Judi Hartman's Retirement IS ALL ABOUT GIVING BACK

FROM OUR KITCHEN
Vegetables with a Touch of Lemon

FOCUS ON:
DIABETES MANAGEMENT

CR NOW OFFERING
Stereotactic Radiation Therapy

DAILY EXERCISE
Ways to Squeeze in Physical Activity
Active After 50

‘The more you do, the more you feel like doing.’

Judi Hartman conquered grief — and gets her energy — by helping others.

For Judi Hartman, 72, of Lake Tansi, retirement is all about giving back. “My husband passed away in 2011, and that left a void, so I knew I had to do something to fill it, so I just became involved,” said Hartman.

herself, Hartman takes to the course about three times a week as a member of two leagues and a group called “Chicks with Sticks.”

In the winter months, when business slows down and it’s too cold for golfing, she takes off to travel. She has been to all of the Caribbean islands, up the Yukon and down to Key West and has also traveled to Bangkok, Amsterdam, Germany and Paris.

She took a part-time job as a cashier, then as a waitress, at the 19th Hole Restaurant, which adjoins the Lake Tansi Golf Course.

“I enjoy people, like serving and found I wasn’t as shy when moving around as I am sitting and watching TV,” said Hartman.

Fond of golfing herself, Hartman takes to the course about three times a week as a member of two leagues and a group called “Chicks with Sticks.”

“I put a lot of miles on my car traveling around, visiting family and friends or just getting away,” said Hartman, who has three grown children and seven grandchildren spread across Tennessee, Ohio, Indiana and Vermont.

In her community, she serves as secretary/treasurer for her homeowners’ association and on the food and beverage committee of the Lake Tansi Property Owners Association, and she volunteers as an usher about three hours a week at the 19th Hole Restaurant.

In 2018, she served as district president, visiting 28 clubs in Tennessee, Arkansas and Kentucky. Currently, she sits on the board of directors of the Exchange Club’s Holland J. Stephens Center in Livingston, where the staff serves five counties with resources, educational programs and hands-on visits designed to teach parenting skills.

“Last year, the Exchange Club honored me with a Golden Deeds Award, which is one of the organization’s highest honors,” said Hartman. “I give total credit to my Lord. Without Him, none of that would have been possible. He just makes it happen.”

Hartman has also been a commissioned Stephen Minister for 16 years. She says the organization’s highest honors,” said Hartman. “I give total credit to my Lord. Without Him, none of that would have been possible. He just makes it happen.”

But Hartman’s main interests are two passion projects that allow her to help others. First, she serves on the local, district and national levels of the Exchange Club, a service organization devoted to the prevention of child abuse.

“That’s really a passion to me — helping to break the cycle of child abuse in some way or another,” said Hartman.

In 2018, she served as district president, visiting 28 clubs in Tennessee, Arkansas and Kentucky. Currently, she sits on the board of directors of the Exchange Club’s Holland J. Stephens Center in Livingston, where the staff serves five counties with resources, educational programs and hands-on visits designed to teach parenting skills.

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She encourages women to join her for meals and conversations, as she does, and asks them what they enjoyed when they were active and why they stopped doing it.

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Hartman has also been a commissioned Stephen Minister for 16 years. She says the ministry helped her when she was grieving the loss of her first husband, so when she moved past the grief, she completed the training herself.

“Basically, we’re Christian caregivers for hurting people,” said Hartman. “They may be going through a divorce or just recently widowed. They might be having financial troubles. We’re trained listeners, and we basically listen to them and offer prayer, and we’ll see if there are other resources that we can offer that might help with their issues.”

Hartman says one of the main ways she helps is by encouraging people to do what helped her — getting out and getting involved.

“I say, ‘Don’t sit home and feel sorry for yourself,’” said Hartman. “You can have a pity party, but it’s not allowed to last any more than five minutes.”

When people ask Hartman where she gets the energy to keep up her many activities, she credits the joy she gets from her faith in God and says she also believes that being active keeps you active.

“I just believe that you create your own energy,” she said. “The more you do, the more you feel like doing. If you just sit around, you find yourself tired all the time.”

JUDI HARTMAN

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 CRM Marketing Department, 1 Medical Center Blvd., Cookeville, TN 38501.
Dr. David Henson Now Only Seeing Patients with Sleep Disorders

David Henson, MD, a specialist in pulmonary, critical care and sleep medicine, has changed the scope of his practice to see only patients with sleep disorders. His office remains in the same location with other colleagues in our office while I focus solely on sleep medicine, he said. Dr. Henson, “I am pleased to be able to streamline my practice to focus solely on patients with sleep disorders,” said Dr. Henson. “My current patients with pulmonary and critical care needs may now be seen by my fellow colleagues in our office while I focus only on sleep disorders.”

