



SPRING 2021 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

# SOUTHWELL

*with you for life*

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FIND US ON  
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GET CONNECTED WITH YOUR HEALTH  
INFORMATION BY VISITING [MYSOUTHWELL.COM](https://www.mysouthwell.com)

SOUTHWELL:

*We're Proud to  
Serve the Valdosta  
Community*

**SOUTHWELL PEDIATRICS - VALDOSTA**

229-242-0194

3014 N. Patterson St.  
Valdosta, GA 31602

**SOUTHWELL GASTROENTEROLOGY  
& SOUTHWELL VALDOSTA  
ENDOSCOPY CENTER**

229-244-1570

410 Connell Rd.  
Valdosta, GA 31602

**SOUTHWELL INFECTIOUS  
DISEASE - VALDOSTA**

229-245-0666

2301 N. Ashley St.  
Valdosta, GA 31602

**SOUTHWELL OB/GYN**

229-262-6810

814 Northwood Park Dr.  
Valdosta, GA 31602

*Coming soon!*

**SOUTHWELL PRIMARY CARE**

229-262-6819

2922 N. Oak St., Suite C  
Valdosta, GA 31602

# Ready for Baby

Southwell offers  
virtual classes with the information you need.

**PREPARED CHILDBIRTH:** Covers topics related to labor and delivery—perfect for parents who want to make sure they know what to expect in the delivery room.

**BREASTFEEDING:** Covers breastfeeding decision-making, preparation, instruction, and helpful tips—ideal for parents who aren't sure if they want to or are prepared to breastfeed their child.

**INFANT CARE:** Covers the basics of caring for a newborn child—a great option for parents who are already looking ahead to what happens when they come home from the hospital.

All classes are held virtually. To find out when the next class is available, visit [www.mysouthwell.com/virtual-education](http://www.mysouthwell.com/virtual-education). This is an interactive class, so come ready with questions! You must register online and include your email address. You will receive the virtual class link after registration.



## Hiking Made Easy

Hiking can be a great way to get the family outdoors and active. Try these beginner-friendly hikes and parks close to home.

**LANGDALE PARK:** Go explore acres of wilderness located along the Withlacoochee River in Valdosta, GA. With picnic tables, a shelter, and a boat ramp, your family can turn a quick afternoon trip into hours of fun.

**REED BINGHAM STATE PARK:** A great weekend option, this State Park has trails from 0.3 to 1 mile long that offer perfect hikes for those with young kids or just getting started. With plenty of wildlife and pretty views, these trails are sure to keep the whole family happy.

Learn more at [www.gastateparks.org/reedbingham/trails](http://www.gastateparks.org/reedbingham/trails).



## Feel Better with Food



Changing your health isn't always easy, but your Southwell team knows that. William Hancock, MD,

a cardiologist with Tiftarea Cardiology, shares his experience with making the changes he needed to feel better.

"Here I am, 54 years old, a board certified cardiologist, and it's taken me all this time to really connect with what I know I ought to do—change my eating habits. I try my best to eat more whole foods that are plant based, which means minimal dairy, meat, and oil. I feel better. My cholesterol numbers have dropped substantially," shares Dr. Hancock.

"As I've embraced this opportunity, I've changed my approach from just 'weight-loss and dieting' to 'healthiness.' You don't have to be a cardiologist to know what you should and shouldn't eat, what you should increase and minimize. We all know that... it's the doing it that is the hard part."

Support your heart health with Dr. Hancock and Tiftarea Cardiology. Call **229-391-9980** to make an appointment today.

"If I want to be 80 and enjoying myself like some of the folks in our community, I've got to get on it. Now is the time."

-WILLIAM HANCOCK, MD

## FOOD TO FUEL YOU: ENERGY BOOST BARS

Keep your energy up when you need it most. Reach for this on-the-go snack during a busy morning or when you need to get out the door fast.

