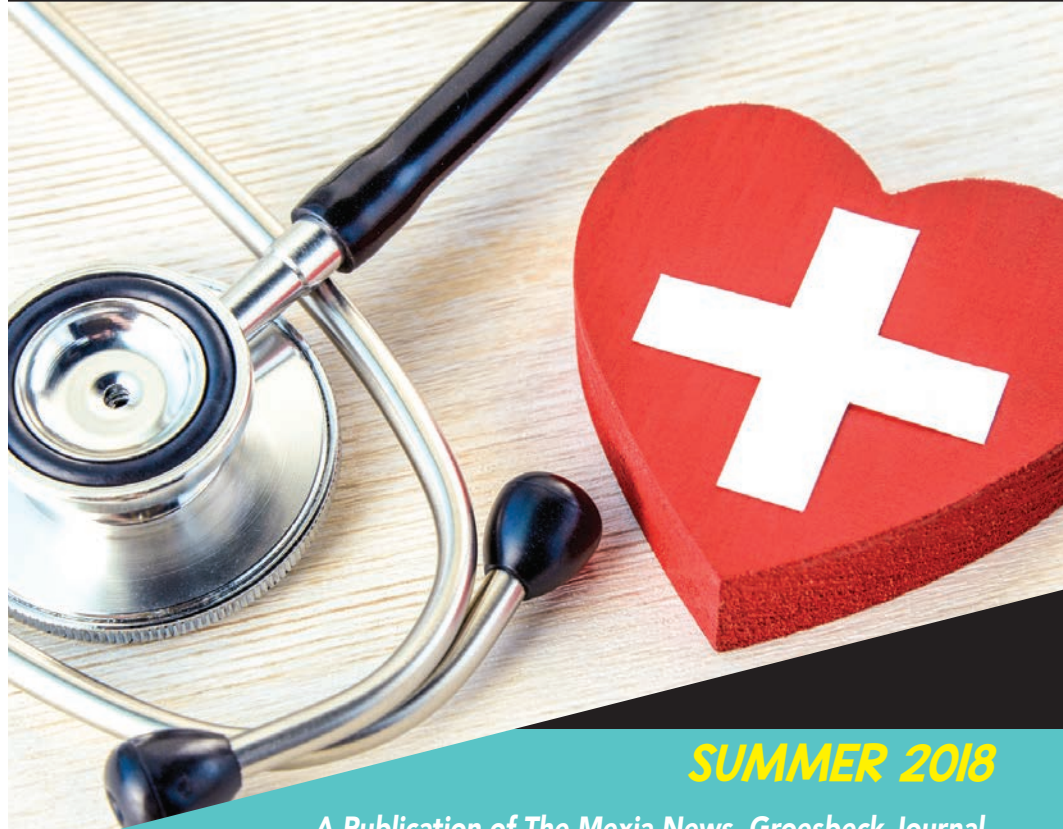


BI-STONE Medical Guide



SUMMER 2018

A Publication of The Mexia News, Groesbeck Journal,
The Fairfield Recorder and The Teague Chronicle

ALLSTATE • PROGRESSIVE • THE GENERAL • MET LIFE AUTO & HOME • FOREMOST • MERCURY • NATIONWIDE • EST. 1947

DennisCooperInsurance.com • 903-874-3333

HUMAN • UNITED HEALTHCARE • BCBS • AETNA • BOAT • RV • MOTORCYCLE • AUTO • HOME • RANCH • BUSINESS • BONDS

We're all heart. 24/7



Taking care of hearts is what we do.

All day. Every day.

We use the latest in technology to diagnose heart and vascular disease. Central Texans have trusted us with their heart care since 1974, and we'll continue to provide the first class care you deserve.



**WACO CARDIOLOGY
ASSOCIATES**

7125 New Sanger Road,
Suite A in Waco
(254) 399-5400
www.wacocardiology.com



MEXIA

LTC NURSING & REHABILITATION

We know you have a choice, we hope you choose our experienced team to serve you!
MEDICAID AND MEDICARE CERTIFIED

601 Terrace Lane N. Mexia, TX 76667

(254) 562-5400

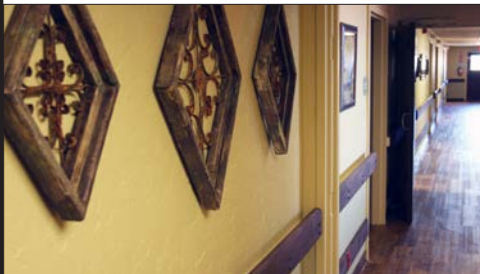
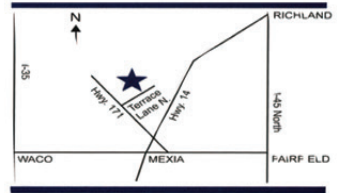
www.mexialtc.com

