A legacy of generosity

Dr. Audrey Morgan's abundant philanthropy and generous volunteer work has created a legacy of service, dedication and support in her community.

PAGE 4
I love football season. Not only do I get to cheer for my alma mater and favorite college team—Alabama—but all of us are fortunate to have the Atlanta Falcons as our hometown team. As fans, we only see a small part of what it takes to make a football game an enjoyable experience. There are many people behind the success and excitement of game day that we never see or hear—everyone from administrative people who make it possible to buy tickets and concession managers who make sure we are well-fed, to the team’s support staff that makes sure the athletes are well-trained, healthy and prepared to play.

This issue of Pushing Beyond provides a glimpse of the behind-the-scenes team that enables DeKalb Medical to meet our community’s health needs. Not only do local philanthropists such as Dr. Audrey B. Morgan provide support, but physicians donate as well. Radiation Oncology Center Director Frederick Schnell, M.D., believes so strongly in the need to provide top-notch care that he doesn’t just provide patient care, he also contributes to DeKalb Medical Foundation fundraising campaigns for advanced technology. A new initiative to provide specialized care for sickle cell patients at DeKalb Medical at Hillandale resulted from employees and physicians listening to patient feedback and developing plans to improve the patient experience for a distinct patient population. Finally, the Atlanta magazine Top Docs listing includes 43 DeKalb Medical physicians, many of whom volunteer as leaders and members of committees dedicated to monitoring, evaluating and recommending improvements to the quality of care at our hospitals.

Behind the scenes and working directly with patients, we have a terrific group of people focused on what is best for the community. Fortunately, I am able to cheer for the DeKalb Medical team all 12 months of the year—not just during football season!

John A. Shelton Jr., FACHE
President and CEO, DeKalb Medical

Almost 26 million children and adults in the United States have diabetes and about 1.9 million new cases of diabetes in adults over the age of 20 were diagnosed in 2010. It is estimated that another 79 million people have pre-diabetes, which means their blood glucose, or blood sugar, levels were higher than normal but not high enough to be diagnosed as diabetes. The American Diabetes Association has designated November as American Diabetes Month as a way to raise awareness of a disease that can result in high blood pressure, heart problems, stroke, kidney disease, blindness and nervous system damage. DeKalb Medical offers a wide range of diabetes education classes as well as workshops, exercise classes and cooking demonstrations specifically for diabetic patients, as well as those trying to avoid developing diabetes.

For more information, see page 18 of the Healthy Living Calendar, call 404.501.1790 or visit www.dekalbmedical.org/our-services/diabetes.

DEKALB MEDICAL SUPPORTS 3-DAY WALK

Thousands of Band-Aids and hundreds of ice packs are just two examples of the supplies that will be used by the DeKalb Medical team of volunteers who staff the medical tents for the Susan G. Komen 3-Day” walk through Atlanta to raise funds and awareness for breast cancer. An average of 65 volunteers, including physicians, nurse practitioners, physician assistants, nurses, physical therapists, emergency medical technicians and non-clinical volunteers take care of about 100 walkers each day. Although most care is expected to be for minor injuries such as blisters and pulled muscles, the team will be equipped to provide intravenous fluids for dehydration.

DeKalb Medical has served as the medical sponsor for the 60-mile event since 2007. The 2013 walk is scheduled for October 18 through October 20.

For more information about the event, go to www.the3day.org and select “Atlanta.”

WALKING FOR HEART HEALTH

The DeKalb Medical Heart and Vascular Institute is once again supporting the Atlanta Heart Walk, a 5k walk starting at Atlantic Station on October 12. The event will raise funds to support cardiovascular disease research. For more information, visit www.metroatlantaheartwalk.kintera.org.
Raised in a hard-working Alabama family with eight children to feed and a father who became disabled early in life, Audrey Bailey Morgan started her first job at age 13 selling shoes and hats.

Given the circumstances, Morgan’s dream of one day attending college could have remained forever out of reach had it not been for the generosity of a Methodist “tithers” group that helped secure a scholarship to Kentucky’s Asbury College. Her entry into college is a gift the now 83-year-old beloved Atlanta businesswoman and philanthropist has never forgotten and one she returns many-fold with millions of dollars in donations to organizations and causes she says “speak to her heart.”

Knowledge Is Power
Casting a net of care across Atlanta with her carefully paced contributions and their common thread of helping people who want to help themselves, Morgan is investing in the creation of vibrant communities with “can-do” attitudes. Morgan and her late husband, Jack, are the founders of the Audrey and Jack Morgan Foundation Scholarship that allows DeKalb Medical employees to continue advancing their education and ability to compassionately care for thousands of patients who come through their door each year.

To date, the Audrey and Jack Morgan Scholarships have provided 26 individuals with continuing education and career advancement at DeKalb Medical. Even more valuable than the scholarships, though, is the time that Morgan spends volunteering to help lead and direct the growth of DeKalb Medical. For more than 20 years, she has actively applied her business prowess to public fundraising efforts through her combined service as a DeKalb Medical Health System Board member and now as a current trustee of the DeKalb Medical Foundation.

“The end result of her philanthropy is simple but profound,” says Leigh Minter, executive director of the DeKalb Medical Foundation. "Audrey thinks everybody ought to have opportunities to succeed in life. And as long as she’s alive, she’ll continue to do what she can to open possibilities and transform lives and communities for the better.”

Her Habit Is to Give Back
As much as Morgan likes to quote the author Williams James’ belief that, “The greatest use of your life is to spend it for something that will outlast it,” she demonstrates this virtue in nearly every waking moment. Her vast and targeted philanthropy has energized dozens of local and regional organizations that are dedicated to improving the quality of life for others through cultural, educational, health and humanities opportunities. One of her greatest personal accomplishments was the formation of a fundraising group for the American Heart Association in Atlanta, a cause she nurtured for 17 years.

Morgan, who believes education not only transforms students but everyone they touch, was also part of Berry College’s biggest graduating class when the university bestowed an honorary Doctorate of Humane Letters on its long-time friend and benefactor this spring. She is one of only 17 notable individuals who have
received an honorary doctorate from Berry, and the only woman to have received one in the last 60 years. "I am deeply, deeply honored by the award. I never expected to be recognized for the way I lived my life; I have just lived it the way I thought was right," said Morgan.

Morgan has always shared a deep understanding of the Berry College motto "to minister unto and not to be ministered to," according to Berry College President Dr. Stephen R. Briggs. Well known as a woman with a thirst for knowledge, Morgan helped launch the Berry College Gate of Opportunity Scholarship in 2009. The work-study scholarship program allows motivated students to not only receive tuition support, but to graduate in four years completely debt-free.

Since establishing the program, Morgan has enthusiastically supported it and she will fund 35 scholarships this year. "Audrey's Gate of Opportunity Scholarships have already changed the lives of dozens of students—and those students, in turn, are becoming agents of improvement," shared Briggs.

"Have you thought about what kind of service and giving back you will carry into life when you leave here?" Morgan asked Berry students at the June commencement. "Whatever it is, be sure to make it a habit," she said as she challenged the class of 2013 not to wait until they feel they have the financial resources to give. "You can always donate your time, your talent and your leadership," said Morgan, a lesson the new "doctor" was born to teach.

Audrey Morgan has served on the board of directors of each of these institutions, helping to guide their success and strengthen their civic impact.

- AMERICAN HEART ASSOCIATION
- AMERICAN CANCER SOCIETY
- ATLANTA OLYMPICS
- AUDREY AND JACK MORGAN FOUNDATION
- BERRY COLLEGE
- THE DEKALB HISTORICAL SOCIETY
- DEKALB MEDICAL
- THE DEKALB MEDICAL FOUNDATION
- JUNIOR LEAGUE OF DEKALB COUNTY
- OAK GROVE UNITED METHODIST CHURCH
- PRIVATE INDUSTRY COUNCIL
- SOUTHERN CHRISTIAN HOME

For more information about the DeKalb Medical Foundation and opportunities to support healthcare in the community, go to www.dekalbmedical.org/foundation/.
PONDERING PREGNANCY?
Join DeKalb Medical experts on Jan. 7, 2014, for an informative seminar about what to expect and how to plan for a pregnancy.

In 1990, 9 percent of all births were to women age 35 and older; however, in 2010, 14 percent of new moms were age 35 or older.* Whether the reasons for pregnancy after age 35 are financial, career-related or for another reason, the good news is that having a baby in your late 30s or later is not uncommon.

Articles and conversations about pregnancy for women of advanced maternal age, defined as delivery at age 35 or older, often focus on the risks involved, but the reality is that most pregnancies in women 35 and older have no complications, says Caryn J. Johnson, M.D., an obstetrician at DeKalb Medical. “The focus on the negative can create unnecessary anxiety for many women.”

Although most pregnancies in women over the age of 35 are uncomplicated, it is important for women to understand the potential complications for which they may be more at risk, adds Johnson.

These risks include:
- More likely to have a multiple pregnancy because the chance of twins increases with age, as does the use of assisted reproductive technologies that increase the risk of multiple births
- More likely to have medical conditions such as high blood pressure or diabetes before pregnancy
- More likely to develop gestational diabetes, a type of diabetes that occurs only during pregnancy
- More likely to develop high blood pressure conditions during pregnancy, such as preeclampsia
- Higher risk of chromosome abnormalities
- Increased rate of miscarriage

Knowing these risks gives women and their physicians an opportunity to explore options for prenatal testing for chromosome abnormalities, as well as to develop a plan to minimize the risk of health issues during pregnancy.

Each patient is different, but some pregnant women over the age of 35 may need additional physician visits to monitor their health during pregnancy. “More frequent visits and additional resources may also be needed for some women who are anxious about the effect their age has on pregnancy,” says Johnson. “Activities such as prenatal yoga classes, childbirth classes and sharing experiences with peers who are also pregnant can relieve anxiety.”

A HEALTHY LIFESTYLE
“The proper diet and exercise are important for all pregnant women, but they are especially important for women over 35,” says Caryn J. Johnson, M.D. “I recommend at least 30 minutes of exercise each day if there are no medical reasons to avoid exertion.” A previously active woman can maintain the exercise routine she had prior to pregnancy, but women who did not exercise regularly can start with low impact exercise or walking, she adds.
TOP DOCTORS RECOGNIZED

The 2013 Atlanta magazine’s Top Doctors list included 43 physicians who are members of the medical staff at DeKalb Medical. The list contains the names of physicians who are nominated by other physicians in the Atlanta area as doctors who not only excel in academic medicine and research, but also in patient care. Physicians often nominate doctors to whom they would send their own family members. Final selection is based upon the doctors’ educational and professional experience. DeKalb Medical congratulates each member of its medical staff on this list.

