



WINTER 2020 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

SOUTHWELL

with you for life

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FOR NEIGHBORS

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Ruth's Cottage & the Patticake House



At Southwell, we're dedicated to stopping the hurt.



All of us here at Southwell have been dedicated to the cause of stopping the hurt for a long time. For many years, we have partnered with the nonprofit agencies Ruth's Cottage, which provides domestic violence prevention and emergency shelter services, along with sexual assault advocacy, and the Patticake House, a child advocacy center for Tift, Turner, Irwin, and Worth counties.

However, when my parents died by murder-suicide in early 2020 and it became publicly known that my family had been struggling with domestic violence for some time, my work family embraced my desire to advocate for this nonprofit.

In September of 2020, I began working with the Domestic Violence Program Committee as their Chair, and during October, National Domestic Violence Awareness Month, we were able to partner with Southwell for creative outreach during the COVID-19 pandemic. We had survivor and victim stories at our main campus and several clinics for the "Save a Seat" campaign, showed our support for the cause of domestic violence awareness by wearing purple on

October 22, and also participated in a video outreach project discussing the many issues surrounding domestic violence.

When I was asked to be a board member for this organization, I said yes without hesitation, knowing that I was honoring my mother's memory and making her proud. I am now proud to serve on the board of Ruth's Cottage and the Patticake House alongside Carol Smith, our Chief Nursing Executive and Chief Operating Officer for Southwell Medical, as well as Christy Dorman, the wife of our President & CEO.




Our partnership with Ruth's Cottage and the Patticake House does not stop there though. With the holiday season comes the annual Suitcases for Kids drive, providing Christmas presents to all children served by their organization in the past year as well as children in the foster care system in the counties they serve. Southwell is sponsoring 50 children for this year's drive, and our medical staff is raising money to donate to the cause.

Take care,
Rachel Elizondo
Community Relations Coordinator,
Outreach and Development

To learn how you can support Ruth's Cottage and the Patticake House, visit stopthehurtga.org.

Taking it Online

While Southwell is limiting in-person educational events due to COVID-19, there are still plenty of opportunities to learn about your health and how you can live well. Take a look at the resources below:

-  **LIVEWELL BLOG + PODCAST**
-  **LIVEWELL VIDEOS**, including patient interviews and LiveWell in the Kitchen
-  **HEALTHCLIPS ONLINE**, including important information you need to know when leaving the hospital, preparing for a procedure, and more



Go to mysouthwell.com and click on LiveWell to access these resources, and more.



KEEPING THE KIDS HEALTHY

Even when you're short on time, you can take steps to keep your children healthy during the cold winter months. Heather A. Svenson, MD, pediatrician at Southwell Pediatrics – Valdosta, shares her favorite winter health tip.

TEACH KIDS TO WASH THEIR HANDS:

"Between busy times at home and long days at school or daycare, it can be tough to make sure your children are keeping their hands clean. Proper hand washing prevents so many of the germs that children are exposed to from making their way into your child's system and keeps your child from bringing germs home with them. Try having your child wash their hands with you for a couple of weeks, so that you can give them tips and get them into the habit of washing hands before meals and after using the restroom."

Turn to page 6 to hear more from Dr. Svenson.



Eat Now, Freeze for Later: Mushroom Quinoa Soup

This healthy vegetable soup is a great option for meal prepping and quick weeknight dinners for even the busiest of families.

INGREDIENTS

2 tbsp. olive oil	1	8 oz. package of white mushrooms, stems removed and sliced
1 large yellow onion, diced		
2 carrots, peeled and diced		
2 celery stalks, diced	1	8 oz. package cremini mushrooms, stems removed and sliced
3 cloves garlic, minced		
2 bay leaves		
2 tbsp. fresh thyme, minced		½ cup rinsed quinoa
2 qts. low sodium vegetable broth		Salt and black pepper to taste

INSTRUCTIONS

- 1 Place a soup pot over medium heat and coat with the olive oil. Add the onion, carrots, and celery, and cook until tender, about 5 minutes.
- 2 Stir in the garlic, bay leaves, thyme, and mushrooms and cook until mushrooms are tender, about 5 minutes.
- 3 Pour in the vegetable broth and bring the liquid to a boil. Add the quinoa and continue to simmer for 20 minutes to cook the quinoa. Stir the soup occasionally while simmering.
- 4 Season with salt and black pepper, to taste. Ladle into bowls and serve.