Martha Saling - Administrator

Leah Lozano, RN - Director of Nurses

'Changing the way you think about long-term care'

An Equal opportunity Employer





*Now Serving
In **4 Locations!***

*Come See **Us!***



BOOK AN APPOINTMENT

(254) 537-1265

WWW.EPIPHANYDERMATOLOGY.COM

WACO

7106 Sanger Ave.
Waco, TX 76712

GATESVILLE

1507 W Main St, Bldg 1
Gatesville, TX 76528

GROESBECK

701 McClintic Dr
Groesbeck, TX 76642

HILLSBORO

1323 East Franklin St
#103 Hillsboro, TX 76645

Saturday Appointments Now Available!

We've Got You Covered

Our family medicine professionals are here to provide you with the quality care that you and your loved ones need- where and when you need it.

Same and next-day appointments often available.

Call 903-872-DOCS to make an appointment with any of our providers.



**MEDICAL
ASSOCIATES**
OF NAVARRO COUNTY

400 Hospital Drive
Corsicana, TX 75110

Barton Giessel, M.D.
Suite 200

Toula Glass, N.P.
Suite 116



**MEDICAL
ASSOCIATES**
AT CORSICANA CROSSING

3201 Corsicana Crossing Blvd.
Corsicana, TX 75109

Sharisse Holinej, M.D. Shahroz Kidwai, M.D.
Carla Harris, N.P.



**NAVARRO
FAMILY CLINIC**
A PART OF NAVARRO REGIONAL HOSPITAL

3124 W. Hwy 22
Corsicana, TX 75110

Bart Crosby, D.O. Raven Holland, M.D.
Toula Glass, N.P.



**FAMILY
MEDICINE**
OF TRINIDAD

218 Park Street
Trinidad, TX 75163

Debbie Kelley, P.A.

Navarro-Docs.com

CLEANINGS & PREVENTION | COSMETIC DENTISTRY | RESTORATIONS | PERIODONTICS | ORAL SURGERY | PEDIATRIC DENTISTRY | ORTHODONTICS



CHANGING THE WAY YOU GO TO THE DENTIST

NEW PATIENT SPECIAL
\$99

Includes: exam, x-rays and cleaning
*New Patients only. In absence of periodontal/gum disease. Not valid with insurance or with any other offers. Limited time only.

SECOND OPINION
FREE

Are You Looking For A Double-Check Of A Diagnosis? Let Us Help You!

*Excludes x-rays. New Patients only. Limited time only. Not valid with any other offers.

MAJOR PROCEDURES
\$100 OFF

Any recommended treatment

Not valid with insurance or with any other offers. Limited time only.



NAVARRO DENTAL CENTER

903-257-3405

navarrodentalcenter.com

THE PERSONAL TOUCH OF YESTERDAY WITH THE TECHNOLOGY OF TOMORROW

903-257-3405

**1661 W. 2nd Avenue
Corsicana, TX 75110**



**Monday - Friday
8 am- 5pm**
**Saturday
8am - 2 pm**





Great Smiles Start Here!

 **Stevens
Dental**
Michael Stevens, DDS
Now Taking Appointments

902 W. Yeagua (West Hwy 164) Groesbeck
254-729-8400
Monday-Thursday 8:00 am - 5:00 pm Closed for Lunch 12:30 - 1:30 pm



Mexia Insurance Services
RICHARD DUNCAN

811 E. Milam • PO Box 1073 • Mexia, Texas 76667

PHONE: 254-562-3894 • 562-7891

FAX: 562-9225



HOME • LIFE • BUSINESS • AUTO • HEALTH • BONDS •
MEDICARE SUPPLEMENTS

Going Farther for Your Health



Jonathan A. Friedman, MD
Neurosurgeon

Come visit our Groesbeck location!

Medical Arts Clinic
625 McClintic Drive, Groesbeck, TX 76642

Why should you visit a neurosurgeon?

- Have you experienced a change in your neurologic functions including worsening headaches or changes in your vision, hearing or coordination?
- Have you suffered from a concussion or head injury?
- Are you suffering from lower back pain or neck pain that travels down your arms or legs?

We may be able to help.

www.txbsi.com – (800) 793-9106


THE TEXAS
BRAIN AND SPINE
INSTITUTE



LMC has the SPECIALIST YOU NEED CLOSE TO HOME!

