

Summer 2023

# Archbold

MAGAZINE



*Sprucing Up the*  
Archbold Logo

Page 6

Archives is now **Archbold Magazine**

Page 7

Hydrate for **Your Heart**

Page 10

# In this issue

# 21

Summer  
Foot Safety



## Archbold

# 6

Sprucing Up  
the Archbold  
Logo



### 8 3 REASONS (CERTAIN) MEDICATIONS AND HEAT DON'T MIX

For older adults, soaring temperatures and high humidity pose problems, including the side effects that certain medications can cause under sweltering conditions.

### 9 6 TIPS FOR A HEART-HEALTHY SUMMER

You can take a break from the daily grind without putting your heart health at risk.

### 10 HYDRATE FOR YOUR HEART

Drinking enough water every day? It can help ward off heart disease.

### 12 5 SUMMER SAFETY TIPS FOR CANCER PATIENTS

Enjoy summer safely if you're being treated for cancer.

### 14 PLANNING A HEALTHY SUMMER BARBECUE

Celebrate the season of family picnics and fireworks with party food that is healthy and delicious.

### 15 BREAKING THE UTI CYCLE

Frequent, recurring urinary tract infections (UTIs) can be painful, disruptive to everyday activities, and if left untreated, can develop into a more serious problem.

### 16 ARE YOU D-FICIENT?

A vitamin D deficiency can lead to serious health problems. But there are easy ways to make sure you get enough D in your diet.

### 18 IMPROVE YOUR BACK HEALTH WITH EXERCISE

It's important to get regular exercise, but be careful that your workout routine or favorite sport doesn't harm your back.

### 19 THE ART OF BREAST CONSERVATION

Archbold offers lumpectomy surgery for breast conservation in breast cancer patients.

### 20 SUN TANNING AFTER SKIN CANCER?

Follow these tips to keep your skin healthy long after you recover from skin cancer.

### 22 GUYS, PUT SOME THOUGHT INTO PROSTATE CANCER SCREENING

Carefully weigh the potential benefits and risks of screening with your healthcare provider.

### 24 THANK YOU TO OUR GENEROUS DONORS

Your support truly makes a difference at Archbold.

**On the Cover:** Archbold's refreshed logo with evolved branch and torch elements that have been part of the logo since 1925

# From the CEO

In 2021, Archbold kicked off a partnership with local branding firm Fontaine Maury to take us through a process that would refresh and strengthen the Archbold brand. The goal of this project was to increase the awareness of the size and scope of the Archbold system and enhance our connection with all of our communities.

Led by a core team with input from employees and community stakeholders, we crafted a new visual identity for Archbold that is bold, clean and modern but also inspired by our past. The updated logo, along with new naming conventions for facilities, will bring a sense of unity, optimism, excitement and affiliation. The refreshed and clear branding will increase awareness in the communities we serve and engage patients, medical staff and employees, now and in the future.

As you may have noticed, we also took this opportunity to update the name of this magazine. What started as an employee-focused newsletter and evolved to a report to our donors and friends about Archbold news is now a robust health and wellness magazine that better aligns with our vision of a healthier region, stronger communities, meaningful work and trusted care.

We are excited to unveil Archbold's new look. We're proud of what our group created, and it serves as the launching pad for the upcoming 100-year anniversary of Archbold.

**Respectfully,**

Darcy Craven

President and CEO of Archbold




## Meet Your Healthcare Team

Introducing Logan Redmond! Redmond is a radiologic technologist here at Archbold and has been a team member for a little longer than a year.

Redmond's job duties include performing all types of diagnostic radiology exams on patients.

"I enjoy interacting with our patients, as well as my team members in surgery, and performing surgical exams," Redmond said. "I love being a part of our patients' care teams."

 **To learn more about working at Archbold, please visit [archbold.org/employment](https://archbold.org/employment).**

# News

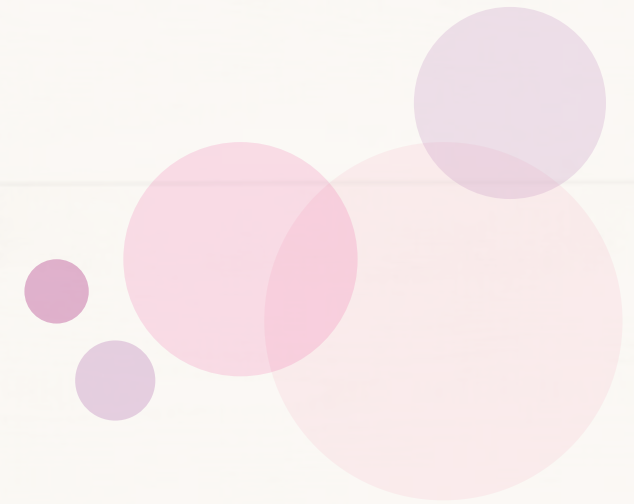


## Mullins Named Oncology Director of Nursing

Archbold is pleased to announce the promotion of Robin Mullins, RN, to director of nursing at Archbold Cancer Center.

Since 2016, Mullins has been an employee at Archbold, where she worked as a nurse in the chest pain unit before joining oncology as an infusion nurse. She was promoted to assistant nurse manager in oncology in 2021 and, most recently, the interim director of nursing.

“We are so excited to have Robin as our new director of nursing,” said Becky Troyer, Archbold Cancer Center’s administrator. “She is a great asset to our facility and our patients.”



## Pink Affair


**When: Thursday, Oct. 26**

**Where: Thomasville Center for the Arts**

**600 E. Washington Street, Thomasville**

Join us to celebrate the 10th annual Pink Affair, a benefit fashion show featuring local cancer survivors. A celebration honoring the models will follow the fashion show, with food and live music. The presenting sponsor will be Thomasville Toyota and Thomasville Ford and Lincoln.

Pink cocktail attire is suggested but not required.

 **Tickets will be available for purchase beginning Oct. 1. To learn more about becoming a sponsor, purchasing tickets or modeling in the show, please visit [archbold.org/pinkaffair](http://archbold.org/pinkaffair).**





# NEW! Live Better Pink Run 5K and 1-Mile Race

**When:** Saturday, Oct. 7


**Where:** Archbold Cancer Center

**919 S. Broad Street, Thomasville**

Live Better, the Archbold-led collaborative of key community leaders focused on improving the health of Thomas County residents, will host the Live Better 5K and, new this year, 1-Mile Pink Run. The event will help promote early detection of breast cancer and bring awareness to the link between obesity and cancer. Runners and walkers are welcome.

Registration for the event opens Aug. 1.



 For more information, please visit [archbold.org/pinkrun](http://archbold.org/pinkrun).



# Sprucing Up the Archbold Logo

OUR HISTORIC LOGO IS TAKING  
ON A NEW, FRESH LOOK.



# Archbold



**Darcy Craven**  
Archbold President  
and CEO

Since the founding of Archbold, our logo has undergone very few changes. The torch and fern frond were there in the logo's earliest iterations. In 1924, these two elements appeared on stationary when the founders were planning for a new community hospital.

These two symbols soon became shorthand for Archbold. Over the years, that logo made its way to vacuum bottles, hats and more. Though tweaked around the early 2010s, the logo remained close to the original.

When Archbold president and CEO Darcy Craven decided to update the logo, he envisioned something inspired by the Archbold mission: to provide safe, innovative and compassionate care for our communities.



