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Greater

HEALTH CARE ALONG THE TEXAS GULF COAST

BAYTOWN

Welcome to the November issue of Greater Baytown, which is all about inspiration.

Read about Meghan Daniels survival story battling breast cancer and the challenges she and her family faced during her chemotherapy. Read Michael Pineda's story starting on page 4.

Attorney Daniel D. Williams decided to change his life and become more healthy by competing in Ironman competitions. Read Alan Dale's story on page 8.

The Health and Safety Council held its grand opening recently. Read Matt Hollis' write up on their celebration, on page 13.

Eleska Aubespain is back writing about the gift of life during a pandemic. It is ever important to donate blood. Read page 16-18.

Local IMPACT Early College High School's Kyla Gijan is about to represent her school in the Congress of Future Medical Leaders. Read page 21.

Houston Methodist CEO Marc Boom has recommendations for health safety in the ongoing pandemic on page 22, in a story written by Mark Fleming.

If you are concerned about your children's social media activity, read about Bridgehaven Children's Advocacy Center representative Meagan Croker speaking with Rotarians about the dangers of social media, on page 26

Thank you for reading. Stay safe. Stay well.



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On the COVER

Johnny, Carley, Cayman, Camdyn and Meghan Daniels are pictured as Meghan rings the bell for completing her chemotherapy treatments.

The Baytown Sun

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RINGING THE BELL ON CANCER

By Michael Pineda

For Meghan and Johnny Daniels, the fight against breast cancer has not been wearing a ribbon and wearing pink during October. It has been a larger than life ordeal with real emotions, real complications and real pain and suffering. And it has offered a real light at the end of the tunnel.

From nursing a five-month-old daughter to the completion of chemotherapy, Meghan has been in the biggest fight of her life with a supportive family at her side. The fight is not over but the cancer is in retreat given Meghan and Johnny confidence they will emerge from the experience stronger than ever. In several ways, they will be wiser too.

Meghan said if there is one thing, she could tell herself after traveling through time, it would be simple.

“Get ready momma, you’re one badass but dang it so is cancer! Fight, fight, fight because there is a light at the end of the tunnel.”

Discovery of the cancer

Breast cancer came out of the blue for Meghan Daniels. She did not find out from one of the self-examination techniques that have been taught over the years. Instead, it could be described as cruel, noticing something was wrong as she was breastfeeding her five-month-old daughter Carley. Meghan would regularly press on her breast during feeding to make sure they had been emptied.

“One evening, I felt a small lump on the left side,” she said. “If you’ve ever breastfed babies you know they tell you to ignore the lumps and bumps because that is how breasts are during feeding. About a week later as I was getting into bed, I felt a sharp, stabbing pain under my left arm.

“I immediately pressed against the pain and felt a huge lump.”

As can be expected, Meghan reacted to the lump immediately. It was a Friday night and she had to wait until Monday until she could get into the doctor. That meant a weekend of waiting to get into a doctor but not ready

to rise to the level of being concerned about cancer.

“At the appointment, my doctor said it felt like a clogged milk duct that was likely infected and therefore causing my lymph nodes to swell,” Meghan said.

She was given an antibiotic and an ultrasound was ordered. That is when hope began to turn back into concern. Meghan had to wait a week until there was an opening to take the ultrasound. It was the reaction from the radiologist that began to concern Meghan.

“She kept saying I’m sorry and patting my arm.” Meghan said. “Then the nurse who had started the ultrasound said, ‘I was in your shoes five years ago and look at me, I’m great now.’ I was laying there scared and confused, wondering what she meant. They said I needed to do a mammogram immediately and schedule the biopsy asap.”

Meghan said she took a mammogram which was not bad at all despite what some have indicated. She then sat with a nurse to answer questions for the biopsy and the fears

came crashing back down on her.

“The nurse sat down, held my hands and with watery eyes and said, ‘everything is going to be ok; do you have a good support system at home,’ Meghan said. “‘Again, I’m confused, scared and still in shock because everyone is talking to me like I’ve gotten some horrible news, but nobody has told me anything except that I need to schedule a biopsy. I said yes and she asked ok who is at home right now. I said my husband and my kids. She told me, ‘you’re going to need to call your husband before you get home, so you don’t scare your kids.’ At this point I’ve started to cry because I’m scared, I said ‘ok I’ll call him but what exactly am I telling him?’”

The biopsy took place two days later on a Friday and she entered a weekend dreading the unknown. Meghan describes those two days with one word, “Brutal.”

Diagnosis given

When given the option of good news or bad news, it seems more often than not people will choose bad news to get it over with.

In a sense, that was where Meghan found herself after a biopsy and mammogram. The weekend passed by and then a Monday with no news. Finally, after what seemed a lifetime, she got word on a hospital app that there results were in on a Tuesday afternoon. She called the office and found out the doctor would be out until Wednesday.

“I immediately started crying and begged the receptionist to ask if the nurse or another doctor could go over them with me since I’d been agonizing for days over them,” Meghan said. “She said she would ask and call back. When she returned my call, she said in fact, ‘no.’ Nobody else could tell me and that my doctor wouldn’t be able to tell me over the phone either. I would need to make an appointment.”

Meghan said she was emotionally drained by the ordeal and opted to call the breast center at the hospital. The nurses, she said, had been sweet through the experience and they once again came through. A doctor was coming in at 3 p.m. on her day off to go over the results. Meghan said she felt glad and sick at the same time.

“What doctor comes in at 3 p.m. on their day off,” she asked. “Why did the doctor need to tell me in person? Because of COVID, I had to go in alone. While I sat waiting in the room, I kept telling myself it could still be nothing. I wanted so badly for it to be nothing. Once the doctor came in, she sat and said the words I never wanted to hear.”

“The results came back. I’m sorry. You have cancer in your breast and in your lymph node,” the doctor said.

Breast cancer awareness

Neither Meghan nor her husband Johnny, an assistant basketball coach at Sterling, were very familiar with breast cancer. Johnny said he had known very few people who had it and had personally never had any details or knowledge about chemotherapy. Meghan said she had only known one person that had cancer and that was lung cancer.

“When my wife was diagnosed, I began to research it a little more and I’ve learned a lot firsthand since then,” Johnny said. “I honestly didn’t want to look up too much online as I believed a doctor would tell us what we needed to know.”

For Meghan, the next step was putting her care and life into the hands of people she felt safe with and could trust.

“Growing up in Houston, you hear your whole life how MD Anderson is the best place to treat cancer and I assumed I should go to there,” Meghan said. “Houston Methodist Hospital (Nassau Bay) was working so quickly and honestly that was what I wanted.”

The morning after being diagnosed, Meghan met with her oncologist and plans were made immediately starting with tests.

“Since all I wanted to start fighting this thing immediately, I knew this was the place to stay,” she said.

Treatment would consist of 22 weeks of chemotherapy, surgery to remove the cancer, two months of radiation and then another surgery to follow radiation.

Chemotherapy begins

There are all kind of perceptions when it comes to chemotherapy, yet Meghan didn’t have time for any preconceived notions as

she began treatment quickly. Within a week of being diagnosed, she was at the infusion center for her first chemo treatment. She received ‘Red Devil’ chemo, named because it is red, and it is the devil.

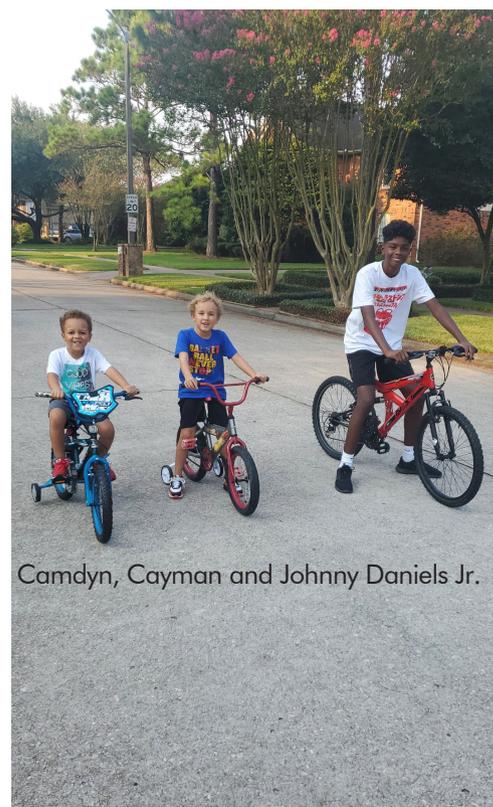
“I was a bit naïve in thinking I was tough and ready for anything as long as it meant I was killing the cancer,” she said. “Chemo sucks, plain and simple. It wrecks your mind, our body and attacks every cell in your body, not just the bad ones. The medicine they give you after chemo isn’t great either.”

