard, president and CEO of Tanner Health System, who participated in the panel discussion. “It’s about building a community where people want to live and raise their families.”

The summit included a brisk walk on the sidewalks and trails that wind around and through the Tanner Medical Center/Carrollton campus. Fenton challenged the large group to rate the paths they had taken to see how pedestrian-friendly the routes were. Back in the classroom, Fenton broke the summit attendees into smaller groups, where they brainstormed and presented ideas about using better designs to make their own communities more active.

“We all need to take responsibility for our part in this,” said Fenton. “We need to be active in our communities, to let our voices be heard and back up our politicians when they want to make these policy changes. The health and future of our children are at stake.”
On Thursday, Nov. 13, Tanner Medical Foundation’s Choirs for Cancer celebrated its fifth anniversary of inspiring audiences and raising funds to assist local cancer patients.

The annual event held at the Mabry Arts Center at Carrollton High School was a night of inspiring lyrics, sumptuous melodies and an eclectic list of talent that entertained audience members while raising funds for an important cause.

Presented by SMI Inc. and directed by Kathy Waldrop, the production paid tribute to the patients and their loved ones who find courage in the face of cancer. The fourth and fifth grade Sand Hill Patriot Chorus from Sand Hill Elementary School, led by Marcella Correa, performed a captivating opening rendition of “This Little Light of Mine.”

The evening’s highlights featured Grammy-nominated gospel singer and songwriter Babbie Mason, who has graced stages at the Grammy Awards, Carnegie Hall and countless other venues worldwide.

Hometown favorite OK2 performed its inspiring brand of contemporary praise rock and classic favorites. OK2 was formed in 2011, originally playing worship music for churches throughout Carroll County. Later that year, lead singer Brant Ledbetter with (then) bass guitarist Bill Stone started 1632 Worship, a once-per-month worship event for which OK2 became the “house” band. Since that time, OK2 has played at numerous events, churches and other organizations in worship and secular genres. The band includes Maegan Kennedy, Mary Ellen Clifford, David Mitchell, David Pippin, Taylor Roberts and Ben Johnson.

The audience also welcomed humorist Kenn Kington, who added levity to the evening with his “clean comedy” brand of humor, and The Choirs for Cancer Community Choir, directed by Jack Gantt, with a performance created exclusively for the event.

The Georgia Spiritual Ensemble’s performance exuded depth and emotion that truly moved the audience. Members Debra Crampton, Timothy Harper, Selina Madison, Oral Moses, Johnetta Tillman and Mazelle Webster all have had numerous successes performing nationally and in the Atlanta metro area, and all possess academic achievements of note.

Proceeds from the concert help local cancer patients with medication, treatment and other expenses related to their cancer care. In the last five years, Choirs for Cancer has raised more than $300,000 to help local cancer patients with the financial burdens of their diseases.
Choirs for Cancer donations are still being accepted at www.TannerMedicalFoundation.org or 770.812.GIFT (4438).
Your Generosity Makes it Possible for Us to Continue to Deliver Quality Care to Our Community. The Following Pages List the Donors of Gifts Received Between March 1, 2014, and Sept. 30, 2014.
thank You for Your Support!

Ms. Annalee Reynolds
Ms. Wanda Hathaway

Gift-in-Kind:
South Paulding Touchdown Club

• Georgia West Imaging, P.C.

In Honor of:
• Georgia West Imaging, P.C.
• Georgia West Imaging, P.C.
• Georgia West Imaging, P.C.
• Georgia West Imaging, P.C.

Reach Out and Read Program
Grant: Target

Mobile Mammography Unit
Georgia West Imaging, P.C.

Oncology Patient Advisory Committee Fund

In memory of:
• Ms. Howard Thomas McRae
  Mr. and Mrs. Dennis C. Auger
  Ms. Jane W. Baker
  Ms. Allison Jiles
  Rev. Joe C. Neal
  Mr. and Mrs. John Picklesimer
  Mr. and Mrs. Lamar Robinson
  Jane and Tommy Thomas
  Ms. Rachel Varner

Patient Care Products Fund
South Paulding Touchdown Club

• Ms. Frances Clayton
• Ms. Wanda Hathaway
• Ms. Annalee Reynolds

Roy Richards, Sr.
Cancer Center
Systems & Methods, Inc.

