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Drs. Mom and Dad Parents know: Kids need constant care and attention to be as healthy as possible.

Dad-vocate Actor Chris Pratt is spreading the

word about premature birth after his son was born nine weeks early.



Keeping **Kids Safe** From food allergies (know the signs) to crib bumpers (don't use them!), there's a lot to know to protect your children.

Get Schooled Back-to-school time is always an adjustment. We have some advice that can help.

Building an Alzheimer's **Toolkit**

It is possible—and important —to communicate with a loved one with Alzheimer's.

Healthy Futures See the many ways that Willis-Knighton is committed to the care of children in the Ark-La-Tex.

Make Yourself at Home The Oaks gives residents the flexibility to stay in a familiar community as their health needs change.

Family Values WK employees care about and support one another. This is especially evident for the folks whose family tree and work tree intersect.

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Quite a Story

Cherry Smith has people wanting to check out the library at Garden **Apartments at The Oaks.**

EVERY SEASON

Willis-Knighton takes care of our families, from birth to senior years

Did someone say fall? With the kind of temperatures we have in August, it's hard to conjure up thoughts of cool mornings and leaves drifting off trees and onto the lawn. But just as time passes, so do the seasons, and they represent new promise and new life.

New life for residents at The Oaks is a change, much like that of the seasons, starting with disbelief but evolving into relief at the prospect of a life filled with much joy, friendship and excitement. One of the greatest benefits of living at The Oaks at this



time of life is the security of knowing that virtually all needs will be taken care of and that neighbors and staff from The Oaks will be there for support. Check out Terrie Roberts' story on page 52 to learn more.

Our magazine theme this quarter focuses on family health, and no place is more attuned to family health than Willis-Knighton. We start with the services that support new families, like prenatal services, childbirth and pediatrics, and run the full gamut to senior residential options and geriatric medicine. Darrell Rebouche looks into the special services for children in his story on page 49.

Speaking of family, one of the reasons people like working at Willis-Knighton is because we treat people like family, not just our patients, but also our employees. In fact, many employees recommend family members for jobs here. When we find capable people who are already connected to the mission of Willis-Knighton, we know they will be good additions to our WK family. Read more in Marilyn Joiner's story on page 54.

I hope you will enjoy spending some time with our magazine this season and that you will choose to take advantage of the many services Willis-Knighton brings our community, whether for illness or injury or simply to keep well. We take our mission to our community seriously. We know that we can only do good for the community by doing well. We are grateful for our success and hope you will choose WK for your healthcare.

James K. Elrod President and CEO

VIGOR

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SO HAPPY TOGETHER

Couples can make for great workout partners. Here's why

Long work hours and social obligations can make it difficult to find time to spend with your significant other.

Maybe couples who vow to be together "in sickness and in health" should take the health part of that vow a step further. Everyone knows that, when it comes to exercise, having an accountability partner is a great idea. But what if your workout buddy happens to be your spouse? Are there any benefits to hitting the gym with your better half?

Absolutely! There are substantial benefits, not just for your health, but also your relationship. Couples tend to develop stronger emotional bonds as they tackle physical challenges and

achieve goals together. Motivating and encouraging someone who understands you, and you them, is easier.

Kristi and Derrick Chapman enjoy lifting weights together. When asked why, they acknowledge that they are best friends and enjoy each other's company. Besides spending quality time together, they consider breaking through plateaus and surpassing limits to be more satisfying.

"When he started training me, he was tough," Kristi says. Derrick explains, "That's because I knew she could do it physically." Since they developed a routine together, their workouts have a rhythm; they're in sync with each other.

It's not always the case that both partners enjoy physical exertion. But living



in the same house with your spouse makes it harder to

Courtney Herzog

come up with legitimate alibis for skipping exercise. Disciplined and devoted yoga student Henry Raines lovingly drags his wife, Gloria, to class seven days a week. Though she hates exercise and says she comes "kicking and screaming," she also acknowledges that she loves the strength and flexibility she has gained. She grudgingly thanks Henry and the instructors for stretching her—literally—to try something new each time.

