

JANUARY 29, 2020

A SPECIAL SECTION FROM
The COLORADO★COUNTY
Citizen

*Make healthcare
local again!*

HEALTH

& WELLNESS GUIDE 2020

CCH: What hometown healthcare should be

Columbus Community Hospital (CCH) stands at the forefront of rural Texas healthcare facilities. With a licensed 40-bed medical/surgical hospital, 2 primary care clinics and 1 professional services clinic that provide a wide range of patient-focused care and treatment with a commitment to patient satisfaction.

Members of the Columbus Medical Clinic (CMC) and the Four Oaks Medical Clinic (FOMC) medical staff offer primary care services. The medical team is committed to meeting the healthcare needs of the community and treats more than 23,000 patients a year. The clinics are a complete family practice clinic treating patients from infancy through senior adulthood and offer a variety of procedures including: childhood immunizations, allergy testing, minor emergency care, minor surgery, family planning, female healthcare and reproductive, pregnancy and childbirth care.

Physicians and Nurse Practitioners practicing at CMC & FOMC are:

- David Neisner, M.D., Family Medicine
- Thomas Mueller, M.D., Family Medicine
- Troy Millican, M.D., Family Medicine
- David Wilkinson, M.D.,
Internal Medicine
- Robert Katz, M.D., Family Medicine
- Gregory Bohuslav, D.O., Family
Medicine/Including Obstetrics
- Bart Klaus, M.D., Family Medicine
- Eslam Elhammady, M.D.,
FACOG, OB/GYN
- Saima Ghazal, M.D.,
FACOG, OB/GYN
- Christian Freeman, M.D., Pediatrics
- Yvonne Wagner, RN, ANP
- Jessica Radley, MS, FNP-BC
- Kelly Randermann, MS, FNP-B-C

Local therapy care with Columbus Physical Therapy

Columbus Physical Therapy

The Physical Therapy Department at Columbus Community Hospital is dedicated to preventing a decline in physical function during a hospital stay. The rehab team consists of highly trained, compassionate, and experienced therapists. The top priority of the therapy team is to ensure that patients are at their best possible functional level before being discharged from Columbus Community Hospital. Therapy programs are tailored to each individual patient and may include manual techniques, use of exercise equipment, transfer training, gait training, balance exercise, wound care, and education on use of adaptive equipment. The Columbus Community Hospital therapy department is equipped to provide comprehensive, quality care to meet all your needs in both acute care and swing bed setting.



Columbus Physical Therapy is equipped to handle all your therapy needs. In addition to physical therapy, Columbus Physical Therapy also offers occupational and aquatic therapy. Ask your doctor if therapy is right for you. Life is good, therapy can make it even better!

Occupational Therapy

Occupational Therapy at Columbus Community Hospital focuses on improving quality of life and independence with daily activities during your hospital stay. The Occupational Therapy staff combines hands on techniques, appropriate modalities, patient education, and the use of adaptive equipment as needed to maximize function. The OT team will work with you on activities of daily living such as: bathing, dressing, feeding, and hygiene to ensure that you are performing these skills at your maximal potential prior to being discharged. The Columbus Community Hospital OT staff includes a Certified Lymphedema Specialist for comprehensive lymphedema treatments which may consist of: manual lymph drainage, bandaging, compressive garments, and skin care.

COLUMBUS PHYSICAL THERAPY

Providing Physical & Occupational Therapy services to Columbus and surrounding communities.

- | | |
|----------------------|---------------------|
| ✓ Recent Surgery | ✓ Decreased Balance |
| ✓ Arthritis | ✓ Sports Injuries |
| ✓ Weakness | ✓ Wound Care |
| ✓ Joint Pain | ✓ Swelling |
| ✓ Difficulty Walking | ✓ Parkinson's |
| ✓ Numbness | |

PHYSICAL, OCCUPATIONAL, & AQUATIC THERAPY

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Life is good...Physical Therapy can make it better!



Columbus Local Pharmacy wants to be your one stop shop



Contributed photo

The lucky winner of a brand new Amazon Fire Tablet at Columbus Local Pharmacy in 2017 was Anthony Pullicino. CLP pharmacy technician Christina Galaveaz presented the tablet to Anthony.

Welcome to Columbus Local Pharmacy, your pharmacy for all things prescriptions, gifts, over the counter medications and much more.

Columbus Local Pharmacy strives to be the hometown pharmacy that you can trust.

Skip the long lines and endless wait times that you may find at other pharmacies. Columbus Local Pharmacy is focused on creating a family-friendly environment that takes care of your entire household.

The first Local Pharmacy store opened in 2011 in Cleveland, TX, and they now have nine stores throughout Texas.

Columbus Local Pharmacy is owned and operated by local pharmacists who want to make a difference in the community. Columbus Local Pharmacy was tired of seeing how major drug chains serve the local communities, so they decided to make a difference. Drop by Columbus Local Pharmacy now to receive reliable, quick, and professional service every time.

CBD oil and arthritis

Health-conscious consumers have no doubt encountered advertisements for CBD oil at some point in recent memory. Supplement stores, pharmacies and even gyms may promote CBD oil, prompting consumers to wonder just what CBD is and how it may or may not play a role in the treatment of certain conditions, including arthritis.

According to the Arthritis Foundation®, two kinds of the cannabis sativa plant, hemp and marijuana, produce cannabinoids, which Harvard Medical School notes is the second most prevalent of the active ingredients of cannabis. People unfamiliar with cannabidiol, or CBD, a type of cannabinoid, may assume it gets users high like marijuana. However, CBD doesn't get users high, as another cannabinoid, a psychoactive part of the marijuana plant known as

THC, is responsible for that effect.

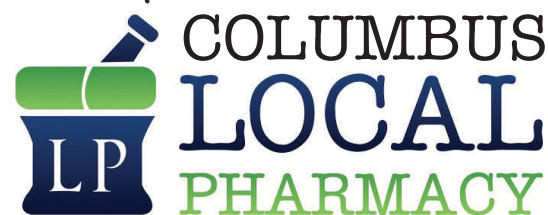
Advocates for CBD often note its potential to alleviate pain associated with arthritis. While animal studies have supported those claims, the Arthritis Foundation notes that such studies do not always translate to humans. In addition, the Arthritis Foundation notes that, thus far, human studies examining the potential efficacy of CBD in treating arthritis pain have produced mixed results, and the Harvard Medical School notes that more studies are necessary to determine the potential of CBD in treating pain, including that caused by arthritis.

Laws also vary regarding the legality of CBD, though many places allow some form of CBD. Consumers should first consult with their physicians regarding their conditions and whether or not CBD might help them.

Get MORE from YOUR pharmacy!

