CRMC FOUNDATION
Helps to Provide Home Equipment

A HEALTHY LIFESTYLE
Spending Time with Grandchildren

FROM OUR KITCHEN
Fresh Salsa

Lear Pigg
KEEPS GOING
Lear Pigg keeps going so he can keep on going even more...

Cutting down trees...

Chopping firewood with a metal wedge...

Blowing leaves off of the roof...

Bush hogging a neighbor’s land...

It’s a hefty to-do list for just about anyone, but it’s all just part of a normal day for Lear Pigg. That is, when he’s not on day-long rabbit hunts with his beloved beagles or jumping up and down with his great-grandchildren or giving them rides in a little wooden trailer he built onto his four-wheeler.

Always ready with a joke or a funny story, including several about his last name, Pigg is also active in his church and helps care for his wife of 70 years, Lorine, who he takes out for catfish most Friday nights.

The amazing part? He’s 91.
“I enjoy staying active,” said Pigg. “I don’t want to be on disability — I want to work.”

His children say he’s always been active, even before his retirement in 1999 at age 70 from General Motors in Detroit, where the Hilham native moved in 1947 to go to work.

“He’d work until midnight then go get his dogs and go to a field and run them until daylight,” said his daughter, Brenda.

Even a massive heart attack and open-heart surgery at age 60 didn’t stop him. He kept on going, because, according to his daughter, “that’s just what he does.”

“There’s been a lot more people die from lack of work than from overwork,” said Pigg. “In my opinion, you make a choice whether to take care of yourself. You’ve got the ball in your court, and you can make of it whatever you want.”

Are you over 50 and active? Tell us all about it! If you would like to share what you do to stay active, why, and how it has helped you and/or others, we just might feature you in an upcoming edition of Seasons. Please e-mail your information to mfinley@crmchealth.org, or write CRMC Marketing Department, 1 Medical Center Blvd., Cookeville, TN 38501.
**CRMC First In State To Invest In Advanced Imaging Modalities For Minimally Invasive Surgery**

Cookeville Regional Medical Center announces the addition of a new surgical platform that will provide our surgeons with superior visualization and advanced imaging modalities across an array of surgical specialties.

The Stryker 1688 Advanced Imaging Modalities (AIM) 4K Platform is a minimally invasive surgical tower that features:

- **4K image resolution:** Brilliant, 4K resolution offers our surgeons crystal-clear images for improved visualization during surgery.
- **L-11 light source and auto-light technology:** The proprietary auto-light technology automatically adjusts based on anatomy to provide consistent lighting, enabling our surgeons to focus on the procedure at hand and nothing else.
- **Advanced imaging modalities:** Three distinct SPY fluorescence imaging modalities — contrast, overlay and ENV — are integrated into the platform and enable real-time 4K fluorescence images of perfusion and critical anatomy. Studies have shown that the use of fluorescence imaging may assist surgeons in making better clinical decisions during colorectal, laparoscopic cholecystectomy and other minimally invasive procedures.
- **SPY-PHI:** The 1688 AIM 4K Platform also supports SPY-PHI, a portable fluorescence imaging device that enables perfusion assessment in vessels and related tissue perfusion during plastic, microsurgical, reconstructive and gastrointestinal procedures. The ability to visualize blood flow during open surgery may also help our surgeons make critical decisions that can reduce the risk of complications related to poorly perfused tissue.

To further enhance operating room workflow, Stryker’s Connected OR Hub is fully integrated into the tower and enables seamless connectivity between devices. The Connected OR Hub allows our staff to easily stream, capture, record and print surgical images and videos directly from the platform for later review. Clinical teams can also use it to provide text message updates to a patient’s loved ones during their procedure without ever leaving the OR.

**CRMC Now Offering Watchman™ Device Implantation**

Cookeville Regional is proud to announce that it now offers implantation of the Watchman™ Left Atrial Appendage Closure Device, which can reduce the risk of stroke in patients with atrial fibrillation (AF).