Kody Yerger, MD

Pediatrician:

Dr. Rebeckah Burns
254-202-6100
Every Thursday

Eva Lafferty, CPNP-CP

254-202-2278
4th Thursday

General Surgeon:

Dr. Karen Ni-Jones
254-202-7204
First Tuesday

Oncologist

Hematologist:

Dr. Tom Harris
254-399-0741
1st Wednesday

Podiatrist:

Dr. "O" Eduardo Orihuela
979-776-6060
888-284-4643
1st, 3rd & 5th Wednesdays
4th Mondays

Cardiologist:

Waco Cardiology
Dr. Sherwin Attai
254-399-5400
2nd Thursday

Texas Heart & Vascular

Dr. Phillip Myatt
254-235-9355

Orthopedics:

Paul Gonzalez, P.A.
Every Tuesday

OB/GYN:

Dr. Lacy Kessler
2nd/4th Wednesday
254-420-0002

Dermatologist:

Dr. James Mason
2nd Monday
254-537-1265

ENT/Otolaryngologist:

Dr. Mace Brindley
254-776-7744

Wound Care:

Dr. Karen Ni-Jones
Robin Sanders, MSN, RN, FNP-BC
Tyler Kearney, DPM,
254-729-4329

Psychiatrist:

Dr. Greg Blaisdell
Dr. Josh Warren
254-729-2014

Urologist:

Dr. Stephen Stimson
254-741-6113
3rd Tuesday

Chiropractor:

Dr. Steven Huffman
254-729-4322
Monday, Wednesday, Friday

Sleep Studies Clinic:

Dr. Chris Matlock
254-729-3281 Ext. 2232

Neurosurgeons:

Dr. Steven Zielinski
254-732-3987
Dr. Jonathan Friedman
800-793-9106

*When calling any of the numbers
listed above to make an appointment
please specify that you would
like to be seen in the
GROESBECK OFFICE.*



701 McClintic Drive
Groesbeck, Texas 76642

254-729-3281 • www.lmchospital.com

Locally Owned and Operated
by the Stubbs Family.

Blair-Stubbs



605 S. McKinney, Mexia • 254-562-2131 • www.blair-stubbs.com

Funeral Services tailored to your needs!



**Come By and See This
Boarding and Care Home!**

- Three Meals Per Day • Special Diets Provided
- Private Bedrooms • 24 Hour Attendant
- Housekeeping Services and Security

**Not Just a Place to Live,
but a Place for Living!**

The Bowie House

"A PLACE TO CALL HOME"

403 E. Bowie St., Mexia | 254-562-0028

**CLOSE TO HOME
FAR FROM ORDINARY**

Because distance shouldn't stand
in the way of quality medical care.



Rettig Family
Health Care
part of the **LITTLE RIVER** family
HEALTHCARE

rettighealth.com • 254-729-3740

204 West Trinity St, Groesbeck, TX 76642
Same Day Appts & Walk-in Visits Available



For more than 40 years, Jordan has provided quality home health services to thousands who call Texas home. Patients, families and doctors know and trust the quality care delivered by Jordan. Let Jordan care for you or a loved one in the comforts of home, where healing begins.

Skilled Services:

- Skilled Nursing (RN, LVN)
- Physical Therapy
- Occupational Therapy
- Wound Care
- Medication Management
- Infusion Therapy
- Observation and Assessment
- Education on Disease Management
- Ostomy Care
- Pain Management
- Catheter Care
- Post-Operative Care
- Dementia Support
- Late Life Depression Support

Our Mission: To preserve our client's independence and dignity by providing comprehensive care in the home delivered by professional and compassionate caregivers.



887 West Highway 84 • Teague, Texas • 254-739-2600

855-455-3600 • www.jhsi.com

We've got you covered!

RISK
MANAGEMENT
LOSSES
SAFEGUARD
PROTECTION
LIABILITY
ACCIDENT
POLICY
INVESTMENT



ALLSTATE • PROGRESSIVE • THE GENERAL • MET LIFE AUTO & HOME
• FOREMOST • MERCURY • NATIONWIDE • EST. 1947

DennisCooperInsurance.com

903-874-3333

HUMAN • UNITED HEALTHCARE • BCBS • AETNA • BOAT
RV • MOTORCYCLE • AUTO • HOME • RANCH • BUSINESS • BONDS

The Manor

HEALTHCARE RESIDENCE



831 Tehuacana Highway, Mexia TX 76667
Office: 254-562-3867 • Fax: 254-562-7783
www.TheManorResidence.com



TEAGUE
**NURSING &
REHABILITATION**

254-739-2541

www.teaguenursingcare.com

884 US Hwy. 84 West - Teague, Texas

Teague Nursing & Rehabilitation is a skilled nursing facility that offers the highest quality nursing and rehabilitative services. It is the main objective of the facility's staff to provide each resident with a personalized and comprehensive plan of care, to allow for the highest practical level of functioning.

