

Summer 2023

HealthNotes

A quarterly publication from
 **Marshall**
GoldCare 55+



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THE MARSHALL WOUND HEALING CENTER: CHANGING MORE THAN JUST WOUND BANDAGES



Melissa Landers and the Marshall Wound Healing Center Staff

There is a saying that goes, “Your life can change in an instant.” For Melissa Landers, that saying became very true when she found herself in need of triple bypass surgery on November 14, 2022, and the healing process did not go as planned.

“I knew something wasn’t right,” Landers said. “I was a nurse for 10 years, and I knew my incision site just didn’t look right. I also began running a high fever.”

Two weeks after the surgery, Landers found herself back in the hospital where they had to remove a large amount of her skin and tissue all the way down to the bone.

“I am a diabetic,” she said, “so healing is difficult for me. I was in so much pain.”

A home-health nurse came to change Landers’ wound bandage and noticed the wound was still not healing properly. She suggested a visit to the Marshall Wound Healing Center.

“I was terrified,” Landers said. “I had only ever opened up my wound to my home-health nurse in my own home. I was in the worst pain imaginable at home, but I did not want to go to the Wound Center and expose it in public to risk infection.”

Little did Melissa know at the time, but the Marshall Wound Healing Center was exactly what she needed.

“My emotions were all over the place,” she said. “I walked in the door scared out of my wits and in a great deal of pain, but Ms.

Mosley knew exactly what to say to calm me down on day one.”

Renee Mosley was Landers’ nurse when she first came to the Marshall Wound Healing Center.

Landers is a Douglas local and a biology instructor at Wallace State Community College. She actually had Renee’s children as students in her class.

“I knew Ms. Mosley, which made it even more awkward for me,” Landers said. “Here I was crying like a big ole baby in front of someone who knew me in a professional setting.”

Renee reassured her that it was perfectly normal to cry and to be scared after such a large surgery.

“Not only were they there to care for my physical wound, but they were helping me cope mentally, as well,” Landers said.

With the expertise and professionalism of the Marshall Wound Healing Center, Landers opened up her wound and the real healing process began.

“The Wound Center was life changing,” Landers said. “They truly know how to care for a wound. I felt so much relief after one visit.”

As Landers’ next visit started to approach, her emotions were different this time.

“I was nervous for my second visit because I just knew I was not going to get a nurse as good as Ms. Mosley,” she said,



"but they were all the same. Every nurse worked the same way and none of them varied in the way they treated me or cared for my wound. There truly was not a bad apple in the bunch."

Landers' personalized healing plan scheduled her to come to the Wound Center from December 2022 to April 2023.

"Seeing the patients heal is my favorite thing about working in wound health," Sabrina Cassels, Director of the Marshall Wound Healing Center said. "We have a 'heal bell' right in our hallway. When a patient who has been coming here awhile gets to ring that bell, you can just tell it means a lot to them. It's just a reminder of why we do what we do."

Landers is so appreciative to have the Marshall Wound Healing Center in Marshall County.

"We are so blessed to have this Wound Center in Marshall County," she said. "I knew it was here, but I had no idea the impact it had on patients in our community until I stepped through the doors."

"The Marshall Wound Healing Center was exactly what I needed at the lowest point in my life," she said, "and I cannot praise them enough."



11491 US Highway 431
 Albertville, AL 35950
 Tel: 256.894.6976

HOURS OF OPERATION:

MONDAY - THURSDAY 8:00 am - 4:00 pm
 FRIDAY 8:00 am to 3:00 pm



Dr. Swader presenting at the April Lunch 'N Learn

SENIORS FILL HOSPITAL'S MONTHLY LUNCHEONS

More than 100 GoldCare55+ members celebrated the arrival of spring by sharing a meal and learning about keeping their brain healthy, thanks to a program sponsored by Marshall Medical Centers.

The March Lunch 'N Learn is the second this year after the program for seniors was able to resume following a three-year hiatus for Covid. The crowd filled the Guntersville Recreation Center, enjoying a lunch catered by the Marshall North cafeteria and competing for door prizes of various Easter décor.

Featured speaker was Dr. Sheri Swader of Neurology of Marshall County, who explained that neurologists deal with the brain, spinal cord and peripheral nerves.



Sheri Swader, MD

Stroke sufferers account for a large part of neurology patients. The Southeast is commonly referred to as the Stroke Belt due to a much higher incidence of stroke compared to the rest of the country. Statistics show that those born in the Stroke Belt are twice as likely to have a stroke than those born elsewhere in the US.

In addition to stroke, other common reasons for seeing a neurologist include:

- Falls
- Dizziness
- Tremors
- Seizure
- Atrophy or brain shrinkage
- Cardiovascular disease
- Neuropathy
- Memory loss/dementia

"The older you get, the less your brain will work like it used to," Dr. Swader said, urging seniors to stay active. "If all you do is sit, all you will be able to do is sit."

