NEW TECHNOLOGY
For Blood Clots

WAYS TO KEEP MOVING
And Support Your Emotions

HOW TO PREVENT
Food-Borne Illness

Focus On:

NAVIO
ROBOTIC KNEE REPLACEMENT

FROM OUR KITCHEN
Tropical Fruit Salad

JIM SCHWIND:
ACTIVE AFTER 50

Volume 12 | Issue 2 | Summer 2019
Jim Schwind Can’t Help But Be the ‘Garage Door Doctor’ of Fairfield Glade

Jim Schwind of Fairfield Glade just can’t seem to stop being busy, and he wouldn’t have it any other way. Retired since 1990, the 88-year-old Ohio native is always looking for ways to keep moving and to help his community.

First, there’s his garage door business, the one he “retired” from in 1990. After returning home from Korea and learning garage door sales and service from his wife’s brother, Schwind spent his entire career building and running the business before turning it over to his son-in-law when he moved to Fairfield Glade. He wasn’t in his new environs for long before word got around that he could fix garage doors.

“I was just going to fish and golf and stuff like that,” said Schwind, “but after we had only been here a short time, I needed something to do.”

Word spread quickly when people heard what he had done for a living, and today, he’s known throughout the community as the “Garage Door Doctor.”

→ Jim Schwind lovingly tends his flower ‘babies.’

→ Jim Schwind works on a garage door.

‘You’ve Got to Keep It Going’
“People who live here, they’re not customers — they’re family,” said Schwind. “Sometimes it gets to be crazy hours, and crazy things happen, but I like being needed. I like the extra money, and I get away from the honey-do list.”

The work also helps him stay fit, as he climbs up and down a ladder up to 50 times a day.

“I change torsion springs on doors, and some of the springs require 150 pounds of winding, so it keeps my shoulders and arms in good shape,” said Schwind.

He also started a flower garden when he moved to Fairfield Glade, and it has become a cherished hobby.

“That’s my weakness,” said Schwind. “When I go near Crossville Gardens up in town, I have a problem with my car. I can’t drive by that place because my steering wheel always turns in.”

He has hooked hoses up to a lake pump to water his vast garden, and moisture gauges help keep him apprised of what his plants need.

“They’re my babies,” said Schwind.

He started playing tennis at 72, and he and his wife, Bev, play mixed couples’ tennis for an hour and a half each Saturday morning. He participated in Senior Olympics for 12 years, stopping about five years ago after playing in the nationals at Cleveland, Ohio.

Schwind likes to fish off of his dock, especially when the grandkids come to visit. And, for the past 25 years, he has helped serve up to 2,000 guests at a time for the pancake breakfasts held three times a year to raise funds for the Fairfield Glade Fire Department. He spent 20 years working for the crew that flow tested and painted the community’s 450 fire hydrants, and he still takes care of the fire department’s garage doors.

“I don’t plan on hitting the rocking chair for a long time yet,” said Schwind. “Sitting around is tough. There are so many things that anybody can do. You’ve got to keep it going.”

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 email your information to mfinley@crmchealth.org or write CRMC Marketing Department, 1 Medical Center Blvd., Cookeville, TN 38501.
New Vascular and Endovascular Surgeon Joins CRMC

Cookeville Regional Medical Center proudly announces the addition of Michael Sywak, M.D., a specialist in vascular and endovascular surgery, who will be joining the practice of CRMG Cardiac, Vascular and Thoracic Surgery with Drs. Lewis Wilson, Tim Powell and Todd Chapman.

Dr. Sywak will bring a number of vascular procedures to CRMC. His practice will be focused on surgical care and treatment of disorders that affect the arteries and veins, including peripheral arterial disease (PAD); removal of plaque/blood clots from vessels that carry blood from the heart to the arms, legs and brain; aortic aneurysms; hemodialysis access; and venous disorders. He will also offer traditional surgical options as well as all of the cutting-edge, minimally invasive treatment options.

