

# viggor

SPRING 2016



## You Go, Girl

**29** things women can do to be healthier

**PLUS** How **Julianne Moore** is putting a spotlight on Alzheimer's disease in women

QUICK, LIFESAVING CARE FOR HEART ATTACKS

**For senior adults, a new home means new freedom**

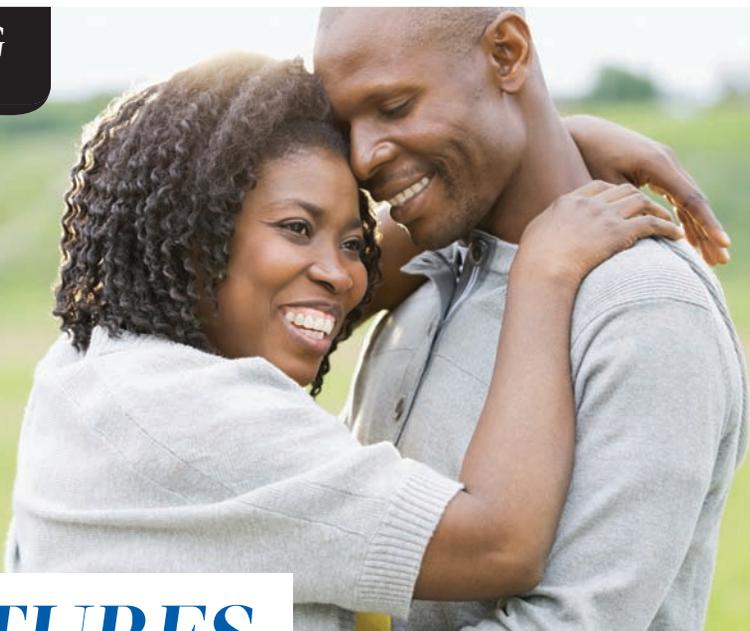
STILL THE LIFE OF THE PARTY AT 85



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When a car crashed outside her home, this WK nurse jumped into action.

# SUPPORTING THE HEALTH OF OUR COMMUNITY

*It's our mission—and we take it very seriously*



Every day, people in our community come to Willis-Knighton hospitals, clinics and wellness centers to get well or stay well. We constantly remind ourselves that caring for people is not just a responsibility. It is a privilege. An Arabian proverb reads: “He who has health, has hope; and he who has hope, has everything.”

We know how important health is and how important a sense of well-being is to healthcare and also to security and safety. Our mission, “to continuously improve the health and well-being of the people we serve,” is on our employee badges, and we take it seriously.

Another thing we take seriously is our philanthropy, what we call our “duty of conscience.” In this issue you’ll read about some of the work we do that supports our mission. While we support some endeavors by our medical staff outside the community, we believe that charity should begin at home. Thus, the majority of philanthropy focuses on local organizations that make a difference in the lives of people here in our community. Read about it in Marilyn Joiner’s story on page 54.

Health and well-being as you grow older plays an important role in longevity. Terrie Roberts profiles a couple who are enjoying newfound freedom at The Oaks while maintaining their usual busy schedules. Read about it on page 52.

As we get older, most of us are concerned about our health. I recall as a young hospital administrator the amazing development of open-heart surgery. Today, it’s almost routine and can sometimes be performed using a minimally invasive laparoscopic technique. In Darrell Rebouche’s story on page 49, you’ll learn about current developments at the Willis-Knighton Heart & Vascular Institute. This is an appropriate topic for February, which is American Heart Month.

These and the other features in this issue include plenty of good information to support better health for you and your family. Happy reading!

James K. Elrod  
President and CEO



# VIM & VIGOR

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**Jarrod Mitchell**

## GIVE ME STRENGTH

*Resistance training isn't just for bodybuilders. It has measurable benefits for almost everyone.*



“Lifting weights,” “pumping iron,” “going to the weight room”—these are some of phrases used to describe resistance exercise training, a form of strength training. Some think resistance training is only for those preparing for athletic events, but this is not the case at all. Strength exercises are great additions to aerobic exercise (walking and biking). Research shows strength training is safe and effective for women and men of all ages, according to the Centers for Disease Control and Prevention. What’s more, people with health concerns often benefit the most.

According to several strength-training studies conducted by Tufts University in Boston, weight training reduced arthritic

pain by 43 percent, increased muscle strength, increased bone mineral density and decreased disability. In addition, one 12-week study showed that older men and women added 3.1 pounds of lean muscle mass, lost 4 pounds of fat and increased their resting metabolic rate by 6.8 percent, therefore burning calories more effectively throughout the day.

There’s more! Strength training helps people restore balance, reduce falls, better control diabetes, lower resting blood pressure, improve cholesterol readings, sleep more soundly and diminish depression.