Patients with AF have an increased stroke risk due to clots that can form in the left atrial appendage (LAA), a small chamber in the top of the heart.

“The LAA is a little embryonic remnant that hangs off the side of the left atrium of the heart,” said Dr. Christopher Adams, an interventional cardiologist with Cookeville Regional and Tennessee Heart. “Basically, it’s like the appendix of the heart — it doesn’t do anything that we know of for sure — but blood clots can easily form in there when you have AF.”

While these clots can usually be prevented with anticoagulant (blood-thinning) medications such as warfarin, in some patients, these drugs can cause bleeding issues.

“Not every patient can be on blood-thinning medication, because maybe they’ve had a bleed in the past, such as a brain bleed, a stomach bleed or a GI bleed, or they have recurrent falls, or they don’t tolerate their medication well, and it makes them feel poorly,” said Dr. Adams.

These patients are usually advised to discontinue prescription blood thinners and to only take aspirin, which is not nearly as effective as blood thinners in preventing clots and subsequent strokes, according to Dr. Adams. The Watchman Device offers a new, more effective option for these patients.

Dr. Adams, who has extensive training in the use of the Watchman Device, will be assisted in performing these procedures by Dr. Mark Wathen, an electrophysiologist with CRMC, and Dr. Stacy Brewington, a cardiologist at CRMC.

“The procedure is imagery guided, with patients having a transesophageal echocardiogram (TEE) before, during and after,” said Dr. Adams. “The TEE involves putting a little tube about the size of your pinkie down the throat to get a high-resolution view of the heart and make sure the LAA is the appropriate size and that no clots are present.”

The Watchman Device, which is shaped like a parachute, sits in the left atrial appendage and blocks it off from the rest of the heart. Surgeons enter through a vein in the leg and deploy the device in a procedure that typically takes 45 minutes to an hour. Patients are usually able to go home the next day, and recovery is minimal.
Patients are then placed on blood-thinning medication for around 45 days after the surgery or until the heart tissue begins to grow over the device.

“The tissue grows over it completely over the course of a few months,” said Dr. Adams, “and then people can be off blood-thinning medication for the rest of their lives.”

With the addition of this procedure, Cookeville Regional now offers all three pillars of a strong structural heart program — Watchman, MitraClip™ and TAVR (transcatheter aortic valve replacement).

“This was what we were hoping for over the past year,” said Dr. Adams. “We were wanting to move our TAVR program forward, make MitraClip available to patients, and then also start offering the Watchman implant. You don’t see many communities of our size able to do all of these things.”

For more information about Cookeville Regional’s Heart & Vascular Program, visit crmchealth.org/heart-vascular.

100th TAVR Performed

Physicians at CRMC recently made history by performing the medical center’s 100th transcatheter aortic valve replacement (TAVR).

The TAVR procedure is a minimally invasive alternative to open-heart surgery for severe aortic stenosis (narrowing of the aortic valve) for patients who qualify. CRMC also offers traditional heart valve surgery.

Cookeville Regional Medical Center (CRMC) is recognized as Tennessee’s only hospital to receive the America’s 100 Best Hospitals for Orthopedic Surgery Award™ for nine consecutive years and is Tennessee’s only hospital to receive the Cardiac Surgery Excellence Award™ for three consecutive years, according to a national report by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

CRMC’s achievement is part of findings recently released in the Healthgrades 2020 Report to the Nation, which underscores the importance of hospital quality to both consumers and hospital executives. Every year, Healthgrades evaluates hospital performance at nearly 4,500 hospitals nationwide for 32 of the most common inpatient procedures and conditions using Medicare data, along with all-payer data from 15 states for bariatrics and appendectomy procedures.*

“The hospitals that stand out for exceptional performance should be commended for their long-standing commitment to quality,” said Brad Bowman, MD, chief medical officer for Healthgrades. “As consumers are increasingly savvy when it comes to finding and selecting a hospital, patients can be confident when they select a hospital that has achieved this Healthgrades recognition.”

