

SUMMER 2021 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA



# SOUTHWELL

*with you for life*



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# IN YOUR BACKYARD

Moving is one of the easiest ways to stay healthy, no matter your age. Here's a list of locations in South Georgia where you can play tennis or golf, hike, fish, do yoga, meditate, and even play pickleball (it's all the rage right now!). Many of these locations have playgrounds for the kids to enjoy, too.

## MOULTRIE

### Moultrie YMCA

601 26<sup>th</sup> Avenue SE  
Moultrie, GA 31768



### Tom White Linear Park

10 Lower Meigs Road  
Moultrie, GA 31768



## ADEL

### City Park

210 E 8<sup>th</sup> Street  
Adel, GA 31620



### Bear Creek Park

120 N Forrest Avenue  
Adel, GA 31620



## NASHVILLE

### Tygart Park

605 Memorial Drive  
Nashville, GA 31639



### Carter Park

Carter Street  
Nashville, GA 31639



## VALDOSTA

### Pickleball Courts at Valdosta YMCA

2424 Gornito Road  
Valdosta, Georgia 31602



### COMMUNITY EVENTS:

## *Making Moves for Charity*

### RUN FOR LOVE 2021

AUGUST 20TH

Tifton, GA

### SOUTH GEORGIA BUDDY WALK

SEPTEMBER 18

Valdosta, GA

## SOUTHWELL MOBILE HEALTH CLINIC

**Taking quality healthcare further...  
by bringing it closer to you.**

Southwell Mobile Clinic is used by Southwell to better reach medically-underserved areas within our community. Operated by our experienced staff of providers, the mobile clinic provides physicals, screenings, and medical services to those unable to access healthcare to keep local residents and their loved ones healthy and happy.

### FEATURES

- Wheelchair-accessible
- Three exam rooms
- Lab area
- Restroom
- Climate-controlled

### SERVICES

- Sick and well visits
- Screenings
- Health and wellness education
- Referrals

Check out Southwell's Facebook page for times and locations. 

# Morning Moves AT ANY AGE

The first few things you do in the morning have an enormous impact on the rest of your day. We sat down with Pam Fuller, senior program director of the Adel-Cook Recreation Department, to learn how to start our mornings off right. Follow these easy tips and your day will be a winner before lunchtime!

## WATER FOR THE WIN

If you went all day without something to drink, you'd be pretty thirsty. So why wouldn't you be after an entire night? "Drink a glass of water as soon as you wake up to boost metabolism, help regulate digestion, and increase your energy levels," Pam says.

## DON'T SNOOZE ON MEDITATION

Studies show that meditation can be one of the very best ways to start your day, as it helps reduce stress and anxiety, aids weight loss, and increases productivity. Try a few minutes (even 5) practicing mindfulness instead of hitting the snooze button. The snooze button can cause sleep inertia, which actually makes you groggy. Choose mindfulness instead—your day will thank you.

## MAKE MOVES

Movement and exercise release endorphins—it turns out sunlight does too. So, knock out two birds with one stone by finding sun first thing when you wake up. "No matter your age, regular exercise helps your body stay healthy by managing your weight, stretching out tight muscles, and building and maintaining bone and muscle strength," says Pam. "If you join a class, it's also a great way to start your mornings with others!"

Learn more about senior exercise classes at [www.cityofadel.us/community-center](http://www.cityofadel.us/community-center).

Southwell is proud to support our senior community by sponsoring senior exercise classes with the Adel-Cook Recreation Department.

Southwell also recommends senior exercise classes offered at the Leroy Rogers Center in Tifton. Check your city's website to see if senior exercise classes are available within your community.



## BLEND YOUR BREAKFAST: MEAN, GREEN, SMOOTHIE MACHINE!

Breakfast can be difficult, but it doesn't have to be. Smoothies can be a great alternative to cooking a full breakfast and are quick to throw together when in a hurry. Here's an easy recipe for a gluten-free, dairy-free, and anti-inflammatory start to your day that actually tastes good!

### GREEN BREAKFAST SMOOTHIE

- |                |                  |
|----------------|------------------|
| 1 c. spinach   | protein powder   |
| 1 banana       | (of your choice) |
| ½ avocado      | 1 c. water       |
| ½ c. pineapple | ice              |

**Protein power:** Try adding a couple scoops of collagen peptides as your choice of protein powder. For a vegan option, go with a plant-based protein powder.



**Bonus:** One way to cool down your healthy breakfast smoothie is to use frozen fruit. You can even freeze your spinach! For a bit more flavor and nutritional value, try incorporating these ingredients into your green smoothie.

- |                    |                     |
|--------------------|---------------------|
| ½ cup blueberries  | 1 tbsp. local honey |
| 2 tbsp. chia seeds |                     |

Adding local honey to your smoothie will make this a sweet treat and help relieve seasonal allergies.

**One Last Tip:** If you'd like to surprise your partner with this nutritional treat, just double your ingredients!

# Provider Spotlight

SAY HELLO TO **KEN KISER, NP-C**, CERTIFIED NURSE PRACTITIONER IN ADULT MEDICINE



**ABOUT:** “As a nurse practitioner, I function as a healthcare provider in coordinating the care of adult and geriatric patients. I provide basic healthcare and refer the patient to physicians and specialists as needed. I have two graduate degrees that prepared me to diagnose and treat patients. I’m proud to work with many older patients, whose life experiences and unique health needs encourage me to spend the time necessary to provide them with excellent care.”



**PREVENTION:** “The older you get, the more important it is to get your annual check-up. Regular checkups help identify health problems early on when they are in a more treatable state. Diseases can be managed and complications minimized. Routine visits allow us to monitor your health over time, consistently observing so that we better understand your healthcare needs.”



**MEDICATIONS:** “Typically, older patients have to take more medications to treat long-term, chronic conditions and to help minimize the negative effects of aging. The more medications you’re on, the more negative side effects you may experience. We must also watch out for drug to drug interactions that can be detrimental. In reviewing medications with your provider, be sure to take your medication bottles to each appointment and discuss each medication with your healthcare provider. This is how we can optimize the therapeutic effects of medications and minimize negative side effects.”



**DISEASE MANAGEMENT:** “Health conditions change over time. It’s important to review the symptoms of your condition so that we can modify your treatment if needed. Be sure to get in front of your doctor regularly for a check-up, at least once a year. Surprisingly, regular doctors’ visits actually lower patient healthcare costs in the long run, decrease ER visits, and minimize the chances of a major health problem.”

Ken is accepting new patients at Southwell Primary Care in Valdosta. For an appointment, call 229-262-6819. Walk-in patients are also accepted—visit 2922-C North Oak Street.

## Important Health Screenings for Adults 65+

ALL ADULTS 65+



Blood Pressure Screening



Breast Cancer Screening



Cervical Cancer Screening



Cholesterol Screening



Colorectal Cancer Screening



Diabetes Screening



Osteoporosis Screening



Skin Exam (skin cancer)



Eye Exam

### IMMUNIZATIONS:

Pneumococcal vaccine

- + Prevents pneumococcal disease, which can cause pneumonia, ear infections, sinus infections, meningitis, and bacteremia
- + Recommended for all adults 65+