Wayne L. Ambroze Jr., M.D., Colon & Rectal Surgery
Todd M. Antin, M.D., Psychiatry
Bradford S. Bootstaylor, M.D., Maternal & Fetal Medicine
Gary R. Botstein, M.D., Rheumatology
Joseph F. Boveri, M.D., Gynecologic Oncology
Adam M. Bressler, M.D., Infectious Disease
Darwin L. Brown, M.D., Endocrinology, Diabetes & Metabolism
Pamela J. Brown, M.D., Obstetrics & Gynecology
Robert M. Campbell, M.D., Pediatric Cardiology
William H. Cleveland, M.D., Nephrology
Stephen M. Cohen, M.D., Colon & Rectal Surgery
Thomas P. DeMarini, M.D., Pulmonary Disease
Robin H. Dretler, M.D., Infectious Disease
Norman L. Elliott, M.D., Gastroenterology
Mark W. Feeman, D.O., Physical Medicine & Rehabilitation
George R. Gottlieb, M.D., Allergy & Immunology
Jeffrey F. Hines, M.D., Gynecologic Oncology
David A. Holladay, M.D., Radiation Oncology
Ira R. Horowitz, M.D., Gynecologic Oncology
David H. Jacobson, M.D., Endocrinology, Diabetes & Metabolism
Michael S. Jacobson, M.D., Ophthalmology
Robert E. Karch, M.D., Orthopaedic Surgery
Paul A. Kirschbaum, M.D., Cardiovascular Disease
Scott I. Lampert, M.D., Ophthalmology
R. Allen Lawhead, M.D., Gynecologic Oncology
A. Keith Levinson, M.D., Urology
Jeffrey D. Lieberman, M.D., Rheumatology
Raoul Mayer, M.D., Ph.D., Colon & Rectal Surgery
Daniel T. McDevitt, M.D., Vascular Surgery
Richard D. Molina, M.D., Maternal & Fetal Medicine
Omar A. Najjar, M.D., Family Medicine
Stuart J. Pancer, M.D., Obstetrics & Gynecology
Juan Luis Pimentel, M.D., Nephrology
Erich G. Randolph, M.D., Radiation Oncology
Cyril O. Spann Jr., M.D., Gynecologic Oncology
Mark A. Stern, M.D., Gastroenterology
Steven O. Stewart, M.D., Family Medicine
Gary B. Stillwagon, M.D., Ph.D., Radiation Oncology
Jacqueline R. Sutton, M.D., Pediatrics
Stephen Szabo, M.D., Medical Oncology
Neill Videlefsky, M.D., Pediatric Cardiology
Joseph M. Woods IV, M.D., Plastic Surgery
Mark L. Wulkan, M.D., Pediatric Surgery
Treatment and recovery are meticulously delivered by DeKalb Medical’s healthcare professionals.

A brief spell of lightheadedness after a 20-minute walk at Stone Mountain seemed minor, but Cathy Smith contacted her physician anyway.

“I have fibromyalgia, which affected the arteries around my heart, resulting in prinzmetal angina, so I’ve been under the care of a cardiologist for 20 years,” explains Smith. Because Sybil D. Dotson, M.D., sees Smith every six months, she recognized the dizziness and mild chest pain as new symptoms that warranted additional tests.

Smith passed the treadmill part of a nuclear stress test with flying colors, but a coronary blockage was seen on the images taken after the treadmill exercise. This led to angiography, a procedure for injecting dye into the arteries through a small catheter so the inside of the arteries can be seen on X-ray. It showed a 95 percent blockage in the right main artery. “I was told that I was one lucky lady,” says Smith. The plaque blocking her artery was removed during a procedure called angioplasty, and a stent—a small tube—was inserted in the artery to keep it open.

Not sure how much activity was safe following her surgery, Smith asked Dotson about the DeKalb Medical cardiac rehabilitation program described in brochures in the cardiologist’s office. “She approved my participation in the program, so I started the following week.”

The Cardiac Rehabilitation program at DeKalb Medical is a medically supervised program consisting of individualized exercise prescriptions, education and support. The program can benefit people of all ages to help reduce or reverse the progression of heart disease and other heart conditions.

**Fast Track to Health**

Unlike Smith’s vague symptoms, John Vaughan’s symptoms were clearly heart-related. His arm felt tingly and he didn’t feel well while shopping at Home Depot, but after he got home, he realized he couldn’t lift his arm and he felt like something was pressing on his chest. “I took two aspirin and told my wife we needed to go to the emergency room,” he says.
Once at DeKalb Medical’s emergency department, Vaughan simply had to say “chest pain” and a flurry of activity began. “My wife dropped me off at the door and went to park the car. When she came into the ED, I was already in an exam room, hooked up to an EKG and talking with a doctor,” says Vaughan.

Because DeKalb Medical’s Heart and Vascular Institute is equipped to provide cardiac catheterization, angiography and angioplasty with stent placement, Vaughan was taken immediately into the catheterization lab, where doctors discovered an artery with 100 percent blockage. “I had the procedure and went home about 36 hours later,” he says.

Vaughan also went through the cardiac rehab program, which was recommended by his cardiologist, Anthony C. Dorsey, M.D. The rehab program is located in the DeKalb Medical Wellness Center, which made the trip convenient for him and his wife. “My wife came with me on my cardiac rehab days and signed up for an exercise class that was held at the same time,” says Vaughan. “When I finished the rehab program, I signed up for the SilverSneakers program so I could continue exercising at the Wellness Center.” The wide range of exercise classes for all levels of ability and all ages makes it easy to transition from the cardiac rehab program to a consistent exercise program that includes weights, water aerobics, classes and walking on an indoor track.

At 70 years old, Vaughan has a lot of lessons to share. “My best advice is not to ignore minor pains, take care of yourself and stay active physically and mentally,” he says. “Cardiac rehab and exercise at the Wellness Center keep me active physically and mentally because it is a very social environment. My wife and I have met new friends and we’re staying healthy.”
SPECIALIZED care

ADDRESSING THE UNIQUE NEEDS OF SICKLE CELL PATIENTS

Sickle cell disease is the most common inherited blood disorder in the United States. It affects 70,000 to 80,000 Americans. One out of 500 African-Americans and 1 out of 1,000 to 1,400 Hispanic Americans will develop sickle cell disease, a group of disorders in which red blood cells are distorted into a crescent or sickle shape. This distortion decreases the blood cell’s ability to deliver oxygen throughout the body and can cause organs to eventually fail.

Feedback from a sickle cell patient’s family prompted the staff at DeKalb Medical at Hillandale to take a close look at these patients and develop specific treatment protocols to address their needs. “We see a lot of sickle cell patients who come into our emergency department for treatment and they are often admitted to the hospital,” says Kim Bentley, M.S., R.N., CCRN, executive director of patient care services and assistant administrator. The most common reason sickle cell patients visit the emergency department is treatment of pain, a common symptom for many patients.

“These patients are very knowledgeable about their disease and previous treatments, so they have a conversation with the physician about their medication,” explains Bentley. “Our pain management protocols begin treatment with pain medications most commonly used in low doses, but doing this for sickle cell patients may not alleviate sickle cell patients’ pain in the emergency department. The patients may have been unnecessarily admitted to the hospital, which leads to a high number of hospital admissions for pain management.”

A team of physicians, nursing leadership and staff put together a plan to identify and treat sickle cell patients in a way that reflected their unique symptoms and illness. Hematologist Simbo Oluwabusuyi Aduloju, M.D., a physician who specializes in blood disorders, provided up-to-date information on the disease. This addressing the unique needs of sickle cell patients

“Our main goal is to develop a program that recognizes the unique needs of our sickle cell patients and enables us to provide treatment while preserving the patient’s dignity.”

—Kim Bentley, M.S., R.N., CCRN

TIPS TO PREVENT A SICKLE CELL CRISIS

1. Don’t drink a lot of alcohol.
2. Don’t smoke. If you do smoke, quit.
3. Exercise regularly, but not so much that you become exhausted.
4. Drink at least eight 12-ounce glasses of water a day.
5. Eat at least five fruits and vegetables a day.
6. Reduce or avoid stress. Talk to your doctor if you’re depressed or have problems with your family or job.
7. Treat any infection as soon as it occurs. When in doubt, see your doctor.
8. Get appropriate vaccinations and a flu shot annually.
9. Wear warm clothes outside in cold weather, stay inside in air-conditioned rooms during hot weather and don’t swim in cold water.
10. Try to be positive about yourself.
11. Tell your doctor if you think you might have a sleep problem, such as snoring, or if you sometimes stop breathing during sleep.
12. If you have another medical condition, like diabetes, get treatment and control the condition.
13. If you are pregnant or plan to become pregnant, get early prenatal care.
14. Only travel in commercial airplanes. If you have to travel in an unpressurized aircraft, talk to your doctor about extra precautions.

Source: Sickle Cell Disease Association of America, Baltimore, MD. www.sicklecelldisease.org
enabled physicians and staff to develop an effective pain treatment specifically for sickle cell patients. “Once we verify that the patient has sickle cell disease, we treat the pain more aggressively,” says Bentley. Future plans include two special areas, one in the emergency department and one in the hospital, with nurses experienced in monitoring patients receiving high levels of narcotics. While the goal is to treat the pain without admitting the patient to the hospital, Bentley says pain can be triggered by an underlying cause requiring further care, which may require hospital admission for treatment.

“Our main goal is to develop a program that recognizes the unique needs of our sickle cell patients and enables us to provide treatment while preserving the patient’s dignity,” says Bentley. “Physician, staff and nursing leadership involvement, education and patient feedback are helping us reach that goal.”

**WHAT IS SICKLE CELL DISEASE?**

- An inherited blood disorder most frequently found in people with ancestors from Africa, Mediterranean countries, the Arabian peninsula, India and Spanish-speaking countries in South and Central America as well as parts of the Caribbean.
- Sickle cell disease is a group of disorders that affects hemoglobin, the molecule in red blood cells that delivers oxygen to cells.
- Signs and symptoms of sickle cell disease usually begin in early childhood with anemia (which is a low number of red blood cells), repeated infections and periodic episodes of pain. Some people have mild symptoms, while others have more serious complications.
- Anemia, caused by sickle cell disease, can result in shortness of breath, fatigue and delayed growth and development in children. Yellowing of the eyes and skin, which are signs of jaundice, may also appear.
- Pain can occur when sickled red blood cells, which are stiff and inflexible, get stuck in small blood vessels. These episodes deprive tissues and organs of oxygen-rich blood and can lead to organ damage, especially in the lungs, kidneys, spleen and brain.


1 out of 500 African Americans will develop sickle cell disease.

---

**COMMUNITY HEALTH TALKS AT DEKALB MEDICAL AT HILLANDALE**

All programs are free but require registration. Please call 404.501.WELL (5355).

**10.15 | TUESDAY**

**BREAST CARE FACTS**
6–7 p.m. ■ Community Room at DeKalb Medical at Hillandale

Celebrate Breast Cancer Awareness Month by joining a DeKalb Medical breast cancer navigator at this seminar that focuses on breast care, as well as general healthcare for women. Men are welcome to learn more about the healthcare needs of the special women in their life.

**10.24 | THURSDAY**

**STROKE PREVENTION: ASSESSING YOUR RISK**
6–7 p.m. ■ Community Room at DeKalb Medical at Hillandale

Join Chika Ugwuoke, a DeKalb Medical stroke educator, as she discusses symptoms and treatment of strokes. Learn how to evaluate your risk for stroke as well as important steps you can take to reduce your risk of stroke.

**11.20 | WEDNESDAY**

**BLOOD DRIVE**
12:30 to 5:30 p.m. ■ Community Room at DeKalb Medical at Hillandale

Give blood and receive a free lunch and a chance to win a $25 gas card. Although pre-registration is not required, you can register by going to [www.givelife.org](http://www.givelife.org) and entering DeKalb Medical’s sponsor code: demecce. To register by telephone or for more information, call 404.501.WELL.

