

# Health for Life

A PUBLICATION OF HENRY MEDICAL CENTER  
September/October 2009  
[www.henrymedical.com](http://www.henrymedical.com)

Celebrating  
**30** years  
in the community

 **Henry**  
Medical Center

*30th*  
*Anniversary*  
1979-2009



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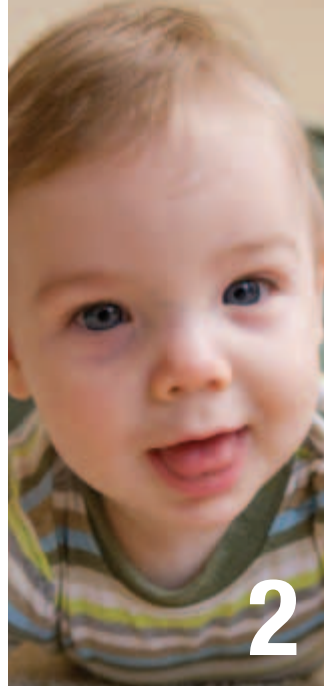
Stefanie Cardenas endured weeks of incredible headaches before Dr. Howard Herman and balloon sinuplasty brought her life back to normal

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# Health for Life

## On the cover:

Stefanie Cardenas enjoys time with her 3-year-old son Gavin.

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For questions or comments about Health for Life, please call or write the Henry Medical Center Marketing Department, 1133 Eagle's Landing Parkway, Stockbridge, GA 30281, 678-604-1026.

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# Timeline: History & Future ..... All For You

Henry County's community hospital celebrates 30 years of growth



**1979**

Henry General Hospital opens



**1989**

Tenth anniversary

**1997**

Henry Healthcare McDonough opens

**1992**

Three-story wing addition opens

**1993**

Renovated and expanded second floor opens



**1995**

Name changes to Henry Medical Center

**2000**

A \$13.5 million Surgery expansion opens



**1997**

Third expansion of the Emergency Room opens



**2000**

Laurel Park Skilled Nursing & Rehabilitation Center opens

**2002**

The Foundation Education Center opens

**2003**

Henry County's rapid population growth makes it the nation's sixth-fastest growing county.



**2004**

Ground broken on North Tower expansion



**2005**

Henry Healthcare Eagle Spring complex opens

**2006**

North Tower opens, doubling the size of Henry Medical Center

**2007**

HMC names Charles F. Scott as its new president and CEO



**2009**

Ground broken for new Henry Radiation Oncology Center

**2008**

The Neonatal Intensive Care Unit earns a prestigious Level III designation



**2009**

Second Cardiac Catheterization Lab opens



**2008**

Wound Healing Center opens

**2008**

Full-Field Digital Mammography services begin

# Putting a **Face** on

# 30

years



On a July morning in 1979, Henry General Hospital opened its new \$6.5 million facility with 104 beds and 50 physicians to serve a mostly rural Henry County.

Today, Henry Medical Center has 215 beds and more than 450 physicians in 40 specialties, has more than doubled its square footage of space and continues to

expand in a county that has experienced some of the most dramatic growth of any county in the nation.

It's been an exciting journey for this non-profit community hospital. How has Henry Medical Center fared in its past three decades, and where is it going? We answer that with three stories that represent the hospital's past, its present and its future.

*Sally Court at left gave birth to the hospital's first twins (in 1980) and at right holds her grandchildren Bennett (left) and Katherine, who were both born at HMC.*





*Fraternal twins Stanley and Sarah were born on June 2, 1980, less than 11 months after then-Henry General Hospital had opened. They were among 80 babies delivered by the hospital in its first year, and were the first and only set of twins that year.*



*Holding their children are 29-year-old twins Stan Court and Sarah Lamb, with mom Sarah Court in between. Inset: Nurse Sylvia Crowley holds the twins in June 1980.*

## Seeing double

*Twins born that first year have children of their own delivered at Henry Medical Center*

Sarah Court Lamb and Stanley Court can tell you without much thought how old Henry Medical Center is.