In general, if your doctor says it’s OK, you can follow these strength-training guidelines:

- Do your weight training after your aerobic exercise.
- Perform strength exercises two or three days a week, with at least 48 hours between sessions.
- Begin with four to eight exercises that focus on major muscle groups (such as biceps, abdominals and hamstrings), with one set of each exercise to include 10 to 15 repetitions. Increase to two to three sets as you progress.
- Use a weight that allows you to achieve 10 to 15 repetitions. If you can only do five repetitions, use a lighter weight. If you can do 20 to 30 repetitions, use a heavier weight.

While doing these exercises, remember to use proper technique, slow movements and continuous breathing. No straining should occur.

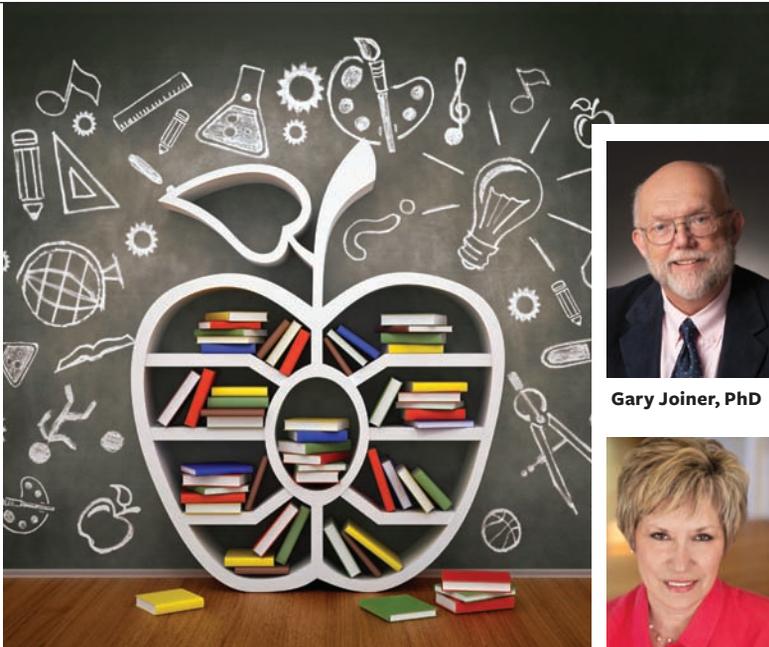
Now that you know why you should do it, and the basics of how—go pump some iron! You don’t have to flex your muscles in the mirror, but you can if you want to. ■

CALL



### Get Pumped

Ready to start a strength program or refocus your efforts? Check with your doctor or visit your nearest WK Health & Fitness Center and talk to an exercise specialist. Call **318-212-4475** for details.



**Gary Joiner, PhD**



**Cheryl White, PhD**

**COMING EVENT**

**UNIVERSITY AT THE OAKS RETURNS FOR 2016**

“War and Peace” is the title of the spring edition of University at The Oaks, The Oaks of Louisiana’s popular continuing education series. University at The Oaks brings college professors on campus to address a variety of topics for residents. The community is invited to join them for this four-part class.

This “War and Peace” is not the novel but rather a historical and philosophical examination of the concept of “just war.” Led by Gary Joiner, PhD, chairman of the Department of History and Social Sciences at LSUS, and Cheryl White, PhD, assistant history professor at LSUS, it is a blend of history, military history, philosophy and religion.

This program will be Mondays in March, at 5 p.m., in the Alta and John Franks Community Centre on The Oaks campus, 600 E. Flourney Lucas Road.

**CLASS SESSIONS:**

- “Ancient Warfare Principles and Examples,” March 7, with Joiner
- “St. Augustine and Just War Theory,” March 14, with White
- “St. Thomas Aquinas and the Medieval Scholastic View,” March 21, with White
- “Modern Warfare Principles and Examples,” March 28, with Joiner

Although the program is free to residents at The Oaks, the public may attend for a charge of \$25. Reservations are required and seating is limited. Reservations can be made online at [wkhs.com](http://wkhs.com) (click “Classes & Events”) or by calling **318-212-8225**.

**MAKE A LASTING COMMITMENT TO FITNESS**

People typically resolve to be fit at the beginning of the year, yet so often their motivation fades away within a few months.

Gyms count on that complacency. These profit-making organizations don’t expect everyone who joins to exercise regularly.

The way to commit to fitness this year is to join a WK Fitness & Wellness Center, where you have access to trained professionals in a medical fitness environment. How is that different from a gym? The specialists at WK Fitness & Wellness Centers want you to have a healthier lifestyle and are there to help you make it happen.

A longer life. A healthier life. A better quality of life. That’s what WK Fitness & Wellness Centers are all about. “Our specialists will create an exercise prescription for you and help you identify activities you will enjoy doing,” says Ken Paulovich, RN, director of WK Fitness & Wellness Centers. “When you find activities you enjoy, you will look forward to coming and seeing the results you can achieve.”