“I am proud of the strides made by our physicians and staff to continually improve the quality of care we provide our patients,” said Paul Korth, CEO of Cookeville Regional. “Having a third party recognize us for those efforts is further validation that our services are among the highest quality found anywhere. To have these achievements that no other hospital in Tennessee has attained is especially gratifying and a testament to our providers and staff for the high-quality care they provide our patients. Now, even more than before, there is very little reason for our Upper Cumberland residents to have to travel out of our region for health care.”

CRMC was also recognized for the following clinical achievements:
- ONLY IN TN – America’s 100 Best Hospitals for Orthopedic Surgery™ for nine years in a row
- ONLY IN TN – Orthopedic Surgery Excellence Award™ for 12 years in a row
- ONLY IN TN – Nation’s Top 5% for Overall Orthopedic Services for four years in a row
- ONLY IN TN – Nation’s Top 10% for Overall Orthopedic Services for 12 years in a row
- 5-Star Recipient for Hip Fracture Treatment for 12 years in a row
- 5-Star Recipient for Back Surgery for five years in a row
- 5-Star Recipient for Hip Fracture Treatment for three years in a row
- 5-Star Recipient for Back Surgery for three years in a row
- ONLY IN TN – Cardiac Surgery Excellence Award™ for three years in a row
- ONLY IN TN – Nation’s Top 10% for Cardiac Surgery for three years in a row
- ONLY IN TN – 5-Star for Coronary Bypass Surgery for three years in a row
- 5-Star for Pacemaker Procedures for three years in a row

The complete Healthgrades 2020 Report to the Nation and detailed study methodology can be found at partners.healthgrades.com/healthgrades-quality-solutions/healthgrades-quality-awards/.

*Statistics are based on Healthgrades analysis of MedPAR data for years 2016 through 2018 and represent three-year estimates for Medicare patients only. ✽
Martha is an active 72-year-old woman. A retired administrative assistant, she enjoys gardening and watching her grandchildren on the weekends. A few months ago, Martha suffered from a stroke, which left her partially immobilized.

Martha received excellent care while at Cookeville Regional Medical Center and was enrolled in therapy sessions at the Outpatient Rehab Center to work on regaining some functionality and mobility, especially in her legs. Leaving the hospital was a big worry for Martha. Would she be able to continue to watch her grandchildren? Would her garden fall apart without her watchful care? How could she manage daily life when things as simple as walking and writing had become a challenge?

Before leaving Cookeville Regional, Martha’s caregiver provided her with a list of equipment that would be helpful to her at home over the coming months, including a rolling walker, quad cane, shower chair and several other devices. After finding that insurance would not cover the expense of these items, her case manager helped Martha review her finances. The short answer was that these items would be out of Martha’s ability to afford on her own. She felt lost. What would she do?

Situations like this happen all too frequently. Residents from our community suffer an unexpected medical emergency and find themselves needing equipment for use at home that is beyond their means. For this reason, the Cookeville Regional Charitable Foundation has established a program called Project ProCure. The program collects new and gently used durable medical equipment and then passes items on free of charge to patients in need, like Martha.

The Foundation is collecting items like wheelchairs, walkers, canes, crutches, hospital or mechanized beds, reaching aids, tub benches, safety frames, specialty vehicles, scooters and other devices in good condition. If you have a medical device in good condition that is no longer needed, please consider donating the item to the Foundation’s Project ProCure Program. Donations of equipment in good condition are tax deductible to the full extent of the law. For more information, please visit cookevilleregionalcharity.org or call (931) 783-2003.

Gratefully,
John Bell 🌸
Cookeville Regional is proud to now offer endoscopic ultrasound (EUS), a minimally invasive procedure that uses high-frequency sound waves to obtain images of the digestive tract and the organs that surround it, including the liver, bile ducts, pancreas and lymph nodes.

