

SEASONS

A MAGAZINE FOR THE UPPER CUMBERLAND COMMUNITY DISTRIBUTED BY COOKEVILLE REGIONAL MEDICAL CENTER

Volume 14 | Issue 1 | Spring 2025

NELDA STEPP

Brief Detour for an Intrepid Traveler

MEDICAL SPOTLIGHT

Dr. Powell Performs His First Robotic Coronary Artery Bypass Surgery

+
FROM OUR KITCHEN
Asparagus with
Lemon
Sauce



Focus On:

RADIO LEGEND'S JOURNEY BACK TO HEART HEALTH

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Active in the Community

Nelda Stepp

INTREPID TRAVELER: Knee Replacement Only a Brief Detour

The journey of a thousand miles begins with a single step, as the proverb goes, and for avid traveler Nelda Stepp, her journey continues after a brief detour for a knee replacement.

She became enamored with traveling after retiring from education, and she and her husband took their first arranged international vacation to Ireland.

“I’d always wanted to go. A friend of mine in a book club told me about a travel group to Ireland, and I was in! And oh my gosh — it was amazing!” Stepp said.

The travel agent who arranged the trip made it so easy, she and her husband have since booked more trips through him.

“It’s hard to say which one was my favorite. I’ve loved different parts of all of them,” she said.

While they were in Ireland, for instance, visiting a small, neighborhood pub, seeing the locals coming home from work and talking to them about their families over fish and chips and Guinness stew was a particular highlight.

“Wherever we go, we want to try the local food, chat with people who are from there and figure out some of the details of daily life, like the public transportation systems,” Stepp said.

The country where they’ve eaten the best food so far? Finland.

“In Finland, we went to this little restaurant where the locals go. To get to it, we had to walk down this alleyway, and there was no sign outside — but my husband had the best trout he said he’s ever eaten, and I had this delicious soup made from local mushrooms,” she said.

On a trip to France, the countryside of Lyon stood out to Stepp as much as seeing the Christmas lights in the City of Lights.



✦ → Stepp taking in the hiking trails at Forrest Gump Point, Mountain Valley, Arizona

“A friend of mine in a book club told me about a travel group to Ireland, and I was in! And oh my gosh — it was amazing!”

NELDA STEPP



“I never thought I’d go to Paris, much less ride in an open-top bus to look at all the Christmas lights, but Lyon was beautiful in other ways. I’m proud of myself for making it up and down the stairs on the walking tour we did in

Lyon. Paris is beautiful too, of course, but it’s a tourist destination; it’s easy to get around. In Lyon, I didn’t even see a road sign in English,” she said.

The most stunning views were in Geneva, Switzerland, where their journey took them on a guided expedition to the top of a glacier.

“The guide took us on a curvy road up a very tall mountain, but at the top, the beauty just took your breath away,” she said.

Other adventures include walking through the old town of Budapest and visiting Salzburg, Austria, where she and other visitors could relive the magic of Mozart and “The Sound of Music.” In Vienna, she explored museums and marveled at the city’s art and history.

During their Vienna trip, Stepp and her husband made a journey to Bratislava, Slovakia, which became the most memorable of their less common travel destinations.

“Who goes there on vacation?” she joked. Yet the walking tour and chance to explore Slovakia’s charm was a special experience for Stepp.

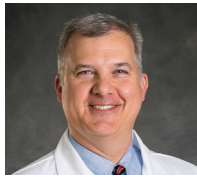
The first trip following her recovery from knee surgery was to New Zealand, then a visit in the continental U.S. to Mesa Verde National Park.

“You can’t experience those places without hiking,” she said. 🌸



→ Nelda Stepp, with her husband David, take in an amazing display of wooden clogs at Zaanse Schans, Netherlands.

New General Surgeon Welcomed to CRMC



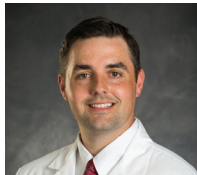
Eric Wallace, MD, general surgeon

Cookeville Regional Medical Center proudly welcomes Eric Wallace, MD, to its medical staff. He has joined Middle Tennessee Surgical Specialists.

Dr. Wallace received his medical degree from Vanderbilt University School of Medicine in Nashville, Tennessee. He completed his residency at the University of Iowa Hospitals and Clinics in Iowa City, Iowa, and Vanderbilt University Medical Center in Nashville.

