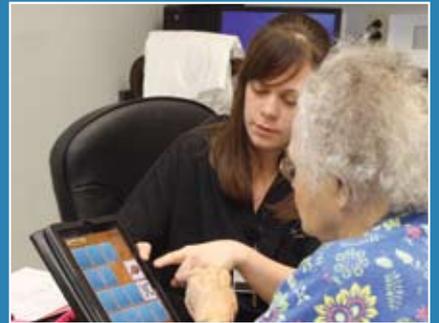


# Greater Talladega:

## Healthcare 2013



# PEOPLE SLEEP THROUGH OUR BEST PERFORMANCES



**DR. MANUEL CACERES** **DR. WESLEY R. HARDEN, III**

## MEET BOARD CERTIFIED SURGEONS, DR. MANUEL CACERES & DR. WESLEY R. HARDEN, III

At Citizens Baptist Medical Center, we're committed to bringing the gift of healing to all aspects of our patients' lives. When you need surgery, we're prepared with two Board Certified General Surgeons, Dr. Manuel Caceres and Dr. Wesley R. Harden, III, as well as a number of Board Certified Specialists.

**SURGERY SERVICES AVAILABLE:** Orthopedics • General Surgery • ENT (Ear, Nose & Throat) • Podiatry  
Obstetrics/Gynecology • Eye Surgery • Urological Procedures • Laparoscopic & Endoscopic  
LAP BAND® (Weight Loss Procedure)

Call Our Physician Referral Line at 1-877-222-7847  
Making a Difference in Our Community | [www.bhsala.com](http://www.bhsala.com)

The logo for Citizens Baptist Medical Center, featuring a stylized cross symbol to the left of the word "citizens" in a large, bold, blue font, with "baptist medical center" in a smaller, blue font below it.

# Talladega's Home for Healthcare



With eight medical practices in Talladega and the surrounding area, we offer complete healthcare for the entire family. That is why we can say,  
**WE ARE HERE FOR YOU.**

**baptisthealth center**  
lincoln  
205.763.7848

**baptisthealth center**  
munford  
256.358.4553

**baptisthealth center**  
surgical associates  
256.761.0921

**baptisthealth center**  
talladega  
256.362.3636

**baptisthealth center**  
talladega gastroenterology  
256.362.6357

**baptisthealth center**  
talladega internal medicine  
256.362.4000

**baptisthealth center**  
talladega pediatrics  
256.362.1725

**baptisthealth center**  
talladega ob-gyn  
256.362.1410

# **baptisthealth centers**

To make an appointment, please call 1-877-222-7847 or visit  
[www.baptisthealthcenters.com](http://www.baptisthealthcenters.com)

327029

# Contents

Letter from Chamber of Commerce Executive Director, Jason Daves .....	5
Letter from Chamber of Commerce Board of Directors, President, Joel Taylor .....	6
Citizens Baptist Medical Center .....	8
Baptist Medical Centers Physicians .....	14
Lincoln Chiropractic & Wellness Center .....	20
Tri-City Neurology.....	24
AIDB Senior Services.....	30
Healthcare Directory .....	34
Gardens of Talladega .....	36
Rehab Select .....	40
Comfort Care Hospice.....	44
Kulovitz and Dollar, DMDs.....	48
Professional Apothecary .....	54
Downey and Schnorbus, ODS.....	58



**Talladega Chamber of Commerce Board Members**  
Front, from left: Billy Sparkman, Mic Barnett, Suzanne Lacey, Keela Brown, Becky Griffin, and Fran Pope. Back, from left: Jason Daves, Buster Taylor, Joel Taylor, and Chip Moore. Not pictured: Brian Gann, Grant Lynch, Luke Montgomery, and Tina Seals.

---

## STAFF

---

*Editor & Publisher*  
Ed Fowler

*Special Projects Editor*  
Kenny Farmer

*Advertising Director*  
Pam Adamson

*Distribution*  
Kandi Macy

*Photography*  
Bob Crisp  
Brian Schoenhals  
Jim Smothers

*Art Direction*  
Jennifer Mashburn

*Graphic Design*  
Fay Denton  
Jennifer Mashburn  
Geraldine Osburn

*Writer*  
Kenny Farmer

---

*Published by*  
**The Daily Home**

Talladega - P.O. Box 977, 35161-0977  
Phone (256) 362-1000

*in partnership with the*  
**Greater Talladega Area  
Chamber of Commerce**

# A Vested Interest in Healthcare

**W**orking on this publication has given me the perfect opportunity to gain an overview and valuable insight into the array of healthcare opportunities already established in the cities of Talladega, Lincoln and Munford. To sum up my recent education in one phrase, our community offers “The Complete Package” for all healthcare needs. I am extremely proud of our health care sector and its future outlook. The Chamber of Commerce’s mission through this publication with the Daily Home is to not only highlight our health care sector to future potential businesses and residents but also to educate our current community about the fantastic, local health care options available here at home.



*Jason Daves  
Executive Director, Chamber of Commerce*

Every Chamber of Commerce should have a vested interest in their community’s overall healthcare sector for innumerable reasons. From the Chamber’s point of view, two of those reasons stand out above the others.

The first, and perhaps the most obvious link between a Chamber and the healthcare sector, is the economic impact felt by its success or failure. A community fortunate enough to have a strong, solid health care industry such as ours means stable job creation. Not only directly linked professionals (such as doctors, nurses, clerical positions, pharmacies, and others) need a strong health care sector, but also numerous seemingly unrelated businesses benefit from the spin-off/trickle-down economic effect. To say our community benefits economically from our strong health care sector would be an understatement.

The second link between the chamber and the healthcare sector is the quality of life factor. Healthy,

productive lives are an essential ingredient for any community seeking prosperous growth, especially smaller communities such as ours. After all, this intangible asset that we often refer to as “Quality of Life” is why so many people choose to live in better, less densely populated areas such as ours. As a matter of fact, quality of life was the number one reason my wife and I recently chose to relocate here from Mobile.

As with every choice you make in life, no matter the level of significance, there is always an opportunity cost associated with that particular choice. For most people living in larger metropolitan areas that are seeking quality healthcare, an immediate and almost given opportunity cost that is associated with that choice is the proximity and access to quality healthcare. This was not the case for my and me family, nor is it the case for our community. We are special. We fall under a unique,

exclusive bracket that shields us from paying this opportunity tax, if you will, of healthcare. In fact, the most devastating opportunity cost that I have discovered since moving from Mobile is the lack of fresh seafood.

I have been pleased to learn that in our community our healthcare professionals provide the same quality level of healthcare as those in the larger cities of Birmingham and Atlanta. The doctors and nurses in our community have received the same level of education and training as their similarly situated peers in our neighboring cities.

That’s something we can be proud of. We can enjoy benefits of living in a smaller community and still have access to a full array of quality medical services just minutes from home. To my way of thinking, that’s a very important piece to the complete package I want where I live. And we have it right here.

# Healthcare Will Focus More on Prevention and Wellness

**I** am honored to serve as the President of the Board of Directors for your Greater Talladega/Lincoln Area Chamber of Commerce and am pleased to share the healthcare resources available in our communities. As Administrator at Citizens Baptist Medical Center, along with my work with the Chamber, I have the pleasure to frequently interact with numerous healthcare professionals. I am consistently impressed with the people and the services in the area. As a healthcare advocate and consumer, I want residents and businesses to be informed about and confident in the healthcare resources available to them, right here in Talladega County.

As you may be aware, there are significant changes to healthcare looming on the horizon. The Affordable Care Act will bring more focus on using our healthcare resources to keep people well; with providers, in turn, being paid for patient outcomes rather than the fee-for-service model we know now. Prevention has never been more important. The debate about the structure and possible expansion of the Medicaid program in Alabama was a significant focus in the State's latest legislative session, resulting in significant changes to the program that will take shape over the next twelve months. As business leaders we are here to help you navigate the changes. Many of the changes will help you become a more informed consumer and an active participant in your health, such as publicly reported quality and patient satisfaction data, pricing transparency, and transferrable individual patient



*Joel Taylor  
Chamber of Commerce  
Board of Directors, President*

electronic health records. Investments continue in diagnosis & treatment advancements and technological innovations. Ultimately, these changes are centered on improving the health of our community, our state, and our nation's population and doing so as efficiently and effectively as possible.

You can be your family's healthcare advocate first by being knowledgeable about services and programs offered in North Talladega County and the surrounding area. This guide outlines the number of services, providers and programs available to you. The people that provide this care work tirelessly to keep you and your family safe and healthy. I am confident you will find that sentiment evident in this publication, and, more importantly, in your interaction with those whom you entrust your healthcare needs.

MONEY-SAVING  
ENERGY  
EFFICIENCY  
IDEAS

# THE SUMMER OF SAVINGS



*For over 50 years Alabama Power's rates have been below the national average, but there are still some easy things you can do to save money and energy, and make your home more comfortable.*

1

Get a seasonal service. Clean and well-maintained equipment runs more efficiently, so get your system checked before the hottest months ahead.

2

Install window treatments. This may sound like a decorating tip, but proper window treatments reduce heat gain from the sun.

3

Maintain a constant temperature. Wide variances in temperature cause your system to work harder and use more energy.

4

Cook out more. Limiting the use of the cooktop and oven in the summer will help keep your home cooler inside.



*Get more energy saving ideas for every room in your home. Scan the code with your phone or visit [AlabamaPower.com/save](http://AlabamaPower.com/save).*



**ALABAMA  
POWER**  
A SOUTHERN COMPANY

Always on.™

325686

# Citizens Baptist Medical Center

## *Continuing to improve its mission of service*



In 2013, CBMC added several new physicians and started an outpatient wound care center.

By KENNY FARMER  
Photos by BOB CRISP

**C**itizens Baptist Medical Center continues to improve on its award winning hospital. In 2013, CBMC has added several new physicians, created a hospitalist position, started an outpatient wound care center and launched an electronic medical records system. CBMC also plans to begin hospice services later in the year.

Joining the Baptist Health Center family of physicians this year are Dr. Craig Marshall and Dr. Lea Clayton, both family practitioners. Marshall begins in June in BHC's Munford clinic and Clayton will soon join Dr. Jett in his Lincoln clinic.

"They are both good additions to Baptist Health Centers," said Joel Taylor, administrator at CBMC.

Taylor said there are plans to add extended hours to both clinics to meet the needs of those who work from 8 a.m.-5 p.m.

In April, CBMC began a hospitalist program with its addition of Dr. Milka Martinez. Taylor describes the

hospitalist position as "a physician that specializes in taking care of patients that are in the hospital." He said that the addition of a hospitalist improves accessibility and continuity of care for patients.

"As medicine grows more and more complex, we've seen a gravitation towards hospitalists," Taylor said.

He said that medical schools are now advising students to study to perform outpatient services only, or to study to become a hospitalist.

Taylor said he is very pleased to have Martinez join CBMC as its new hospitalist, and said a second one will be added in the near future. He also said that other BHC physicians are excited about the change as well.

"Physicians are on call 24 hours a day, seven days a week and 365 days a year when they have their own practice," Taylor said. "So this will at least reduce some of that call demand and allow them a little bit of time to themselves."

The addition of a hospitalist at CBMC will also free



Radiologist Scott Goodwin, M.D., examines MRI scans.

up BHC physicians to see more patients in their clinics, according to Roxiann Ramsey, physician marketing liaison and head of Marketing and Volunteer Services at CBMC.

“Most of our physicians on the outpatient side will be adding slots to see patients each day because they’ll be here at the hospital less,” Taylor said. “They’ve got more time to spend in their clinic, they won’t get called away from the clinic and they won’t have to run out for an emergency at the hospital.”

Ramsey said that a hospitalist will also be more available than a patient’s regular doctor to make visits and answer questions. She said the hospitalist will also be able to spend more time with a patient than a traditional physician, while still communicating with the patient’s regular doctor.

Earlier this year, CBMC started an outpatient wound care center in which nurses and physicians will manage chronic wounds that many who have diabetes, or other vascular flow issues, develop. Wound care has been around for inpatients of the hospital, but has not been offered to the broader community until this year.

Taylor said there are many people within the community suffering from diabetes related issues.

“When you look at the healthcare needs of our community, that is a continual issue,” he said. “We just felt like it was the right thing to do to start providing the care, because these wounds can take days and weeks to heal. These are very invasive wounds and can be life threatening at times.”

Another addition at the hospital is the implementation of an electronic health record system, which is ahead of the federal mandate that requires all hospitals to transition to the electronic record system by 2014. He said the system allows physicians to view a patient’s record, and enter orders for that patient, from home. From a patient’s standpoint, Taylor said the importance is the patient’s continuity of care. He said that a patient’s medical information can easily be transferred to another hospital or healthcare provider.

Concerning the new system, Taylor said, “We have had significant training and buy-in by our physicians and our clinic staff.”

Taylor said the hospital’s medical records are, for the most



Shirley Ware concentrates on physical therapy at Citizens.

through CBMC's home healthcare program include skilled nursing, physical therapy and occupational therapy.

To qualify for home healthcare under Medicare, a person must be homebound, under the care of a physician and in need of skilled services on an intermittent basis. A physician must also establish and periodically review a patient's plan of care.

Those who may benefit from home healthcare services include patients recovering from surgery or illness; patients with many long term diseases; patients, or caregivers, who need education for medication management and disease processes; patients requiring wound therapy; patients requiring rehab therapy to overcome injuries or an illness; and patients facing the final stages of life who are in need of medical or emotional support.

Taylor said that most medical insurance will reimburse all or part of the costs associated with home healthcare, and that CBMC will handle the filing of those claims as a service to the patient.

CBMC recognizes that fast, accurate diagnosis is critically important to good medical care. The hospital has modern imaging and radiology technology that is used to provide physicians the information needed to diagnose and plan individualized treatment through procedures like CT scans; diagnostic radiology; magnetic resonance imaging, or MRIs; digital mammography; nuclear medicine through a special spect/CT camera, for which there are more than 100 exams; outpatient myelograms; stereotactic breast biopsies; and ultrasounds.