Dr. Sywak received his medical degree from St. George’s University in Grenada, West Indies, in 2011. He completed a general surgery residency at Waterbury Hospital (Yale affiliate) in Waterbury, Conn., and a vascular surgery residency at Buffalo University in Buffalo, N.Y. He is board certified in general surgery and board eligible in vascular surgery.

Dr. Sywak looks forward to moving to Cookeville and serving the Upper Cumberland. He will be available to see patients as of Aug. 1. For appointments, call CRMG Cardiac, Vascular and Thoracic Surgery at (931) 783-4269.

New Cardiovascular Anesthesiologist Joins Cookeville Regional

Dale Jamison, M.D., a cardiac anesthesiologist, has joined the staff at Cookeville Regional Medical Center.

Dr. Jamison received his medical degree at the University of Tennessee Center for Health Sciences in Memphis in 1985. He completed a residency in family practice at the University of Tennessee in Jackson. After practicing in Memphis, he went on to a residency in anesthesiology at Emory University in Atlanta. He received board certification in anesthesiology, transesophageal echocardiography and family practice.

Dr. Jamison has spent the past 28 years with the Anesthesia Medical Group in Nashville, where he was instrumental in the initiation of the TAVR program at Centennial Medical Center and was a lead cardiovascular anesthesiologist at St. Thomas Midtown. He was nominated for the Frist Humanitarian Award for medical missions work in other countries.

Dr. Jamison has enjoyed Cookeville and the Upper Cumberland as a longtime resident in Silver Point and looks forward to serving the medical needs of our community as a member of Cookeville Regional’s cardiothoracic surgical team.

CRMC Now Has an Orthopedic Nurse Navigator

Cookeville Regional is proud to announce the addition of an orthopedic nurse navigator — Melissa Thompson, R.N., BSN, ONN — to its staff. Joint Venture Camp is the name of the orthopedic navigation program, and it was created to provide patients with the tools they need to be self-sufficient in their care after joint surgery.

“We believe that an informed patient is equivalent to improved outcomes, and we want our joint patients to do well and exceed their own expectations after surgery,” said Thompson.

The orthopedic nurse navigator will be preparing and educating patients and their families prior to the procedure so they might have an easier time transitioning home and returning back to the activity level they strive for.

“I will be helping coordinate and manage care for all total joint replacement patients at Cookeville Regional,” said Thompson. “I am here to be the single point of contact for patients and their families once they have agreed that surgery is the best option for them. Being the single point of contact helps provide consistent, timely and effective communication for the patient’s plan of care and helps coordinate this care with the orthopedic surgeons and all members of the patient’s health care team.”

Right now, the orthopedic nurse navigator will begin the program with a focus on total knee patients, but the plan is to begin seeing total hip replacement patients in early summer.

For more information, visit crmchealth.org/ortho.

Visit CRMHEALTH.ORG/PHYSICIANS to find the physician ready to serve your health needs at CRMC.
New Treatment at CRMC for Mitral Valve Regurgitation

Cookeville Regional Medical Center recently performed its first MitraClip procedure, designed to help the heart’s mitral valve work more effectively. The minimally invasive procedure is used to treat mitral valve regurgitation and is performed through a catheter using ultrasound for guidance.

“MitraClip is a small clip that is directed through the heart, where the clip is placed on the mitral valve using ultrasound for guidance. The entire procedure is done through a small hole in the groin, with no incision in the chest. It’s a team-based procedure,” said Dr. Chris Adams, an interventional cardiologist at Tennessee Heart and CRMC’s Heart and Vascular Center. “We performed the first MitraClip procedure at CRMC in March, and it went really well. The patient felt better the next day.”

The team approach involves the patient having an ultrasound that is reviewed by cardiac imaging specialist Dr. Ashley Nickerson or Dr. Tim Fournet and an examination by either Dr. Adams or Dr. Stacy Brewington. The patient will also have a consultation with cardiac surgeon Dr. Lewis Wilson or Dr. Timothy Powell.