That's because the fraternal twins were born on June 2, 1980, less than 11 months after then-Henry General Hospital had opened. They were among 80 babies delivered by the hospital in its first year, and were the first and only set of twins that year.

And for Henry Medical Center, this set of twins is especially noteworthy: Each of the twins has, in turn, had a baby delivered in the same hospital in which they were born. But the connections to HMC don't stop there. To add to the pride for the hospital, the twins' mother, Sally Court of Hampton, grandmother of 17, is today the photographer who takes first photos of the infants at HMC's Marcia G. Taylor Women's Center.

All six of Sally Court's children keep close tabs on one another, but Sally said the bond is especially tight between the twins.

Stanley Court of Hampton works as a supervisor for Clayton County Water Authority. He and his wife Candace had a daughter, Katherine, delivered in May 2008 at Henry Medical Center.

Sarah Court Lamb of Locust Grove works for Georgia Power, is married to diesel mechanic Chris Lamb, and has a daughter, Rebecca, 4, and a son, Bennett, who was born in December at Henry Medical Center.

Sarah said that when she had Bennett at HMC, "the experience was great. I felt welcomed and well cared-for. It was a much better experience than at the other hospital I delivered at. For me, it was comfortable, like being at home."

In Sarah's household, Henry General Hospital came along at a good time for her mother's convenience. Over 17 years, "my mom had her children, one at a time, and then... us twins. My mom said, 'when my babies started coming in litters I quit having them.'"

The birth of the first set of twins at Henry General got the attention of a photographer at the *Henry Daily Herald*, and Sally Court says she remembers

posing the day after her delivery with her newborns. "It was unexpected and I had no time to get ready. It's funny, now as I photograph these babies, sometimes with their moms, the mother will say, 'Oh I look terrible,' and I wink and say, 'that's okay, nobody's looking at you.' They laugh and that puts them more at ease."

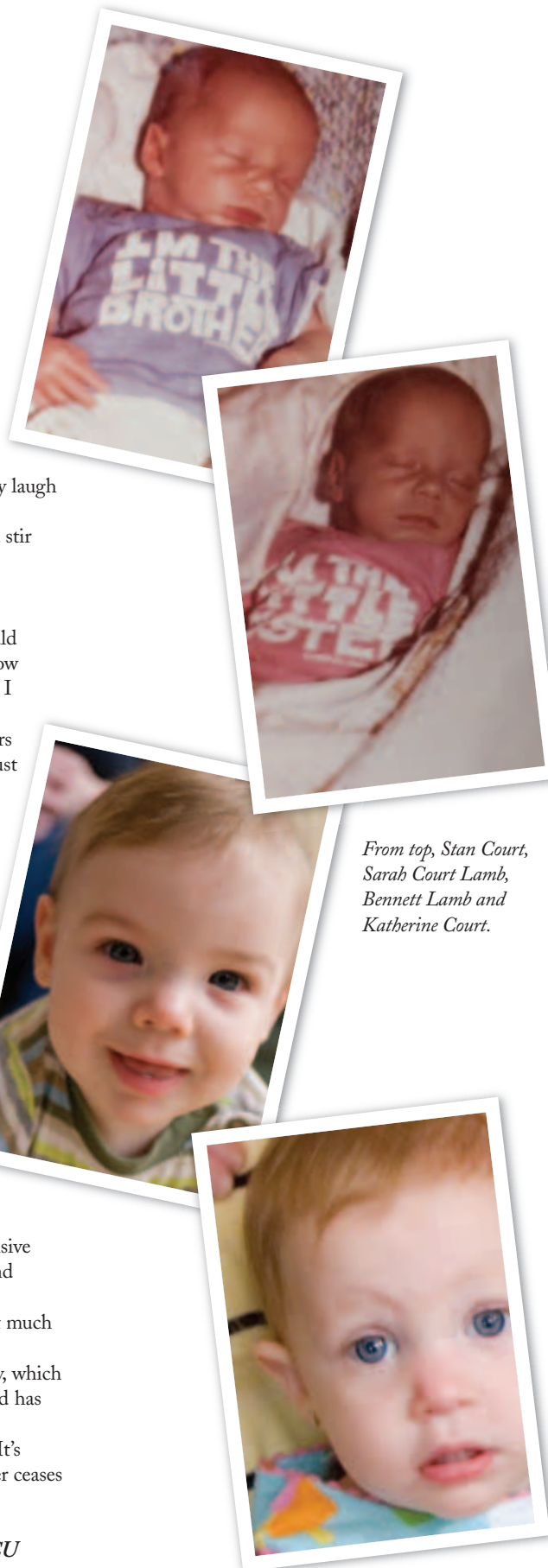
The coming delivery created a stir with the hospital staff as well, Sally remembers. "The hospital was very excited. As my delivery date was approaching, one of the nurses would call me every day to check to see how I was doing. Then after I delivered, I met a young nurse in the newborns nursery, Sylvia. Now, almost 30 years later, Sylvia Crowley, R.N., is not just a nurse but also the clinical coordinator of Henry Medical Center's NICU (Neonatal Intensive Care Unit). It was Sylvia who stayed with the twins in intensive care for almost another week after I was discharged. I joke with Sylvia that the twins bonded with her before they bonded with me."