**Crystal Wells**  
Administrator,  
Archbold Grady

Chip Bragg, MD, retired anesthesiologist and unofficial Archbold historian, shared Craven's vision and was inspired to engage in the process. (Dr. Bragg is writing a 100-year history of Archbold, scheduled to publish in 2025.)

"I didn't want to see the logo become unrecognizable," Dr. Bragg said, "so I was interested in being part of the conversation."



**Chip Bragg, MD**  
Anesthesiologist

## WHY THE CHANGE

When Archbold first opened, it was a single hospital. Over the decades, we've brought other hospitals, clinics and facilities under our umbrella. We've also restructured Archbold, creating a parent organization under which all other facilities operate.

With this growth, an updated logo made sense. It provides an opportunity for all Archbold team members to have a stake in a united identity.

"Archbold is known for providing high-quality care and being a leader in healthcare technology for our area," said Crystal Wells, RN, MSN, administrator at Archbold Grady. "We wanted the new logo to state that we're still the same high-quality system and we're committed to staying up to date, not getting stagnant."

## INVOLVING THE TEAM

To create the new logo, Archbold administrators reached out to Haile McCollum, owner and creative director of brand and design firm Fontaine Maury. Valuing the perspectives of the Archbold team, McCollum assembled a group that included members of the Archbold community and the Archbold Board of Trustees.

Day after day, team members went back and forth, honing



## THE MYSTERY OF THE TORCH AND PALM FROND

Wondering why Archbold's logo features a torch and palm frond? Archbold's unofficial historian, retired anesthesiologist Chip Bragg, MD, has some ideas.

According to his research, the torch may indicate enlightenment and hope. Historically, fern fronds symbolized humility and sincerity. They also played an important role in medication. The fern, therefore, could symbolize healing.


Whatever the original intent of these symbols, our logo serves a very specific purpose. Wherever you see the palm and torch, it points to quality, compassionate healthcare.

the vision for the logo. When a member of the Archbold community had something to offer, others listened. This input then guided the logo development.

### RENEW AND RETAIN

The new logo features new lettering and an arch that serves as a visual nod to the name Archbold. From the resurrection ferns in the live oaks to the architectural elements of arches and terracotta roof tiles, Archbold's campuses provided inspiration.

"The updated logo is fresh and modern," Craven said. "It is also instantly recognizable as Archbold, which was our goal. When people see the torch and palm frond, we want them to recognize Archbold's rich history of serving our community."

 **Learn more about Archbold's refreshed brand and other exciting updates, including new names, at [archbold.org/onearchbold](http://archbold.org/onearchbold).**

## ARCHIVES MAGAZINE TIMELINE

ARCHIVES IS NOW KNOWN AS ARCHBOLD MAGAZINE.



← The first Arch-Ives (Arch—part of Archbold and Ive—belonging to) originated in March of 1962 and was the hospital's newspaper.



← The hospital newspaper transitioned from an employee publication to a widely distributed publication throughout the community.

→ The modern-day Archives publication shares exciting news happening within the health system as well as healthy living information for its readers. The magazine is distributed region-wide to approximately 35,000 homes.



# 3 Reasons

## (Certain) Medications and Heat

# DON'T MIX

FOR OLDER ADULTS, SOARING TEMPERATURES AND HIGH HUMIDITY POSE PROBLEMS, INCLUDING THE SIDE EFFECTS THAT CERTAIN MEDICATIONS CAN CAUSE UNDER SWELTERING CONDITIONS.

### HOORAY FOR HYDRATION

To reduce your risk of dehydration, it's important to drink enough fluid every day. The National Academies of Sciences, Engineering, and Medicine defines appropriate fluid intake as about 15.5 cups (3.7 liters) per day for men and about 11.5 cups (2.7 liters) per day for women. You may need more, however, if you lose a lot of fluid as sweat due to exercise or heat, or if you develop an illness that causes vomiting or diarrhea.

You can obtain water from many fruits and vegetables, including watermelons, oranges and lettuce. Other beverages count toward your daily fluid intake, too, although it's a good idea to minimize consumption of high-sugar drinks, such as soda and fruit juice.



Megan Mills, RPH,  
PharmD  
Pharmacist

When you get older, your body can't regulate temperature as effectively as when you were younger. In hot weather, you're also more likely to experience heat-related illnesses, such as heatstroke. There's another factor, however, that can put older adults at risk from heat and the sun's rays.

"Some medications that treat chronic conditions and everyday aches and pains may be problematic," said Megan Mills, RPH, PharmD, pharmacy manager at Archbold Pinetree Pharmacy. "Specifically, many medications can increase your risk for a variety of heat- or sun exposure-related problems."

Complications that certain medications can cause include:

- 1. Dehydration.** Diuretics—medications that flush sodium and water from the body through urine—can make you more vulnerable to dehydration because they can make you urinate more than normal.
- 2. Hyperthermia.** During hot weather, you have a higher risk of your body temperature rising to a dangerously high level—a condition known as hyperthermia—if you take antipsychotic medications.
- 3. Photosensitivity.** Some medications can make your skin extra sensitive to the sun's UV rays. These include certain antibiotics, antihistamines, diuretics, statins, oral contraceptives and nonsteroidal anti-inflammatory medications, according to the U.S. Food and Drug Administration. Photosensitivity can cause rash- or sunburn-like damage to your skin (known as a phototoxic reaction) or a true skin rash (photoallergic reaction).

Know your risk. Ask your primary care provider if any of your medications could make you more susceptible to complications from heat or sun exposure.

 Looking for a primary care provider? Visit [archbold.org/providers](https://www.archbold.org/providers).



# 6 Tips for a



# Heart-Healthy Summer

YOU CAN TAKE A BREAK FROM THE DAILY GRIND WITHOUT PUTTING YOUR HEART HEALTH AT RISK.

More daylight, hotter temperatures and lighter schedules combine to make summer more relaxing than other seasons. Take advantage of this refreshing change to practice some self-care.

- 1. Enjoy the slower pace of life.** Unchecked stress may contribute to high blood pressure and other heart disease risk factors. Take time off to rest and recharge.
- 2. Indulge in the fruits (and veggies) of the season.** Summer's abundance of heart-healthy produce includes sweet blueberries, crisp bell peppers, tasty peaches and juicy tomatoes.
- 3. Make good use of the after-work sunlight.** Embrace evening runs, walks, tennis games and backyard dance parties. Bonus: Exercising late in the day protects you from the sun's most intense ultraviolet rays.
- 4. Boost your grilling skills.** Experiment with grilling fish and vegetables or combine the two to make delicious kabobs. For dessert, toss some peaches or pineapple slices on the grill.


## 5. Nurture your relationships.

"Staying socially connected helps prevent depression—a condition that could put you at risk for heart disease," said Pranav Diwan, MD, FACC, FSCAI, interventional cardiologist at Cardiovascular Consultants of South Georgia. "Use some of your spare time this summer to have fun with the important people in your life."



Pranav Diwan, MD,  
FACC, FSCAI  
Interventional Cardiologist

- 6. Check in on your overall health.** Take time to get back on track with important medical appointments, including your annual wellness exam with your primary care physician.