Dr. Wallace is accepting new patients and is located at 145 W. 4th St., Suite 102. He may be reached by calling (931) 528-1992. 🌸

New Urologist Joins UC Urology Associates



Hunter Lambert, MD, urologist

Cookeville Regional Medical Center proudly welcomes Hunter Lambert, MD, urologist, to its medical staff. He has joined Cookeville Regional Upper Cumberland

Urology Associates with fellow urologists Jason Easterday, MD, and Rick Smith, MD, along with Ashley Mobley, NP, and Connie Whitesell, NP.

Dr. Lambert received his medical degree from University of Mississippi School of Medicine in Jackson, Mississippi. He completed his residency at the Medical College of Georgia in Augusta, Georgia.

Dr. Lambert is accepting new patients and is located at 320 N. Oak Ave. in Cookeville. He may be reached by calling (931) 783-4103. 🌸

The Region's First Da Vinci 5 Robotic Surgical System

Cookeville Regional Medical Center (CRMC) is proud to announce the arrival of the da Vinci 5 (DV5) robotic surgical system, the most advanced technology in robotic surgery. CRMC is one of only three hospitals in Tennessee — and the only one in the Upper Cumberland region — to offer this cutting-edge system, which enhances surgical precision and improves patient outcomes.

The DV5, developed by Intuitive, arrived at CRMC in October 2024 and marks a significant milestone for the hospital's robotic surgery program. With the addition of the DV5, CRMC continues to lead the way as a regional destination for advanced healthcare, boasting three da Vinci robotic surgical systems, including the newest DV5 model.

"This is the future of healthcare," said Buffy Key, CEO at CRMC. "We are thrilled to bring this technology to patients in our region. The new DV5 platform expands robotic surgery capabilities across multiple disciplines, ensuring that when people think of robotics in Tennessee, they think of Cookeville Regional."

The da Vinci 5 system introduces groundbreaking features, including "force feedback" technology, which restores a surgeon's sense of touch during robotic procedures. This innovation allows surgeons to feel the tension of tissue, enabling gentler and safer surgeries. According to Intuitive, the company that manufactures the da Vinci surgical system, early data shows the system reduces force on tissue by up to 40%, promoting faster recovery times and better outcomes for patients.

CRMC surgeons now perform robotic-assisted procedures across a wide range of specialties, including thoracic surgery, ENT (head and neck), gynecology, urogynecology, general surgery, urology, and weight loss surgery.

For more information about CRMC's robotic surgery program, please visit www.crmchealth.org.



Car-to-Curb Service



Cookeville Regional Medical Center has launched a new Car-to-Curb shuttle service for patients,

visitors and staff. The service is available Monday through Friday from 6:30 a.m. to 7:30 p.m.

"We are excited to relaunch a shuttle service for our medical center. We had a van in the past that would drive around, but we needed more wheels on the ground. Cookeville Regional now has two six-seater white golf carts that will be around campus, getting our staff, patients and visitors to the front entrance of the medical center," said Craig Norris, director of Patient Experience.

The trained Car-to-Curb drivers are ready to assist riders Monday through Friday from 6:30 a.m. to 7:30 p.m. and take them to Cookeville Regional's on-campus offices. As guests and staff arrive, signs will be posted in the parking lot with the Car-to-Curb

phone number (931) 252-1281 to call for pickup. When they leave, they can contact the same number to be picked up and taken to their car.

There are also shuttle stop locations on CRMC's main campus, and the Car-to-Curb drivers will be stopping by those areas, as well. The shuttles will not operate on weekends or holidays at this time and are not handicap accessible at this time.

Add CRMC's Car-to-Curb shuttle phone number (931) 252-1281 for quicker access to the shuttle upon arrival.

High-Quality Stroke Care National Recognition

Cookeville Regional Medical Center (CRMC) has received the American Heart Association's Get With The Guidelines® -

Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research and evidence-based guidelines.

