

THE EXTRA TOUCHES

In addition to all of the amenities and programs of a full-service, general acute care hospital, Huntsville Memorial Hospital also has programs designed specifically to meet the needs of the surrounding communities.

“We realize that many of our smaller, neighboring communities are without a full service hospital in their midst, so do our best to provide services and programs that will help them live a better quality life with information, education and the healthcare services they need,” said Sally I. Nelson, Chief Executive Officer at Huntsville Memorial Hospital.

CARE PROGRAM

CARE stands for Chemical Addiction Recovery and Education, but it really stands for a fresh start.

At Huntsville Memorial Hospital, we’ve developed a service to help conquer the challenges of alcohol and drug abuse. CARE, an intensive outpatient treatment program, is focused on helping adults achieve and maintain a sober lifestyle. This voluntary program is designed for adults 18 and over who may be experiencing difficulties from abuse of alcohol or other chemical substances.

There are many signs that a person is struggling with substance abuse or addictions. If you see any of these in an adult with whom you interact, please consider calling Huntsville Memorial Hospital CARE Program for more information:

Loss of health or severe injury

Loss of Job

Estrangement of Friends

Family discord or turmoil

Financial instability or fragility

Discord in spiritual values

Legal issues such as DUI, DWI, or possession

Licensed experts provide services, including:

Comprehensive Assessment

Group and individual therapy

Medication management

Case management

Education and support for patient and family

Group sessions run from 5:30-8:30 p.m. on Monday, Wednesday and Thursday or each week. Program participants attend these sessions while living at home and maintaining work schedules. Other treatment options are available and most insurance providers are accepted. To find out more about CARE, please call 936.435.2200.

HERITAGE PROGRAM FOR SENIOR ADULTS

Depression or other emotional disorders often go undiagnosed in seniors because other medical complaints overshadow or mask the symptoms. The Heritage Program at Huntsville Memorial Hospital was developed to help older adults overcome mental health challenges.

“Late life depression affects almost 6 million Americans, yet 68% of those 65 and older know little to nothing about depression,” said Terri Spiker, program manager. “Our goal is not only to help them learn of the risk, but then teach them how to deal with whatever might come their way.”

If you or a loved one, ages 55 or older, shows the signs or symptoms listed below, it would be good to investigate the Heritage Program to learn more about how to restore optimum mental and physical health, while maximizing independence:

Anxiety

Anger

Irritability

Sadness

Unresolved grief issues

Low self esteem

Agitation

Confused thoughts

Disorientation and/or failing memory

Paranoia, hallucinations, delusions

Changes in eating or sleeping patterns

Social isolation

Through an intensive outpatient program in which patients return to their homes each afternoon, professionals help these adults focus on processing problems and finding solutions that will improve their independent dialing living. For information on the Heritage Program for Senior Adults, please call 936.435.2200.

VOLUNTEER SERVICES

In most hospitals, as is the case with Huntsville Memorial, there is a group of Hospital Volunteers who not only provide needed assistance and guidance for patients and their families, but who also offer support and gifts to the hospital.

“Our Volunteers are the backbone of the great things that happen at Huntsville Memorial,” said Sally I. Nelson, CEO. “Without them, patients would not have their mail delivered in a timely fashion, would not have a ride to and from their services via wheelchair, would not have a friendly face to greet them, and would not feel so welcome when they come to the hospital for many times unknown reasons.”

And, at Huntsville Memorial Hospital the Volunteers not only provide cheer and smiling faces to support their volunteer jobs within the facility, but they freely offer scholarships to students entering the medical field. They also provide much needed ‘extras’ for the hospital such as the waiting room furniture in the Lab that was recently put into place.

“They are always looking to do more for this hospital they love so much,” Nelson said. “I just don’t know what we would do without them. But, believe me, we always have room for a few more good volunteers who feel the need to give back.”

Many volunteers arrive at Huntsville Memorial for the first time following a change in the family unit. Putting their smiles and energy into a job for which they are best suited allows them to move back into life and cope with the changes in a more positive manner.

To discover more about the opportunities in Volunteer Services, please call 936.291.4595.

OTHER OPPORTUNITIES

Beginnings Prenatal Education – low-cost program for moms and dads to be, 936.291.4588

Diabetes Support Group – first Thursday of each month, 6 p.m.

Managing your Osteoporosis – third Tuesday of each month 11 a.m. – 12:30 p.m.

Mended Hearts Support Group for Heart patients and families – second Wednesday of each month at noon.