 **Call 229.351.8062 to schedule an appointment at Cardiovascular Consultants of South Georgia.**



## PACKING WITH HEART

Your summer trip is just days away! Whether you're heading to the beach, lake or mountains, here's what to pack to have a heart-healthy time:

- » Board games for spending fun nights with the people you love
- » Breathable activewear and athletic shoes for runs, hikes and outdoor games
- » Favorite healthy recipes, so you can eat in on a few occasions
- » Item(s) to have handy when you want to relax, such as books, a journal, a yoga mat, art supplies, a camera or binoculars for birding
- » Items to make outdoor activities safer and more enjoyable, including sunscreen and insect repellent
- » Necessary medical supplies, such as a first-aid kit and any medications you take
- » Nutritious snacks, such as almonds, granola, bananas and carrot sticks
- » Swimwear that's comfortable for both aquatic exercise and poolside relaxation
- » Water bottle that you can use and refill often

DRINKING  
ENOUGH WATER  
EVERY DAY? IT  
CAN HELP WARD  
OFF HEART  
DISEASE.

*Hydrate for Your*

# HEART



**Christopher Daniels, MD,  
FACC, FSCAI**  
Interventional Cardiologist

You probably know that drinking plenty of water every day is essential to your wellness. Staying hydrated regulates your body temperature and helps your body function properly in many ways. But what you may not know is that your daily water intake can have a big impact on your heart health.

According to a recent study conducted by the National Institutes of Health (NIH), staying well-hydrated may help reduce your risk of developing heart failure as you age.

“Drinking plenty of water on a daily basis is a simple way to help care for your heart and prevent problems as you get older,” said Christopher Daniels, MD, FACC, FSCAI, interventional cardiologist at Cardiovascular Consultants of South Georgia. “Along with other healthy

habits, including eating right and getting enough exercise, staying hydrated can potentially make a big difference in your heart health.”

## **HOW WATER HELPS YOUR HEART**

When you drink water, levels of sodium in the blood, called serum sodium, go down. When you don’t get enough fluids, you become dehydrated, and your serum sodium level goes up.

The NIH study suggests people who maintain a high serum sodium level during midlife may be at higher risk for developing heart failure when they get older. People who don’t drink enough water may have an increased risk of developing left ventricular hypertrophy (LVH), which causes the walls of the heart muscle to thicken and the heart to enlarge.

Researchers analyzed data from 15,000 adults, ages 45 to 66, who participated in a study that began with data collection from 1987 to 1989. Participants in the study volunteered to share information from their medical



## WONDERFUL WATER: WHAT DOES IT DO FOR YOUR BODY?

In addition to maintaining balanced sodium levels, water performs many essential jobs in your body, including:

- » Aiding your digestive system
- » Carrying oxygen and nutrients to your cells
- » Cushioning and lubricating joints
- » Flushing bacteria and waste from your body through perspiration, urination and bowel movements
- » Maintaining a normal body temperature
- » Protecting organs and tissues
- » Regulating blood pressure

## HYDRATION INSPIRATION

Here are a few key tips that can help you stay motivated to drink enough water daily.

- » Add a wedge of lemon or lime to your water for extra flavor.
- » Keep a refillable water bottle with you throughout the day.
- » Put freezer-safe water bottles in the freezer and grab one when you leave the house for ice-cold refreshment.

Water can also come from fruits and veggies with high water content, such as apples, cucumbers, lettuce, strawberries, tomatoes and watermelon. Other beverages can also contribute to water intake. Limit sugary drinks and opt for healthier choices, such as skim milk or carbonated water.



visits for a subsequent 25-year period. For the final analysis, researchers selected 11,814 of the participants who had normal hydration levels, were not obese, and did not have diabetes or heart failure at the time of enrollment. Of these participants, 11.56% later developed heart failure.

“These results suggest that drinking water may have a significant impact on your heart,” Dr. Daniels said. “Staying hydrated may prevent or slow the progression of heart failure. Many people don’t drink enough water, so this is an important conclusion to share.”

### SERVING SIZE FOR SUCCESS

So how much water should you drink every day?


“In general, most healthy people should try to drink about four to six cups of water per day,” Dr. Daniels said. “But if you have a health condition or take prescription medications, talk to your doctor about the right amount for you. In some cases, it’s actually possible to drink too much water.”

In addition, your ideal water intake varies depending on your activity level or the weather. If you spend a lot of time outside on a hot day, you will need more water to stay cool, especially if you sweat. You will also need more fluids when you exercise.

When you do not drink enough water, you run the risk of becoming dehydrated. Signs of dehydration include:

- » Confusion
- » Dark-colored urine
- » Dizziness
- » Low blood pressure
- » Weakness

“Remember that by the time you feel thirsty, you may already be dehydrated,” Dr. Daniels said. “If you have signs of dehydration, rest and drink plenty of water until you feel better.”

 **Questions about your heart health? Find a cardiology specialist at [archbold.org/providers](https://archbold.org/providers).**





# 5 Summer Safety Tips for CANCER PATIENTS

ENJOY SUMMER SAFELY IF YOU'RE BEING TREATED FOR CANCER.



**Steve Johnson, MD**  
Radiation Oncologist

“Spending time with friends and family and staying active are essential for positive mental health during cancer treatment, but summer heat can make it challenging,” said Steve Johnson, MD, board-certified radiation oncologist at Archbold Cancer Center. “Planning ahead can help patients with cancer stay as healthy as possible, while maintaining their quality of life.”

If you're receiving cancer treatment, follow these tips to enjoy the season safely.

## 1. PROTECT YOURSELF FROM THE SUN

Some cancer treatments can increase sun sensitivity. However, sensitivity varies depending on your treatments.

“Chemotherapy is a systemic treatment, which means it affects the whole body,” Dr. Johnson said. “So it may cause all of your skin to be sensitive to sunlight. Radiation, on the other hand, targets a specific area. So you may only have extra sensitivity around the radiation site.”

No matter what type of cancer treatment you're receiving, you can help protect yourself by:

- » Applying a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher
- » Donning a wide-brim hat, especially if you have hair loss
- » Staying inside from 10 a.m. to 4 p.m. to avoid the strongest ultraviolet (UV) rays
- » Wearing sunglasses that block 99% or more of UV light

## 2. MAKE WATER YOUR DRINK OF CHOICE

Summer heat increases the risk of dehydration. So do some cancer treatments.

Drinking water is the best way to avoid dehydration. If you don't like the taste of plain water, add fruit or herbs.

For warning signs of dehydration, see "Hydrate for Your Heart" on Page 10.

### 3. BE PROACTIVE ABOUT FATIGUE

Extreme tiredness, or fatigue, is a common side effect of many cancer treatments. Heat can make it worse.

To manage or prevent fatigue:

- » Avoid caffeine.
- » Eat small meals throughout the day.
- » Exercise early in the day.
- » Stay in the shade when outdoors.
- » Use air conditioning when indoors.
- » Wear light-colored, lightweight clothes.

Talk with your care team if you're too tired to get out of bed for more than a day, experience sleep issues or have worsening fatigue.

### 4. THINK BEFORE DIVING IN

Spending time at the beach or the pool is often a highlight of summer. However, certain cancer treatments make these pastimes risky.


"If you're receiving chemotherapy or radiation, pool chemicals can irritate the skin," Dr. Johnson said. "Cancer treatments, or cancer itself, can also lower the ability to fight off bacteria and parasites found in the ocean, lakes and pools."

Talk to your oncologist about your particular risk factors.

### 5. LISTEN TO YOUR BODY

It's easy to get swept away by summer fun. When you're receiving cancer treatment, it's also easy to overdo it.

Always listen to your body. If you're tired, rest. Thirsty? Drink water. If you don't have the energy to make it to a barbecue, ask your friends to bring a plate and the fun to you.