Both inpatient and outpatient rehabilitation services are offered at CBMC by a trained staff of therapists and therapy assistants. The physical therapy plan includes an individually

part, paperless after the transition to the electronic medical records system.

"It's a significant investment for Citizens," he said.

Concerning what's on the horizon at CBMC, Taylor said that an in-home hospice service will be established later this year.

"As healthcare evolves, and the payment structure of healthcare changes, I am of the belief that the hospitals will have more and more responsibility for the post-acute care of patients, and so, in tandem with our home health service line, we're going to start offering hospice services," he said.

He said the largest area of growth in the demographics of the city of Talladega is in those aged 65 and older. He identifies this as another reason hospice services are becoming more needed.

"I think the Medicare payment structure, to get into the business side of things, is also going to push us to the potential for bundled payments, so the hospital will be responsible for the full continuum of care at some point in the future," Taylor said. "So this is both a community need and a strong strategic direction for the hospital."

While many improvements are being made at CBMC, they continue to provide excellent care in other areas of the hospital, including home healthcare, radiology, lab services and physical therapy.

CBMC employs a team of skilled professionals to work with patients, families and physicians in its home healthcare services. The staff works with a patient's regular physician, keeping him informed of any and all changes relating to the patient's medical condition. Services provided

Start making better decisions toward achieving a healthier financial lifestyle...

## Choose First National Bank

With our unmatched customer service and our innovative products and services, we will help you easily manage your day-to-day financial life and help you prepare for the future.



TALLADEGA • 1848

120 East North Street, Talladega  
Phone (256) 362-2334

47743 U.S. Hwy. 78, Lincoln  
Phone (205) 763-7763

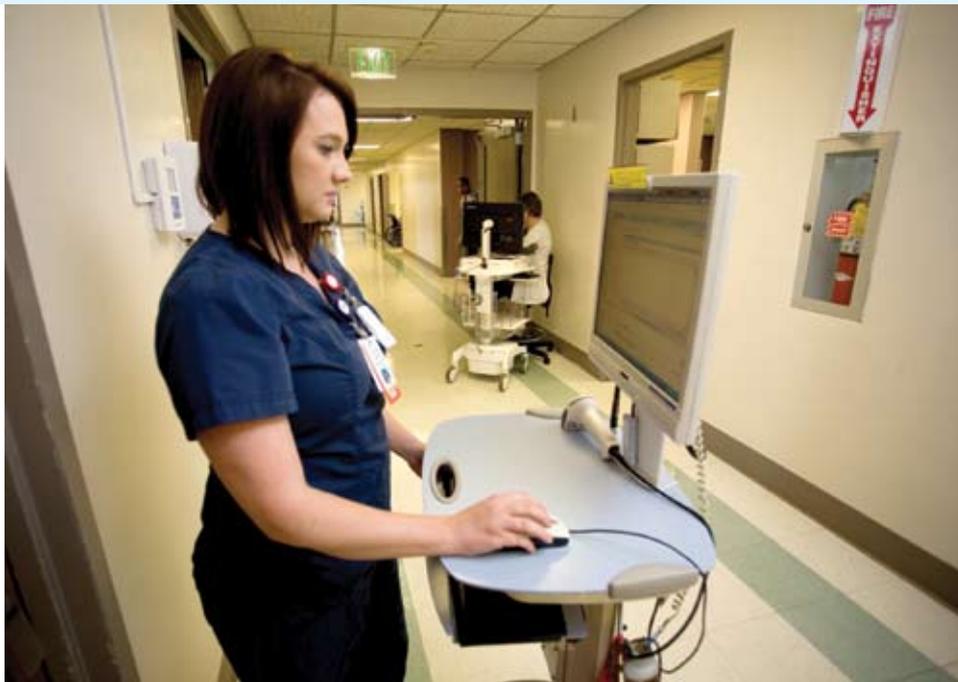
44388 Highway 21, Munford  
Phone (256) 358-9000

[www.fnbtalladega.com](http://www.fnbtalladega.com)

All loans subject to credit approval. Other regulations may apply.



325815



Jennifer Spary, RN, EMR, updates patient information on a portable computer system.

designed program for patients of all ages and diagnosis. The physical therapy plan includes therapeutic exercise for strength and mobility training; gait training, balance and endurance; mobilization of restricted joints and muscles; pain management, both acute and chronic; prosthetic training and neuromuscular re-education; and therapeutic whirlpool baths.

“We offer physical therapy from very early in the morning to late in the afternoon,” Taylor said. “We have a licensed physical therapist on site, as well as two licensed physical therapy assistants. In addition to that there

is the Fitness Plus membership gym that’s open for anyone to join.”

Ramsey said that individual, family and corporate memberships are available to the gym.

Taylor said there is a movement within the healthcare industry to educate the public on healthy living and preventative measures. He said CBMC has worked with local companies to bring awareness to their employees and hopefully “catch things early,” through health fairs and standing agreements. He said these visits to local employers are good for the employer, the employee and,

ultimately, the economy.”

“So the move in the healthcare industry is a move towards value of healthcare and the prevention side, which I think has been lacking in our system for quite some time,” Taylor said. “There’s a significant evolution going on in healthcare.”

Earlier this year, CBMC was recognized in the Joint Commission’s Top Performer on Key Quality Measures in three areas: heart failure, pneumonia and surgical care.

“It’s significant to know that Citizens is among only 244 hospitals in the U.S. who have achieved this distinction,” Taylor said.

The hospital was also recognized this year by The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits, with a grade of “A” in hospital safety.

“This honor combined with the “Top Performer” achievement is validation that Citizens physicians and staff are dedicated to clinical excellence and accountability,” Taylor said.

Taylor said that CBMC has, historically, been very strong in the quality of care provided.

“From a medical staff and clinical staff standpoint, we are very strong,” he said. “The reality is, all of our nurses went to nursing school, just like nurses that work in the Birmingham hospitals and the Atlanta hospitals. All of our

# EXPRESS PHARMACY

TRUST • SERVICE • VALUE



- No Waiting
- Convenient Drive Through
- No Automated Phone Lines

Located Inside The Pig  
on Battle Street, Talladega  
PHONE (256) 362-1120  
HOURS: Monday-Friday 8:30 am-6:30 pm  
Saturday 9 am-2 pm

302439

A Big “THANK YOU” to all SUPPORTERS of PARENTAL ALIENATION AWARENESS 2013



Parental Alienation Awareness

Bubble of Love Day

April 25<sup>th</sup>

PSA by Coosa Eye Associates / Dr. Roy

[www.alfra.org](http://www.alfra.org)

www.paawarenessday.com

309679



Baptist Health Centers also serve patients with clinics in Lincoln, above, and Munford.

physicians went to medical schools. To me, it is about the knowledge base, but the real piece I think is crucial is the compassionate piece, the compassionate caring about the patient and the patient experience. We provide that personal touch and compassionate care that many people need when they're sick and not feeling well."

Taylor said he appreciates the fact that the people who come to the hospital to be cared for are friends and neighbors, relatives of our employees.

"We're taking care of our community because we live in this community."



Services in Birmingham, Huntsville, and Pell City Areas

When life turns golden...

## Always There Provides the Silver Lining.

At 75-years old, Jane Schroeder's life is golden.

"Being able to remain in her home is very important to her," says Jane's daughter Jen Schroeder. "Always There In-Home Care makes that possible. She dearly loves her caregiver, Amelia."

For over a year, Always There's Amelia Gibson has nurtured a special relationship with Mrs. Schroeder that transcends helping maintain her home and preparing her meals. They have become friends. In fact, when Mrs. Schroeder takes her two walks per day, she carries her cane in one hand and Amelia on the other. Jen says, "We can't imagine having anyone else care for her."

Always There offers Jen a solution - call it a silver lining - to that cloudy issue. "My mother is not always easy to deal with. I tried other companies in the area, and Always There has been by far the best. I couldn't be more pleased with their dependability and service."

For more information about Always There, call 205-824-0224, or visit our website at [www.alwaysthereinc.com](http://www.alwaysthereinc.com) for a free online assessment of your needs.

### BEFORE YOU HIRE AN IN-HOME CARE COMPANY, BE SURE TO ASK:

- WHO IS RESPONSIBLE FOR PAYROLL TAXES, SOCIAL SECURITY, AND LIABILITY INSURANCE ON THE WORKER?
- WHO SENDS A REPLACEMENT WHEN MY REGULAR CAREGIVER CALLS OFF SICK?
- IS THE COMPANY INSURED, LICENSED, AND BONDED?
- ARE CAREGIVERS EMPLOYEES OF THE COMPANY OR MERELY INDEPENDENT CONTRACTORS?

Call today, or visit our website for more information.

**205-824-0224**

[www.alwaysthereinc.com](http://www.alwaysthereinc.com)



# Baptist Health Centers

## 22 physicians are affiliated with Citizens Baptist Medical Center

By KENNY FARMER

Mary Chris Ponder, director of operations for Baptist Health Centers, said that she is very impressed with the collaboration demonstrated between BHC's 22 physicians and Citizens Baptist Medical Center. Ponder says that one of the things that make BHC's physicians unique is the amount of attention given to each of their patients.

Ponder talks about the small town atmosphere of Talladega, saying that "everybody here has relationships with everybody," and that gives BHC an advantage when treating patients.

"We can consider all the aspects of the patient," she said. "We know who they live with, we know where they're from and we know their situations. That can help us make better decisions with their care."

Ponder said that she believes a lot of that personalized care gets lost when a local resident travels to Birmingham to see a doctor, and said that there are definitely many more advantages to receiving healthcare where you live.

"We have really well trained doctors," she said. "We have physicians who prefer to practice in a rural setting, and that translates into the personalized care that they give."

All BHC clinics, besides those in Munford and Lincoln, are located within a mile of Citizens Baptist Medical Center. Ponder said that the collaboration between the physicians,

combined with the convenient locations of their clinics, makes for a lot of synergy between BHC and the hospital.

Below is a listing of all 22 BHC physicians:



**Brenda Bynum, C.R.N.P.**

Bynum practices at BHC's primary care clinic in Lincoln which offers a spectrum of health care

for all ages. She has been in Lincoln for the past eight years, but has been employed by BHC for 34 years. Bynum refers to her staff as her "extended family" and appreciates the fact that her patients trust her to care for them.



**Hector Caceres, M.D.**

Caceres is an OB/GYN who treats women's healthcare issues such as menopause, osteoporosis

and gynecologic surgeries. He also provides prenatal care and delivers babies. He enjoys working

in Talladega because of the nice community, and loves being alongside his patients during the special moments that accompany childbirth.



**Manuel Caceres, M.D.**

Caceres performs general surgeries at BHC's Surgical Associates clinic, including weight loss surgeries

and breast surgeries. He has been employed by BHC for four years and said he enjoys his job because of the Christian environment he works in, as well as the updated technology he has available to provide the best care for his patients.



**Lea Clayton, M.D.**

Clayton is a new addition to the growing number of physicians employed by BHC. She will

begin her work in family practice at BHC's Lincoln location starting on Thursday, Aug. 1. Clayton said that she is excited about moving her practice and serving the people in the Lincoln area.



**1400 Barry Street 256-831-0540**  
Mon.-Fri. 7-5, Sat.7-5; Closed Sun.



**TALLADEGA ACE HOME CENTER**  
**1104 Ashland Hwy. 256-362-2208**  
Mon.-Fri. 7-5, Sat.7-3; Closed Sun.

**Your LOCAL source for what you need  
for your home or commercial project!**

***We are Friendly, Knowledgeable,  
but most of all...***

***WE WANT YOUR BUSINESS!***

***Ask us about our "Low Price Guarantee" &  
10% Discount to Active EMS & Military***

## **We Will Provide....**

- Paint •Tools •Electrical
- Plumbing •Hardware
- Screen door/window repair
- Lumber •Doors & Windows •Flooring
- Lawn & Garden (featuring Echo Power Equipment)
- Building Material (roofing, siding, insulation and gypsum board)
- Concrete Blocks •FREE Blueprint Estimates
- We Key Locks •Key Cutting •Glass Cutting •Color Match Paint
- We Deliver •Measure for Window Replacement •Job Estimates

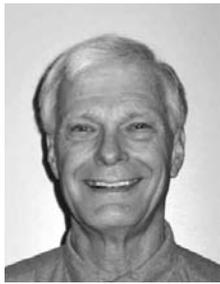
***Stop by  
today  
and check  
out our  
Monthly  
Specials!***

**Full Line Garden Center**



**Follow us on Facebook**

327044



**Dennis Dase, M.D.**

Dase, who has practiced obstetrics and gynecology for more than

35 years, said that he wanted to bring specialized OB/GYN care to Talladega, to make it available to its citizens in their hometown. He said that being able to serve and treat people is such a positive experience, but that nothing compares to bringing a new life into the world.

**Anne Davis, M.D.**



Since joining BHC in 2004, Davis has worked at Talladega Internal Medicine where she monitors

adult patients with diabetes, hypertension, arthritis, obesity and depression, and refers them to other specialists when necessary. She was raised in Talladega and enjoys taking care of people in the community where she grew up.

**Jimmy W. Davis, M.D.**



Davis is a primary care physician who practices at Talladega Internal Medicine. He is a

specialist in adult care that diagnoses and treats patients, as well as making referrals to sub-specialists, such as cardiologists. Davis began his medical practice in July 1976, and chose

Talladega because he preferred a small town with a caring community.



**Edith Dela Cruz, M.D.**

Dela Cruz, employed by BHC for 20 years, provides childcare at Talladega

Pediatrics. Her services include preventive healthcare, immunizations, advice for healthier living and medical care for the sick. Dela Cruz said that the staff of Talladega Pediatrics strives to treat each patient with care and compassion.



**Peter D'Sa, M.D.**

While D'Sa is new to the staff of BHC, he has been practicing gastroenterology for 23 years. His services

include colonoscopies, colon cancer screenings and more. D'Sa said he enjoys working in Talladega, which he describes as a "doctor-friendly area." He said his patients receive quality care from his detail-oriented staff.