Supporting each other on the journey to better health is the reason Charlotte and John Warwick work out. After having heart stents, John knew he had to get moving to keep history from repeating itself. He and Charlotte come to the fitness center regularly, even when they don't really feel like it. At home, they can find excuses not to stroll in the neighborhood, but once at the center, they keep each other on track.

If you're looking for a gym partner, why not consider the one who knows you best? ■

CALL



Your Exercise Partner

Visit your nearest WK Health & Fitness Center and ask an exercise specialist about workouts for you and your significant other. Call **318-212-4475** for details.

Why Does Willis-Knighton Restore Buildings?

Some people may ask why Willis-Knighton, which has built three beautiful suburban hospitals, also chooses to restore older buildings. It's a fair question and one WK executives are happy to answer.

- located and offer flexibility of reuse of space. Also, rehabilitation of an older historic building is often less costly than new construction. These buildings are often designed with minimal partitions. In the case of Hamilton Terrace School, for instance, it will require mostly painting and floor treatments. That's a low renovation cost when compared with a \$200-per-square-foot cost for new construction of a building over 68,000 square feet.
- ▶ It capitalizes on good construction. Frame and masonry buildings constructed in the mid-20th century used old-growth wood and feature quality craftsmanship.
- ▶ It saves energy. Older buildings from the mid-20th century up to 2000 require less energy consumption per square foot. Retrofitting with modern energy-savings features can lower energy bills even more.
- ▶ It revitalizes communities. Renovation of older buildings supports community revitalization. The transformation of Doctors' Hospital into the WK Rehabilitation Institute has enhanced the corridor into downtown Shreveport.
- ▶ It reduces waste. It is far less costly to use existing infrastructure (roads, sidewalks, lights, water/sewer) than to create new infrastructure in an undeveloped area. Renovation also reduces waste in the landfill, which is important, since 25 percent of what goes into local landfills is construction debris.
- ▶ It catalyzes growth. Updating buildings increases morale and encourages creation of additional services.



The purchase of Hamilton Terrace School expands the campus of the new WK Rehabilitation Institute and is a source of pride for revitalization of the Highland area of Shreveport.

- ▶ It creates local jobs. Restoration projects help create work and income locally. Historic preservation projects create more jobs for the dollar than new construction does, because, typically, 60 to 70 percent of expenses go to labor cost, which is generally a local expense.
- It preserves our past. When a historic building is salvageable, restoration is preferred, because once a historic structure is gone, it is lost forever.

WK Innovation Center in Bossier City is a dramatic transformation of an abandoned property that once was home to the city-owned Bossier Medical Center.



BY THE Numbers



Have a look around The Oaks of Louisiana

> INDEPENDENT LIVING AT THE OAKS: TOWER AND GARDEN APARTMENTS

> > ASSISTED LIVING: SAVANNAH

SKILLED NURSING: HEALTH CENTER AND NORTH PAVILION

WATER
FEATURES:
LAKE ELEANOR,
LAKE HERMAN AND
RUDY'S POND

ACRES OF PASTORAL CAMPUS

World's No. 1 Junior Golfer

to Present at The Oaks

Golf wunderkind Philip R. Barbaree Jr., who will graduate from Shreveport's C.E. Byrd High School in May 2017, will present the August offering of The Oaks' Well Worth It Series.

"Way Above Par: Young Golfer Aims for PGA" will be Friday,
Aug. 26, at 3 p.m. in the Tower at The Oaks Ballroom on The Oaks
of Louisiana campus, 600 E. Flournoy Lucas Road. The community
is invited to hear Philip share his experiences. A demonstration will
follow on The Oaks chipping green near Chapel at The Oaks, and golfers attending
can get pointers from the Byrd standout.

Philip, who began playing golf at age 5 and participated in his first tournament at age 7, has competed in more than 200 events, including local, state, national and international levels. He has verbally committed to LSU and hopes one day to win the Masters and other PGA tournaments.

Although the program is free to residents at The Oaks, the public may attend for a \$5 charge. Reservations are required, and seating is limited. Reservations may be made online at **classes.wkhs.com** or by calling **318-212-8225**.

A Notable Achievement for the WK Proton Therapy Center

Willis-Knighton Health System is the first proton therapy center in the world to enroll a patient in a randomized trial for node positive breast cancer sponsored by the Patient-Centered Outcomes Research Institute. The study, headed by Justin Bekelman, MD, of the University of Pennsylvania, will compare the effectiveness of proton therapy with that of traditional photon therapy.