“This achievement would not be possible without the support of the board of trustees and the hard work of our staff and physicians,” said Paul Korth, CEO at Cookeville Regional Medical Center. “Their dedication to providing high-quality care to the patients in our region is admirable, and because of that, we are able to accept the Commitment Award.”

Through an annual evaluation and assessment process, TNCPE recognizes high-performing organizations that demonstrate continuous improvement and role model processes. This year, TNCPE has named 17 organizations as 2018 award winners that represent outstanding achievement in the following industry sectors: health care, manufacturing, service, education, government and nonprofit.

A full list of winners can be found on the TNCPE website, www.tncpe.org. For more information on the Baldrige Performance Excellence Program, visit www.nist.gov/baldrige/.

Sleep Center Receives Program Accreditation

The Sleep Center at Cookeville Regional Medical Center recently received program accreditation from the American Academy of Sleep Medicine (AASM).

To receive accreditation for a five-year period, a sleep center must meet or exceed all standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care and quality assurance. Additionally, The Sleep Center at Cookeville Regional’s goals must be clearly stated and include plans for positively affecting the quality of medical care in the community it serves.

“This achievement would not be possible without the support of the board of trustees and the hard work of our staff and physicians,” said Paul Korth, CEO at Cookeville Regional. “This accreditation showcases the dedication they have to serve the people of the Upper Cumberland region. The Sleep Center continues to grow, as we have recently added another sleep specialist to the center to better serve the region.”

Those who have or suspect they may have a sleep disorder are encouraged to call (931) 783-2753 to make an appointment.
Foundation News

Foundation Kicks Off New Direction in Art for Healing Program

By John Bell
Executive Director of The Foundation at CRMC

Cookeville Regional’s Art for Healing program is taking a new turn by displaying art created and donated by patients and their families on the hospital’s walls.

The Art for Healing program was started in 2012 by Sally Crain-Jager, a local painter who underwent treatment at the Cancer Center and wanted to harness the power of art to help uplift and encourage other patients. The program now features 65 pieces that have been donated by professional artists and are on display throughout the hospital.

Last year, former Cancer Center patient Sharon Shavitz pushed for us to expand Art for Healing to also include art from patients and their families. We already had six of these types of pieces in storage that had been donated in the past, so this year, we decided to move forward with displaying them, along with any new donations we receive.

And now Leland Vath, a 21-year-old painter whose mother recently received treatment in the CRMC Cancer Center, is helping kick off the launch of our new patients-and-family art display with a beautiful 48” x 36” acrylic landscape that he has donated for display in the Cancer Center.

Leland says he hopes his painting will inspire patients who see it to “just want to kick back and relax.”

While Leland has been drawing for most of his life, his formal training in painting began just two years ago.

“I just paint whatever pops into my head,” he said, “although I did use several photos as references for this painting.”

We appreciate Leland’s donation and are excited that his painting, along with several others in this new collection, is now on display in the Cancer Center lobby. We invite you to come see and admire them.

Gratefully,
John Bell

Our Foundation is Compassionate Care.

Your Gift Helps Us Heal.

www.CookevilleRegionalCharity.org  931-783-2003
CRMC Foundation, 1 Medical Center Blvd., Cookeville, TN 38501
One-hundred percent of gifts go to community programs and patient assistance.
Cookeville Regional is proud to be the first in Tennessee to offer two new procedures for the removal of blood clots throughout the body.

Dr. Christopher Adams, an interventional cardiologist who joined Cookeville Regional and Tennessee Heart in December 2018, has trained extensively in the two procedures and the devices used to perform them.

First, there’s the FlowTrieve device, used for pulmonary embolisms, which are blood clots in the lungs.

“We use a device with little disk saucers to go out in front of the clot, and then we pull those discs back into a tube that removes the clot,” said Dr. Adams. “The tube is large enough that you can actually just manually pull the clots out.”

