



Employee of  
the Year  
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40 Year  
Employee  
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# LANE LINES

■ SUMMER 2012

Changing and Growing With You

## Lane's Prescription Discount Program

Lane Regional Medical Center is qualified to participate in the federal government's 340B program that helps uninsured patients receive discounted prescription drugs. This program is not federally funded and does not use taxpayer dollars to pay for the discounts.

With Lane's Prescription Discount Program, uninsured patients may receive a significantly discounted cost on their medications. This discount may be the determining factor as to whether a patient can afford the medication, which could mean the difference between life and death.

Patients with prescription coverage will pay their co-pay as they do today yet are still able to save on medications not covered by their plan, all while helping families who are less fortunate.

### How can I participate in Lane's Prescription Discount Program?

If you are a patient of Lane Behavioral Health Services, Lane Family Practice & Sports Medicine, Lane Surgery Group or Zachary Family Practice, you will receive a Lane Prescription Discount Card after your visit with the physician.

You will also receive the card when you are admitted into Lane Regional Medical Center for care or are admitted as a patient in the Emergency Room, Day Surgery Center, Endoscopy/Infusion Center, Cardiovascular Center, or Wound Care/Hyperbaric Center.

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## LETTER FROM THE CEO Randall M. Olson

### Dear Friends:

It is with great pride that I celebrate my 9th anniversary as CEO of Lane. We have had our share of growing pains along the way, with the end result being the progressive, regional facility we are today.

Here are some of our most recent updates and investments for your comfort and care:

- The Lane Infusion Center is now open, providing all types of outpatient intravenous infusions and therapies that previously had to be administered and supervised in the hospital or in Baton Rouge. It is located on the third floor of the Lane Medical Plaza & Outpatient Diagnostic Center.
- The new Labor & Delivery wing on the second floor is also open. We converted five previous special procedure rooms into four spacious post-partum rooms since the hospital now delivers between 400 and 500 babies per year.
- The renovation of 67 patient rooms on our medical and surgical units is almost complete. Each room is being completely modernized from floor to ceiling, including full bathroom remodels. The work should be finished very soon.
- The Cafeteria renovation is now complete. The space has been reconfigured to maximize efficiency and food choices. New ceramic tile floors and lighting have been installed and new tables, chairs and booths bring added style and comfort.
- To better serve the area, we have recruited seven new physicians:
  - ▶ Dr. Stephen Jones at Lane Family Practice & Sports Medicine, who shares office space with the FASTLane after hours walk-in clinic, is located at 19900 Old Scenic Highway;

▶ Two General Surgeons, Dr. Thomas Kang and Dr. Sam Field who have formed Lane Surgery Group, and one Vascular Surgeon, Dr. Gregory Crenshaw with Vascular Specialty Center. Their offices are located at 4801 McHugh Road, Suite C, next to Lane's outpatient physical therapy department;

▶ Zachary resident Dr. Pamela J. Parsons, along with Dr. F. Gregory Harris, have joined Lane Behavioral Health Services. Like the Zachary location, our new second location at 5550 Thomas Road in Baker offers intensive outpatient treatment for adults experiencing life-altering emotional crises;

▶ And Rheumatologist Dr. Joseph Nesheiwat at Zachary Rheumatology, 6110 Main Street, Suite C, brings his expertise in rheumatoid arthritis, osteoarthritis and severe osteoporosis to the area.

It is with great pleasure that we thank YOU, our patients, families and community members for allowing our dedicated team of professionals to do what they do best – provide the greatest healthcare possible.

We appreciate your support in the past and look forward to serving you and your family for generations to come. We have a great team here, and it shows!

If you ever have any questions or comments, please feel free to email me via our website: LaneRMC.org under "contacts," or call me directly at (225)658-4303.

Sincerely,

Randall M. Olson

*Lane Prescription Discount Program  
.....continued from Page 1*

### Once I have the Lane Prescription Discount card, what do I do with it?

Simply take the card along with your prescription to one of these participating pharmacies:

#### **Central Drug Store**

13565 Hooper Road  
Baton Rouge, LA 70818

#### **Dry's Healthmart Pharmacy\***

4344 Church Street  
Zachary, LA 70791

#### **Medical Pharmacy**

6400 Main Street  
Zachary, LA 70791

#### **Medical Pharmacy West**

2250 Church Street  
Zachary, LA 70791

#### **Walmart Pharmacy #428**

5801 Main Street  
Zachary, LA 70791

#### **Walmart Pharmacy #532**

308 N. Airline Highway  
Gonzales, LA 70737

#### **Walmart Pharmacy #935**

904 S. Range Avenue  
Denham Springs, LA 70726

#### **Walmart Pharmacy #1102**

14507 Plank Road  
Baker, LA 70714

#### **Walmart Pharmacy #2822**

28270 Walker Road S.  
Walker, LA 70785

#### **Walmart Pharmacy #3288**

10200 Sullivan Road  
Baton Rouge, LA 70818

*\*partial participant*

## Lane Infusion Center Now Open



Mary Honeysuckle

In March of 2008, 73-year-old Mary Honeysuckle was diagnosed with a rare, aggressive form of melanoma, which strikes 1 in 62,000 people. As a result, the Ethel resident now has to receive two

pints of blood at least once a month because her body has quit producing red blood cells.

Until recently, she had to travel to her doctor's office in Baton Rouge for her blood infusions, which take approximately 6 hours. However, thanks to Lane's newest investment in the community, the Lane Infusion Center, she now receives treatment just minutes from home.

"The nurses and techs at Lane are very good to me," says Miss Mary. "They provide great care and get me in and out as quickly as possible."

Each infusion station has its own flat screen television, comfortable recliners for patients and guest chairs so family or friends can remain with you. Wireless Internet, reading materials, blankets and snacks are also available for your comfort.

Lane Infusion Center is a great alternative to the traditional hospital setting for receiving intravenous infusion therapy prescribed by your physician for antimicrobial therapy and therapeutic injections, including, but not limited to:

- Hydration and electrolyte management
- Blood product administration
- Iron deficiency management
- Remicade infusions
- Reclast infusions
- Immunoglobulin therapy with IVIG
- Subcutaneous management therapies, such as Neupogen
- Additional infusions are available

For more information or physician referrals, please call the Lane Infusion Center at (225) 658-4522. It is conveniently located at 6550 Main Street in Zachary, on the 3rd floor of the Lane Medical Plaza & Outpatient Diagnostic Center.



Dr. Deepak Thekkoot



Dr. Charles Thompson

## Transradial Excellence

To date, Dr. Deepak Thekkoot and Dr. Charles Thompson and the Lane Cardiovascular Center team have performed more than 2000 heart catheterizations using the transradial procedure. That accounts for a lot of happy patients.

For a full check-up with Dr. Thekkoot or Dr. Thompson, or to find out more about the transradial procedure, please call Cardiovascular Institute of the South at 225-654-1559. The office is located at 6110 Main Street in Zachary.



**Lane Regional Medical Center and Cardiovascular Institute of the South are the only facilities in the East Baton Rouge area to offer cardiac catheterizations using transradial access through the wrist instead of transfemoral access through the groin.**

### The benefits include:

- Easier access
- Virtually no bleeding complications
- No concern about blood thinner medications
- Greater mobility
- Earlier discharge
- Considerably faster recovery

**If you are scheduled for a cardiac catheterization, call CIS first to see if you qualify to have your procedure done via transradial access.**



6550 Main Street, Suite 1000 • Zachary, LA 70791  
225.654.1559 • [www.cardio.com](http://www.cardio.com)



# New General Surgery Practice Opens

Two skilled general surgeons have joined the Lane team to open Lane Surgery Group, Dr. Samuel Field and Dr. Thomas Kang. Their office is located at 4801 McHugh Road, Suite C, in Zachary.

Same day and next day appointments are available for physician referrals and new patients who would like to discuss elective procedures.

**Dr. Field** is board certified in General Surgery with more than 12 years of experience, including trauma, laparoscopic gallbladder, appendix, intestine, and skin lesions.

Dr. Field graduated from Millsaps College in Jackson, Mississippi and received his Medical Degree from Tulane University Medical School in New Orleans. He completed his General Surgery residency at Scott and White Memorial Hospital, Texas A&M School Medicine in Temple, Texas.

Dr. Field graduated from Episcopal High School, and lives in Baton Rouge with his wife, Kelly and their two children.

**Dr. Kang** is board eligible in General Surgery and has a special interest in laparoscopic, hernia, gallbladder, anti-reflux, and colon surgery.