**11.3 | TUESDAY**

**YOUR HEART AND PERIPHERAL VASCULAR DISEASE**
6–7 p.m. ■ Community Room at DeKalb Medical at Hillandale

Join Kristi Kinsey-Gotier, M.D., an internal medicine specialist, as she discusses the relationship between vascular disease and heart health. Each person attending will receive a coupon for a free vascular screening that is valued at $149.
looking beyond

Making cutting-edge healthcare treatments available inspires donors to rise to the occasion.

physician

RENOVATED CENTER OFFERS NEW CANCER TREATMENT TECHNOLOGY

A spacious, comfortable waiting area and improved areas for treatments and exams are the most obvious results of the Radiation Oncology Center renovation, but Frederick Schnell, M.D., director of the center, wants to talk about the new technology that offers a wider range of treatment options for patients.

“We provide stereotactic radiation therapy for brain tumors as well as stereotactic body radiation therapy for cancers of the lung or abdomen,” says Schnell. Stereotactic radiation therapy uses narrow beams of radiation coming from different angles to deliver radiation more precisely and at higher doses than traditional radiation therapy.

Prostate cancer treatments using Iodine-125 radiation seed implants are now performed at DeKalb Medical, says Schnell. “We are also evaluating other sources of radiation treatments that are effective in treatment of hormone-resistant prostate cancer and advanced prostate cancer.”

Schnell has also chosen to show his commitment to the Radiation Oncology Center by becoming a member of the Founder’s Circle Giving Club of the DeKalb Medical Foundation. “I chose to donate now, and to complete my gift this year, to help the Foundation match the $1 million challenge gift from an anonymous donor.”

Funds raised by the current Foundation campaign, Advancing Hope and Healing … One Story at a Time, are used to support renovation and ongoing technology purchases for the Radiation Oncology Center on the North Decatur campus and the Comprehensive Breast Center at DeKalb Medical at Hillandale.

GET IN TOUCH
To learn more about the $1 million challenge gift, see page 22. To learn more about the campaign, or to make a gift, go to www.dekalbmedical.org/foundation or call 404.501.5956.

DEKALB MEDICAL AND WEEKLY CHECK-UP PROVIDE ANSWERS
Tune in to WSB Radio (750 AM and 95.5 FM) every Sunday at 3 p.m. to hear the latest health news and information on The Weekly Check-Up. Hosted by Bruce Feinberg, M.D., the call-in show covers a wide range of topics that affect everyone’s lives. Guest appearances by DeKalb Medical physicians will keep you up to date about national healthcare news as well as what’s happening in the local community. For more information about the show, go to www.weeklycheckup.com/index.php.

LOOKING FOR A GOOD DOCTOR?
With more than 800 physicians skilled in 55 specialties on staff at DeKalb Medical, our physician referral service can help you find the right doctor for your needs. Call 404.501.WELL (9355) between 8 a.m. and 5 p.m., Monday through Friday, or visit our website at www.dekalbmedical.org and select “Find a Doctor.”

welcome docs
to DeKalb Medical

GASTROENTEROLOGY
Prashant Sharma, M.D.

HEMATOLOGY/ONCOLOGY
Kathleen E. Lambert, M.D.

INTERNAL MEDICINE
Mobin Shah, M.D.

OBSTETRICS AND GYNECOLOGY
Yun M. Fung, M.D.

OPHTHALMOLOGY
Hyung Cho, M.D.
Sri K. Mukkamala, M.D.

OTOLARYNGOLOGY
Shivan Harish Amin, M.D.
Preston Imhof, D.O.

PEDIATRICS
Adebayo K. Akinsola, M.D.
Abigail I. Kamishlian, M.D.
Yao O. Ohene-Fianko, M.D.
Shaveanda L. Queen, M.D.

PEDIATRICS—CARDIOLOGY
Glen J. Iannucci, M.D.
Timotehus G. Watson, M.D.

PHYSICAL MEDICINE & REHABILITATION
Parchelle D. Connally, M.D.

SURGERY—COLON AND RECTAL
Leonard H. Armstrong, M.D.
Erin M. King, M.D.
Gie N. Yu, M.D.
greater health and well-being

10.4 | FRIDAY
FAMILY FUN NIGHT—MOVIE ON THE DECATURE SQUARE: EPIC
6 p.m. ■ Gazebo on Decatur Square Free movie and activities for the family. Festivities begin at 6 p.m. with movie at dusk. Epic is the story of a secret universe where a teenage girl and some whimsical characters must save both worlds. Bring refreshments and blankets. Arrive at 6 p.m. to talk with DeKalb Medical doctors and participate in a fitness challenge.

10.15 | TUESDAY HILLANDALE
AND
10.21 | MONDAY NORTH DECATURE
SPECIAL BREAST CANCER AWARENESS MONTH SEMINARS:
BREAST CARE FACTS
6–7 p.m. ■ DeKalb Medical Auditorium at North Decatur campus, Community Room at DeKalb Medical at Hillandale Celebrate Breast Cancer Awareness Month by joining a DeKalb Medical breast navigator at this seminar that focuses on breast care, as well as on general healthcare for women. Men are welcome to learn more about the healthcare needs of the special women in their life.

10.9 | WEDNESDAY
AND
12.12 | THURSDAY
BLOOD DRIVES
Noon to 6 p.m. ■ Dr. Bobbie Bailey Tower Auditorium, North Decatur Campus Help others by giving blood at DeKalb Medical's blood drives and receive free parking, a free lunch and a chance to win a $25 gas card. Although you are not required to pre-register, you can register by going to www.givelife.org and entering DeKalb Medical's sponsor code: demece. To register by telephone or for more information, call 404.501.WELL.

10.17 | THURSDAY NORTH DECATURE
AND
10.24 | THURSDAY HILLANDALE
STROKE PREVENTION: ASSESSING YOUR RISK
6–7 p.m. ■ Dr. Bobbie Bailey Tower Auditorium on North Decatur Campus; Community Room at DeKalb Medical at Hillandale Join Chika Ugwuoke, a DeKalb Medical stroke educator, as she discusses symptoms and treatment of strokes. Learn how to evaluate your risk for stroke as well as important steps you can take to reduce your risk of stroke.

11.7 | THURSDAY
KNEE PAIN OPTIONS—ARE YOU A CANDIDATE?
6–7 p.m. ■ DeKalb Medical Theatre at North Decatur campus Join DeKalb Medical orthopedic surgeon Jeff Traub, M.D., as he talks about the latest advances in the treatment of knee conditions—including knee replacement surgery. Guests wishing to take a tour of the Joint Solutions Center should meet in the theatre at 5 p.m.

11.14 | THURSDAY
THE BENEFITS OF HIP REPLACEMENT SURGERY
6–7 p.m. ■ DeKalb Medical Theatre at North Decatur campus Join DeKalb Medical orthopedic surgeon Chris Haraszti, M.D., as he talks about the latest advances in the treatment of hip conditions—including hip replacement surgery. Guests wishing to take a tour of the Joint Solutions Center should meet in the theatre at 5 p.m.

11.20 | WEDNESDAY
BLOOD DRIVE
12:30 to 5:30 p.m. ■ Community Room at DeKalb Medical at Hillandale Give blood and receive a free lunch and a chance to win a $25 gas card. Although pre-registration is not required, you can register by going to www.givelife.org and entering DeKalb Medical's sponsor code: demece. To register by telephone or for more information, call 404.501.WELL.

12.3 | TUESDAY
YOUR HEART AND PERIPHERAL VASCULAR DISEASE
6–7 p.m. ■ Community Room at DeKalb Medical at Hillandale Join Kristi Kinsey-Gotier, M.D., an internal medicine specialist, as she discusses the relationship between vascular disease and heart health. Each person attending will receive a coupon for a free vascular screening that is valued at $149.

1.7 | TUESDAY
PONDERING PREGNANCY?
6–8 p.m. ■ Dr. Bobbie Bailey Tower Auditorium, North Decatur campus Few things change your life more than having a baby. Whether you are just starting to contemplate having a baby or it's the only thing on your mind, DeKalb Medical's team is here to help. We invite you to join us for our Pondering Pregnancy panel of experts to hear tips on what to expect during pregnancy, ask questions and tour our maternity area.

WHAT YOU SHOULD KNOW You're invited to learn more about a wide range of healthcare topics. Light refreshments will be served. All events are free, but registration is required. Call 404.501.WELL (9355) or visit www.dekalbmedical.org.
FOR MORE INFORMATION ON THE WELLNESS CENTER PROGRAMS, CALL 404.501.WELL (9355).

NUTRITION

Fitness Pathway
Let our wellness experts design a program specifically for you. The Pathway includes two hours of consultation with our registered dietitian, two hours with our exercise physiologist and one hour with a Wellness Center specialist. Note: There is a 24-hour cancellation policy for this service.
FEE $215; Wellness Center members $150
INFO 404.501.5415

Grocery Store Tour
Get a one-hour, hands-on nutrition education session and a personalized grocery tour with Antonio Cain, R.D.
FEE $40 INFO 404.501.5015

Nutrition Consult
Receive a nutrition consultation from our expert.
Consults include:
- a personalized meal plan; if needed, this can encompass all medical needs into one manageable, healthy meal plan.
- a personalized nutrition information packet that includes science-based nutrition information to answer your questions and strategic tips on how to follow your tailored meal plan.
Note: There is a 24-hour cancellation policy for this service.
FEE $55/one hour consult; $30/half-hour consult; $15/15-min. check-in (for long-term clients); Wellness Center member discount: $35/one-hour; $20/half-hour; $15/15-min. check-in (for long-term clients); Wellness Center members $35/one-hour; $20/half-hour; $15/15-min. check-in (for long-term clients)
INFO 404.501.5015

MIND AND BODY

Ageless Grace®
Fun and “FUNctional” exercises for lifelong vitality and ease in your body. “21 Anti-Aging Tools” for total body and mind fitness. Easy to learn, these are exercises that almost anyone can do. Improve your joint flexibility, strength, posture and balance, as well as mental quickness and focus. Feel better, more energetic and relaxed, and get “body smart” at the same time. Exercises are done seated or standing and are especially suited to those with joint and balance issues.
SESSIONS 8 FEE $80 (discounted fee of $56 for those in a DeKalb Medical Diabetes Education class or support group) DATES October 21–December 16 (skip November 11) DAY Monday TIME 1–2 p.m.
LOCATION The Wellness Center INFO 404.501.WELL

American Heart Association Basic Life Support for Healthcare Providers
This certification course is designed for healthcare professionals who need to know how to perform high-quality CPR and manage the choking adult, child and infant.
Instructor: Susan Munroe, R.N.
FEE $50 DATE Friday, November 15, noon–4 p.m. or Saturday, December 14, 9 a.m.–1 p.m.
LOCATION The Wellness Center INFO 404.501.WELL

American Heart Association Combo Heartsaver and First Aid Class
Two in one! Learn Heartsaver CPR plus First Aid all in one class. Participants are encouraged to bring a brown bag lunch.
Instructor: Susan Munroe
FEE $65 DATE October 19 DAY Saturday TIME 9 a.m.–3 p.m. LOCATION The Wellness Center INFO 404.501.WELL