Meghan recalled a conversation with her oncologist that chemo hasn’t changed. What has changed is treatment for side effects. Medication is strong allowing a patient to sleep through the worst part of the side effects.

“I hated the brain fog and decided after a few treatments that I’d rather be nauseous and sick than foggy, depressed and sleeping my days away,” she said.

Meanwhile Johnny was out of the classroom because of the COVID-19 pandemic. In a support role as Meghan began treatment, he was there through the tests, installation of the port, weekly blood tests and effects of chemo. In Meghan he found his biggest inspiration.

“I saw what it means to be a warrior,” he said. “She had her good days and her bad days but for the most part she stayed focused and continued to fight for her life and for our family. She inspired me to cherish life, never give up, and fight relentlessly.”



Camdyn, Cayman and Johnny Daniels Jr.

She taught me to remember that no matter how bad of a day you are having it can always worse and to cherish each day and be grateful for my health and loved ones.”

Balancing family and treatment

Once Meghan began treatment, it impacted the family as a whole. For Johnny, life had already changed up from that of a coach and teacher to working from home quarantined. As it turned out, it was a blessing in disguise.

“With such an aggressive form of cancer came very aggressive treatment,” he said. “For 72 hours after her chemo treatment she had to limit her interaction with the children because of toxic meds she was receiving. Luckily my mother-in-law (Pam Jennings) lives around the corner and she was able to help tremendously. The boys were able to spend the night with her so I could care for our youngest baby and make sure my wife was ok too.”

Not being able to breastfeed was heartbreaking for Meghan. For a five-month-old, the sudden change from what she had known from birth was not easy to understand. In fact, it was not easy for any of the kids.

“My kids are my everything,” Meghan said. “They are my why. There was no way cancer or chemo was going to keep me from raising my babies.

“My boys were five and three when I was diagnosed. My daughter was only five months old. I told the boys that I had bad cells in my body and that I would be getting sleepy medicine to kill the bad cells. I told that that the medicine was bad for them but good for me and that after I got the medicine, they would have to spend two nights at Gammy’s house. Bless their hearts. They had no idea how long the sleepy medicine would last and constantly asked when it would be over.”

Meghan said it was heartbreaking when her five-year-old son would cry, wanting to be with her and snuggle with her as she struggled through treatment.

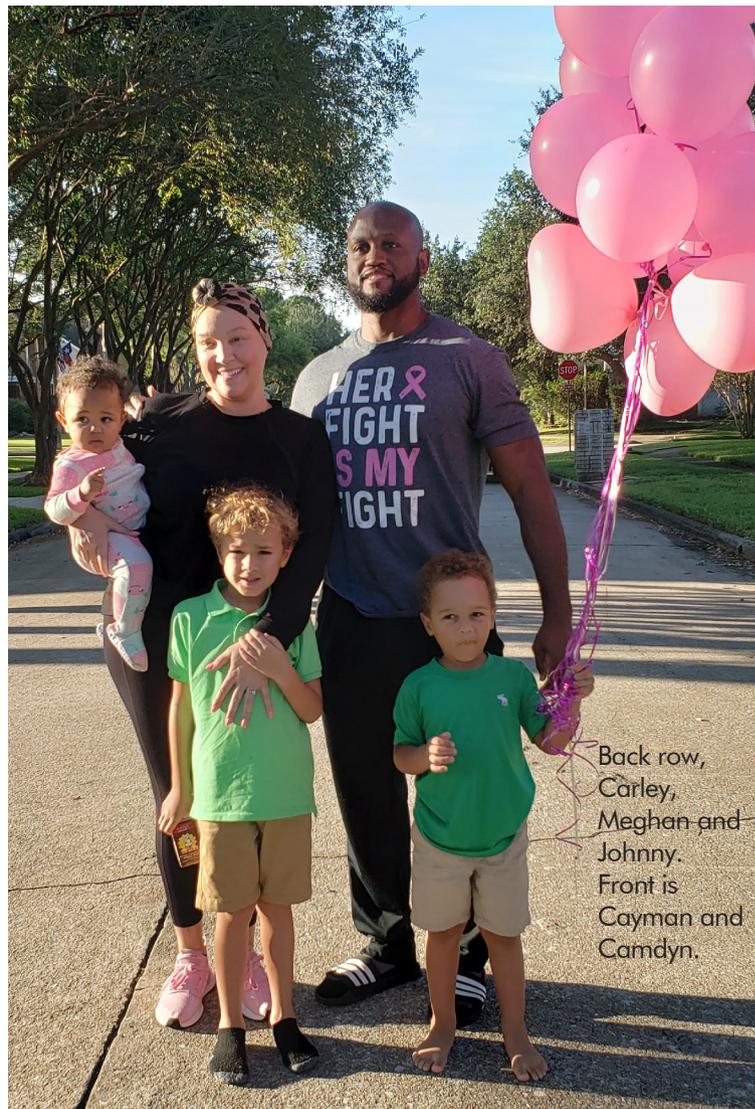
“The amazing this is kids are resilient and all my kids are doing well and thankful that the sleepy medicine is done,” Meghan said.

Johnny also felt some of the helplessness as he could not do more to help. Some of the companionship can be lost as the focus changes overnight.

“I knew my wife did not feel well and it was hard knowing that I couldn’t just sit there and hold her like I wanted to,” Johnny said. “I was busy trying to juggle so my things required in our house. It’s challenging not getting alone time, but I knew this was temporary and we could nourish our relationship after the battle. I felt a constant struggle of wanting to give my wife time to rest and to be there next to her. When a person doesn’t feel well enough for basic daily activities you can imagine how that effects your love life as well.”

There was more time to spend with the children which proved to be a positive. The family was also blessed with friends who lined up to donate to their meal train, providing dinners as Meghan was too sick to cook.

“This was a huge blessing, adding cooking to my baby care,



Back row, Carley, Meghan and Johnny. Front is Cayman and Camdyn.

cleaning and fitness regime would have been scary for all of us,” he said.

What’s next?

Meghan recently cleared a hurdle to recovery with the completion of chemotherapy. She also took a scan for the first time since May and it showed the mass in her breast had shrunk to the point of almost undetectable.

“This is the best result we could have asked for,” she said.

Lumpectomy and lymph node removal surgery were scheduled for three weeks afterward to give time for her body and immune system to gain strength from the chemotherapy, but not enough time for the cancer to grow back.

“After surgery, I will have a short break before I start daily radiation for two months,” Meghan said. “After surgery when my oncologist receives results from pathology, he will determine if I need immunotherapy or possibly an oral chemo. Reconstructive surgery happens six months from the completion of radiation. It’s a long road but I’m thankful that chemo is over, the results of chemo were amazing and that I have the best support system to get me

through this battle.”

Sharing the experience

The most popular marriage vows clearly state a union is to last through better or worse. For Johnny and Meghan, this battle has been a partnership with lessons learned. Upon a request for advice to be shared, Johnny. Said the first thing he would say is to be there every step of the way.

“COVID restrictions kept me from all the test and scans and appointments she had immediately after diagnosis,” he said. “If possible, I would say go to all appointments, the testing/scanning and discussion of treatment is scary; Having someone with you would make it a little easier.”

He added to keep spirits high, telling her she is beautiful ever day and that you love her.