NOTES

The great thing about vegetable soup is that you can substitute almost any vegetable. If you're out of mushrooms, missing the bay leaves, or don't have fresh thyme, no worries! Add in another veggie, like potatoes, and replace any fresh herbs with dried herbs.

This soup freezes great. Place cool soup in a large airtight container, or in individual freezer bags for single servings. Freeze for up to one month.

If you're short on time in the evening, you can make this soup ahead of time in a crockpot. Place all ingredients in the crockpot and cook on HIGH for 4 hours or on LOW for 8 hours.



Getting Ready for Your New Baby, with Southwell OB/GYN



PAMELA TEMPLES, MD



JOE CLIFTON, MD



NICOLE YARBROUGH, DO

As you prepare for the birth of your child, you may feel excited, anxious, unsure of what is to come, or even experience all three emotions! The team at Southwell OB/GYN shares what you can expect during this exciting time.

AFTER WEEK 37, your baby is considered full-term, and its body should be ready to function on its own. Your baby's bones are fully formed, they can open their eyes and sense light, and they should be facing head-down, ready for birth. For many women, these last few weeks can feel like a waiting game as they eagerly await the end of pregnancy and the arrival of their baby, while also cherishing these last moments with this physical connection to their child.

During your third trimester, you may experience more general aches and pains as you carry around your growing baby. You may also have more difficulty sleeping, spend more time running to the restroom, and experience tender breasts and swollen fingers, ankles, or face. Your baby will also be more active than during the rest of your pregnancy, which may result in more "Oof" moments as they stretch and kick. All of these discomforts are normal during the third trimester but be sure to call your doctor if you experience bleeding, a sudden decrease in activity from your baby, or extreme swelling.

STAYING HEALTHY

During this time, be sure to follow your doctor's directions for activity and diet. Some things they may encourage are:

- + Staying active with low-intensity exercise, like walking
- + Focusing on a healthy diet with lots of vegetables, fiber, and protein, along with plenty of water to stay hydrated
- + Getting plenty of rest by relaxing when you are able to, and making sure you are getting enough sleep



GETTING READY

When it comes to preparing for birth, your doctor can be a great help in planning for the weeks and months ahead. Work together, with input from your partner or family when appropriate, to develop your birth plan. This will help you answer questions like:

+ **WHAT WILL MAKE YOUR EXPERIENCE MORE COMFORTABLE?**

Do you want dimmed lights or a special playlist playing?

+ **WHO DO YOU WANT IN THE LABOR AND DELIVERY ROOM?**

+ **WHAT DO YOU PREFER FOR PAIN MANAGEMENT?**

While your doctor will have medications or an epidural as an option, you can also consider holistic practices like breathing and massage.

+ **DO YOU WANT THE OPTION TO BE UP AND MOVING,**

and do you need anything to support that, like a large exercise ball?

When it comes down to it, the team at Southwell OB/GYN knows how important it is that you share what you want your personalized birth experience to be like. While every birth plan must be flexible enough to deal with the unexpected, a full understanding of your needs will allow your doctor to be respectful of those needs, no matter the situation.

Southwell OB/GYN is now open in Valdosta at 814 Northwood Park Drive. Call **229-262-6810** today to schedule your appointment or visit mysouthwell.com/southwell-obgyn to learn more.