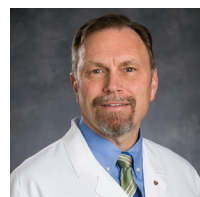
CRMC has been a recipient of the Get With The Guidelines - Stroke for years, earning Silver Plus status, and now has continued its efforts to earn Gold Plus for its quality of treating stroke patients. 🌸



Front row to the left: Nick Taylor, technologist; Morgan Doss, RN. Second row from left: Cayce Sweeney, CT supervisor; Randi Stafford, JC coordinator stroke; Chief Tommy Copeland, CCP-Putnam County EMS; Holly Lassiter, ED tech supervisor; Leslie Maddie, RN. Third row from left: Diane Gentry, RN; Melissa Robertson, RN; Tanya Ward, ICU director; Angel Lewis, chief human resource officer; Major Joe Smith, CCP-PCEMS. Fourth row from left: Laura Kee, 4E director; Amy Rich, chief nursing officer; Buffy Key, CEO; Chevelle Johnson, associate chief nursing officer, Jessica Heady, RN. Fifth row from left: Dannielle Henes, LPN; Dr. Mark Tedford, stroke program director; Amy Garrett, critical care nurse educator; Jeff Robinson, RN; Shelley Eaton, RN quality manager; Andrew Beaty, PhD, pharmacist

Medical Spotlight

Dr. Timothy Powell Performs His First Robotic Coronary Artery Bypass Surgery



Timothy Powell, MD

Cookeville Regional Medical Center (CRMC) is proud to announce a milestone in its commitment to delivering advanced cardiovascular care.

Dr. Timothy Powell, a cardiothoracic surgeon at CRMC, has successfully completed his first coronary artery bypass graft (CABG) surgery using the state-of-the-art da Vinci robotic surgical system. This procedure marks a new chapter in the medical center's history, setting a precedent for innovative and minimally invasive heart surgery in the region.

The patient, 65-year-old Terry File, required the removal of one arterial blockage to restore optimal blood flow to his heart. The CABG procedure, often referred to as bypass surgery or heart bypass surgery, reroutes blood around blocked arteries to improve circulation and heart function. By utilizing the da Vinci robotic system, Dr. Powell and the surgical team performed the operation with unparalleled precision, offering benefits such as smaller incisions, reduced recovery times and minimized surgical risks compared to traditional open-heart surgery.

Dr. Powell expressed his enthusiasm for the achievement: "Performing my first robotic CABG at CRMC is significant because it provides an additional option for treatment. We always want to do what is best for our patients," said Dr. Powell. "Mr. File qualified for his CABG to be done robotically. We look at patients with single-vessel disease involving the artery on the front of the heart left anterior descending (LAD), patients who might be too frail to have traditional sternotomy, and patients with two-vessel disease involving the LAD with the second vessel being appropriate for stenting. We anticipate the indications will evolve with time as we get more experience. The da Vinci robot allows us to deliver high-quality, minimally invasive care, and we're excited to bring these benefits to more patients in the future."

Terry File is recovering well and expected to resume his daily activities with an improved quality of life. His successful procedure exemplifies the potential of robotic-assisted technology in transforming cardiac care.

"This achievement underscores CRMC's dedication to providing cutting-edge medical solutions for our community," said Buffy Key,

CEO of Cookeville Regional Medical Center. "Dr. Powell's incredible expertise, combined with the advanced capabilities of the da Vinci robotic system, ensures that our patients have access to world-class care right here in Cookeville."

For more information about heart and vascular care at CRMC, please visit www.crmchealth.org. 🌸



Dr. Timothy Powell performs his first robotic-assisted coronary artery bypass graft (CABG) using the da Vinci robotic surgical system.

Supporting Neighbors, Providing Hope

By John Bell
Executive Director of The Foundation at CRMC



Bell

I am so grateful to our wonderful community for supporting neighbors through sickness, injury, life-altering disease, and even at the end stages of life. Together, we have provided hope, healing and compassion to families going through some of the most difficult situations imaginable.

In calendar year 2024, CRMC Foundation received a record 3,888 requests for help. Sometimes those requests were for medication, medical equipment or medical services; but often they were critical home needs like groceries or utilities. Here are just a few examples of local lives impacted through local gifts to CRMC Foundation:

- Grant, aged 28, was active and working. Life turned upside down with a sudden colon cancer diagnosis. He is actively fighting now, and we are helping with transportation to and from treatment and with groceries while he is too weak to work full-time. Grant is thankful for help from Foundation supporters.
- Tina, aged 6, is nonverbal and struggles to communicate simple things to her family. She was given a communication tablet that allows her to type words or select common phrases, and a voice will speak them out loud to her family. She sent us a message: “Thank you for giving me a voice.”
- Marcy was a grandmother in hospice care who was caring for four grandchildren. Neither parent was involved. She had been raising the children for years before falling ill. We kept the lights on at home and helped get presents so they could stay together



and enjoy one last Christmas together.