The second device, the ClotTrieve, is used for deep-vein thrombosis (DVT), which is a clot in a large blood vessel, usually in the legs.

“We put a device through the clot and a little basket opens up, and then we pull the basket down and it pulls the clot out through the basket,” said Dr. Adams.

Recovery from these procedures only requires that patients rest for about four hours afterward, and they can usually go home the next day.

Best of all, neither of these procedures requires surgery, because the devices used to perform them can be inserted through the veins, and neither procedure requires high levels of blood-thinning medications or general anesthesia — only moderate, or “twilight,” sedation. This is especially important for patients who, for health reasons, are not able to tolerate general sedation or excessive blood thinning.

The FlowTrieve and ClotTrieve procedures join the growing list of clot interventions the CRMC cardiac team offers, including the Ekos and AngioJet procedures, which are able to deliver a high dose of blood-thinning medication directly to a clot, and, coming next year, the AngioVac procedure, designed to remove clots from very large blood vessels for patients who are very ill.

“We have the full profile of equipment to take care of patients with clots throughout their lungs and in their legs,” said Dr. Adams. “The hospital and its board are very open to new technology, which is beneficial both for physicians and patients alike.”

Did You Know?

Information About Measles

Adults who do not have evidence of immunity should get at least one dose of measles, mumps and rubella (MMR) vaccine.

You do not need the MMR vaccine if …

- You have written documentation of adequate vaccination, which includes:
  - At least one dose of an MMR virus-containing vaccine administered on or after the first birthday for preschool-age children and adults not at high risk for exposure and transmission, or
  - Two doses of measles and mumps virus-containing vaccine for school-age children and adults at high risk for exposure and transmission, including college students, healthcare personnel, international travelers and groups at increased risk during outbreaks.
- You have laboratory confirmation of past infection or blood tests that show you are immune to measles, mumps and rubella.
- You were born before 1957.
  - The majority of people born before 1957 are likely to have been infected naturally and therefore are presumed to be protected against measles, mumps and rubella.
  - Healthcare personnel born before 1957 without laboratory evidence of immunity or disease should consider getting two doses of MMR vaccine.

If you do not have evidence of immunity against measles, mumps and rubella, talk with your doctor about getting vaccinated. The MMR vaccine is safe, and there is no harm in getting another dose if you may already be immune to measles, mumps or rubella.

If you received a measles vaccine in the 1960s, you may not need to be revaccinated. People who have documentation of receiving LIVE measles vaccine in the 1960s do not need to be revaccinated. People who were vaccinated prior to 1968 with either inactivated (killed) measles vaccine or measles vaccine of unknown type should be revaccinated with at least one dose of live, attenuated measles vaccine.

If you still have questions, check with your primary care provider.

Source: cdc.gov/vaccines/vpd/mmr/public
He Was Walking the Next Day and Back at Work in Eight Weeks

After 19 years as a military combat engineer and 27 years as manager of Cane Creek Park, Dennis Woolbright has put a lot of wear and tear on his knees.

“My left knee started hurting a lot last year, and I was hobbling around like Chester on ‘Gunsmoke,’” said Woolbright.

He tried to tough it out for a while, hesitant to consider knee replacement.

“I’ve heard horror stories all my life, especially as a kid, about knee surgeries,” said Woolbright, “but I also realized that the medical field has come a long way compared to 30 or 40 years ago.”

He decided to see Dr. Greg Roberts, an orthopedic surgeon at Cookeville Regional and Tier 1 Institute, who scheduled him for an MRI and found that he had severe arthritis and almost no remaining cartilage in his left knee.

‘IT’S JUST LIKE I’VE NEVER HAD A PROBLEM’
Dennis Woolbright Benefits from Robotic Partial Knee Replacement
I was hobbling around like Chester on ‘Gunsmoke.’