If you have a sleep disorder or are experiencing symptoms of a sleep disorder and would like an appointment with Dr. Henson, call CRMC Pulmonary, Critical Care and Sleep Specialists at (931) 783-2143.

CRMG Cardiovascular and Thoracic Surgery Office Relocating in the New Year

As of Monday, Jan. 6, the office of CRMG Cardiovascular and Thoracic Surgery with specialists Todd Chapman, MD; Timothy Powell, MD; Michael Sywak, MD; and Lewis Wilson, MD, is relocating to 406 N. Whitney Ave., Ste. 5. The office phone number remains the same at (931) 783-4269.

New Foot and Ankle Surgeon Joins CRMC

Nicole Pisapia, DO, a specialist in gastroenterology, has joined the staff at Cookeville Regional Medical Center and Cookeville Regional Medical Group Gastroenterology Consultants. She joins fellow gastroenterologists Maan Anbari, MD; Phillip Bertram, MD; Joyce Bremer, MD; James Easi-Ashi, MD; and Brenton Rogers, DO, as well as nurse practitioners Deborah Hensley, FNP, and Jessica Randolph, NP, in their practice at 438 N. Whitney Ave. in Cookeville.

Dr. Pisapia received her medical degree from Lincoln Memorial University-Debusk College of Osteopathic Medicine in Harrogate, Tenn., in 2013. She completed her residency in internal medicine at Magnolia Regional Health Center in Corinth, Miss., and her fellowship in gastroenterology at Parkview Medical Center in Pueblo, Colo. She is board certified in internal medicine.

Dr. Pisapia has a special interest in the diagnosis and treatment of liver and pancreatic diseases and will be bringing endoscopic ultrasound (EUS) to CRMC. EUS is a minimally invasive endoscopic procedure that can aid in the diagnosis and treatment of certain gastrointestinal disorders.

Dr. Pisapia is accepting new patients. To make an appointment, please contact her office at (931) 783-2616.

CRMC Physician News

Published by: CRMC Seasons© Winter 2019

Visit CRMCHEALTH.ORG/PHYSICIANS to find the physician ready to serve your health needs at CRMC.
Foundation News

Caring Volunteers Work to Help Families Dealing with Infant Loss

By John Bell
Executive Director of The Foundation at CRMC

When an infant passes away due to natural causes or medical complications, a family is thrown into a world of heartache, chaos and painful decisions that must be made very quickly.

It only happens a few times a year at Cookeville Regional, but when it does, we want to have the resources in place to respond appropriately. And, thankfully, because of many caring people in our community, we do.

Joyce Arnold, a local mom who lost her infant son, Cooper, four years ago to cord demise, has made it her personal mission to raise funds for a Caring Cradle, a cooling device that affords families a few more precious hours to make memories and say goodbye.

After donations from the Foundation and many generous individuals and businesses, Arnold is only about $1,200 away from having the $4,800 needed to bring the Caring Cradle to individuals and businesses, Arnold is only about $1,200 away from having the $4,800 needed to bring the Caring Cradle to

at Algood United Methodist Church to make burial cradles that the church donates to Cookeville Regional and Livingston Regional Hospital. The men of the church build the tiny cradles, and the women sew and assemble the linings, blankets, pillows and booties that go inside. They sell BBQ smoked butts twice a year to raise funds, and the church and community give funds throughout the year to support the ministry.

“Every cradle that I deliver makes the soft spot in my heart even softer, because I know the anguish the parents are going through,” said Collins. “We try to give them some help and dignity in leaving the hospital with the baby in a cradle, and then they decide what they want to do from there.”

To help alleviate the burden of burial expenses, which can create great hardship for some families, the Foundation has partnered with area funeral homes to create the Angel Garden at the Cookeville City Cemetery.

“The City Cemetery has a plot where the remains can be placed,” said Lyna Walker, RN, OB nurse manager at Cookeville Regional. “The markers have the baby’s initials and the date of delivery, and there is a nice angel headstone.”

The Angel Garden provides a compassionate, honorable space for these children to rest and for families to mourn. Walker also noted that members of Stevens Street Baptist Church cut and hem wedding gowns into little burial gowns, and several local families donate knitted items for the infants.