“It’s a procedure that we do endoscopically like an upper endoscopy (EGD) or a colonoscopy, but we can turn on an ultrasound feature when we’re in there, which gives us images that see through the wall, through the muscle, and into the structures that lay outside of the bowel,” said Nicole Pisapia, DO, a specialist in gastroenterology with CRMG Gastroenterology Consultants who has received special training to perform the EUS procedure.

Having technology like this available allows gastroenterologists to more easily see and assess pancreatic diseases, tumors, cysts, chronic pancreatitis, gallstones and other bile duct issues.

“Then there are other indications besides looking at the organs,” said Dr. Pisapia. “If someone has a tumor like an esophageal cancer, rectal cancer, anal cancer, even pancreatic cancer, we can help to stage that tumor by seeing how deep it goes through the muscle layer of the part that it’s in.”

The EUS procedure also allows physicians to determine whether diseased areas are localized or have spread and, if necessary, to perform a needle biopsy on the tissue and surrounding lymph nodes to help provide tumor staging information.

“It gives us eyes that go deeper than just the surface, and it’s sensitive and specific for looking at things in a closer way than a CT or an MRI sometimes can,” said Dr. Pisapia.

EUS is a great advancement over existing technologies and procedures for finding and exploring areas of concern in the digestive system. And, according to Dr. Pisapia, it’s unusual for a community medical center to offer EUS, which is typically only available in cities with major university medical centers.

“It’s a huge advantage for a community like Cookeville to be able to do something like this and not have to send patients to these big cities,” said Dr. Pisapia. “There are certain reasons that somebody may still need to go to a university, but we’ll now be able to take care of the majority of their needs here.”

For more information about EUS or to make an appointment, please call CRMG Gastroenterology Consultants at (931) 783-2616.
In January, the CRMC heart program reached the milestone of having performed its 100th transcatheter aortic valve replacement (TAVR) procedure. The TAVR procedure is a minimally invasive alternative to open-heart surgery for severe aortic stenosis (narrowing of the aortic valve) for patients who qualify. CRMC also offers traditional heart valve surgery. The first TAVR at CRMC was performed in March 2017.

“Getting the program going required a multidisciplinary team approach that basically involved everybody from the staff in same-day surgery to the cath and vascular lab staff to anesthesia to the surgeons to the cardiologists to the noninvasive imaging team that helps out with echocardiograms to the ICU taking care of these patients to the nursing staff to cardiac rehab,” said Dr. Christopher Adams, an interventional cardiologist with Cookeville Regional and Tennessee Heart.

Along with Dr. Adams, the team that performs TAVR procedures at CRMC includes interventional cardiologist Stacy Brewington, MD, and cardiothoracic surgeons Lewis Wilson, MD, and Tim Powell, MD.
In the year since the TAVR program began, improvements have already been introduced. Physicians are now performing the procedure under conscious sedation instead of general anesthesia, which allows most patients to go home within 24 to 48 hours after the procedure.

“For some patients, surgery is still the right answer, and for many patients, TAVR is the right option,” said Dr. Adams. “That’s why we meet as a team to discuss and decide the best option for each patient. Decisions aren’t simple, but we take the patient’s own personal thoughts into account, and we try to outline everything and come to an agreement as to which is the best course of treatment.”

Lem McSpadden of Cookeville is one of those patients for whom TAVR was the right option. His cardiologist, Alex Case, MD, had been monitoring a leak in his aorta for several years.

“In this last go-round, it went from moderate to serious, so Dr. Case told me we were going to have to do something soon,” said McSpadden. “That’s when all of these great doctors got together and figured out what needed to be done and how to do it.”