DENNIS WOOLBRIGHT

“He said we could try a cortisone shot,” said Woolbright. “I had a shot a few years ago on my right knee, and it hasn’t hurt since then, but I didn’t want to take an every-six-week or three-month shot.”

Woolbright and his wife did extensive online research about knee surgery options. They wanted the latest, most state-of-the-art robotic surgery and pain management methods they had read about in their research, and they learned that, with the recent addition of the Navio™ orthopedic surgical system, Dr. Roberts and Cookeville Regional now offer exactly what they were looking for.

The Navio technology for knee replacements uses a CT-free intraoperative registration, planning and navigation platform to assist the surgeon in building patient-specific surgical plans.

“The robot technology is very impressive; we are seeing everything in real time,” said Dr. Roberts. “Patients receiving Navio total or partial knee replacements will have better alignment and better balance, which aids in the implant lasting longer.”

Woolbright became one of Dr. Roberts’ first Navio partial knee replacement patients on Feb. 21.

“I spent the night in the hospital, got up the next morning and walked the halls for him, went down the steps, went back to my room and said, ‘When can I go home?’” said Woolbright.

Eight weeks later, he was back to walking hills and trimming weeds in the park, and he says he wouldn’t hesitate to get the other knee replaced if it’s ever needed, or to recommend this surgery to others.

“It’s only been a little over three months, and I can do anything I want to do,” said Woolbright. “I pick up stuff, load stuff, and now I can sleep at night. It’s just like I’ve never had a problem.”
Body in Motion

Feel Down? Get Up!

Emotional Benefits of Exercise

Research has shown that the benefits of exercise go beyond just physical well-being. Exercise helps support emotional and mental health. So, next time you’re feeling down, anxious or stressed, try to get up and start moving!

Physical activity can help:

- Reduce feelings of depression and stress while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity and ignore irrelevant information.

Exercise ideas to help you lift your mood:

- Walking, bicycling or dancing. Endurance activities increase your breathing, get your heart pumping and also boost chemicals in your body that may improve mood.
- Yoga. A mind and body practice that typically combines physical postures, breathing exercises and relaxation
- Tai Chi. A "moving meditation" that involves shifting the body slowly, gently and precisely while breathing deeply
- Activities you enjoy. Whether it’s gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.

Source: The National Institute on Aging at NIH, go4life.nia.nih.gov/feel-down-get-up-emotional-benefits-of-exercise/

How to Fight Smoking Cravings

Congratulations! You’ve finally kicked the smoking habit! Don’t let life stresses cause you to slip back into old habits.

Distract Yourself

- Spend time in places where smoking is not allowed — libraries, museums, theaters, stores, places of worship or nonsmoking places at work.
- Change your routines to avoid trigger situations — sit in a different chair, or start your day with a walk. Small changes in routine can be a big help.

Deep Breathe

- Try a few deep breaths when you get the urge to smoke.

Drink Water

- Drink six to eight glasses of water every day.
- Try not to drink alcohol, coffee or other beverages you link with smoking. If you drink coffee, switch to tea.

Do Something Else

- Keep smoking substitutes handy. Try carrots, sugarless gum, flavored toothpicks or breath mints.
- Exercise. Even a short walk will help.
- Visit with a good friend, eat a meal out, see a movie, play with a pet, buy flowers or read to a child.
- For a lot of former smokers, it helps to share feelings. Others turn to prayer.

For tips on managing withdrawal, visit SmokeFree 60Plus, a quit-smoking website from the National Cancer Institute, 60plus.smokefree.gov/quit/withdrawal.