“Be as positive as possible, be optimistic, pray a lot,” he said. “Understand that she is going through so much emotionally and that if she gets upset or angry, remind yourself of that and don’t argue back. Talk about everything as much as possible so there aren’t arguments over misunderstandings or assumptions. Stay strong!”

Meghan said through the treatment that has taken place and yet to come, she is grateful. She has been reminded of her blessings as she has fought through the darkness that comes with a battle against cancer.

“As cliché as it sounds, life is short and tomorrow isn’t promised,” she said. “I’m so grateful for prayer and modern medicine for giving me more time with my family.”



Johnny, Carley, Cayman, Camdyn and Meghan Daniels are pictured as Meghan rings the bell for completing her chemotherapy treatments.

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IRONMAN DANIEL D. WILLIAMS

By Alan Dale

There is Thor, Captain America, Spider Man, the Hulk and then there is Iron Man.

Introducing Baytown attorney Daniel Williams.

Well, OK Williams may not be one of the Avengers, but he is still a man with his own set of super powers that includes the ability to get himself in good enough shape to begin competing in Ironman competitions.

Williams, who lives in Wallisville, has dropped from 350 to approximately 225 pounds since December of 2015.

“I lost 70 pounds up front – I quit drinking beer – and that fell off pretty quickly,” Williams said. “It’s been a long-time coming. I went from 350 to 285 in the first five to six months and then I started training for these triathlons.

“I just didn’t feel right – I was never supposed to be that big. It wasn’t who I was.”

Williams first got into some shorter triathlons and ultimately joined up on a half-Ironman.

Now he plans to head to Panama City Beach, Florida on Nov. 7 for the 140.6-mile Ironman competition and he believes it will be the first long-course race in the United States since the beginning of the COVID-19 pandemic restrictions.

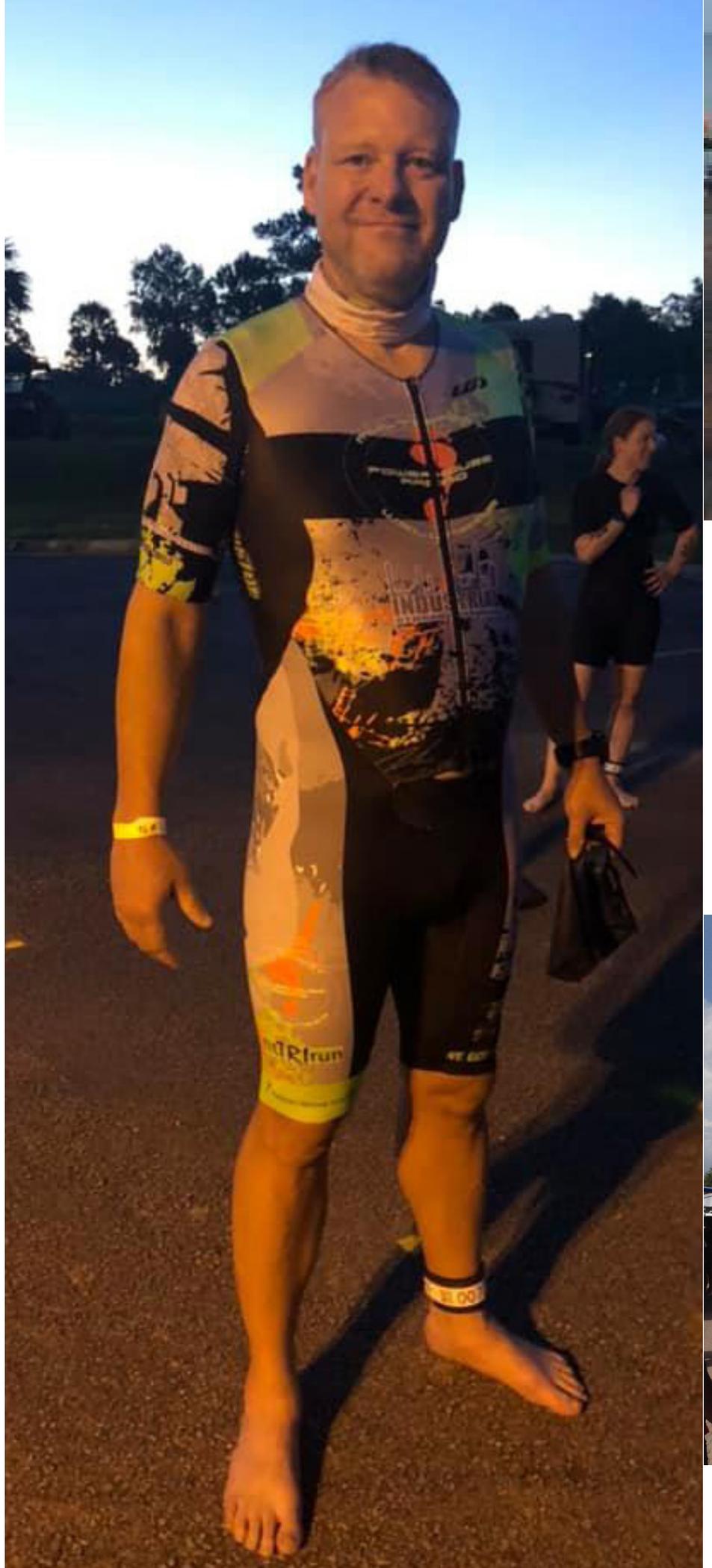
An ironman competition consists of 2.4 miles of swimming, 112 miles of bike riding and then the 26.2 miles of running a marathon.

“I am equally bad at all of them,” Williams said.

He does admit he is not a fast swimmer, but he is a strong swimmer. These competitions push anyone to expand their skillset.

“I always wanted to do an Ironman and now I am on the precipice,” Williams said. “I have given it a go once and I didn’t finish. Now, I will run my first marathon in an Ironman competition.”

The 6-foot-4 Williams, 48, realized that you “can not outrun a bad diet,” so he realized that all the





exercise in the world wouldn't counter bad foods. He ultimately hired a nutritionist to help push his desire to weight loss to a higher level.

"I did a half-ironman at 275 and I was relatively fit, but I was heavy," he said. "I wasn't losing any weight during training at all. I don't eat much fried food. The lady that I hired – she's based out of California – set out a daily regimen where the timing of when I ate and what I ate was important. What she has for me to eat is good and I eat often enough where I am not hungry.

"It is based on the Macro Diet where you watch your carbs, proteins and fat. I have probably lost 40 pounds of fat since I started."

Williams does admit that while he runs six miles a day a few times a week he still has his yearnings.

"I had some pizza today," Williams said. "It was awfully good. I also like my chicken fried steak with fries and gravy all over it, that's the one I miss and try not to do that one. That's really over the top."

Williams has done three half-ironman competitions (70.3 miles) and a near-miss at the Texas Ironman has kept the fires burning for Williams who does these things for the idea of just finishing.

He says his best finish was "terrible," but he is proof that anyone can put their mind to something like this at any age and make a change in their life.

"Anything is doable if you want to do it and want to do the work," Williams said. "It's like everything else when you have something big like this. If you take small steps every days, all of a sudden you are doing things you never thought you could do."



LOW TESTOSTERONE: SEPARATING FACT FROM FICTION



Dr. Bayo Tojuola



Dr. Chris Kannady

As a hormone that's responsible for helping maintain a man's bone density, muscle strength and sex drive, there is no doubt testosterone is important to men's health.

It's also true that as men age, testosterone naturally declines. However, does that mean all men should be looking to testosterone replacement therapy as they age? Dr. Bayo Tojuola, urologist with Houston Methodist Urology Associates, answers some common questions about testosterone:

My body fat has increased. Does that mean my testosterone level is too low?

Physical changes, such as increased body fat, reduced muscle strength and bulk and decreased bone density, can all be symptoms of low testosterone. However, some increase in body fat is natural as you age. There can also be other causes, including poor diet and lack of exercise. A blood test is the only reliable way to diagnose a low testosterone level. Other symptoms of low testosterone can include:

- Changes in sexual function
- Emotional changes
- Sleep disturbances or insomnia

If my testosterone has declined, should I take a testosterone replacement product?