### INGREDIENTS

1 cup	almonds, roughly chopped	2 tbsp.	coconut oil, melted
		½ tsp.	salt
1 ½ cup	quick 1-minute oats, uncooked		
½ cup	honey (or maple syrup)		
1 cup	almond butter		

### MIX-INS:

1 cup	dried cranberries, chocolate chips, other dried fruits or nuts
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### INSTRUCTIONS

Place almonds, oats, and cranberries (or other mix-ins you want) in a medium sized bowl. Heat the honey, coconut oil, and nut butter in a small saucepan over low heat until mixed. Pour the mixture over the oat and almond mixture and stir together.

Once mixed, transfer to an 8x8-inch baking dish and flatten into a 1-inch-thick square.

Cover with plastic wrap and place in the fridge overnight or for 2-3 hours. Then cut and store in an airtight container.

### NOTES

These will stay good for up to 5 days in the fridge, or you can store in the freezer for up to a month!

Easy substitutions make this recipe a great choice for when the pantry is low. Try using peanut butter instead of almond butter, olive oil instead of coconut oil, or another nut instead of almonds.

Use whatever works best for you and your family for mix-ins—chocolate chips are a great option for those with a sweet tooth or use your favorite dried fruit for a less-sweet option.

# Refresh YOUR HEALTH

This spring, let's dust off our health habits and make sure we're taking the right steps towards a long and healthy life.

No matter what stage of life you're in, regular health habits can make or break your short- and long-term health goals. Read on to learn about the healthy habits you can incorporate throughout your life.



YOUNG AND SINGLE

## ESTABLISH ROUTINES

Early adulthood is all about learning how to thrive on your own. Take this time to establish healthy habits in your day-to-day life, including the occasional home-cooked meal, regular exercise, and a solid sleep routine. Consider all aspects of your health—connecting with your loved ones or attending regular therapy appointments might be important to your routine.

## SEE YOUR DOCTOR

Now that you're making your own appointments, don't just visit your doctor when you're sick or injured. Make sure you've got a primary care doctor who can help you navigate your own health goals and keep you on track over time by sticking to their recommended appointment schedule when it comes to yearly check-ins and other health needs.



NEWLYWEDS

## DON'T SETTLE

For those who are newly married or moving in with long-term partners, blending two lives into one can be exciting, but take a lot of focus. Don't let your health habits fall to the wayside. Consider the routines you've built that make you feel good—regular exercise, healthy eating, monthly therapy, etc.—and figure out ways to incorporate them into your life together.

## LEARN TOGETHER (AND LEAN ON ONE ANOTHER)

Having a long-term partner who knows you, your health goals, and your daily routines allows you to have someone to turn to when you need motivation or things aren't going right. Work together to find new ways to incorporate healthy habits in your routines, and turn to one another when you need a push to have a healthy meal or stick to your exercise routine.



A FAMILY AFFAIR

## INCLUDE THE KIDS

When you're raising a family, it often feels like there isn't enough time in the day to get everything done. Instead of adding routines to help your kids stay healthy, consider how you can adjust your current health routines to make them child friendly. This will allow you to spend more time together as a family while maintaining healthy routines for all.

## OPEN COMMUNICATION

As your children get older, they'll begin developing their own health habits. Don't just model healthy behavior—make sure your children understand the importance of these actions and routines. Encourage questions, and ask your children if they have any fun ideas about how to improve these routines.



AGING WELL

## TIME FOR A CHANGE

Aging may come with changes, but change isn't always bad. Consider the ways in which your health may have shifted over the years, and talk to your doctor about the adjustments you can make to reflect the changes you've experienced. Making these small adjustments to your daily routine may be the ticket to keeping you healthy over time.

## GET OUT THERE

Many people find that maintaining their social connections and activities outside of the house help them stick to their healthy routines during the day-to-day. Making sure that you're regularly taking the time to visit with friends or social groups (staying socially-distanced until it's safe), inviting the grandkids to stay the night, or planning regular trips to run errands.

If it's been a few years since you've considered your health, getting connected with a primary care physician is step one to getting back on track. Visit [www.mysouthwell.com/primary-care](https://www.mysouthwell.com/primary-care) to find a provider near you.