First, Dr. Brewington performed a heart catheterization and discovered major blockages in four of McSpadden’s arteries, so he placed four stents. After McSpadden recovered from that procedure, Drs. Adams, Brewington and Wilson performed the TAVR. McSpadden was one of the 5-7% of patients who also needed a permanent pacemaker, so Dr. William Wassynger later implanted that device.

McSpadden says he chose to stay in Cookeville because of the trust he’s developed during the many years he’s been a patient of Dr. Case and other CRMC physicians.

“I’m just blessed that we have the physicians and the facilities that we do here,” said McSpadden. “Can you imagine if I had to go to Nashville for all of the different focuses of the cardiologists’ specialties that I needed? They were perfect here. They did everything they needed to do.”

Before the procedures, McSpadden had gradually become so ill and exhausted that he was sleeping around 20 hours a day and was only able to perform one or two activities. Now he’s sleeping only about eight hours a night and can once again do the things he used to love, like eating out, visiting family in New Orleans, and doing woodwork in his shop.

“I never thought I’d be able to feel this good again,” he said. “Sometimes you get real low, and you don’t know if you’re going to make it or not. It was truly life and death, and they saved my life. They got in and gave back what I was missing.”

For more information about TAVR or any of the other structural heart procedures offered at Cookeville Regional, please call The Valve Clinic at (931) 646-4093.
**Be Active with Your Grandchildren**

Build a healthy lifestyle that includes your grandchildren. Start being active together when your grandchildren are young. Pretty soon, it will be a regular part of your life and theirs!

Go4Life has activity ideas for children of all ages:

**Infants and Toddlers**
- Take them for walks in the stroller and rides on your bike. Don’t forget your helmets.
- Play games that get your bodies moving — wheels on the bus, pretend we’re animals, and hide-and-seek.
- Sign up for baby yoga or exercise classes.
- Try baby-friendly swimming classes.

**School-Aged Children**
- Walk to the park and push their swing.
- Jump rope together.
- Build a fort — indoors or out.
- Play catch, kickball, basketball or soccer.
- Go swimming or biking together.
- Play a video fitness game together, and see who wins!

**Teens and Young Adults**
- Participate in activities that interest them. Try hiking, skating or tennis.
- Go golfing or swimming. Invite them to join you in physical activities that require two people, such as tennis or ping pong.
- Ask them to help you in the garden or with heavy-duty household chores.

Source: National Institute on Aging at NIH, go4life.nia.nih.gov/family-activities-for-fun-and-good-health/

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**Avoiding Jet Lag**

Are you planning to travel by air? Whether you are a healthy traveler or a traveler with a medical condition, there are things you can do to make your journey safer and more comfortable.

Cookeville Regional offers these tips to help diminish the effects of jet lag:
- Get plenty of rest before the flight.
- Avoid overeating before and during the flight.
- Drink plenty of water or fruit juice during the flight. Limit or avoid alcohol.
- If possible, gradually adjust to the new time zone by setting your clocks 1 to 2 hours closer to the destination time before you leave. As soon as your flight departs, reset watches and adjust activities to the destination time.
- Remain active on your trip.
- Talk to your doctor about using sleep medicines. These medicines should only be used for a few days.
Train Your Brain

Crossword

ACROSS
1. Hindu ascetics
8. Heart part
13. Notation for alternating note
14. Construction girder
15. Asmara is its capital
16. Present
17. Absorbed, as a cost
18. Bad habit, so to speak
20. Juliet, to Romeo
21. Thbbbr
24. Atlantic catch
25. Long, long time
26. Steamed dish
28. ___ terrier
31. Caught, in a way
32. On the move
34. “Much ___ About Nothing”
35. Certain intersection
36. Without a will
41. “To ___ is human ...”
43. Style
44. Philippine banana species
46. Interstellar dust clouds
49. Hyperion, for one
50. Chat session
51. Lilac, e.g.
52. Dates