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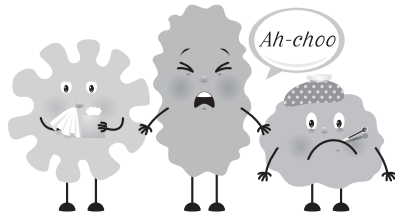
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Located in Four Oaks Medical Building in the old Lifecheck/Voekels Pharmacy Location
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Getting control of allergies



Brazos Valley Allergy and Asthma Clinics strives to help patients be as healthy as possible with respect to their allergies, asthma, and immune system. Brazos Valley Allergy and Asthma Clinics achieve this by providing professional services in a personal way while trying to maintain affordability. Their clinics utilize both established methods and technological advances to identify and treat many different diseases. Through office visits as well as the use of educational resources, they allow their patients to learn more about their illness and take an active and responsible role in their own health care.

Brazos Valley Allergy and Asthma Clinics is located in the south central Texas region, and provides professional allergy, asthma, and immunology services to clients at numerous locations in the Brazos Valley region, including Columbus.

Topics to discuss before going under the knife

Many people will find themselves on a surgeon's table at one point or another. Professional athletes who get injured frequently and, of course, surgeons may be accustomed to the surgical wings of hospitals, but the general public has no such familiarity. Perhaps due to that lack of familiarity, many people are nervous before an impending surgery. Asking the right questions prior to the procedure can calm those nerves and help people approach pending surgeries with confidence rather than fear.

Anesthesia

Much of the fear people have in regard to surgery surrounds anesthesia. Few people want to be put completely under, but some surgeries may require that. General anesthesia affects the entire body, and this is the type administered during surgeries that require patients to be unconscious. Regional anesthesia affects a large area of the body, while local anesthesia only numbs a small part. Knowing which type of anesthesia will be administered during a surgery can prepare patients and their families in advance, and may even calm nerves.

Length of surgery

Patients and their families often want to know how long surgeries will last. Patients should discuss this with their physicians and surgeons, especially if family and friends will be in the waiting room while a surgery is performed. If surgeons note there's a possibility that a surgery will be extended after it begins, patients should let family and friends know this, even if they don't want to worry them. People in the



waiting room will grow concerned and fearful, possibly unnecessarily, if a surgery is not completed within a certain amount of time.


Pain

Pain might be a side effect of surgery. Knowing this in advance won't raise alarm bells if patients are discharged and begin to experience pain upon arriving home. Ask surgeons if pain is a side effect of your surgery, and where than pain is likely to be felt and for how long. Many people are prescribed opioids to address pain after surgery, but such medications can be addictive. Ask about opioid alternatives, as well as any non-prescription relaxation techniques or therapies that may help manage pain.

Blood clots

Pain is not the only potential side effect of surgery. Some surgeries can increase patients' risk of developing deep vein thrombosis, a type of blood clot that can travel to the lungs and block blood flow. Sometimes referred to as DVT, deep vein thrombosis can be deadly, though it's often treatable when caught quickly. Certain factors, including age, whether or not you're a smoker and a history of clots, can increase a person's risk of developing DVT after surgery. Blood thinners may be prescribed as a precautionary measure.

These are just a handful of topics to discuss with a physician prior to surgery. Patients should not hesitate to ask as many questions as they need to before going in for surgery.



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Go Ahead...CHALLENGE US,

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experiencing loss of sleep,
mental clarity or libido?**

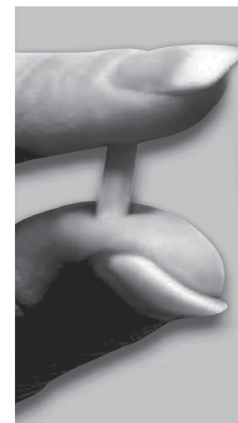
Feeling Better Starts with a Simple Blood Test.

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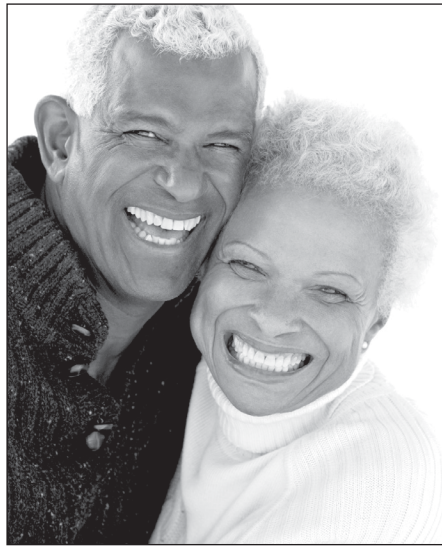
Kim Moore
 Lash Specialist

Linda Green
 Massage Therapist/LVN

Natalie Wagner
 Master Stylist

Safe senior dating

For seniors, being alone can escalate feelings of isolation. As men and women age, their social circles may begin to shrink. The health resource Aging Care says 43 percent of seniors have a persistent sense of loneliness. For many, dating is helping them find renewed companionship, self-confidence and vigor. Despite the rush that one may feel when beginning a new relationship, it is important to put safety first. One of the key considerations is disease prevention. Statistics from the Centers for Disease Control and Prevention show that, between 2000 and 2008, there was a 45 percent increase in reported sexually transmitted diseases in Americans over the age of 40. Online dating may make seniors vulnerable to STDs. Furthermore, many STDs go unrecognized and thusly untreated in the senior community because they're simply not expected. Educa-



tion can help keep seniors safe. Doctors can inquire about sexual activity as they would with other age groups. Seniors themselves should always practice protected intimacy and get refresher courses on "safe sex" education.

EL Nursing and Rehab offers all the feelings of home




Eagle Lake Nursing and Rehabilitation is a Daybreak Venture Community. Eagle Lake Nursing and Rehabilitation has all the feelings of home with the special care your loved one needs.

Eagle Lake Nursing and Rehabilitation is committed to providing the highest quality of care for the resident in our homes. Respect for residents and their individual needs is paramount. When you are faced with a hospitalization due to an injury, illness or a surgery, all you can think

about is getting better and returning home. Eagle Lake Nursing and Rehabilitation offers all the advanced, post hospital rehabilitation services that you will need to make this possible.

ELNR is different because you will be directly involved in the development of your individual Safe Transition Home Program as their team of experts provide the guidance, rehabilitation support, and all the physical therapy treatment options you will need to be successful.