Membership includes open access to four centers (adjacent to each Willis-Knighton hospital), a wide range of classes that

complement the exercise equipment and pools, and regular sponsored lunches featuring a dietitian/wellness coach who talks about nutrition.



**Ken Paulovich, RN**



TOP LEFT, BOTTOM RIGHT PHOTOS BY THINKSTOCK

## BY THE NUMBERS



Willis-Knighton is home to some of the region's most innovative imaging capabilities

1

PROTEUSONE  
PROTON  
THERAPY UNIT



MAMMOGRAPHY  
UNITS  
(INCLUDING 4  
3-D UNITS)



MRI  
UNITS

8

CT  
SCANNERS

1

PET/CT  
SCANNER

## CONSTRUCTION UPDATE

# COMING SOON: BETTER ACCESS TO SURGICAL CARE

An artist's rendering showing the new addition to Willis-Knighton's flagship campus



Patients and visitors of Willis-Knighton Medical Center (North) will see some changes soon. Construction began last fall on additions to the hospital at the flagship campus on Greenwood Road.

The hospital has experienced unprecedented increases in surgery, and this expansion will create additional, larger surgical suites for more efficient scheduling and complex cases. Part of the demand is from the consolidation

of heart surgery at a single location to take advantage of the region's most experienced heart surgery team. With increased heart surgeries comes the need for more beds in the cardiac care unit, which will also be expanded.

Willis-Knighton makes this investment to continue to give patients in the Ark-La-Tex better access to the skilled surgeons and experienced care team at the Willis-Knighton Heart & Vascular Institute. The project is expected to take 18 months.

*This expansion will create additional, larger surgical suites for more efficient scheduling and complex cases.*



**Residents enjoy the camaraderie of croquet but are quite competitive as they devise their strategies for winning.**

Margaret Elrod, executive director of The Oaks, says the croquet lawn was in the community's master plan from the begin-



ning. "When we were doing research, there was a property in Asheville [North Carolina] that had a croquet lawn, and the residents seemed to really enjoy it," she says. "Frankly, I had fond memories of playing croquet as a child, and I felt this was a way to encourage residents to get outside and enjoy the sunshine and fresh air and socialize."

Says Winterrowd, "It is wonderful physical and mental exercise. The camaraderie is great, but what I like most is the brain-health aspect to it. There is a strategy to playing."

Wimberly and Dukes agree. They admit they were a bit passive when they first began playing, having to familiarize themselves again with the rules and developing their skills.

"They've really gotten aggressive," Winterrowd says with a laugh.

"I had forgotten some of the rules," Dukes says, "but I know how to hit the shots and get other players' balls out of the way."

"We can be vicious," Wimberly says, chuckling. "It gets competitive—we make it be. But we love the fellowship with each other, and you don't have to be athletic. Anybody can do it."

Even ladies 87 and 88 years old! ■

## HAVE A BALL

*Croquet is a favorite outdoor recreational sport among residents*



A competitive spirit doesn't necessarily diminish with age.

That is apparent to anyone who watches residents play croquet at The Oaks of Louisiana.

A croquet lawn was installed last spring in the center of the campus, and it didn't take long to rouse interest in the recreational sport.

"I couldn't wait for the lawn to be finished," Opal Wimberly says.

Adds Lois Dukes, "When they began to put it down, I was anxious for them to get through with it."

Both residents, who live in Garden Apartments at The Oaks, grew up

playing and enjoying croquet. They were among the first to support Holly Winterrowd's efforts to establish weekly croquet games and provide residents another opportunity to reap the health benefits of being outdoors.

Winterrowd, senior wellness coordinator for The Oaks and group exercise coordinator for WK Fitness & Wellness Centers, says being outdoors "can do more for your health than you can imagine. As little as five minutes a day can improve mood and self-esteem. It increases vitamin D levels, which is important in helping prevent chronic diseases and fighting infections such as cold and flu."

# SPRINGTIME SALADS

Recipes from Willis-Knighton and The Oaks of Louisiana



## Tortellini-Pesto Salad with Tomatoes

### INGREDIENTS

2 cups frozen or refrigerated cheese-filled tortellini  
1 cup cubed fat-free mozzarella cheese (4 ounces)  
1 cup coarsely chopped, seeded tomato  
½ cup reduced-fat pesto  
¼ cup roasted pine nuts  
Leaf lettuce  
Fresh basil (optional)

### INSTRUCTIONS

Cook tortellini according to package directions. Drain and rinse with cold water; drain again.

In a large mixing bowl, combine tortellini, cheese and tomato. Pour pesto over tortellini mixture. Toss lightly to coat. Cover and chill for 2–4 hours.