Over the past 30 years, the hospital's provision of services for women and newborns has broadened. Marcia G. Taylor Women's Center today has a Level III NICU, staffed with board-certified, highly-skilled nurses and respiratory therapists, all with intensive training in the care of premature and acutely ill newborns.

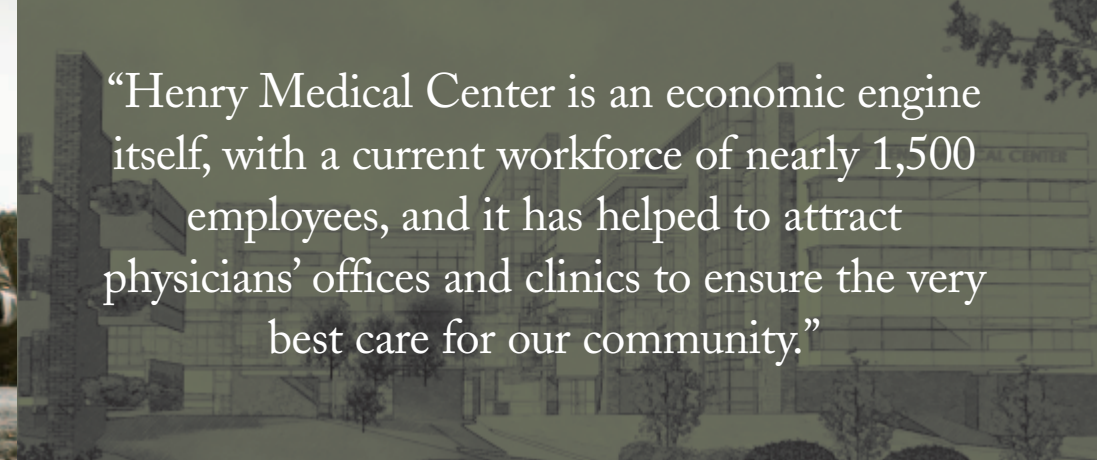
And it's the babies that attract much attention from hospital visitors.

Regarding Labor and Delivery, which Sally Court is close to every day and has witnessed with many of her 17 grandchildren, "it's such a miracle. It's such an awesome thing, and it never ceases to amaze me, every time."

*For a virtual tour of HMC's NICU and Labor and Delivery suites, go to [www.henrymedical.com/services/womens](http://www.henrymedical.com/services/womens).*



*From top, Stan Court, Sarah Court Lamb, Bennett Lamb and Katherine Court.*



“Henry Medical Center is an economic engine itself, with a current workforce of nearly 1,500 employees, and it has helped to attract physicians’ offices and clinics to ensure the very best care for our community.”

## Future’s so **bright...**

### Flip on your shades, because Henry Medical Center is entering an age of — gasp — stable growth

Henry Medical Center has grown as its community has grown, and the three-decades-old healthcare provider is just hitting its stride, said Steve Kay, chairman of the Henry Medical Center Operating Board.