EAGLE LAKE NURSING AND REHABILITATION



- Short-term Stays
- Nursing Restorative Programs
- Hospice
- IV Therapy
- Respite Care
- Wound Care
- Physical Therapy
- Occupational Therapy
- Speech Therapy

535 South Austin Rd, Eagle Lake, Texas, 77434
979-243-3910

Care options available include :

- | | |
|--------------------------------|--------------------------|
| • Short-term Stays | • Physical Therapy |
| • Nursing Restorative Programs | • Occupational Therapy |
| • Hospice | • Speech Therapy |
| • IV Therapy | • Respiratory Care |
| • Respite Care | (including Tracheostomy) |
| • Wound Care | • Memory Care Unit |

Parkview Manor provides for more than physical needs



24 hour skilled nursing services include:

- Offering a secured unit for residents requiring additional assistance due to Alzheimer's or Dementia
- Specialized skin and wound care
- Physical, occupational, and speech therapy services
- Private and semi-private rooms
- Specialized dietary services
- Pain management
- Intravenous therapy
- Pulmonary services and rehabilitation
- Diabetic care
- Individualized plan of care
- Daily activities
- Transportation

At Parkview Manor Nursing and Rehabilitation, their goal is to provide for more than just the physical needs. Parkview's associates also meet residents' needs by developing a personal relationship with each resident and families served.

Personalized Inpatient Therapy Services

Parkview Manor Nursing and Rehabilitation offers a full range of professional therapy services, including physical therapy, occupational therapy, and speech therapy.

Dining with Options

The dietary department at Parkview Manor Nursing and Rehabilitation provides three delicious home-cooked meals each day. Special diets and residents' personal preferences are taken into account and each menu is prepared by a licensed dietician.

Short Term Rehabilitation

Parkview Manor Nursing and Rehabilitation is capable of providing cost-effective, high-quality healthcare on an inpatient basis. The average length of stay of rehab residents is less than six weeks.

Did you know?

Over the last decade, seniors have become increasingly more savvy in regard to social media usage. The Pew Research Center found that, in 2015, around 35 percent of people age 65 and older reported using social media. That's a large jump from just 2 percent in 2005. As of 2016, 65 percent of people between the ages 50 and 64 reported using social media, according to Pew. Social media usage among seniors continues to climb, although young adults still comprise the demographic most likely to use it. Among seniors ages 50 and older, Facebook is by far the most popular social media platform used, followed by Pinterest and LinkedIn.



Changing
the way you
think about
long term care!



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What is occupational wellness?

Wellness is a broad term that can refer to various aspects of daily life. Disciplines like yoga and meditation might be the first things to come to mind when people think of wellness, but focusing on wellness at work can have positive, lasting effects on overall well-being as well.

Occupational wellness is not necessarily a familiar term, but it's something that most professionals strive for. According to the Student Health and Counseling Services at the University of California, Davis, occupational wellness inspires people to find work from which they will gain personal satisfaction and find enrichment. Occupational wellness promotes the exploration of various career options and the pursuit of those opportunities that most appeal to each individual.

While it may seem like common sense to aspire for an engaging, enjoyable career, the effect that finding such a career can have on overall well-being might not be so apparent. In an analysis of a recent Gallup World Poll, a survey that asks hundreds of thousands of workers across the globe about their jobs and their job satisfaction, Harvard Business Review found there is a correlation between job satisfaction and life evaluations. People who report being satisfied with their jobs seem to be happier overall.

So how can one embrace the concept of occupational wellness? UC Davis offers individuals the following suggestions as they begin their journeys to occupational wellness.

- Perform some self-reflection. Reflect on yourself and what you need out of a job. Are there certain occupational tasks you enjoy? Are there some you find burdensome? Identifying those you enjoy and those you feel are onerous can help you narrow down your options to careers you will find engaging and rewarding.

- Consider unpaid work and volunteer opportunities. Even though they don't pay, unpaid work and volunteer opportunities can still enrich your life and provide personal satisfaction. Such opportunities should not be overlooked.

- Practice open communication and proper conflict management with colleagues. Negative working environments can be stressful, leading to dissatisfaction on the job. Openly communicating with colleagues and resolving conflicts in a proper, professional way can foster a positive working environment, potentially contributing to greater job satisfaction.

Prioritizing occupational wellness can help people live happier, more fulfilling lives.

The Y&D difference

About Y & D Clinic

Youens & Duchicela Clinic physicians are Board Certified in Family Medicine and have a combined 61 years of patient care experience. They were one of the first in the nation to have electronic medical records and are continuously available to their patients to coordinate their care. While others are talking about how to make healthcare affordable with better outcomes; as family physicians, Youens & Duchicela have been doing it all this time.

The clinic is located in a 12,000 square foot facility constructed in 1997. Nine thousand square feet are dedicated to primary care, 1,000 to the specialty suite, and 2,000 are occupied by Lifecek Pharmacy. The clinic includes two procedure areas, seven physician offices, 17 exam rooms, and a spacious waiting/lobby area. Also included are an insurance office, business office, reception/checkout area, and administrative offices. There is a conference room as well as areas dedicated to office procedures, X-ray, bone densitometry, and lab. The Youens & Duchicela Clinic is a fully ADA compliant, state-of-the-art medical facility designed for the safety, comfort, and convenience of our patients.

Availability

The staff enjoys taking care of patients and make every effort to be available to you when needed. They hope you will find it easy to make a routine appointment, receive urgent care or have your questions answered.

Ability

Y&D physicians are Board Certified in Family Medicine, the specialty for all of you. Their foundation is in integrating the most current scientific breakthroughs and technology with compassionate and confidential medical care.

Accessibility

The clinic has used electronic medical records (EMR) since 2002. This allows for real time checks



Contributed photos

Jorge Duchicela, MD was named the 2017-18 TAFP Family Physician of the Year. Leah Mikesky observes as Jorge Duchicela, MD, sutures a patient's laceration.



Dr. Duchicela and the team at Youens & Duchicela Clinic in Weimar.

for drug-drug and drug-disease adverse reactions as well as physician decision support and patient education. The EMR readily allows for patient review of their records. Additionally, confusion free e-prescribing is available.

Affability

The Y&D staff understands that people want to deal with people who smile. They know that health care is a serious business, but pledge to be continuously pleasant while providing efficient and effective service.

RMC, RMA offer health, well-being among first priorities



Contributed photo
Rice Medical Center received the RestorixHealth's Excellence in Patient Satisfaction Award in 2019. This award is presented to wound centers that demonstrate exceptional success by meeting or exceeding a national patient satisfaction benchmark of 96 percent.

They have faithfully served the Eagle Lake and the surrounding community since it was founded in Eagle Lake over 60 years ago. The hospital not only services Eagle Lake but also includes the greater Colorado County area, and parts of Austin and Wharton counties. RMC and Rice Medical Asso-

ciates are proud of their many talented doctors, medical staff and employees.