At Teague Nursing & Rehabilitation, our goal is to provide for more than just the physical needs. Our associates also meet our resident's needs by developing a personal relationship with each resident and family that we serve.





**WE ARE NOT JUST A CLINIC;
WE ARE A FAMILY THAT CARES!**

Limestone Medical Center's team of leading physicians and a caring experienced staff are dedicated to more than your health needs; they care about your well-being.

- Pediatrics
- Adults
- Geriatrics
- Osteoporosis Screening
- Sleep Study Evaluations
- Well Woman Exams
- Pregnancy Testing
- Birth Control
- EGD/Colonoscopies
- Immunizations
- Flu and Pneumonia Vaccines
- Allergy Injections
- Laboratory Testing
- DOT Physicals
- School/Sport Physicals
- Workers' Compensation
- Minor Procedures

Frank Boyd, D.O.
Howard Axtell, D.O.
Kenneth Lomenzo, M.D.
Kody Yerger, MD
Larry Hughes, D.O.
Veronica Harris, FNP-C
Chelsea Yerger, FNP-C
Gayle Ann Hackbarth, FNP-C
Gordon Lee, PA-C

OPTOMETRY -
Dr. Chris Rand

GENERAL SURGERY -
Dr. Karen Ni-Jones

We have excellent facilities and resources for all Radiological Testing, Therapy and Treatments, as well as Specialist Referrals.

- MONDAY THRU FRIDAY 8:00 am to 5:00 pm -

801 McClintic Drive • Groesbeck, Texas 76642

254-729-3411

www.lmchospital.com

We accept Medicare, Medicaid and most insurance.



ACCESS TO 3400 LOCATIONS!



*Let us help
& reach your
fitness goals!*

**MENTION THIS AD
GET 2 WEEKS
FREE!**

Get Yourself Here!



1001C East Milam • Mexia, TX 76667
 Office: 254-237-9917 • Cell: 254-433-8999
 mexiatx@anytimefitness.com



**Kind, Caring & Complete
Family Dentistry**

*Our patients' smiles say it all!
Friendly & Welcoming Staff*



**Cholopisa
General Dentistry**

Robin L. Cholopisa, DDS

300 N. Sherman, Mexia

254-562-5347



Simple hygiene tips that can have a lasting, positive impact

Personal hygiene isn't about just looking good. The effects of maintaining personal hygiene are myriad and include reducing one's susceptibility to infection and decreasing the risk for disease.

Because personal hygiene can have such a profound impact on overall health, some may feel that they need to go to great lengths to maintain their hygiene. But that's not the case. In fact, the following are a handful of simple ways that men, women and children can maintain their personal hygiene.

- **Wash your hands.** The Centers for Disease Control and Prevention states that is one of the most important steps a person can take to avoid getting sick and spreading germs to others. After using the toilet, changing a diaper or handling raw meats that have invisible fecal matter from animals on them, people who do not wash their hands can spread germs such as salmonella, E. coli and norovirus. In addition, feces from people or animals can contribute to the spread of respiratory infections, including adenovirus and hand-foot-mouth disease. A 2008 study into the efficacy of handwashing published in the American Journal of Public Health found that improvements in hand hygiene resulted in a 31 percent reduction in gastrointestinal illnesses and a 21 percent reduction in respiratory illnesses.

- **Clean and trim your fingernails.** Some may consider cleaning and trimming one's fingernails a purely cosmetic activity, but proper grooming of nails can reduce a person's risk for infection. For example, keeping fingernails clean and short can help to prevent and control pinworm infection, which the CDC notes is the most common worm infection in the United States. Pinworms are small, white roundworms that sometimes live in the colon and rectum of humans. People infected with pinworms may itch or scratch infected areas, ultimately spreading the pinworms if they do not wash their hands and trim and clean their fingernails. Reinfection may occur among people infected with pinworms who do not clean their hands and fingernails and keep their fingernails short.

