

your

HEALTH MATTERS

A PUBLICATION OF PIEDMONT ATHENS REGIONAL

SPRING 2025

EMPOWERING PARTNERSHIP

Piedmont Athens Regional
and the **Athens YMCA** joined
forces to champion
community health more than
a decade ago

BLACK MATERNAL HEALTH WEEK

Piedmont Athens works to raise
awareness of black maternal
health, recognize disparities, and
embrace equalities



ISSUE

highlights



YMCA PARTNERSHIP



BLACK MATERNAL
HEALTH WEEK



GEORGIA 4-H



BANKS COUNTY SPECIAL OLYMPICS



TEDDY BEAR CLINIC

and so
much more!

The Community Health and Relations Department has been fortunate to host two University of Georgia students as interns this year. **Karen Besse and Abby Higgins** have both been instrumental in lending support to our department. They have both been a huge part of our programming this year.

KAREN BESSE

College Volunteer of the Semester

Karen, a Mill Creek High School graduate, received her degree in Health Promotion from The University of Georgia in May. Her emphasis was on behavior medicine. She will take a gap year and work as a medical assistant while applying to medical schools over the summer.



She was instrumental in helping the Safe Kids programs, volunteering at community events, and participating in our department's health education events. ***"My favorite memory has been volunteering at multiple community 'Trunk or Treat' events. I was amazed seeing so many different parts of the community come together for a special night. Also, making handwashing a fun activity with kids at different schools was neat. But, above all, talking with multiple people from different walks of life has helped me gain different perspectives into others' lives,"*** Karen shares.

She has a 13-year old Yorkie and an older brother. She loves to travel and enjoys pilates. Her goal is to complete a marathon by the end of the year. Karen's favorite quote is, ***"before you think about giving up, think about the reason you started in the first place."*** She thinks of this quote often to help remind her of her purpose of what and why she has the passion to do what she does.

Karen was most recently awarded the "College Volunteer of the Semester!"

Congratulations, Karen! Piedmont Athens Regional was honored to work with you and looks forward to all the great things your future holds.

DEAR INTERNS,

Thank you!

ABBY HIGGINS

College Volunteer of the Year

Abby Higgins, West Forsyth High School graduate, received her degree in Health Promotion from The University of Georgia in May. Her emphasis was Behavioral Medicine and minor in classical culture. After graduation she will be working as a medical assistant in Nashville while applying to medical school for the 2026 year.



Abby has been an enthusiastic and committed volunteer with Piedmont Athens Regional's Breastfeeding Support Group. Her involvement in the maternity classes and programs has been very valuable. ***"Abby has helped launch our new Super Sibling Class. She has used her creativity in this program to help us elevate it and serve more families,"*** explained Shannon Romano, RN. Her passion and enthusiasm earned her the title of **College Volunteer of the Year** at Piedmont Athens Regional.

Abby recently attended the Food Bank of NE Georgia's Empty Bowl luncheon with the Community Relations team. While there, she heard a quote that resonated strongly with her – "Everything will be all right in the end. And, if it's not all right, it's not the end." Abby shared, ***"In the midst of challenges or uncertainty, it a comforting reminder to keep going and things will fall into place."***

Abby is the youngest of four and she loves to cook and travel. Thank you, Abby, for sharing your time and talents with Piedmont Athens Regional!

EMPOWERING PARTNERSHIP



Piedmont Athens Regional and the Athens YMCA created a partnership in 2012 to promote wellness in our community.

“Our partnership with Piedmont Athens Regional is a vital part of how the Athens YMCA promotes whole-person health. Thanks to their support, we have a nurse on-site providing wellness checks for our members—offering accessible, preventative care that meets people where they are. Their education team also plays an active role in our field trip programming, leading impactful health and wellness lessons for youth. This partnership not only enhances our daily offerings but helps ensure that the next generation grows up with a deeper understanding of healthy living. Together, we are strengthening our community from the inside out,” explains Shae Wilson, Executive Director of the YMCA.

“Our partnership with Piedmont Athens Regional is a vital part of how the Athens YMCA promotes *whole-person health*.”

SHAE WILSON
Executive Director of the YMCA



One of the classes taught regularly is Super Sitters. This class educates teens on how to be responsible babysitters.



Piedmont Athens Regional partners with the Athens-Clarke County Fire Department to provide fire safety education.

Piedmont Athens Regional's Community Relations team provides members with biannual health screenings and individual wellness checks.