You are invited to visit the facilities for all of your medical needs. At Rice Medical Center and Rice Medical Associates, their philosophy is "Our Family Caring for Yours."

■ RICE, 15

Hospice care close to home

Hospice Brazos Valley is the only non-profit hospice provider serving 17 central Texas counties since 1989. Hospice Brazos Valley exists to provide award-winning hospice care for your family, friends, and neighbors across central Texas. Their wish is for anyone who encounters them to be better for the experience. Time with you and your loved one is filled with hope, encouragement, celebration and service. Caring provides the team with opportunities to



positively change lives daily, while creating joyful memories to share for years to come. Hospice Brazos Valley provides hospice care, inpatient facility, respite care, grief support and more.

Hospice Brazos Valley
Doctors Board Certified in Hospice & Palliative Care

Medical Director
Dr. Thomas Borgstede

Hospice Brazos Valley
1048 N. Jefferson | La Grange

Words of Gratitude from Hospice Brazos Valley families

"You all are angels who walk the earth. You gave us strength and comfort which brought us peace."

- HBV family

Don't delay bringing peace to your life. Call today to learn how Hospice Brazos Valley's team can bring comfort & strength to you & your family.

979.968.6913

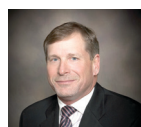
No cost consultations offered in your home or at our local office. Se habla español. Learn more at hospicebrazosvalley.org

STATE OF THE ART SERVICES IN YOUR NEIGHBORHOOD! RICE MEDICAL CENTER

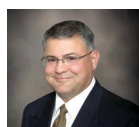
Rice Medical Center
600 South Austin Rd.
Eagle Lake, TX 77434
979-234-5571

Rice Medical Associates
610 South Austin Rd.
Eagle Lake, TX 77434
979-234-2551

Rice Medical Associates
1011 South Dill St.
East Bernard, TX 77435
979-335-4433



Russell Thomas, DO



Ramon Cantu, DO



Alyssa Molina, MD



Larry Penick, MD



Janna Janish, MD



Rhonda Morrow, CPNP



Jennifer Wegenhof, PA-C



Cassandra Carmon, FNP-C

Ask your Rice Medical Associates provider for more information on these services, located in Eagle Lake, Texas

- OB and Gynecology
- Wound Care
- General Surgery
- Dermatology
- Pulmonology
- Podiatry
- Urology
- Cardiology
- Neurology
- MRI/CT Scans
- Sleep Study
- Physical Therapy
- Dietitian Services
- 24 Hour Emergency/Level 4 Trauma Care
- Nephrology
- Telemedicine
- Diabetic Teaching
- Chronic Disease Outreach
- Gero-psychology
- Orthopedics
- Psychiatry
- Laboratory Services



*Discounted labs second Tuesday of every month

Rice Medical Center Physician Directory

Family Practice

Ramon Cantu, DO..... 979-234-2551
Alyssa Molina, MD, MPH..... 979-234-2551
Larry Penick, MD..... 979-335-4433
R. Russell Thomas, DO, MP..... 979-234-2551
Janna Janish, MD..... 979-335-4433
Cassandra Carmon, FNP-C..... 979-234-2551
Rhonda Morrow, RN, CPNP..... 979-335-4433
Jennifer Wegenhof, PA..... 979-234-2551

Family Practice/OB

Ramon Cantu, DO..... 979-234-2551
Alyssa Molina, MD, MPH..... 979-234-2551

Cardiology

Earl Mangin, MD..... 979-234-5571

Dermatology

Adam Czelusta, MD..... 979-234-5571

General Surgery

Sammy Khoury, MD..... 979-234-2551
Heather Vasser, MD, AFACS..... 979-732-6552

Neurology

William Fleming, MD..... 713-772-4600

Orthopedic

Sandy Bahm II, MD, PA..... 979-732-2376

Podiatry

Paul Gee, DPM..... 979-234-5571

Pulmonary

Sandip Desai, MD..... 979-234-5571

Psychiatry

Prashant Gajwani, MD..... 979-234-5571

Urology

Ned B. Stein..... 979-234-5571
Marshal Stein..... 979-234-5571

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SPECIALIZING IN YOU

At Youens & Duchicela Clinic, you get more than just medical attention; you get individualized attention. With complete health care services for children, adults and seniors, we offer everything from routine checkups to treatment of minor emergencies. We even have an on-site lab and X-ray capabilities to bring you faster results. Above all, we offer patients personalized service that's hard to find these days. That's why so many people go to Youens & Duchicela Clinic.

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and pleasant environment. Trust Premier Sleep Disorders Center for a good night's rest.

■ **PREMIER**, 16

Trucare Living Center provides TLC



Sometimes, you can tell a lot about a company by the name. Such is the case with TruCare Living Center - Columbus. Their award-winning skilled nursing and

rehabilitation community, led by Administrator Byron Kelly, LNFA, LVN and Director

■ **TRUCARE**, 18

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Premier Sleep Disorders Center Sleep Team established in May of 2000 partners with your local Healthcare Facility to provide sleep diagnostic testing and treatment for a host of sleep disorders including Obstructive Sleep Apnea and associated Excessive Daytime Sleepiness, Insomnia, Narcolepsy, Restless Leg Syndrome, Sleep Related Movement Disorders, Frequent Urination at Night, among other sleep disorders. Any disruption to your sleep causes sleep deprivation and can have devastating effects on your mind and body. Our team partners with your family physicians and practitioners to help detect and resolve these sleep disruptors hoping to alleviate and prevent a decline in mental health including depression and impaired judgment, as well as physical health declines such as weight gain, fatigue, and worsening existing conditions such as high blood pressure, diabetes, and heart disease.

Respironics
Dream Station



Fisher
Paykel Icon



ResMed
CPAP machine



Meet Dana Woods

Dana Woods is the new administrator for Columbus Oaks Healthcare Community.

She is a native of the Texas panhandle, and has been in Columbus since November. Dana brings 10 years of experience to the facility team.

Her three beautiful children keep her busy, and she enjoys spending her free time with her family.

"I couldn't be more excited about joining the team at Columbus Oaks Healthcare. Together we are going to grow into the go-to facility for the Tri-county area."

The rehab departments of Columbus Oaks Healthcare are the gems in the facility's crown. This team brings 20 plus years of rehab experience in many disciplines that help patients not only meet, but exceed their goals. Columbus Oaks boasts the largest rehab area of any facility in Colorado County and uses some of the latest technology to maximize patients rehab potential.

Erica Strohman, the head of rehab, has the philosophy that "No man is left behind." Her team creates a fun, engaging environment for all levels of activity participation.