- **Brush and floss your teeth.** There's more to personal hygiene than cleaning hands and fingernails. The American Dental Association notes that the mouth is filled with bacteria, some of which can contribute to tooth decay and gum disease, which has been linked to problems such as cardiovascular disease, stroke and bacterial pneumonia. The presence of periodontitis, an advanced form of gum disease that can result in tooth loss and, in pregnant women, can even increase a woman's risk of delivering preterm and/or delivering low-birth-weight infants. Brushing your teeth thoroughly twice per day and flossing between the teeth once per day can improve your overall health and contribute to fresh breath. Personal hygiene can help people look their best, but the most significant benefit to emphasizing personal hygiene might be the effects that such an emphasis has on overall health.

Connection between eating and energy

The connection between energy and eating is significant. A healthy diet and approach to eating can vastly improve energy levels, while a poorly planned diet that lacks nutrition can contribute to feelings of fatigue and increase a person's risk for various ailments.

The Harvard Medical School notes that different kinds of foods are converted to energy at different rates. That's why some foods, such as candy, provide quick boosts of energy while foods such as whole grains tend to supply the body with energy reserves that it can draw on throughout the day.

It's not just what people eat but how they eat that can affect their energy levels. In addition to choosing the right foods, men and women can try the following strategies as they look to eat to boost their energy levels.

- Eat smaller, more frequent meals. Avoiding the traditional three-meals-per-day approach may help improve energy levels, especially

for people who tend to eat sizable meals once, twice or even three times every day. According to the Cleveland Clinic, the metabolisms of people who do not eat regularly will slow down, as the body absorbs and stores more of the food it eats. Those stores include cholesterol and fat, which can be unhealthy and contribute to weight gain. However, by eating small meals more frequently, one's metabolism speeds up and more calories are burned. The body recognizes more food is soon on the way and, as a result, it does not need to store as much cholesterol and fat as it would if meals were eaten less frequently.

- Avoid a big lunch. The Harvard Medical School notes that, while the reasons are unclear, research has indicated that the circadian rhythms of people who eat big lunches indicate a more significant drop in afternoon energy levels than the rhythms of people who eat smaller midday meals. Men and women who eat big lunches and find their energy levels waning later in the workday can try to eat smaller midday meals to boost their energy.

- Be careful with caffeine. The foods people eat are not the only components of their

diet that can affect their energy levels. Caffeinated beverages can provide a temporary boost of energy as well. However, men and women who drink coffee or other caffeinated beverages to boost their energy levels should avoid doing so in large amounts after 2 p.m. That's because caffeine can cause insomnia, and insufficient sleep can dramatically affect energy levels.

- Choose the right snacks. Eating smaller, more frequent meals may compel some people to snack. The Academy of Nutrition and Dietetics notes that snacks are important as long as they're the right snacks. Avoid snacks that are just empty calories in favor of foods that contain protein and fiber-rich carbohydrates. Such snacks, which may include fruits such as apples and fresh berries or protein sources like nuts and Greek yogurt, can provide lasting energy. It's also important that men and women not snack to fill themselves up, but rather to quell any hunger pangs and get an energy boost between meals.

The foods people eat and when they eat them can have a dramatic impact on their energy levels.

This Medical Guide is a publication of *The Mexia News*,
Groesbeck Journal, *The Fairfield Recorder* and
The Teague Chronicle in conjunction with one another.

LIMESTONE CO. PUBLISHER/THE MEXIA NEWS EDITOR: Richard Nelson
FREESTONE CO. PUBLISHER/THE TEAGUE CHRONICLE EDITOR: Tim O'Malley
GROESBECK JOURNAL EDITOR: Jennifer Paul THE FAIRFIELD RECORDER EDITOR: April Walker
ADVERTISING DIRECTOR: Jennifer Bynum • GRAPHIC DESIGN: Jennifer Paul

All Rights Reserved. 2018 Summer Medical Guide

The Mexia News
214 N. Railroad Mexia, TX 76667
www.themexianews.com

Groesbeck Journal
115 N. Ellis Groesbeck, TX 76642
www.groesbeckjournal.com

The Fairfield Recorder
101 E. Commerce Street Fairfield, TX 75840
www.thefairfieldrecorder.net

The Teague Chronicle
319 Main Street Teague, TX 75860
www.teaguechronicle.com

WHERE ALL
YOUR REAL
LOCAL NEWS
COMES FROM...

The Mexia News
214 N. Railroad • Mexia, TX 76667
www.themexianews.com

Groesbeck Journal
115 N. Ellis • Groesbeck, TX 76642
www.groesbeckjournal.com

The Fairfield Recorder
101 E. Commerce Street • Fairfield, TX 75840
www.thefairfieldrecorder.net

The Teague Chronicle
319 Main Street • Teague, TX 75860
www.teaguechronicle.com

Save your face one exercise at a time

Hundreds of billions of dollars are spent each year on anti-aging and anti-wrinkling treatments in an effort to improve one's appearance and mask potential signs of aging.