## FAMILY PHYSICIAN KELLY REDLINGER GARVIN, MD, SHARES SIMPLE DAILY HEALTH TIPS

When it comes to caring for your long-term health, sometimes you need to go back to basics. Consider these health tips for your day-to-day.



### Drink Your Water:

Hydration is key to feeling good. Make sure that you're paying attention to your water intake—keeping a water bottle with you is a great way to stay hydrated.



### Keep Moving:

Typically, the less we move, the more we feel it. Make sure you're incorporating activity in your daily life through exercise, play, or your daily routines.



### Do Things You Like:

Sometimes a healthy lifestyle requires motivation. Keep yourself motivated in daily routine by incorporating fun activities that you enjoy.



### Pay Attention:

When your physical or emotional health shifts, you may need to see your doctor. Focus on all aspects of wellbeing and reach out when you need to.

Dr. Garvin sees patients at Southwell Medical Clinic. To make an appointment, call 229-391-4100.



"The word 'survivor' has a whole new meaning."

# The Positive Difference

FOR ANNETTE ADAMS, CONFIDENCE IN HER TREATMENT PLAN AND FAITH IN HER ULTIMATE HEALER MADE ALL THE DIFFERENCE IN HER CANCER JOURNEY.

## STAY ON TOP OF YOUR HEALTH

When breast cancer is caught early, there are more treatment options and significantly higher survival rates.



### YEARLY MAMMOGRAMS:

Most women begin having yearly mammograms at age 45. Talk to your doctor to determine your risk levels and the best time for you to begin having yearly mammograms.



### SELF-SCREENING:

Pay attention to your breast health regularly. Every month, adult women should have a routine to perform a self-exam. This can be done quickly—while you're getting ready for bed or taking a shower—but can help you quickly identify any important breast changes.

Visit [www.mysouthwell.com/breast-center](http://www.mysouthwell.com/breast-center) to learn more.

When Annette Adams was diagnosed with stage two triple negative breast cancer, she had the right team on her side. "From the moment that I walked into the Anita Stewart Oncology Center to meet Dr. Johnny Stephens, I knew that I was in the right place," Annette shares. "I was treated with the utmost kindness and felt everyone there truly cared about me. What a team they have."

Working with Johnny Stephens, MD, Annette felt that she was in safe hands. "Every question I had was answered, and with his encouragement, I was able to begin chemotherapy treatments with confidence," Annette shares. Every member of the TRMC Anita Stewart Oncology Center knows the importance of helping patients keep that sense of positivity through every stage of the cancer journey.

"This journey has taken me down a road where I endured six months of treatments at the oncology center, a double mastectomy, and breast reconstruction. The word survivor has a whole new meaning. Today, I am cancer free."

Annette continues her journey of survivorship and positivity by telling her story: "I'm sharing my journey to continue to raise breast cancer awareness. Mammography and self-examination save lives. I could not end my story without also making you aware of the one who I put my complete trust in: the Lord Jesus Christ; He's the ultimate healer. I truly believe He guided me to all these wonderful people who helped me make it through this journey."

"I'm so thankful for all those that walk with me on this journey. What a blessing it was to receive such great treatment right here in Tifton, Georgia."

The TRMC Anita Stewart Oncology Center provides quality cancer care close to home and family. Learn more at [www.tiftregional.com](http://www.tiftregional.com).

# Physician Spotlight

## SAY HELLO TO INTERNAL MEDICINE PHYSICIAN AND SOUTHWELL'S CHIEF TRANSFORMATION OFFICER **CAMERON NIXON, MD**



**JOB:** "I'm proud to serve my community as both an internal medicine physician at Southwell Medical Clinic and as the Chief Transformation Officer at Southwell. Working directly with patients on a regular basis helps me understand what the community needs from me as a physician and from Southwell as a health system."



**COMMUNITY:** "Since the beginning of the COVID pandemic, Southwell's goal has been to be ready for whatever our community needs. While we worked to treat COVID-positive patients and provide testing while still providing other necessary services, our community was by our side, supporting our team through prayers, patience, and personal responsibility."