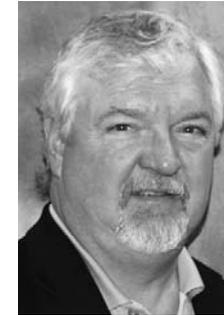


**Dianna Farmer, CRNP**

Farmer, a pediatric nurse practitioner at Talladega Pediatrics, said she loves working

in Talladega for several reasons, one being the southern hospitality. She has been a registered nurse for 34 years and said she loves working in

the faith-based environment of BHC. Her services include exams, advice on healthy lifestyles and management of chronic conditions.



**Wesley Harden III, M.D.**

Harden joined BHC earlier this year, but has practiced general and thoracic surgery

since 1984. He provides full surgical service at his office, including a comprehensive breast surgery program. Harden said that his office provides top-notch care for those in Talladega and the surrounding areas.



**Andrew Huang, M.D.**

Huang specializes in internal medicine, which is prevention, diagnosis and treatment of

adult diseases. He has been employed by BHC for a total of 15 years, and said he loves the people of Talladega. "It's a wonderful feeling you have when someone trusts you with their health and wellbeing," he said.



**Chona Huang, M.D.**

Huang has gotten to know many people in the community over the past ten years as a

family practitioner, which, he says, covers a variety of medical problems

# TALLADEGA DENTAL ASSOCIATES

Michael J. Kulovitz, DMD, PC  
108 North St. E. • (256) 362-2182  
www.talladegadental.com



**Comprehensive Family  
Dental Care Available Under One Roof**  
**We Welcome New Patients & Dental Emergencies**

**We offer a complete range of  
Comprehensive Dental Care for Adults & Children including:**

- Invisible Braces
- Cosmetic Dentistry
- Extractions
- Wisdom Teeth Removal
- Implants
- Periodontal (Gum) Treatment
- TMJ Therapy
- Root Canals
- Conscious Sedation
- Complete/Partial Dentures

**Financing Through Care Credit With Approval \*Most Insurance Accepted**  
**Serving Talladega and Surrounding Areas for 33 Years**

in patients of all ages. “When you practice in a small town, you have the opportunity to get to know the patients better,” he said. “They are not just a number or chart.”



**Stanley Jett,  
M.D.**

Jett is located in BHC's Lincoln clinic, where has served as a family practitioner for the past 12 years.

The clinic offers full family care with the exception of obstetrics. He has worked for BHC for a total of 22 years, first practicing in Talladega. Jett said he and his staff provides “old fashioned, friendly care” to everyone they treat.



**Amy Ledbetter,  
C.R.N.P.**

Ledbetter is a certified registered nurse practitioner who treats acute and chronic illnesses

in people of all ages. She has been with BHC for 3 years, but has worked in the medical field for 18 years. She said that she and her staff ensures that their patients' needs are met. “I am at my best when helping others in their time of need,” she said.



**Craig Marshall,  
M.D.**

Marshall recently joined BHC's clinic in Munford, where he provides primary

and urgent care to those in the community and surrounding areas. He said that he is looking forward to expanding the services in Munford, which will include a more comprehensive lab and digital x-rays.



**Joan Patterson,  
C.R.N.P.**

Patterson is a nurse practitioner who has practiced in collaboration with Dr. Jim Davis for BHC

since 1996. She provides wellness, acute and chronic illness care for adults over age 17 and geriatric services for senior adults. She says her very rewarding job provides her opportunities to “heal during illness, console with loss and congratulate with new life.”



**Muhammed  
Siddiqui, M.D.**

Siddiqui, in his 16th year with BHC, offers a full spectrum of services at

Talladega Pediatrics. He says his services are important because “healthy kids have the best chance to become healthy adults.” Siddiqui also said that he loves the people of Talladega and the relationships he has built with them.



**William Phillip  
Smith, M.D.**

Smith has practiced obstetrics and gynecology at BHC's Women's Health Care

since 2011, but prior to that, practiced for 28 years. He says he and his staff provides excellent obstetric care, preventative medical exams and treatment of a variety of gynecologic problems, as well as offering a broad range of contraceptive services.



**Renee Staude,  
C.R.N.P.**

Staude, a lifelong resident of Talladega, has been employed by BHC for 30 years, and as a nurse practitioner

since 1996. She provides family healthcare services to the people of her hometown, as well as educating them on issues such as disease prevention and health promotion. “I enjoy serving my community,” said Staude.



**James Weems,  
M.D.**

Weems has practiced pediatrics for 30 years and has been with BHC the past 22 of them. He and

his staff provides well child care from birth to age 18, performing physical exams and immunizations. They also perform routine newborn care at CBMC and are present for c-section, as well as other high-risk, deliveries.

*“We have physicians who prefer to practice in a rural setting, and that translates into the personalized care that they give.”*

*—Mary Chris Ponder*

# Designed With You In Mind...

# 0%

**APR**  
Available



## 2013 Cadillac SRX



Starting at

# \$38,415

2013 Cadillac  
ATS



2013 Cadillac  
XTS



2013 Cadillac  
Escalade



2013 Cadillac  
CTS



# BILL STANFORD AUTOMOTIVE

[www.billstanford.com](http://www.billstanford.com)

35500 Hwy. 21 No., Talladega, AL • 256-362-7540 • Toll Free 866-878-5245

325819

# Lincoln Chiropractic & Wellness Center

## *Helping patients avoid major health problems*



Andy Whiddon provides chiropractic services at his clinic in Lincoln.

By KENNY FARMER  
Photos by BRIAN SCHOENHALS

**D**r. Andy Whiddon, owner of Lincoln Chiropractic and Wellness Center, says that the problem with healthcare in America is “not that we don’t have good doctors, it’s what we do to our bodies.” He says that people should focus on preventative measures to avoid major problems down the road.

“First off, we don’t eat right,” he said. “We eat fast food. We go out to restaurants and our portions are gigantic. We don’t eat well-balanced meals. We don’t sleep enough. We

don’t exercise. We don’t manage stress very well. And a lot of people put off problems too long.”

The Wellness Center part of Whiddon’s practice helps patients make changes to their diet to prevent more serious issues down the road. This is done through a combination of vitamins, supplements and nutritional counseling. Whiddon says that he will talk to his patients about what they are eating, what they should and shouldn’t be eating and how to make those changes to their diets.

# For most of what ails you... We have a doctor for that!

## Primary Care Physicians to keep your family well.

### FAMILY MEDICINE

Lea Clayton, MD  
Michael D. Dupre, MD  
Rock Helms, MD  
Rick Jotani, MD  
James M. Tuck, MD

### INTERNAL MEDICINE

Barry Collins, MD  
Carl Frosina, MD  
Hasmukh Jariwala, MD  
William McClanahan, MD  
Sara I. Sadiq, MD

### PEDIATRICS

Irfan Ur Rahim, MD  
Rubina Siddiqui, MD

## Specialists at St. Vincent's St. Clair:

### CARDIOLOGY

Alejandro Aldana, MD  
Michael B. Honan, MD  
Terry White, MD

### DERMATOLOGY

Tarek Fakhouri, MD  
Elena Llivina, MD

### ENDOCRINOLOGY

Janelle Townes, MD

### GASTROENTEROLOGY

J. Lynn Cochran, MD  
Peter D'Sa, MD  
Carl T. Frosina, MD  
William Lopez, MD  
Rohit Malik, MD  
Mohit Mehra, MD  
Mukul Mehra, MD

### GENERAL SURGERY

Jay C. Long, MD  
Vinh Nguyen, MD  
Scott Smith, MD  
James West, MD

### GYNECOLOGY

Joshua Johannson, MD

### NEPHROLOGY

Pei Chen, MD  
Rahim Kassamali, MD

### NEUROLOGY

Fazal Rahim, MD

### NEUROSURGERY

Ben Fulmer, MD

### OBSTETRICS/GYNECOLOGY

Dale Greene, MD  
Julie Taylor, MD

### OPHTHALMOLOGY

David Allen Judge, MD  
Khalid Khan, MD

### ORTHOPEDICS/SURGERY

Carter E. Slappey, MD

### OTOLARYNGOLOGY (ENT)

Bruce Morgan, MD

### PULMONOLOGY

Gerald C. Dey, Jr., MD  
Maria Luisa Johnson, MD

### UROLOGY

George W. Adams, MD  
Jared Cox, MD

### VASCULAR SURGERY

Robert Heidepriem, MD

### WOUND CARE

Bea Chaicharncheep, MD  
Barry Collins, MD  
Robert Heidepriem, MD  
Vinh Nguyen, MD  
James West, MD



7063 Veterans Parkway, Pell City, AL 35125

For a physician referral, call Dial-A-Nurse  
at 205-338-3300 or 1-800-331-6777.

stvhs.com

301648

Whiddon says making these changes will result in weight loss, but more importantly will lead to better health in general. Exercise plans designed specifically for a patient's needs are also available.

In addition to offering nutritional plans that can lead to improved health, Whiddon also provides chiropractic pain relief. The most common problems he sees in his office are back pain, neck pain and headaches. Whiddon says that most people automatically associate chiropractors with back pain, but don't realize that they can also effectively treat headaches.

"We have tremendous success with headaches, especially tension headaches," he said.

Whiddon says he has "mixed results" with treatment of migraine headaches, but treating them with acupuncture works "very well."

Acupuncture is also used at Lincoln Chiropractic to treat tendonitis, allergy and sinus problems. In some cases, it is used to assist with infertility. Whiddon says that acupuncture increases blood flow to the uterus and ovaries, and results in an increased chance of pregnancy.

"That's pretty neat, but you hate when a patient walks into the office and says, 'Doc, you got me pregnant,'" Whiddon joked. "That kind of draws some attention."

Concerning sinus treatments, Whiddon says that acupuncture works really well. He says that he sees a lot of patients for sinus problems this time of year.

Low back pain can be treated successfully at Lincoln Chiropractic. Whiddon says that the chiropractic doctor is unique in the health care field in that much of the training in chiropractic colleges is specifically aimed at identifying and successfully treating and managing lower back conditions.

Mid back pain is another condition treated by Whiddon. Lincoln Chiropractic's website lists back pain as the number one cause of disability in those aged 19 to 45, and the second leading cause of missed work days. Some of the factors that can contribute to back pain include an increase in work demands; prolonged sitting; and a lack of periodic spinal checkups and preventive care.

Whiddon says that some people with disc problems never consider seeing a chiropractor, but that he can offer relief through decompression. He says the decompression table is a machine that stretches the spine apart and creates a negative pressure. He says decompression is successful "90 percent of the time" when treating bulging discs,

"We prevent a lot of people from having surgery by doing decompression," he said.

In addition to disc problems, Lincoln Chiropractic also sees patients for "repetitive types of injuries," such as tennis elbow and carpal tunnel. Whiddon says that many of his patients work at Honda and have problems because they repeat the same action "three or four hundred times a day."

Whiddon says that it is important to be comfortable with a chiropractor because the treatment is more hands on and more frequent than a trip to the medical doctor.



A tile spine greets patients as they enter Lincoln Chiropractic & Wellness Center.



With Dr. Whiddon are staff members, from left, Amber Carlin, Melinda McKay and Amy Kay, LMT.

“I try to treat all my patients like they’re my mother, or my sister,” he said. “I just take the best care of them that I can.”

Whiddon also offers physical therapy in his Lincoln office. He says he offers the therapy because there are no physical therapists in town, creating a need for one.

Massage therapy with Amy L. Kay, LMT is also available at Lincoln Chiropractic and Wellness Center. Services offered include Swedish, deep tissue, prenatal and chair massages. Mobile massages are available and rates are based on the distance traveled by the therapist. Kay also administers Neuromuscular and hot stone therapies.

Whiddon worked for a few other chiropractors in Birmingham before starting his practice in Lincoln in 2009. He believes his office is unique because he not only provides chiropractic care, but he also offers his customers a wellness center.

“So whatever your specific needs are, we can usually address here, if not, I’ve got a good group of people who I refer to, to handle those problems,” said Whiddon. “We

work with a lot of other specialists that can help you.”

In addition to being pleased with the wide range of services that his business provides, he is also proud of the work done by his staff.

“I feel like my staff does a great job because they create a welcoming atmosphere,” he said. “I get tons of compliments from my patients about the staff.”

**TALLADEGA**  
**IS OPEN FOR**  
**BUSINESS!**

**Mayor & Mrs.**  
**Larry Barton**

256-362-7821 or 256-493-4006  
 mayorbarton@aol.com

327023

# Tri-City Neurology

## *Neurological specialist offers services locally*



Dr. Fazal Rahim checks Rileigh Mitcham.

By KENNY FARMER  
Photos by BRIAN SCHOENHALS

**T**ri-City Neurology's Dr. Fazal Rahim treats conditions such as nerve damage, strokes, seizures and headaches. He has offices in Talladega, Anniston and Pell City, and is also the sleep director at the St. Vincent's St. Clair hospital. Some of the most common conditions treated at Rahim's office include carpal tunnel syndrome and those having problems following knee and back

surgeries.

In addition to nerve damage, strokes, seizures and headaches, other neurological disorders treated at Tri-City Neurology include sleep disorders, spine problems, muscle diseases, dementia, Alzheimer's, Parkinson's disease, tremors, multiple sclerosis, carpal tunnel syndrome, motor neuron diseases, myasthenia, radiculopathies and neuropathies.

Rehab Select  
Center for Rehabilitation

Proudly featured at

Talladega  
HEALTH & REHAB

Renewing and restoring lives daily

616 Chaffee Street, Talladega, AL 35160 • 256-362-4197

•Short Term Rehab •Long Term Care •Speciality Programs • Senior Education

Visit us at [www.rehabselect.net](http://www.rehabselect.net)



## Renewing and restoring lives daily

Combining compassionate, personalized care with advanced clinical services, here at Talladega Health & Rehab we strive to provide those we serve with both the highest quality care and quality of life. It is a goal we consistently achieve, as reflected by our well-earned reputation for rehabilitation and long-term health care excellence.

Located in Talladega, Alabama, our 234-bed facility is one of the largest and most well-established in the state. It is also home to Rehab Select, an advanced rehabilitation center at the heart of our caring community. Highly regarded throughout the area, Rehab Select features a superbly trained, experienced staff, interdisciplinary treatment programs, the latest equipment and therapeutic modalities, and a broad range of amenities designed to achieve optimum recovery in the shortest time possible.