Because testosterone naturally declines as you age, low testosterone is not necessarily a cause for concern. Testosterone replacement products are FDA-approved only for men who are symptomatic, whose testosterone is confirmed by lab testing or whose testosterone levels are low due to medical problems, such as testicle damage. In otherwise healthy men, these products have not been shown to be safe or even beneficial for treating low testosterone levels.

Should older men be on testosterone replacement therapy?

Despite the lack of evidence that testosterone replacement products benefit most men, drug companies often use advertising that seems to suggest that all older men benefit. This is troubling, as some studies have linked taking testosterone with increased risk of heart attack and stroke. The Food and Drug Administration (FDA) issued a warning that cautions men without medically caused low testosterone about these cardiovascular side effects of replacement therapy. Other possible side effects include:

- Causing acne or other skin reactions
- Contributing to sleep apnea
- Enlarging breasts
- Increasing the risk of blood clots
- Limiting sperm production
- Stimulating noncancerous growth of the prostate

Put Your Mind at Ease with Testing

"If you are wondering whether your testosterone levels are a concern, don't look to an advertisement for an answer. The only true way to determine if testosterone replacement therapy is right for you is with the assistance of a doctor using a blood test," Tojuola said.

Houston Methodist Baytown Hospital is taking every necessary precaution during the coronavirus pandemic to keep you and our staff members safe. During the COVID-19 pandemic, we are:

- Screening all patients, ensuring only those without COVID-19 symptoms are seen in the office
- Wearing masks and personal protective equipment (PPE) while providing patient care
- Reorganizing waiting rooms and check-in lines to ensure social distancing
- Implementing additional sanitation processes to disinfect all equipment and surfaces

Tojuola and urologist Chris Kannady, MD provide comprehensive urologic services for male and female patients at Houston Methodist Urology Associates. They provide diagnosis and treatment for a wide range of conditions, including kidney stones; male and female sexual dysfunction; urologic cancers, such as bladder, kidney, prostate and adrenal cancer; vasectomy; enlarged prostate and male infertility. For more information and to schedule an appointment, visit houstonmethodist.org/baytown, or call 832-556-6046.



COLORS OF AWARENESS

By Michael Pineda

Call it a craze but over the years, it appears there are more causes attributed to ribbons than colors for promoting awareness. In Teal alone, a person could be wearing a ribbon to bring attention to anything from food allergies and anxiety order to sexual assault and substance abuse. Blue and red ribbons are overloaded with causes.

Chances are you could spend a day learning what exactly Supraventricular Tachycardia and Wolf-Parkinson-White may be in addition to the common issues red promotes.

For the most part, there is a simple guide highlighting the most common causes, which will get you by in a pinch:

- Grey — Diabetes**
- Gold — Childhood cancer**
- Teal and white — Cervical cancer**
- Pink — Breast cancer**
- Pink, Purple and Teal — Thyroid cancer**
- Red — Heart disease**
- Orange — Leukemia cancer**
- Purple — Pancreatic cancer**

- Orange — Multiple Sclerosis**
- Orchid — Testicular cancer**
- Pearl — Lung cancer**
- Red — AIDS/HIV**
- Navy Blue — Colon cancer**
- Teal — Ovarian cancer**
- Periwinkle — Stomach cancer**
- Grey — Brain cancer**
- Light Blue — Prostate cancer**
- Purple — Alzheimer's**
- Black — Melanoma**
- Yellow — Bladder cancer**
- Silver — Parkinson's Disease**
- Jade — Liver cancer**
- Purple — Epilepsy**
- Orange — Kidney cancer**





Photo by Matt Hollis

HASC President and CEO Luis Aguilar holds up a pair of ribbon-cutting scissors to celebrate the grand opening of the new Health and Safety Council facility in Baytown. The facility offers occupational medicine services for industry workers as well as training and pre-employment screening services. Also pictured are, left, Baytown Mayor Brandon Capetillo, Tommy Nipp, Health and Safety Council director of training, and Board of Directors Chair Danny Vara.

HEALTH AND SAFETY COUNCIL GRAND OPENING IN BAYTOWN

By Matt Hollis

The Health and Safety Council has opened up a branch in Baytown, ensuring that local industrial employees have quick and easy access to occupational health treatment.

HASC's main campus is in Pasadena, but now a new campus is open at 4226 Decker Drive. A ribbon-cutting ceremony complete with food, music, and many dignitaries was held Monday.

The new facility is strategically located, so that it can serve employees many of the local petrochemical plants as well as those at Cedar Port and all over the area.

Luis Aguilar, HASC President and CEO, said their mission is always going to be the same.

"Protecting all of the workers is critical," Aguilar said. "The purpose of the campus is making sure we preserve life. Being in Baytown, Pasadena, Deer Park, or anywhere in the world, the mission is the same – to preserve life."

Baytown Mayor Brandon Capetillo said he was happy HASC has invested in Baytown.

"It is certainly a good time for them to do that in this location, near industry," Capetillo said. "They will provide training for individuals here and the occupational health initiatives for individuals here on-site. And the occupational help initiatives they'll have here for the pre-employment screening or occupational injuries, they will be able to provide that service. For them to be here in Baytown, it certainly a step in the right direction. I hope they continue to expand their footprint here in Baytown."

Russell F. Klinegardener, HASC chief operating officer, said part of the company's mission is providing services and meeting the demands of its members as a non-profit 501c3.

"We have expanded those same services in the last 30 years in Pasadena, and we now we are bringing them to Baytown," Klinegardener said.

Klinegardener said with so much industry in Baytown, it was necessary to have a board-certified occupational medicine and clinic that service industries specifically.

"The hazards that industries face is something we are well-trained in (to handle)," he said. "The same thing with the training aspect. HASC has the ability to perform that training and do it effectively and efficiently and better serve the community by keeping them safe."

Tommy Nipp, HASC director of training, explained the new facility has two sides – one for clinical services, and the other for training.

"After you register, you come to the training center where there are two major training rooms," Nipp said. "One has instructor-led training and the other has computer-based training."

The facility offers training services for employees in the industry

through the use of a computer lab with over 150 workstations with partitions, put in to coincide with the Centers for Disease Control and Prevention guidelines to deal with the COVID-19 pandemic. After anyone finishes their work at a station, they put up a yellow tag, which indicates the station needs to be decontaminated.

For hands-on training, employees can visit another classroom with 16 desk stations. The stations also have plastic partitions that are CDC-compliant.

Nipp said the instructors have more than 25 to 30 years of experience.

"What happens is our niche instructor is usually someone that has worked in the industry for 25 to 30 and is retired, but want to give back," Nipp said. "They'll contact us and say they have so much knowledge and just want to work a couple of more years. So, they'll become an instructor for us while teetering on retirement."

Also, in the facility's clinic side is a fit-testing room. This is where an employee can find out if they can safely lift equipment that weighs a certain amount. If an employer wants to know if a potential hire can lift 50 pounds, they can test out their ability on a machine where is set to where the person pushes or lifts something weighing that weight.

"The computer program registers and captures it, so we can have a baseline, so if there are future injuries, we can compare it," Nipp said.

The room also features a hand-eye coordination testing machine, where participants are given a schematic to test their cognitive abilities.

Drug testing can also be done at the new site. This includes urine testing, hair follicle collections and specimen samples.

Nipp said they pride themselves on being a one-stop-shop for occupational medicine.

"When you are hired on from a company, and you have to come in, first you have to do pre-employment screening. We do all of that," he said. "We take care of you from the time you get the job offer and accept it. We cover you from there all the way to the point you walk in the front door. Pre-hiring screening, drug screening, and any kind of safety training before you actually start the job. We do all of that."

The facility also boasts examination rooms where industry workers can be treated for ailments such as eye injuries, stitches, cuts, abrasions, or broken bones.

"They can pretty handle almost everything," Nipp said. "Of course, if (the injury is) too drastic, you will be referred to a bigger hospital."

There is also a fit testing section to ensure if anyone has to wear a mask at a plant, it will fit properly, and nothing will penetrate the seal.