The hospital has seen major growth, said Kay, who has been associated with the hospital since 1987. “From 1979 to 2007, Henry Medical Center and Henry County experienced rapid, unprecedented growth. For many years Henry County was among the top five or six counties in the nation in terms of growth. But since 2007, with this current recession, the tide has turned. Along with the rest of the nation, the hospital and the county have

experienced an economic downturn. Our growth has virtually come to a halt.”

And while that change in growth can at first seem disconcerting, Kay said the recession’s ripple effect can be seen as a positive. “As we emerge from this recession in months and years ahead, I think we’ll see a more measured and sustained, healthy level of growth ahead of us. I don’t think we’ll see the sharp, rapid

Steve Kay

growth like we experienced in the late 1990s and 2000s.”

“Our challenge is to find opportunities to provide for the needs of our citizens so they don’t have to go outside the county for services,” he said. “A perfect example is the Henry Radiation Oncology Center, which will be ready next summer. It permits us to provide a service locally that, until it opens, is available only outside our county.”

The hospital faces challenges that are evident in the national headlines, he said. “When you look at health care in general, and you have all the talk on the national level regarding healthcare reform, we are thoughtful to focus on things that we can control or influence. Outside our advocacy through avenues like the Georgia Hospital Association, we realize that we are not going to be able to influence the outcome of what America’s healthcare reform will look like. So instead, we concentrate on providing locally the highest quality of care possible, and being responsive to our patients’ needs and the community’s needs for services that are valuable here.”

So what is ahead for Henry Medical Center?

Looking ahead to the hospital’s 40th and 50th anniversaries, Kay said certain trends are already well-enough defined to translate into realities 10 and 20

years down the road. “We have to continue to build the ‘physician infrastructure,’ especially the viability of our primary care physicians, who are the backbone of any healthcare system. I think you’ll see an increased emphasis on quality of care, and the measures of quality and the pay mechanisms will be driven by greater competition.”

There will be more emphasis and more spending on wellness, he predicted, which will cut down on the need for spending on diagnosis and treatment. And the lifestyle of most physicians will likely change positively, too, as medical practices, scrambling to keep up with an increasing patient load of aging baby boomers, find increasingly creative ways to shield physicians from business and management concerns. Much in the same way that house-call physician practices are largely gone, “the Marcus Welby, M.D. days (of getting almost all healthcare from a single physician) are gone forever.”

Health care will increasingly be a team approach with more and more specialization, he said, thereby driving an increasing need for facilities like Henry Medical Center to do a better job of competing for physician referrals. “We only exist to serve our community, so our existence depends heavily on our ability to understand what the needs of our community are today and will be tomorrow.”

*“Our challenge is to find opportunities to provide for the needs of our citizens so they don’t have to go outside the county for services. A perfect example is the Henry Radiation Oncology Center, which will be ready next summer. It permits us to provide a service locally that, until it opens, is available only outside our county.”*

## Measuring the rings of growth

### A Q&A with the county’s top cheerleader

Talk about population explosion! In the 30 years since Henry Medical Center opened, Henry County has grown from 35,000 residents to a 2009 Census estimate of just under 200,000. *Health For Life* asked Kay Pippin, president of the Henry County Chamber of Commerce, to analyze the hospital’s role in our community’s growth, and its promising future.

### How has our hospital contributed to the county’s sharp growth?

Communities need certain basic services in order to realize sustained growth – a robust, community-oriented hospital is probably the most fundamental of those basic needs. Major employers, such as Briggs & Stratton, Toppan, SunTrust and Georgia Power, have been able to thrive in Henry County – and complementary smaller businesses that support our growth have also flourished. Henry Medical Center has been a strong partner in helping Henry County attract and retain industry and jobs – and has done an outstanding job of meeting the healthcare needs of those employees. Furthermore, Henry Medical Center is an economic engine itself with a current workforce of nearly 1,500 employees, and it has helped to attract physicians’ offices and clinics to ensure the very best care for our community while growing our local economy.