Greg Sonnenfeld, administrator of the Willis-Knighton Cancer Center, home to the WK Proton Therapy Center, reports that the principal investigator called to congratulate them on this achievement. "The University of

Pennsylvania is the only other site to complete all steps necessary to enroll patients," Sonnenfeld says.

Sonnenfeld adds that the decision to join what is anticipated to be a significant clinical trial was supported by Ben Wilkinson, MD, who helped with the extensive clinical paperwork necessary, and by Lane Rosen, MD, who identified the first patient as a good candidate for the study. The clinical research team at the cancer center—Briana Barrow, Yolanda Burnom and Stacy Moss—was also heavily involved in the details of getting it started.

► INSIDE THE OAKS BY TERRIE M. ROBERTS



HEALS LIKE HOME

Oaks residents—and nonresidents—recover comfortably on the campus

Joyce King answers the phone. Her delight at being home is obvious as she breathlessly asks how the caller is doing and shares, "I feel great. I don't have any problems at all. I tire easily, but that comes with age."

The petite 90-year-old, the epitome of Southern graciousness and style (although she moved here from California), has returned to her apartment at Tower at

The Oaks after a brief stay across campus at North Pavilion, part of Health Center at Live Oak. There she underwent several weeks of intensive short-term rehabilitation.

That The Oaks of Louisiana offers short-term rehabilitation is peace of mind for residents like King who not only have access to various living options as they need—independent, assisted and total care—but they also can easily address

any unexpected short-term healthcare needs at any time on The Oaks campus.

"It was so reassuring to know I didn't have to leave The Oaks," King says. "Without a doubt, it was beneficial mentally as well as physically."

Short-term rehabilitation at Health Center at Live Oak is provided by the Willis-Knighton Physical Medicine & Rehabilitation Institute and is available not only to residents but to nonresidents as well.

Services include physical therapy, which focuses on mobility; occupational therapy, designed to help people regain skills related to activities of daily living; and speech therapy, to help people regain the ability to communicate and improve swallowing.

Lisa James, assistant director of physical medicine at Willis-Knighton, oversees inpatient therapy at The Oaks. She and Kassi Fitzgerald, coordinator of post-acute case management, agree the location and atmosphere of The Oaks make it an ideal choice for short-term rehabilitation.

Residents at The Oaks recover from surgery or major healthcare events in familiar surroundings, never leaving their neighborhood, making it easy to maintain contact with neighbors and staying as engaged as they can in the daily life there.

For nonresidents, James and Fitzgerald believe that the homelike environment, as opposed to a traditional nursing home, aids in the rehabilitative process.

"The Oaks is a lifestyle," James explains. "There is a chapel. There is the MarketPlace. There are numerous activities. It is all about giving them a quality of life while they are here. They experience all that The Oaks offers while we help them achieve positive outcomes to return home or transition to a community like The Oaks."



COMFORT ZONE

Recipes from Willis-Knighton and The Oaks of Louisiana

HARVEST SOUP

INGREDIENTS

4 dried shiitake, maitake or reishi mushrooms 6 cups low-sodium, MSG-free vegetable or chicken broth

2 tablespoons extra-virgin olive oil

1 large onion, diced

3 garlic cloves, minced

1 tablespoon grated fresh ginger (or 1 teaspoon powdered)

3 carrots, diced

½ cup chopped sweet potato or butternut squash

3 cups chopped kale or collard greens

2 cups cooked cannellini beans

Splash of tamari or coconut aminos

1 teaspoon apple cider vinegar

1 teaspoon toasted sesame oil or to taste

Freshly ground black pepper to taste

INSTRUCTIONS

Place dried mushrooms in a medium pot with broth. Bring to a boil, then reduce heat and simmer 15 minutes. Remove from heat and set aside to cool slightly. When mushrooms are soft, remove from broth and cut off and discard stems. Dice caps and place back in pot with broth.