“It’s comforting to know that there are so many groups and individuals within our community who want to find a way to help and to show compassion to those who are going through this terrible situation.

Won’t you consider making a donation to help families begin to heal from such a tragic loss? You may never meet or know them, but the impact of your caring can make a huge difference in their lives during a very difficult time.

Gratefully,
John Bell

Our Foundation IS COMPASSIONATE CARE.

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.

Cardiac Imaging Program to Acquire Upgraded CT and MRI Units in 2020

Cookeville Regional is proud to announce that 2020 will bring two major additions to its cardiac imaging program, which was expanded in July.

First, in January, CRMC will introduce a new 128-slice CT scanner, an upgrade from the current 64-slice unit.

“The new scanner offers improved resolution and speed,” said Dr. Ashley Nickerson, an imaging cardiologist with Cookeville Regional and Tennessee Heart. “You can think of it like 64 megapixels versus 128 on a camera, or 64 GB versus 128 on your phone.”

The increased speed and detail this unit provides will allow cardiologists to detect and investigate coronary anomalies, diagnose congenital heart disease, perform angiograms to detect clinical and pre-clinical coronary artery disease, perform pulmonary vein mapping, and much more.

Then, in February, the hospital will obtain a new cardiac MRI machine.

“An MRI shows heart structure and function, and with this new unit, there’s no limitation in viewing planes,” said Dr. Nickerson. “You can flip it and spin it and look at any corner of the heart that you want to with no limitations in terms of the patient’s body size or anything of that nature.”

Adding these two pieces of equipment means that CRMC will now have two CT units and two MRI machines, which will greatly decrease wait times for patients needing imaging studies. In addition, the fact that both of the new machines will capture images much more quickly will be very helpful for cardiac patients who are unable to hold their breath for long periods.

And, with these additions, CRMC will have the most advanced cardiac imaging available, close to home.

“Now, there should be no reason for us to send patients anywhere else for a cardiac imaging study,” said Nickerson.

It’s just one more way Cookeville Regional’s heart program is meeting the needs of patients in the Upper Cumberland region.
CRMC Seasons© Winter 2019

Program Makes a Real Difference for Patients Like Regenia Henry

Learning to deal with a chronic disease like diabetes can be a whole lot easier — and a lot more successful — when you get the right kind of support. Fortunately, that support is available to patients in the Upper Cumberland through The Diabetes Center at Cookeville Regional.

In fact, the Diabetes Center recently earned the prestigious American Diabetes Association Education Recognition Certificate for quality diabetes self-management education and support (DSMES) service. This designation means that the ADA has found that Cookeville Regional offers the type of high-quality education that is an essential component of effective diabetes treatment.

That type of education and support is especially important for patients in Tennessee. “Tennessee is number five in the country for the rate of diabetes,” said Cookeville Regional Chief Nursing Officer Scott Lethi, RN. “About 13% of Tennessee’s population has diabetes. Nationally it’s 8 to 9%. Thirteen percent doesn’t sound very high, but if you look at 8% versus 13%, we’re 50% higher than the national average.”

Regenia Henry of Cookeville is one patient who was recently helped by the Diabetes Center’s educational program. In January 2018, at nearly 300 lbs., she made a New Year’s resolution to do something about her weight.

“She’s not just down to goal — she’s in the normal range,” said Mayberry.

“Before starting the class, all I knew was to stop the sugar. I was afraid,” said Henry. “The class has helped me learn to incorporate vegetables and fruits, and I’ve learned how to make my own smoothies and things like that.”

Within three months of starting the program, Henry’s A1C level was down to 5.9%, and she ultimately got it down to 5.2% and lost a total of 69 lbs. She was able to stop taking her diabetes medications and no longer has to check her blood glucose levels daily.

“It’s a great program,” said Henry. “I don’t know where else I would have gotten the education. I don’t think I could have gotten all of that just online. It was given to me in the right order and in a way that helped me incorporate it into my life.”

The program offers individual and group classes and utilizes a team approach in developing an individualized plan for each participant.

“The ADA outlines seven self-care behaviors — diet, activity, monitoring, taking medication, problem solving, stress management and reducing risks for complications, so our patients set goals related to these behaviors,” said Diabetes Center Director Kim Mayberry, RN. “Every time they come back, we ask them about those goals, and if they’re not meeting them, then we troubleshoot to find out what we can do to meet them.”

The program also puts a great deal of emphasis on reaching the patient how to solve some of the practical problems they may face from day to day.

“For instance, I’m on a pump and I have supplies, but I’m two or three hours from home or in another state, and I forgot my reservoirs. How can I fix that problem?” said Mayberry.