Belly Dance Your Body
Beginners are welcome! Even if you have already taken this class, there are always new things to learn and old things to practice. This class highlights the inner process of expressing our bodies through relaxation and meditation techniques. Enjoy the benefits of a dance that embraces all body types and is natural to our bodies’ bone and muscle structure. Movements feature undulating torso and hip movements that strengthen and slim the abdomen while energizing us. So fun and relaxing you won’t realize you’re also getting a great workout. Wear something you can stretch and move in.
SESSIONS 6 FEE $60/$15 for drop-in DATES September 30–November 11 DAY Monday TIME 7:45-8:45 p.m. INFO 404.501.WELL

Body-Beautifying from Around the World
If you want to look and be your best—even if you feel you have a long way to go—this class is for you. Anyone can do these gentle and effective exercises. This class is unique because the ancient stretches and toning actually beautify you from the inside out, strengthening your organs to function better and release toxins. This workshop culminates with the festive movements of Middle Eastern dance, activating your hips and relieving tension in the spine.
FEE $20; $38 for both sessions DATES October 13 and November 3 DAY Sunday TIME 2-3:30 p.m.
INFO 404.501.WELL

Career Counseling
Private career counseling provides information you need to make informed decisions about your education, career and lifestyle. Counselor Terry L. Wynne, Ed.S., LPC has more than 20 years experience as a career counselor.
FEE $120/hour INFO 404.501.WELL

Caring for Aging Parents
Many of us find ourselves caring for aging parents. It can be overwhelming if we don’t have support. Topics of discussion: self care and boundaries, navigating elder care services, shifting family alliances and role reversals, grieving and processing anger, maintaining a sense of humor and understanding healthy aging. Facilitated by Paula Buford, Th.D., LPC, pastoral counselor/psychotherapist and former hospital chaplain, who has been a caregiver for her aging parents.
SESSIONS 4 FEE $95 DATES October 30–November 20 DAY Wednesday TIME 7-8:30 p.m.
INFO 404.501.WELL
ChiWalk-Run Clinic

Improve your walking technique, endurance and speed, and learn how to safely add running intervals to your program by practicing the ChiWalk-Run skills. Learn the most efficient posture and stride, and how to use gravity to improve your workout. You will burn fat, create core strength and move more efficiently—whether you choose to walk or walk/run for weight loss or stress reduction, or to compete in a walk/run event. Certified ChiWalking Instructor: Sandy Bramlett, M.Ed.

**FEE $85**  
**DATE** October 26 or November 16  
**DAY** Saturday  
**TIME** 9 a.m.–noon  
**LOCATION** TBD  
**INFO** 404.501.WELL

Divorce Recovery for Women Workshop

Divorced, separated or going through a divorce? If you are tired of feeling confused, stuck, overwhelmed, angry, terrified or unable to relate to others, this workshop is for you. You will gain understanding of the divorce transition and the recovery process; learn how to let go and say goodbye to your relationship; and learn the necessary tools to help you restore your life again.

Class facilitator: Jennifer Key, NCC, LAPC

**SESSIONS** 6  
**FEE** $180 or $30/session  
**DATES** October 5–November 9  
**DAY** Saturday  
**TIME** 11 a.m.–12:30 p.m.  
**INFO** 404.501.WELL

Laughter Yoga

Laugh for no reason—that's the essence of Laughter Yoga. Participate in simple scenarios to make you laugh and gain all the healthy and emotional benefits of laughter.

**FEE $15/class**  
**DATES** October 12, November 23 and December 14  
**DAY** Saturday  
**TIME** 1–2 p.m.  
**INFO** 404.501.WELL

Life/Health/Career Coaching

Jane McMullan Howe, M.S., ACC, certified coach, works with individuals to achieve wellness through coaching. Jane and her clients identify, confront and overcome challenges; clarify boundaries; and achieve balance through powerful questioning delivered in a compassionate coaching style.

**SESSIONS** 4 by phone  
**FEE** $100 hr./in-person coaching and $200/four 30-min. phone sessions  
**INFO** 404.501.WELL

Loosen Up! for AnyBODY!

Using rollers and balls of various sizes, you'll learn a series of “self-care” movements to restore suppleness to your body and “unstick” chronic tension by creating healthy connective tissue and joints. Whether you're a runner, golfer, exerciser or couch potato, you'll loosen tight muscles; release stiff joints; strengthen your core; improve range of motion; and reduce the risk of injury from sports, exercise and daily living.

**FEE** $100  
**DATES** October 2–30  
**DAY** Wednesday  
**TIME** 7–8 p.m.  
**INFO** 404.501.WELL

Lose the Blues: Stop Depression Before It Starts

Do you want to escape the “holiday blues” this year? Do you have a history of feeling down? Do you want to reduce the risk of having depression again? This nine-week class helps reduce the risk of depressive episodes with strategies that have been proven helpful for people with mild to moderate depression. Lectures, interactive components and homework assignments are part of each class. Participants should bring a notebook or folder. Instructor: Heather Hopper, Ph.D., Licensed Clinical Psychologist

**SESSIONS** 9  
**FEE** $270  
**DATES** October 5–December 7 (skip November 30)  
**DAY** Saturday  
**TIME** 9–10 a.m.  
**INFO** 404.501.WELL

LOOKING FOR AN EXERCISE CLASS?

The Wellness Center offers a full range of classes, including:
- Boot Camp
- Easy Motion/SilverSneakers
- High/Low Impact Aerobics
- Low Impact Aerobics
- Muscle Works
- Pilates
- Senior Cardio/Strengthening
- Step
- Step Circuit Training
- Strength & Balance (55 years and older)
- Tone & Stretch
- Zumba

For up-to-date information on the day and time of each class, call 404.501.2222 or go to www.dekalbmedical.org, select “Wellness Center,” then choose “Schedules.”

For up-to-date information on the day and time of each class, call 404.501.2222 or go to www.dekalbmedical.org, select “Wellness Center,” then choose “Schedules.”
Massage Therapy
Gift certificates available! Note: There is a 24-hour cancellation policy for this service.

**SESSION** traditional massage  **FEE** $67/60 min.; $37/30 min.  **INFO** 404.501.2222

**SESSION** traditional massage discount package  **FEE** $290/five 60-min. sessions  **INFO** 404.501.2222

**SESSION** hot stone massage  **FEE** $90/75 min.  **INFO** 404.501.2222

Reflexology
Reflexology promotes relaxation, improves circulation, reduces pain, soothes tired feet and encourages overall healing.

**FEE** $65/45 min.  **INFO** 404.501.2222

Reiki
Restore balance—physically, emotionally and spiritually—through a gentle, hands-on healing practice to enhance the body's natural healing response. Reiki treatments help reduce stress and anxiety, promote relaxation, relieve pain and promote optimal health and well-being. Reiki provider: Kandi Mullen

**FEE** $85/60-minute session  **INFO** 404.501.WELL

Seated Dance
Learn to express and exercise your body as you remain seated. Parts of you may be weakened, injured or challenged, but you still deserve a fun class where you can express the parts of your body that can move. Middle Eastern moves contribute to this class as they accentuate our arms and torso. Join us in celebrating the expression of you with fun music while learning creative moves and great stretches!

**FEE** $15  **DATE** October 26  **TIME** 2:30–3:30 p.m.  **INFO** 404.501.WELL

Smoking Cessation Personal Coaching
Personalized one-on-one coaching to quit smoking is offered by Kandi Mullen, a Certified Life Coach. Coaching sessions address barriers to quitting, managing stress and rewarding yourself, as well as healthy coping techniques such as relaxation and breathing exercises to support a smoke-free lifestyle.

**FEE** one session, $85/hour; three one-hour sessions package, $230; one session for two people, $70/hour/person  **INFO** 404.501.WELL

Tai Ji and Qi Gong: Introduction
Take time for yourself and explore the world of Tai Ji as you improve focus, increase balance and coordination, and reduce tension. You will be introduced to the theory and practice of Tai Ji and Qi Gong in an open, informal and accepting environment. Tai Ji incorporates slow, intentional movement with focused breathing as a means to gain awareness and find your center. Leave the outside world at the door and enter a new mode of learning and being. This low-impact form is suitable for everyone.

**SESSIONS** 5  **FEE** $62  **DATES** November 9–December 21 (skip November 30 and December 14)  **TIME** Saturday 11:45 a.m.–12:45 p.m.  **INFO** 404.501.WELL

Tai ji for Better Bones and Balance
Tai Ji is a slow, gentle form of movement that decreases stress, lowers blood pressure, improves balance and coordination, increases flexibility and improves cardiovascular fitness. This class benefits people with arthritis, joint replacements, Parkinson’s, MS, diabetes and other health challenges. The gentle movement helps protect arthritic joints and strengthen muscles around the joints. The body gradually adjusts to exercise and many side effects of diabetes, such as high glucose levels, heart disease and balance problems related to neuropathy, are positively affected. This form is based on the work of Dr. Paul Lam, Tai Chi for Arthritis.

**SESSIONS** 8  **FEE** $100  **DATES** October 10–December 5 (skip November 28)  **TIME** Thursday 11:15 a.m.–12:00 p.m.  **INFO** 404.501.WELL

Tai Ji, Qi Gong and Meditation
This class combines a short, simple Tai Ji form, Qi Gong movements (which can be done sitting or standing) and brief meditations focused on breath and stillness. It is appropriate for people of all abilities.

**SESSIONS** 8  **FEE** $100  **DATES** October 10–December 5 (skip November 28)  **TIME** Thursday 11:15 a.m.–12:00 p.m.  **INFO** 404.501.WELL

The Artist’s Way: Living Creatively
Engage in the creative process and open up your life, your heart and your dreams. Join us in journaling, creative exercises, affirmations and weekly check-ins as we follow The Artist’s Way, written by creativity guru Julia Cameron. Led by Paula Buford, Th.D., LPC., pastoral counselor/psychotherapist and potter. Journaling supplies provided.

**SESSIONS** 4  **FEE** $100  **DATES** October 7–December 5 (skip November 28)  **TIME** Thursday 7–8:30 p.m.  **INFO** 678.592.2565. Call 404.501.WELL to register.

Creative Non-Fiction Writing
Learn to write appealing, exciting stories from your life events that could even be published! Once you know the various techniques of "creative non-fiction writing," you’ll be pleased at the results of your own writing—using dialogue, description, the senses and other elements in your writing to make it come alive! Instructor: Bonnie C. Harvey, Ph.D., published author

**SESSIONS** 6  **FEE** $75  **DATES** September 18–October 23  **TIME** 3:40–5:40 p.m.  **INFO** 404.501.WELL

Tai Ji: Inner Balance Through Tai Ji
Tai Ji is an ancient form of Chinese movement that is slow and gentle, helping reduce stress, increase relaxation, improve balance and coordination, lower blood pressure, clear the mind and improve focus. This class includes Qi Gong and the Five Elements and Circles of Tai Ji form created by Chungliang Huang, Living Tao Foundation. Instructor: Meg Randolph

**SESSIONS** 10  **FEE** $125  **DATES** October 8–December 10  **TIME** Tuesday 7:45–8:30 p.m.  **INFO** 404.501.WELL
PARENTING AND PRENATAL CARE

Baby Talk—Breastfeeding Support Group
This is a weekly mother-to-mother support group facilitated by a certified lactation consultant. This amazing group has been in existence for more than 10 years, supporting and empowering each other in being breastfeeding moms. Baby weight checks are also available.