Columbus Oaks has short, long term rehab



Columbus Oaks Healthcare Community has been designed to meet the special needs of today's active senior. Whether your need is an assisted lifestyle or making the difficult decision for long term care placement, or you have needs for short-term rehabilitation, Columbus Oaks can offer you the peace of mind knowing your loved one will receive professional, compassionate, and skilled care. Columbus Oaks is a certified Medicare and Medicaid facility and also accepts private pay. From the moment you enter Columbus Oaks Healthcare Community, you will know why Columbus Oaks feels they are the best choice for your assisted living, long term care, and rehabilitation needs.

Columbus Oaks Healthcare community is proud to offer two different lifestyle choices: Skilled Nursing and Assisted Living

Every resident has specific needs and each of the living arrangements offered is tailored to those needs.

■ COLUMBUS OAKS, 18

Skilled Nursing Facility

- Medicare Suites with Cable
- Private with 1/2 Bathrooms
- Medicare, Medicaid
- Managed Care - Private Pay
- On site Rehabilitation
- ADA approved



300 North Street, Columbus, Texas 78934

979-732-2347

Assisted Living Facility

- Medicaid Approved
- Private Pay
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Healthy resolutions to make instead of dieting

BY JUDI HENNEKE, RPh, MS

Hope everyone is having a happy and healthy new year thus far. With the season of cakes, cookies, pies and holiday goodies just behind us, January comes along with ads for miracle diets, gym memberships and exercise gadgets that are going to make you a better version of you.

If your sole aim is to lose weight at all costs, then these products might be for you but if your goal is truly a better and healthier version of you, consider these other new year's resolutions.

Try these seven resolutions for a healthier new year:

Eat a Healthier Diet

There is a difference between eating healthy and the deprivation that most fat diets demand. Choosing lean proteins, fresh vegetables and fruits, more complex carbohydrates like grains even adding more nuts into your meal plan can reduce your risk of heart disease, type 2 diabetes and even some types of cancer. Also try limiting serving portions and snacks and try avoiding highly processed foods. Planning your meals ahead is the key to keeping you on track and helping you avoid eating unhealthy last minute choices.

Move More

Find ways to be more active in 2020, whether that is going to a gym, taking the stairs when possible, walking, riding a bike, gardening or just doing more outdoor activities.

Sleep More

About 35 percent of American's aren't getting enough sleep. Adequate sleep is so vital to your daytime performance and to your health. Try getting at least 7-8 hours of sleep at night. Turn off the TV and the electronics and turn in a little earlier.

Stop Smoking

Just 20 minutes of quitting smoking, your heart rate goes back to normal. Within 24 hours, the carbon monoxide level in your blood also falls back into



place and in just a few weeks, you can even lower your odds of having a heart attack.

Stress Less

Stress can lead to headaches, muscle tension, fatigue, sleep issues and more. Try to actively manage your stress by practicing relaxation techniques such as yoga and meditation or getting regular physical activity.

Give Back

In addition to the good feeling you will get from giving back, volunteering gives you an opportunity to make new friends and stay active and involved.

Be Grateful

Gratitude has a surprising effect on your physical well-being. From greater self-esteem and sleeping better to reducing aggression and frustration, practicing gratitude makes you psychologically and physically stronger.

Hope these suggestions might be helpful and as always, seek the advice from your physician before starting a new diet or exercise program. These suggestions do not constitute medical advice, diagnosis or treatment just ideas to consider.

The Pharmacy Shop of Weimar, a Health Mart Pharmacy, is here to help. Whatever your healthcare needs to be a happier and healthier you in 2020, we are here for you.

Clean out the medicine cabinet

Spring cleaning takes on an entirely new meaning when getting ride of expired or unsafe medicines. Even though people may be quick to toss out expired foods or even clean closets of ill-fitting clothing, few individuals exercise such diligence with their medicine cabinets.

The U.S. Food and Drug Administration says the medicine expiration date is critical when determining if a product is safe to use and will work as intended. Medications past their expiration date may not be as strong as intended, and even their chemical composition may change, making them risky to keep around.

Taking inventory and cleaning out medicine cabinets frees up space and creates a safe home environment.

Toss away any expired products, whether they are prescription or over-the-counter medicines. The best way to do so is to bring the medication to a pharmacy for disposal rather than throwing it in the garbage or

flushing medicines down the toilet.

- Discard any unmarked containers or pill foils that are not in their original packaging.

- Test any medical devices, such as a nebulizer, blood pressure monitor and glucose testing equipment to ensure they are in working order.

- Replenish commonly used items, such as fever reducers or headache medicines. Make sure there is a supply of bandages and first aid equipment on hand at all times.

- Relocate medical supplies to an area that isn't high in humidity, as steam from showers can speed up the expiration of medication. Storing medicines in the refrigerator won't help, as that is a high-humidity area, too.

Checking medications and removing expired products from the house can prevent accidents related to medications and ensure that all medicines in the house are as effective as possible.

The Pharmacy Shop Of Weimar

406 Youens Drive, Weimar, Texas 78962

979-725-6713

Owner: Judi Dusek Henneke, RPh, MS



Pharmacist's Tips TO ENSURE YOUR WELL BEING:

- Check for expired medications in your medicine cabinet.
- Check for medication ingredient duplications, especially products containing Tylenol.
- Consult with healthcare provider, pharmacist, or physician's office before taking OTC medications if you have high blood pressure or diabetes.
- Advise your pharmacist of any drug allergies or health conditions you have.

"Old Fashioned Service with New Technology"

Guzel was named a 2018 Top Doctor in Texas

Volkan B. Guzel, MD, a 2018 Top Doctor in Texas, sees patients at Burton Chiropractic in Columbus.

Dr. Guzel practiced with Richmond Bone & Joint Clinic and Assistant Professor with the Department of Orthopedic Surgery at McGovern Medical School at the University of Texas Health Science Center in Houston until September 2018 and is now in a private group practice in Katy. He is affiliated with Memorial Hermann Katy Hospital, and Kingsland Surgery Center has been named a 2018 Top Doctor in Texas. Top Doctor Awards is dedicated to selecting and honoring those healthcare practitioners who have demonstrated clinical excellence while delivering the highest standards of patient care.

Dr. Guzel is certified by the American Board of Orthopaedic Surgery. He



is determined to enhance his patients' quality of life, providing high quality, individualized care in order to ensure the most optimal results. With a passion for his work, Dr. Guzel is noted for his expertise in orthopedic surgery and sports medicine.

Dr. Guzel keeps current with the newest developments, guidelines, and procedures in his field.