Within a follow-up visit at the Diabetes Center, Regenia Henry checks pressure on a follow-up visit.

“The first thing I did was cut out all soft drinks.”

Henry especially enjoyed the group class offered at the center. She learned about all of the different aspects of diabetes management, including two that were especially important for her — managing her stress levels and eating more nutritiously.

“The program offers individual and group classes and utilizes a team approach in developing an individualized plan for each participant.”

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Regenia Henry, second from left, with her diabetes support team, from left, dietitian Jenn Smith, center director Kim Mayberry and receptionist Michelle Spivey.

The Diabetes Center program does require a physician referral. Some insurance plans, including Medicare, recognize the benefits of diabetes self-management training and may pay a percentage, excluding copays and deductibles. The Diabetes Center will be glad to check your insurance coverage. For more information about a referral to the Diabetes Center, please call (931) 783-2927 or visit www.crmchealth.org.
Dealing with Low Vision

Low vision affects some people as they age. Low vision means you cannot fix your eyesight with glasses, contact lenses, medicine or surgery. It can get in the way of your normal daily routine.

You may have low vision if you:

- Have trouble seeing well enough to do everyday tasks like reading, cooking or sewing;
- Can’t recognize the faces of friends or family;
- Have trouble reading street signs; or
- Find that lights don’t seem as bright as usual.

If you have any of these problems, ask your eye care professional to test you for low vision. There are special tools and aids to help people with low vision read, write and manage daily living tasks. Lighting can be changed to suit your needs. You can also try large-print reading materials, magnifying aids, closed-circuit televisions, audio tapes, electronic reading machines and computers that use large print and speech.

Other simple changes also may help:

- Write with bold, black, felt-tip markers.
- Use paper with bold lines to help you write in a straight line.
- Put colored tape on the edge of your steps to help you keep from falling.
- Install dark-colored light switches and electrical outlets that you can see easily against light-colored walls.
- Use motion lights that turn on by themselves.
- Use telephones, clocks and watches with large numbers.
- Put large-print labels on the microwave and stove.

Source: National Institutes of Health www.nidcd.nih.gov/health/smell-disorders

Crossword Clues

ACROSS
1. Gulf war missile
2. Addition symbol
3. Symbol
4. Big game
5. TV, radio, etc.
6. Squash (2 wds.)
7. Gun, as an engine
8. Neck conservation
9. Nervous
10. Symbol
11. Terrestrial (2 wds.)
12. Brook
13. 3,450-
14. 26,470-
15. Workers
16. Ship’s fastening post
17. Worker with an apron
18. Spart
19. Imp 
20. “Just the Two of ___”
22. “It’s no ___!”
23. “Just the Two of ___”
25. “It’s no ___!”
26. “Just the Two of ___”
27. Sugar
28. Cables
29. Nose
30. Cook’s partner
31. “Go to and fro
32. Calm
33. Befuddish
34. Hail
35. Bank deposit?
36. Short musical composition
37. Vertices
38. Back talk
39. “Get to the ___”
40. Symbol
41. Symbol
42. Symbol
43. Symbol
44. Symbol
45. Symbol
46. Symbol
47. Symbol
48. Symbol
49. Symbol
50. Symbol
51. Symbol
52. Symbol
53. Symbol

DOWN
1. Counter
2. Addition symbol
3. Symbol
4. Big game
5. TV, radio, etc.
6. Squash (2 wds.)
7. Gun, as an engine
8. Neck conservation
9. Nervous
10. Symbol
11. Terrestrial (2 wds.)
12. Brook
13. 3,450-
14. 26,470-
15. Workers
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44. Symbol
45. Symbol
46. Symbol
47. Symbol
48. Symbol
49. Symbol
50. Symbol
51. Symbol
52. Symbol
53. Symbol

Sudoku

Look for the solutions to the puzzles on page 15.

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) POCKET
b) TOOTH
b) CHERY

Word Ladder

Start

CLOCK
**Healthy Eating**

**Nutrient Knowledge — Carbohydrates**

Carbohydrates are the body’s main source of energy. The fruit, vegetable, dairy and grain food groups all contain carbohydrates. Sweeteners like sugar, honey and syrup — and foods with added sugars like candy, soft drinks and cookies — also contain carbohydrates. Try to get most of your carbohydrates from fruits, vegetables, fat-free and low-fat dairy, and whole grains rather than added sugars or refined grains.