Community Benefit
Get Healthy, Live Well
Grant: Centers for Disease Control and Prevention

Get Healthy, Live Well
Fresh Start Smoking Cessation Program
Grant: CVS Health

Get Healthy, Live Well
Power Up Produce
Grant: Warren R. and Avia F.
Sewell Foundation, Inc.

Outgoing Tanner Medical Center/Carrollton Auxiliary President
Lary and Venita Steed
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• Mr. and Mrs. Terry Borchers
• Mr. Carroll Borchers
• Mr. and Mrs. Theordore Adams
• Ms. Donna Jean Borchers
  Mr. and Mrs. Theodore Adams
  Mr. Carroll Borchers
  Mr. and Mrs. Terry Borchers
  Dorothy A. Brandt
  Gayle and Jeanetta Janssen
  Mr. and Mrs. Dale R. Shields
  Mr. and Mrs. Lowell E. Wurdeman

Home Health Fund

In memory of:
• Ms. Donna Jean Borchers
  Mr. and Mrs. Theodore Adams
  Mr. Carroll Borchers
  Mr. and Mrs. Terry Borchers
  Dorothy A. Brandt
  Gayle and Jeanetta Janssen
  Mr. and Mrs. Dale R. Shields
  Mr. and Mrs. Lowell E. Wurdeman

Inpatient Care
Dr. Sheila D. Best

In memory of:
• Mr. James Scott
  Mrs. Lucille Scott
• Mr. Eddie Sessions
  Mr. and Mrs. Ron Frank
• Mr. Ronald Iris Williams
  Mrs. Janice C. Williams

In memory of:
• Mrs. Joyce R. Hamil
  Dr. and Mrs. David Plaxico
• Mrs. Grace I. Johnson
  Mrs. Jean S. Clarke
• Mrs. Sara Perry
  Jimmy and Grace Redding
• Dr. Thomas E. Reeve Jr.
  Jeremy and Janet Sabo

Get Healthy, Live Well Initiative Fund
Georgia Power Company
Honda Precision Parts of Georgia LLC

In memory of:
• Ms. Melissa M. Brillhart
  Georgia Power Company–Plant Wansley
• Ms. Ken R. McGowan
  Georgia Power Company–Plant Wansley

Higgins General Hospital
Capital Improvement

Higgins General Hospital Auxiliary

Tanner Health System Activities Fund
Coca-Cola Refreshments

Capital Improvement
Dr. and Mrs. Richard A. Anderson
Anonymous
Dr. Bradley H. Edwards
Schwab Charitable Fund

In honor of:
• Dr. Thomas E. Reeve Jr.
  Jeremy and Janet Sabo

Get Healthy, Live Well
Grant: Georgia Power Company
Honda Precision Parts of Georgia LLC

In memory of:
• Mr. James Scott
  Mrs. Lucille Scott
• Mr. Eddie Sessions
  Mr. and Mrs. Ron Frank

In memory of:
• Mrs. Joyce R. Hamil
  Dr. and Mrs. David Plaxico
• Mrs. Grace I. Johnson
  Mrs. Jean S. Clarke

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• Mrs. Joyce R. Hamil
  Dr. and Mrs. David Plaxico
• Mrs. Grace I. Johnson
  Mrs. Jean S. Clarke

Get Healthy, Live Well
Grant: Centers for Disease Control and Prevention

Get Healthy, Live Well
Fresh Start Smoking Cessation Program
Grant: CVS Health

Get Healthy, Live Well
Power Up Produce
Grant: Warren R. and Avia F.
Sewell Foundation, Inc.

In memory of:
• Dr. Thomas E. Reeve Jr.
  Jeremy and Janet Sabo

Get Healthy, Live Well
Grant: Georgia Power Company
Honda Precision Parts of Georgia LLC

In memory of:
• Mr. James Scott
  Mrs. Lucille Scott
• Mr. Eddie Sessions
  Mr. and Mrs. Ron Frank
• Mr. Ronald Iris Williams
  Mrs. Janice C. Williams

In memory of:
• Mrs. Joyce R. Hamil
  Dr. and Mrs. David Plaxico
• Mrs. Grace I. Johnson
  Mrs. Jean S. Clarke

Get Healthy, Live Well
Grant: Georgia Power Company
Honda Precision Parts of Georgia LLC

