

Fall 2018

HealthNotes

A quarterly publication from



CELEBRATING 25 YEARS
1993-2018

A photograph of three smiling seniors. A woman with white hair is on the left, a woman with short curly blonde hair is in the center, and a man with a white beard is on the right. They are holding several balloons in shades of blue, pink, and white. The text "25 YEARS OF IMPROVING LIFE FOR MARSHALL COUNTY SENIORS" is overlaid in yellow and orange.

25 YEARS OF IMPROVING LIFE FOR MARSHALL COUNTY SENIORS

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RETIRED DOCTOR LOOKING FORWARD TO NEXT CHAPTER OF HER LIFE

By Rose Myers - Marshall Medical Centers

Bernie Craze could be called the First Lady of medicine in Marshall County, but the personal touch she left on healthcare and her patients means so much more than a historical title.

Dr. Craze recently retired after 18 years at Grant Primary Care, part of a long career that started at Lakeside Clinic in Guntersville.

"I am a very lucky lady and I am grateful," Craze said, looking back. "I was able to do what I wanted to do, even if I had to face a few obstacles to be able to do it."

Early years

Working long and hard was a way of life for Craze, who grew up on a working farm in Jackson County. The family helped neighbors bale hay in the summer, and neighbors did the same for them. Caring for animals on the farm made the Alabama girl dream of becoming a vet.

The farm was isolated in a valley between the Tennessee River and Sand Mountain, underneath Craze Bend.

"There was a ferry if you wanted to go to Stevenson which was less than 10 miles from the farm but would take more than an hour to get there," she recalls. "We could drive on dirt roads to Flat Rock that had a post office and a store. I remember getting indoor plumbing and we had a rolling store. I remember my grandparents plowing with a mule and getting the first tractor."

The valley had a two-room schoolhouse with first through third grades in one room and fourth through sixth in the other. Craze's mom taught the older students. "When I was in third grade, the bridge across the Tennessee River was built and we were able to go to the big school in Stevenson."

A passion for horses fueled a desire to become a veterinarian so, after junior college, Craze headed for Auburn University.



Dr. Craze examines a patient at Grant Primary Care, a clinic she ran for 18 years.

Instead of pursuing her childhood dream, however, she followed 1970-era advice that medical technician was a good job for a woman. She earned that degree and went to work as chief technician at Jackson County Hospital. At 22 years old, Craze set up the lab, dealt with doctors, started blood gas testing and respiratory therapy. She soon realized if she could do all that, she could be a doctor.

Medical school

In order to apply for medical school, she was advised to first work on her academic record. So in 1978, Craze took a position at Huntsville Hospital to do just that. It didn't work, though. She was not accepted into medical school, which broke her heart. "I was a desperate person," she remembers. "My ship did not have a direction."

She floundered on her couch in front of the TV. There, she saw a PBS show about foreign medical schools, which changed her life. She applied to St. George's University in Grenada and interviewed with a visiting professor. She was accepted, got a loan, quit her job and got on a plane to the Caribbean island of Grenada in the West Indies.

"Grenada was great," adding that she arrived before the revolution. "It was the most fun I ever had in my life."

After two years at St. George's, Craze was accepted at UAB's School of Medicine.

Practicing in Marshall County

Her first job out of residency was in July 1988 when she joined Dr. John Boggess at Lakeside Clinic, which was called





Dr. Craze at her retirement party with her husband, Jack Shepherd, and her daughters Kasey Shepherd and Megan Shepherd Delaney.

Boggess Clinic at the time. Craze was the first woman to practice medicine in Marshall County.

"I was in the call group with Dr. Neil Christopher and Dr. Dalton Diamond," she recalls. "I had the best role models who actually continued my training and I worked hard to earn their respect in this male-dominated medical association."

"Some patients referred to Craze as the 'woman doctor' and often expressed shock to find out she wasn't a nurse. She didn't mind. "I didn't want to be treated any different," she said. "That's the secret to getting treated with respect. There should be no concessions for women."

"I wanted to do something I could be proud of and maybe make a difference," she said "It was always rewarding."

Grant Primary Care

After a decade at Lakeside, Dr. Craze got the opportunity she always believed she wanted: to be the only doctor in a rural practice. Marshall Medical Centers asked her to take the helm of the brand new Grant Primary Care to serve the healthcare needs of the North Marshall-South Jackson area.