 **The Archbold Oncology Center is now Archbold Cancer Center. Learn more at [archbold.org/services/cancer-center](https://archbold.org/services/cancer-center).**

## SPOT THE SIGNS OF HEAT-RELATED ILLNESS

Typically, bodies cool themselves down naturally. But too much time in the heat can cause heat-related illnesses.

The risk of heat-related illness is higher for people who are younger than age 4 or older than 65, have health conditions, or take certain medications. Knowing the signs can help you and your loved ones stay safe.

### HEAT EXHAUSTION

Symptoms of heat exhaustion include:

- » Cold, clammy skin
- » Dizziness
- » Fast pulse
- » Fatigue
- » Headache
- » Heavy sweating
- » Muscle cramps
- » Nausea or vomiting
- » Weakness

If you notice signs of heat exhaustion:

- » Go to a cooler area.

- » Loosen your clothes.
- » Place cool, wet cloths on your skin or bathe in cool water.
- » Sip cool water.

Seek help if symptoms last more than an hour or worsen.

### HEAT STROKE

Heat exhaustion can cause heat stroke.


Heat stroke symptoms include:

- » Body temperature of 103 degrees Fahrenheit or higher
- » Confusion
- » Dizziness
- » Headache
- » Hot, dry or red skin
- » Passing out
- » Rapid, strong pulse

Heat stroke is a medical emergency that can be life-threatening. If you think you or a loved one might have heat stroke:

- » Call 911.
- » Loosen or remove extra layers of clothing.
- » Move to a cooler area.
- » Put cool, wet cloths on the skin or take a cool bath.





CELEBRATE THE SEASON  
OF FAMILY PICNICS  
AND FIREWORKS WITH  
PARTY FOOD THAT  
IS NUTRITIOUS AND  
DELICIOUS.

# Planning a Healthy Summer Barbecue

## ARGENTINEAN CHIMICHURRI SAUCE

Makes 12 servings

This South American-inspired sauce is a delicious way to add flavor to your menu.

### INGREDIENTS

- » 1 cup flat-leaf parsley (lightly packed and chopped without the stalks)
- » 4 garlic cloves, minced
- » 1/8 teaspoon salt
- » 1/4 teaspoon freshly ground pepper
- » 1/2 teaspoon red pepper flakes
- » 1 tablespoon dried oregano
- » 2 tablespoons green onion, minced
- » 1/2 cup olive oil
- » 3/4 cup vinegar
- » 3 tablespoons fresh lemon juice
- » 1/4 cup water

### DIRECTIONS

1. Place all the ingredients in a blender or food processor and pulse until well chopped, but not puréed. Place in a glass container.
2. Spoon the sauce over grilled meat, poultry, seafood or vegetables. This sauce can also be used as a marinade.

Recipe courtesy of "What's Cooking? USDA Mixing Bowl"



Enjoying summer soirées can have a negative impact on your waistline if you indulge in too many high-calorie, low-nutrient foods. However, you can make a few simple tweaks to create light, satisfying, nourishing dishes.

### BETTER PROTEIN

Swap out red meat, which is high in saturated fat, with leaner sources of protein, such as chicken and fish. To ensure that leaner options are juicy and flavorful, marinate them in something acidic, such as lemon juice or apple cider vinegar.

### VA-VA VEGETABLES


To maximize the nutritional content of your grilled vegetables, boil them first. Carrots cooked in hot water before you slice them have higher levels of carotenoids, according to a study in the *Journal of Agricultural Food Chemistry*. Similarly, when you cook asparagus in boiling water, you

may double the levels of phenolic acid, which some studies have linked to lower cancer rates.

When preparing for the grill, only precook for three to five minutes. To get the smoky flavor, cook vegetables over high heat briefly, then move to the cooler side of the grill to finish cooking. Dense vegetables, such as potatoes and carrots, cook well in foil packets, too. Season, wrap in aluminum foil and steam for about 25 minutes.

### JUST DESSERTS

Enjoy a sweet finish to each meal with seasonal summer fruits. Grilled peaches, pineapple and strawberries (use skewers) are delicious on their own or served over Greek yogurt.

 Visit [archbold.org/about/nutrition-services](https://www.archbold.org/about/nutrition-services) to learn about our registered dietitians.



# Breaking the UTI Cycle

FREQUENT, RECURRING URINARY TRACT INFECTIONS (UTIs) CAN BE PAINFUL AND DISRUPTIVE TO EVERYDAY ACTIVITIES. IF LEFT UNTREATED, THEY CAN DEVELOP INTO A MORE SERIOUS PROBLEM.



**Rachel Anderson, DO**  
Primary Care  
Physician

UTIs can affect the kidneys, ureters, bladder or urethra. Most often, UTIs result from bacteria found in the bowel entering the urethra and bladder and causing uncomfortable symptoms.

“UTIs can make urination very painful and frequent. They can also give urine a strong odor and milky, discolored appearance,” said Rachel Anderson, DO, primary care physician

at Archbold Primary Care – Thomasville. “Fever, loss of appetite and back pain are signals the infection may be affecting the kidneys and should be treated immediately.”

About 60% of women will experience a UTI at some point in life compared with 12% of men. Risk factors include:

- » Diabetes
- » Having a catheter in for extended periods of time
- » Menopause
- » Pregnancy

## TREATING UTIS

Antibiotics are the standard course of treatment for UTIs. Medication should be taken exactly as prescribed—until it is used up—to make sure all traces of the infection are destroyed. Even if symptoms go away, it’s important to finish the medication to prevent the UTI from coming back.


Some patients develop complicated UTIs, which tend to be more common among children and men. In these cases, a longer course of treatment or a different antibiotic is needed.

Women who have frequent UTIs may have a bladder condition that requires urological care.

## PREVENTING UTIS

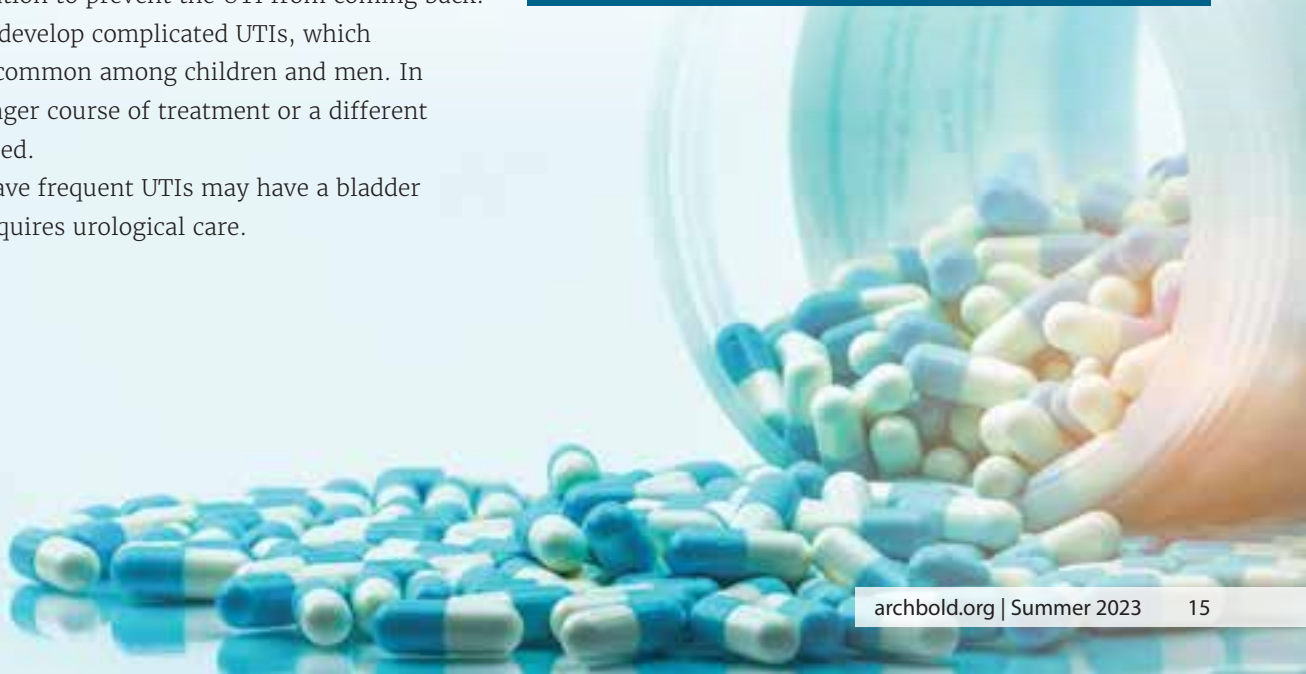
To prevent UTIs, follow these best practices:

- » Drink plenty of fluids. Six to eight glasses a day is recommended to prevent UTIs.
- » Use the bathroom as soon as you need to go. The longer you hold urine inside the bladder, the more likely it is that bacteria will grow.
- » Wipe from front to back. This makes it harder for fecal bacteria to enter the urinary tract.

 **A primary care provider can help you get UTIs under control. Find one at [archbold.org/providers](https://archbold.org/providers).**

## REDUCE UTIS WITH MORE FRUITS AND VEGGIES

Research indicates that people who eat a vegetarian diet may have a lower risk of developing urinary tract infections (UTIs). One study suggests that vegetarians have lower total counts of *E. coli* and *Enterobacteriaceae spp.* (salmonella is part of this family), reducing their risk of infection.





A VITAMIN D DEFICIENCY CAN LEAD TO SERIOUS HEALTH PROBLEMS. BUT THERE ARE EASY WAYS TO MAKE SURE YOU GET ENOUGH D IN YOUR DIET.

# Are You D-ficient?



**Jackson Hatfield, MD**  
Primary Care Physician



**Stephen Rubendall, MD**  
Primary Care Physician

Getting enough vitamin D is essential for your health. Vitamin D helps your body build and maintain strong bones. Without enough vitamin D in your diet, your body can't absorb the essential minerals it needs.

Most people get plenty of vitamin D from the food they eat and from exposure to the sun, which naturally helps your body produce the vitamin. However, according to the National Institutes of Health, nearly 1 in 4 people in the United States have inadequate vitamin D levels, compromising bone health and general wellness.

"Vitamin D deficiency seems to be on the rise, and it can be especially harmful to children and senior citizens," said Jackson Hatfield, MD, primary care physician at Archbold Primary Care - Thomasville.

#### **YOU COULD BE AT RISK OF VITAMIN D DEFICIENCY**

Elderly adults have a high risk of vitamin D deficiency. As you get older, your skin doesn't produce as much vitamin D from sunlight. People of any age with darker skin may also have an increased likelihood of being vitamin D deficient because they naturally do not produce as much of the nutrient. Babies who breastfeed are also at risk, as breast milk does not contain much vitamin D.

While many adults are not likely to have vitamin D deficiency until they get older, certain medical conditions can increase your risk, including:

## OTHER COMMON NUTRIENT DEFICIENCIES

A lack of Vitamin D isn't the only frequently seen dietary shortage. Other common nutrient deficiencies include:

- » **Calcium:** Too little calcium can affect bone strength, but it can also be bad for your muscles and your heart.
- » **Iron:** A lack of iron can cause anemia, making you extremely tired. Women are more likely to develop anemia, partially due to menstruation.
- » **Vitamin B:** Some people are vitamin B12 deficient, while others have a deficiency in vitamin B6 and folate (a type of B vitamin). A lack of these vitamins can affect your nerves and make you tired and forgetful. And too little folate can cause birth defects if you are pregnant.

A healthy diet and a daily multivitamin can prevent nutrient deficiencies for many people. Your Archbold primary care provider can best advise you on whether supplements or dietary changes could benefit you.

- » Celiac disease
- » Crohn's disease
- » Kidney disease
- » Liver disease
- » Obesity

Additionally, common medications for conditions such as high cholesterol, HIV and seizures can reduce your body's ability to metabolize vitamin D.

### HOW TO MAKE SURE YOU GET ENOUGH VITAMIN D

Fill your menu with cheese, eggs, fortified milk and cereals, mushrooms, and fatty fish, such as salmon and tuna. Adults and children should average 600 IU (international units) of vitamin D daily, and seniors older than age 70 should have 800 IU daily.

"Taking a daily dose of vitamin D, either in a multivitamin or alone, may be helpful for some people,

## WHAT YOU NEED TO KNOW ABOUT BUYING SUPPLEMENTS


If you think the big aisle of vitamins and supplements at the drug store can fix anything, you might want to think again. While certain over-the-counter supplements and vitamins can help some people, others may do more harm than good. Many supplements can interfere with prescription medications, and some vitamins can be dangerous if taken at too high a dose. Additionally, the FDA does not test or approve supplements the way it does medications. This means that you have no way of knowing that what is on the label is actually in the bottle. Always talk to your Archbold provider before starting any new supplement or vitamin to make sure it's necessary and that your medical chart reflects the accurate dosages of everything you take.



especially older adults," said Stephen Rubendall, MD, primary care physician at Archbold Primary Care – Camilla. "But if you eat a healthy diet and spend some time outside most days, you might not need a supplement."

Too much vitamin D can actually be toxic and cause symptoms such as constipation and nausea. Your body won't overproduce vitamin D on its own, so toxicity is usually from taking too many supplements.

"Talk to your Archbold provider about blood testing to see if you're actually deficient before starting any large doses of vitamins," Dr. Rubendall said.

 **Looking for more information on vitamins A to D and beyond? Schedule an appointment with an Archbold primary care provider at [archbold.org/primary-care-services](http://archbold.org/primary-care-services).**



Improve Your Back Health With

# EXERCISE



IT'S IMPORTANT TO GET REGULAR EXERCISE, BUT BE CAREFUL THAT YOUR WORKOUT ROUTINE OR FAVORITE SPORT DOESN'T HARM YOUR BACK.



**Allen Sawyer, PT,  
Dip. MDT**  
Physical Therapist

A healthy spine is a fundamental part of a healthy life. Spinal discomfort or injury can irritate the spinal cord—one of the main parts of the central nervous system—and can negatively affect other parts of the body.

About 80% of the population will experience a back problem at some point. However, you can take steps to reduce your risk for this common condition. In addition to maintaining a healthy diet, weight and posture, exercise is an effective strategy to strengthen the muscles around the spine and reduce pressure in other areas of the back.

“The body with its joints, ligaments, muscles and other structures is designed for movement,” said Allen Sawyer, PT, Dip. MDT, physical therapist at Archbold Therapy and Sports Medicine. “General fitness and mobility is a component in maintaining a healthy musculoskeletal system. However, in the presence of previous injury, a customized program tailored to that specific injury is necessary to prevent recurrence and maintain spinal health.”