327040



From left are receptionist Tamara Hutchings, Fazal Rahim, MD, office manager Amber Rahim and Hope Lackey, LPN.

When looking for nerve damage, Rahim will perform an EMG, or an electromyography test. Rahim says the EMG is a test in which he uses a small electrode in the shape of a pin to check

the electrical activity inside the muscles. These tests are done to look for nerve injuries in the arm and leg; pinched nerves in the neck and back; numbness in the feet; and carpal tunnel



Tri-City Neurology is located at 200 East Battle Street in Talladega.

# Pell City. It's where you live and where your healthcare should be.

LEWIS SCHULMAN, M.D., OB/GYN  
Member of the Medical Staff at Trinity Medical Center



TRINITY OB/GYN OFFERS QUALITY CARE – RIGHT HERE IN PELL CITY. Healthcare should be a convenient part of your life. And that means not having to drive far to get it. And with the satellite offices of Trinity OB/GYN, you don't have to leave Pell City to get the OB/GYN care you need. Whether you're starting a family or preparing for a healthy menopause, Dr. Lewis Schulman is here to help. An experienced OB/GYN, he offers compassionate care for all your obstetrical and gynecological needs. **To schedule an appointment at the Pell City location, please call 205-592-5499.**



Two Locations: **Trinity OB/GYN** 860 Montclair Road, Suite 251, Birmingham • **Trinity Medical Clinics** 70 Plaza Drive, Pell City



Dr. Rahim is certified by the American Board of Psychiatry and Neurology.

syndrome.

“The test is an invaluable tool in the evaluation of nerve and muscle diseases and essential in directing further care for you,” said Rahim. “This test is slightly uncomfortable, however, the majority of the patients tolerate the test well.”

Amber Rahim, nurse and wife of Dr. Rahim, says that Tri-City performs EMGs before suggesting that the patient get an MRI, “because the EMG is cheaper.”

“We only order an MRI if necessary,” said Amber.

She said that some patients have \$750 deductibles to get the testing done at the hospital. In addition to that patients also pay for the test to be read by a physician.

However, at Tri-City, Rahim can conduct the test, as well as read the results. For both the testing and the reading, Tri-City charges \$200.

“That’s done to help patients with really high deductibles,” she said.

Rahim uses an EEG, or electroencephalogram, test to evaluate electrical activity in the brain. This test is performed in those who are suffering from

seizures, passing out spells and states of confusion. An EEG test will also be administered to those who have noticed a change in mental status. Mrs. Rahim said patients do not pay a co-pay for EEG tests.

Spinal taps are also performed at Tri-City. Rahim says that spinal taps, or lumbar punctures, are important and safe diagnostic procedures that are done in the office with local anesthesia. A sample of spinal fluid is taken from the lower back. The sample is then used to measure the pressure in the spinal column, which helps diagnose a variety of neurological disorders. Rahim says spinal taps are given to check for conditions such as CIPD, or Chronic Inflammatory Demyelinating Polyradiculoneuropathy; encephalopathy, or a disease of the brain; papilledema, a swelling of the optic nerve; and some headaches.

“If there’s somebody with a headache that lasts for three or four days at a time, we’ll bring them in and spinal tap them,” said Mrs. Rahim.

Spinal taps are also used to check for meningitis. However, Rahim does those tests at the hospital rather than his office, because of the sterile environment of the hospital.

Rahim also performs sleep studies. The initial visit is done at one of Rahim’s three offices to evaluate the patient for sleep disorders, including sleep apnea, narcolepsy, restless leg syndrome, shift work disorder and excessive sleepiness.

If Rahim deems further tests necessary, the patient will be scheduled for a sleep study at St. Vincent’s in Pell City or Citizens Baptist Medical Center in Talladega, depending on where the patient lives, or which hospital is preferred. The sleep study consists of an overnight test.

“You will be scheduled to go to the sleep center,” said Rahim. “At the sleep center, you will basically sleep and a technician will monitor your sleep all night. Next morning you will go home. This is not a hospital admission.”

Tri-City Neurology’s Talladega office opened in 2009, but he has been in the area since 2004. Previously, Rahim was employed by Baptist Health

Centers.

Amber says Rahim sees 30 or more patients a day.

“He spends a lot of time with them,” said Mrs. Rahim. “He doesn’t just walk in and walk out.”

Rahim is in Pell City on Mondays and Thursdays; in Talladega on Tuesdays and Fridays; and in Anniston on Wednesdays. Hours for all offices are 8 a.m.-5 p.m.

While Rahim is not in his Talladega office, he leases his space to other physicians that he believes are needed in the area. Dr. Jonathan Rehberg, an obstetrician-gynecologist from Sylacauga, works in Rahim’s office on Wednesdays and Dr. Sean O’Malley, a neurosurgeon from Birmingham Brain and Spine, is in the office on Thursdays.

“We’re in need of physicians here to help out these other doctors,” said Mrs. Rahim.

For more information about the staff, services and policies of Tri-City Neurology, visit them on the web at [www.tricityneurology.com](http://www.tricityneurology.com).



Left to right  
**Jay C. Long, M.D.**  
and  
**Vinh Nguyen, M.D.**

Dr. Jay Long is a LAP-BAND TOTAL CARE™ certified surgeon



Birmingham Minimally Invasive Surgery, P.C. is a purpose-built facility for the surgical management of general surgical conditions. The practice specializes in Minimally Invasive (Laparoscopic), Bariatric (weight loss), and General Surgery. President and founding physician Dr. Jay C. Long is a fellowship-trained Minimally Invasive and Bariatric surgeon certified by the American Board of Surgery. He is joined by Dr. Vinh Nguyen to offer their patients the highest quality of service and care.

**Specializing in all aspects of general surgery and weight loss surgery.**



**FOR ALL APPOINTMENTS AND INQUIRIES, PLEASE CALL 205-833-8907**

St. Vincent’s East 48 Medical Park East Dr., Suite 150 Birmingham, AL 35125	St. Vincent’s Blount 190 Gilbreath Dr. Oneonta, AL 35121	St. Vincent’s St. Clair 280 Doctor John Haynes Dr. Pell City, AL 35125
---	--	--

Visit our website for more information  
[www.BMIsurgery.com](http://www.BMIsurgery.com) [www.BMlobesitysurgery.com](http://www.BMlobesitysurgery.com)

# AIDB Senior Services

## *Helping the aging maintain independence*



Serving seniors at AIDB are, seated, from left: Dr. Horace Patterson and Deborah Simmons Jones; standing, from left: volunteer Jennie H. Mosley, social worker Wanda Jeffries and senior aide Ernestine Curry.

By KENNY FARMER

Photos by BRIAN SCHOENHALS

**T**here are certain challenges that come along with aging, but with the help of AIDB Senior Services, senior citizens do not have to lose their independence as they grow older.

Dr. Horace Patterson, director of AIDB Senior Services, says that the goal of the program is to keep seniors in their homes so they can enjoy some independence, while reaping the rewards of the long lives they have lived.

“We believe sincerely, that when you get older, you’re going to have some vision problems, you’re going to have some hearing problems, but those problems can be met and people can live independent lives through assistive devices and numerous other options,” said Patterson.

At AIDB Senior Services, seniors are taught that there are options out there that can help them live more

independently. These options include financial assistance programs, help with medications and insurance education.

Senior Services can provide financial assistance to those who are facing a “coverage gap.” Some who are on disability may experience a coverage gap, or waiting period, before they are approved to be covered by Medicare. For those people, Senior Services can provide them with a free 90-day supply of medicine until Medicare approves them for coverage.

Another way Senior Services can assist seniors with their medications is through the State Health Insurance Assistance Program, or SHIP. In this program, Senior Services works with Medicare, Medicaid and Social Security to reduce the cost of medicine for those who qualify. To learn about the qualifications of the program, contact SHIP



Deborah Simmons Jones meets with a client of AIDB Senior Services.

# Some Things You Just Know are Deadly

It's easy to forget just how careful we need to be around electricity!

**Coosa Valley**<sup>SM</sup>  
ELECTRIC COOPERATIVE  
A Touchstone Energy<sup>®</sup> Cooperative

325542



AIDB's senior program has been recognized for its innovative services.

at 1-800-243-5463.

Patterson says some people may be spending several hundred dollars each month on medicine alone. He says that, through SHIP, some who spend hundreds of dollars each month may qualify to have their cost of medication greatly reduced.

“We are actually able to reduce a situation where a person spends several hundred dollars a month for medication down to, maybe, 40 or 50 dollars a month and sometimes even less,” said Patterson. “We’re able to free up that kind of money to a senior, which allows him or her to buy food. Then, that person doesn’t have to decide between going to the drug store or grocery store.”

Patterson says that many seniors who are on a fixed income are trying to make their medicine last by taking reduced dosage, instead of taking the recommended dosage. He says that if medication is not taken as recommended, then it is not going to work properly. He says that many seniors actually die as a result of taking improper doses of medicine. He says through the programs at Senior Services, they are able to help people get the amount of medication they need.

Another way Senior Services provides assistance to the aging population is through the Patient Assistance Program. This program reduces the paperwork a patient must go through when filling and refilling prescriptions.

Senior Services serves as a liaison between the patient and the doctor. Senior Services will complete forms for the patients as well as contacting their doctors when it's time for a refill.

"We not only negotiate the system for them, but we teach them how to negotiate the system," said Patterson. "Once they begin to understand what resources there are, they are going to take advantage of it."

Senior Services also seeks to educate the community on the services they provide through frequent health fairs. In the past, the health fairs have been held at many locations throughout the area.

"I am very pleased with the health fairs that we do," said Patterson.

Patterson adds that it is also a great opportunity for service providers to share products and information with the people they serve.

Patterson says there is no way of measuring the positive impact that comes from Senior Services' health fairs.

"We don't know how many lives we've actually saved through this program," he said.

He says that not only will a person gain valuable information from the fairs, but also that he or she will pass along that information to family, friends and neighbors.

"We believe that we have to educate not only the senior

population, but we have to educate the caregivers, the service providers," said Patterson. "That's why the health fairs are such a plus for all of us who serve seniors."

Patterson added, "Information enables you to have options. That's the key, you do have options. Will the challenges faced involve change and challenge? Of course, but it's something that can be achieved."

Patterson says what became known as Senior Services began at AIDB in 1997 with similar programs being offered. He says the institution was on the "cutting edge" in 1997 and that the groundbreaking work done at AIDB led to Patterson and his staff being awarded with a national Innovation Award.

"Senior Services is built on the concept that seniors are valued," said Patterson. "Not only have they made contributions, but they still make contributions. These people can show you the shortcut because they've already lived it, and they inspire us to do better and to be strong."

Patterson says that it's not just seniors who benefit from AIDB's Senior Services program.

"You're raising the quality of life for these folks and they are going to remain functionally independent in their own homes," he said. "That's cheaper for us as a nation, and it's much better for our communities."



**CA** **Central Alabama Community College**

*Central Alabama, Central to YOU, Central to YOUR Success.*

[www.cacc.edu](http://www.cacc.edu)