Just before serving, stir in pine nuts. Divide pasta mixture among five lettuce-lined plates. Garnish each serving with fresh basil, if desired.

Yield: 5 servings. Serving: ½ cup. Calories: 224. Fat: 8 grams.

Submitted by Willis-Knighton Diabetes & Nutrition Center.



## Shrimp Salad on Croissant

### INGREDIENTS

1 pound medium shrimp, raw, peeled and deveined  
¼ cup finely diced red bell pepper  
¼ cup finely diced celery  
3 green onions, thinly sliced  
2 tablespoons lemon juice  
1 tablespoon Seafood Magic  
1 cup mayonnaise  
6 croissants

### Shrimp:

1 cup lemon juice  
1 Louisiana brand hot sauce  
½ cup Creole seasoning  
1 gallon water  
8–10 cups ice

### INSTRUCTIONS

In a 6-quart pot, bring water, lemon juice, hot sauce and Creole seasoning to a boil. Turn off heat and carefully add shrimp and let sit 3–5 minutes. Once cooked, strain off ¾ of the water and add ice. Once shrimp are chilled, strain into a colander and discard any ice.

Cut shrimp into ½-inch pieces and place in a mixing bowl. Add peppers, celery, green onions, lemon juice, Seafood Magic and mayonnaise, mixing to combine.

Toast croissants in oven at 350 degrees for 5 minutes if desired. Split croissants lengthwise and spoon mixture on the bottom half and cover with remaining top half of croissant.

Yield: 6 servings.

Submitted by Cameron Wallace, Oaks of Louisiana.

**MANAGEMENT PROFILE**

**STRONG  
Pedigree**



**Claire Rebouche,  
RN, MSN, CPPS,  
in 1982 (above)  
and today**



For more than 30 years, **Claire Rebouche** has worked full time at Willis-Knighton Health System, but her bond with the organization goes well beyond her healthcare career. Like so many of her colleagues, Rebouche refers to Willis-Knighton as her family. In her case, she means it literally. The health system is named partially in honor of her great-grandfather, Joseph Knighton, MD.

As the hospital on Greenwood Road began its early growth, many of its renovations and additions were designed by Shreveport architect Paul G. Annan, her maternal grandfather. “I grew up loving Willis-Knighton,” Rebouche says.

While attending Vanderbilt University School of Nursing, she came to Shreveport and worked summer jobs at Willis-Knighton in the staffing office and the newborn nursery. When she graduated, Rebouche knew where she was going. “I really didn’t consider anywhere else,” she recalls.

She started in the neonatal intensive care unit, earned a master’s degree from Northwestern State University School of Nursing and steadily rose through the ranks to her current position as patient safety officer, subsequently earning a national certification in patient safety.

“Willis-Knighton has changed tremendously in the 30-plus years I’ve been around,” she says, “and I’m proud to have watched it grow.”

**WK Employees  
Active in the  
Community**



**Belinda Grumble  
at the site of the  
accident**

On a scorching summer Saturday, **Belinda Grumble** was relaxing at home when she heard a terrible sound. She rushed to investigate and saw the results of a car collision. An elderly couple were trapped inside one of the vehicles. “The way the car got hit, I knew they had severe injuries,” Grumble recalls.

She says her nursing instincts drove her to help. A team of healthcare workers quickly assembled around the crushed car. Grumble remembers borrowing a pocketknife from a bystander to cut down the driver’s airbag. “I held the driver’s hand until the paramedics got there,” she says. “I kept talking to them to make sure they didn’t pass out.”

The couple, Elaine and Vincent Ogrinc, were critically injured and spent more than five months in hospitals and rehabilitation facilities. As they continue to recover from their near-fatal injuries, they remember Grumble and the other nurses who happened to be nearby and offered quick assistance.

Vincent looks back on the comfort he received from a reassuring voice, a friendly face and the touch of a hand. Grumble, a clinic nurse at WK Pierremont Family Physicians, was eager to help. “I’m a people person and I like helping people,” Grumble says. “I don’t like seeing anyone get hurt.”



**Belinda Grumble rushed to the aid of an elderly couple and stayed with them until they were rescued from their sedan.**



# Time BY DARRELL REBOUCHE SENSITIVE

*Emergency medical professionals are trained, ready and waiting to care for people suffering from heart attacks*

**W**hat would you do if you thought you were having a heart attack? You may be surprised that many people's first instinct is not the best option.

"It's tempting to get your loved one to drive you to the hospital," says Steve Lehr, coordinator at the Willis-Knighton Heart & Vascular Institute. "But in all reality, if it's life-threatening chest pain, you need an ambulance." >



**ABOVE:** Chief Scott Wolverton says Shreveport Fire Department ambulances like this are equipped with lifesaving gear and medication. **INSET:** Noble Price, of Bossier City, is fully recovered from a STEMI, the deadliest form of heart attack, thanks to Willis-Knighton's record time to a cardiac catheterization.