## ACTIVITIES THAT BENEFIT YOUR BACK

If you are working to enhance your back health, Sawyer underscores the importance of maintaining flexibility of the

spine in both bending and straightening, as well as engaging in light to moderate resistance training.


Some activities that exercise and strengthen core muscles responsible for supporting the spine include:

- » Swimming, which develops abdominal muscles without putting stress on joints
- » Yoga, which stretches muscles and relieves soreness while promoting flexibility
- » Weight training, which allows you to develop specific muscle groups that support the spine, such as the latissimus dorsi (side and middle back), trapezius (neck and upper back) and quadratus lumborum (lower back)

## EXERCISE PITFALLS TO AVOID

Make sure your exercise routine or favorite physical activity does not put unnecessary strain on your neck or back. Getting fit should not come at the expense of your spine.

“An individual with a history of back complications or difficulties should work closely with their healthcare specialist,” Sawyer said. “Together, they can develop a customized program to effectively prevent and manage future exacerbations.”

 **Living with back pain? Physical therapy can help. Visit [archbold.org/physical-therapy](http://archbold.org/physical-therapy) to learn more.**

# The Art of Breast Conservation

ARCHBOLD OFFERS LUMPECTOMY SURGERY FOR BREAST CONSERVATION IN BREAST CANCER PATIENTS.



**Cianna Pender, MD, FACS**  
General and Breast Surgeon

In the past, the gold standard for breast cancer care was the mastectomy (surgery that removes the entire breast). However, now, the preferred treatment plan for women with early-stage breast cancer is a lumpectomy (surgery that conserves the breast).

“In breast-conserving surgery, the tumor and some surrounding healthy tissues are removed but not the entire breast itself,” said Cianna Pender, MD, FACS, general and breast surgeon at Archbold. “We try to leave as much normal breast as possible, but we may remove some surrounding lymph nodes for biopsy. Breast-conserving surgery is a great option for women with early-stage breast cancer.”

## WHY LUMPECTOMY?

For women who are concerned about losing a breast or would like their breasts to match as much as possible, the breast-conserving surgery allows them to keep much of their breast.

“For most women, a lumpectomy provides the best cosmetic result,” Dr. Pender said. “How much of the breast we remove depends on the size of the tumor, but in most women, the surgery leaves behind a small scar and/or dimple where we removed the tumor.”

Lumpectomies are also minimally invasive, which means less pain and a shorter recovery time.


After a lumpectomy, most women will need radiation therapy to make sure the cancer is gone.

## WHO CAN HAVE A LUMPECTOMY

Breast-conserving surgery is a great option for women who:

- » Do not have a BRCA or ATM gene mutation
- » Do not want to lose a breast
- » Have early-stage breast cancer

- » Have only one small area of cancer in the breast
  - » Have not already been treated with radiation therapy
- Other unique factors may prevent you from being eligible for breast-conserving surgery. Speak with your healthcare provider to see if a lumpectomy is an option for you.

 **Schedule your annual mammogram at Archbold Women’s Center. Call 229.394.0060.**



## SCREENING GUIDELINES

When it comes to breast cancer, early detection is essential for successful treatment. Types of breast cancer screening include a clinical breast exam and mammogram. A woman at high risk for breast cancer may also have a breast MRI.

A mammogram is the most effective way to detect breast cancer in its earliest stages. The test uses X-ray technology to identify abnormal breast tissue that could be cancerous.

The American College of Radiology and the Society of Breast Imaging recommend that annual mammograms begin at age 40.



# Sun Tanning After Skin Cancer?

FOLLOW THESE TIPS TO KEEP YOUR SKIN HEALTHY LONG  
AFTER YOU RECOVER FROM SKIN CANCER.



**Esther Tan, MD**  
Medical Oncologist/  
Hematologist

Overcoming skin cancer is a triumph to celebrate. It is also an event that will inspire a more mindful approach to skin care as you get back to your normal life. As you establish a routine of best practices to protect your skin, you may be questioning the safety of spending time in the sun.

“It is important to be vigilant whenever you are outside,” said Esther

Tan, MD, medical oncologist/hematologist at Archbold Cancer Center. “After skin cancer, you should follow the same sun safety guidelines recommended for the general population.”

## PROJECT PROTECTION


While a sun-kissed glow may look attractive, it actually indicates unhealthy inflammation and increases your risk of developing skin cancer again.

To protect your health:

- » Apply sunscreen with a sun protection factor (SPF) of 30 or higher for protection against UVA and UVB rays.
- » Avoid long periods of sun exposure.
- » Do not spend time in tanning beds or under sunlamps.
- » Stay out of the sun between 10 a.m. and 4 p.m.
- » Wear long sleeves and pants when you are going to be in the sun.

Also, remember to examine your skin monthly to

identify any unusual changes and have a loved one check areas on your back that may be difficult for you to see. In addition, visit your dermatologist on a regular basis. The sooner any suspicious spots are identified, the easier they are to treat.

 Visit [archbold.org/services/cancer-center](https://archbold.org/services/cancer-center) to learn about cancer care at Archbold.

## WHAT IS UPF?

The fabric in our clothes offers varying levels of protection against the sun’s ultraviolet (UV) rays. According to the American Academy of Dermatology, a white T-shirt has an SPF of about 7, while a long-sleeved denim shirt has an SPF of roughly 1,700.

Some clothing is labeled with an ultraviolet protection factor (UPF), an indicator of how well it protects against UV rays. A UPF of 30 to 49 is considered very good protection, and UPF 50+ is excellent. Because clothing does not need to be reapplied like sunscreen, choosing fabrics with a high UPF is an efficient and effective way to protect your skin from ultraviolet rays.



Summer Foot

# SAFETY

**Do:** Put sunscreen on your feet and when going barefoot or wearing sandals. Sunburned feet are painful, and too much sun exposure can lead to skin cancer.

**Don't:** Go barefoot in public pools, hotels or outdoor showers. You could develop athlete's foot or plantar warts.

**Do:** Prevent infection by wearing sturdy flip-flops or water shoes in public areas where there is water. Shoes also protect feet from puncture wounds, and anti-skid soles can prevent dangerous falls.

**Don't:** Wear flip-flops all summer long. Your feet need a cushioned heel and arch support.


**Do:** Wear the right shoes for the activity. Choose sturdy closed-toe shoes when doing things like mowing the lawn or hiking.

**Don't:** Wear brand-new shoes on vacation, especially if you plan to walk long distances. Getting large blisters on day one can hamper your plans for the rest of your trip.

**Do:** Make sure you and your family are up to date on tetanus vaccines to prevent infection in case of a wound on your foot.

**Don't:** Forget to wear comfortable, supportive shoes with socks when flying. No one wants to walk barefoot through a TSA security checkpoint.

**Do:** Visit an orthopedic provider or podiatrist if you or a family member has a foot or ankle injury or persistent foot pain.

 Talk to a primary care provider about other steps you can take toward a healthy summer. Find a provider at [archbold.org/providers](https://archbold.org/providers).

IT'S WARM AND SUNNY,  
AND YOU'VE FINALLY PUT  
YOUR WINTER BOOTS  
IN THE ATTIC. THIS  
SUMMER, DO YOU KNOW  
HOW TO BEST PROTECT  
YOUR FEET?