### What role has this community hospital played in the county’s struggle to provide the services needed for such a large influx in just three decades?

As Henry County has grown, Henry Medical Center has grown with us. The hospital has anticipated our growth, gradually expanding the number of licensed beds from about 100 in the late

1970s to 215 today. Henry Medical Center has also kept pace with the needs of the community through new services such as Physical & Occupational Therapy and Speech-Language Pathology & Audiology and the addition of specialty clinics such as the Henry Radiation Oncology Center, which broke ground in June. Additionally, Henry Medical Center is recognized with seven Centers of Excellence, including cardiovascular care, orthopedics, surgery, critical care, women’s health, emergency medicine and diagnostics.

### How have you seen Henry Medical Center contribute more than just self-interested healthcare services?

Henry Medical Center is keenly involved in community outreach. They have numerous support groups to help those with arthritis or fibromyalgia, recovering from a stroke and quitting smoking. They also have free screenings throughout the county for diabetes, breast cancer and prostate cancer. Their healthcare providers also visit Henry County Schools each spring to ensure students understand the importance of sunscreen. Also, when disaster strikes, our community is at ease knowing that we have Henry Medical Center – the hospital is a crucial partner as our county prepares for the possibilities of natural disasters, mass casualties, bio-terrorism and pandemics.

And the hospital’s outreach is not limited to medical services. The HMC staff is significantly engaged in civic and community organizations including our Chamber of Commerce, Leadership Henry and Hands on Henry. Frankly, Henry County is a much stronger community, thanks to their involvement.

### What do you predict is ahead for the county, and how can HMC help the community meet those challenges?

With national healthcare reform in the headlines daily, the effects on our community and on Henry Medical Center will be extensive. Because this debate is rapidly unfolding, the support that Henry Medical Center already receives from our community – donations to its Foundation and strong local businesses with important healthcare benefits that attract the best employees – will be key as the hospital responds to ever-changing healthcare dynamics. In turn, I have no doubt that Henry Medical Center will do what it has always done: Ensure that it is able to continue to provide for the healthcare needs of the citizens of Henry County. ⚡

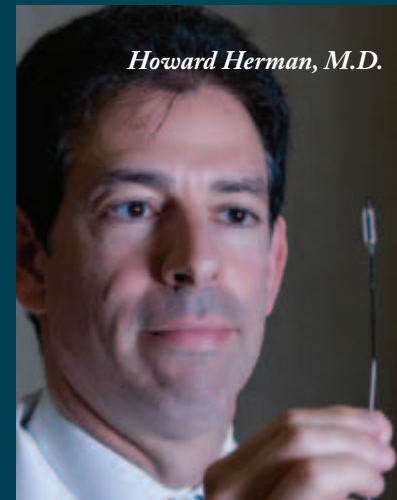


Kay Pippin

Stefanie Cardenas (right) says sinus surgery allows her to once again enjoy cooking, playing golf and spending sunny summer days with her sons Gavin, 3, (left) and Grant, 5, at their neighborhood pool.



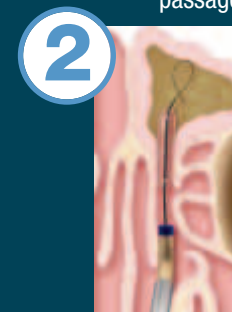
Howard Herman, M.D.



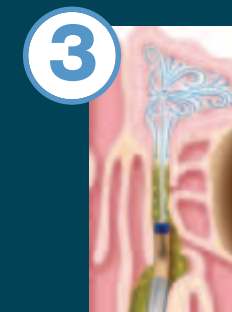
A lighted guide catheter is passed through swollen sinus membranes.



The balloon catheter is positioned and slowly inflated, opening the passage.



The balloon catheter is deflated, allowing the sinus cavity to drain.



The catheter is removed, leaving little to no disruption to the mucous lining.