Like us on Facebook • Follow us on Twitter @CentralAlabama1

**1-800-643-2657**

Campus locations in Childersburg, Talladega or Alexander City



# healthcare

## **ASSISTED LIVING**

**Gardens of Talladega**  
130 Seasons Way  
Talladega  
256-362-1072

## **CHIROPRACTIC**

**Lincoln Chiropractic  
& Wellness Center**  
**Dr. Andy Whiddon**  
47795 US Hwy. 78  
Lincoln  
205-763-2222

**Talladega  
Chiropractic Clinic**  
**Dr. Richard Carman**  
301 Bradford Ave.  
Talladega  
256-362-8479

**Dr. Gerald R. Kretz**  
21 Ashley Lane  
Munford  
256-592-7727

**Dr. Cary F Camp**  
300 East St. N.  
Talladega  
256-362-2003

**Head Chiropractic Center**  
1013 Victorian Village  
Sylacauga  
256-245-2258

## **CLINICS**

**Talladega  
Quality Health Care**  
110 Spring St. N.  
Talladega  
256-315-1697

**BHC – Talladega  
Family Medicine**  
**101 Stephen J White**  
Memorial Blvd.  
Talladega  
256-362-4000

**Alabama Dialysis Services**  
314 W. Spring St.  
Sylacauga  
256-249-9660

**Lincoln Family Practice**  
1100 Patton Chapel Road  
Lincoln  
205-763-1414

**Talladega Primary  
& Urgent Care**  
803 North St.  
Talladega  
256-362-1600

**Baptist Health Center  
– Talladega**  
320 E. Coosa St.  
Talladega  
256-362-3636

**DaVita Talladega Dialysis**  
726 Battle St. E.  
Talladega  
256-362-2332

**Baptist Health Center  
- Lincoln**  
47344 U.S. 78  
Lincoln  
205-763-7848

**Baptist Health Center  
- Munford**  
48 Cedars Road  
Munford  
256-358-4553

## **DENTAL**

**M. Zachary Dollar, DMD**  
6 Medical Park  
Talladega  
256-362-3456

**Talladega  
Dental Associates**  
**Michael J. Kulovitz**  
108 North St. E.  
Talladega  
256-362-2182

**Sarrell Dental Center  
of Talladega**  
1004 South St. E.  
Talladega  
256-315-4940

**Elaine Gissendaner, DMD**  
129 North St. E.  
Talladega  
256-362-6861

**Ben Contratto, DMD**  
116 Coffee St.  
Talladega  
256-362-8511

**Talladega Family Dentistry**  
**Daniel C Picard DMD**  
1202 Ashland Hwy.  
Talladega  
256-362-4343

**Rick Redmond, DMD  
Family Dentistry**  
101 S. Douglas Ave.  
Sylacauga  
256-245-3645

**Chris Salmon DMD**  
495 W. 3rd St.  
Sylacauga  
256-249-2211

**Christa Sligh, DMD**  
138 9th Ave. S.W.  
Childersburg  
256-378-6174

**David P. Currie, DMD**  
499 W. 3rd St.  
Sylacauga  
256-245-6039

**Dentistry for the  
handicapped**  
**Chuck Shannon Sory,  
DMD**  
5113 Cyrus Circle  
Birmingham  
205-995-8855

**HOME HEALTH**  
**Amedisys Home Health**  
395 James Peyton Blvd.  
Sylacauga  
256-245-6224

**Always There  
In-Home Care**  
931 Martin St. S.  
Pell City  
205-824-0224

**Citizens Home Health**  
604 Stone Avenue  
Talladega  
(256) 362-8111

**Visiting Angels**  
633 Magnolia St., Lincoln  
Lincoln  
205-763-3030

**Western Healthcare  
Services**  
150 Seasons Way  
Talladega  
256-362-5079



# directory



## HOSPICE

**Comfort Care Hospice**  
702 East Battle St.  
Talladega  
256-761-1250

**Amedisys Hospice**  
630 Old Birmingham Hwy.  
Sylacauga  
256-249-0088

**Lakeside Hospice**  
4010 Masters Rd.  
Pell City  
205-884-1111

**New Beacon Hospice**  
215 North Norton  
Sylacauga  
256-207-2055

## HOSPITAL

**Citizens BMC**  
604 Stone Avenue  
Talladega  
(256) 362-8111

## INTERNAL MEDICINE

**Internal Medicine**  
101 Stephen J. White  
Memorial Blvd.  
Talladega  
256-362-4000

## MENTAL HEALTH

**Cheaha Mental  
Health Center**  
351 West 3rd St.  
Sylacauga  
256-245-2201

**Cheaha Regional  
Mental Health Center**  
10 Bemiston Ave.  
Talladega  
256-362-8600

## NEUROLOGY

**Tri City Neurology**  
**Dr. Fazal Rahim**  
200 East Battle St.  
Talladega  
256-362-9677

## OB/GYN

**Sylacauga Obstetrics  
& Gynecology**  
209 West Spring St.  
Suite 302  
Sylacauga  
256-249-6995

**BHC Women's  
Health Care**  
101 Stephen J. White  
Memorial Blvd.  
Talladega  
256-362-4000

## OPTICAL

**Talladega Optical  
Dispensary**  
216 E. Battle St.  
Talladega  
256-761-1889

## OPTOMETRISTS

**Alabama Eye Clinic**  
109 Coosa St. E.  
Talladega  
256-362-4872

**Cheaha Eye Associates**  
300 East St. N.  
Talladega  
256-362-5800

**Downey Eye Care**  
47795 U.S. 78  
Lincoln  
205-763-2015

## PEDIATRICS

**Talladega Pediatrics**  
722 Stone Ave.  
Talladega  
256-362-1725

## PHARMACIES

**Professional Apothecary**  
210 North St. W.  
Talladega  
256-362-8328

**Carter's Drugs**  
43323 Ala. Hwy 21  
Munford  
256-358-4657

**CVS**  
410 East Battle St.  
Talladega  
256-362-0163

**Express Pharmacy**  
320 Battle St. W  
Talladega  
256-362-1120

**Fred's**  
47950 U.S. 78  
Lincoln  
205-763-7776

**Lincoln Pharmacy**  
99 Magnolia St.  
Lincoln  
205-763-7759

**Rite Aid**  
101 Asbury St.  
Talladega  
256-362-9540

**Walgreens**  
503 East Battle St.  
Talladega  
256-315-1659

**Walmart**  
214 Haynes St.  
Talladega  
256-761-1819

**Express Pharmacy**  
Piggly Wiggly  
Battle Street W.  
Talladega  
256-362-1120

## PHYSICAL THERAPY

**Therapy South**  
727 Stone Ave.  
Talladega  
256-315-9693

**Citizens - Fitness Plus**  
604 Stone Avenue  
Talladega  
(256) 362-8111

## REHAB

**Rehab Select – Talladega**  
616 Chaffee St.  
Talladega  
256-362-4197

## SENIOR SERVICES

**AIDB Senior Services**  
1209 Fort Lashley Ave.  
Talladega  
256-761-3575

## SURGERY

**BHC - Surgical  
Associates**  
109 Coosa St.  
Talladega  
256-761-0921

**THERAPY**  
**Therapy South**  
727 Stone Ave.  
Talladega  
256-315-9693

# Gardens of Talladega

## *Assisted living focuses on quality of life*



The Gardens of Talladega provides a home-like atmosphere for residents in an assisted-living setting.

By KENNY FARMER  
Photos by BOB CRISP

**A**t the Gardens of Talladega assisted living facility, the goal is to provide a safe environment that enhances the quality of life of the people who live there. Not only does the facility improve the quality of life for those who live there, but, according to administrator Sandra Morgan, it can actually extend the lives of its residents.

“When they live with us, they tend to live longer,” she said.

Morgan says that the Gardens of Talladega is better equipped than a family member to take care of a senior who needs assistance with everyday tasks such as showering and taking medicine. She says that her staff encourages residents to complete those tasks, and that the residents respond well because “they generally want to please the employees.”

“So if they’re here, then they thrive more,” she said.

“We take care of those needs and there’s no slip-ups, there’s no forgetfulness. It’s just a healthier and safer environment. We make sure everything’s taken care of.”

Morgan also says because the staff at The Gardens handles the daily care of its patients, it allows children and grandchildren to have a better relationship with their relative. She says because the burden of 24-hour care is taken off the family, that they can now have “more camaraderie, more love between them like it’s meant to be.”

In addition to relieving the family of the daily duties, Morgan says The Gardens also lessens the financial and emotional burdens that may come with caring for a loved one around the clock.

“The family is not physically straining themselves to help any more,” she said.

The Gardens of Talladega, located at 130 Seasons

Way, is a “top notch” assisted living facility with 32 apartments – 16 in the assisted living facility and 16 in the specialty care facility, which specializes in mental care for those suffering from Alzheimer’s and dementia. Morgan says because the specialty care unit is the only one in Talladega County, that it gives them great opportunity to serve those from Talladega as well as others in the county.

The facility employees around 30 workers, including three licensed ServeSafe cooks who prepare home-cooked meals each day. Morgan says that the residents are very pleased with the food and that most of them gain weight after moving in.

“They tend to eat better here because when you live alone, you don’t eat well,” she said.

The residents also have input on what is served through monthly meetings.

“We have a monthly resident meeting to get their feedback,” said Morgan.

She says the monthly resident meetings are “just like any board meeting,” as the residents have a president and vice president and old and new minutes are discussed. Residents have input on the service being provided, their laundry and the activities they participate in.



Director Sandra Morgan is shown in the dining room at the Gardens.

## Presbyterian Oaks

### Apartments I, II & III



### Talladega’s Premier Senior Living

Where communities are built, apartments become homes and residents are like family.

Seniors 62 years and older.

Social Activities ~ Outings ~ Community Gardens  
~ Onsite Benefits & Services Coordinator ~

Non-Smoking Property ~ Rent based on income  
~ Generous Utility Allowance ~

408 S. 5th St., 21 & 23 Ironaton Rd. • Talladega

Presbyterian Oaks I - 256/362-5218

Presbyterian Oaks II - 256/761-2469

 Presbyterian Oaks III - 256/362-2202 

View Apartment Info @ [spm.net](http://spm.net)

319597



## SYLACAUGA PEDIATRICS

**“We Treat Every Child As Our Own”**

- Robert M. Gray, MD
- Julie Boycott, CRNP
- David W. Hardy, MD
- Rekha Chadawalawada, MD
- Darlene Mathis, DNP, CRNP

**For Appointments or Information Call**  
**(256) 245-3267 or (256) 245-3269**

3039836



Director Sandra Morgan, left, unit coordinator Jayce Freeman, LPT, center and activities director Katie Wiggins assist residents at the Gardens.

“They have a voice on everything that goes on here,” said Morgan. “This is their house.”

Morgan says that several groups come by to visit, including students from Talladega High School. She says it makes for a “great combination” when young and old people can spend time together.

“They find that they learn things from each other,” she said. “The young people learn from the older, a lot more than they realize, and the older people learn from them. It seems to really lift their spirits.”

Daily activities are abundant for the residents of The Gardens. They include bingo, Scrabble, art classes, singings and Bible study. There are many annual events

as well, such as a Memorial Day picnic, a Christmas dinner and celebrations on Mother’s Day, Father’s Day and the Fourth of July.

Family members are encouraged to attend these annual events, and are always welcome to come by for a visit or eat lunch with their loved one. There are no set visiting hours at The Gardens, and residents are free to come and go as they please. Some of the residents still drive.

Morgan says assisted living is for seniors who may be at risk of falling in the bathtub or forgetting to take their daily medications.

“The assisted living facility helps you with those activities of daily living,” she said. “There are six of



Staff member Teresa Wideman checks in on a couple at the Gardens.

them: bathing, grooming, dressing, eating, toiletry and transferring from one place to another.”

Morgan says all utilities are covered at The Gardens. That includes cable, gas, water and electricity. She says Wi-fi is available as well.

“Family members or residents who have computers can get internet access,” she said. “All of that is covered.”

Other services provided at The Gardens include a weekly visit from a beautician and a foot doctor that comes by once every two months. Pets are welcome at The Gardens and renovations to the facility are planned in the near future.

“We are a top-notch facility,” said Morgan. “We have the best staff and the best home-cooked food.”

**CAMP CHIROPRACTIC CLINIC**  
*Serving The Community For 37 Years*

**DR. CARY CAMP**  
*Specialize In Neuro-Muscular Skeletal Conditions*

Located at  
**300 East St. N., Talladega**  
 Office Park East (across from Piggly Wiggly)

Alabama State  
 Chiropractic Association  
 and American  
 College of Chiropractic  
 Orthopedics

For appointment  
 call **256-362-2003**

311234

**DENTURES or PATIALS with EXTRACTIONS**  
 Same Day Service In  
 Most Cases

**280 Dental Care**  
 Most Insurances Filed **33044 Hwy. 280, Childersburg**  
**256-378-3322** 309682

# Rehab Select

## Facility offers short-term and long term care



Deborah Burnette, LPTA, helps a patient at Rehab Select.

By KENNY FARMER

Photos by BRIAN SCHOENHALS

**R**ehab Select, located at 616 Chaffee St. in Talladega, is a 24 hour, skilled nursing facility that offers both short term and long term care.

The short term, acute care unit deals with issues such as hip fractures, wound care and rehab following surgery, while the long term care unit is for patients who have chronic and debilitating issues such as dementia, Alzheimer's or the after effects of a stroke.

Other treatments performed in Rehab Select's short-

term care facility include rehab services for those who are recovering from joint replacement, orthopedic conditions, cardiac disease, mild strokes and pulmonary problems, as well as poly-trauma victims.

The goal of the acute care unit is to "get people back on their feet, back home, back to work or back to their highest level of function and independence as quickly and safely as possible." Rehab Select provides rehabilitation services six days a week, and up to three



Occupational Therapist Ginger Brown assists with therapy.

times per day, in its acute care unit.

Long-term care is given at Rehab Select when advanced age, illness or disability makes supervision necessary.

“Long-term care is for all chronic and debilitating health care issues, such as dementia and Alzheimer’s,” said Mary Tuberville, administrator at Rehab Select. “Those kinds of things are not going to get better. I would love for all my residents to be at home, but sometimes it’s just not possible. The support and resources are just not there, and it’s just medically necessary for them to be here.”

Tuberville says that many people try to cope with illnesses at home, when they should be in a 24-hour care facility. She says that the supervision of these patients is very important.

“There are alternate places, like home health, that can help folks at home; assisted living is for those who are more physically to be up and about; but nursing homes have become more acute medical care,” she said.

Tuberville says that, in the past, the average elderly person went to the nursing home, but that is no longer true. She says that people who come to the nursing

**PROFESSIONAL APOTHECARY**

210 North Street W.  
Talladega



**Prescriptions Delivered Local  
We Bill For Diabetic Shoes & Supplies**



Transfer Your Prescription  
With a Phone Call!

**256-362-8328**

Blake Harris  
Chris Helms  
Keith Hobbs  
Alicia Holbrook

327010

**TALLADEGA  
OPHTHALMOLOGY  
CLINIC**



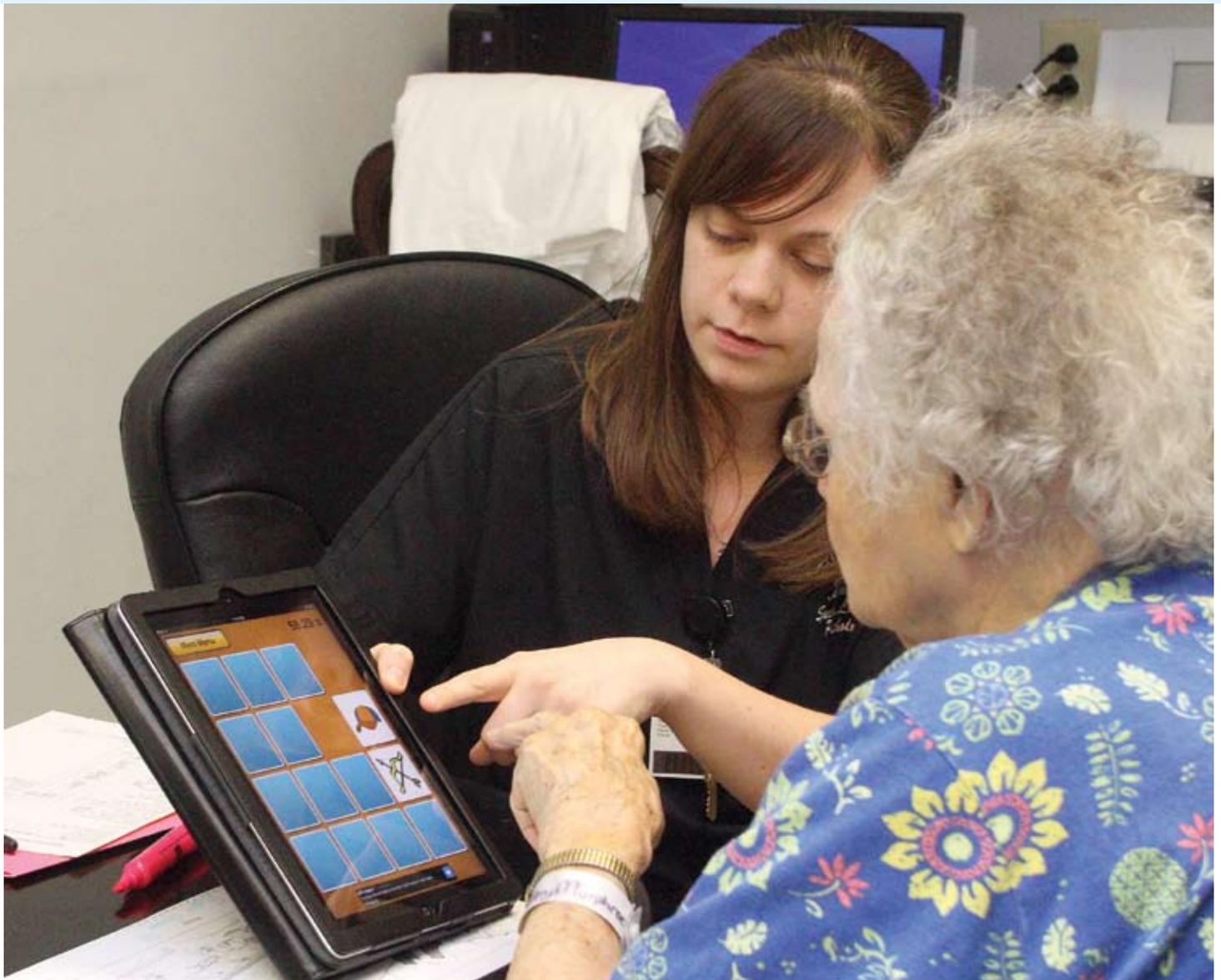
**Khalid L. Khan M.D.**  
Board Certified  
Ophthalmologist