In a large pot over medium heat, sauté onion, garlic and ginger in olive oil 3 minutes. Add carrots and potato or squash and sauté 3 minutes. Add kale or collard greens and beans and sauté until greens are deep green and tender. Pour broth and mushrooms into a pot with kale, add tamari and vinegar and simmer 5–7 minutes. Season to taste with toasted sesame oil and black pepper and serve.

Submitted by Julie Hartley, Diabetes & Nutrition Center.

Roasted Pork Tenderloin with Fall Fruits

INGREDIENTS

Olive oil

Salt and pepper to taste

1 pork tenderloin

1/4 pound unsalted butter

½ yellow onion, small dice

4 Honeycrisp apples, peeled and cut into ½-inch dice

1 cup dried figs, cut into small dice ¼ cup fresh sage leaves, chopped

3 cinnamon sticks

1 tablespoon allspice

1 cup brandy

INSTRUCTIONS

Preheat oven to 300 degrees. Coat pork tenderloin with olive oil, salt and pepper. Place in roasting pan and roast 2 hours.

While pork is in the oven, place butter in pan and melt over medium-high heat. Add onions to melted butter. Sauté until translucent. Add apples, figs, herbs and spices to pan. Sauté until golden brown. Stir in brandy, reduce heat to simmer and cook until mixture thickens.

Remove pork from the oven. Increase oven temperature to 400 degrees. Return pork to oven for 15 minutes or until golden brown. Remove pork from oven. Decrease oven temperature to 300 degrees. Slice the pork on a bias. Pour fruit sauce over pork. Cover tightly and place back in oven for 10 minutes.

Submitted by The Oaks of Louisiana.





MANAGEMENT PROFILE

Always Improving

Deanna Long has among her many strengths the ability to be quietly and consistently effective in her job. As the director of performance improvement at Willis-Knighton, Long is reluctant to embrace any attention to her 29-year career, preferring to deflect the spotlight onto others. "People do a lot of good around here," she says, "and I don't think we give enough attention to them."

Long and her staff work with each department to facilitate monitoring the quality of service Willis-Knighton provides for its patients. "We want to ensure we provide the highest-quality care," she says. Her department assists in reporting the collected data to the hospital's governing bodies as well as to regulatory and accrediting agencies. "We're the quiet cheerleaders," she offers with a reflective smile. "We want people to shine." She knows the health system well, having worked on three Willis-Knighton campuses during her tenure.

"Willis-Knighton serves a huge purpose to the people in this community," she says. "I see a lot of people in the health system who do an awesome job, and if I can highlight them, that gives me the 'warm fuzzies."

WK Employees Active in the Community

Debra Crump has made a career out of helping people in distress. As social services director for Health Center at Live Oak at The Oaks of Louisiana, she encounters people each day who are making decisions that profoundly affect their personal lives. She helps people enter long-term care but also facilitates discharge planning. With her time off, you might think she would take a break. She doesn't. She dedicates 12 weeks a year to volunteer with A Place That Warms the Heart. "We help people who are dealing with grief, who have lost spouses or parents or someone significant in their family," she says.

On most weekends, you will find her in downtown Shreveport, helping serve the homeless population. "It's a sense of giving back," she says, "doing God's work here on this planet." Her professional experience comes into play. "My background, especially in long-term care, gives me empathy," she adds, "and with my education, I can help people talk about the death that is affecting their lives and gently guide them into a more positive direction."



But what about an occasional weekend off? "I could be sitting at home," she says, "but this is far more fulfilling."





Thanks to modern healthcare, childhood is generally a healthy time of life. Children can now be inoculated against many of the diseases that, in the past, were often fatal. But some children still face health issues from time to time. When they do, Willis-Knighton is dedicated to their care.

"There's a very high level of commitment from the entire Willis-Knighton system, from the doctors to the nurses to the administrators, all the people in between, that this is a place where we take care of children," says Mark F. Brown, MD, a pediatric surgeon at Pediatric Surgical Associates at Willis-Knighton South & the Center for Women's Health.

For some children, it starts with critical care as infants. The neonatal intensive care unit at Willis-Knighton South includes private rooms that foster bonding and an earlier release. If older children require a hospital stay, they receive care from full-time pediatric hospitalists and pediatric intensivists at the pediatric intensive care unit, also at South.