"My time at the YMCA is a favorite part of my job. I love meeting with members to share healthcare goals, promote healthy lifestyles and fellowship with the members. Helping with events and spending time with the kids is also a valuable and fun part of our partnership," shares April Dorsett.

We are proud of our partnership and love to hear healthy success stories from their members and how Piedmont made a difference in their lives.

I love meeting with members to share healthcare goals, promote healthy lifestyles and fellowship with the members.

APRIL DORSETT
Community Educator and
Safe Kids Coordinator

The Piedmont Athens Regional Community Relations team is a very active participant in the health and well-being of the members of the YMCA. The primary liaison is April Dorsett, BSN, RN. She is a Community Educator and Safe Kids Coordinator. April is on-site at the Athens YMCA on a weekly basis offering members free individual blood pressure screenings, nutritional consults and certified wellness coaching. She is available by appointment.

Our shared goal is to increase awareness and knowledge while providing health programs to members to reduce risk factors associated with chronic diseases. Together we are committed to empowering our YMCA members to improve and maintain their health.

SECRET MESSAGE



Please share how Piedmont Athens Regional has impacted your business or life.

After reading the newsletter, within two weeks, email PARCommunityRelations@Piedmont.org to be entered for a door prize. One of our awesome team members will deliver the door prize to you.



Piedmont Athens Regional participates in the YMCA's annual Trunk or Treat. This past year, the Germ Busters educated children and their families on the importance of hand washing.



BLACK MATERNAL HEALTH WEEK

Piedmont Athens Regional celebrated **Black Maternal Health Week**, April 11-17, to raise awareness of black maternal health, recognize disparities, and embrace equalities. This week was centered on building awareness, activism, and advocacy; amplifying the voices, perspectives, and lived experiences of black women and birthing people. Celebration of the week included a baby shower co-hosted with Amerigroup, professional mom and child photos in the PAR Auxiliary Healing Garden, guest speakers, and educational events.



YOUR HEALTH MATTERS *at work*

W O R K P L A C E W E L L N E S S

Through our **Health Matters at Work** program, we are dedicated to supporting the well-being of the local workforce by equipping them with the essential tools and resources to thrive in their personal wellness journeys.

Our goal is to empower employees of local businesses to take control of their health by offering free wellness classes on a range of health topics, along with a variety of complimentary health screenings. We also provide local businesses with a complimentary monthly newsletter covering various health topics.

We strive to provide employees of local businesses with essential, life-saving skills, including CPR and first-aid certification, AED training, and Stop the Bleed Training.

Screenings

COMPLIMENTARY SCREENINGS

Body Composition Analysis

Height, weight, BMI, body fat percentage, hydration status and more

Blood Pressure Check

On-site counseling and handouts provided

Bone Density Heel Ultrasound

Test for early signs of osteoporosis. Immediate results with on-site counseling.

FEE-BASED SCREENINGS

Biometric Screens

For a small fee, we offer on-site lab testing at your business, including options such as a metabolic panel, lipid profile, CBC, thyroid and prostate tests, and more. Pricing varies based on the selected tests—contact us by phone or email for details. Biometric screenings also include a complimentary body composition analysis and blood pressure check.

Classes

COMPLIMENTARY CLASSES

Class lengths range from 30 to 60 minutes, with flexible timing available on request.

Wellness Presentations

Topics include stress management, nutrition, exercise, disease prevention, healthy sleep, etc.

Safety Presentations

Topics include AED Training, First Aid Seminar, Heat Stress, Healthy Feet and Legs, Shoulder Safety, etc.

Stop the Bleed Class

Gain the skills to manage life-threatening bleeding in a first aid emergency, presented in partnership with the U.S. Department of Defense

Hands-Only CPR and AED

We offer hands-only CPR or compression-only CPR and AED training for your employees, providing simple and effective life-saving techniques for adults.

For more information,
contact **Heather Bailey**.

CONTACT INFO

Heather Bailey, RN, ABJ

O: (706) 475-5629

C: (706) 540-6918

Heather.Bailey@piedmont.org

FEE-BASED CLASSES

Adult CPR with AED Certification Course

Earn a two-year Adult CPR-AED certification from the National Safety Council, featuring extensive hands-on practice sessions. Includes a student workbook.

Length: 3 hours

Cost: \$50 per person

Minimum/Maximum: 6-12 participants per class

First Aid Certification Course

Earn a two-year First Aid certification from the National Safety Council, including hands-on practice sessions. Includes a student workbook.