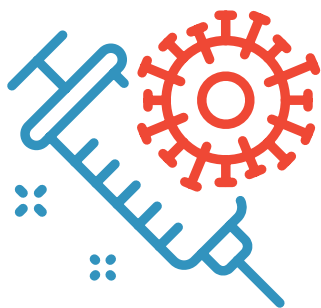


**TAKING CARE:** "We know there is a lot of mistrust and skepticism out there about the COVID vaccine. When it comes down to it, the vaccine is completely safe. If you are eligible to receive the vaccine, I'd strongly recommend that you do—or talk to your doctor if you're unsure. Southwell is proud to bring the COVID-19 Drive-Thru Vaccination Clinics to our community."



**STAYING SAFE:** "The latest CDC recommendations require all individuals, including vaccinated individuals, to continue wearing a mask and social distancing in public. I'd like to encourage all members of our community to follow this recommendation. Let's work together to keep our community safe as we pull through this pandemic."

## COVID-19 VACCINATION DRIVE-THRU CLINIC



Southwell is proud to serve as a community distribution center for the COVID-19 vaccine. Here's what you need to know:

### By appointment only.

Once you are eligible to receive the vaccination, make sure you've made an appointment at one of the two Drive-Thru Clinic locations in our community.

### There are two Drive-Thru Clinic locations.

#### Tifton

Tift Regional Community Events Center  
1657 South Carpenter Rd.  
Tifton, GA 31794

#### Adel

Southwell Health & Rehabilitation  
260 M J Taylor Rd.  
Adel, GA 31620

You can find the latest information:

Visit [www.mysouthwell.com/vaccine](http://www.mysouthwell.com/vaccine) or call **229-353-2200** for the latest information on vaccine availability and other FAQs. You can also see the current vaccination phase to know who is eligible and schedule your vaccination.

**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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RESIDENTIAL CUSTOMER

## Southwell WELCOMES NEW PROVIDERS

### CERTIFIED NURSE MIDWIFE

Affinity Physicians for Women (APFW) welcomes certified nurse midwife Hillary Midler, CNM. Hillary is a trained women's healthcare professional specializing in gynecology and preconception care along with labor, delivery, and postpartum care.

Call **229-391-4130** for more information or to make an appointment. APFW is located in Tifton at 1493 Kennedy Drive.

### CRITICAL CARE PROVIDER

Nurse practitioner Preston Thornhill, MSN, AGACNP-BC, FNP-C, has joined the Southwell Medical Clinic team. Preston has specialized training in adult-gerontological acute care and brings years of experience as a former ICU registered nurse. Services at Southwell Medical Clinic include intensive care and treatment of diseases and conditions of the chest.

Please call **229-391-4200** for more information. Southwell Medical Clinic is located in Tifton at 2225 U.S. Highway 41 North.

Find a provider at [www.mysouthwell.com/providers](http://www.mysouthwell.com/providers).

Find a physician/[mysouthwell.com](http://mysouthwell.com)

Access your health  
information online

# Enroll in the Southwell Patient Portal

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

## Connect with your Mobile Device

### Tift Regional App

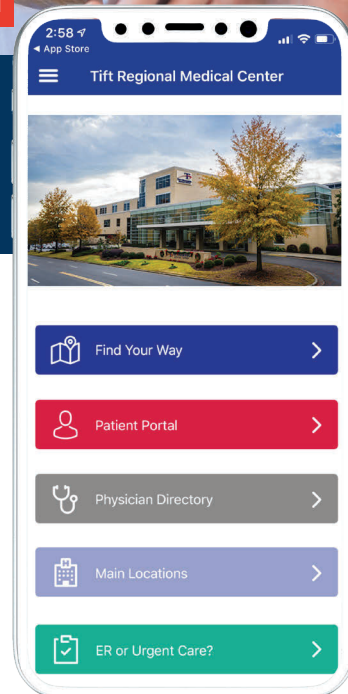
- HealtheLife Patient Portal access
- Schedule an appointment with a primary care provider
- Wayfinding instructions at Tift Regional Medical Center
- Directions to clinics and facilities
- Provider directory

### 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! >