Commitment to Care

Pediatricians are generally the first line of care for children, and Willis-Knighton is fortunate to have the support of many excellent pediatricians throughout the community, most at or near South, Pierremont and Bossier, the health system's suburban hospitals. Additional pediatric clinics in the Highland area of Shreveport and Haughton offer convenient care for children there.

"Our pediatricians respond to care for babies when they are born," explains Cliff Broussard, vice president and administrator at WK Bossier. "Of course, we see pediatric patients in the emergency room and are pleased to have access to all the specialty services provided by South when needed."

Rhett McLaren, MD, with WK Premier Pediatrics in Bossier, says that Willis-Knighton's commitment to pediatrics has been solidified by consolidating specialty pediatric services at South. "We have created a critical mass that allows us to elevate the standard of care for pediatrics," he explains.

This baseline support is supplemented by a long-established collaboration between Willis-Knighton and specialists from LSU Health. "On its own, it would be difficult for WK or LSU to support certain pediatric subspecialists," explains Steve Randall, senior vice president at Willis-Knighton Health System. "Working together, we can support those subspecialists that otherwise wouldn't be working in our community."



Mark F. Brown, MD, pediatric surgeon

Building Pediatric Specialties

Urologist John Mata, MD, arrived at South in 2001, the first LSU pediatric subspecialist there. Another specialty, oral and maxillofacial surgery, came in 2011 to help children with craniofacial and cleft deformities. From those two, the list of specialties has grown. G.E. Ghali, DDS, MD, founder of that second clinic, reinforces the cooperative spirit among doctors there. "We are very fortunate in the Ark-La-Tex to have such a dedicated team of multidisciplinary healthcare providers, many of



SPECIALTY CARE FOR KIDS

Willis-Knighton Health System offers an array of pediatric specialists, including:

- ► Allergy-immunology
- ► Anesthesia
- ▶ Cardiology
- ► Child life
- ▶ Critical care
- ► Emergency
- ▶ Endocrinology

- ► Gastroenterology
- ▶ Genetics
- ► Hematology/oncology
- ▶ Hospitalists
- ▶ Infectious disease
- ▶ Intensive care
- ► Maternal-fetal medicine
- ▶ Neonatal intensive care
- ► Nephrology
- ▶ Neurology
- ▶ Neurosurgery
- ► Oral-maxillofacial surgery
- ► Otolaryngology
- ▶ Pathology

- ▶ Pulmonary medicine
- ► Radiology
- ► Surgery
- ▶ Urgent care
- ▶ Urology

whom donate their time and services," he explains. "Our team sees patients from the surrounding states, as well as across the nation."

Dr. McLaren is enthusiastic about the new level of care, saying it has gone from "providing care on each corner to offering more consolidated care at a higher level."

Gene Mack, MD, of Pierremont Pediatrics says the collaboration with LSU Health offers a benefit for patients, especially because LSU has satellite clinics on Willis-Knighton campuses. "It's easier to access the subspecialists we need," he says. "It's allowing us to keep patients in Shreveport without having to send them to hospitals in other cities."

Dr. Brown agrees, adding that Willis-Knighton South is becoming "a regional destination for pediatric care."

Quick Care

With a focus on pediatrics at South, pediatric urgent care seemed a perfect complement to services there. "Because South has so many pediatric specialists, if a child comes to Quick Care Kids and needs to be referred out, it's easy to have them stay on campus," says Quick Care director Lesley Sawrie.

Holly Rivers is one of three full-time certified pediatric nurse practitioners working at Quick Care Kids. "We've had people ask us if we can be their primary care," Rivers says. "We can't, but we tell them if they can't get into their pediatrician's office, we will check them out."

In addition to physicians, pediatric therapists at Willis-Knighton provide outpatient services for youngsters who need assistance with developmental issues. These include physical, occupational and speech therapists, as well as feeding specialists.