DOWN
1. Attack ad, maybe
2. Blood carrier
3. Towels off
4. “Silent Spring” subject
5. "Town Too” (1981 hit)
6. Odd
7. Flight segment
8. Grape growing places
9. ___ system
10. Remove it to take a photo
11. Fluid-filled cavity
12. Corrected a text
13. Computer monitor, for short
14. “Frasier” actress Gilpin
15. One who enjoys the good life
16. Debatable
17. Cautionary details
18. Biting
19. Stress, in a way
20. A goner
21. Bridge positions
22. “Monty Python” airer
23. Amateur video subject, maybe

Sudoku

Can you find the six-letter word that can be placed either before or after the following three words to make a new word or phrase?

a) WOOD
b) SURF
c) SWEPT

Link Words

Can you transform the first word on the ladder into the last word by changing only one letter at a time on each rung — for instance, heat --> hear --> rear ---> roar and so on.

Word Ladder

Look for the solutions to the puzzles on page 13.
Healthy Eating

Vary Your Veggies – Broccoli

How to Select
Choose odorless broccoli heads with tight, bluish-green florets.

How to Store
Refrigerate broccoli and use within 3-5 days.

Nutrition Benefits
Low fat; saturated fat free; low sodium; cholesterol free; high in vitamin C; high in folate; good source of dietary fiber; good source of potassium.

Top 10 Ways to Enjoy Broccoli

Bake It. Any time you’re considering frying ... chances are you can bake it instead!

About the Stalks. Yes, they’re nutritious, too! Cube broccoli stalks and add to your favorite soup or casserole for a boost of nutrition.

Perfect in Pasta. Blanche broccoli florets and add to your favorite whole wheat pasta salad before chilling, or toss with a little olive oil and add to hot pasta for a delicious and filling dish.

Stir-Fry. Broccoli is a great addition to any stir-fry; it adds nutrition, flavor and texture.

Steam It. Steaming locks in nutrition and color so your plate looks as good as it is good for you.

Surprise the Kids. The easiest way to get your kids to eat broccoli is to add it to a dish they already like. Just mix it, blend it, toss it and cover it up! If your kids already like broccoli ... add a little more!

Grate in Slaw! Literally ... grate it ... just like you would cabbage. Grate broccoli stalks and use them instead of (or in addition to) cabbage in your favorite coleslaw recipe.

Right Out of the Bag. Raw broccoli is great for snacking, dipping or munching when you’re bored. It also adds a little crunch to green or fruit salads. So, toss some on!

Soups. Make your soups mean something! Adding lots of broccoli and other vegetables to almost any soup adds nutrition, flavor and texture, resulting in a very satisfying dish.

Broccoli & Eggs. Add some color and nutrition to your breakfast or brunch! Toss some broccoli into a frittata or quiche, or fold a handful into your omelet.

Source: FruitsAndVeggiesMoreMatters.org

DASH to Lower Blood Pressure

There are numerous diets that claim to improve your health. One of only a small number of eating plans that has been scientifically proven to improve health is the DASH (Dietary Approach to Stop Hypertension) diet. Recent studies show that blood pressure can be lowered by following the DASH eating plan.

Study participants following the DASH diet lowered their blood pressures by following an eating plan that is low in saturated fat, cholesterol and total fat and that emphasizes fruits, vegetables and fat-free or low-fat milk and milk products.

The DASH eating plan also includes whole grain products, fish, poultry and nuts. It is low in lean red meat, sweets, added sugars and sugar-containing beverages compared with the typical American diet. It is also rich in potassium, magnesium and calcium, as well as protein and fiber.

In the DASH studies, blood pressure reductions came fast. Positive results were seen within two weeks of starting the plan.