Source: nia.nih.gov/health/quitting-smoking-older-adults
Train Your Brain

Crossword Clues

ACROSS
1. Another game played with a soccer ball
8. Coasters
13. Kind of gland
14. Persian water wheel
15. Travel allowances
16. Less cordial
17. Allergic reaction
18. Heavy oil diluter
20. Old Roman port
22. Bauxite, e.g.
23. 50-cent piece
24. Care for
26. “... he drove out of sight”
27. Ankle boot
30. Water nymphs
33. Auction offering
34. Bartender on TV’s Pacific Princess
36. “Aladdin” prince
37. Cooking meas.
38. Listens?
42. More smooth
44. Coagulate
45. Angler’s gear
46. Pastoral poem
49. Banana oil, e.g.
50. Remove hair
51. Eye sores
52. Horse gear maker

DOWN
1. Robotic knee surgery system
2. Cleans up, in a way
3. Piece of land
4. “Gimme _____!” (start of an Iowa State cheer; 2 wds.)
5. Anita Brookner’s “Hotel du ___”
7. South American plains
8. Marsh bird
9. ___ Fyne, Scotland
10. Asmara is its capital
11. Fanatically devoted (2 wds.)
12. Mexican shawls
19. “Gladiator” setting
21. Arctic bird
23. 50-cent piece
25. Bring up
27. Castes
28. Most exalted
31. “I see!”
32. Chilled
33. Tears
35. Layers
36. Most exalted
37. Usefulness
38. “Gimme ___!” (start of an Iowa State cheer; 2 wds.)
39. “I see!”
40. Beat
41. Animal in a roundup
43. “Trick” joint
44. Bean counter, for short
47. Ceiling

Link Words
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) BREAK
b) CUP
c) TABLE

Word Ladder
See if you can 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.

Look for the solutions to the puzzles on page 13.

CRMC Seasons® Summer 2019
Healthy Eating

Vary Your Veggies - Cherry Tomatoes

The cherry tomato is very versatile. Drizzle with a favorite dressing or vinaigrette or add to stir-fry recipes. Enjoy by the handful, with fresh herbs (such as dill weed, parsley, curry, oregano, chili powder, bay leaves, mint, thyme and garlic), or as an attractive, edible garnish. They are also perfect as an appetizer for any social event!

How to Select Cherry Tomatoes
Choose plump tomatoes with smooth skins that are free from bruises, cracks or blemishes.

How to Store Cherry Tomatoes
Store at room temperature away from direct sunlight. Use within one week after ripe. Tomatoes taste best if not refrigerated; refrigerate only if you can’t use them before they spoil.

Nutrition Benefits of Cherry Tomatoes
Cherry tomatoes are fat free, saturated fat free, cholesterol free, low in sodium, an excellent source of vitamins A and C and a good source of vitamin K and potassium.

Source: FruitsAndVeggiesMoreMatters.org

Preventing Food-Borne Illness

Temperature is a critical factor in fighting food-borne illness. To be safe, food must be cooked to an internal temperature high enough to destroy harmful bacteria. A meat thermometer can ensure that food has reached the proper temperature.

To be effective, thermometers must be used correctly. In general, the thermometer should be placed in the thickest part of the food, away from bone, fat or gristle. Read the manufacturer’s instructions on how to check the accuracy of (calibrate) the thermometer.

Cook hamburgers to 160 degrees, roasts and steaks to 145 to 170 degrees, poultry to 165 degrees and fish to 170 degrees. Once you begin cooking meat, cook it until it is completely done. Bacteria survive and thrive in partially cooked meat.

Temperature is the only way to gauge whether food is sufficiently cooked. It is not possible to judge whether food is sufficiently cooked by its color.
From Our Kitchen to Yours – Tropical Fruit Salad with Guava Sauce

Ingredients
2 bananas, sliced
1 ripe pear, sliced
4 kiwis, peeled and sliced
2 cups sliced strawberries
2 tablespoons orange juice concentrate
1 ripe guava
Mint sprigs (optional)

Directions
Combine all of the ingredients, except for the juice and guava, in a large serving bowl. Peel and slice the guava into quarters and place in a blender with the orange juice concentrate. Puree until smooth. Pour the mixture through a sieve to remove the seeds and pour over the fruit salad. Garnish with mint sprigs, if desired.