FIRST
MONTH

YOUR
FIRST
CHECK
UP

The first month with your new baby is all about settling in. While it can feel overwhelming at first to keep up with feedings, diaper changes, bathing, and tantrums that you just can't figure out the cause of, take time to engage in some activities that can help bond you and your baby while supporting their development, like:

- + **GET MOVING:** Many new parents feel like they can't stop staring at their newborn. Use this as an opportunity to gently stretch your child's arms and legs in the appropriate directions. This will help develop their muscles and movement.
- + **HAVE CONVERSATIONS:** Talking to your baby, using your words, sounds, and facial expressions, is a great way to help them begin to learn to imitate you and will eventually lead to their language development.
- + **CUDDLE UP:** An important part of the bonding process, comforting your baby during their early stages is a great way to build trust and bond.

With a whole month of diaper changes, late nights, and early morning under your belt, it's time for the 1-month well-baby visit. This checkup is an opportunity for you to review any questions you may have and for your pediatrician to examine your baby's overall health and ensure they are on-track to hit their developmental milestones. These may include:

- + **TUMMY TIME:** Does your baby occasionally briefly lift their head during tummy time?
- + **HANDS TO FACE:** Does your baby touch their own face occasionally?
- + **FOCUS ON THE FAMILY:** Does your baby ever seem to focus on your face, or the faces of other primary caregivers?

Learn more about your child's important developmental stages by visiting mysouthwell.com/pediatrics.

Physician Spotlight

SAY HELLO TO PEDIATRICIAN **HEATHER A. SVENSON, MD**



As a mom of a boy and a girl, Heather A. Svenson, MD, uses her parenting experience to lead Southwell Pediatrics and support the parents of her patients. Here she is with her daughter, who is proof that you can make it through each stage: infant, toddler, child, pre-teen, teen, and young adult.



JOB: “One of the most valuable things about being a pediatrician is getting to see the same children as they grow up. It is a joy to see my patients over time and to support their parents throughout the process. Having a pediatrician that your family trusts ensures that, whether your child is sick or well, they’re receiving the best care when they need it.”

TAKING TIME: “Sometimes, taking time is one of the most important things you can do as a doctor. I never hesitate to spend additional time with my patients and their parents, answering any questions they have and seeking to understand any health concerns they may have. This allows me to fully understand what they need and how I can help.”

MOTHERHOOD: “As a mom, I know how scary it can be when our kids are sick. Your pediatrician has specialized training to understand and treat the unique medical needs that children have at every stage of development. They also know how to work with kids—to make them feel comfortable and safe, even when they aren’t feeling well or are scared to be at the doctor.”

CHILD DEVELOPMENT: “Seeing the same pediatrician throughout your child’s development means that they are aware of your child’s personal and medical history and can provide individualized treatment when needed. Pediatricians have dedicated their education and career to taking care of kids—who better to have on your side when your kid gets sick?”

Dr. Svenson treats patients at Southwell Pediatrics - Valdosta. Make an appointment today by calling **229-242-0194**.

SOUTHWELL: HERE FOR YOUR FAMILY

Southwell Pediatrics - Valdosta
229-242-0194
3014 N. Patterson St
Valdosta, Ga 3160

Affinity Pediatrics - Tifton
229-353-7337
39 Kent Rd, Suite 5
Tifton, Ga 31794

Affinity Pediatrics - Moultrie
229-985-1293
3007 2nd St SE
Moultrie, Ga 31768

Ocilla Pediatrics
229-468-7323
813 North Irwin
Ocilla, Ga 31774

Get Going

IMPROVE YOUR QUALITY OF LIFE WITH SOUTHWELL MEDICAL

"BEFORE THE SURGERY, I had constant pain that radiated down from my lower back to my right leg and foot," shares Jim Hendrix, who received spinal surgery at Southwell Medical. "At times, my entire right leg would go completely numb. After sitting down for too long in one place, I had trouble walking for a few minutes. I fish from a kayak and this was when I first noticed the issue."