In memory of:
• Ms. Melissa M. Brillhart
  Georgia Power Company–Plant Wansley
• Ms. Ken R. McGowan
  Georgia Power Company–Plant Wansley

Home Health Fund

In memory of:
• Ms. Donna Jean Borchers
  Mr. and Mrs. Theodore Adams
  Mr. Carroll Borchers
  Mr. and Mrs. Terry Borchers
  Dorothy A. Brandt
  Gayle and Jeanetta Janssen
  Mr. and Mrs. Dale R. Shields
  Mr. and Mrs. Lowell E. Wurdeman

Inpatient Care
Dr. Sheila D. Best

In memory of:
• Mr. James Scott
  Mrs. Lucille Scott
• Mr. Eddie Sessions
  Mr. and Mrs. Ron Frank
• Mr. Ronald Iris Williams
  Mrs. Janice C. Williams

In memory of:
• Mrs. Joyce R. Hamil
  Dr. and Mrs. David Plaxico
• Mrs. Grace I. Johnson
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Grant: Georgia Power Company
Honda Precision Parts of Georgia LLC

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  Georgia Power Company–Plant Wansley
• Ms. Ken R. McGowan
  Georgia Power Company–Plant Wansley

Home Health Fund

In memory of:
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  Mr. Carroll Borchers
  Mr. and Mrs. Terry Borchers
  Dorothy A. Brandt
  Gayle and Jeanetta Janssen
  Mr. and Mrs. Dale R. Shields
  Mr. and Mrs. Lowell E. Wurdeman

Inpatient Care
Dr. Sheila D. Best

In memory of:
• Mr. James Edward
  “Sandy” Allen Jr.
  Ms. Laura M. Brown
  Ms. Brenda K. Hammock
  Ms. Glenda Hammock

• Mr. J. W. Green
  Gary and Deborah Matthews

• Master Asa Kirby
  Anonymous
• Master Eli Kirby
  Anonymous

Tanner Medical Center/Carrollton
Capital Improvement

Tanner Medical Center/Carrollton Auxiliary

Dr. Thomas E. Reeve Jr.
Jeremy and Janet Sabo

Tanner Health System Activities Fund
Coca-Cola Refreshments

Capital Improvement
Dr. and Mrs. Richard A. Anderson
Anonymous
Dr. Bradley H. Edwards
Schwab Charitable Fund

Get Healthy, Live Well
Grant: Georgia Power Company
Honda Precision Parts of Georgia LLC

Get Healthy, Live Well
Grant: Centers for Disease Control and Prevention

Get Healthy, Live Well
Fresh Start Smoking Cessation Program
Grant: CVS Health

Get Healthy, Live Well
Power Up Produce
Grant: Warren R. and Avia F.
Sewell Foundation, Inc.

Reach Out and Read Program
Grant: Target

Higgins General Hospital Auxiliary President Marcelle Johnson and Tanner Medical Foundation Interim Director Mary Saravia Busby looked on as Higgins General Hospital Auxiliary Treasurer Martha Greer (far right) presented the auxiliary’s annual gift to Higgins General Hospital Administrator Michael Alexander at the auxiliary’s banquet. The 19 active volunteers at Higgins General Hospital in Bremen dedicated 4,700 service hours for the 2013-2014 year. The financial value of this commitment is more than $104,575.
Jason May (right) gave a $1,000 check to Tanner Medical Foundation Logistics Associate Olga Guzman (left) and Assistant General Manager Jason May (right) gave a $1,000 check to Tanner Medical Foundation Interim Director Mary Saravia Busby (left). The 38 active volunteers at Tanner Medical Center/Villa Rica dedicated 7,466 service hours for the 2013-2014 year. The financial value of this commitment is more than $166,119. www.TANNER.ORG
At a spring 2014 game, Coach Koester and his team presented a $500 gift from the South Paulding Touchdown Club to assist local breast cancer patients through the Tanner Breast Health Patient Care Products Fund. The donation will provide assistance with expenses related to wigs, prostheses and other cancer care products.
Awards & Accolades

Best-Performing Hospitals in Georgia

*Georgia Trend*, the state’s leading magazine on business and economic development, published its annual list of the best-performing hospitals in Georgia. All three of Tanner Health System’s inpatient hospitals — Tanner Medical Center/Carrollton, Tanner Medical Center/Villa Rica and Higgins General Hospital in Bremen — are again on the list.