Makes 4 servings.

Nutrition Information (per serving):
Calories 212, Fat 2g, Calories from Fat 6%, Protein 3g, Carbohydrates 52g,
Fiber 9g, Cholesterol 0mg, Sodium 8mg.
**Calendar of Events**

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. The skills check-off portion of this course is approximately 70 minutes.
**When:** Saturdays, July 20; Aug. 3, 17 and 31; and Sept. 14 and 28 from 8 a.m.-12:30 p.m.
**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, July 20; Aug. 3, 17 and 31; and Sept. 14 and 28 from 8 a.m.-12:30 p.m.
**Where:** CRMC Education Room 2

For more information or to register: Call (931) 783-2370 or email sariddle@crmchealth.org.

**Community Health and Fitness Fair**
**What:** An event featuring free and low-cost screenings
**When:** Saturday, Aug. 10, 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**
**Topic:** “We Listen, So You Can Hear”
**Speaker:** Upper Cumberland ENT, Hearing Aid Center
**Lunch:** Hamburger steak with onions and peppers, mashed potatoes with gravy, mixed vegetables, rolls, cookies and drinks. Provided by CRMC Food and Nutrition for $6 (will need to order in advance), or you may bring your own.
**When:** Monday, Aug. 12, from 12-1 p.m.
**Where:** The CRMC Education Center, Room 3

For more information or to RSVP: Reservations must be made by Friday, Aug. 9, by calling (931) 783-2743.

**Men’s Golf Classic**
**What:** A Cookeville tradition, the CRMC Golf Classic will welcome celebrity guest Kevin Dyson, former wide receiver for the Tennessee Titans. Flights will be held on Thursday morning and both morning and afternoon on Friday. The Thursday evening celebrity dinner will have a limited number of tickets available to the public.
**When:** Thursday and Friday, Aug. 15 and 16
**Where:** Golden Eagle Golf Club
**Cost:** $175 per golfer, $65 per dinner guest

**Club 50 Plus**
**Topic:** “Upper Extremity Disorders: Hand, Wrist, Elbow and Shoulder”
**Speaker:** Shawn Stachler, D.O., orthopedic surgeon at Tier 1 Institute
**When:** Tuesday, Aug. 20, from 12-1 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:** Thursday, Sept. 19, 7-10 a.m.
**Where:** Fairfield Glade Conference Center

For more information or to register online: Call (931) 783-2743 or visit crmchealth.org/healthfair.

**Walk with a Doc**
**What:** Take a step toward a better, healthier you! Walk with a Doc at Cookeville Regional Medical Center allows you to join with others like you to meet and walk with a physician on staff at CRMC each Saturday. The one-mile walk takes place on a walking route around the CRMC campus.
**When:** 8 a.m. every Saturday through Oct. 5.
In the event of rain, the walk will be cancelled and resume the following Saturday.
**Where:** Outside the CRMC North Tower main lobby

**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.
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 each 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.

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.

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@pcfymca.org.

CRMCEVENTS® Summer 2019

The Cookeville Senior Center welcomes you to the following ongoing programs. All events are held at the Cookeville Senior Center, located at 186 S. Walnut Ave. in Cookeville.

Video Zumba
When: Mondays and Wednesdays at 10:30 a.m.

Pickleball
When: Tuesdays and Thursdays at 10:30 a.m.

Drawing 101
Instructor: Carol Joyce
When: Tuesdays at 12:30 p.m.

Wood Carving
Instructor: Tom Tomberlin
When: Wednesdays at 9:15 a.m.

For more information about these and other Senior Center classes and events, visit COOKEVILLESENIORCENTER.ORG or “Cookeville Senior Citizens Center” on Facebook.

In future issues, we will provide you with happenings at other senior centers in the Upper Cumberland.

** Senior Happenings **

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 CRMCSupportgroup@crmchealth.org.

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