Many foods with carbohydrates also supply fiber. Fiber is a type of carbohydrate that your body cannot digest. It is found in many foods that come from plants, including fruits, vegetables, nuts, seeds, beans and whole grains. Eating food with fiber can help prevent stomach or intestinal problems, such as constipation. It might also help lower cholesterol and blood sugar.

It’s better to get fiber from food than dietary supplements. Start adding fiber slowly. This will help avoid gas.

To add fiber:
- Eat cooked dry beans, peas and lentils.
- Leave skins on your fruit and vegetables but wash them before eating.
- Choose whole fruit over fruit juice.
- Eat whole-grain breads and cereals that contain fiber.

**Source:** National Institute on Aging — www.nia.nih.gov/health/important-nutrients-know-proteins-carbohydrates-and-fats

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**How Much Fiber Do You Need?**

The average American eats 12 to 17 grams of fiber per day. The recommendation for older children, adolescents and adults is to eat 20 to 35 grams of fiber each day, including both soluble and insoluble fiber. For younger children over age 2, the recommended intake is the child’s age plus 5 grams. The best sources are fresh fruits and vegetables, nuts and legumes, and whole-grain foods.

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**From Our Kitchen to Yours — Vegetables with a Touch of Lemon**

**Directions**

Steam broccoli and cauliflower until tender (about 10 minutes). In a small saucepan, mix the lemon juice, oil and garlic, and cook over low heat for 2 or 3 minutes. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.

Yield: 6 servings

**Nutrition Information (per serving):**

Calories 22, Total Fat 2 g (saturated fat less than 1 g), Cholesterol 0 mg, Sodium 7 mg

**Ingredients**

- ½ small head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons fresh parsley, chopped

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**Did You Know?**

- 52,783 emergency room visits
- 1,500 newborn deliveries
- 13,273 inpatient admissions
- 174,071 outpatient visits
- 7,595 surgeries
- 3,574 heart procedures
- $29,726,347 in charity/uncompensated care
- $175,203,460 paid in salaries, wages and benefits
- 200 physicians
- 2,372 employees
- 158 volunteers

As a city-owned hospital, we don’t have a corporate enterprise dictating to us what services or specialties we can or cannot offer. CRMC is financially independent in that we don’t receive any tax dollars to fund our operations. As a matter of fact, we pay the City of Cookeville $700,000 each year in lieu of taxes, and every dollar we make goes right back into our hospital to fund new and improved services.

Supporting our mission of “Building Healthier Communities,” CRMC has reinvested more than $42 million over the past five years back into the hospital to help meet the health care needs of the region.
Calendar of Events

Cooksville 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 checkoff portion of this course is approximately 70 minutes.
When: Saturdays, Jan. 4 and 18 and Feb. 1 and 15, from 1:30-2:45 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 or without 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, Jan. 4 and 18 and Feb. 1 and 15, from 8 a.m.-12:30 p.m.
Where: CRMC Education Room 2
Cost: $40 per ticket.
For information: Please visit CooksvilleRegionalCharity.org.

**Community Health and Fitness Fair**
What: An event featuring free and low-cost screenings
When: Saturday, Feb. 8, 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: Asthma
Presented by: Kaushal Patel, MD, CRMC pulmonologist
Lunch: Oven BBQ chicken, bacon, macaroni and cheese, cornbread muffins, green beans, 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, Feb. 17, from 12-1 p.m.
Where: The CRMC Education Center, Room 3
For more information or to RSVP: Reservations must be made by the Friday prior to the luncheon by calling (931) 783-2743.

**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) 783-4309.

**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: 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 CRMCRehabSupportGroup@crmchealth.org.

**Mended Hearts Support Group**
What: An 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, Room 3
For information: Email phawsh-blanche@hotmail.com.

**Joint Pain Class**
When: The third Thursday of every other month at noon
Where: Outpatient Rehabilitation Center at Cockeville 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.
NOTE – There will be no meeting in December.
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 participant receives full access to all breast cancer survivors. Each participant receives full access to all breast cancer survivors.
When: For more information about these and other Sparta-White County Senior Center classes and events, visit SPARTASeniorenCerTER.COM/CALENDAR or call (931) 856-3663.

**CROSSWORD SOLUTION**

**Sudoku Solution**

**Link Words Answer**

**Word Ladder Solution**

Look for the puzzles on page 11.

For more information about these and other Sparta-White County Senior Center classes and events, visit SPARTASeniorenCerTER.COM/CALENDAR or call (931) 856-3663.
Cookeville Regional Medical Center
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