*“The longer a blood vessel is occluded [blocked], the longer blood and oxygen are not getting around that occlusion into the heart muscle.”*

**—ROBERT MARTIN, MD**



An ambulance likely will arrive more quickly than you can get to a hospital in a car, and that means emergency medical services (EMS) are provided sooner. Ambulances are equipped with lifesaving equipment and medicine, as well as the means to transmit important information about your condition to the hospital while you're on the way.

“You can't do that from a private auto,” Lehr says, adding that having electrocardiogram information—a report of the vital electrical functioning of the heart—sent ahead is critical.

Shreveport Fire Chief Scott Wolverton confirms that. “We are able to send telemetry wirelessly to the hospital,” he says. “The doctor can look at it. We can talk to the doctor on the radio. There are things we can do on the scene that start helping, like opening occluded [blocked] vessels with nitroglycerin or other medications.”

Other area EMS providers, including those in Bossier City, have similar capabilities.

### **QUICK Communication**

“You save time, you save muscle,” says Robert Martin, MD, an interventional cardiologist at Pierremont Cardiology. Dr. Martin is referring to the heart muscle and the deadliest form of heart attack known as a STEMI (ST-segment elevation myocardial infarction). A STEMI occurs when a coronary artery is blocked by a clot, restricting blood flow to a part of the heart. “The longer a blood vessel is occluded, the longer blood and oxygen are not getting around that occlusion into the heart muscle, which can cause irreversible damage,” Dr. Martin explains.

If you've suffered a STEMI, you can benefit greatly from having emergency medical technicians in the ambulance actively communicating with emergency department personnel. The sooner you get to the cardiac catheterization laboratory for a procedure to open the blockage, which essentially ends the heart attack, the better. Cardiologists perform

The Heart Hospital, part of the Willis-Knighton Heart & Vascular Institute, on Hearne Avenue in Shreveport.



**ABOVE:** Steve Lehr is coordinator of the Willis-Knighton Heart & Vascular Institute cardiac catheterization laboratory. **BELOW:** Cardiologists work to restore blood flow to blocked arteries.



balloon angioplasty to accomplish this. Therefore, the phrase “door-to-balloon time”—the time between arriving at the hospital’s door and receiving a balloon angioplasty—has become critical when healthcare professionals discuss treating STEMI patients.

“Our door-to-balloon goal is less than 60 minutes, and we frequently treat much quicker,” says Kathy Walker, director of the Willis-Knighton Heart & Vascular Institute.

### **RECORD TIME to Lifesaving Care**

Noble Price, 53, of Bossier City, knows firsthand the value of a fast door-to-balloon turnaround. He suffered a STEMI on a local golf course, and his playing partner called 911 to summon an ambulance. Price’s outlook was not promising. “I was told most people who look like I did probably wouldn’t have made it,” he says.

Price is alive to tell his story because the emergency medical technicians were

actively communicating with the Willis-Knighton Emergency Department. The doctors there made the decision, based on information from the ambulance, to assemble the cath lab team. Price’s door-to-balloon time set a local record: 17 minutes. Price, who was awake the whole time, recalls, “Nobody panicked, but they were quick. They were very professional, everybody asking direct questions. Everybody knew exactly what they were doing.”

Adds Walker: “It really is a team effort. It’s not only what we do in the cath lab. It’s also working in concert with the Emergency Department people and local emergency medical services staff who understand the importance of getting patients to the hospital quickly.”

Walker says that it’s all about the emergency staff getting patients to the cath lab quickly and the cath lab team responding quickly. They all focus on the mantra that Walker repeats: “Save time, save muscle.”

### **EVERYONE Working Together**

Dr. Martin agrees, saying that all of those things work together to get the blood vessels open more quickly, therefore benefiting patients. Each team member’s responsibility is critical, from the person who transports the patient to the one who secures an elevator to get the patient to the cath lab. All of these efforts might not be otherwise considered without advance planning. Dr. Martin is impressed that the Heart & Vascular Institute has worked out all the details so that everyone is on task and knows the objective when a STEMI case is on the way.

Lehr touts the ongoing systemwide initiative as a success. “I really think the door-to-balloon process we have is one of the best processes in the hospital,” he says. “We bring departments together and we professionally critique each other to make ourselves better.”

Adds Walker, “We all meet once a month to work on it, to refine the process. That’s how we save lives.” ■



New Oaks residents Bitsy and Sam Smith credit the staff with making the transition from their home in Broadmoor to The Oaks a wonderful experience.

# MOVING

## on Their Terms

*How (and why) one couple decided to downsize to an active adult community*

BY **TERRIE M. ROBERTS**

**B**itsy and Sam Smith moved to The Oaks of Louisiana in June from a house in Broadmoor that they shared for 63 years.

One might think it was a hard decision to leave a home where they raised two daughters and a son and began making memories with grandchildren and great-grandchildren.