FEE Free DAY Thursday TIME 11 a.m.–noon
LOCATION The Dr. Bobbie Bailey Tower, Classroom 3040
INFO 404.501.WELL

Breastfeeding Class
This one-time prenatal class provides valuable information for creating a good foundation for successful breastfeeding. Learn positioning, latching and building an abundant breast milk supply. The main focus is on getting started in the hospital and the first few weeks and months of nursing. Dad’s/VIP’s role on the breastfeeding team is also discussed.

FEE $45/couple INFO Call 404.501.WELL or check our website for location, dates and times.

Childbirth Preparation
Our Saturday Prepared Childbirth classes are interactive and incorporate a variety of teaching methods: lecture, instructor-led discussions, videos and activities. Learn how to relax and work with your body, patterned breathing, comfort measures and positioning, massage and medication options.

FEE $95/couple INFO Call 404.501.WELL or check our website for location, dates and times.

Childbirth Preparation—Your Time, Your Schedule
Unable to attend a childbirth preparation class or prefer to learn in the privacy of your home? Register for this class. You will receive a booklet that includes a login to a website to enhance your learning experience. Chapters include: understanding late pregnancy, labor, birth stories, comfort techniques and medical procedures/pain management. The website includes more than 50 video clips and printouts. The material does not take the place of advice from a healthcare provider and you should call your doctor with any questions.

FEE $25 INFO 404.501.WELL

Infant CPR for Parents
Infant CPR is designed to prepare for potential child emergencies; it covers infant CPR and choking. NOTE: This is not a CPR certification course.

FEE $35/couple INFO Call 404.501.WELL or check our website for location, dates and times.

Prenatal Toning, Fitness and Yoga Combo
This specially designed combo gives you a taste of everything. Oh Baby! Fitness has to offer in a prenatal class. We start with 20 minutes of aerobic, cardio and strength training, followed by 20 minutes of stability/birthing ball exercises and finish with a 20-minute yoga cool-down, including relaxation, stretching and meditation. What to bring: a bottle of water, towel and yoga mat. Medical consent is required.

SESSIONS 8 FEE $120; $18/per class
DATES August 28–October 16; October 23–December 18 (skip November 27) DAY Wednesday
TIME 7:30–8:30 p.m. LOCATION The Wellness Center
INFO 404.501.WELL

Mom & Baby Fitness
This class incorporates cardio, strength training and focused abdominal work. Your baby can get in on the fun or simply stay close to you on your mat. Class ends with a treat for baby: a gentle baby massage. What to bring: a yoga mat, front carrier (Baby Bjorn or similar), towel and water. Medical consent is required if baby is less than 12 weeks old.

SESSIONS 4 FEE $60; $18/class
DATES September 22–October 13; October 20–November 10; November 17–December 15 (skip December 1) DAY Sunday
TIME 1:15 p.m. LOCATION The Wellness Center
INFO 404.501.WELL

New Parents Support Group
Bring your baby and join other parents who face similar issues and challenges. This group has been helping parents for over 20 years.

SESSION For parents of infants up to 1 year old
FEE Free DAY Thursday TIME 10 a.m.–noon
LOCATION The Dr. Bobbie Bailey Tower, Classroom 4040
INFO No registration required.

Newborn Baby Care
Soon-to-be parents have many questions and concerns about caring for their infant, both physically and emotionally. Bathing? Diapering? What to do when baby is fussy? All this and many other questions are addressed in this one-night class.

FEE $45/couple INFO Call 404.501.WELL or check our website for dates, times and locations.

Obstetrical Virtual Tour and Information Session
Experience a virtual OB tour and information-packed session while sitting in a comfortable room. Learn about arriving at the Women’s Center, admission, the Mother Baby unit, our nurseries (including Neonatal Intensive Care) and going home. Receive information on parking, infant safety, visitors, baby photos and pediatricians. You can complete your pre-registration, so remember to bring your insurance card.

INFO Call 404.501.WELL or check our website for location, dates and times.

MEDICALLY SPEAKING

Aquatic Therapy
Led by a licensed rehab therapist, this program is excellent for arthritis or fibromyalgia patients. Requires a physician’s referral.

INFO 404.501.5140

Cardiac Rehabilitation Program
An exercise and education program for those who have experienced a heart attack or other cardiac dysfunctions. An exercise physiologist will develop a program for you and will monitor your EKG while you exercise. Requires a physician’s referral.

INFO 404.501.7155

DeKalb Stroke Club
This free support group is open to all stroke survivors, their families and friends. We meet at DeKalb Medical—North Decatur campus in the Cafeteria Board Room, on the ground floor next to the cafeteria exit.

FEE Free DAY First Saturday of each month, except July and December TIME 1:30 p.m. INFO 404.501.WELL

Driving Evaluation
Get an initial evaluation consisting of clinical testing and on-road evaluations with certified driving rehabilitation specialists.

INFO 404.501.5140
Lymphedema Therapy
DeKalb Medical Rehabilitation Services offers outpatient treatment provided by a certified lymphedema therapist.
INFO 404.501.5140

Pulmonary Rehabilitation Program
An exercise physiologist will develop a program for patients with chronic lung disease to improve exercise capacity and quality of life. Requires a physician’s referral.
INFO 404.501.7155

Weight Loss Surgery Education
Learn about different procedures from a bariatric surgeon and have your questions answered. Registration required. Call for dates and times.
INFO 404.501.LOSE (5673)

Weight Loss Surgery Support Group
Led by a psychologist, this group is for weight loss surgery patients, their families, friends and anyone considering weight loss surgery.
FEE Free DAY Third Wednesday and last Monday of each month TIME 7:30-9 p.m. LOCATION Stubbis Auditorium INFO 404.501.7081

Weight Loss Surgery—Veterans’ Support Group
For weight loss surgery patients who are at least 12 months post-op, and their family and friends.
FEE Free DAY Third Monday of each month TIME 7:30-9 p.m. LOCATION Stubbis Auditorium INFO 404.501.7081

**DIABETES PROGRAMS**
If class dates, times or fees are not listed, or if you have questions, please call us at 404.501.1790.

Pre-Diabetes Class
You may have been told that your blood sugar numbers were a “little high,” but not high enough to be diagnosed with diabetes. This class will help you make lifestyle changes to decrease your risk for diabetes or delay its development. Check with your Flexible Spending Account provider to see if this class is covered.
FEE $25 DATES Tuesday, October 8, and Tuesday, November 12, 10 a.m.-noon; and Tuesday, December 10, 6:30-8:30 p.m. INFO 404.501.WELL

Gestational Diabetes Class
This education, held at DeKalb Medical’s North Decatur campus, is for anyone diagnosed with gestational diabetes. This class requires a physician’s order and is covered by most insurance plans.
INFO 404.501.7070

Diabetes Education Classes
This class is for people with diabetes to learn the skills needed for self-management of their disease. The American Diabetes Association recognizes this education service as meeting the national standards for diabetes self-management education. This class requires a physician’s referral and is covered by most insurance plans.
INFO 404.501.1790

Diabetes Cooking Demonstration
Attend our cooking demonstration to learn how delicious meals can be a part of your daily diet. You will learn how to prepare the meals, and you’ll get to taste the food. The class is free to anyone who has attended any DeKalb Medical diabetes classes. Registration is required.
FEE $10 DATE December 11 DAY Wednesday TIME 10-11 a.m. LOCATION DeKalb Medical Wellness Center INFO 404.501.1790

Diabetes Workshop Pot-luck Dinner
Join us for a pot-luck dinner to kick off the holiday season—family and friends are welcome. Bring a dish to share; the main entrée will be provided. No registration required.
FEE Free DATE Tuesday, November 19 TIME 6:30-8 p.m. LOCATION North Decatur, Room 0865 on the ground floor of the hospital INFO Call 404.501.1790 for topics.

Exercising with Diabetes
Led by Ken Toussaint, Certified Clinical Exercise Specialist. Open ONLY to those who have attended a Diabetes Education Class. Registration is required.
FEE Free INFO 404.501.1790

DO YOU ENJOY WATER AEROBICS OR DO YOU PREFER TO SWIM LAPS?
Whichever pool exercise you want, The Wellness Center pool schedule can meet your needs.
CANCER PROGRAMS

Atlanta Legal Aid Cancer Initiative
Atlanta Legal Aid representatives assist low-income cancer patients with legal issues related to benefits, health insurance, job discrimination, debt relief, wills, advance directives and more.

FEE Free DATES October 21, November 18 and December 16  DAY Monday  TIME noon–2 p.m.
INFO 404.501.5701

Breast Cancer Rehabilitation
This outpatient evaluation and treatment by a physical therapist addresses issues that may occur following breast cancer treatment. Issues include decreased shoulder range of motion and strength, pain, swelling/lymphedema, poor posture and impaired ability to perform daily activities. A physician’s referral is required.

INFO 404.501.5140

Cancer Survival/Support Groups
Learn survival and coping skills, relaxation techniques, meditation and imaging, and how to deal with fear.

FEE Free INFO 404.501.5701

Family and Caregiver Group
Open to any adult (over the age of 18) family member, caregiver, spouse or partner of a cancer survivor to share information, support and answers.

FEE Free DAY Monday  TIME 6–7:15 p.m.
INFO 404.501.3742

Grief Group
A program for people dealing with the stages of grief. Open to anyone who has lost a loved one, and not limited to a loss from cancer.

FEE Free DATES October 10–November 14  DAY Thursday  INFO 404.501.5148

Hope and Healing Service
An ecumenical service with inspirational readings, prayer and messages of hope and healing led by the DeKalb Medical Pastoral Services Department.

FEE Free  DAY Second Tuesday of each month  TIME 6 p.m.  INFO 404.501.5701

FITNESS AT THE WELLNESS CENTER
See the description of exercise classes included in The Wellness Center membership on page 15.

BMI and Body Fat Measurement
Curious about your body fat percentage or concerned about your body mass index (BMI)? Call The Wellness Center for an appointment to get measured.

FEE $5 for non-Wellness Center members
INFO 404.501.5415

For up-to-date information on the pool schedule, call 404.501.2222 or go to www.dekalbmedical.org, select “Wellness Center” and then choose “Schedules.”

Look Good … Feel Better
This class helps women cope with the side effects of cancer treatment and feel more comfortable with changes in their appearance. A complimentary bag filled with brand-name cosmetic products, expert tips and advice, plus access to the free wig and scarf collection of the Cancer Center are included.

FEE Free  DAY First and third Thursday of each month  TIME 11 a.m.–1 p.m.  INFO Call 404.501.5701 to make a reservation.

Return to Wellness
An exercise class to help cancer survivors with their recovery from treatment and surgery. Doctor’s permission and free assessment through the Cancer Center physical therapist are required before you may begin the class. Call Laura or Rachele at 404.296.8511 to schedule your assessment appointment. Classes are offered all year long. Participants may join again after completing one eight-week session.