For a complete rundown on services offered by HASC, visit www.hasc.com.

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GIFT OF LIFE IN A PANDEMIC

BLOOD DONATIONS ALWAYS NEEDED, ESPECIALLY NOW

By Eleska Aubespin

When it comes to community response, blood donors, despite concerns of COVID risks and personal safety, have stepped up to the plate, according to the Gulf Coast Regional Blood Center and American Red Cross Greater Houston Chapter Office.

Both agencies initially felt the blow in March along with other businesses, schools, governments and social settings as the devastating virus crept across the globe.

The disease has claimed over 1 million victims internationally and over 217,000 people have died in the United States.

Initially, the Gulf Coast Regional Blood Center saw a major dip in numbers when it came to people donating blood at its buildings and mobile bus sites. The mobile buses can often be seen parked in front of grocery stores, social agencies, churches or any business willing to encourage donors.

“When the pandemic first hit in March, we did go down to a one-day supply, which means there is just enough blood – or about 800 to 1,000 units – to supply to a hospital,” said Kellye Moran, Gulf Coast’s media coordinator.

On average, the Gulf Coast Regional Blood Center supplies blood to 170 hospitals in 26 counties, which include those in Baytown and Harris County.

“It was low because we had over 2,000 blood drives cancelled at the height of the pandemic,” Moran said.

“Since then, we had to be really resourceful in how we collected the blood and how we are making sure that the community knows that donating blood is an essential service,” she added. “It is essential because there are still people receiving cancer treatment, still moms giving birth and still hospitals that are in need of blood.”

As with any outreach effort, getting donors to respond is all about awareness and in this case, people are being made aware that they can still safely donate blood during the pandemic.

To ensure that safety, both the Gulf Coast Regional Blood Center and American Red Cross Greater Houston Chapter Office are getting word out about social distance and mask requirements, as well as asking volunteers to set up donation appointments in advance in order to schedule specific times to avoid crowding.

In addition, all safety precautions are taken when scanning volunteers' and clinic workers' temperatures, asking COVID-related questions, and wiping down all equipment with sanitizer.

For example, there are only six people allowed at Gulf Coast Regional's blood donation centers and only four people can go inside the mobile buses, including staff. People also wait in their cars.

It should be noted that the American Red Cross Greater Houston Area Chapter Office is not a main blood collection center. The chapter office, located at 2700 Southwest Freeway in Houston, is primarily a blood distribution center and testing site. Prior to the pandemic, blood drives were held at the Houston office four times a year.

"There are fewer places to collect blood, but the need for blood didn't go away so to mitigate that loss, we increased the number of blood drive dates available in March to once every two weeks and later went to once a month," said Ekland Dourousseau, regional communications manager for the American Red Cross Greater Houston Area Chapter Office.

"A lot of blood drives were cancelled and there was an opportunity for us to hold more frequent blood drives than before," Dourousseau said. "So we haven't seen a decrease (in donations) but an increase, and we are trying to make the experience as safe as possible for people to come in and help to save lives."

Dourousseau reiterated the office's use of strict temperature checks, social distancing when inside the room to draw blood, masks and sanitizing of surfaces.

Continued on page 18



From page 17

“You also have to pay attention to your own health needs, so we ask people that if they are not feeling well, just reschedule your appointment,” she added.

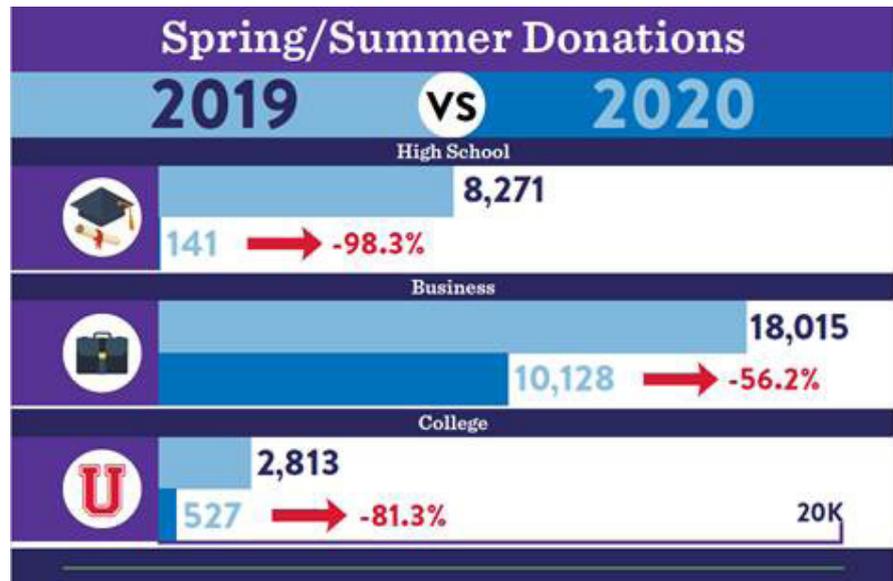
Meanwhile, volunteers are seemingly overcoming anxiety and stepping up to the blood donation plate.

“The appointments are filling up faster than they ever have before because people just want to help and this is a quick and painless way to help, Dourousseau said.

“Our community’s response has been an outpouring of support,” Moran said. “The biggest thing the Gulf Coast Regional Blood Center has to do is make volunteers understand that we have to collect 800 to 1,000 units daily to maintain the community supply. As each day hits, we are still working remotely and having to really create more awareness for people to continue to donate.”

The Gulf Coast Regional Blood Center, 1400 La Concha Lane, is located across from the NRG Stadium.

“Currently, there is not really a blood shortage, but it is really important to understand that if there was any type of crisis, it’s the blood on the shelves that save lives,” added Moran. “It is important for people to donate when they can.”



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-  Create a disaster plan and practice it.
-  Put together an emergency kit.

CHAMBERS HEALTH ANNOUNCES CHIEF FINANCIAL OFFICER

Prentice Sanders has been named Chief Financial Officer for Chambers Health.

Prentice comes to the organization with over 15 years of Healthcare Finance experience working in General Acute Hospitals, Long Term Acute Hospitals, Rehabilitation Facilities, and Skilled Nursing Facilities. He holds a Bachelor's of Business Administration in Finance and Economics, in addition to a Master of Business Administration from University of Phoenix.

He additionally wants the community to know that he is "looking forward to working with a great team at Chambers Health to make our health system the pride of the community. Chambers County has wonderful people and it will be a great place for me and my family to live."

Prentice and his wife Carla have been married for 19 years and together they have a 14-year old son, and 10-year old daughter. His hobbies include playing basketball and football. He also loves playing cards and board games.

The Chief Financial Officer is a member of the organization's C-Suite, collaborates with the governing district board, and works closely with the hospital CEO and department directors to develop and implement short-term and long-range objectives to improve patient care while securing the well-being of the organization.

Prentice "brings a wealth of finance experience and is very familiar with healthcare; we have full confidence in his abilities and look forward to his financial direction," said Interim CEO Jay Hodges.



Prentice Sanders CFO

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KEEPING UP WITH YOUR HEALTH SCREENINGS

MAMMOGRAMS SAVE LIVES – SCHEDULE YOURS TODAY

By Kathy Sander, M.D., F.A.C.O.G., OB/GYN
Kelsey-Seybold Clinic – Pearland

October is Breast Cancer Awareness month and a good time to visit your primary care physician or OB/GYN for recommended preventive screening. The purpose of mammograms is to catch abnormalities early when treatment offers patients the best outcome. It's an important test that shouldn't be delayed even during the pandemic.

Talking to other women who have had mammograms may help ease any apprehension you may have, although each person's experience can be different. Here are a few things you'll want to keep in mind:

Dress for the occasion. You will be asked to undress to the waist and given a gown. Most patients prefer to wear slacks or a skirt with a shirt or top that allows them to easily remove their blouse and bra before gowning; dresses and jumpsuits usually need to be removed completely.