Continued Momentum

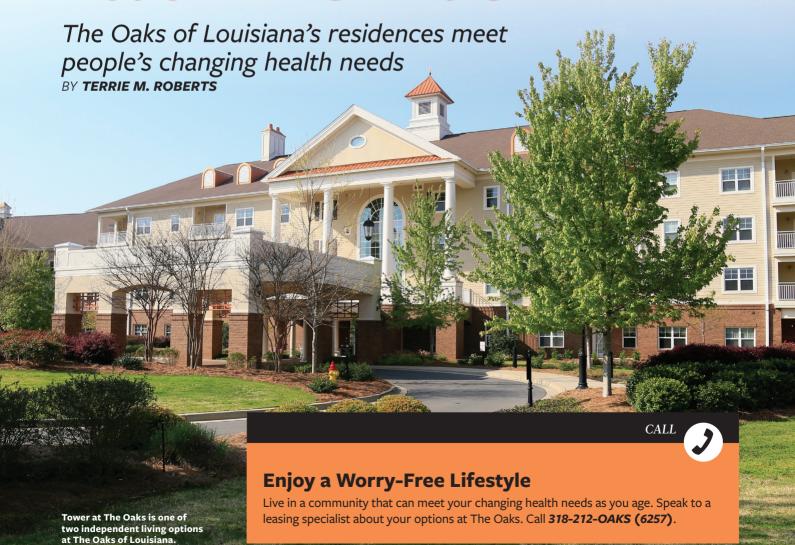
Willis-Knighton is a great place for children, and hospital administration will continue to support their care. "We definitely have momentum building with services we're offering," Randall says.

Dr. Brown is among those who are grateful for it. "Shreveport is very fortunate that Willis-Knighton's administration is willing to make this commitment," he says. "People who love Shreveport need their kids to be taken care of. We are at a very high level of care. Our plan is to make it even better."

Willis-Knighton South is becoming "a regional destination for pediatric care," says pediatric surgeon Mark F. Brown, MD.







Hallie Bellotte's future was uncertain. She had been caring for her ailing husband, Leo, and his health issues almost guaranteed she would be left on her own. The couple were married for 59 years.

"We had begun to think about downsizing," Bellotte says. "We had lived in the Bellaire subdivision for 40 years."

The Bellottes moved to The Oaks of Louisiana in October 2013. Because Leo had an increasing need for assistance, the couple chose Savannah at The Oaks, an assisted living residence at The Oaks. The fact that The Oaks is a CCRC-a continuing care retirement community, also called a life plan community-made moving there an easy choice.

"My husband's health declined and after a hospital stay, he moved to the Health Center [for skilled care]," Bellotte says. "It was comforting that it was easy to go see him because I was here. It was like we were still under the same roof."

They lived at Savannah until Leo's death in May 2015. A short time later, Bellotte, still very independent, moved to Garden Apartments at The Oaks, which, like Tower at The Oaks, promotes an active, healthy, independent lifestyle.

'Confidence and Peace of Mind'

Continuing care retirement communities include independent and assisted living options as well as skilled nursing residences. "The CCRC model is a way for a person to be able to move to The Oaks with the confidence and peace of mind that, under normal circumstances, they won't have to move again, no matter what health issues they may encounter as they advance in years," says Margaret Elrod, The Oaks' executive director.

That is a remarkable benefit. At a time when senior adults may be most vulnerable, they are not uprooted to a new, unfamiliar community filled with strangers.

A key distinction of The Oaks is the ability of residents to live independently with the freedom to maintain their active lifestyles, pursue their interests and participate in a wide range of activities. They enjoy a stimulating environment and opportunities for socializing.

Residents at The Oaks are no longer burdened by the physical and financial responsibilities of a home: constant maintenance, repairs, utilities, lawn and landscaping care. Elrod says that residents are freed from worry and gain "the time and opportunity to do as much or as little as they choose."

'So Much to Do'

In addition to having privacy and solitude in their apartments, residents may participate in organized activities, service projects and educational opportunities, making new friends along the way.

Chapel at The Oaks, with full-time spiritual leaders, offers Bible studies, multifaith church services and spiritual life activities, including The Oaks Chorus.

"I love that there is so much to do," Bellotte says. "I don't do everything, but I do what I like and try to stay involved."



Bellotte affirms the advantages of living at a continuing care retirement community and moving in while still independent (see "Don't Wait Too Late to Move"). She is a member of the bean bag baseball team, participates with Project Helping Hands and takes part in a genealogy group at the Broadmoor Branch of Shreve Memorial Library.