Zion Market Research says the global anti-aging market was valued at \$140.3 billion in 2015 and is expected to reach \$216.52 billion in 2021. Although medical procedures and products sold at drug stores and by cosmetics retailers have their benefits, exercise also may provide some benefits, especially as it pertains to one's face and appearance. Just as it is possible to tone the body, one also can tone the muscles in the face to improve his or her appearance.

Brands like Face Yoga and FaceXercise promote facial exercises that reduce the appearance of wrinkles and fine lines without the need for more invasive procedures. Proponents of Face Yoga, which is a series of exercises performed most days of the week for about 20 minutes a day, say it will tone underlying muscles and help improve blood circulation. Fans attest that the movements also may encourage the production of collagen, which is the protein that keeps skin elastic and gives it its plump feeling. The face contains 57 muscles that can be worked gently to see results.

A new Northwestern Medicine study published in JAMA Dermatology is the first scientific study to test the premise of facial exercise and its effects on appearance. The study found that a daily or alternate-day 30-minute facial exercise program sustained over 20 weeks improved the facial appearance of middle-aged women, resulting in a younger appearance with fuller upper and lower cheeks. The idea is that building muscle volume can counter the effects of age-related fat thinning and skin loosening in the face.

Some people are skeptical of facial exercise, while others emphasize caution in regard to which exercises are chosen. Some dermatologists warn that pulling the face in the wrong directions through exercise actually may speed up the

process of wrinkling and premature aging, making face exercises a trend to avoid.

People who are currently on the fence may want to focus on movements that will strengthen facial muscles. Doris Day, M.D., author of the book "Skinfluence," says to try a facial movement where you look like you're going to laugh or smile but don't actually follow through. This raises eyebrows and targets those muscles and the ones by the ears that pull the skin back. Adopting a neutral face at rest is helpful as it helps prevent wrinkled brow and lines from frowning.

The jury is still out as to the efficacy of facial exercise for wrinkle reduction. Combining facial stretching with a healthy diet and use of sunscreen and resolving to stay hydrated might help reduce the appearance of aging.



Texas Home Health
Home Care • Hospice • Personal Care
an AccentCare® Company



Our trained staff provides qualified and compassionate care to address a variety of conditions and needs including:

- Joint Rehabilitation
- COPD
- Cardiac Care
- Hospice
- Diabetes Management
- Wound Care
- Palliative Care
- Behavioral



(254) 755-6179

accentcare.com

Texas Home Health...
proudly serving
your community
for 45 years.

Equal opportunity provider of healthcare services.

SUNBURN & SKIN CANCER

Sunburn can be a painful, unsightly consequence of too much unprotected time spent in the sun. But sunburn is more than just a temporary nuisance. According to the Skin Cancer Foundation, sunburn can cause long-lasting damage to the skin and increase a person's risk of developing skin cancer.

Sunburn tends to be so common, particularly during the warmer months of the year, that many people may consider it a relatively harmless byproduct of spending time outside under the sun. But the United Kingdom-based charitable organization Cancer Research UK notes that getting a painful sunburn just once every two years can triple a person's risk of developing melanoma, the most dangerous form of skin cancer. A better understanding of sunburn and its relationship with skin cancer may encourage more people to prioritize protecting their skin when spending time in the sun.

What is sunburn?

Sunburn occurs when the DNA in skin cells has been damaged by UV radiation. Many people associate sunburn with skin that peels or blisters, but any skin that turns pink or red in the sun has been sunburnt.

Am I always vulnerable to sunburn?

Though many people may only get sunburns on hot days, that's not because the skin is not susceptible to sunburn year-round. In fact, sunburn can occur any time of year because it's caused by ultraviolet radiation, which has nothing to do with the temperature. Many people only spend time outdoors on hot days; hence, the reason they may only suffer a sunburn in late spring and summer. Since sunburn can occur at any time of year, it's imperative that skin is covered up and sunscreen is applied regardless of what time of year a person is enjoying the great outdoors.

Brent W. Moore, DDS provides full service dental care to patients in Fairfield, TX and the surrounding communities. We offer preventive, restoration, cosmetic, teeth whitening, and emergency treatments for children, teens, and adults. You will get the benefit of personalized care at our family oriented clinic. Our professional dental team is dedicated to give you healthy, beautiful teeth that will stay with you throughout your life.

Let us help you improve your smile:

- * Emergency patients treated
- * After school appointments
- * Most insurance welcome
- * New patients welcome
- * Implant consultations



Dr. Brent Moore D.D.S.