Don't apply underarm deodorant before your mammogram. Many women use some form of antiperspirant or deodorant under their arms as part of their daily routine. However, these products can compromise your mammogram. If you feel you must wear deodorant, you will be asked to remove it before your test; the technologist will provide a deodorant removal wipe for that purpose. After the test, you may apply or re-apply deodorant. Rest assured the technologist is not concerned with the absence of deodorant; their focus is to get the best images possible.

You will be asked to complete a questionnaire. These questions are important and the answers you provide may help the radiologist when she or he reviews your mammogram.

Patients may find mammograms are uncomfortable, but not unbearable. If you know your breasts are particularly sensitive during certain times of the month, take that into consideration when selecting your appointment. Breasts are composed of a combination of fatty tissue, glandular tissue, and connective tissue. Compression is used to even-out the thickness of the breast, which helps differentiate between structures within the breast and reduces the amount of radiation necessary to get a good image. The technologist will do everything possible to minimize the amount of time the exam takes.

You may feel like a contortionist. A minimum of two views will be taken of each breast. Sometimes additional views are necessary to adequately image the breast. Images are taken from different angles, which means the technologist will need to maneuver you and your breasts into the best positions to obtain good images.

Screening mammography vs. diagnostic mammography. If you have no symptoms, you'll have what is typically referred to as a screening mammogram. You can expect to receive results from your doctor in seven to 10 business days. If your doctor ordered a diagnostic mammogram due to the presence of a symptom, like a lump or nipple discharge, or from a follow up from previous findings, your doctor should receive your results within a few days.

If you are 40 years or older or have new symptoms or known risk factors for breast cancer, make an appointment to speak with your primary care doctor or gynecologist about your concerns. Early diagnosis of breast cancer is linked to higher survival rates, and mammography may help lead to an early diagnosis.

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IMPACT EARLY COLLEGE HIGH SCHOOL STUDENT NOMINATED FOR THE CONGRESS OF FUTURE MEDICAL LEADERS



Kyla Gijan will be a delegate at the Congress of Future Medical Leaders in November.

Kyla Gijan, a tenth grader at IMPACT Early College High School has been selected as a delegate to the Congress of Future Medical Leaders on Nov. 21-22.

The Congress is an honors-only program for high school students who want to become physicians or go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country interested in these careers, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

Kyla's nomination was signed by Dr. Mario Capecchi, winner of the Nobel Prize in Medicine and the Science Director of the National Academy of Future Physicians and Medical Scientists to represent Texas based on her academic achievement, leadership potential and determination to serve humanity in the field of medicine.

During the two-day Congress, Kyla Gijan will join students from across the country and hear Nobel Laureates and National Medal of Science Winners talk about leading medical research; be given advice from Ivy League and top medical school deans on what to expect in medical school; witness stories told by patients who are living medical miracles; be inspired by fellow teen medical science prodigies; and

learn about cutting-edge advances and the future in medicine and medical technology.

This is a crucial time in America when more doctors and medical scientists who are even better prepared for a future that is changing exponentially are needed. Focused, bright and determined students like Kyla Gijan are the future, and she will receive mentoring and guidance.

The Academy offers free services and programs to students who want to become physicians or go into medical science. Some of the services and programs the Academy offers are online social networks through which future doctors and medical scientists can communicate; opportunities for students to be guided and mentored by physicians and medical students; and communications for parents and students on college acceptance and finances, skills acquisition, internships, career guidance and much more.

The National Academy of Future Physicians and Medical Scientists was founded on the belief that we must identify prospective medical talent at the earliest possible age and help these students acquire the necessary experience and skills to take them to the doorstep of this vital career. Based in Washington,

D.C. and with offices in Boston, MA, the Academy was chartered as a nonpartisan, taxpaying institution to help address this crisis by working to identify, encourage and mentor students who wish to devote their lives to the service of humanity as physicians and medical scientists.



HOUSTON METHODIST CEO RECOMMENDATIONS IN ONGOING PANDEMIC



By Mark Fleming

With cooler, drier weather making its presence felt—at least occasionally—medical leaders from Houston Methodist Hospital have some recommendations to avoid being part of the expected new wave of COVID-19 infections.

Since the arrival of the pandemic in the Houston area, Houston Methodist system president Dr. Marc L. Boom has led seven virtual town hall meetings with current

information about the latest findings about the disease, efforts to combat it and specific local effects.

The October town hall came at a time when most metrics like testing, hospital and ICU admissions and deaths were considerably down from peak levels.

“I’ll be surprised if we don’t see those Methodist [Hospital] numbers double or even triple from where they are now over the next few months and perhaps even be sustained through fall and winter in that way,” he said.

That level of increase would still leave the impact less severe than it was in the worst weeks of summer.

He said his gut instinct was that the worst days of the spread would not return, “and it’s because of masks and precautions.”

Another regular speaker at the presentations has been Dr. H. Dirk Sostman, president of the Houston Methodist Academic

Institute. His reports have largely focused on the latest research into COVID-19. As a new strain of the coronavirus, the understanding of the virus has evolved rapidly as researchers find where it is similar to and different from related illnesses.

Many of the strains in the coronavirus family spread faster in the winter, leading to concern that COVID-19 will as well.

The cooler, drier air the season brings unfortunately helps the virus stay in the environment longer.

“A higher relative humidity and warmer temperatures indoors really reduce the survival time of the virus,” he said.

“Compared to 68 degrees and 20 or 30 percent relative humidity, if you maintain your house in the 72 to 74 range with 50 or 60 percent relative humidity, you cut the survival time of the virus in the atmosphere by close to 50%.”

To protect yourself during the winter, he said:

- Follow the normal precautions with extra diligence—wash your hands and wear masks
- Consider using eye protection
- Either ventilate your indoor air or treat it with humidification and filtration
- Consider wearing a face mask even indoors to keep your nose warm and moist—that really helps you protect yourself against the virus
- Check with your doctor about your Vitamin D levels and take supplements if recommended
- Sleep boosts the immune function
- Get your flu shot



LOCAL BUSINESSMAN/LOUISIANA NATIVE RECEIVES SUPPORT DURING HURRICANE LAURA RELIEF

Aug 26 Hurricane Laura delivered devastating destruction to southwest Louisiana where residents were forced to evacuate their homes before the major hurricane made landfall. Fortunately, for southwest LA native and local businessman Leroy Ballou Jr, Chief Operations Officer of B&B Mortgage, he and his adult children have relocated to Mont Belvieu, and were able to welcome parts of his family and friends into their homes as they evacuated. However, much of Ballou's extended family and friends remain in southwest LA, in the direct path of hurricane Laura. Hurricanes are nothing new to this family. They have faced their fair share of storms, including Hurricane Rita. However, this storm unlike the others, struck in the middle of a pandemic, putting unimaginable strain on families and businesses.

After Hurricane Laura passed through southwest LA, leaving a path of destruction in much of the area, Ballou was able to visit the city of Sulphur where his father and two siblings live, along with many other family and friends. After exiting Interstate 10 into Sulphur and seeing the conditions of the city Ballou grew up in, his heart felt the pain and heaviness of the citizens that reside there. For a moment, Ballou felt that all hope was deteriorating. But then, he imagined the question being asked of him, "What are you going to do about it?" Everything his family, friends and Sulphur residents have worked for

is now destroyed. He knew what he had to do, even if he had to do it alone. However, thanks to the generosity of the Mont Belvieu community, Ballou has never faced these efforts alone.

Ballou quickly shared his experience and ideas with local groups and individuals in Mont Belvieu. In a very short amount of time, plans were put in place and people got to work gathering supplies, furniture, clothing, gas, generators, food, bottled water, and many other items.

These efforts would not have been possible without the caring hearts and generosity of The Hilltop at Eagle Pointe, City of Mont Belvieu Mayor's office, Holy Trinity Catholic Church, Eagles Drive Storage, Chambers County Judge's office, Wildlife Fisheries Consulting (Blessed Bayou), and Members of the West Chambers County Chamber of Commerce.

As Ballou transported truck and trailer loads of supplies to southwest LA residents, he began seeing signs of hope again. He has received so much gratitude, appreciation, and comments, but one has stuck out more than the others: "Someone really does care. We are not alone." This statement Ballou knows to be true.