Length: 4 hours

Cost: \$50 per person

Minimum/Maximum: 6-12 participants per class

Combination First Aid/CPR/AED Certification Course

Earn a two-year Adult CPR-AED and First Aid Certification through the National Safety Council, featuring extensive hands-on practice sessions. Includes Student Workbook.

Length: Approx. 7 hours

Cost: \$80 per person

Minimum/Maximum: 6-12 participants per class

Bloodborne Pathogens

Meets OSHA's Occupational Exposure to Bloodborne Pathogens Standard annual training requirements.

Length: one hour

Cost: \$50 per class

TEDDY BEAR CLINIC *cuddles + cures*



In a community partnership with the McLeroy Family Foundation, Piedmont Athens Regional hosted their 2nd annual **Teddy Bear Clinic**! 100 children and their families participated. Each child received a stuffed animal that was given a diagnosis. They worked with Piedmont Athens staff to check vitals, take x-rays, apply bandages, and assist with surgery.



The Teddy Bear Clinic is a great opportunity for families to spend time learning more about healthcare processes in a fun way.



CLASS AND SUPPORT SCHEDULE

Loran Smith Center for Cancer Support • For more information, call 706-475-4900

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Hypnotherapy, 10 a.m. Healing Touch, by appt.	2	3 Mindfulness Practice Group, 8:30 a.m.
4	5 Healing Touch, by appt.	6 Healing Touch, by appt. Tai Chi, 11 a.m.	7 Beginner Tai Chi, 11 a.m.	8 Hypnotherapy, 10 a.m. Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	9	10 Mindfulness Practice Group, 8:30 a.m.
11	12 Healing Touch, by appt.	13 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	14 Beginner Tai Chi, 11 a.m.	15 Hypnotherapy, 10 a.m. Lunch & Learn, 11:30 a.m. Previvors Support Group, 5:30 p.m.	16	17 Mindfulness Practice Group, 8:30 a.m.
18	19 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m.	20 Healing Touch, by appt. Tai Chi, 11 a.m.	21 Beginner Tai Chi, 11 a.m.	22 Hypnotherapy, 10 a.m.	23	24 Mindfulness Practice Group, 8:30 a.m.
25	26 Memorial Day	27 Healing Touch, by appt. Tai Chi, 11 a.m.	28 Beginner Tai Chi, 11 a.m.	29 Hypnotherapy, 10 a.m.	30	31 Mindfulness Practice Group, 8:30 a.m.

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cancer Survivor's Day Block Party	2 Healing Touch, by appt.	3 Healing Touch, by appt. Tai Chi, 11 a.m.	4 Beginner Tai Chi, 11 a.m.	5 Hypnotherapy, 10 a.m. Healing Touch, by appt.	6	7 Mindfulness Practice Group, 8:30 a.m.
8	9 Healing Touch, by appt.	10 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	11 Beginner Tai Chi, 11 a.m.	12 Hypnotherapy, 10 a.m. Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	13	14 Mindfulness Practice Group, 8:30 a.m.
15	16 Healing Touch, by appt.	17 Healing Touch, by appt. Tai Chi, 11 a.m.	18 Beginner Tai Chi, 11 a.m.	19 Hypnotherapy, 10 a.m. Healing Touch, by appt. Previvors Support Group, 5:30 p.m.	20	21 Mindfulness Practice Group, 8:30 a.m.
22	23 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m. Hormone Therapy Class, 4 p.m.	24 Healing Touch, by appt. Tai Chi, 11 a.m.	25 Beginner Tai Chi, 11 a.m.	26 Hypnotherapy, 10 a.m.	27	28 Mindfulness Practice Group, 8:30 a.m.
29	30 Healing Touch, by appt.					

Piedmont IN THE Community



Piedmont Athens Regional is proud to partner with the Empower College and Career Center in Jackson County. Two members of the HOSA (Health Occupations Student Association) have qualified to attend the **HOSA International Conference in Nashville this summer**. We were delighted to support these students by paying for their registration fees so they could attend. The two students are Andi Armstrong and Alison Ianucy.

Pictured left to right: Tricia Massey with Piedmont; Alison Ianucy, HOSA member and Lisa Cauthen, HOSA Advisor.



The Leadership Jackson Class from the Jackson County Chamber of Commerce visited Piedmont Athens Regional as part of their Health and Human Services Day. Our team provided them with Stop the Bleed training and they were all given a certificate and a free kit. The kits were purchased through a grant from the McLeroy Family Foundation.