SESSIONS 8  FEE Free DATES October 30–December 18  DAY Wednesday  TIME 11 a.m. or 6 p.m.
INFO 404.501.5701

The Tree House Gang
A quarterly support group for children ages 5–17 who have a parent or other family member with cancer. Immediately after The Tree House Gang, there is a Young Survivors Grief Group for children who have lost a parent to cancer.

FEE Free  DATE Call for dates  TIME 4:45–6 p.m. (Tree House Gang); 6–7:15 p.m. (Young Survivors Group)
INFO 404.501.5701

Grocery Tours by Certified Diabetes Educators
Personal grocery tours for those with diabetes or prediabetes. Morning and evening times are available.

FEE $40, or free for those who have previously attended a diabetes education class at DeKalb Medical.
DATES Thursday, October 17, and Thursday, December 19, 6:30–7:30 p.m.; and Tuesday, November 12, 11 a.m.–noon.  INFO 404.501.1790

Living Healthy with Diabetes
If you have diabetes or prediabetes, or if you are working to prevent diabetes, this class will help you achieve your health goals. Create a health plan, define goals to improve and maintain good health, and learn how to identify and overcome obstacles to tip the balance for success. This class is based on Duke University’s Integrative Health Coach model. Instructor: Leila Finn, Certified Integrative Health Coach. Registration is required.

FEE $10/session  DAY Second Saturday of each month  TIME 1–2 p.m.  INFO 404.501.WELL

BMI and Body Fat Measurement
Curious about your body fat percentage or concerned about your body mass index (BMI)? Call The Wellness Center for an appointment to get measured.

FEE $5 for non-Wellness Center members
INFO 404.501.5415
### Exercise Prescription Session
Identify goals, maintain motivation, and set or rework an exercise program with an exercise specialist.

**FEE**: $45/60 min.; $30/30 min.  **INFO**: 404.501.5415

### Personal Training
Need motivation? Is it time to take your workout up a notch? Our certified and experienced trainers are here for you. You must be a current member of The Wellness Center to participate.

**FEE**: $50/60 min.; $35/30 min. Discount package: $210/five 60-min. sessions; $150/five 30-min. sessions.  
Senior Discount: 10 percent off all personal training sessions  **INFO**: 404.501.5415

### Post-Rehabilitation Exercise Training
This training is for individuals with chronic disease or disabilities that might be improved with exercise therapy. After completing prescribed rehabilitation programs for diseases such as cardiovascular disease, pulmonary disease, metabolic disease, orthopedic disease and disabilities, this training will assist individuals in continuing their rehabilitation with exercise management directed toward individual dysfunctions. You must be a current member of The Wellness Center to participate.

**SESSIONS**: 1 hour  **FEE**: $65; 5 pack: $300  **INFO**: 404.501.5415

**SESSIONS**: half hour  **FEE**: $50; 5 pack: $225  **INFO**: 404.501.5415

### Technogym Setup
Receive professional training on how to use our Technogym weight training equipment. This appointment includes a full assessment, including measurements, goal-setting, blood pressure and heart rate. Setup is required before using Technogym machines.

**FEE**: $35  **INFO**: 404.501.5415

### Technogym Weight-Training Equipment
This equipment provides an effective and safe way to do strength training. Technogym weight machines are designed to strengthen and tone muscle groups. Setup by an exercise specialist is required.

**INFO**: 404.501.2222

### AQUATICS AT THE WELLNESS CENTER
See pages 18–19 for a list of water fitness classes included in The Wellness Center membership.

#### Adult Swimming Lessons
Have you always wanted to learn how to swim? Lessons are available to anyone over the age of 16.

**SESSIONS**: 10  **FEE**: $130  **DATES**: October 21–November 20  **DAYS**: Monday and Wednesday  **TIME**: 6–7 p.m.  **INFO**: 404.501.WELL

#### Private Swimming Lessons
These lessons are tailored to your specific needs and offered to anyone over the age of 16.

**FEE**: $50/60 min.; $35/30 min. Discount package: $210/five 60-min. sessions; $150/five 30-min. sessions.  
Senior Discount: 10 percent off all personal training sessions  **INFO**: 404.501.5415

---

### THE WELLNESS CENTER

#### 2665 NORTH DECATURE ROAD
DeKalb Medical has an 18,000-square-foot fitness center complete with an indoor pool and indoor track on its North Decatur campus.

#### HOURS
- **M-TH**: 5:30 a.m.–9 p.m.
- **FR**: 5:30 a.m.–7:30 p.m.
- **SA-SU**: 8 a.m.–4 p.m.

A Wellness Center membership is **NOT** required to participate in Dekalb Medical’s educational and consultative programs. Drop by anytime for a free tour.

#### MEMBERSHIPS
- No required contract or initiation fee.
- Membership is open to ages 16 and older.
- For a free one-week pass, visit The Wellness Center's page on www.dekalbmedical.org.

#### MONTH-TO-MONTH MEMBERSHIP
**FEE**: $44

#### DISCOUNTS
- If you join for six or 12 months, you receive a discount off the monthly rate and you can pay in full or by monthly bank draft: $238 for six months or $423 for 12 months.
- **SENIORS**: Discount for members aged 60 and older.
- **FAMILY**: The second member of your household receives a discount off the six-month or 12-month membership.
- **EMPLOYEES**: Employees of DeKalb Medical, City of Decatur, DeKalb County government and schools, and City Schools of Decatur all receive discount memberships.

All events are held at The Wellness Center (in the 2665 Professional Building on the North Decatur campus), unless otherwise stated.
OUT ON THE town

SENIOR SPECTRUM PROVIDES SOCIAL AND EDUCATIONAL OPPORTUNITIES

What do Cirque du Soleil, the Georgia Aquarium, the Atlanta Symphony Orchestra and the Fox Theatre have in common? Check the list of places members of DeKalb Medical’s Senior Spectrum have visited in the past year and you’ll know the answer.

Open to active adults over the age of 55, a one-time $10 application fee offers access to social outings, educational seminars, free parking at DeKalb Medical, discounted membership at the DeKalb Medical Wellness Center and many new friends.

One member says she enjoys the trips that always include an interesting activity along with a nice meal. “The best part of the outing is they are well-planned and all I have to do is show up at the right time!”

Nancy and Gil Dugan joined Senior Spectrum 15 years ago. They have made most of the monthly trips and also enjoy the health education seminars. “The information in the seminars is invaluable,” says Nancy. “You have plenty of time to ask the doctor questions after the seminar.” A light breakfast is always served before the seminar, so there is also time to socialize, she points out.

She has only been a member for four years, but Betty Hanna says Senior Spectrum played an important part of her life after her husband passed away. “A friend was involved and she told me this was something I needed to do,” says Hanna. “I love the plays and the meals we always have.” Although there is a charge for each event, the rates are much less than someone pays when they are not part of a group, she points out. “My daughter told me that people pay the same amount for a single Cirque du Soleil ticket that I paid for the ticket, the bus ride and the meal after the show!”

Hanna volunteers at the VA Medical Center four days each week and volunteers to visit patients in nursing homes as well. “I think it is important to stay active and to be with and help other people.” She has encouraged other people to join Senior Spectrum and to be active with the group. “The camaraderie is great and it is always fun to see an old friend or make a new friend.”

Concerts, dinners and plays are a few of the outings enjoyed by Senior Spectrum members.

JOIN NOW Learn more about Senior Spectrum and other senior services offered by DeKalb Medical’s Wellness Center by visiting www.dekalbmedical.org and selecting “Senior Services” under “Our Services.”
It’s no secret that today’s complex economy has challenged many hospitals’ ability to fund the high level of care patients want and deserve. That’s why news of a $1 million “challenge” pledge to DeKalb Medical is one test the hospital system is happy to face. In April, the promise of the donation was made by an anonymous couple who is “challenging” the community to match their generosity.

The $1 million pace-setting gift comes with a caveat: To receive the grant, the DeKalb Medical Foundation and DeKalb community must raise the matching million dollars by December 2014. If DeKalb Medical can meet the challenge, the hospital system will receive the $1 million gift, which is specifically earmarked to expand cancer services.

“We are determined to meet this challenge over the next year and half,” says Bob McMahan, co-chair of the DeKalb Medical Foundation Board of Trustees, who adds that the anonymous donation illustrates just how important healthcare philanthropy is to the health of community hospitals.

The announcement of the pledge coincides with the launch of the Foundation’s $2 million Advancing Hope and Healing … One Story at a Time capital campaign, which is targeting resources to address high mortality rates associated with cancer-related illnesses. According to the Georgia Department of Community Health, cancer is the third leading cause of death in DeKalb County, a statistic the community can’t afford to ignore, says John Shelton, FACHE, DeKalb Medical’s president and chief executive officer.

“We created the DeKalb Medical Foundation 23 years ago to energize our ability to improve the standard of health in our community,” shares Leigh Minter, executive director of the DeKalb Medical Foundation. “With a 100 percent success rate in meeting our capital campaign goals to date, I am confident that our community can meet this new challenge and keep DeKalb Medical on the leading edge of technology and quality care.”

The Foundation’s mission of strengthening links between the DeKalb Medical health system and the communities it serves has proven to be a successful alliance. Partnering with thousands of caring patients, community leaders, volunteers and DeKalb Medical employees, the Foundation has raised more than $27 million for state-of-the-art diagnostic and treatment equipment additions and service expansions at all three campuses.

Once fulfilled, the new $1 million challenge gift will triple the size of the Radiation Oncology Center at DeKalb Medical. The renovations include an additional 14,000 square feet of space for a new reception area, eight exam rooms, private waiting rooms for men and women, a medical library and a conference area.

Four-time cancer survivor and Foundation Co-Chair Judy R. McMahan is well aware of the unique stresses and uncertainty a cancer patient faces, and she doesn’t think needing to travel far to receive the right services should be part of that stress. “We don’t ever want residents to feel like they have to leave their community to get well. We want the best technology and the best doctors available right here at DeKalb Medical,” says Judy, who co-chairs the Foundation Board with her husband Bob. It is at moments like these—when the community rallies around a challenge—that the McMahans say they know having a top cancer center at DeKalb Medical isn’t just a dream—it’s a reality.

“The challenge grant is an exceptional opportunity for our community support to take us even further toward advancing the level of cancer care at DeKalb Medical,” says Bob. “We are honored by the donors’ trust in our vision and the talented physicians, employees and volunteers who are striving to deliver a superior patient experience to every patient who comes through our door.”

The DeKalb Medical Foundation is dedicated to improving the standard of health in DeKalb and the surrounding counties by raising funds and charitable gifts for healthcare initiatives, community education and outreach services. The Foundation expects the challenge to inspire a deeper community commitment to the revitalization of DeKalb Medical and area resources.
HELP THE DEKALB MEDICAL FOUNDATION

Take advantage of the matching challenge gift to further enhance the health of the community. Use the enclosed envelope (located between pages 14 and 15) to make a contribution to DeKalb Medical.

“"The anonymous donation illustrates just how important healthcare philanthropy is becoming to the health of our community hospitals.”