"It just seemed like the time to do it if ever I was going to do it," she remembers. "It just seemed like the right thing to do."

The Craze family bought a farm in Grant where her two daughters could have horses. Dr. Craze especially appreciated having input into the medical clinic's design so she could set it up just the way she wanted it. She ran it for 18 years.

"It really was my practice," she said. "I have been honored to have wonderful patients and have been fortunate to be a part of their lives. Some of these patients I have known for 30

years and I am in awe of their strength and spirit."

Dr. Craze retired in March and is trying to learn to not work hard. "To turn off is a real adjustment," said Craze, who still rises at 5 am every day. "I was overextended for 30 years. There was never a day that I didn't check in at the office."

Living the leisure life is just temporary for this workaholic, though. "I want six months of nothing, then something." What that something turns out to be is still cogitating in her brain. "I love medicine," Craze avows. "Absolutely, I enjoyed it. Absolutely, I miss it."

Staying in the medical field is a given but what role she'll take isn't. Craze hopes to teach people to take better care of their health in order to avoid disease, rather than treating disease.

"That's my heart."

For now though, she's enjoying life at home with her husband of 38 years, Jack Shepherd, a retired government contractor and IT consultant. Their two daughters have lives of their own. Megan, 30, is director of marketing for an alternative investment company in Atlanta and Kasey, 27, is an elementary school teacher in Auburn city schools.

"I was able to have a family and they are my joy, my stability and the center of my life," she said. "I am very proud of my girls and was blessed to have these two miracles in my life."

Dr. Craze knows there is another chapter coming up for her and she's looking forward to it.

"I need to feel productive and to have a purpose," she said. "I just haven't decided where to throw my weight in yet."



NOVEMBER IS DIABETES AWARENESS MONTH

Free classes help diabetics take charge of their health

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes, including eating healthy, getting more physical activity and losing weight. November is American Diabetes month with the aim of raising awareness about diabetes risk factors and encouraging people to make healthy changes. Marshall Medical Centers' free Diabetes Management classes help diabetics take charge of their health.

"Alabama is in the 'Diabetes Belt' of the nation," said Julie Drzewiecki, MS, RD, CDE, who teaches the classes with Lisa Bearden, RN, Education Director for Marshall North. "Our program helps keep our county and state healthy." To sign up, ask your physician to send a referral and you will be contacted to schedule a class. A follow-up appointment is made for about a month later to address any questions or concerns class participants may have.

Last year, diabetics who attended a class averaged a 1% decrease in their A1C, which is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past three months. For every 1% decrease in A1C, diabetes-related complications are reduced by 21%, microvascular complications by one-third and myocardial infarctions by 14%.

"The more you know about your test results, the better you can take care of yourself," Bearden said. For more information call Drzewiecki at (256)571-8052.

GOLDCARE 55+ MEMBERS GO PLACES

Milltown Music Hall

February 16, 2019 • Cost is \$129
Deadline to register is January 16, 2019.

Milltown Music Hall with Collin Raye and dinner at the M&W Café. Listen to country artist Collin Raye sing selections from his 16 #1 hits. Full payment due at registration on or before January 16, 2019.

Chicago Broadway Musical

March 24, 2019 • Cost is \$139
Deadline to register is February 20, 2019.

Chicago Broadway Musical, Museum of Natural History and Classic on Noble. After dinner and museum tour, on to Oxford Performing Arts Center for the Chicago Broadway musical and all that jazz!

Full payment due at registration on or before February 20, 2019.

Mystery Trip

April 11, 2019 • Cost is \$129
Deadline to register is March 1, 2019.

Are you ready to try something new? How about going on a trip without knowing the destination?

Southern Belle Riverboat Cruise

September 28, 2019 • Cost is \$99
Deadline to register is August 29, 2019.

The Southern Belle Riverboat is one of Chattanooga's top attractions to enjoy the views of Lookout Mountain, the beauty of the river and fall colors. Hunter Museum of American Art offers an exceptional collection of American art. Full payment due at registration on or before August 29, 2019.

Islands of New England

October 11-18, 2019

Explore idyllic islands, quaint communities, cranberry farms, Martha's Vineyard, Providence, Newport, Boston, Cape Cod, Hyannis and Nantucket.