There are thousands of local stories like these, families from across our regional community whose lives have been impacted through the generosity of strangers. You can help. Please give to a restricted patient assistance fund or charitable program at CRMC Foundation. One-hundred percent of your gift stays local, and everything is used for services, not staff or overhead.

Learn more at www.CookevilleRegionalCharity.org.

Gratefully,
John Bell 



COOKEVILLE REGIONAL CHARITABLE FOUNDATION

(931) 783-2003 • CookevilleRegionalCharity.org

1 Medical Center Blvd. • Cookeville, TN 38501

Our foundation is compassionate care. Your gift helps us heal.

Please make checks out to CRMC Foundation. One hundred percent of gifts are used for charitable programs and services.



Train Your Brain

Crossword

1	2	3	4	5	6	7		8	9	10	11	12
13								14				
15								16				
17							18	19				
20				21		22				23		
			24		25					26		
27	28	29					30	31	32			
33					34	35						
36				37				38		39	40	41
42			43						44			
45						46	47	48				
49						50						
51						52						

Sudoku

	1	3		7	2			
		6		4				7
7					3	2		
	6			9				
1	7						4	6
				3			5	
		8	3					9
9				2		7		
			9	6		5	2	

Look for the solutions to the puzzles on page 13.

Crossword Clues

Across

1. Body-related
8. Scarecrow stuffing
13. Spiny NZ reptile
14. Certain sorority member
15. Idealist community
16. Dine at home
17. French papa
18. Sun-baked the most
20. Suffix with sect
22. Amazon, e.g.
23. "Bingo!"
24. Band
26. Atlantic catch
27. Angioplasty target
30. Theme
33. "Fantasy Island" prop
34. Ronstadt's "Blue ____"
36. Dogma
37. Jokerster
38. One who puts you in your place
42. Happening
44. "Buona ____" (Italian greeting)
45. Curtain fabric
46. Home of Bjork
49. Cereal killer
50. Neighbor of Cameroon
51. Office stations
52. Card

Down

1. Buddhist reliquary
2. Exterior
3. Native New Zealander
4. Calm
5. Clavell's "____-Pan"
6. Bank offering, for short
7. Cambridge grad
8. Surgical tube
9. Comparative word
10. Instruct again
11. Comes before "Bless you!"
12. Classifieds
19. Normlessness
21. "____ any drop to drink": Coleridge
25. "Oops!"
27. Made strange
28. Breathe
29. Musical signatures
31. "____ rang?"
32. Altercations
35. Mellowing
37. Habitual ways
39. Coward's lack
40. "It's a Wonderful Life" role
41. "M*A*S*H" role
43. Cattle call
47. Cloak-and-dagger org.
48. ____ roll

Link Words

Can you find the 4-letter word that can be placed either before or after the following three words to make a new word or phrase?

- a) NAME
- b) SOURCE
- c) DRESS

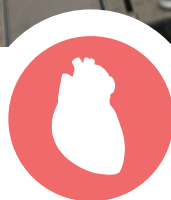
Word Ladder



See if you can transform the first word on the ladder into the last word by changing only one letter at a time on each rung — for instance, heat --> hear --> rear ---> roar and so on.



→ Philip Gibbons has been an Upper Cumberland broadcaster for 50 years, 49 of which have been at Cookeville's 94.7 FM.



PHILIP GIBBONS: JOURNEY TO HEART HEALTH

The Cookeville Radio Legend Shares How Coronary Calcium Screening Revealed a Serious Heart Condition

Philip Gibbons — the legendary voice of Cookeville's The Country Giant 94.7 FM for 50 years and a longtime public address announcer for Tennessee Tech athletics — never imagined he would face a serious heart condition.

With no family history of heart disease and a healthy lifestyle, Gibbons thought he had nothing to worry about.

"I exercise regularly," he said. "I've been walking a couple of miles a day for 30-plus

years and working out regularly at the YMCA."

Despite his active lifestyle and feeling great, a routine blood test showed slightly elevated cholesterol levels. This led Gibbons' primary care physician to suggest a coronary calcium screening.

The results were alarming: Gibbons' score was 1,100, indicating significant plaque buildup in his arteries. The next step was a heart catheterization, which revealed that

Gibbons had four heart vessel blockages, each 75% or more.