# FRESH

Balloon sinuplasty allows mom a breath of pain-free life



Ever had a migraine headache? If so, you likely recall it with horror. The pain is not only severe, but the accompanying nausea, blurred vision and oversensitivity to any stimulation can shut down the hardest of souls.

Imagine having a full-blown migraine 24 hours a day for three solid weeks. Stefanie Cardenas, a 40-year-old stay-at-home mom from McDonough, knows that nightmare. And, she knows real relief.

For more than 18 months prior, Stefanie said she had been ill with chronic coughing, sinus problems and headaches. "I was on every steroid and antibiotic, and back and forth to the doctor – I can't tell you how many times." In April, on her second day with her husband and two boys while vacationing in Hilton Head, SC, Cardenas got a migraine so overpowering that the family had to head home. "I

couldn't see, had the blurred vision, the vomiting. It was awful."

Despite a painkiller shot at the emergency room, the migraine persisted – for two and a half weeks. A neurologist recommended that she stay in the hospital to receive a series of intravenous treatments of "whopper pain medication" to halt the self-perpetuating cycle of the migraine. "I stayed in for four days and it was like I was on heroine," she said, "and yet after four days the headache still wasn't gone."

Stefanie's husband, Joaquin "Jo" Cardenas, an employee at Fort McPherson and retired Army Ranger, wanted to consult an ear, nose and throat specialist.

Dr. Howard Herman, an otolaryngologist (ear, nose and throat specialist and head and neck surgeon), stopped by that evening.

"Dr. Herman came in," Stefanie Cardenas said, "took one look at me, said that most likely my sinuses were blocked and needing cleaning out and recommended a facial CAT scan of my sinuses."

The suspicions of Dr. Herman, who has been practicing at Henry Medical Center for 16 years, proved correct. The scan showed that all six groups of Cardenas' facial sinuses were blocked and severely inflamed. Recommended treatment? Sinus surgery using balloon sinuplasty techniques.

"Balloon sinuplasty is a tool we can use to do sinus surgery," Dr. Herman said. Similar to the familiar cardiac angioplasty procedure, "we can pass a wire under lighted guidance into blocked sinuses, thread a balloon over the wire and expand the balloon to modify the bony opening of the sinuses, so that sinuses can drain properly and stay open permanently."

The technique has proven to have great advantages over other methods of opening blocked sinuses, Dr. Herman said. "With traditional sinus surgery we use cutting and grabbing instruments to remove bone and tissue that are blocking sinus openings.

"But with balloon sinuplasty," he said, "we can open things up without removing the lining, so you don't have the crusting and scar formation, so patients heal faster and their sinuses remain open."

"I expected to come out of sinus surgery all black and blue and swollen and feeling really cruddy," Cardenas said. "None of that... I felt great. The headache was gone. I didn't have any of the side effects I thought I would have. My husband said my awful snoring was gone. My

loud bedtime coughing, which I'd had for a year and a half, was gone. I could breathe well, and I could sleep."

"This is the future of surgical intervention for sinuses," Dr. Herman said, adding that in some major metro areas such as Chicago, balloon sinuplasty techniques are utilized in approximately 80% of sinus surgeries. "Although people have most often done well after traditional sinus surgery, balloon sinuplasty is an advance that is less invasive and allows us to get better results, less pain, and a faster return to normal life."

"There are some people out there who need sinus surgery but are frightened to pursue it," Dr. Herman said, "and this should decrease their hesitancy because the pain, healing time and results are improved when compared to traditional techniques."

Count Stefanie Cardenas as a believer in balloon sinuplasty. "The change was tremendous, absolutely huge. It was like I came back to being in my life again."

And that had a big impact on her sons, Grant, 5, and Gavin, 3, whom Cardenas describes as "a barrel of laughs most of the time and a handful of energy all the time."

"I've gotten back to the point that I can enjoy every day," she said. "I have more tolerance for my boys. When you feel awful for eighteen months, it affects the way you talk to people around you. I was grumpy. My tolerance level was next to nothing."