—Bob McMahan
Co-chair of the DeKalb Medical Foundation Board of Trustees

GOLFERS TEE OFF FOR CANCER CARE

The DeKalb Medical Foundation hosted the 19th annual Charles B. Eberhart Memorial Golf Classic on Sept. 17 at Piedmont Driving Club. Proceeds from this year’s event will support the foundation’s current $2 million campaign, Advancing Hope and Healing … One Story at a Time. These funds will be used to renovate and expand the Radiation Oncology Center at the North Decatur campus and expand the Comprehensive Breast Center at the Hillandale campus in Lithonia. For a list of this year’s sponsors, please visit us online at www.dekalbmedical.org/Foundation. Look for more coverage of this event in the next issue of Pushing Beyond.
REED’S FLING TURNS INTO 20-YEAR AFFAIR

No one, not even Nancy Reed herself, could have predicted that her self-proclaimed “fling with making a difference” as a volunteer at DeKalb Medical would turn into a 20-year relationship—but it did. The president of the DeKalb Medical Auxiliary ends her four-year term with plenty of praise. An exceptional motivator and a “no nonsense” leader, Reed has the ability to get people to do a little bit more than they think they can, says President-Elect Annette Benefield, who helps guide the efforts of the 300+ member auxiliary.

Reed’s leadership highlights include incorporating the auxiliary and spear-heading a facelift for the hospital’s flagship Dogwood Gift Shop. The renovations, which will improve the customer experience at the North Decatur gift shop, are scheduled for completion in 2014.

Dogwood Shop proceeds are donated to the DeKalb Medical Foundation to purchase special equipment and other extras that benefit patients and their families. The shop’s ability to give back has exceeded $2,098,000 since it opened in 1995 and should accelerate with the renovation.

Reed’s own gift of time to the shop and to DeKalb Medical is priceless. She says she will keep serving as a volunteer until she is no longer able. “I’ve gotten more out of this than I could have ever possibly put in. I just hope I’ve made some small difference in someone’s life along the way.”

“It’s a rare day and an even rarer gift when we can find a volunteer spirit like Nancy who is willing to stick by our side for a lifetime,” comments Leigh Minter, executive director of the DeKalb Medical Foundation and Volunteer Services. “We are so fortunate for her leadership and love of DeKalb Medical.”

RADIOLOGY SCHOLARSHIP WINNERS ANNOUNCED

Each year, the DeKalb Medical Foundation awards scholarships to two students (one junior and one senior) attending DeKalb Medical’s School of Radiologic Technology. Members of PEACH, the DeKalb Medical employee giving program serving on the Grants Allocation Task Force, review the applications and select the recipients. The DeKalb Medical Foundation is proud to announce this year’s scholarship recipients: junior Jamie Timmons and senior Alvin Alston.

Junior Jamie Timmons (l) and senior Alvin Alston (r), students at DeKalb Medical’s School of Radiologic Technology, are this year’s recipients of DeKalb Medical Foundation radiology scholarships.

STAY UP TO DATE ON FOUNDATION NEWS

It’s easy to stay up to date on DeKalb Medical Foundation activities and events. In addition to the website, check out our Facebook page at www.facebook.com/dekalbmedicalfoundation. Twitter users can follow us @DMedFoundation. If you would like to receive our e-newsletter, please visit www.dekalbmedical.org/foundation.
EXECUTIVE’S CIRCLE—$25,000 TO $49,999
Carolina & Thomas Branch, M.D.
Iris Z. & Bruce A. Feinberg, D.O.
Dee & William F. Keeton, M.D.
Muffie Michaelson & Robin H. Dreitle, M.D.
Gene & Chester W. Morse, M.D.
Karen M. Schwartz, Ph.D., &
John R. Paddock, Ph.D.
Sherrie & Jeffrey Scott, M.D.
John M. Sikes Jr.
In memory of Diane Greenway
Sikes+
Maureen & Roy Vandiver, M.D.
Dean & S. Angier Wills, M.D.,
FACS
Darrie Wohlman

MEMBER—$10,000 TO $24,999
Cynthia D. Aaron, MSN*
Sidney D. Appel, M.D.
Karen & Michael Armand, M.D.
Marina C. & Earnest C.+
Atkins, M.D.
The Merriell Autrey Family
Cherie & Thomas W. Bantly, M.D.
Robinette & C. Duane*
Barclay, D.O.
Felicia Bender*
Linda & Garland+ Bennett, M.D.
Shailin* Bhatia, M.D., & Amin
Bhatia
Martha & Bernard Blackwell
Jean & Warner L. Blair
Karen & James L. Bouchard, M.D.
George D. Bridges+
Bob Brown
Carolyn A. Brown
Pamela J. Brown, M.D., & Frank W.
Brown, M.D.
Vickie & Randy Carroll
Andrea & John L. Carter Jr., M.D.
Betty* Castellani, D. Min., &
Hon. Bob Castellani
Bonnie & Charles L. Clifton Jr.,
M.D.
Bob Climgko, M.D.
Sandy & Jay E. Coffisky, M.D.
Barbara & Paul Crank
Nancy D. Curry*
Patricia & F. Thomas Daly Jr., M.D.
Paula* & C.L. Daniel
Suzanne & Robert+ L. Davies, M.D.
Julie Davies+
Sam J. Davis
Jane E. Ross & Thomas J.
DiPulico, M.D.
Connie & Terry+ Duis
Lucinda M. Earnest*
Helen & Charles B. Eberhart
Olivia & William M. Evans Jr.
Nancy* + William M. + Evans Sr.
Cheri & Nickolas L. Faust
Anne* & Don* Fears
Katherine & Mark W.
Feeman, M.D.
Cheryl & Cornelius Flowers, M.D.
Michael W. Folk*
Jennifer & Jim* Forstner
Carole & Elmo Fortenberry
Martha & Julian Fuert, M.D.
Patrick M. Green*
Deltricia & Phillip E. Hadley Sr.,
M.D.
Kenya Hanspardon*
Ruth Ann & Wallace Hardy, M.D.
Ellen* & Bob Hargrett
Hilary Hargreaves, M.D., &
Richard
Hargreaves, M.D.
Gulshan S. Harjee, M.D., & Zul
Devji
JoAnn & Maurice Harris, M.D.
Shirley A. Harris, M.D.
Susan B. Harris* Lisha & Michael G. Hartman, M.D.
Dane W. Henry*
Greg Hinesley*
David A. Holladay, M.D.*
Carolyn Hoos+
Kenneth A. Hoose, M.D.
Sally Evans & George Hovis
Jeffrey Howard, M.D.
Linda & Hardy Hurdle
Beverly H.* & William L.
Hutchinson, M.D.
Cheryl Iverson*
Diane Jarrett, M.D., & Seth
Copeland III
Della* & Jerry+ Johnson
Cindy & Dave Jollay
Josney I. Jones, M.D., & Joseph A.
Castellano
Maurice Jove, M.D.
Rose & John* Katiansis
Jan C. Kennedy, M.D.
Kay & John S. Kennedy, M.D.
Clifford M. Kerley Jr., M.D.
Mary Kay & Robert+ Kiesling
W. Knox Kinlaw Jr., M.D.
Carolyn J. Kramer, M.D.
Catherine B. Landerman*
Robert E. Lanier
Corrine & Gary Laskey, M.D.
Ronda & R. Allen Lawhead Jr.,
M.D.
Gloria & Oliver+ Lee
Kathy & Brian A. Levitt, M.D.
Raynie & Tyrone C. Malloy, M.D.
Jean & Frank Matthews, M.D.
Karen Oliva May*
Patricia+ & Douglas+ McCardy
Julia & LaMar McInnis, M.D.
Jean & William F. McNeill, M.D.
Ervin McPherson*
Pat & B. Donald Minor, M.D.
C. Leigh Minter*
Carolyn & Elliott C. Moon, M.D.
Ellen & Melvin Moore, M.D.
Andy Morley, M.D.
Anne Morley
Jane & Marion A. Morrison
Carol & David F. Nickola, M.D.
Patrick O’Neal, M.D.
Valerie & Alex T. Parkinson, M.D.
Linda W. Parkman*
Susan & Richard D. Parry, Ph.D.
Anne & Daniel B. Patillo
Anetha Peterson*

THE FOUNDERS’ CIRCLE
The Founders’ Circle recognizes contributors who have pledged a minimum of $10,000 to the DeKalb Medical Foundation.

CHAIRMAN’S CIRCLE—$100,000 OR MORE
Anonymous
Dr. M. Bobbie Bailey
Emy & H. Duane Blair, M.D.
Lou Morris & A. Worley+ Brown
In honor of Betty Castellani,
D. Min.
Jackie & Neil Christman
Frank A. Critz, M.D.
Barbara & John Gerlach
Betty H. Levett & Gregory B. Levett Sr.
Judy & Bob McMahan
Dr. Audrey B. & Jack+ E.
Morgan Sr.
Jerri & William L. Pike
Jean Coppage White & Glenn S. White

PRESIDENT’S CIRCLE—$50,000 TO $99,999
Nancy & Eric Norwood
Joan & Neal Pope
William P. Tatum Sr.
In memory of Susanne Tatum+

DEKALB MEDICAL FOUNDATION BOARD OF TRUSTEES

Co-Chairs
Judy R. and Robert C. McMahan

Medical Vice Chair
Robin Henry Dreitle, M.D.

President & Chief Executive Officer
John A. Shelton Jr., FACHE

Foundation Executive Director
C. Leigh Minter

Executive Ambassadors
H. Duane Blair, M.D.
Dr. Audrey B. Morgan, Chair
Bob Wilson

Foundation Board of Trustees
Mary Anne Batchelor
Timothy H. Benid
Walton C. Bryde
Julie Childs
Darryl Ford II
Thomas E. Gould, J.D.
Dane Henry
John Kelley
John S. Kennedy, M.D.
Betty H. Levet
Monique Perry
Nancy Reed
Melissa Seely-Morgan, M.D.
Judy F. Sherman
Leonard Thibadeau
Judy B. Turner
Felicia D. Wilson

Foundation Staff
Karen Caughman
Beverly Hutchinson, B.S.N., R.N.
Kellie McMahan
C. Leigh Minter, Executive Director
Elisabeth Nark

Every effort has been made to present a comprehensive list of our esteemed supporters. Please notify us of any accidental oversights so we can correct them in subsequent publications. Thank you for your support.

DeKalb Medical Foundation
2701 North Decatur Road
Decatur, Ga. 30033
404.501.5956
foundation@dekalbmedical.org
THE HERITAGE CIRCLE
Members of The Heritage Circle have made, or notified the Foundation of their intention to make, a planned gift to the hospital with a provision in their estate plans. Members are listed below.