"That's when the news was broken to me that I was facing quadruple bypass surgery," said Gibbons. "It was a huge shock to me because my parents are well into their nineties, I had absolutely no symptoms, and I felt great."

Gibbons placed his trust in CRMC for his surgery and treatment.

"I never thought about going anywhere

“I am most thankful for the coronary calcium test that my primary care physician had me do,” said Gibbons. “Otherwise, who knows what might have happened?”

PHILIP GIBBONS



→ Philip Gibbons and his family celebrate his successful heart bypass surgery. Philip cherishes time with his family and is thankful for the heart team at CRMC. He and wife Sue Gibbons greet daughters Julie Draper and Leann Huddleston and granddaughter Hope Huddleston.



→ Philip Gibbons is proud to have been the public address announcer for Tennessee Tech University football and women's basketball since the 1980s.

else for surgery or treatment,” he said. “Cookeville Regional Medical Center’s reputation is incredible, and the care that I received before and after surgery was second to none.”

The day after surgery, Gibbons was already up and walking, and soon after, he started cardiac rehabilitation at Cookeville Regional’s Cardiac and Pulmonary Rehabilitation Center.

“It was a great experience,” said Gibbons. “They were extremely helpful in helping me get back to exercising, and it was very educational, as well.”

Thanks to CRMC, Philip is now back to enjoying life with his

family, feeling healthier and more at ease.

“I am most thankful for the coronary calcium test that my primary care physician had me do,” said Gibbons. “Otherwise, who knows what might have happened? I could have had a heart episode down the road, so I’m very grateful for that test.”

For more information on heart health and the services offered at Cookeville Regional Medical Center, visit CRMCHHealth.org/heart or call (931)372-0405 to schedule an appointment.

Detect Heart Disease Early With Coronary Calcium Scans at CRMC

Heart disease is the leading cause of death in the United States, but early detection and preventive care can make a significant difference. At Cookeville Regional Medical Center, we offer a state-of-the-art screening tool called the coronary calcium scan, which can help detect coronary issues before they become life-threatening.

The cardiac calcium scan is a simple and quick procedure that takes about 10 to 15 minutes and involves minimal radiation to measure the amount of calcium in the arteries of the heart. This noninvasive test is crucial for early detection, especially for those with a family history of heart disease or other risk factors like diabetes, smoking, or inflammatory conditions. Don’t wait for symptoms to appear. Talk to your doctor today about scheduling a coronary calcium scan at Cookeville Regional Medical Center, where your heart health is our priority.



Healthy Eating

Controlling Portion Sizes When Eating at Home

If you are trying to lose weight, watching your portion sizes is just as important as making the right food choices.

CRMC offers these tips to help you control how much you eat at home:

1. Don't eat out of the bag or package. Remove one serving and put it on a plate or in a bowl.
2. Don't eat while watching TV or when you are busy with other activities. Pay attention to what and how much you are eating.
3. Eat slowly and enjoy your food. Eating slowly allows time for your brain to get the message that your stomach is full.
4. Eat three sensible meals at about the same times each day. Skipping meals may cause you to eat larger portions at your next meal or snack.
5. At mealtimes, replace higher-fat, higher-calorie foods with vegetables and salads. Take seconds of these foods instead of meats and desserts.
6. Freeze food that you do not serve right away (in single-serving containers). This helps you avoid eating the whole batch before it goes bad. It also provides you with ready-made food for another day.

Source: National Institutes of Health 



Vary Your Veggies – Asparagus

How to Select

Choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

How to Store

Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in plastic bag.

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of vitamin C; high in folate; good source of vitamin A.

10 Ways to Enjoy

1. **Egg-cellent Asparagus.** Add steamed pieces of asparagus to an egg white and feta cheese omelet. Finish with halved cherry tomatoes.
2. **Grilled.** Place asparagus spears on a medium-high heat grill coated with olive oil spray and cook for about 5-8 minutes until tender, turning occasionally.
3. **Cheese, Crackers & Asparagus.** Spread a soft cheese (goat cheese, brie, etc.) on whole wheat crackers and top with a crisp asparagus head. Serve as an appetizer or an afternoon snack.
4. **Hearty Soup.** Purée cooked leeks, onions, russet potatoes, asparagus, low-sodium chicken broth, lemon juice, and low-fat sour cream until smooth. Garnish soup with asparagus tips.
5. **Drizzle a Little Dressing.** Dress up your traditional steamed or





From Our Kitchen to Yours – Asparagus With Lemon Sauce

boiled asparagus with a mustard vinaigrette dressing.