When Bellotte's children asked if she wanted to move back to Bossier City when her husband died, "I told them, 'No.' I was home." ■

Don't Wait Too Late to Move

The decision to move to a continuing care retirement community like The Oaks of Louisiana often is made after a health crisis, when all that the community offers cannot be enjoyed to the fullest.

"We have had so many residents express regret that they did not take the step to move here sooner," says Margaret Elrod, The Oaks' executive director. "Unfortunately, some people wait for a life-changing medical event or accident to occur, and then they move not from choice but from necessity."

Elrod reinforces the importance of moving to The Oaks while a person is still independent, noting that research has proved that living with this type of socialization and activity can lengthen life and add quality of life. "Living at The Oaks actually enhances your independence," she says, "rather than what some might perceive as being a step in giving up independence."



Family Values

Willis-Knighton employees share a strong bond and in some cases, a lineage

BY MARILYN JOINER

hen employees at Willis-Knighton talk about their family tree, they know they have two: one for their biological family and one for their WK family.

The spirit of family has always been a big part of Willis-Knighton and, some would say, a contributing factor to the health system's success. People who work at WK care about and support one another, and that reinforces a tradition of caring about patients and the larger community Willis-Knighton serves.

In the early days, it was easy to foster a sense of family. Today, with more than 7,300 full-time and part-time employees spread over multiple locations, it is more

difficult, but family spirit continues to be a part of WK's culture. Most employees acknowledge their "work family" and make connections that last a lifetime. This character is evident through departments in people's daily work, especially for the families whose family tree and work tree intersect.

Luckey for Three Generations

Thirty-four years ago, Willis-Knighton was very lucky. That's when Vonnie Luckey joined WK. Following the birth of her baby, Vonnie left another local hospital to continue her career at Willis-Knighton. She has never looked back. WK has also become work-home to her

daughters, Jakema and Lakeshia, as well as to her granddaughter, Javonna.

Vonnie Luckey manages sterile processing at Willis-Knighton South. Originally trained in the Central Supply Department, she gained additional expertise from classes offered to her by Willis-Knighton. Today, she cheerfully and capably provides the sterile supplies used in surgery. She is proud to have established a dynasty of sorts with family work at Willis-Knighton.

"I like my job and I like the people here," she says of her work at Willis-Knighton South. "It's been a good place to work. Even my son and nephew have worked here in the past."

Jakema Luckey joined WK 22 years ago, starting in central supply, which stocks products used through the hospital. Today, she manages central supply at Pierremont and added management of the department at North when that manager retired. "Willis-Knighton really gives opportunities and really cares about employees. I truly believe that," she says.

Lakeshia Luckey has been at WK for 13 years. Originally she was inspired to become a nurse, but eventually she decided to get a degree in science and follow the family tradition in central supply. She is now manager of the department at Willis-Knighton South. "WK is a very close-knit family," Lakeshia says. "I've watched how WK responds when there are family concerns [for employees] and everyone pulls together as a family."

Javonna Luckey, Jakema's daughter, says she grew up around Willis-Knighton, even having breakfast in the cafeteria at Willis-Knighton Medical Center before going to school. She joined WK a year ago to handle paperwork in the receiving section of the Materials Management Department. Her goal has always been to work in healthcare, and now she is studying to be a radiation technologist.

Mother and Son

Registered nurse Renee McCuller worked at WK as a student on graduation. After a hiatus for graduate school, she returned



Renee McCuller and her son, Luke Hankins, are both nurses working at Willis-Knighton.

home to the Willis-Knighton Physical Medicine & Rehabilitation Institute, where she has worked for 31 years. She is a nurse practitioner and assistant director of the institute. Luke Hankins, her son, followed in his mother's footsteps, working in physical therapy and the Emergency Department. Today, with a nursing degree, he is a surgical RN, part of WK's heart team.

Was he inspired by his mother? "Of course!" he says. "I love helping people. And I have spent my whole life going there. I know all the people she works with."

Luke didn't consider going elsewhere. In addition to the connections he built through his mother and his jobs at WK, he reinforces that being a nurse is a "good job with good benefits."