- No. 1 Critical Access Hospital: Higgins General Hospital
- No. 6 Small Hospital: Tanner Medical Center/Villa Rica
- No. 8 Medium-sized Hospital: Tanner Medical Center/Carrollton

The *Georgia Trend* list is based on publicly reported quality and patient satisfaction data. The rankings are intended to help residents make more informed choices about where to turn for care.

- Best Places to Work, top five among large employers, from the *Atlanta Business Chronicle*: Tanner Health System, 2014
- Community Leadership Award from the Georgia Hospital Association: Tanner Medical Center/Carrollton, 2011, 2014
- *Truven Health 100 Top Hospitals* and Everest Award Winner: Tanner Medical Center/Villa Rica, 2014
- Quality Honor Roll from the Georgia Hospital Association: Tanner Medical Center/Carrollton, Tanner Medical Center/Villa Rica and Higgins General Hospital, 2014
- CMS Hospital Value-based Purchasing program list of top hospitals: Tanner Medical Center/Carrollton ranked 20th and Tanner Medical Center/Villa Rica ranked 61st, 2013
- Top Georgia Hospitals from *Georgia Trend*’s list: Tanner Medical Center/Carrollton, Tanner Medical Center/Villa Rica and Higgins General Hospital, 2012, 2013, 2014
- HEALTHSTRONG Top 100 Critical Access Hospitals from iVantage: Higgins General Hospital, 2012, 2013
- Top Performers on Key Quality Measures from The Joint Commission: Tanner Medical Center/Carrollton, Tanner Medical Center/Villa Rica and Higgins General Hospital, 2012, 2013, 2014
- Partner Up! for Public Health Heroes recognition: Get Healthy, Live Well, 2013

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**QUALITY CARE, A CLICK AWAY**

How does Tanner compare to other hospitals? See for yourself at [www.TannerQuality.org](http://www.TannerQuality.org). Research how Tanner rates on a number of nationally recognized benchmarks for quality care, compare Tanner to other hospitals in the region and use the Patient Finance Center to check prices on some of our services.
Classes & Support Groups

A complete list of health education opportunities, special events and support groups is available at www.Tanner.org. Our classes, meetings and events are updated frequently, so check back often!

BLOOD DRIVES
SAVE A LIFE, GIVE BLOOD.
Location: Tanner Medical Center/Carrollton, Tanner Medical Center/Villa Rica and Higgins General Hospital

CANCER
THE ART OF HEALING
Location: Tanner Medical Center/Carrollton
Cost: Free

BREAST CANCER SUPPORT GROUP
Location: Tanner Breast Health in Carrollton
Cost: Free

LOOK GOOD ... FEEL BETTER
Location: Tanner Breast Health in Carrollton
Cost: Free

MIND OVER CANCER SUPPORT GROUP
Location: Roy Richards, Sr. Cancer Center in Carrollton
Cost: Free

CARDIOVASCULAR
BASIC LIFE SUPPORT (BLS)
Location: Tanner Medical Center/Carrollton
Cost: $50

DIABETES
DIABETES PREVENTION CLASS
Location: Various locations
Cost: Free

DIABETES SUPPORT GROUP
Location: Tanner Medical Center/Carrollton
Cost: Free

MATERNITY
MATERNITY CENTER TOURS
Location: Tanner Medical Center/Carrollton and Tanner Medical Center/Villa Rica
Cost: Free

PRENATAL, NEWBORN, BREASTFEEDING AND SIBLING CLASSES
Location: Tanner Medical Center/Carrollton and Tanner Medical Center/Villa Rica
Cost: Free

MUSIC THERAPY
HARMONY FOR HEALING
Location: Tanner Medical Center/Carrollton
Cost: Free

SAFETY
SAFE SITTER
Location: Tanner Medical Center/Carrollton and Tanner Medical Center/Villa Rica
Cost: $30

TOBACCO CELSSATION
FRESH START SMOKING CESSATION
Location: Various locations
Cost: Free

WELLNESS
STRETCH AND TONE
Location: Tanner Medical Center/Carrollton
Cost: Free

Register Today! Are you interested in any of the classes or support groups you see here? For details, view the Classes & Events calendar at www.Tanner.org. To register, call 770.214.CARE (2273).
Go Tanner Green! Help us maintain the environment. After you've read this magazine, please share it with a friend or recycle it.