6. Steamed. Place fresh or frozen asparagus in a microwave-safe container or in a sauté pan with a small amount of water, low-sodium seasonings and garlic. Enjoy as a side dish or snack.

7. Stock Up. Save the woody ends of asparagus for making asparagus soup later. Simply place in a zip lock bag and freeze until ready to use.

8. Easy Appetizer. Serve asparagus spears with a vibrant dipping sauce for an easy appetizer. Using nonfat Greek yogurt as a base, add in lemon juice, minced garlic, roasted red bell pepper ... be creative and get dipping!

9. Veggie Fettuccine. Toss cooked asparagus and bell pepper with cooked fettuccine. Finish with lemon juice and cheese.

10. Shake & Bake! Place fresh asparagus in a plastic zip lock bag, drizzle with olive oil, and add salt, pepper and other seasonings. Shake until asparagus is coated, then bake in oven at 400°F until crisp!

Source: Produce for Better Health Foundation 

Ingredients

20 medium asparagus spears (rinsed and trimmed)
1 fresh lemon, rinsed (for peel and juice)

Directions

2 tbsp. fat-free mayonnaise
1 tbsp. dried parsley
1/8 tsp. ground black pepper
Pinch of salt


Place 1 inch of water in a 4-quart pot with a lid. Place a steamer basket inside the pot. Add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook for 5-10 minutes, until asparagus is easily pierced with a sharp knife. Do not overcook.

While asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice

and remove pits. Add mayonnaise, parsley, pepper and salt. Stir well. Set aside.

When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1-1/2 teaspoons per portion). Serve.

Nutrition Information (per serving)

- Calories 39
- Fat 0 g
- Saturated Fat 0 g
- Cholesterol 0 mg
- Sodium 107 mg
- Fiber 2 g
- Protein 2 g
- Carbohydrates 7 g
- Potassium 241 mg 



Body in Motion

Preventing Exercise Injuries



The health benefits of exercise far outweigh any risks of injury. However, you can take some precautions to exercise safely. Many people hesitate to exercise for one reason or another. In fact, exercise and moderate physical activity, such as brisk walking, are safe for almost all older adults.

Even so, avoiding injury is an important thing to keep in mind, especially if you're just starting a new activity or you haven't been active for a long time.


Talk to your doctor if you have an ongoing health condition or certain other health problems or if you haven't seen your doctor for a while. Ask how physical activity can help you, whether you should avoid certain activities, and how to modify exercises to fit your situation.

You may feel some minor discomfort or muscle soreness when you start to exercise. This should go away as you get used to the activities. However, if you feel sick to your stomach or have strong pain, you've done too much. Go easier and then gradually build up.

Follow these tips to avoid injury:

- When starting an exercise program, begin slowly with low-intensity exercises.
- Wait at least two hours after eating a large meal before doing strenuous exercise.
- Wear appropriate shoes for your activity and comfortable, loose-fitting clothing that allows you to move freely but won't catch on other objects.
- Warm up with low-intensity exercises at the beginning of each exercise session.
- Drink water before, during and after your exercise session.
- When exercising outdoors, pay attention to your surroundings — consider possible traffic hazards, the weather, uneven walking surfaces and strangers.

Stop exercising if you:

- Have pain or pressure in your chest, neck, shoulder or arm
- Feel dizzy or sick to your stomach
- Break out in a cold sweat
- Have muscle cramps
- Feel severe pain in joints, feet, ankles or legs 

Did You Know?


 Urgent Care Is Open Daily From 7 a.m.–11 p.m.

Illnesses and injuries can happen suddenly. That's why Cookeville Regional Urgent Care is now open 7 a.m.-11 p.m. seven days a week so you can get the care you need, even during evenings and weekends when your primary care office is closed.

Our urgent care clinic offers care for:

- Cold & flu
- Earache
- Eye infection
- Sinus infection
- Cough & sore throat
- Vomiting, diarrhea, stomach pain
- High fever
- Urinary tract infections
- Seasonal allergies & asthma
- Lab tests
- Minor injuries & burns
- Minor backaches
- Sports injuries & sprains
- Minor cuts that need stitching
- Severe scrapes

Urgent care is for non-life-threatening illnesses or injuries that can't wait until the next business day but do not require the resources of an emergency room.