Or choose what to keep, what to give away or what to discard as they prepared to downsize and move to Tower at The Oaks, one of The Oaks' independent living residences.

Or pack, coordinate movers, unpack and get settled into a new home, a new life.

Not so, according to the "80-something" couple who compare their new apartment to a "cruise ship on land."

"Piece of cake," Sam exclaims.

Of course, moving wasn't that simple, but the two agree that once the decision was made, there were no second thoughts. The support of their children and the assistance of Oaks leasing specialist Donna Angle made the uncharted waters smooth sailing for the Smiths.

Bitsy says several reasons factored into the couple's decision to move from a home that had long been paid for to an apartment home where they would begin paying rent: the burden of upkeep and maintenance of an aging home when she and Sam were aging as well;

the reality that their future care needs might possibly require assistance or skilled care; and a desire to enjoy their independence while they were still in good health.

"I was tired of having to do something every second," Sam says. "I wasn't doing the job I did when I was younger."

Bitsy adds, "It was time."

### **KNOWING When It's Time**

Diane Aillet, the Smiths' oldest daughter, says she and sister Elane visited The Oaks with their mother several years ago "to look at the retirement community as an option for later."

"Then as time went on it became apparent that a move would be best while they were still young enough and healthy enough to enjoy independent living," Aillet says. "It took a bit of coaxing and took us at different times and in different ways to encourage them. Ultimately, it was they who made the decision."

Aillet says that for a while there were signs her parents might benefit from a move to The Oaks, signs not lost on the Smiths themselves.

Sam, who had always taken pride in his yard and house, could not maintain it at the level he once did. Bitsy, who had fallen on Good Friday 2014 and broken her arm, fell again in early December that year while out at East Ridge Country Club.

"I began thinking, what happens if what is happening to her happens to me?" Sam says. "What are we going to do? I started thinking how we were going to move out of our house and started making some kind of preplans in my head."

Those plans gained momentum while Sam was in Arkansas at Shangri La Resort, where he and his family have vacationed each year since 1959. Bitsy opted out of joining him, instead visiting Elane in Frisco, Texas, where Bitsy could recover from her fall. When the Smiths were reunited later that spring,



**Sam Smith enjoys the "fishing hole" (Lake Eleanor) behind his new apartment home at Tower at The Oaks, which offers a beautiful view and a perfect place to cast a line.**



**Salon services at the Spa & Wellness Center are among the amenities Bitsy Smith loves about living at the Tower.**

Sam says it became apparent the couple needed to move.

"I waited about a week and I said to Bitsy, 'Let's go over there and look at The Oaks,'" he says.

### **COMFORTABLE Transition**

The couple met with Angle, who sat down with them to learn about their lifestyle, what they were looking for in a new home, and what, if any, hesitations they had to actually making the move.

"She showed us several apartments and when we walked in this one, that was it," Sam says. "We were ready to sign."

*"The camaraderie is wonderful. I have renewed acquaintances. It is great to have friends around to eat with and enjoy each other's company."*

*—BITSY SMITH*

Any apprehension Bitsy felt disappeared when Angle provided them with names of companies they might consider should they need help at any stage of the move: packing, moving or holding an estate sale of belongings not going with them or going to family or friends.

"Donna helped us all along the way," Bitsy says. "It was not hard to make the decision to move here."

Nor was it hard for the couple to tout the many reasons life at The Oaks for them is more than they could have imagined.

"I have yet to see a frown on any employee's face," Sam says. "And the dining staff—we didn't expect all of the pleasantness. The security is around the clock. They don't just patrol when the boss can see them. It is all the time, every day."

Says Bitsy: "The camaraderie is wonderful. I have renewed acquaintances. It is great to have friends around to eat with and enjoy each other's company."

And the fact that The Oaks offers assisted-living and skilled-nursing options should either Bitsy or Sam need a different level of care gives them peace of mind. And that, Sam says, is priceless.

"The Oaks simply is a wonderfully run and beautifully done community," Aillet says. "We couldn't be happier." ■

*“Give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap.*

*For the measure you give will be the measure you get back.”*

—Luke 6:38

**W**hen Willis-Knighton Health System adopted its philosophy of giving, the board of trustees took a bold leap. Believing in the scriptural message above, they voted to tithe the bottom line of what had been a hospital in undeclared bankruptcy. Tithe. Yes, give 10 percent, even when it’s tough to do so.

The tithing initiative was a response to a sort of “redemption,” moving from a poor financial state to a more prosperous one. It just seemed right. When you have been blessed, you need to share those blessings.