Dr. Swader and her family moved to Guntersville in 2022. She previously practiced in Cullman for 15 years. She graduated from the University of Arkansas College of Medicine in 2001 and then completed her residency at UAB.

GOLDCARE 55+ MEMBERS GO PLACES

GoldCare 55+ members are on the go!



Train Ride & Tea Time

Chattanooga, TN – October 28 or 29

Sold Out – Call to get on the wait list!

Enjoy tea time with a light lunch as you ride on the Missionary Ridge Local Train. Begin at Grand Junction Station and travel over four bridges and through the pre-Civil War Missionary Ridge Tunnel. The trip is 65 minutes (15 minutes to East Chattanooga, 25 minute

layover, and 15 minutes back to Grand Junction) and includes a turntable demonstration and a brief tour of the Tennessee Valley Railroad restoration shop in East Chattanooga. Enjoy a selection of delectable teas along with full high tea fare – savory and sweet items plus freshly baked scones.

Due to popular demand, we have worked with our travel company to offer GoldCare 55+ members two opportunities to go on this trip. Please specify which day you wish to book when you call to register.

Cost Per Person: \$100 » Full payment due on or before September 21.



Suzanne Tate at the April Lunch 'N Learn



Sue Kircher at the annual Senior Health and Fitness Day in May



Christmas Vacation

Santa Claus, IN – December 8-9

Space Limited, Book Early!

The town's interesting history is told through exhibits and displays inside the Santa Claus Museum. We will visit the Santa Claus Christmas Store. This gigantic store features one of a kind Christmas gifts, decorations and collectibles.

Get in the Christmas spirit as we visit The Santa Claus Land of Lights, a 1.2-mile drive-through Christmas light adventure.

We will visit Santa's Candy Castle for a magical experience. The historic castle was dedicated in 1935, blending old-world charm with modern-day fun. During this weekend trip, there will also be a Christmas parade.

**Cost Per Person: Quad \$215 | Triple \$225 | Double \$245 | Single \$310
Deposit \$100 due July 20. Remaining Balance due October 19.**

Price includes lodging, Land of Lights Tour, Museum admission and 4 meals



June Mystery Trip to Medieval Times in Atlanta, Georgia

Don't Hesitate To Sign Up For Our Wait List!

We keep an active first-come, first-serve waiting list for all of our trips, so there is always an opportunity to join us if someone is unable to attend! To learn more, call Kami Mitchell at 256.571.8023.



Judy, Reta and Jimmie at this year's Summer Party



A GRAND OPENING CELEBRATION

Area residents got a glimpse into the future of healthcare during the grand opening of a \$61.3 million Patient Tower that replaces all patient rooms and converts the north end of Marshall Medical South into a spacious, modern new entrance. Marking the occasion with a ribbon-cutting were the Marshall County Health Care Authority, the Marshall Medical Centers Board of Directors, President Chris Rush and Huntsville Hospital Health System CEO Jeff Samz, the Health Care Authority Board of Huntsville and MMC administration and staff members.

The cornerstone of the 46,000-square-foot expansion is a 64-room, two-floor bed tower of patient suites each supported by its own nursing staff. Technological advances elevate every room to the level of critical care for those with life-threatening injuries and illnesses. Spacious rooms feature a wall of windows overlooking the Marshall South campus. Large, tiled bathrooms are designed to accommodate a wheelchair and have the capability to become a shower room if needed.

A new 25,000-square-foot concourse, which is flooded with natural light from expansive windows, houses a new cafeteria, coffee shop, gift shop and waiting areas. The food service area features state-of-the-art kitchen equipment, a buffet-style serving area and large dining area.

The space includes a check-in and consult room for outpatient surgery with a waiting area. It also features much-needed meeting facilities.

Marshall South's ICU was expanded to 18 beds and upgraded to include safety improvements, additional storage space and a double-wall structure that helps with noise control and privacy. Negative pressure rooms were added for patients who require isolation.

In Sept. 2021 the Alabama Health Planning and Development Agency approved the expansion plan, which represents the largest construction project on Sand Mountain in more than a decade. Exterior renovations of \$1.4 million upgraded the emergency entrance and replaced aging windows with energy efficient ones along the front of the 67-year-old facility. An additional 113 parking spaces on the north side of the hospital and a vehicle bridge were added.

Marshall South opened in 1956 with the name Boaz-Albertville Hospital as a 35-bed facility with 35 employees. Today it has 150 beds with 975 employees. More than 30,000 patients are treated in the Level III Emergency Department each year.