Cookeville Regional Urgent Care is located at 340 N. Cedar Ave. in Cookeville, across the street from the CRMC emergency room. For more information, call (931) 783-5353 or visit <https://www.crmchealth.org/services/urgent-care/>. 



Crossword Solution

1	S	2	O	3	M	4	A	5	T	6	I	7	C	8	S	9	T	10	R	11	A	12	W
13	T	U	A	T	A	R	A	14	T	H	E	T	A										
15	U	T	O	P	I	A	N	16	E	A	T	I	N										
17	P	E	R	E				18	T	A	N	N	E	S	T								
20	A	R	I	A	21	N	22	A	N	T	23	A	H	A									
				24	C	O	25	M	B	O	26	C	O	D									
27	A	28	R	29	T	E	R	Y	30	M	31	Y	32	T	H	O	S						
33	L	E	I					34	B	A	35	Y	O	U									
36	I	S	M					37	W	A	G	38	U	S	39	H	40	E	41	R			
42	E	P	I	43	S	O	D	E				44	S	E	R	A							
45	N	I	N	O	N						46	I	47	C	E	L	A	N	D				
49	E	R	G	O	T						50	N	I	G	E	R	I	A					
51	D	E	S	K	S						52	G	A	G	S	T	E	R					

Sudoku Solution

5	1	3	8	7	2	6	9	4
2	8	6	5	4	9	1	3	7
7	9	4	6	1	3	2	8	5
3	6	5	1	9	4	8	7	2
1	7	9	2	8	5	3	4	6
8	4	2	7	3	6	9	5	1
6	2	8	3	5	7	4	1	9
9	5	1	4	2	8	7	6	3
4	3	7	9	6	1	5	2	8

Link Words Answer

CODE (codename, source code, dress code)

Word Ladder Solution

GREEN
GREED
CREED
CREEK
CREAK
CROAK
CLOAK

Look for the puzzles on page 7.



Alive and Well

A Date With Density

Bone mineral density (BMD) testing (also called bone mass measurement) is a medical procedure used to identify osteoporosis (a condition where bones become less dense, lose strength and break more easily due to calcium loss), determine your risk for fractures (broken bones), and measure your response to osteoporosis treatment.

BMD testing is quick, pain-free and highly accurate. Although no bone density test is 100 percent accurate, it is the single most important predictor of whether a person will have a fracture in the future.

Who should have a bone density test? Your doctor can help you decide if you should have a bone density test; however, The National Osteoporosis Foundation (NOF) recommends BMD testing for:

- All women aged 65 or older, regardless of risk factors
- Younger postmenopausal women with one or more risk factors for osteoporosis (other than being white, postmenopausal and female)
- Postmenopausal women with a bone fracture

According to the NOF, 80% of people affected by osteoporosis are women. Being female is certainly a risk factor for osteoporosis. Other risk factors for osteoporosis include:

- Personal history of bone fracture after age 50
- Advanced age
- A family history of osteoporosis
- Estrogen deficiency as a result of menopause (especially early or surgically induced menopause)
- Abnormal absence of menstrual periods (amenorrhea)
- Anorexia nervosa
- Low lifetime calcium intake
- Being thin or having a small frame
- Vitamin D deficiency
- An inactive lifestyle
- Use of certain medications, such as corticosteroids and anticonvulsants
- Cigarette smoking
- Excessive use of alcohol

Source: National Institutes of Health, www.nlm.nih.gov/medlineplus/ency/article/007197.htm



Calendar of Events

Welcome

Cookeville Regional welcomes you to these fun and educational health screenings and events that give you an opportunity to ask questions about health issues. All events are held in the Education Center unless otherwise indicated.

Go Pink Program

What: Go Pink provides comprehensive nutrition, exercise and wellness free of charge to breast cancer patients and survivors during a 16-week program.

When: Varies

Where: Contact Jenny Thacker at (931) 528-1133 for more information.

Quit 4 Life! – FREE Classes for Tobacco Cessation

What: Learn the tricks, tips and tools to stop smoking, dipping, vaping and e-cig use for life.

When: A new class starts every Thursday from 6-7 p.m.