For more information about the DASH diet, visit nhlbi.nih.gov/health-topics/dash-eating-plan.
From Our Kitchen to Yours — Fresh Salsa

Ingredients
- 1 cup finely chopped, peeled tomato
- ½ cup tomato sauce
- ¼ cup finely chopped yellow or red onion
- ¼ cup finely chopped green pepper
- 2 tablespoons vinegar
- 2 cloves garlic, minced
- 1-3 jalapeno peppers, seeded and chopped
- ½ cup fresh cilantro, chopped, optional

Directions
Mix all ingredients in a glass bowl. Refrigerate until ready to serve.

Yield: 4 servings
Serving size: 3/4 cup

Nutrition Information (per serving): 
Calories 28, Total Fat .24 g (saturated fat less than 1 g), Calories from Fat 7%, Carbohydrates 6g, Protein 2g, Cholesterol 0mg, Fiber 2g, Sodium 190mg

Sudoku Solution

Crossword Solution

Word Ladder Solution

Link Words Answer
WIND (Woodwind, windsurf, windswept)
Cookeville Regional welcomes you to these fun and educational health screenings and events that give you an opportunity to ask questions about health issues. All events are held in the Education Center unless otherwise indicated.

**BLS Heartcode**
**What:** This course is designed for health care providers who are not CRMC employees and includes adult, child and infant CPR and AED training. There is an online portion to this training. Each participant will receive a two-year certification from the American Heart Association upon completion.

**Where:** CRMC Education Room 2
For more information or to register: Call (931) 783-2370 or email sariddle@crmchealth.org.

**Heartsaver First Aid/CPR/AED**
**What:** This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirements. Heartsaver First Aid is an instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first-aid rescuers; first-aid actions for medical emergencies, including severe choking, heart attack and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones, sprains, bites and stings. Each student will receive a student workbook and certification card (via email). Certification is good for two years.

**When:** Saturdays, March 14 and 28, April 4 and 25, and May 9 and 23, from 1:30-2:45 p.m.
**Where:** The CRMC Education Center, Rooms 3 and 4
For more information or to join Club 50 Plus: Call (931) 783-2660 or visit crmchealth.org/club-50-plus/about.

**Fairfield Glade Health Fair**
**What:** Free and low-cost screenings with free, light breakfast
**When:** Wednesday, March 18, 7-10 a.m.
**Where:** Fairfield Glade Conference Center
For information or to register online: Call (931) 783-2743 or visit crmchealth.org/healthfair.

**Remote Area Medical Clinic**
**What:** A free medical clinic providing dental, vision and screening services.
For more information, please visit CookevilleRegionalCharity.org.

**When:** Saturday and Sunday, March 21-22
**Where:** Cookeville High School
**Cost:** Free. Participants should expect a long wait. We encourage participants to bring snacks and water.
For more information or to register: Visit putnamram@gmail.com.

**Collective Goods Book Sale**
**What:** A book sale to raise funds for the CRMC Auxiliary

**When:** Thursday, April 2, 7 a.m.-7 p.m. and Friday, April 3, 7 a.m.-3 p.m.
**Where:** CRMC Education Rooms 3 & 4
For more information or to register: Call (931) 783-2370 or email sariddle@crmchealth.org.

**Pink Gala**
**What:** An elegant evening of fine dining and dancing to support the Pink Ribbon of Hope Program

**When:** Saturday, April 18
**Where:** Leslie Town Centre
**Cost:** $100 per ticket
For more information: Visit cookevilleregionalcharity.org

**Community Health and Fitness Fair**
**What:** An event featuring free and low-cost screenings

**When:** Saturday, May 16, 7-10 a.m.
**Where:** The CRMC Education Center
For information or to register online: Call (931) 783-2743 or visit crmchealth.org/healthfair.

**Men’s Monday**
**Speaker:** Stephanie Etter, RN, CIC infection prevention/accreditation manager
**Topic:** “The Importance of Immunizations: What You Need and When”
**Lunch:** Provided by CRMC Food and Nutrition for $6, or you may bring your own.
**Menu:** Chicken parmesan with marinara, linguini, garlic bread, salad, cookies and drink
**When:** Monday, May 18, from 12-1 p.m.
**Where:** The CRMC Education Center, Room 3
For more information or to RSVP: Call (931) 783-2743. Reservations must be made by Monday prior to luncheon.