**Expert Care For Your Eyes**

**3 CONVENIENT LOCATIONS:**

- ★ 216A East Battle St., Talladega • 256-362-1590 or 1-800-362-4140
- ★ BHC Lincoln, 47795 US Hwy. 78 • 256-362-1590
- ★ Physicians Plaza at St. Vincents St. Clair, 7063 Veterans Pkwy. Suite 110, Pell City • 205-338-3301

325515



Speech Language Pathologist Elizabeth Hand focuses on communication abilities.

homes now are a sicker population than they were 25 years ago.

Another problem facing elderly people who are at home with medical needs, is the fact that, many times, family members will try to care for them, when they are not equipped with the information they need to do the job properly. Another problematic situation can occur if the family member is in charge of coordinating home health providers.

“If the nurse doesn’t show up, then you’re the nurse,” said Tubberville. “If the housekeeper doesn’t show up, then you’re the housekeeper. If the maintenance person doesn’t show up, then you’re the maintenance person. When you have to take over the management of that 24 hour care, it can become a burden.”

Tubberville says that when a person is doing all the

things it takes to care for an elderly person, such as bathing, dressing and grooming, that the time spent with that elderly family member can be “not a lot of fun.”

Rehab Select can reduce the family’s number of responsibilities, allowing more quality time for sons and daughters to spend with their parents.

“So if the daily care is done, then your time with your mom or dad can be more recreational, a little more comfortable and a little less stressful,” said Tubberville.

When a patient enters Rehab Select’s short-term rehab facility, plans for their discharge is immediately discussed and a plan is made. The goals that are set for a patient’s discharge plan need to be met before that person returns home. Once all goals are met, a nurse then educates family members, teaching them how to properly care for the patient who is returning home.



Dietician Jennifer Norman offers tips and advice on what's good for patients.

need to make sure you know how to do that.”

Tuberville says Rehab Select plans all kinds of activities for its patients, including bingo, exercise classes, dances and religious activities. She says there are also many volunteer groups that visit the facility. She says the groups sing, do craft projects, bring gifts, play games and throw parties. She said they will also bring animals and children to visit the residents of Rehab Select.

“We are very blessed to have lots of volunteers that come here,” she said.

Tuberville is also very pleased with her staff. She says many of them are long-time employees, with some of them being employed at the facility for 20, 30 or 40 years.

“We have good depth of experience and expertise here,” said Tuberville. “We have employees that are dedicated to working with elderly and sick patients, employees who have the heart for this kind of work. We just couldn’t do it without them. They’re just, they’re wonderful. They really believe that the residents come first, and that makes it easier to be an administrator in this big facility, when you’ve got people that really care about people.”

“We meet with the family and tell them, for example, you’re going to be taking over wound care, you’re

going to be taking over insulin,” said Tuberville. “You’re going to be monitoring these things and you



## GRIZZARD LIVING AIDS

Improving lives through better mobility since 1993



Made in the USA

1227 Noble Street, Anniston, AL • 256-237-2006

[www.glalifts.com](http://www.glalifts.com)

325732

# Comfort Care Hospice

## *Helping patients and families at the end of life*



Comfort Care staff include, in the top row, Greg Tankersley, Chaplain, Darrell Lee, LPN, Hospice Consultant, Dawn Burkett, RN, Administrator, and Dr. David Roberts; in the front row, Jill Stubblefield, Social Worker, Angie Watkins, LPN, Angela Bearden, RN, Michele Warren, Administrative Assistant, and Leacher Chatman, Hospice Aide.

By KENNY FARMER

Photos by BRIAN SCHOENHALS

**T**he staff at Comfort Care Hospice believes that the end of life can be a meaningful time for patients and their loved ones. Administrator

Dawn Burkett says Comfort Care helps the family prepare for that time emotionally, as well as with the physical needs in the home.

“We’re actually the only hospice in the city of Talladega,” said Burkett. “We just have really good care for our patients. I don’t ever get complaints from patients

or their families.”

Burkett says that with most patients, Comfort Care sends nurses out to their home two or three times a week to help with medications and check their blood pressure, staying about an hour each visit. Aides make regular visits to the patients’ homes to help them with bathing, grooming and dressing. Comfort Care’s social worker also visits the patient twice a month, as does their chaplain.

Burkett says that anytime an aide notices something

*"Helping the World One Spine at a Time."*

# Lincoln Chiropractic & Wellness Center



*Dr. Andy Whiddon DC*

*2009 Small Business of the Year*

*I have always had a natural desire to help people coupled with a keen interest in the anatomy and physiology of the human body. I look forward to making a positive impact on this community by educating people on how to live healthier lives. I welcome the opportunity to serve each and every one of you for your healthcare needs.*  
*-Dr. Andy Whiddon*

*Let Dr. Andy Whiddon get to the root of the problem with all natural treatment plans designed to alleviate:*

*Most Insurance Accepted!*

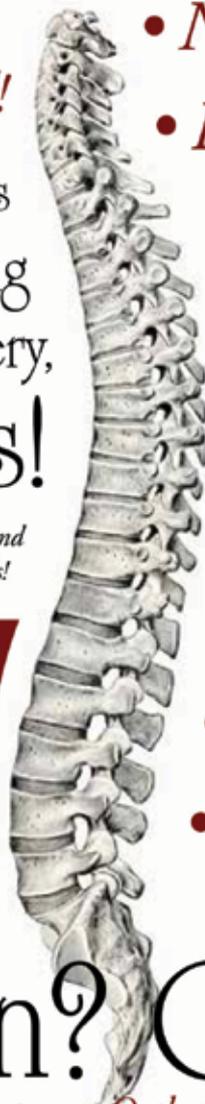
If Your Only Options  
Have Been Drug  
Therapy or Surgery,  
**Call Us!**

*We offer a variety of Treatments and  
Adjustments to meet various needs!*

**47795 US Hwy. 78  
Lincoln, AL**  
*(Next to First National Bank)*

**[www.lincolnchiropractic.org](http://www.lincolnchiropractic.org)**

**205.763.2222**



- *Neck Pain*
- *Back Pain*
- *Headaches*
- *Herniated Discs*
- *Congested Sinuses*
- *Auto/Personal Injury*
- *Sports Injuries*
- *Leg/Arm Pain*
- *Allergies*

*"We've got your back!"*

# Got Pain? Get Relief.

*• Disc Decompression • Acupuncture • Orthotics • Vitamins • Massage • Supplements*

325555



Dawn Burkett serves as the administrator of Comfort Care Hospice.

odd about the patient's health, they will alert a nurse of the situation. The nurse will then visit the patient and assess the situation. A doctor will be called by the nurse if needed.

The social worker provides assistance to the patient such as information on food stamps, Meals on Wheels and Social Security. She also assists those who might be eligible for VA benefits.

Comfort Care's chaplain, Greg Tankersly, visits patients and their families "as often as they need it," according to Burkett. He coordinates a spiritual group and also does bereavement counseling with them.

"Maybe your family is really struggling with some issues or maybe just unsure how to handle things," said

Burkett. "Sometimes people just can't get along in their own family, and they just kind of need someone to mediate it, so the social worker and chaplain help with those things, too."

Burkett says that the entire staff at Comfort Care has meetings every two weeks to discuss every patient and their situation.

"We discuss every single patient as a group so we get all those little pieces that somebody hasn't noticed," she said. "Then we can put the puzzle all together. It's a good group effort."

Concerning the services Comfort Care provides, Burkett says they specialize in palliative care, or comfort measures only. She says that once a patient declines

chemotherapy and radiation treatments, then the patient can receive care from them.

“We also take patients who have heart issues, lung issues or even a failure to thrive,” she said. “We take dementia patients, too.”

She says that with those types of health issues, there aren’t many changes in their daily medications as there are in cancer patients. Comfort Care only deals with pain and nausea medications.

Burkett says that, with many patients, Comfort Care begins seeing them as they are close to death, but they actually like to begin their care sooner than that, even if it is just a month or two earlier.

“We actually like to get them a little bit sooner so that they have time to get used to the staff members that are coming in and out of their house,” she said. “Nobody wants to pass away with a bunch of strangers in their house.”

Some Comfort Care patients need longer care than others. Burkett says they are usually those suffering from dementia who tend to linger for a long time. Some of these patients may receive care for up to two years.

Managing pain at the patient’s home and providing an alternative to going to the doctor’s office are some of the advantages of hospice care, according to Burkett. She also says that anyone under their care who wants to go on a trip or vacation can be accommodated by other hospice providers, through an agreement with Comfort Care.

“If you want to go on vacation to the beach, and be gone for a week, we just try to hook you up with a hospice there in case something happens while you’re gone,” said Burkett. “We work together like that.”

While most of Comfort Care’s patients are at the end of life, some have improved enough that they no longer need hospice care.

“If we have them a length of time, and they start to get

better, we actually discharge,” said Burkett.

She says this does not happen often because most patients have gotten a terminal diagnosis, but it has happened in the past. Burkett adds that there are currently two patients under their care who are waiting to be discharged. Oftentimes patients who get discharged are those who suffer from conditions such as heart and lung problems.

“A lot of times, once you get a nurse coming in the house, helping with medicines and straightening out what you eat – a lot of times you do get better,” she said. “You start doing better and you don’t need us any more.”

Burkett says that when a patient is discharged, Comfort Care plans a month ahead for their release.

“So you have plenty of time to get your medicines under control and have everything you need,” she said. “We can set them up if they need home health or if they need to schedule doctor appointments. We try to get all that set up for them before we get them discharged.”

However, most of Comfort Care’s patients are at the end of their lives.

After a patient passes away, Chaplain Tankersly stays in contact with the family, with visits and phone calls, for a little over a year.

Burkett says Comfort Care has a really good relationship with many of the funeral homes in the area, as well as the pharmacies. She says if Comfort Care does not work well with those businesses, it can “really cause havoc on the whole system.”

Burkett just recently joined Comfort Care as administrator, but is already pleased with what she is seeing out of her staff.

“It’s a real good group and there’s never any conflict,” she said. “They work together really well. You don’t get that everywhere.”

**TALLADEGA COLLEGE**  
*Recognized Internationally for Academic Excellence*  
 627 W. Battle Street, Talladega, AL 35160  
 Phone: (866) 540-3956 or (256) 362-0274  
 www.talladega.edu

**Porter and Porter Realty Company**  
**Joseph S. Porter - Broker**  
**Debra Catchings - Sales**  
**Donna Roberts - Sales**  
*Established 1950*  
 porterandportercompany.com  
 Commercial, Land, Homes  
*Start Packing When You List With Porter!*  
**209 North St. West, Talladega (256) 362-4194**

# Kulovitz and Dollar, DMDs

## Talladega dentists offer full range of services



At left: Dr. Michael Kulovitz has served the greater Talladega community for almost 30 years.  
Photo by Bob Crisp

Above: Dr. Zach Dollar is one of the newer dentists in the area. Photo by Brian Schoenhals

By KENNY FARMER

**F**rom one of the longest serving dentists in Talladega to one of the newest, Talladega's Dr. Michael Kulovitz and Dr. Zachary Dollar offer quality dental care to the citizens of Talladega and beyond.

Kulovitz has been providing the area with dental services for over 29 years. He said his office, Talladega Dental Associates, strives to provide its patients with affordable, high quality treatment, and is committed to helping his patients achieve optimum health and a beautiful smile.

"I don't think of myself as being the old dude around, because for a long time, I mean for twenty years, I was the new kid on the block," said Kulovitz. "For 20 years, I was referred to as 'the new dentist'."

From prevention to restorative dentistry, Dollar does it all. He said the preventative measures performed at his office ensure the continued good health of the teeth and gums of his patients.

"We do everything," he said. "We provide general dental

services, ranging from implants to root canals to crowns to cleanings to fillings."

Kulovitz completed his dental studies at the University of Alabama School of Dentistry in 1980. Soon after, Kulovitz relocated to Talladega and has called it home ever since.

"But what's really interesting are the people – hearing their stories, hearing what's going on with their families," said Kulovitz. "It's very rewarding and fulfilling to know that they trust you, and you can trust them."

Dollar, who began his career in dentistry in 2001, came to Talladega when he found out Dr. Tom West was looking for someone to take over his practice. West wasn't officially retired, but had already stepped aside by the time Dollar arrived in September 2010.