Wife and Husband and Sister

Joan Rigby, a coordinator in performance improvement, smiles as she acknowledges that she and her husband, Owen, assistant director of the business office, did not come to WK as "a package." In other words, they met at Willis-Knighton. For 29 years they have shared not just a common name, but also a common respect for the health system. Owen's sister, Adelyn Rigby Mattei, manages the wellness center at Willis-Knighton South and has worked in wellness for WK for 25 years. Their father, Dr. Russell Rigby, was a longtime WK physician.

Owen was in college when his father became ill with cancer. "Mr. Elrod [Jim Elrod, president and CEO] said to come work in the summer in the Accounting Department so I could be close to my father when he was in the hospital," Owen explains. "I graduated the next year and have been here for 33 years."

Great people, caring people, cooperative people, people who care about one another and the greater mission. That's the family spirit at Willis-Knighton and one the health system continues to foster.

The Hutto Sisters and Their Extended Family

Dorothy Hutto Henderson chuckles when asked about "the famous Hutto sisters." She says that Willis-Knighton CEO Jim Elrod always inquired whether there were more of them so he could hire them too.

Dorothy attributes Elrod's request to the work ethic that was instilled in them by their mother, who had a large family and a busy life as a farm wife and, later, as an Army ammunition plant employee. "Mother made assignments, down to the color-coding of our underwear, and we all had daily chores," she explains. "As part of a farm family, we actually worked out in the cotton fields, hoed our own cotton. And when we were truck farming, we had goals, like picking 100 or 500 tomatoes."

Organizational skills served the Hutto sisters well for careers in a busy health system. Dorothy's sister, Dora Ell, came to WK in 1983 and is radiology operations manager at Bossier. Two other sisters—Doretta, who worked in radiology, and Danita, who worked at Work Kare—have already retired.

The family tradition didn't stop with the sisters. Dora's daughter, Katie Rhoads, is a respiratory therapist at Willis-Knighton South. Two cousins are in health information management at WK Pierremont: Emma Mouser, with 20 years of service, is an inpatient coder and Janet Clark, who has been with WK for 10 years, is a discharge specialist. Another cousin, Lindsey Heusel, is a medical assistant for John Chandler, MD, with nine years of service.

► OAKS RESIDENT PROFILE BY TERRIE M. ROBERTS



QUITE A STORY

With a passion for books, Cherry Smith has transformed the Garden Apartments library

When Cherry Smith moved to The Oaks of Louisiana in May 2015, a new chapter began in her life—and that of the library at Garden Apartments at The Oaks. "She literally has transformed the library in such a way that even residents from Health Center at Live Oak come down and use it," says Margaret Gilbert, Garden Apartments manager.

The library is in the Alta and John Franks Community Centre, to the right of the entrance. It has always been inviting and frequented by residents, but Smith, with the help of resident Lola Russell, has made it more user-friendly and a place more residents want to check out.

"I have always been a reader and have always loved books," Smith says. "I read

just about anything—historical fiction, romance. It depends on my mood."

"When I was 10 or 12 until my mid-20s, I worked in a library," she says. "When the opportunity arose to assist with the library here, I thought, wow, I could be of some help."

And she has.

Smith and Russell have opened up space for new books by getting rid of books that have not been read in years. Another wall of bookshelves has been added. A "new arrival" shelf has been designated so that residents no longer have to scour the many books to find what's new.

"I have also asked residents to list their favorite books and authors and what genres interest them, so as new books are purchased, we include books

Garden Apartments at The Oaks residents Martha Sparke (left) and Cherry Smith enjoy their own version of Words with Friends as they look through the library's dictionary.

residents want to read," Smith says. "Some people like to read one specific author. Some read only Westerns. I want there to be something for everyone. I also want to get more largeprint books."

Gilbert adds, "We recently had a family donate 51 books to us, almost all keepers, that have enhanced our collection considerably. It's exciting to see residents enjoying the changes."

These changes have resulted from a new resident with a volunteer spirit and a desire to get involved.

"I knew I would be comfortable here," Smith says about her choice of The Oaks. "Everybody here is excellent. There hasn't been a person who has not been warm and welcoming. I am 20 or 30 years younger than most everyone here, but I try to do things with them and want to stay active and involved."

No doubt, her story will continue to unfold. ■

A love of books and years as a librarian inspired resident Cherry Smith to volunteer in the library of Garden Apartments at The Oaks.



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