"The amazing part is that I'm now a whole lot more attuned to what they need and want," Cardenas said, "like blowing bubbles today at the pool – the silly everyday little stuff that I'm appreciating again." ❖



# A healthy Foundation

*Foundation salutes the hospital's 30th*

*Non-profit's  
fundraising arm  
provides HMC  
what it needs to  
be an excellent  
hospital*

The new shrubs had scarcely budded any growth in front of the new Henry General Hospital when the community hospital hit its first speed bump.

It was six months after the doors first opened in 1979, and already the 104-bed facility saw a day when it reached capacity.

Clearly, this community was growing, and in a big hurry. Henry County's brand-new hospital would need to find ways to expand to keep up.

Expansion means money. Money means fundraising. And fundraising means talented people and lots of hard work.

So in 1982, the Henry Medical Center Foundation was formed. Governed by a volunteer Board of Directors, the

Foundation is a non-profit philanthropic organization that supports the needs of Henry Medical Center through its fundraising efforts.

It's been plenty busy. Since its inception, the Foundation has raised more than \$5 million to support the hospital.

Funds are used for facilities, equipment, scholarships, patient assistance and community outreach. Two of the more visible examples are the recently-built Foundation Education Center and, in 21 years, funding for more than 100 nursing scholarships.

But the real story of the Foundation is all about its people. On the three following pages are some of those stories.



## Claire Crumbley

Generous with her time,  
money and imagination

An old Chinese adage says that if you want to observe the contents of a person's heart, first observe how that person spends their free time, and on what their money is spent.

Claire Crumbley's heart is evidently filled with love for her neighbors in Henry County.

As a member of the Henry Medical Center Foundation Board of Directors, Crumbley has a vantage point to see first-hand the needs that confront a community hospital in a swiftly growing suburban county, as well as the good that an active group of alert citizens can do through a non-profit foundation.

"It's delightful to serve alongside other board members who care so much, as we do," she said. "We use the creativity God planted in our brains, and the love he tucked in our hearts to get what the hospital tells us they need."

The work on behalf of the hospital can be heart-wrenching but is never an imposition on her life, said Crumbley. "What we do is just so vital. When you begin to understand that a piece of equipment being within a certain distance of your neighbors can make a difference on whether they survive some kind of trauma, that puts everything into perspective."

The McDonough homemaker says that it gives her joy to share that with which she has been blessed. "The work I do, the money I raise, the money I donate, can lead to literally saving the lives of people I know, people I've known for years. When you look at it that way, it becomes a privilege to serve."



*Claire Crumbley,  
donor and board member*

Gene and Virginia Knowles,  
donors and former patients



## Gene & Virginia Knowles

### When patients become donors

Some give to the Foundation knowing that their tax-deductible dollars can help others, just as others' previous donations to the hospital helped them – when they needed it most.

That was the case with cancer survivor Virginia Knowles. Knowles checked into Henry Medical Center after her cancer was discovered and had progressed. "I don't think I was in here but about two days. And just everybody was so nice and caring and compassionate."

But her weakened state from her cancer treatments had left her body vulnerable, and Knowles lost consciousness. "I had pneumonia very badly and went into a drug-induced coma. I was in that for 52 days. That was the time that my husband, my doctors, all the nurses,

“They were there for us. And that was so important. We'll never forget the care and the concern the people here showed her.”

the technicians, everybody here, were all so supportive and so helpful, and I'm just thrilled to death to be a part of this hospital.”

Knowles was a fighter, and her body's defenses, aided by constant care, fought off the infection. Today she is vibrant and eager to help others get the help she received.

"If we had a lot of money I know exactly where it would go," she said. Knowles and her husband, Gene, are now regular contributors to the Foundation. Why? "Because this hospital meant so much, not only to us, but to our family."

"They were there for us," agreed Gene Knowles. "And that was so important. We'll never forget the care and the concern the people here showed her."

## Elizabeth Johnson

### Accepting help, and paying it forward

Sometimes the Foundation's beneficiaries and the Foundation's donors are the same person. That's the case with Henry Medical Center emergency room nurse Elizabeth Johnson. The 39-year-old mother of five from Stockbridge just graduated in May from a three-year registered nurse program at Gordon College in Barnesville, a school she attended on an HMC Foundation scholarship.