Community Health Educators collaborated with Jefferson City Schools to **prepare coaching staff to effectively handle emergencies**, both in the athletic world and in their daily lives. The instructors played a vital role in creating meaningful learning opportunities, ensuring they gained crucial knowledge on a variety of potential emergencies, and supervising skill sessions.



Congratulations to our very own Director of Community Relations, Tammy Gilland! Tammy serves as an Area Governor for District 6910 Rotary Club. **At the Georgia conference, she was awarded the Rotarian of the Year!** She is pictured with Bobby Hildreth, District 6910 Governor. We are so proud of you, Tammy, for a well-deserved honor.



Nicole McCoy with Laboratory Services is a partner with the Community Relations team and represents Piedmont at multiple **high school career fairs**. Thank you, Nicole!



As the proud sponsor for UGA Athletics, Piedmont employees attended the G-Day game and handed out sunscreen and towels to attendees. Good news, UGA won the game!



The Community Relations Department has been full of celebrations! **The April Promise 360 Winner was Shannon Romano.** She was nominated after one of her families who attended her classes saved their baby's life after learning the proper choking techniques taught by Shannon.



Piedmont IN THE Community

Piedmont Athens + Georgia 4-H

Over 300 4-H'ers spent the early part of their spring break at Senior 4-H Conference held at Rock Eagle 4-H Center. Piedmont Athens was proud to be the title sponsor of the Conference. The Community Relations team taught 9 classes on how to stop life-threatening bleeding, hands-only CPR and choking rescue and basic first aid. All participants received hands-on practice. The 4-H'ers were a joy to teach and demonstrated maturity and leadership skills during the classes.

Katie Calkin helps demonstrate how to help a choking victim.



Shannon Romano, RN, spends time with a small group sharing the skills needed to perform hands-only CPR.



Banks County Special Olympics

Volunteers at the Banks County School System's Special Olympics event wave towels to show support of the athletes. Piedmont Athens Regional was honored to provide all the athletes with a sports towel.





Pictured above is Tiffany Wells, Piedmont Athens Regional nurse, checking blood pressure at a recent community health event.

Presbyterian Homes of Georgia

To support the health of senior adults living at Presbyterian Village in Athens, Piedmont Athens Regional provides quarterly programming. Some of the most recent programs have included a Stop the Bleed training class and a presentation on the importance of getting a good night's sleep! The Community Health and Relations Department proudly supports the planning and programming of wellness events. Dr. Andrew Miller, Piedmont Internal Medicine, serves as the on-site primary care physician.



Physicians and nurse practitioners from the Piedmont Heart Institute led a panel on heart health. The panel provided helpful heart health information and answered questions.



Athens Parent Wellbeing

Piedmont Athens Regional was named "Partner of the Year" by Athens Parent Wellbeing. Shannon Romano works closely with them to support maternal health programs.



In addition to Piedmont Athens Regional being a financial sponsor, 155 Piedmont employees and their family members accepted the challenge to host a full packing session.

173 boxes were packed containing 37,000 meals. Enough food to feed 102 children for a year!

Feed My Starving Children

The 3rd annual "Feed My Starving Children" event was held on April 27 at UGA's Stegeman Coliseum.





Clay Community Care Clinics in Athens

Piedmont Athens has two Community Care Clinics, which provide patients in the surrounding areas with high-quality primary care and specialty services. We accept all adult patients regardless of insurance status--no patient is too ill for us. At our clinics, our medical residents provide comprehensive medical care for every patient, regardless of age, race, gender, ability to pay, and insurance status.

Our services

- Chronic illness management/Hep C treatment
- Sick visits
- Smoking cessation support
- Referrals to specialists outside of the clinic
- Access to grant coverage for mammograms
- Hospital discharge follow-up (transition of care)
- Annual physicals
- Vaccinations
- Mental health screening
- Prescription assistance
- Piedmont financial assistance counseling

Our locations

- 1270 Prince Avenue, Suite 201 • Athens, Georgia 30606
- 2142 West Broad Street, Building 200, Suite 200 • Athens, Georgia 30606

Our hours

- Monday–Thursday, 8 a.m. to 5:00 p.m.
- Friday, 8 a.m. to 12:00 p.m.

For more information or to schedule an appointment, call **706.475.7055**.



1199 Prince Ave, Athens, GA 30606
(706) 475-7000

Piedmont Athens Regional is a healthcare system located in Athens, Georgia, that consists of an acute care hospital with 350-plus beds, four urgent care centers, a network of physicians and specialists, and a home health agency.

© Copyright 2024. Piedmont Athens Regional. All Rights Reserved.