Approaching surgery, Jim knew he was in the right hands with John Gee, MD, of Valdosta Orthopedic Associates and the Southwell team. "Dr. Gee spent a good deal of time talking about the technical aspects of the procedure," Jim says. "The Southwell Medical team really made sure that I knew exactly what to expect both before and after the procedure. I know that I wasn't the only

patient having a procedure done that day, but it sure felt like I was the only person there and was the #1 priority for the day."

"After the surgery, it was an amazing feeling to immediately not have that pain in my leg. Now, my quality of life has improved a lot. I mentioned that I like to fish from a kayak, and that involves a lot of loading, lifting, and maneuvering a kayak that weighs anywhere from 150-200 pounds fully loaded. Now, it's a whole lot easier and I don't have to wait for my leg to 'wake up' to get going and get out on the water."

"I'd tell anyone that has been suffering from long-term back pain to go ahead and have your procedure—while there's certainly no guarantee that you'll be 100% the way God made you originally,

you can get a lot of your life back! I'd also like to say that the team at Southwell will treat you right and are very professional and compassionate."

"I hope to not need any more procedures, but if I do, you can bet I'll ask for Southwell!"

If you're experiencing orthopedic pain, the Southwell team is there for you and close to home. Call the practice nearest you to schedule your appointment today!

Georgia Sports Medicine
2227 U.S. Highway 41 North
Tifton, GA 31794
229-386-5222

Valdosta Orthopedic Associates
3527 N. Valdosta Road
Valdosta, GA 31602
229-247-2290

Orthopedic Surgeons of Georgia
1622 Madison Avenue
Tifton, GA 31794
229-387-8061



"You learn to live with spinal pain every day, 24 hours a day. When it is gone you immediately know it!"

FOR QUESTIONS about Southwell and *Southwell* magazine, call 229-353-6318.

This magazine is not intended as specific medical advice and is not a substitute for professional medical treatment or diagnosis. Consult your physician with any questions about your health.

COVID-19 INFO

HOTLINE 229-353-2819

WEBSITE MYSOUTHWELL.COM/COVID-19

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PROVIDER UPDATES

It's Not Too Late

GETTING YOUR FLU SHOT IS MORE IMPORTANT THAN EVER

"Out of all the years to get a flu shot, this year is probably the most critical," says Mary Key, RN, CIC, Director of Infection Prevention for Southwell. If you or your family haven't received the annual flu vaccine this year, know that it can still make a positive difference for your health and wellbeing.

To get your flu shot, visit your primary care physician, a walk-in clinic, or your local pharmacy.

Access your health information online

Enroll in the Southwell Patient Portal

Learn more at [MySouthwell.com/Portal](https://mysouthwell.com/Portal)

Connect with your Mobile Device

Tift Regional App

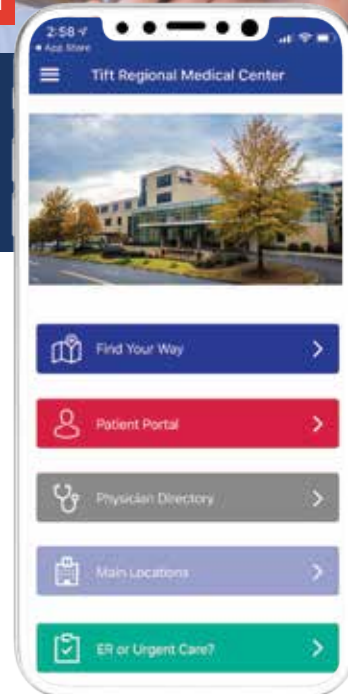
- HealtheLife Patient Portal access
- Schedule an appointment with a primary care provider
- Wayfinding instructions at Tift Regional Medical Center
- Directions to clinics and facilities
- Provider directory

Tift Babies Pregnancy App

- Pregnancy tracker
- Education
- Provider directory
- Class schedules

Apple Health

- Patients with an iPhone or iPad device can have medical information from Tift Regional and other participating healthcare institutions organized into one view on the Apple Health app



Download the Tift Regional Apps Today! >