Johnson is no stranger to Henry Medical Center. She's worked at the hospital for 11 years, mostly as the unit secretary on one of the hospital's most hectic desks – the emergency room nursing station. "I'd always had a heart to be an RN but with five children, and at the time I was a single parent, there was no way I could afford the schooling or the time away from a steady paycheck." She said she knew she could be a more valuable asset to her community as a nurse, "I knew I could do it, but without some help there was no way to get from there to here."

The way "from there to here" was in part mapped out for Johnson when, at the urging of fellow employees, she met with Dr. Sam Lorenzo, emergency physician and chairman of the HMC Foundation. Lorenzo explained to her the qualifications for the Foundation's nursing scholarship, the application process and the requirements after graduation. And, the hospital gladly kept her on in a reduced-hours capacity while she went to school full-time.

"It was hard work, very hard," she said. Juggling the academic requirements, the daily 35-minute commute to the Barnesville campus, her stressful ER job, and cooking and cleaning for a busy household of five children ranging from 6 years old to 18—and even helping out with her church's youth group—Johnson said the hectic schedule of her college years has been well worthwhile. "This is where my heart is, to help people out when they need it the most."

And Johnson's big heart gives more than just her time and energy as an integral part of the ER. For years now, out of every paycheck, Johnson has set aside a portion for the Henry Medical Center Foundation. "I've always done that, even before I got the scholarship. It's not much, but after awhile, it adds up. They do so much. It's worth every penny."

Elizabeth Johnson, RN,  
donor and scholarship recipient



### Where donations to the Foundation go:

- Tuition scholarships for nurses
- State-of-the-art equipment
- Patient assistance
- Community education
- Support groups

•••••

### Donations in 2009

- Annual Garden Party raised \$60,000
- Hospital administration, directors and employees pledged \$62,000
- Physicians pledged \$200,000
- Pacemaker 5000 raised \$19,000
- Auxiliary pledged \$26,000

•••••

### How to donate:

- Mail a check to:  
HMC Foundation  
1133 Eagle's Landing Parkway  
Stockbridge, GA 30281
- Donate online at: [hmcfoundation.org](http://hmcfoundation.org)
- Watch the TeleWebAthon in September and make a pledge
- Purchase a brick

### SAVING LIVES TELEWEBATHON

Saturday, September 12, 6:00 p.m.  
Live event—open to the public—at Bethany Baptist Church. Featuring: an R&B band, comedian, 8-year-old drummer and singers of all styles. Watch on SCB-TV Channel 15 during week of September 21.

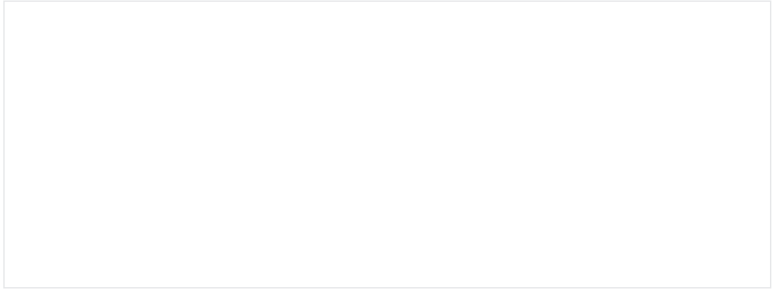
### ANNUAL CHARITY GOLF TOURNAMENT

Friday, October 9, 2009  
At Crystal Lake Golf & Country Club. Contact Adam Stanfield at: [astanfield@hmc-ga.org](mailto:astanfield@hmc-ga.org)

### LIVING MEMORIAL SERVICE

Sunday, October 18, 3:00 p.m.  
At McDonough Christian Church. Make a contribution to Henry Medical Center today in memory of a loved one and they will be remembered and honored at this service.

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# REAL MEN WEAR PINK

It's not about style. For these men, it's about encouraging the women in their lives to take care of themselves. They know breast cancer is more treatable if detected early.

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