Occupancy: Double \$2,999 | Triple \$2,969 | Single \$3,799

A \$500 deposit is due at registration on or before March 15, 2019. Final Payment due July 12, 2019.

These are trips to enjoy! Sign up soon for a GoldCare 55+ trip.

Traveling with a GoldCare 55+ group is wonderful for seniors because of the safety of seeing new sites with people you know. Having your name on a trip roster is exciting and gives you a treat to look forward to! Join us for a great outing!



GoldCare55+ members had fun touring and hiking to a waterfall with our tour guide in Skagway, Alaska.



The Summer Party is always fun and members especially enjoyed playing Bingo and the Let's Flamingle theme.



Betty Hendricks and Amanda Hollrah on cruise in Alaska.



Sue and Charles Brock having dinner in Alaska.



Linda and Johnny Anderson can be found at most GoldCare 55+ Lunch 'N Learn programs with the same smile found in this photo from the Summer Party.



GOLDCARE 55+ PROGRAM INTRODUCED 25 YEARS AGO

Twenty-five years ago big news made the front page of the Central Monitor, newsletter for the Guntersville-Arab Medical Center, now Marshall Medical Centers – the GoldCare55+ program was introduced.

"In recognizing that as individuals age, their needs and concerns about healthcare change, Guntersville-Arab Medical Center has developed a brand new program specifically for persons age 55 and over. The GoldCare55+ program brings together a wide variety of time and money-saving features which promote a healthy lifestyle and better quality of life for its members."

That was the kickoff for the next 25 years of group travel, Lunch 'N Learns, hospital meal tickets and gym discounts. Since 1993, the program has grown to more than 4,000 members. Seniors like to party too – summer and Christmas parties fill up every year. An annual Senior Health & Fitness Day attracts about 600 seniors from all over Marshall County and surrounding areas.



HEALTHY RECIPES BY CHEF JOE



Italian Chicken and Penne

INGREDIENTS

- 8 ounces uncooked wheat penne pasta
- 1 pound boneless skinless chicken breasts, cut into ½-inch pieces and grilled
- 1 small green pepper, julienned
- ½ cup chopped onion
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 cup sliced fresh mushrooms
- 1 cup halved cherry or grape tomatoes
- 1 can (8 ounces) pizza sauce
- ½ teaspoon Italian seasoning
- ⅓ cup shredded part-skim mozzarella cheese

DIRECTIONS

1. Cook pasta according to package directions; drain.
2. In a nonstick wok, stir-fry the chicken, pepper, onion and garlic in oil until chicken is no longer pink.
3. Add the pasta, mushrooms, tomatoes, sauce and seasoning; heat through.
4. Remove from heat.
5. Sprinkle with cheese; let stand until melted.



ABOUT CHEF JOE

Marshall South is pleased to have Executive Chef Joseph Vance on its food services team. A New Orleans native, he enjoys sharing healthy, delicious recipes like this one.



ISLANDS OF NEW ENGLAND

OCTOBER 11-18, 2019

The Islands of New England tour spends eight days exploring New England's charms, from the cobblestone streets of Nantucket to a dry harvest cranberry bog. Step back in time at Plimoth Plantation to sample traditional recipes from that period and enjoy a Thanksgiving feast. In Provincetown, you can choose between a whale watch cruise or a scenic adventure through the iconic sand dunes of the Cape. Visit Boston and Providence, the Gilded Age mansions of Newport, the lively artist colony of Provincetown and the beautiful islands of Martha's Vineyard and Nantucket. Complete your New England experience as you indulge in a traditional seafood and lobster feast.

Day 1: Rhode Island – Providence

Day 2: Newport – Providence

Day 3: Providence – Boston

Day 4: Plymouth – Massachusetts - Cape Cod

Day 5: Cape Cod – Martha's Vineyard

Day 6: Cape Cod – Provincetown

Day 7: Cape Cod – Hyannis, Nantucket

Day 8: Your tour comes to a close leaving you with many fond memories.

Occupancy: Double \$2,999 | Triple \$2,969 | Single \$3,799

A \$500 deposit is due at registration on or before March 15, 2019.

Final Payment due July 12, 2019.

(Insurance Protection is \$275. Must be purchased at registration.)