DELICIOUS RECIPES



Lizzy's Taters

Ingredients

- 2 lbs of cubed Yukon gold potatoes
- 16 oz grated cheddar cheese, divided
- 8 slices of fried bacon (crumbled) or substitute real bacon bits
- 1 stick of butter (cut into thin slices)
- ½ cup of green onions
- 8 oz sour cream
- Salt and pepper

Instructions

1. Boil potatoes 12 to 15 minutes (until fork tender)
2. Drain water and place potatoes in a 9x13 baking dish
3. Lay thin slices of butter on top of the hot potatoes
4. Add 8 ounces of cheese, green onions, bacon and sour cream to the potatoes and mix slightly
5. After mixing, top with the remaining cheese
6. Season with salt and pepper to taste
7. Broil on high for 3 minutes to melt the cheese
8. Serve hot!

Recipe provided by Elizabeth Ivy.



HUNDREDS ATTEND ANNUAL SENIOR HEALTH & FITNESS DAY

Hundreds of seniors from Marshall County and surrounding areas spent a sunny day near Guntersville Lake at Marshall Medical's annual Senior Health & Fitness Day.

The musical group, The Ukesters, entertained more than 500 attendees while they received free health screenings and information from around 50 vendors during the free, three-hour event that ended with lunch and door prizes under the pavilion at Civitan Park.

Senior centers and churches bused in loads of their members to enjoy the fun event that made a comeback after a three year COVID hiatus. Others came on their own to what is believed to be the largest of its kind for seniors in Alabama. Its goal is to educate senior citizens on health resources available to them in Marshall County, as well as to offer a social outing affordable to everyone.



MEMBER SPOTLIGHT

World record holder happy to share his faith as a GoldCare member

You may have seen Lane Nichols around our GoldCare gatherings or you may have seen him in the Guinness Book of World Records in 1978 for the largest red snapper ever caught.

"We were in a fishing tournament in Destin, Florida," Nichols said, "and I had never prayed to catch a fish before. But I just remember saying God please let me catch a big fish today and he answered by allowing me to catch the world record. I owe catching that fish all to God. He was the reason I caught it."

As a Christian, Nichols prays to communicate with the Lord each day. The GoldCare 55+ program is also very appreciative of Nichols because at each Lunch 'N Learn he attends he is the one called on to bless the meal.

"Oh, it's a pleasure to pray for the lunches," Nichols said. "We love the gatherings and the fellowship. We especially love the gift raffle at the end."

Nichols was born in Georgia and received his bachelor's and master's degrees in engineering from Georgia Tech. His first job brought him to Birmingham to work on projects for Redstone Arsenal. As an electrical engineer, Lane also worked with the Home Builders Association on electrical projects and worked some time at an engineering firm in Leeds. Today, Nichols still does consulting work for the engineering field for the poultry industry in Marshall County. Lane and his wife, Ann, have lived in Marshall County for 17 years. Lane and Ann have been married for 36 years and share four children between the two of them. The couple has been GoldCare members since 2018.

"We love the trips," Nichols said. "That is probably what first caught our eye to join GoldCare. We later found just getting out of the house was enjoyable."

Lane and Ann have attended numerous GoldCare events and at least six trips with the group.

"The GoldCare program is great for the fellowship," Nichols said. "I probably wouldn't have met several of our friends if it was not for GoldCare."



Ann and Lane Nichols at the annual GoldCare Christmas Party.



Ann and Lane enjoying this year's annual Summer Party.



Lane and Ann gathered with friends at the April Lunch 'N Learn.

SIGN UP NOW FOR
CHRISTMAS
VACATION
DEC 8 – 9
(FULL PAYMENT DUE OCT 19)



✂ — Clip and save for future reference. —

CALENDAR OF UPCOMING EVENTS

AUGUST 8

GoldCare 55+ Trip
Rocket City Trash Pandas Trip
CALL TO JOIN THE WAITLIST

AUGUST 17

GoldCare 55+ Lunch 'N Learn
"Make Room. We're Expanding"
– Presented by Bill Smith,
Director of Support Services
at Marshall Medical Centers
COST: \$7 – SIGN UP BY JULY 14

SEPTEMBER 7-8

\$5 Jewelry Fundraiser Sale
Marshall Medical Center North

SEPTEMBER 17

GoldCare 55+ Lunch 'N Learn
"Bladder Infections, UTIs, Kidney
Stones, OH MY!" – Presented by
Dr. Marilyn Hopkins, Urologist,
Clinical Urology
COST: \$7 – SIGN UP BY JULY 14

OCTOBER 5-6

\$5 Jewelry Fundraiser Sale
Marshall Medical Center South

OCTOBER 10-11

Blood Drive
Marshall Medical Center South

OCTOBER 19

GoldCare 55+ Lunch 'N Learn
"Learn MOORE about
Orthopedic Health" – Presented by
Dr. Zachary Moore, Orthopedic
Surgeon of The Orthopedic Center
COST: \$7 – SIGN UP BY JULY 14

OCTOBER 28 & 29

GoldCare 55+ Trip
Train Ride & Tea Time
CALL TO JOIN THE WAITLIST

NOVEMBER 6

Blood Drive
Marshall Cancer Care Center