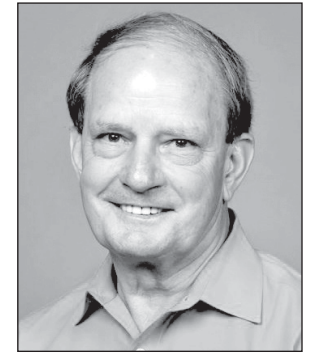
Serving the community for over 30 years

Pharmacist Steve Balas has dedicated the majority of his career to serving patients in Eagle Lake. He has served as owner and chief pharmacist of Eagle Lake Drugstore for over 30 years.

The store has a variety of over the counter medications, cosmetics, hosiery and socks, skin and hygiene care and more.

Eagle Lake Drugstore offers:

- Prescription compounding
- Home delivery
- Flu shots and immunizations
- Medical equipment
- Medication therapy management services
- Private consultation room



Steve Balas

The facts about osteoporosis

What is osteoporosis?

Osteoporosis is often seen as a problem for the elderly, and the National Osteoporosis Foundation notes that being over 50 is a major risk factor for osteoporosis. But that doesn't mean people younger than 50 can't develop the disease. The misconception that osteoporosis exclusively afflicts aging men and women only highlights the need to learn more about the disease.

Osteoporosis is a disease of the bones that occurs when the body loses too much bone, makes too little bone, or both. Because people cannot feel their bones weakening, osteoporosis is often called a "silent disease," notes the NOF. Despite its silence, osteoporosis is a serious threat,

increasing a person's risk for bone breaks from falls.

What happens to bones when a person has osteoporosis?

The NOF notes that, under a microscope, healthy bones look like a honeycomb. When a person has osteoporosis, the holes and spaces in the honeycomb are considerably larger than in healthy bones. Osteoporotic bones are not as dense as healthy bones, and as they become less dense, they weaken and are more susceptible to breaks.

Is osteoporosis common?

Osteoporosis is common across the

globe. According to the International Osteoporosis Foundation, one in three women over age 50 and one in five men over age 50 will experience osteoporotic fractures.

What are the risk factors for osteoporosis?

The NOF categorizes risk factors for osteoporosis as uncontrollable and controllable. Uncontrollable risk factors include age, family history, low body weight (being small and thin), and a history of broken bones. Gender also is an uncontrollable risk factor, as women are more likely than men to suffer from osteoporosis. In fact, the NOF notes that a woman's risk of breaking a hip due to osteoporosis

is equal to her risk of breast, ovarian and uterine cancer.

Controllable risk factors for osteoporosis include not eating enough fruits and vegetables; consuming too much protein, sodium and caffeine; a sedentary lifestyle; smoking; and excessive consumption of alcohol. Insufficient calcium and vitamin D intake is another controllable risk factor for osteoporosis. Speak with a physician about osteoporosis and the role that diet and exercise can play in prevention.

Osteoporosis affects people across the globe. Taking steps to reduce your risk for osteoporosis can prevent broken bones and other negative side effects of this disease.

Volkan B. Guzel, MD

Board Certified Orthopaedic Surgeon

Sports Medicine | Shoulder | Hip | Knee

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- Dr. Guzel

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Contributed photo

Dr. R. Russell Thomas, Jr. D.O. takes care of one of his longtime patients, Lydia Cardenas.

Rice

Continued from 9

Services

Rice Medical Center conveniently offers a wide variety of inpatient and out-patient services to fulfill all of your medical needs. Rice Medical Center is a Critical Access Hospital with inpatient and outpatient medical, surgical, and obstetric services. The hospital also provides 24 hour emergency service coverage, a variety of specialty clinics, and a swing bed unit program.

Within the hospital facility, you will also find expert staff in the Nursing, Laboratory, Imaging and Respiratory Therapy departments. All of RMC's staff are highly trained and experienced in their respective fields.

The hospital also has state-of-the-art technology, including MRI, cat scan and ultrasound.

The Surgical Services Department includes a full range of medical and surgical procedures. Its dedicated surgery team not only offers day surgery procedures, but also a host of surgical specialties, including general surgery, orthopedics, urology, podiatry, and gastro-services.

The Lighthouse is a behavioral health program designed specifically to meet the needs of our Geriatric population as they navigate the sometimes rough waters of aging. Each patient attends the program four days a week in a beautifully remodeled group room. They each receive group and individual therapy as well as psychiatry services. A nutritious

meal is served each of the four days and transportation is provided for those who qualify.

The Women's Services provided include a broad spectrum of gynecological, obstetrical and women's care services, including surgery, labor and delivery, digital mammography, and ultrasound.

The Obstetrics Department includes Drs. Ramon Cantu and Alyssa Molina, who continue to provide OB services at the RMA Eagle Lake clinic. On Jan. 6, 2020, the RMA-OB Satellite Clinic opened in order to provide a more convenient option for the OB patients that live closer to/or in Columbus. Appointments for prenatal and postnatal care services at the RMA-OB Satellite Clinic are available on Monday afternoons.

Rice Telemedicine provides local access to specialists across the state, including psychiatry, dermatology, cardiology and school-based pediatric care as part of one of the state's leading programs.

Rice Medical Associates provides family medicine services in its two rural health clinic locations of Eagle Lake and East Bernard. RMA is a full-service family practice of dedicated, experienced providers offering personalized, high-quality care on a continuous and preventative basis. RMA providers work together to serve your entire family for all of its medical needs - in all stages of life.

RMC/RMA believes in working with their patients to maintain and improve their health; RMC/RMA believes in providing quality health care services to patients in a friendly, relaxed atmosphere.

Why buy life insurance?

Facing one's mortality and the prospect of leaving family members behind is not always easy. Death, financial security and planning for the future are all difficult subjects, but planning ahead can make matters much easier in the long run.

Life insurance needs frequently come up when making plans, and many people find that purchasing a life insurance policy is a worthwhile investment. Life insurance holds an important place in overall financial planning. One of the most apparent benefits of life insurance is that it will provide a considerable sum of cash upon the insured's death, which can be put toward the cost of funeral arrangements, housing and dependent care.

Beyond end-of-life bills and care, life insurance can offer other advantages. Life insurance can provide a family with a financial safety net. When a beneficiary is named, life insurance can serve as an inheritance for that person or people. Heirs may face estate taxes after a loved one dies, and life insurance benefits may help offset all or a portion of the costs.

There may be benefits to life insurance while a person is living as well. The life insurance information site Term Life 2 Go says that, depending on the policy, life insurance can be borrowed against to pay off debt, buy

a house or live off of dividends from the life insurance investment. This can provide a source of supplemental retirement income.

Financial advisors say that many life insurance plans are extremely flexible and can be modified as needs change. Death benefits may be decreased if desired, and premiums can be skipped, reduced or increased.