"I thoroughly enjoy what I do and I love where I am," said Dollar. "I think it's a great town."

Dollar said he is pleased with his new staff, which includes three hygienists, three assistants and two receptionists.



Dr. Kulovitz talks with patient Pazater Turner during a checkup. Photo by Bob Crisp

“We have a great staff, and you’re going to get exceptional personal service, nothing less,” said Dollar.

Kulovitz’s staff consists of six employees.

“Our skilled staff is committed to serving you with the best possible dental care by providing a comprehensive and holistic approach to make maintaining your dental health a rewarding, life-long experience,” said Kulovitz.

At Dollar’s office, the main focus is “keeping teeth

healthy.” He said he detects and treats problems such as tooth decay in the early stages to ensure his patients will be happy with their teeth.

Periodontitis is also a big concern of Dollar’s. He said that if the serious gum disease is not treated, it cannot only lead to tooth loss, but it can also cause bone loss in the jaw.

Kulovitz also has serious concerns about periodontal disease, especially the worsening of the condition in

*“Your Choice” for your loved one.*

**Lakeside Hospice**

A NONPROFIT ORGANIZATION

**205-884-1111**

314384

**SERVING CONTRACTORS, DO-IT-YOURSELFERS, CATERERS, MEETING PLANNERS, AND PRICE PARTIES IN THE TALLADEGA REGION**

- Bobcat Loaders
- Trenchers
- Airless Paint Sprayers
- Air Compressors
- Breaking & Demo Hammers
- Cut-Off & Concrete Saws
- Scaffolding
- Linens - Many Colors
- Canopy Tents
- Tables (All Sizes)
- Skirting
- Chairs
- Chafing Dishes
- Inflatables

**TAYLOR RENTAL®**  
RENT THE EQUIPMENT. KEEP THE ADVICE.®

206 S. Tinney St.  
Talladega  
256-362-4233  
Mon. - Fri. 7 am - 5 pm  
Sat. 8 am - Noon

327041



Talladega Dental associates from left: Annette Alexander, Holly Ponder, Wendy Struzik, Dr. Michael J. Kulovitz, Lee Wood, Megan Johnsey, and Dana Lassetter. Photo by Bob Crisp

those who have diabetes or other cardiovascular conditions.

“Even though it has always been recommended to address inflamed and infected gums, it is even more apparent now that it is known that these dental conditions can actually lead to life threatening situations if left untreated,” said Kulovitz.

Periodontal treatment options at Kulovitz’s office includes non surgical gum treatment; arestin therapy; surgical gum treatment; adjustment of the bite relationship; construction of an occlusal bite guard; dietary counseling and specific customized home care instructions.

Kulovitz’s biggest concern is that incidents of periodontal disease have become extremely high, and that many do not realize the relationship between the health of their mouths and their overall health. He says infection in the mouth can contribute to the worsening of your cardiovascular or diabetic condition.

“Health is a total ball of wax,” he said.

Kulovitz provides comprehensive care in his office, including root canals

and TMJ treatments.

“We have learned over the years that, a lot of times, patients do not like to be referred out of the office,” said Kulovitz. “We don’t send them out because it’s a hassle for people to go out of town. So things like wisdom teeth and implants, surgeries and pre-prosthetic surgeries – in other words, surgeries that include the extraction of teeth and contouring the bone to make the dentures, we do that here.”

A comprehensive dental exam will be performed during the initial visit to Dollar’s office. Other examinations will be performed at regular check-ups, including examination of diagnostic x-rays; oral cancer screenings; gum disease evaluation; examination of tooth decay and examination of existing restorations.

The examination of diagnostic x-rays are essential for the detection of decay, tumors, cysts and bone loss. X-rays also allow Dollar to determine tooth and root positions. During the oral cancer screening, Dollar will check the patient’s face, neck, lips, tongue, tissues and gums for any signs of oral cancer. A gum disease evaluation

involves checking the gums and bone levels around the teeth for any signs of periodontal disease.

Dollar also checks current fillings and crowns during his examination of existing restorations.

Professional dental cleanings are also done at Dollar’s office. A patient’s cleaning appointment will include a dental exam and other procedures, including the removal of tartar, removal of plaque, polishing of the teeth, application of fluoride and instructions on home oral care.

The removal of tartar, or calculus, is done because tartar is a hardened plaque that has been left on the tooth for some time and can be firmly attached to the tooth’s surface. Calculus forms above and below the gum line and can only be removed with special dental instruments such as ultrasonic scalers or other dental instruments.

“The removal of plaque is important because it is a sticky, almost invisible film that forms on the teeth,” said Dollar. “It is a growing colony of living bacteria, food debris and saliva. The bacteria produce toxins that infect and inflame the gums. This inflammation can lead to periodontal disease.”

While polishing a patient’s teeth, Dollar will remove stain and plaque that is not otherwise removed during scaling and the brushing of the teeth. Dollar also educates each patient on how to maintain the best oral health and how to keep teeth clean and healthy between visits.

Dollar also does porcelain crowns, inlays and onlays. A crown is a covering that encases the entire tooth surface, restoring it to its original shape and size. A crown protects and strengthens tooth structure that cannot be restored with fills or other types of restorations.

“There are several types of crowns, inlays and onlays, including gold, but porcelain, tooth-colored crowns are



Dr. Dollar has a full staff at his dentistry office. Photo by Brian Schoenhals

the most popular because they resemble your natural teeth,” said Dollar. “They are highly durable and will last many years, but like most dental restorations, they may eventually need to be replaced. Porcelain crowns are made to match the shape, size and color of your teeth, giving you a natural, long-lasting, beautiful smile.”

At Kulovitz’s office, the process of getting a tooth crowned consists of a minimum of two or three visits over a three to four week period.

Dollar and Kulovitz perform root canal treatments when the nerve of a tooth is affected by decay or infection. In order to save the tooth, the pulp or nerve, bacteria and decay are removed and the resulting space is filled with special medicated dental materials that restore the tooth to its full function.

“Having a root canal done on a tooth is the treatment of choice to save a tooth that otherwise would die and have to be removed,” said Dollar. “Many patients believe that removing a tooth that have problems is the solution, but what is not realized is that pulling a tooth will ultimately be more costly and cause significant problems for the adjacent teeth.”

Signs and symptoms for those who might need root canal therapy include an abscess on the gums; sensitivity to hot and cold; severe toothache, or swelling or tenderness.

## CRADDOCK Health Center

Coosa Valley Medical Plaza • 209 W. Spring St.  
Suite 200 • Sylacauga, AL 35150 • 256-245-5241

*Craddock Health Center  
physicians have a proud heritage of  
medical care dating back to 1912.*



Physician on Call 24 Hours a Day  
For an Appointment Call (256) 249-1100  
We accept most insurances. Visit our web-site  
at [www.craddockhealthcenter.com](http://www.craddockhealthcenter.com)

309606

Dollar said that sometimes no symptoms are present, but an x-ray shows signs of infection. Infection is another reason one would consider root canal therapy.

“Root Canal treatment has gotten a bad name because sometimes, even though the need for treatment is diagnosed, the patient may delay treatment to the point where decay has burrowed deep into the tooth, infected the nerve and has become severely painful,” said Kulovitz. “When it is determined that root canal treatment is needed, it is best to initiate the treatment as soon as possible to prevent a painful situation resulting from infection.”

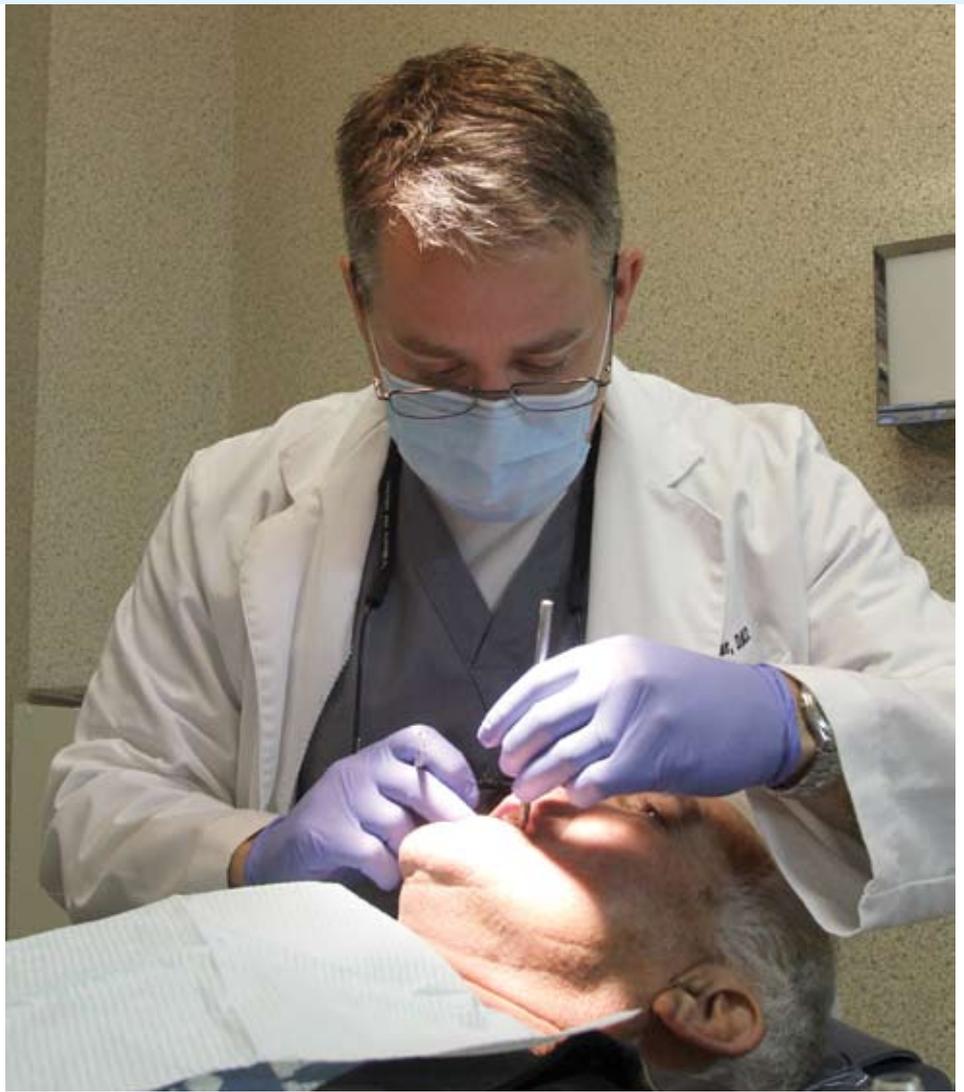
Kulovitz offers a variety of different oral surgery procedures including, but not limited to, extraction to the removal of badly broken or impacted teeth; alveoplasty/alveolectomy/torectomy, which are procedures done to contour the jaw bone; biopsy to provide analysis; and apicoectomy to surgically remove the tip of the root of a tooth that may have residual infection following previous root canal treatment.

Both dentists offer nitrous oxide, upon request, for those that have extreme anxiety, or true dental phobia. Kulovitz offers nitrous, as well as oral sedation tablets, and says that, through this combination, many of his patients become so relaxed they sleep through the entire procedure.

Both also offer teeth whitening services, either through an in-office procedure or a take-home whitening system.

Dollar describes tooth whitening as “a simple, non-invasive dental procedure used to change the color of natural tooth enamel” and “an easy way to enhance the beauty of your smile.”

Dollar said that tooth whitening is not permanent and occasional



Dr. Zachary Dollar examines a patient at his Talladega office.  
Photo by Brian Schoenhals

touch-up brightening is required. The frequency of those touch-ups depends on the patient's habits. Those who drink coffee, tea or red wine, or those who smoke, will need to brighten more often than those who don't.

For those who want immediate results, Kulovitz recommends the in-office whitening procedure.

“Through the use of the patented Colgate system, patients can see the whitening occur right before their eyes,” he said. “The results can be truly astounding.”

Reasons for a patient to consider tooth whitening are fluorosis, or excessive fluoridation during tooth development; stained teeth due to

medications and yellow or brown stained teeth.

Dollar moved to Talladega in February of this year with his wife of five years, Lacy, and his 10-year-old daughter, Rebecca. He said he loves the area and doesn't plan on going anywhere.

“I plan to be here for a long time,” he said. “This is the last place I'll be doing dentistry, I'll put it that way.”

Even though Kulovitz has practiced dentistry in Talladega for 32 years, he isn't planning on calling it quits anytime soon.

“I'm just getting warmed up,” he said.



# Get more from Medicare and more from life.



**1-888-767-1879 (TTY 711)**

7 days a week, 8 a.m. - 8 p.m.

**[www.myhealthspring.com](http://www.myhealthspring.com)**



# HEALTHSPRING®

**More from Medicare. More from life.**

# Professional Apothecary *Pharmacy has deep roots in the community*



Lesa and Allison Hart are ready to assist customers at Professional Apothecary.

By KENNY FARMER

Photos by BRIAN SCHOENHALS

At Professional Apothecary in Talladega, which opened in 1963, the focus is on prescriptions, according to owner and pharmacist Blake Harris. Professional Apothecary has also provided home health supplies to the community for the past 50 years.

“We kind of do it all,” said Harris.

Customer service is a top priority at Professional Apothecary. Harris says he has four pharmacists, including himself, to ensure customers a short wait time. Prescriptions can also be delivered, locally, to those who are not able to leave their home.

“Nobody else does that,” he said.

Harris says that he enjoys helping people and that



The independent pharmacy has been a fixture on North Street for decades.

he tries to help everyone that walks through the doors at Professional Apothecary. He says his store has several advantages over big chain stores.

“The chain stores, they have employees coming in and going out on a regular basis,” said Harris. “You call Walmart today, they’ll have someone who’s never been to Talladega before, until today, and tomorrow there will be a different person. We’re all local people, and we live and work in this community.”

Harris says that most of his employees have worked for him for “many years.” Some have even been employed at Professional Apothecary for 20, 30 or 40 years. He says that he takes pride in retaining employees.

“Their kids go to our schools and play sports in our town,” Harris said of his employees. “They have an interest in the community.”