**Women’s Wednesday**
**Topic:** “Is Sepsis Really Something to Be Worried About?”
**Presented by:** Angela Craig, APN, MS, CCNS
Masquerade $5 Jewelry Sale
What: A jewelry sale to raise funds for the CRMC Auxiliary
When: Wednesday, May 27, 7 a.m.-7 p.m. and Thursday, May 28, 7 a.m.-4 p.m.
Where: CRMC Education Rooms 3 & 4

Quit 4 Life Tobacco Cessation Class
What: A free class where you can learn the tricks, tips and tools to stop smoking, dipping and using e-cigs for life. Open to the public.
When: A new class starts every Thursday from 6-7 p.m.
Where: The CRMC Cafeteria Algood Room
For more information: Call Randy Todd at (931) 261-4305.

Circle of Hope
What: A support group for patients who are diagnosed with any type of cancer, and their families
When: The first Wednesday of each month at 10 a.m.
Where: The CRMC Cancer Center
For more information or to sign up: Call (931) 783-2026.

Stroke Support Group
What: A support group for patients who have had a stroke, and their families
When: The first Thursday of each month at 1 p.m.
Where: 215 W. Sixth St., Inpatient Rehabilitation Center dining room
For information or to sign up: Call (931) 783-2800 or email
CRMCstrokesupportgroup@crmchealth.org.

Mended Hearts Support Group
What: A nonprofit service organization and support group for people with heart disease, and their families.
When: The third Thursday of each month at 6 p.m.
Where: The CRMC Education Center, Rooms 2, 3 and 4
For information: Email pharaoh-blanche@hotmail.com.

Joint Pain Class
When: The third Thursday of every other month at noon
Where: Outpatient Rehabilitation Center at Cookeville Regional, 215 W. Sixth St.
For topics and times: Visit crmchealth.org/rehab or call (931) 783-2900.

Go Pink at YMCA
What: The Go Pink Program is an outreach program that provides comprehensive nutrition, exercise and wellness services free of charge to all breast cancer survivors. Each participant receives full access to the YMCA for six months, a custom wellness plan designed by a Pink Ribbon™-certified trainer, nutrition counseling from a registered dietitian, assessment and education from a lymphedema specialist, and encouragement and support from caring staff members as well as fellow breast cancer survivors.
To register: Contact Jenny Thacker about Go Pink at (931) 528-1133 or jenny@psfymca.org.

Breast Cancer Support Group
What: An emotional and educational support group for women with breast cancer
When: The fourth Tuesday of each month from 11:30 a.m.-12:30 p.m.
Where: Room 3 in The CRMC Education Center
For more information or to sign up: Call (931) 783-2026.

Senior Center Happenings
The Clay County Senior Citizens Center, located at 145 Cordell Hull Dr. in Celina, welcomes you to the following ongoing programs …

- **Exercise Class**
  - 9 a.m. every Monday, Tuesday, Thursday and Friday

- **Bingo**
  - 10 a.m. every Monday and Thursday

- **Knitting**
  - 9 a.m. every first and third Tuesday

- **Painting**
  - 12:30 p.m. every Thursday

For more information about these and other Clay County Senior Citizens Center classes and events, visit them on Facebook or call (931) 243-3467.

For more information about coming CRMC events, visit CRMCEALTH.ORG/COMMUNITY-HEALTH-EVENTS.
When we stay at the top of our game, YOU win!

The only medical center in Tennessee to be named one of Healthgrades’ 100 Best Hospitals for Orthopedic Surgery for nine years running.

To find an orthopedic surgeon at Cookeville Regional, call the physician referral line at 931-783-2571 or 877-377-2762 (toll-free) or visit CRMCHealth.org/ortho.