For more information about the work continuing in southwest Louisiana, and how you can help, contact Leroy Ballou Jr. LB4650@aol.com or 281-549-4928.

BATES COLLISION AND BAYTOWN CHAMBER OF COMMERCE HOST NOVEMBER BUSINESS MIXER



From left Rikki Wheeler, Daniel Stumpf, Baytown City Councilman Bob Hoskins and Jana Ballinger of the Baytown Chamber of Commerce



Gene Schrader in his 1967 GTA Mustang Convertible



Chambers County Commissioner Billy Combs, Community Toyota-Honda-Kia Owner Roger Elswick and HEB Manager Gary Schmalfeldt



Tommy Key stands by his 1956 Ford Fairlane Victoria, also shown below.



Lee and Leila Bates, owners of Bates Collision





From left Awards & Engraving Owner Michelle Bitterly, Chloe Horn, RE/MAX Eastside Owner Christine Shepherd, Mike Wilson of Texas First Bank and Mike Shepherd

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From left Bates Collision's Russell Snider and Jesse Guarnera, Skylar Gutierrez (8), Gio Gutierrez and Sara Gutierrez

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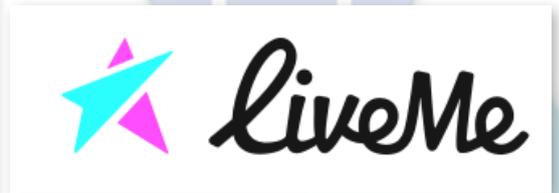
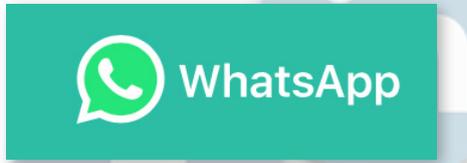
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**BRIDGEHAVEN
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Meagan Croker of Bridgehaven Children's Advocacy Center spoke to Baytown Rotarians recently.



Parents Beware: Calculator%

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By Carol Skewes

Bridgehaven Children’s Advocacy Center Outreach Manager and Forensic Interviewer Meagan Croker spoke to Baytown Rotarians October 21 about the dangers of social media for children.

Her informative presentation highlighted some of the apps that are listed as most dangerous for young users.

Her recommendations to parents are to monitor their children’s electronic devices, without warning. When she speaks to school age children, she tells them to not post any personal information, don’t accept any friends online that are unknown to them and be cautious what you post. She recommends the WWGS “What would Grand Ma say rule, telling them “Once it’s out there, you can’t get it back.”

Croker advised to check your child’s phone occasionally, because kids keep secrets, secrets you need to know. Be aware.

She says if one is apprehensive about checking your child’s device, keep in mind they now have a virtual portal to the whole world. No longer do they need to sneak out of the house for adventure, it is at their fingertips from inside the home. Cybercrime is a growing trend, only exasperated by the coronavirus pandemic.

Croker says to know their apps and closely monitor which apps children are using.

Snapchat is used for posting photos and video. Many young people think the posts disappear, but they can easily be preserved if someone takes a screenshot and last forever.

Meet Me is a dating app and risky for young people.

What’s App is for messaging.

Live Me is a live stream video app.

Tik Tok is an app for creating and sharing short videos. It has themes that are more mature than their posted 16+ theme. People

who send direct messages can access data such as where the recipient lives.

Hot or Not is an app that rates other people on if they are physically attractive or not. Profiles on any of these apps can be fraudulent, either a child pretending to be older, or a predator pretending to be younger.

Whisper is categorized as a teen confession app. Users do not have to register to use Whisper and thus there is no profile.

Calculator% is a private photo app, where young people can hide photos behind what looks like an innocent calculator, fooling many parents. Then photos can be shared.

There are apps rated as “best apps for parents to monitor” such as Footprints. This GPS app works in real time and tracks wherever your child goes with his/her phone. It is free to download, but then a monthly fee is required.

Bark monitors social media, analyzes a child’s texting words to recognize cyberbullying. Croker says this app has actually saved many lives.

She reminds parents to:

Know your children’s friends.

Know their passwords.

Know their privacy settings, and check their device without warning.

Bridgehaven Children’s Advocacy Center is a nonprofit organization that was created to help minimize the trauma associated with child abuse investigations. Bridgehaven CAC is an organization that offers programs to help victims of child abuse and neglect, serving Liberty and Chambers Counties. For more information, visit them at <http://www.bridgehavencac.org> or on facebook, Instagram and twitter.



NEXT LEVEL URGENT CARE CLINIC OPENS IN BAYTOWN

Next Level Urgent Care recently opened its newest clinic in Baytown.

The organization provides a broad range of primary care and urgent care services, with extended hours seven days a week - as well as COVID-19 PCR testing required for travel, and instant testing with same-day results.

The new Next Level Urgent Care Baytown located at 7710 Garth Road, Suite A, Baytown, also offers specialized employer solutions, including pre-employment physicals, work injury care, mental wellness and back to work programs with screenings, testing and educational instruction as part of a comprehensive COVID-19 Safety Program.

According to Next Level Urgent Care founder and CEO, Juliet Breeze, MD, the clinic comes at an important time - as communities struggle to safely resume daily life amid the pandemic.

“While an unwavering commitment to affordably serving the healthcare needs of Texas families has spurred our growth, we recognize more than ever the responsibility we have and role we play in ensuring public health,” said Breeze.

“We’re not only providing COVID-19 testing and screening,

working with families and employers to ensure safe re-entry into the workplace and daily life, but we’re also actively working towards effective treatments – conducting clinical research trials on medications and potential treatment options,” she added.

The new clinic represents the 15th Next Level Urgent Care clinic located in and around Houston. The organization also has six onsite employee wellness clinics facilitating employee needs and supporting a healthier workforce.

All Next Level Urgent Care clinics provide onsite x-ray and other diagnostic equipment as well as healthcare services for all ages - from broken bones and lacerations to ear, nose and throat conditions, gastrointestinal disorders and women’s health issues. The clinics also offer school sports physicals, occupational health services, and employer healthcare support programs.

Download the “Get in Line Online” app to schedule an appointment, or text “nextlevel” to 49798. Patients can also call 281.940.3015 to remotely get in line. Contact Next Level Urgent Care or call 281.783.8162 to learn more about Next Level services and programs.

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KELSEY-SEYBOLD AND HUMANA SLATED TO OFFER BENEFIT SOLUTIONS FOR SMALL GROUP EMPLOYERS

Employer groups with 5-99 employees in the greater Houston area will have access to new group health benefit options through “KelseyCare | Humana,” a new health plan product developed by the Kelsey-Seybold Accountable Care Organization and Humana.

KelseyCare | Humana plans will include self-funded “level-funded” plans for employers, which combine the flexibility of self-funding with predictable monthly budgeting. Multiple plan options will be offered, including qualified High Deductible Health Plans and copay-based plans. The plans are designed to improve care coordination, increase engagement in preventive care, and deliver a total lower medical cost through clinically integrated care.

For employers and health benefit consultants who are interested, KelseyCare | Humana is expected to begin quoting in November, with plan effective dates beginning Jan. 1. KelseyCare | Humana plan options may be offered as “standalone” plan options, or alongside other level-funded plans offered by Humana. The Humana plans include Canopy, Efficiency, and HDHP and will be the only level-funded plans offered in the market as a capitated benefits solution for businesses with 5-99 employees.

Employees choosing the KelseyCare | Humana plan may access all Kelsey-Seybold doctors at all 24 clinic locations, either through in-person or the clinic’s Virtual Health offerings. Plan members have access to medical support and care 365 days a year, 24/7 through Kelsey-Seybold’s After-Hours Nurse Hotline and Virtual Health. Members may also schedule same-day and next-day appointments online or by phone 24/7. No referral is required to see any Kelsey-Seybold specialist.