Logging miles in the Mileage Club

January 1 to December 31, 2019

Need a way to motivate yourself to exercise consistently? Join the GoldCare55+ "Mileage Club" to help you monitor your exercise progress and increase your consistency. Getting started is easy! Just pick up a form at either TherapyPlus locations or print it from the website.

Every 20 minutes of uninterrupted activity counts as one mile. Use the chart to keep up with your miles and activities. Just add the date and miles on your chart. The minimum goal is to work out three times a week for 20 minutes for a total of 36 miles a quarter. Any 20 minutes of exercise - aerobics, walking, weight training, swimming, exercise classes - counts the same for mileage. You can exercise at TherapyPlus, at home or outside. All exercise counts. Mail in the form when you complete 100 and/or 250 miles.

Better health is your main reward, but you will also have a chance to be in our 100 mile club or earn a 2019 Mileage Club T-shirt. These are special because you can't buy them, you can only earn them. Be sure to include a T-shirt size when you turn in a completed form.

The benefits of regular, moderate exercise are incredible. Exercise can help you feel happier, lose weight, improve muscle tone and bone strength. Exercise reduces your risk of chronic disease, enhances skin health, memory, relaxation, sleep and reduces pain.

Here are our 2018 exercise champions as of October:

Exceeding **100 miles** and on the way to 250 miles are: Stella Drain, Helen Mortimer, Peggy Hudson and Shirley Holland.

Reaching the impressive goal of **250 Miles and beyond** are: Jean McCrady, Pat Tanev, Elaine Divens and Janella Gann.



Stella Drain enjoys walking at the Albertville Library.



Elaine Divens swims at the Marshall Medical South TherapyPlus pool regularly.



Jean McCrady's exercise routine includes exercise classes, walking, running and weight training. She has 8 state records for the 81 to 84 year old age group for 5 & 10Ks.

— **SAVE THE DATES** —
**GOLDCARE 55+
TRAVEL & EVENTS
SIGN-UP DAYS 2019**

NOVEMBER 15, 2018

JANUARY 10, 2019



— Clip and save for future reference. —

CALENDAR OF UPCOMING EVENTS

NOVEMBER 6-7

Holiday Blood Drive

Marshall South POB Classroom
Donors receive a turkey and a chance
to win a \$100 Foodland gift card.
Tuesday 10 am-6 pm
Wednesday 7 am-4 pm

NOVEMBER 8-10

Blue Ridge Scenic Railway and Gibbs Garden

Blue Ridge Scenic Railway trip with stops
in Helen, Dahlenega and Gibbs Gardens.

NOVEMBER 13

Lung Cancer Awareness

Lung Cancer Awareness by the
American Lung Cancer Association
Marshall Professional Center classroom
12 Noon.

NOVEMBER 15

GoldCare 55+ Lunch 'N Learn

"COPD & Lung Cancer Awareness,"
Dr. Christopher Manganaris, Pulmonary
& Sleep Associates of Marshall County.
Guntersville Senior Center, Sunset Drive.
11:30 am **This also is GoldCare 55+ sign
up day for 2019.** Sign up for trips before
and after lunch. 9 am – 2 pm. Sign up for
all Lunch 'N Learns for 2019 at one time.
One check and you're booked for the year!

NOVEMBER 19-20

\$5 Jewelry Sale

Main lobby of Marshall Medical North.
Monday 7 am-5 pm, Tuesday 7 am-4 pm

DECEMBER 4-5

Holiday Blood Drive

Marshall North Medical Plaza 3rd floor
classroom. Donors receive a turkey and
a chance to win \$100 Foodland gift card.
Tuesday 10 am-6 pm
Wednesday 7 am-4 pm

DECEMBER 6

GoldCare 55+ 25th Anniversary Christmas party

Gunter's Landing Clubhouse. 5-7 pm
Cost \$15

DECEMBER 14

Second deposit due for Kentucky Derby trip

\$350 per person

DECEMBER 18

Heart Healthy Cooking Class with Chef Joe

Marshall South Women's Center. 5:30 pm.
No cost but call 256-571-8000 to register.

JANUARY 10, 2019

Second GoldCare 55+ Sign-up Day

Marshall Medical Center North, Board
Room. 11 am-2 pm Register for all
Lunch 'N Learns by January 14 to
receive your first one free.