Where: The CRMC Cafeteria Algod Room
Contact Randy Todd at (931) 261-4305

Outpatient Therapy – Free Seminar

What: Do you have questions? If so, then you won't want to miss this one-hour seminar with board-certified physical therapists. In March, we are talking about knee pain.

When: Thursday, March 13, from 12-1 p.m.

Where: Outpatient Rehabilitation Center at CRMC. *Reserve your spot! (931) 783-2900*

The Pink Gala

What: An elegant night of fine dining and dancing to benefit the Pink Ribbon Free Mammogram Program

When: Saturday, April 6, 6-11 p.m.

Where: Leslie Town Centre, 1 W. 1st St., Cookeville - *For registration or information, visit www.cookevillregionalcharity.org or call (931) 783-2003.*

Heartsaver First Aid

What: CPR and AED trainings. Certification is good for two years.

When: Trainings available each month.

Where: Call (931) 783-2003 to learn more and register!

Health Talks

What: A public educational series that provides expert insights and practical advice on various health and wellness topics. Learn about our upcoming talk topics and register at crmchealth.org (click Upcoming Events).

When: Wednesday, April 23, & Wednesday, July 23, from 12-1 p.m.

Where: The CRMC Education Center

* // • Visit CRMHEALTH.ORG/ABOUT-CRMC/EVENTS for more information about coming CRMC events.



Senior Happenings

Welcome

The Cookeville Senior Activity Center welcomes you to the following ongoing programs. All events are held at the Cookeville Senior Activity Center, located at 186 South Walnut Avenue in Cookeville.



Monday

- Games, Puzzles, Pool, Snooker, Air Hockey and Shuffleboard: 9 a.m.-3 p.m.
- Exercise: 9:30 a.m. (\$2 donation)
- RSB for Parkinson's: 11 a.m.-12:15 p.m.
- Chair Volleyball: 12:30 p.m.
- Ladder Golf, Cornhole and Floor Shuffleboard: 12:30-2:30 p.m.
- Shuffleboard: 12:30-2:30 p.m.
- Draw/Color: 12:30 p.m. (\$8 per session)
- Café Style Lunch: 11 a.m.

Tuesday

- Games, Puzzles, Pool, Snooker, Air Hockey and Shuffleboard: 9 a.m.-3 p.m.
- Chair Yoga: 10 a.m.
- Table Tennis: 9:15-10:15 a.m.
- Pickleball: 10:30 a.m.
- Senior Boxing: 11 a.m.
- Draw/Color: 12:30 p.m. (\$8 per session)

Wednesday

- Games, Puzzles, Pool, Snooker, Air Hockey and Shuffleboard: 9 a.m.-3 p.m.
- Exercise: 9:30 a.m. (\$2 donation)
- Chair Volleyball: 12:30 p.m.
- Conversational Spanish: 9:30-10:30 a.m.
- Draw/Color: 12:30 p.m. (\$8 per session)
- Lunch/Brunch: 11 a.m.
- Dominos: 10:30 a.m.
- Wood Carving: 9-11:30 a.m.
- Bingo: 12 p.m.

Thursday

- Games, Puzzles, Pool, Snooker, Air Hockey and Shuffleboard: 9 a.m.-3 p.m.
- RSB for Parkinson's: 11 a.m.-12:15 p.m.
- Chair Yoga: 10 a.m.
- Table Tennis: 9:15-10:15 a.m.
- Pickleball: 10:30 a.m.
- Draw/Color: 12:30 p.m. (\$8 per session)
- Bible Bytes: 10:30 a.m.
- Line Dance: 12 p.m. (\$3 fee)

Friday

- Games, Puzzles, Pool, Snooker, Air Hockey and Shuffleboard: 9 a.m.-3 p.m.
- Exercise: 9:30 a.m. (\$2 donation)
- RSB for Parkinson's: 11 a.m.-12:15 p.m.
- Chair Volleyball: 12:30 p.m.
- Ladder Golf, Cornhole and Floor Shuffleboard: 12:30-2:30 p.m.
- Shuffleboard: 12:30-2:30 p.m.
- Draw/Color: 12:30 p.m. (\$8 per session)
- Bingo: 12 p.m.

* // : For more information about these and other Cookeville Senior Activity Center classes and events, visit cookevilleseniorcenter.org or Cookeville Senior Citizens Center on Facebook.



Cookeville Regional Medical Center
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 Cookeville, TN 38501
 (931) 528-2541
 crmchealth.org

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www.CRMCHHealth.org



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