“Our team works diligently to collaborate with organizations that understand our value proposition: comprehensive, coordinated, and evidence-based care that lowers total medical cost for employers and improves health outcomes for patients,” said Tony Lin, M.D., Chairman, Board of Managers and CEO, Kelsey-Seybold Clinic. “Humana is well known in the marketplace for their suite of level-funded products targeting small employer groups. Working collaboratively to develop these innovative, value-based plan offerings with Humana, we have the opportunity to actively participate in a solution that will reduce total medical cost while also improving quality outcomes.”

Level-funded products provide predictable monthly costs for health benefits. The KelseyCare | Humana level-funded plans combine the benefits of self-funding and capitation, a monthly fixed rate for healthcare costs, with Kelsey-Seybold’s extensive experience in providing comprehensive, coordinated, and evidence-based care – the trifecta that enables even small employers to see a flat or downward trend in healthcare costs while offering affordable health benefits to employees.

“This new offering fills a gap in the Houston market to help lower costs for employers and members without sacrificing access to high quality care,” said Donnie Hromadka, Regional Vice President Provider Experience, Humana. “KelseyCare | Humana is a new and innovative solution offered as part of Humana’s level-funded plans for small-group, self-funded employers. Kelsey-Seybold’s ability to manage populations, at a fixed rate under capitation gives small group employers access to plans that can positively impact their bottom line, while giving their employees access to high-quality, coordinated care.”

Kelsey-Seybold has been an in-network provider for Humana PPO and Humana Choice products since the early 1990s and will continue to be offered as an in-network provider for these plans.





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COVID QUARANTINE BABY BOOM?

LIKELY NOT, ACCORDING TO LEGACY COMMUNITY HEALTH DATA

Greater Houston area residents were mostly home from mid-March through the end of April following local orders to Work Home, Stay Safe to prevent further spread of the novel coronavirus. While many found themselves with extra time at home, Legacy Community Health data shows that becoming pregnant is not a widespread result among patients in the 14 clinics from Houston to Baytown to Beaumont, possibly dispelling the anticipated COVID baby boom thought to come 40 weeks after the quarantine period.

The total number of positive pregnancy tests Legacy patients only of from May through August were compared to the same months in 2019. In May there was an 8.5% decline, June saw an increase of 5.5%, and July and August both saw a nearly 11% and 15% drop, respectively. Together, this adds up to a net 29% decrease from May through August for this year compared to last. In fact, positive pregnancies in July and August 2020 were also lower than the number of positive pregnancies in 2018.

“There are a number of factors that could be attributed to this trend, namely caring for other children while trying to work and take care of the home,” commented Dr. Rachel Robinson, OB/GYN medical director at Legacy Community Health. “While many people confined themselves to their home, we know that the stress of the ongoing pandemic as well as schools having shut down after spring break had a huge effect on working mothers and families as a whole.”

Legacy remained open during the quarantine months, implementing various precautions to increase patient and staff protections. The total number of pregnancy tests administered also dropped from the same months in 2019, with May’s tests dropping nearly 17%, June at a slight increase of 0.6%, and July and August both seeing a decrease of nearly 20%.

However, the pregnancy rate on average has remained steady at 75-80% on average throughout the months without significant variation.



Baytown IMPACT Early High School Anchor Club officers and Pilot International District Anchor Officers Hold Dessert Fundraiser and Conduct a Brainminders program at district Fall Council Training in Baytown Pictured are Natalie Martinez, (IMPACT Anchor Vice-President of Baytown); Lavender DeLeon, (IMPACT Anchor President of Baytown); Carol Hutchens, (Texas District Pilot Anchor Coordinator of Brenham); Eryn Mendoza, Texas District Anchor Treasurer of Wharton Anchor Club); Monse Andrade, (Texas District Anchor Secretary of Brenham Anchor Club); Jordan Williams, (Texas District Anchor President of Gonzales Anchor Club). Not pictured are Baytown Pilot Anchor Coordinator Susan Passmore and IMPACT Anchor Advisor Elizabeth Al-Omairi.

ANCHOR STUDENTS ATTEND PILOT INTERNATIONAL DISTRICT FALL COUNCIL TRAINING IN BAYTOWN

IMPACT Early High School Anchor Club officers conducted the “Brainminders” program at the South Fall Council training of the Texas District of Pilot International at Saint Mark’s United Methodist Church in Baytown.

There were 66 Pilot member attendees and five Anchor Club students invited. Texas District Anchor Coordinator Carol Hutchens of Pilot Club of Brenham introduced the 2020-21 Anchor District Officers and Baytown Anchor Officers of IMPACT Early College High School.

With delicious homemade cakes, muffins,

cookies, and other desserts and sweets, the District Anchor students sold tickets to be drawn for each sweet as a fundraiser for district projects.

Anchors entertained Pilots with a “fun new puppet show version for seniors” of the Pilot International Brainminders signature program, originally designed to teach safety to children to help prevent brain injuries through a fun puppet show. Realizing the need to teach brain injury prevention to people of all ages, Pilots have expanded the program to include presentations for youth and seniors. Most Pilot Clubs and Anchor

Clubs present Brainminders programs to persons of all ages - preschoolers, children, youth, and seniors, based on the services needed in their community.

The Anchors played a fun game of “Braino” with Pilots. Braino game and cards are similar to Bingo and cards, but with photos of objects which you choose when called. Pilot members enjoyed this game with the Anchor students.

IMPACT Early High School Anchor Club was chartered Oct. 28, 2018 and was sponsored by the Pilot Club of Baytown.

NEW TOWN SQUARE BUSINESSES

BAYTOWN NUTRITION, 123 W. DEFEE



Baytown Nutrition Owners Morgan and Jamari Gilbert hosted their grand opening recently at 123 W. Defee, Suite 11 in the Del Mont Hotel Building. Follow them on Instagram and facebook.



Morgan Gilbert prepares a Mocha Frappe and a Caramel Frappe, which by the way were delicious and low cal at the same time, a healthy alternative.

THE DETAIL SPOT, 200 W. TEXAS AVE.



The Detail Spot Co-owner Stephen Auguste displays a foam cannon, which can help keep one's car sparkling clean.



Auguste's sister Ora is pictured on the left with Stephen and Olga Auguste, owners of The Detail Spot located at 200 W. Texas Ave., right next to Wazabi Sushi Bar on the Town Square in Baytown. Follow them on Instagram and facebook, or email: thedetailspot281@gmail.com

EDDIE V. GRAY WETLANDS CENTER MASK-A-RADE, EVERGREEN CLUBHOUSE



Sharon Rogers, Sandra Bell & Lynne Foley



Cherie Melendez and
Eddie V. Gray



Contributed photo
From left, Marie & Joe Drewnoski, Sandy
Delmonico, Rosemarie & Angelo Vitullo



Dr. Randal K. O'Brien & Monica O'Brien



Mike & Dianne Wilson and Jacob
Hotchkiss



Kathy and Mike Clausen



Frank & Ginger McKay and Randy Casey



Jorge Lopez, Brenda Zepeda &
Christina Butcher



Terry Raymond, Peggy Fontenot &
Shonte Runnels



Judy Hunter and Cherie Melendez check
out the items in the Silent Auction at the
Eddie V. Gray Wetlands Center Gala.

Photos by Carol Skewes

Growing with the needs of **OUR COMMUNITY**



Houston Methodist Baytown Hospital is seeing patients, both in person and virtually, because your health is still important. That's why you can be confident that we are taking every necessary precaution during the coronavirus pandemic to keep you safe.

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- A new leading-edge **emergency department** featuring 42 private treatment rooms
- A new and expanded **cancer center** offering infusion and radiation therapy, 12 private chemotherapy suites and support services from patient navigators
- A new neonatal intensive care unit
- Two new patient care units with 46 spacious private patient rooms
- New state-of-the-art operating rooms for cancer treatment, orthopedics, cardiovascular treatment, gynecology, gastroenterology, pulmonary, and bariatric and robotic-assisted surgery
- A new outpatient center featuring ambulatory surgery, orthopedics and sports medicine, physical and occupational therapy, imaging, laboratory services, breast care center, primary care services and an occupational health clinic



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