**GUYS,**  
*Put Some Thought Into*

# PROSTATE CANCER SCREENING

A RECENT RISE IN THE RATE OF NEW PROSTATE CANCER DIAGNOSES MAY BE DUE TO A DECLINE IN SCREENING. ALL THE MORE REASON TO CAREFULLY WEIGH THE POTENTIAL BENEFITS AND RISKS OF SCREENING WITH YOUR HEALTHCARE PROVIDER.

The prostate gland plays a specialized role in your body—it produces an ingredient of semen. Despite its small size, this organ with an under-the-radar function can play a significant role in men’s health.

“Only skin cancer affects more men in the U.S. than prostate cancer,” said Eric Webb, MD, urologist at Archbold Urology. “That’s why it’s important for every man to discuss prostate cancer risk and prostate health with his provider.”



**Eric Webb, MD**  
Urologist

### A RISING PROBLEM

Those conversations between men and their providers are even more important in light of recent growth in new prostate cancer cases.

From 2014 to 2019, the rate of new prostate cancer diagnoses grew 3% each year, breaking a roughly two-decade streak of decline, according to the American Cancer Society (ACS). Many of the new diagnoses were late-stage prostate cancer.



**Josh Simmons, MD, FACP**  
Medical Oncologist and Hematologist

What’s behind the climb in new prostate cancer cases? During recent years, shifting screening guidelines may have led fewer men to have prostate-specific antigen (PSA) tests. This test measures the level of prostate-produced PSA

in the blood and can help find prostate cancer before it spreads beyond the gland, making it easier to treat.

When some screening guidelines recommended against PSA screening out of concern about detecting and overtreating too many slow-growing, nonthreatening cases of prostate cancer, many men may have decided against screening. The result, according to the ACS, was more cases of cancer that went undetected until later stages.

“Like most types of cancer, prostate cancer typically requires more invasive, complex treatment when it spreads to the lymph nodes or other organs and bones,” said Josh Simmons, MD, FACP, medical oncologist and hematologist at Archbold Cancer Center. “It’s tougher to eliminate advanced prostate cancer. Many men don’t have symptoms early on, but a PSA test can detect cancer that isn’t causing symptoms.”

### TALK IT OUT

There’s no one-size-fits-all approach to prostate cancer screening. The reasons to get screened or not vary from man to man, including age, prostate cancer risk, overall health and personal preference. The common denominator, however, is that every man should have the opportunity to discuss the issue with his provider.

As screening guidelines aren’t all in agreement, it’s important to consult your provider about when and whether to test for prostate cancer. The U.S. Preventive Services Task Force (USPSTF) recommends men aged 55 to 69 discuss PSA testing with their providers. The group

## RISK RAISERS

Around 13% of men in the U.S. will develop prostate cancer, according to the Centers for Disease Control and Prevention. What factors increase your risk?

“The major risk factors for prostate cancer are out of your hands,” said Eric Webb, MD, urologist at Archbold Urology. “One of these is aging. The risk of prostate cancer rises with age, and the majority of cases occur after 65.”


Other key risk factors include being African American or having a close relative, such as a father or brother, who had prostate cancer. Taking time to learn about your family health history is important because it can empower you to make informed decisions about your own health.

does not recommend PSA testing for men 70 and older.

Like the USPSTF, the ACS recommends discussing prostate cancer screening with a healthcare provider, but on an earlier timeline. Men with the highest level of risk—those whose father and brother(s) had prostate cancer before turning 65—should discuss screening at age 40. African American men with a father or brother who had prostate cancer before 65 are also at high risk but can wait until age 45 to talk about screening. Men at average risk of prostate cancer who are likely to live another decade or more can have the screening conversation at 50.

“Prostate cancer screening isn’t right for everyone, and like most types of medical care, it carries risks,” Dr. Simmons said. “These include the possibility of false-positive or false-negative results and unnecessary, potentially harmful procedures and/or treatments. On the other hand, screening may help us find and treat potentially aggressive prostate cancer early. That’s why it’s worth discussing with your provider whether prostate cancer screening makes sense for you.”

A variety of treatments are available for prostate cancer. Some of the most common include surgical removal of the prostate and radiation therapy. Not all men need extensive treatment. In many cases, waiting to see if the cancer progresses or causes symptoms before making treatment decisions is the most appropriate course.

 **Need a provider who can help you decide about prostate cancer screening? Find one by visiting [archbold.org/providers](http://archbold.org/providers).**



# Thank You to Our Generous Donors

The following pages list the numerous gifts made to the Archbold Foundation in 2022. We are grateful for each and every one of them. Your support truly makes a difference at Archbold. Visit [archboldfoundation.org](http://archboldfoundation.org) to find out how you can make a difference.

If there are any noticeable errors or omissions on this list, please call **229.228.2924** and let us know. Thank you again for your support!

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Due to space constraints, the 2022 Tree of Lights tribute list is not included in this issue of our magazine. We are grateful to all the donors who honored or remembered a loved one in our Tree of Lights Campaign. A full listing of all Tree of Lights tributes can be found on our website, [archboldfoundation.org](http://archboldfoundation.org). Thank you for your generous support!



The winning team from the 2022 Archbold Classic Pro-Am Golf Tournament from left to right: Jessica Welch (Pro), Hank Stone, Josh Cone, Kevin Reid and Garrison Hardy.

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The 2022 Pink Affair was held on Thursday, October 27. The event raised over \$44,000.

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Dr. & Mrs. Charles Gee  
Mr. & Mrs. George S. Gibbs  
Ms. Rachel A. Grace  
Mr. Roger Griffin  
Mr. & Mrs. Randy Hall  
Ms. Lynette Hamilton  
Ms. Macy Hamilton  
Mr. Todd Harris  
Mr. & Mrs. Allan W. Hart  
Mrs. Bryant Harvard  
Mr. & Mrs. Tim Harvey  
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Mr. & Mrs. Robert H. Jefferson, Jr.  
Mrs. Jessica L. Jennings  
Ms. Becky Jense  
Ms. Cynthia E. Johnson

Ms. Fredda Katcoff  
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Mrs. Bernice F. Mitchell  
Ms. Stephanie Mock  
Mrs. Roslyn Moore  
Mrs. Elizabeth L. Mustain  
Mr. & Mrs. Luten U. Nunnally  
Ms. Kellie Odom  
Ms. Dannyelle Parker  
Ms. Sheila Peak  
Mr. & Mrs. Charlie Phillips  
The Pink Valise Boutique  
Mr. & Mrs. Keith Porter  
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Ms. Heather Reynolds  
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Mr. & Mrs. John R. Stalvey  
Mr. & Mrs. Charlie Stephens  
Mr. & Mrs. Lee Stewart  
Ms. Laurie Storey & Ms. Judy Storey  
Ms. Mary Julia Thomas  
Mr. Robert (Pete) Thomas  
Mrs. Jenenne Thorpe  
Mr. & Mrs. Benjamin F. Tillman  
Ms. Cheryl R. Tolleson  
Ms. Kelly Trawick  
Dr. Rebecca S. Troyer & Mr. Mark Troyer  
United Way of Thomas County  
Ms. Betty Virgil  
Ms. Noel Virgil  
Ms. Cheryl Wallace

Ms. Sheri L. Walters  
Dr. Jesse & Brandi Warren  
Mrs. R. Carroll Weaver  
Mr. & Mrs. Herbert Williams, Jr.  
Mrs. Pam Wright  
Mr. Ed Wyatt