Diane & Paul Andrus
Karen & James L. Bouchard, M.D.
George Bowdoin+
Julie Childs
Roy E. Frazier+
Barbara & John Gerlach
Thomas E. Gould, J.D.
Jossey J. Jones, M.D., & Joseph A. Castellano
Martha & Duane Kalember Jr.
Judy & Bob McMahan
Gene Slack Morse+
Nancy & Eric Nordow
Teressa + & Floyd R. + Sanders Jr., M.D.
Ina Lisnic & Frederick* Schnell, M.D.
Cheri M. Schneider, M.D. & Michael G. Schneider, M.D.
Joel Schuessler* Sabrina Scott, Esq. & Albert Scott Jr., M.D.
Melissa Seely-Morgan, M.D., & Robert Morgan
Katy & John* A. Shelton Jr., FACHE
Mary + & Clyde Shepherd Jr.
Judy & Stanley Sherman, M.D.
Elizabeth V. Singleton*
Kelly & P. Tennent Slack, M.D.
Sarah & Wiley Sloan
Don E. Smith
Connie & James T. Smith III
Jayanthi Srinivasiah, M.D., & Bhaskar Srinivasiah
Robert E. Stephenson III, M.D.
Penny & Graham Stovall
Jo Anne & O. Wytch Stubbs, M.D.
Kathy & Terry Sullivan
Hiya Tamim, M.D., & Hassan Sayegh, M.D.
Rene Tapia, M.D.
Terri TenHoor, M.D.
Daniel Tesfaye, M.D.*
Stephen Thomas, M.D.*
Daniel I. Thompson Jr.
Jane J. Turner, Ph.D., & Fred C. Turner
Judy B. & Roy L. Turner
Kirby & William L+
Vanderyt, M.D.
Nan Evans & Lonnie Vogler
Gail Hall Walker, M.D.
LeRoy Walker*
Marion & James A. Walker, M.D.
Cathleen Wheatley*
Susan + Whitaker
William G. Whitaker III, M.D.
Marion H. & W. Hamilton Williams, M.D.
Beverly & Biff Wilson
Lynda & Robert E. Wilson
+deceased
+employee

MEDALLION SOCIETY—2013
The Medallion Society is an annual giving club, recognizing donors who contribute $100 or more to the Foundation.

Platinum—$1,000 to $9,999
Janel & Dennis Byerly

Silver—$250 to $499
Marc Wisniewski

CORPORATE HONOR ROLL
A.S. Turner & Sons
Akorn
Allscripts
American Medical Response
Art Plumbing Co.
AT&T
Atlanta Braves Foundation
Atlanta Bread Company
The Atlanta Consulting Group +
Morgan Keegan & Company Inc.
The Atlanta Foundation Bank of North Georgia
Batchelor & Kimball Inc.
Bendin Sumrall & Ladner LLC
Brasfield & Gorrie LLC
Bryan Cave LLP
CDH Partners Inc.
The Center for Pan Asian Community Services Inc.
Chamberlin Edmonds, an Emdeon Company
The Coca-Cola Company
Cochran, Cherry, Givens, Smith, Sistrunk & Sams PC
The Community Foundation of Greater Atlanta Inc.
Cork-Howard Construction Co.
Coventry Health Care of Georgia
The Dart Foundation
Decatur Health Imaging
DeKalb Anesthesia Associates PA
DeKalb Emergency Physicians/ CEP
DeKalb Medical Auxiliary
DeKalb Pathology Associates PC
Dickens Family Foundation
Diversified Account Systems
R. Howard Dobbs, Jr.
Foundation Inc.
Elan Pharmaceuticals–Maxipime
Nell W. & William Elkin Foundation
Epstein, Becker & Green PC
Fidelity Bank
First Medical Care Inc.
First Union National Bank of Georgia
Georgia Cancer Coalition Inc.
Georgia Colon & Rectal Surgical Associates PC
Georgia Power Company–Metro East Management
Gynecology & Obstetrics of DeKalb
Hall, Booth, Smith & Slover PC
Hardin Construction Company LLC
Harland Foundation
HFR Design Inc.
Huff, Powell & Bailey LLC
Infectious Disease Specialists of Atlanta
Inglett & Stubs LLC
Insley & Race LLC
It’s the Journey Inc.
Jefferson Wells
KLG, LLC
Susan G. Komen for the Cure
Ladies Auxiliary to the VFW
LANIER Parking Solutions
Marsh USA Inc.
Harriet McDaniel Marshall Trust
McKenna Long & Aldridge LLP
Meadows & Ohly LLC
Medical/Dental Management Center Inc.
Medline Industries Inc.
MembersFirst Credit Union
Metro Atlanta Ambulance Service
Audrey & Jack Morgan Foundation Inc.
Morris, Manning & Martin LLP
Nelson Mullins Riley & Scarborough LLP
Ogletree, Deakins, Nash, Smoak & Stewart
Ots Elevator Company
Pain Consultants of Atlanta
Perry Crabill
The Philanthropic Collaborative for a Healthy Georgia
The Ailene Phillips Trust
Piedmont Charitable Foundation Inc.
Radiology Associates of DeKalb PC
Walter H. & Marjory M. Rich Memorial Fund
RICOH - USA
Ross University
The Russell Charitable Trust
Ida A. Ryan Charitable Fund
Segars Group LLC
Smith Asset Management Group
Sodexo
Southeastern Gynecologic Oncology LLP
Southeastern Lung Care PC
St. Luke’s Episcopal Church
Stone Mountain Family Practice PC
SunTrust Bank
Surgical Associates LLC
Tull Charitable Foundation
University of Medical & Health Sciences Ltd.
VALIC
W.L. Gore & Associates Inc.
Walgreens Outpatient Pharmacy
Wells Fargo Bank
David, Helen & Marian Woodward Fund

DR. GULSHAN S. HARJEE SCHOLARSHIP PROGRAM
Medical/Dental Management Center Inc.

GENERAL GIFTS
Adams Realtors
ARJOHUNTleigh
DeRoyal
Laurel Kate-Gathercole
Jeffrey W. Gainey
Anne Morris

GIFTS OF TRIBUTE
Memorial Gifts
Geraldine Brown
Dee & William F. Keeton, M.D.
Dr. James Burleson
Dee & William F. Keeton, M.D.
Sarah Johnson
William F. Keeton, M.D.

26 PUSHING BEYOND www.dekalbmedical.org
NEW PEACH EMPLOYEE DONORS

PEACH (Partnering Employees Actively Committed to Healthcare) is the employee-giving program that recognizes DM employees who support DeKalb Medical Foundation. Recent contributors to the Employee Giving Club are listed below.

Stacie Alderman
Rita A. Alema-Mensah
Chad Ambis
Dale P. Anderson
Tonya L. Anderson
Denna Armstead
Peggy S. Asher
Keith Avant
Shanveta Bailey
Alicia Baker
Bridge J. Banks
Benton Baskin
Alesia S. Batiste
Shannon Beard
Sonia Benel
Tamika Benton
Melissa Birt
Veronica A. Blackshear
April C. Bockelman
Adalgisa Bonilla
Kenneth Bradley
Vernita G. Branom
Craig D. Brelan
Laura Bridges
Gerald L. Brown
Seon Brown
Reginald Brownlee
Emily J. Buchman
Lindsey Bundel
Bethany J. Burley
Patricia Burns
Sherron Butler
Chantrice Cage
Francheska Callaway
Faustina M. Cathey
Brian Clark
Brandon Clark
Jamaal A. Cobb
Dawson E. Coker
Atonja R. Coleman
Russell S. Collins
Kimley Columbia
Capucine Cooper
Anna K. Corum
Mary Covington
Deva Crutchfield
Leah Cunningham
Nancy D. Curdy
Morgan Dalton
Joanne Dantzler
Tracey L. De Sousa
Donald Deritus
Jerome Dorsey
Norman E. Early
San D. Edwards
Yalanda Edwards
Nekeidra N. Ellis
Angelo L. Endsley
Christi English
Michelle T. Evans
Yerga S. Fanta
Michael W. Folk
Lisa H. Foster
Gary B. Foster
Teia C. Fraser
Anna Fusco
Connie E. Gallant
Sabrina H. Gardner
Michael D. Garner
Tammarra Glover
Anna P. Goble
Stephanie Gonyon
Traci Gosier-Payton
Tara Graves
Vicky L. Greo
LaKesha T. Hall
Larry R. Hamilton
Jason T. Harrell
Inez G. Harris
James M. Harris
Seymore Harrison
Judy Headspeath
Tabitha Hector
Lawrence Henderlight
Lakisha Hill
Pamela Hines
Dena Hodge
Rastafaria Hollingsworth
Tamyka Holloway
Jerry L. Horton
Stephanie J. Houseal
Alexis D. Howard
Jeremy C. Hudson
Trevor J. Hudson
Aretia Hutchinson
Alesha Hutton
VY T. Huynh
Alicia A. Johnson
Kelvin B. Johnson
David E. Johnson
Lorraine D. Johnson
E. Kenneth A. Johnson
Cristal V. Jones
Robert Jones
Merline Joseph
Searell Kent
Antoinette Kimball
Kimberly Korneegay
Julia D. Kreutz
Justin L. Kuhn
Christopher Lane
Owen D. Lang
Carmika Y. Langley
Shaylee L. Lawrence
Jodie Leandre-Anis
Stephanie D. Leveritte
Magdalene Liew
Jerry O. Lipsy
Leticia Lovings
Kesha N. Martin
Catherine Marvil
GweNell E. Mason
Sharon Mawby
Joanne McClary-Kearse
Ann M. McKnight
Meliquea W. Meadows
Alicia L. Moore
Dee N. Morgan
China Neely
KimLoan Nguyen
Saima A. Notta
Evette E. Ortiz
Solomon Otoo
Gwendolyn H. Owens
Marlena Padgett
Michael D. Peck
Tebrreshia A. Perry
Crystal N. Person
Peter Quemie
LaToya Riddick
Robyn Rivers
Wylenna J. Robichaux
Roselynn Robinson
Lori Robinson
Tyra G. Rogers
Josephine L. Rosero
Keturah B. Rouseau
Cleatress D. Royal
Donna Russell
Dawn Saunders
Frederick Schnell, M.D.
Teresa Scottigns
Ckanterya Sherrod
Ruth Sidor
Regina M. Simpson
Dalton Skipper
Sonia Smallay
Deitra Smith
Angel M. Smith
Tewanna M. Smith
George Sneed
Angie Sprayberry
Ted A. Slagger
Johnathon Taft
Cassandra M. Taylor
Brianne A. Taylor
Rachel N. Tellis
Elise A. Thomas
Sandra E. Thomas
Jermaine Thomas
Larae Tinglin
Brandy L. Trent
Patricia K. Tuggle
Bert Vaughn
Tametra Walker
Christianne A. Walters
Jennifer N. Waters
Terreion L. Wells
Yvette R. Wells-Grider
Sylvia Wharton
Kim M. White
Lakiska White
Olivia A. Wicker
Stacy Wilbon
Tanisha Y. Williams
Articia D. Williams
Shirley T. Williams
Stephanie D. Williams
Pamela Wilson
Andre J. Wilson
Ashanti S. Winston
Nasha Wonsley
Katrina N. Woodbury
Gina L. Woods
Cynthia Wrisley
Sometimes the cure for cancer can be as scary as the disease. That’s why our top doctors and healthcare professionals are there with you every step of the way. We’ll provide you with your own Nurse Navigator to help guide you through it all, and we’ll develop cancer treatment options using the most innovative resources available. We’ve invested in advanced technologies and a team of professionals so you won’t have to face the biggest challenge of your life alone.

To learn more about Judy’s inspiring story, call the DeKalb Medical Foundation at 404.501.5956 to receive a copy of the brochure or visit our website at www.dekalbmedical.org/foundation. If you would like to see a DeKalb Medical Cancer Care specialist, please call 404.501.EASY.