Harris has an interest in the community, too, as he says most of his customers live in Talladega.

“We support our town,” he said.

Harris also believes purchasing prescriptions and



# GENTIVA

## Great Healthcare Has Come Home

<p><b>1025 W. Ft. Williams Sylacauga, AL 35150 Phone 256-249-4363 Fax 256-249-3619</b></p>	<p><b>3319 John Haynes Pell City, AL 35125 Phone 205-338-8440 Fax 205-338-8443</b></p>
--	--

Sherry Ingram, RN, Branch Director II

Tammy O’Neal, RN, AE  
256-630-2056 cell

Grant Coppock, RN, AE  
205-767-6363 cell

3867



Wendy Wilson measures Laura Glow's foot in the medical equipment section of the pharmacy.

medical supplies from Professional Apothecary makes more sense than ordering products from the web.

"You certainly don't know what you're getting when you order off the Internet," he said. "We feel like we're more personal."

Harris says that Professional Apothecary is "about the only place in town" that supplies durable medical equipment, or home health equipment, such as hospital beds and wheelchairs. They also are a large supplier for diabetic products, such as diabetic shoes, and mastectomy supplies, such as bras that fit prosthetic devices.

"We're a one-stop place for medical supplies," said Harris. "We're not a big chain that's got all

the over-the-counter stuff, but, medically, we do it all."

Harris says that the medical field has changed "quite a bit" over the past 50 years. He says that, when he began, he had one typewriter. He now has eight computers.

He also says that he brought computers to his business around 1983. He says Professional Apothecary had computers installed before their big chain competitors at the time, Big B and Harco.

"We actually computerized before they did," he said.

Concerning the future of Professional Apothecary, Harris says he believes there will



Kathy Shropshire keeps the books at Professional Apothecary.

always be a need for an independent pharmacy in town. One reason he believes this is because of the “personal service” they offer. Another is the great relationships he has built with many of the area’s doctors. Professional Apothecary also offers around the clock service for healthcare providers.

“We’re on call 24 hours for the nursing homes as well as the hospices,” he said. “We still do those things.”

Regular office hours at Professional Apothecary are Monday, Tuesday, Thursday and Friday, 8 a.m.-6 p.m.; Wednesday, 8 a.m.-5:30 p.m.; and Saturday, 8 a.m.-3 p.m.

Harris still believes in closing his pharmacy early on Wednesday evenings to allow employees to attend

church services.

We lose business by not being here at 6 p.m., but that’s our philosophy to do that,” said Harris. “It’s just something we do.”

**DOWNEY EYE CARE**

A MEMBER OF *VISION SOURCE*

**DR. STEPHEN C. DOWNEY**  
OPTOMETRIST

656 VALLEY CUB DRIVE	47795 HWY 78
ALEXANDRIA AL 36250	LINCOLN, AL 35096
T: 256-820-5500	T: 205-763-2015
F: 256-820-2046	F: 205-763-7540

327045

# Downey and Schnorbus, OD

## *Caring for people, prevention to treatment*



At left: Dr. Downey

Above: Dr. Schnorbus

By KENNY FARMER  
Photos by BRIAN SCHOENHALS  
and JIM SMOTHERS

From routine eye exams to the treatment of more serious conditions, optometrists provide care essential to a person's good vision. Other services offered by eye doctors include diabetic exams and screenings; the fitting of contact lenses and glasses; and the removal of objects from the eye.

At Downey Eye Care in Lincoln, the specialty is contact lenses. Stephen Downey said that over the past few years he has noticed more people using more types of contacts, such as bifocal contacts. He said that there are also different fittings for contacts, and that some of them seem "harder to fit" than others. Downey said that he enjoys "figuring out the puzzle" that leads to getting the right fit for his patients.

Joesph Schnorbus, O.D. says that at Alabama Eye Care he does "everything except surgery." He offers full optical, contact lenses and state of the art

equipment used for the detection and management of conditions such as glaucoma, diabetes and macular degeneration.

Concerning macular degeneration, Schnorbus said that he has concerns about the excessive amount of blue light that we're being exposed to today. blue light is light which emits a higher energy than colors from the other end of the spectrum, such as red. He says we are exposed to this through our computer screens, iPods and iPads. He said that those devices, along with compact fluorescent bulbs, were emitting "much more blue light than we've ever been exposed to in the past," and that this exposure could lead to more macular degeneration.

"As the population gets older, we're going to see more and more macular degeneration," said Schnorbus.

Schnorbus said that the effects of macular



# Ready to Serve You

- 24 Hour Emergency Services
- Cardio/Pulmonary Rehab
- Surgical Services
- Labor and Delivery
- Outpatient Services
- Respiratory Care Services
- Laboratory/Pathology Services
- Ultrasound/Digital Mammography/Nuclear Medicine
- 64-Slice CT Scanner with Cardiac Imaging
- CT Scanning
- MRI Suite
- Pain Management
- Pastoral Care
- Home Care Services
- Case Management Services
- Transitional Rehabilitation Center
- Outpatient Rehabilitation Services
- Long-Term Nursing Care
- Sports Medicine
- Sleep Disorders Center
- Ophthalmology Services
- Hospice Care
- Senior Behavioral Health Center
- Express Care
- Cardiac Catheterization Lab

## Traditional Values, Exceptional Care

A state-of-the-art facility. Leading-edge medical technology. Experienced professionals with a passion for excellence. At Coosa Valley Medical Center, everything we do reflects our commitment to superior health care for you and your family.

(256) 401-4000



[www.cvhealth.net](http://www.cvhealth.net)



Arlene and Joseph Schnorbus, seated, and the staff at the Alabama Eye Care office are, from left, Genella Prestridge, Angela Baker, Cindy Jones, Shavonda Leonard, Chenella Taft, Sandra Partain, Kristin Harrell and Julie Moon.

degeneration can be devastating. He said that a person doesn't typically go blind from macular degeneration, but can lose most of their central vision.

"It's devastating to their lives," he said. "They can't read, they can't drive and, a lot of times, they can't care for themselves."

Schnorbus said that "prevention is everything with macular degeneration."

While there is no prevention for glaucoma, Schnorbus says that many great treatments for it have been developed over the past several years.

"The pharmacology has changed, the laser treatments have changed," said Schnorbus. "They are much less invasive than they used to be and just as effective."

Schnorbus has had his own practice in Talladega since 1998, and says, with some of his patients being

from AIDB, that he sees far more complex eye conditions than do his colleagues.

"It's very challenging," said Schnorbus.

Schnorbus employs 10 staff members at Alabama Eye Care, which resides in a new, environmental-friendly building.

"This is where I'll be until I retire," said Schnorbus.

Downey, who has an additional clinic in Alexandria, says that he strives to "treat the whole person, not just the eye."

"I'm here to take care of people," he said.

Downey said that he has an excellent staff that gives attention to the needs and concerns of their patients. He said that he believes the reason people return to his office is because of the way they are treated when they are there.

"Our goal is to value each person," he said.



Dr. Downey is shown with staff members Ginger Newton, Kim Vincent and Shelia Murphy.

**Lincoln Pharmacy** 99 Magnolia South  
Lincoln  
*Your Neighborhood Pharmacy*

We make it easy to get everything you need with friendly, helpful service and a wide range of convenient products.

Mon.-Fri. 8:30 am - 6 pm  
Sat. 8:30 am - 1 pm

**205-763-7759**

 HealthMart.  
PHARMACY

327049

 **NEW BEACON**  
HOSPICE

Serving Our Community Since 1998

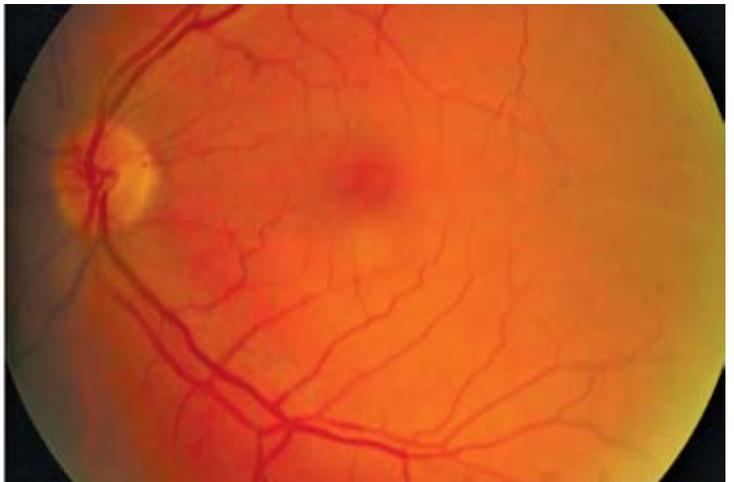
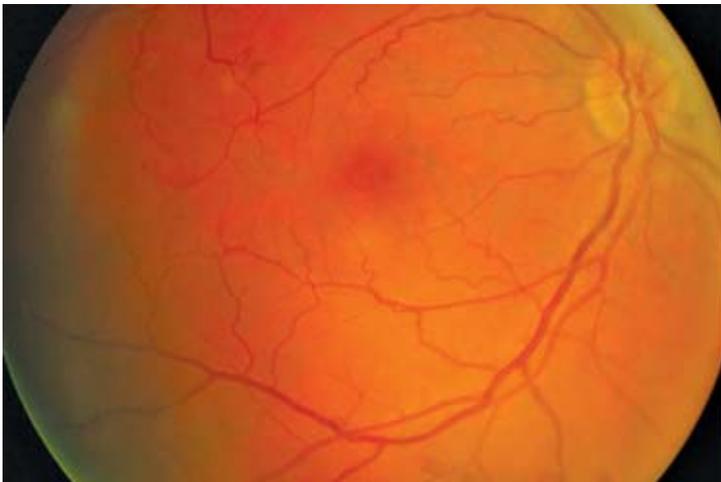
**256-207-2055**

*"Guiding The Way Home"*

Serving Talladega & Coosa Counties



309607



Top: Dr. Stephen Downey uses optical instruments to look inside a patient's eyes.  
Above: Photographs of the back of a patient's eyes can reveal symptoms of conditions such as macular degeneration.

**Luck won't get you the job.**  
**The right staffing company will.**



**eIwood staffing**  
*The better people, people.*

115 Court Street North  
Talladega, AL 35160  
**(256) 362-1953**

3/27/18



Dr. Schnorbus has an impressive showroom that has something to suit every ones taste.

**Unlock Your Child's  
*True* Potential**



- ✓ Small Classes
- ✓ Affordable
- ✓ Accredited



Hope Academy  
Talladega

**WWW.PHFC.ORG**

**256.362.4314**

311189

**St. Vincent's St. Clair  
Proudly Welcomes**



**Sara I. Sadiq, MD**  
St. Vincent's Family Care - Pell City

Dr. Sadiq is  
Board Certified in  
Internal Medicine.

**To schedule an  
appointment, call  
(205) 884-7700.**

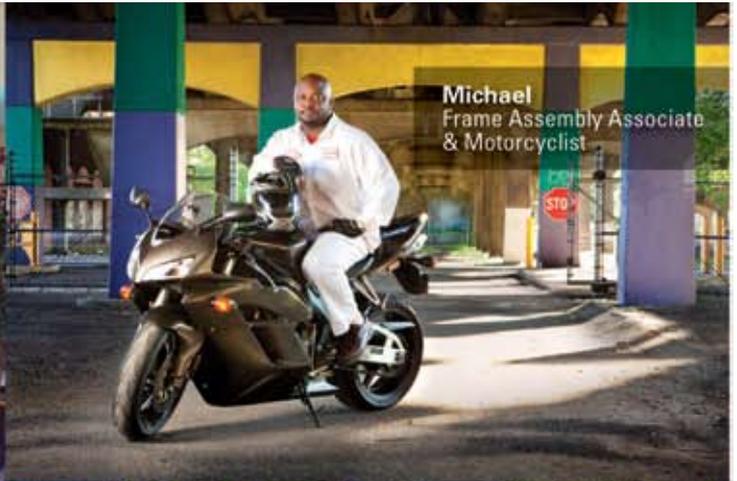


**St. Vincent's  
FAMILY CARE**  
Pell City  
stvfamilycare.com

314382



**Steve**  
Powertrain Assembly Associate  
& Church Drummer



**Michael**  
Frame Assembly Associate  
& Motorcyclist

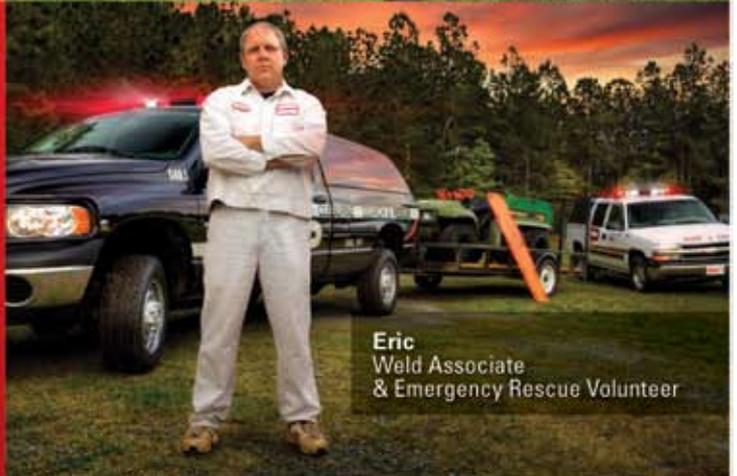


**Nannett**  
Purchasing Associate  
& League Bowler



**Kathy**  
Accounting Associate  
& Gardener

# What Makes Us Makes Honda Better



**Eric**  
Weld Associate  
& Emergency Rescue Volunteer

At Honda Manufacturing of Alabama, we are known by the quality products we build – the Honda Odyssey, Pilot, Ridgeline, the all-new Acura MDX and the V-6 engines that power them. Our strength, though, is in the diversity of our team of 4,000 associates. We all have unique talents and different interests. What makes us, makes Honda – and our products – better.

**HONDA**

Honda Manufacturing of Alabama

[www.HondaAlabama.com](http://www.HondaAlabama.com)



**Kim**  
Paint Associate  
& Tennis Player