764 West Commerce Street

CareCredit®
Patient Payment Plans

Fairfield

903~389~4151



JERRY L. McCOMBS, OD

Therapeutic Optometrist
Serving the Tri-County Area for Over 35 Years.

Complete Family Vision Care, Including Eye Exams
Contact Lenses ~ Quality Fashion Frames

*Voted Best Eye Doctor
Freestone County
2015 & 2016*



254-739-2020
313 Main St. Teague





Applying sufficient amounts of sunscreen with a minimum sun protection factor of 30 can help adults and children reduce their risk for skin cancer.

Am I out of the woods once my skin peels?

People who have experienced sunburn may have noticed their skin peeling in the days after they were burned, though not every sunburn victim's skin peels. Peeling is how the body rids itself of the damaged cells that can lead to cancer. But just because a sunburn victim's skin peels post-sunburn

does not mean that person has necessarily dodged the skin cancer bullet. Some damage may remain after skin peels, and that remaining damage can still make sunburn sufferers vulnerable to skin cancer.

I've been sunburned. Now what?

A sunburn, even a particularly bad sunburn, does not guarantee a person will develop skin cancer. But frequent sunburns increase a person's risk of the disease, so people who have been sunburned, whether it's just once or several times, should revisit what they're doing to protect their skin before going back out in the sun. Wearing protective clothing, including long sleeve shirts and protective hats, and applying strong sunscreen with a minimum sun protection factor, or SPF, of 30 are just a couple of ways to protect skin from sun damage.

More information about sunburn and skin cancer prevention is available at www.skincancer.org.



501 E. Sumpter Street, Mexia, TX 76667
www.mexianursinghome.com
 254-472-0630



420 Moody Street, Fairfield, TX 75840
fairfieldnursingandrehab.com
 903-389-1236

TWO CONVENIENT COMMUNITIES in the Bi-Stone region, dedicated to providing our seniors with the quality, compassionate care they deserve!

Creative Solutions in Healthcare – come see the difference!

We are proud to serve our seniors in the Bi-Stone market with exceptional skilled and rehabilitative care. Call us today to visit one of our communities!

We offer a customized approach to resident care, including:

- Skilled Nursing
- Rehabilitation-To-Home
- Short Term Stays
- Long Term Stays
- Wound Care
- Hospice Care
- Outpatient Therapy



Jackson's Central
Texas Insurance Plus, Inc.

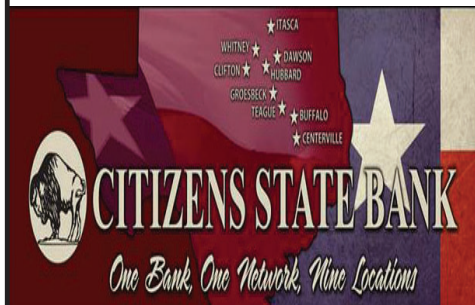
We've got you covered!

404 E. Yeagua • Groesbeck

254-729-3940

ARE YOU PREPARED?

Start saving
today with a
**Health
Saving
Account!**



CARING HANDS

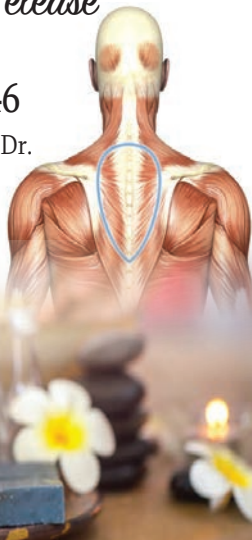
*Massage Therapy and
Myofascial Release*

(254) 747-1146

304 South J.B. Riggs Dr.

Groesbeck, Texas

Becky Boggio, LMT



Jazz up your smile



Tom W. Fox, Jr., D.D.S.
Family Dentistry

Orthodontic • Cosmetic • Restorative Dentistry • Implants

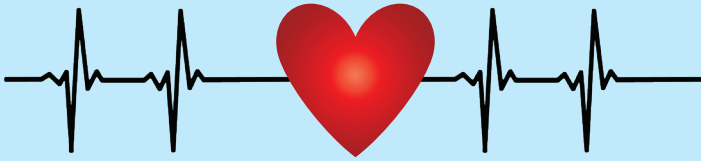
Monday-Thursday 8 am - 5 pm

110 N. Bonham • Mexia, TX 76667

254-562-2881



HEIGHTS HOME HEALTH



Health Care for the 21st Century

254-729-0336

Family Owned and Operated with Pride since 1996

Providing: Personal Attendant Services, Community Attendant Services, Family Care, Private Pay Attendant, Private Insurance, Area Agency on Aging, VA

Harker Heights Office

333 Indian Trail

800-282-6125

Groesbeck Office

621A McClintic Drive

254-729-0336

Waco Office

3425 Hillcrest Drive

866-753-0908

Heightshomehealth.com

SERENITY SPA

"Keeping Families Healthy"

Serenity Spa is Dedicated to target
your Unique Needs

- Back Pain • Neck Pain • Headache
- Sciatica Nerve • Fibromyalgia
- Muscle Tightness & Tension
- Overall Health • Boost Your Immune System

Visit www.serenityspamexia.com for full
Spa Service Menu.