Business owners also can use life insurance policies to their advantage. Including life insurance with the list of other benefits offered to prospective employees can entice top-notch candidates. Sole proprietors may use life insurance as a business continuation plan so that insurance proceeds can keep the business in the black until it is sold or a replacement owner is found.

Shopping for life insurance requires careful research and an understanding of the products available. Consumers should have a thorough understanding of term and whole life policies, what premiums will cost, what the death benefit will pay, and if there are any living benefits. For example, living benefits may cover some costs for chronically or terminally ill people.

Working with an experienced life insurance advisor can help people navigate the types of policies available to them.



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Van Houten's high quality care in rural Texas



The staff at Van Houten Medical Company is dedicated to providing high quality health care to the Weimar community.

Dr. Curtis Van Houten, D.O. special-

izes in Family Medicine and cares for your entire family and helps to manage your chronic health concerns, as well as the things that suddenly happen in life. Van Houten Medical Company is partnered with Houston Methodist West Hospital to provide Sports Medicine care for Weimar's schools, and they have a network of local/rural and urban specialists to assist with needs that are beyond the scope of Family Medicine. The nurse also follows up with each patient to help ensure healthy outcomes. Meet the staff and experience the Van Houten medical approach!

Dr. Van Houten and staff will manage your chronic health concerns as well as any acute needs such as lacerations, sports injuries, determining if a bone is broken, minor burns, wounds, chest pain, changes in mental status, and other situations. They work with several insurances but also have self-pay options.



Premier

Continued from 11

Premier Sleep Disorders Center, located in Victoria and Rockport, specializes in helping people obtain a good night's rest. Whether you think you may have a sleep disorder or have already been diagnosed, the team of Premier Sleep Disorders Center is here to help.

Over the years, Premier helped hundreds of people sleep better. 95 percent of Premier's patients say their lifestyles have been improved with the facility's help. From the free initial screening and consultation to the top of the line sleep-related equipment that they carry, you can trust that the Premier team can help you and your loved ones find the sleep you're seeking.

Do you need a sleep study but don't want the hassle and cost associated with an overnight hospital stay? Premier Sleep Disorders Center is the answer.

Their clean, state-of-the-art centers in Victoria and Rockport provide a comfortable and convenient alternative. They offer diagnostic sleep testing at reasonable rates in a homelike setting. You can rest assured you and your loved ones will be comfortable and well taken care of by Premier's sleep experts. They accept and file insurance and honor Visa, Master Card, Discover Card, and offer no-interest payment plans.

A sleep study: What is it and how does it work?

Polysomnography refers to a method of evaluating multiple physiologic variables. By convention, this term has become associated with overnight evaluations involving sleep state determination.

Premier Sleep Disorders Center utilizes computerized polysomnographic equipment which collects and stores up to 16 channels of digital physiologic data per bed. Registered Polysomnographic Technologists set up the patients and monitor all night recordings. Reports are generated and data from these recordings is reviewed by a Registered Polysomnographic Technologist. After this review, the report is given to the appointed medical director. The director reviews the record for technical competency and sleep-related pathology, performs an interpretation, and consults with the referring physician.

Premier Sleep Disorders Center performs both nasal CPAP (Continuous Positive Airway Pressure) and BiPAP (Bi-Level Positive Airway Pressure) titrations on patients diagnosed with Obstructive Sleep Apnea (OSA). Registered Polysomnographic Technologists perform these titrations in the sleep laboratory. The pressure is titrated until all respiratory events including snoring are alleviated.

The sleep center evaluates a wide range of sleeping disorders including the parasomnias, insomnia, and narcolepsy on adolescent through adult populations.

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Herbs and some meds don't mix

Herbal remedies may be used to treat symptoms of many conditions and can often be a viable tool in an overall health plan. But there is a dearth of research evaluating the use of herbal medicines, particularly in clinical trial. However, The Mayo Clinic says about one-half of adults in the United States reports having used at least one dietary supplement in the previous month, though research indicates that only about 34 percent of people who take herbal supplements tell their doctors about it, even those who are taking a prescription medication.

Just because a substance is naturally derived does not make it entirely safe to use in all instances. In fact, many herbs can interact poorly with other drugs.

According to the article "Use of Herbal Medicines and Implications for Conventional Drug Therapy Medical Sciences," published in 2013 by researchers at the University of Texas and Texas Tech University Health Sciences Center, although many benefits can be derived from the use of herbs, potential areas of concern include possible product contamination and/or adulterations, potential toxicity and high potential of known and unknown drug/herb interactions. Herbal medicines are not standardized and monitored like prescription and over-the-counter medication, so safe use cannot be guaranteed.

The information provided here should not replace the advice of a qualified physician. However, these are some known medication-herb interactions that can occur.

Heart health

Several popular supplements, including Coenzyme Q-10, St. John's Wort and Danshen, can interact with common heart medications. It is important to read how these herbs can interact with Warfarin, calcium channel blockers, anticoagulants, and digoxin, among oth-

ers. Interactions can include everything from reductions in drug efficacy to increased risk of bleeding to irregular heartbeat, states the Mayo Clinic.

Women's health

Women who are going through menopause and have experienced hot flashes, painful menstruation and other vaginal conditions may take black cohosh. But there is concern that black cohosh may enhance liver toxicity when taken with certain medications, such as atorvastatin, acetaminophen and alcohol, according to Drugs.com.

Colds and respiratory health

Historically, goldenseal has been used for various health conditions of the skin, ulcers and respiratory infections. Goldenseal is a potent inhibitor of liver enzymes. A 2012 review from the National Institutes of Health found that goldenseal has a high herb-drug interaction risk.

Mental well-being

Herbal remedies may help people treat anxiety, insomnia and depression. Kava and St. John's Wort are two herbs used for these conditions. There is some evidence that use of kava while taking CNS depressants, such as benzodiazepines and sedation drugs, can increase risk of drowsiness and motor reflex depression, says NIH. St. John's Wort has many documented significant interactions with oral contraceptives, coumadin, immunosuppressant drugs, and benzodiazepines, among others. Taking St. John's Wort in conjunction with other antidepressants can lead to serotonin-related side effects.

Although herbs can be used successfully, caution is needed when combining them with other medications. They should be treated just as any drug and discussed with a medical professional or pharmacist prior to use.

Patients come 1st with 1st Texas Home Health

1st Texas Home Health understands the importance of finding wellness and independence at home. Our team of dedicated caregivers offers professional assistance to individuals who need support, therapy, personal health and education. We work closely with you, your family and your physician to keep you in the familiar surroundings of your home during your recovery back to wellness and independence.

1st Texas Home Health focuses on managing the patient's medical condition, improving daily functional independence, home safety and minimizing the burden of care imposed on the patient caregiver.