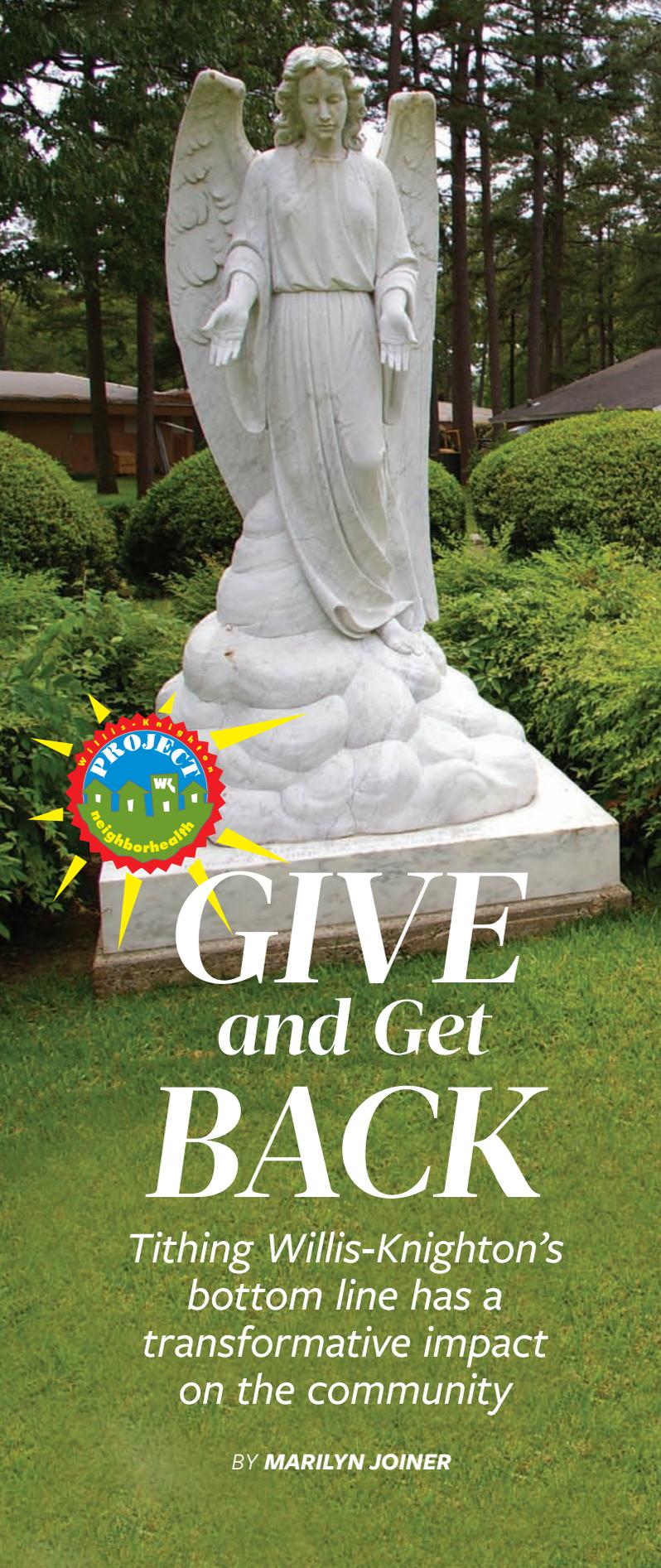
Fast-forward to 2016, and look around. In our community it’s easy to see why many believe that tithing has been a key element of Willis-Knighton’s success.

Today Willis-Knighton is not one hospital, but four, with a fifth to open soon, plus:

- A physician network with almost 400 doctors and clinics throughout our community, including some in areas that once were underserved.
- A welcoming practice environment for independent and academic physicians who want to serve patients on WK campuses.
- Some 6,500 people who rely on Willis-Knighton for jobs, for their family income and some of the best benefits around town.
- Unparalleled technology.
- Some 56,000 people receiving care in Willis-Knighton hospitals each year.

And nobody understands tithing like James K. Elrod, Willis-Knighton’s president and CEO. He frequently contends that the decision by the board of trustees has helped to lift Willis-Knighton from an underdog position in the local healthcare market to its current successful position as the market leader. Success breeds success. And so does tithing.

**Holy Angels approached Willis-Knighton to help develop a master plan and fund element of the plan.**



# GIVE and Get BACK

*Tithing Willis-Knighton’s  
bottom line has a  
transformative impact  
on the community*

BY MARILYN JOINER

## FAR-REACHING Philanthropy

Raised as a Baptist in eastern Texas and with an undergraduate education at Baylor, Elrod understands the tithing principle and takes the biblical passages seriously.

Each year a minimum of 10 percent of Willis-Knighton's bottom line is returned to the community. Over the years, as the health system's bottom line has grown, so has the amount given. It's likely that most people in Shreveport-Bossier have some connection to Willis-Knighton, even if they choose to receive care at facilities outside the health system.