#### **IN HONOR OF**

#### **Archbold's Inpatient Rehab**

Dr. & Mrs. Jim Story

#### **Archbold's Intermediate Care Unit**

Dr. & Mrs. Jim Story

#### **Bunki Arline**

Mr. & Mrs. Rick Ivey

#### **Becky Bracey**

Mrs. Randie Wortman

#### **Penny Carpenter**

Mrs. Randie Wortman

#### **Dr. Jimmy Clanton**

Mrs. Barbara Fletcher

#### **Dr. & Mrs. Marshall Dunaway**

Mrs. Barbara Fletcher

#### **Ms. Becky Felts**

Mrs. Randie Wortman

#### **Denise Fenlon**

Mrs. Randie Wortman

#### **Jane Guy**

Mrs. Randie Wortman

#### **Hospice of Southwest GA Staff**

Mr. & Mrs. C. Martin Wood III

#### **Hospice Staff & Volunteers**

Mr. & Mrs. Gerald A. Wilson

#### **Francie Jetter**

Mrs. Randie Wortman

#### **Mary Carol McCall**

Mrs. Randie Wortman

#### **Arthur B. McDonald**

Kha Thomas McDonald

#### **Joshua "Ryne" Mimbs**

Mr. & Mrs. Philip Daniel Faircloth, Sr.

#### **Ms. Diane Williams Parker**

Larry & Kaki Harmon

Mrs. Mickie Ivey

#### **Jean Stone**

Mrs. Randie Wortman

#### **Jeri Sumner**

Mrs. Randie Wortman

#### **Margaret Thompson**

Mrs. Randie Wortman

#### **The Johnny Wight Family**

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#### **Nell Wilson**

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**Craig E. Wolff, M.D.**  
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 Jay & Kim Flowers  
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 Mike Grimsley  
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 Harry T. & Holly Jones  
 Mike & Tracie Jones  
 William Powell & Caren McKenzie Jones  
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 Rick & Julia Singletary  
 TNB Financial Services  
 Philip & Alston Watt  
**C. Martin Wood III**  
 William Howard Flowers Jr.  
 Foundation, Inc.  
**Keith & Randie Wortman**  
 Les & Nancy Fuller

**IN MEMORY OF**

**Albert J. Abrams**  
 Kha Thomas McDonald  
**Aulton B. Akridge, Jr.**  
 Hartsfield Baptist Church  
 Greg & Tina Wood  
**Tom E. Alexander**  
 Mrs. Mary Jo Beverly  
 Mickie Ivey  
 Richard Mooney  
 Dr. & Mrs. Jim Story  
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 Mary Ann Brasington  
**Ronald Brasington**  
 Mary Ann Brasington  
**Clara Brightman**  
 ATA Workers' Comp Fund  
**Tiffany "TippieLou" Brown**  
 Regina Miller  
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 Joel & Julie Barrett  
 Joe & Mary Beverly  
 Dorian & John Blackmon  
 Mr. & Mrs. John B. Brinson IV  
 Joe & Theresa Brown  
 Dr. & Mrs. Jeff Byrd, Jr.



The annual Tree of Lights was held on the front lawn of the hospital on Tuesday, Dec. 6. TC Federal Bank was the presenting sponsor of the event and Bank proceeds benefit Hospice of Southwest Georgia.



Mr. & Mrs. John H. Flowers  
 Mickie Ivey  
 Holly & Harry T. Jones  
 Ann McKinnon  
 Connie Middleton  
 Rob & Fran Milberg  
 Richard Mooney  
 Don & Jerreanne Oliver  
 Dr. & Mrs. Jim Story  
**James Dekle**  
 Mr. Jack Pope  
**Richard M. Delarber, Sr.**  
 Ann McKinnon  
**Lillian Dewey**  
 Neal & Michelle Bradley  
 Martha M. Butler  
 Cass Burch Chevrolet  
 Cass Burch Chrysler-Dodge-Jeep-Ram  
 Tammy England and Jimmy &  
 Lynda Striplin  
 Randy & Irma Hall  
 Allan & Sandra Hart  
 John & Betty Horton  
 Sue N. Manley  
 Quitman Police Department  
 John R. & Patsy Stalvey  
 Laurie & Judy Storey

The Citizens National Bank of Quitman  
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 Don & Jerreanne Oliver  
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**Dr. Dale Graham**  
 Jim & Carolyn Story  
**Doris Griffin**  
 Don & Jerreanne Oliver  
**J. Dale Hagan**  
 Rick & Vickie Sanders  
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 Zach & Stacy Wheeler  
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 Mr. & Mrs. Rick Ivey  
 Rob & Fran Milberg  
 Richard Mooney  
 Dr. & Mrs. Jim Story  
**Willie Lee Jenkins**  
 Helen Jenkins  
**Celletha Randolph Jones**  
 Rob & Fran Milberg  
**Geneva Jones**  
 Martha Kipper  
**Jack Lauder**  
 Mr. & Mrs. Cal Lauder  
**Ira P. Lee, Jr.**  
 Richard Mooney



Rick Sanders and his sons, Ben and Jake, were honored by lighting the tree this year during the Tree of Lights ceremony in memory of longtime Archbold nurse Rebecca Sanders.

**Robert E. Lee**

Michelle & Kenneth Harrison  
The Hunnicutt Family

**Irma Wallace Lockhart**

Ms. Cheryl Wallace

**Roy H. Long**

Mrs. Dot Mlodzikowski  
Cindy & Tony Wooten

**R. Charles Loudermilk, Sr.**

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**Sheila Marshall**

Mrs. Jenenne Thorpe

**Julian "Bird" McBride, Jr.**

Mr. & Mrs. P. Mills Herndon  
Richard Mooney

**Blanford Bass McKenzie**

Mr. & Mrs. Powell Jones

**Amos McMullian**

Theresa & Joe Brown

**Amos & Jackie McMullian**

Rob & Fran Milberg

Richard Mooney

**Joe Curtis McMurray**

Louise Sherrod

**Henrietta McQueen**

Lambda XI Omega Book Chat

**Cathy Mooney**

Richard Mooney

Mr. & Mrs. Joshua E. Pinson

**Mrs. Lynette Myers**

Cindy & Tony Wooten, Tyler & Lindsey  
Wooten & Family and Barrett &  
Toni Lynn Davis & Family

**Frank Neel, Jr.**

Pamela Moyer

**Anna S. Newhall**

Linda Conti

**Raquel Pope**

Mr. Jack Pope

**Byron "Maxey" Powell**

Ms. Lone H. West

**Jack D. Richardson**

Luann Richardson

**Chris Robinson**

Anne Wise

**Mr. Hardy Roundtree**

Mrs. Barbara Fletcher

**Terry Rouse**

Joe & Theresa Brown

**Rebecca Sanders**

William & Karen Bramblett

**Nancy Sauerbrey**

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Mrs. Ann McKinnon

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George Garretson Wade  
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Dot Mlodzikowski

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Richard Mooney

**Mike Whitley**

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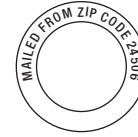
The First Bank presented Archbold Memorial with a donation through the Georgia HEART Rural Tax Credit Program. The program helps rural and critical access hospitals increase their funding and ability to provide healthcare needs for their communities.

Pictured from left to right: Will Davis, Market President at The First Bank; Darcy Craven, President and CEO of Archbold; and John Everett, Regional President at The First Bank



**Archbold**

John D Archbold Memorial Hospital  
PO Box 1018  
Thomasville, GA 31799-1018



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a Healthier Tomorrow.



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