SERENITY SPA

508 E. Milam St • Mexia, TX 76667 • 254-562-0820

serenityspamexia.com • [serenityspamexia~Facebook](https://www.facebook.com/serenityspamexia)



Because your life matters.

For 20 years Providence Hospice, your local non-profit hospice provider, has been helping patients remain comfortable, wherever they call home. Our team includes local expert physicians, nurses, certified nursing aides, chaplains, social workers and volunteers.



Because your life matters.

ProvidenceHospice.org

Providence Hospice Services include:

- Medications related to illness
- 24/7 Availability
- Medical supplies and equipment
- Bereavement and Grief support
- Emotional and Spiritual support

Hospice services are covered by Medicare, Medicaid and most private insurance companies with little or no expense to the patient. Providence Hospice serves all, regardless of ability to pay.

Ask for us by name.

Waco 254.399.9099

Mexia 254.472.0779

Whitney 254.694.6009



AN EVOLUTION HEALTH COMPANY

**A HomeCare Elite™ Top 500 Agency
4-Star Rating**

With over 20 locations in Texas, our clinicians provide home health nursing, physical, occupational and speech therapy, customized diets, nutritional guidance, home health aides and more.



104 W. 3rd Ave. | Corsicana, TX 75110

P: 903.874.4777 | F: 903.874.4001 | www.guardmyhealth.com

Never Miss Another
Word...
Or another
Laugh!



If hearing loss is holding you back from enjoying the company of family and friends or doing the things you once loved, it's time to take back control with today's discreet and comfortable digital hearing aid solutions.

Trust Beltone...
The most trusted
name in Hearing Care.



208B Rusk St * Mexia

254-562-7771

WE CARE ABOUT OUR PATIENTS

NO APPOINTMENT NECESSARY!

BRINGING A NEW LEVEL OF CUSTOMER SERVICE.

WE ACCEPT MOST

COMMERCIAL INSURANCE/MEDICAID/MEDICARE/TRICARE



TEJAS 
URGENT CARE

THE ACCESS TO
HEALTHCARE
YOU DESERVE!
WE ARE HERE FOR YOU
AND YOUR FAMILY!

MON - FRI 8AM - 7PM • SATURDAY 8AM - 6PM • SUNDAY 12AM - 6PM

311 EAST MILAM ST. MEXIA, TX 76667 • (254) 562-2500



COMPREHENSIVE
TEST
DENTISTRY

— FOR ALL AGES —

in TEAGUE, TEXAS



REQUEST AN APPOINTMENT



109 N. 4th Avenue • Teague, Texas
254-739-2533

www.gonzalezdentistry.com

We accept most insurance plans.

Gustavo A. Gonzalez - Nieto
DDS General Dentistry



GROESBECK

LTC NURSING & REHABILITATION



At Groesbeck LTC Nursing and Rehabilitation, we provide for more than just physical needs, we strive to develop a personal relationship with each resident and family that we serve.

607 Parkside Drive Groesbeck, TX 76642

Phone: (254) 729-3245 • Fax: (254) 729-3788

www.groesbeckltc.com

Now offering a secure unit for residents requiring additional assistance due to Alzheimer's or Dementia.



Parkview Regional Hospital welcomes

Jonathan Thomas, MD

Family Medicine

Certified by American Board of Family Medicine

Specializes in:

- General health
- Women's health
- Preventive medicine
- Diabetes
- Pediatrics
- Hypertension
- Geriatrics and more!

MEDICAL SCHOOL

University of Tennessee Health
Science Center
Memphis, TN

RESIDENCY

John Peter Smith Hospital
Fort Worth, TX

Welcoming new patients

Appointments may be made by calling
254.562.9321

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-254-562-5332.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-254-562-5332.



Parkview Rural Health Clinic

514 S. Bonham Street
Suite G, Mexia, TX 76667

HOURS

M-F

8:00 am - 5:00 pm

Same day appointments
may be available



parkviewregional.com