The philanthropy, all funded with money that WK earns, focuses on three major areas—healthcare, public education and humanitarian services—with some dollars also going to quality-of-life issues.

Who receives Willis-Knighton's help?

- Individuals with intellectual and developmental disabilities at Holy Angels.

- Homeless families trying to build better lives with support from Providence House.

- LSU School of Medicine in Shreveport and its training programs for physicians and allied health professionals who will care for future generations.

- Local schools and universities for academic enhancement that empowers and uplifts students.

- Local military units in support of their contribution to our country, with special attention to veterans who need assistance.

- People in underserved neighborhoods whose health needs are addressed at strategically placed clinics, created in partnership with local organizations and individuals.

- Children who learn how to protect themselves at Sheriff's Safety Town.

- Individuals whose lives are enriched by a variety of cultural activities from the Shreveport Symphony Orchestra to Robinson Film Center.

At Willis-Knighton, the act of giving back, for many, is a way of life.

## PEOPLE Helping People

Willis-Knighton employees provide one of the largest food drives for the Food Bank of Northwest Louisiana every November, providing food and

cash to feed the hungry. And Willis-Knighton doctors give back, too. Timothy Nicholls, MD, and Ricky Davidson, MD, reach out to the homeless through the Shreveport-Bossier Rescue Mission. Several doctors do missionary work locally or internationally, like Corine Bowman, MD; Gail Amison, MD; Gazi Zibari, MD; and Michael Moore, MD; to name only a few. The number of Willis-Knighton clinical and support staff who contribute to local, national and international missions is considerably larger.

One WK initiative, the scholarship program for children of Willis-Knighton employees, has only two criteria: 1) being a dependent of a WK employee and 2) showing a record of volunteer service, of giving back to the community.

Yes, Willis-Knighton does it, Willis-Knighton physicians do it, Willis-Knighton employees do it, and now even their children do it. ■



**LEFT: Kaitlyn Rusley, a Caddo Magnet High School graduate, displays her scholarship check with her mother, WK employee Crystal Rusley, and Aljay Foreman, assistant administrator at Willis-Knighton Medical Center. Foreman suggested the WK Giveback Scholarship Program, which in 2015 awarded 40 scholarships to children of employees.**



**CLOCKWISE FROM LEFT: WK Community Health & Wellness Center on Pierre Avenue is a Project NeighborHealth clinic, offering medical and fitness/wellness services in an underserved neighborhood. Financial and planning support from Willis-Knighton were critical to the development of Sheriff's Safety Town in Shreveport. Willis-Knighton is a longtime supporter of Providence House.**



**Dean Leahy loves to have a good time and gets in the spirit of such Oaks events as the St. Paddy's Day Parade.**

## WHEN YOU'RE SMILING

*Fun-loving Dean Leahy has been keeping the community's mood light since 2011*



To anyone who doesn't know Dean Leahy, the smile on his face and the twinkle in his eyes say it all.

This 85-year-old is the heartbeat of Garden Apartments at The Oaks, his vigor for life coursing through the day-to-day goings-on at this independent living residence in The Oaks of Louisiana community.

"He's very caring. There is nothing he would not do for anyone," says Margaret Gilbert, manager of Garden Apartments. "He's very mischievous and loves to have fun and laugh."

Says Leahy, "I'm a happy person. I came into this world smiling, and I'm going out smiling."

Leahy moved to The Oaks of Louisiana

in September 2011. The father of a daughter and son, grandfather of three and great-grandfather of two, Leahy was widowed in 2010 after nearly 60 years of marriage.

He spent a year in an older home that he says needed a lot of work, keeping to himself, seeing few people beyond daughter Kerri Russell.

"One day I called my daughter and told her I was getting out of there. She jumped on it," Leahy recalls.

Russell adds, "We went that day to tour The Oaks. I didn't want him changing his mind."

Leahy's decision to move to The Oaks was his, but the Dean Leahy whom residents know today is not the Dean Leahy who moved in four years ago.

"For the first year," Russell says, "he stayed in his apartment and kept to himself. I think he had to figure out it was OK to move out of the house he shared with my mom, and once he did, he returned to his old self."

Today, he participates in as many of the activities and events as he can, particularly those involving music. No doubt he will always be remembered for his lip-syncing of Bruce Springsteen's "Born in the U.S.A.," part of a patriotic program presented by The Oaks Chorus.

"He's a good sport," Gilbert says. "If he knows it's going to make everyone happy, then he is going to do it."

"This is the best place for him," Russell says. "He's come alive."

"I fell in love with The Oaks when I came here, and I've loved it ever since," Leahy says, smiling.

And The Oaks loves him. ■



**Dean Leahy performs Bruce Springsteen's "Born in the U.S.A." during a patriotic performance of The Oaks Chorus.**

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