1st Texas Home Health has been awarded and recognized as one



of the Top 500 Home Health agencies in the country. 1st Texas Home Health has also been recognized as a HomeCare Elite Top 500 Agency in 2019. HomeCare Elite identifies the top 25 percent of home health agencies in the country and further highlights the top 100 and top 500 agencies overall.



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CCH

Continued from 1

Clinic hours are Monday-Friday 8:00 a.m. - 5:00 p.m. with acute care hours available from 7am-9am at Columbus Medical Clinic.

Columbus Community Hospitals Specialty Physicians offers the convenience of patients being able to see specialty physicians without having to leave the community.

Physicians include:

- Marcus Parker, M.D., Pain Management
- Heather Vasser, M.D., Surgeon
- Arun Nayar, M.D., Ophthalmology
- Todd Hovis, M.D., Ophthalmology
- Lori Jo Learned, M.D., Ophthalmology
- John Wooten, M.D., Ophthalmology
- Sandy Bahm, M.D., Orthopedics
- Gregory Pepper, M.D. Cardiology
- Philip Burkett, M.D., Cardiology
- Thomas Salzar, M.D. and Steven Wright, M.D., ENT
- Thomas Pham, DPM and Timmy Pham, DPM, Podiatry
- Christopher Correa, DPM, Podiatry
- Ryan Friebe, M.D., Urology
- Marshall Stein, M.D. Urology
- Waseem Peracha, M.D., Nephrology
- Anil Chunduri, M.D., Nephrology
- Amirali Popatia, M.D., Oncology
- William Fleming, M.D., Neurology
- Alpesh Desai, M.D., Dermatology
- Ramon Cantu, D.O., Family Medicine/Including Obstetrics
- Alyssa Molina, M.D., Family Medicine/Including Obstetrics

CCH offers a variety of surgical services. Whether you require a minimally invasive procedure or a major surgery, our staff is dedicated to provide patient care.

Surgical specialties include:

- General Surgery
- Endoscopy
- Ophthalmology
- Pain Management
- Orthopedics
- Ear, Nose and Throat
- Podiatry
- Gynecological

Our surgeons, nurses and support staff are committed to your health.

Columbus Community Hospital's Obstetric Department offers mothers-to-be a wide array of choices for a childbirth experience that suits their individual preferences and needs. CCH offers private labor, delivery and recovery suites in tranquil surroundings for you and your newborn.

CCH Obstetrical and Neonatal

Department Physicians:

- Eslam Elhammady, M.D., FACOG, Obstetrics/Gynecology
- Saima Ghazal, M.D., FACOG, Obstetrics/Gynecology
- Gregory Bohuslav, D.O., Family Medicine/Including Obstetrics
- Ramon Cantu, D.O., Family Medicine/Including Obstetrics
- Alyssa Molina, M.D., Family Medicine/Including Obstetrics
- Robert Katz, M.D., Family Medicine
- Christian Freeman, M.D., Pediatric Medicine
- David Neisner, M.D., Family Medicine
- Troy Millican, M.D., Family Medicine
- Bart Klaus, M.D., Family Medicine

The Radiology Department of CCH is dedicated to providing physicians with precise diagnostic information required for effective medical treatment. The Department offers the citizens of Columbus and the surrounding area quality testing close to home.

Services include:

- Digital Mammography
- MRI
- CT Scan
- General Diagnostic
- Fluoroscopic Imaging Services
- Bone Density Testing
- Ultrasound
- Nuclear Medicine

CCH offers free cholesterol screenings, and partners with the Columbus Lions Club to offer free A1C screening tests.

These free screenings will be available Feb. 4 - 5 from 7 a.m. - 5 p.m. at the CCH Atrium conference room next to the cafeteria. You are asked not to eat or drink anything except water for nine -12 hours before having your blood drawn.

Our staff of knowledgeable, compassionate professionals makes CCH what hometown healthcare should be!

TruCare

Continued from 11

of Nursing Debe Klessel, RN, is first and foremost focused on providing the highest level of care to their patients.

You'll sense TLC's commitment to patient care the moment you enter their community. TLC's management team is staffed by experienced, licensed nurses. That hands-on experience and medical knowledge in management is both rare and invaluable in providing an interdisciplinary approach to maximizing clinical outcomes for residents.

TLC's equipment is second-to-none and their rehabilitation focuses on returning patients home in the safest and fastest means possible.

TLC's care extends beyond your loved ones' health to their well-being and overall happiness in life. They

focus on providing exceptional common areas for socializing and relaxing; along with a robust activities program that provides a diverse range of activities designed to promote mental alertness, physical strength and to provide fun!

TLC's mission:

- *Continuously seek innovative solutions in long term care.*
- *Continuously provide outstanding clinical outcomes.*
- *Continuously exceed our clients' expectations in quality and service.*
- *Continuously operate on the principles of honesty & integrity.*
- *Continuously Evolve.*

Columbus Oaks

Continued from 12

Whether you simply wish to enjoy your freedom in a secure or monitored environment or you require around the clock healthcare, Columbus Oaks Healthcare Community has accommodations that can meet your needs.

Columbus Oaks Assisted Residential Living

This is an apartment style living option with extra services that allows residents to remain in a home-like setting which includes their own furniture, mementos, and personal items they've come to cherish.

All assisted living apartments include interior hallway access, private bathroom and walk-in shower, mini kitchen, separate living and bedroom areas, individual temperature controls, and 24-hour emergency call system. Telephone and cable TV service is available for all assisted living residents to enjoy.

Columbus Oaks Certified Medicare and Medicaid Skilled Nursing Facility

As an integral part of Columbus Oaks Healthcare Community, the Skilled Nursing Facility provides the professional care of Registered and

Licensed Nurses 24 hours a day. Medical Services include skilled nursing services, physical, occupational, and speech therapies, special diets, and help with bathing and dressing. These services are delivered with care and compassion by the trained and competent staff, assuring the needs of residents are met, around the clock.

Sometimes after a person has a surgery, a fall, or maybe just an overall decline in health they need a little boost to get them back to their prior level of functioning. Here, the Board Certified Physical, Occupational, and Speech Therapists, along with Skilled Nursing Team work together to create a customized rehabilitation plan specific to the person's needs while communicating with family along the way to discuss progress and to promote a positive experience. Columbus Oaks works with Reliant Rehabilitation, the nation's largest privately owned rehabilitation company, who provide the highest quality rehab services to residents in-house. The goal with Short Term Rehabilitation is to get you or your loved one back to living life to the fullest.

Columbus Oaks Skilled Nursing facility has Private Medicare Suites available. All Medicare suites have private bathrooms, phone service, and TVs equipped with cable at no extra charge. Columbus Oaks Healthcare Community is a licensed Medicare provider.

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