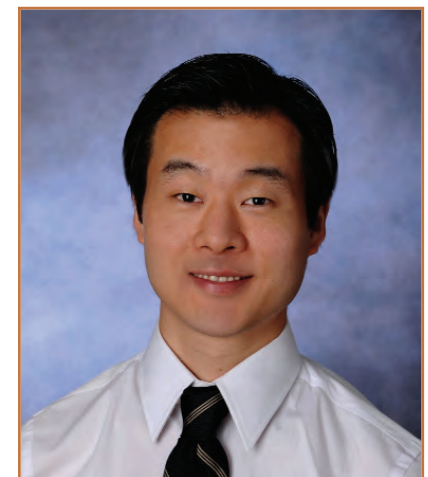
He graduated Summa cum Laude from Louisiana State University in Baton Rouge, and received his Medical Degree from Louisiana State University School of Medicine in New Orleans. Dr. Kang completed both his General Surgery internship and residency at Ochsner Medical Center in New Orleans. During his training, Dr. Kang authored several presentations and publications on topics including laparoscopic and bariatric surgery.

Dr. Kang is originally from Welsh, Louisiana. He and his wife Hana are classically trained musicians and play piano and violin, respectively, in their spare time. They have an 18-month-old daughter, Sophia. Dr. Kang also enjoys playing tennis and reading history and literature.

To schedule an appointment with Dr. Sam Field or Dr. Thomas Kang at Lane Surgery Group, please call 225-658-6690.



Dr. Samuel Field



Dr. Thomas Kang

## Lane Family Practice and Sports Medicine Opens

Lane Regional Medical Center welcomes Dr. Stephen T. Jones, Family Practice and Sports Medicine, who has opened Lane Family Practice and Sports Medicine located at 19900 Old Scenic Highway in Zachary.

Dr. Jones is a board certified physician who has spent a great deal of his career invested in family medicine and the physical effects of sports on the human body. He has successfully completed specialty training at the University of Mississippi Medical Center Primary Care Sports Medicine Fellowship Program.

Dr. Jones received his Medical Doctorate degree from Meharry Medical College of Medicine in Nashville, TN and completed his Bachelor of Science at Xavier University in New Orleans. He is also a graduate of Catholic High School in Baton Rouge.

Dr. Jones used his education and experience to care for Division I college athletes, as well as high school athletes in Jackson, MS. Prior to this position, Dr. Jones served as a Chief Resident at Louisiana State University Health Sciences Center in Kenner where he was honored with the Chief Resident Award and the LSU Family Medicine Chairman's Award. Dr. Jones' work and research have been published in several publications, and he has received numerous academic and citizenship honors.

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*"I chose Family Medicine with a focus on Sports Medicine because I wanted to help athletes understand the effects of their sport and injuries on their bodies. As a former athlete, I know the anxiety that surrounds being taken off the field or court and not understanding the medical reasons why I could not continue competing," says Dr. Jones. "I am very excited about serving the region and being part of the growing health care community at Lane."*

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In his spare time, Dr. Jones enjoys sporting competitions, such as the Mardi Gras Marathon where he served as a finish line medical captain in 2011. He is a New Orleans Saints season ticket holder and enjoys keeping up with LSU football. Dr. Jones enjoys traveling abroad to experience different cultures and makes it a personal point to partake in the local cuisine. Dr. Jones also serves as the sports medicine expert on Stats & Stilettos, a Chicago-based (WVON 1690) sports talk radio show that can be heard nationally on iHeart radio.

To schedule an appointment with Dr. Stephen Jones at Lane Family Practice and Sports Medicine, please call 225-570-8155.



Dr. Stephen Jones



## Vascular Surgery



Dr. Gregory Crenshaw

Lane Regional Medical Center also welcomes Vascular Surgeon Dr. Gregory D. Crenshaw, who has joined the physicians of Vascular Specialty Center, Drs. Joseph Griffin, Andrew Olinde and Victor Tran, at their Zachary location.

Dr. Crenshaw is board certified in both Family Medicine and General Surgery and performs all standard vascular surgical procedures and testing for aortic aneurysm, carotid artery, poor circulation in the legs and varicose veins. He has a special interest in carotid artery disease.

Dr. Crenshaw graduated from Gustavus Adolphus College in St. Peter, Minnesota. He received his Medical Degree and completed his Family Medicine residency at the University of Mississippi in Jackson. He completed both his General Surgery residency and his Vascular Surgery fellowship training at Ochsner Clinic Foundation in New Orleans.

During his fellowship training, Dr. Crenshaw was published in major peer reviewed journals on topics including the economics of carotid endarterectomy. He was recognized as the winner of the Founders Award for Vascular Research for the Southern Association of Vascular Surgery 2012, and was the recipient of the Alton Ochsner Leadership Award for top resident/fellow at Ochsner in 2011-2012.

Dr. Crenshaw and wife Veronica Gillispie, an OB/GYN at Ochsner Clinic Foundation, are committed to the practice of medicine in Louisiana. In his spare time Dr. Crenshaw enjoys the New Orleans Saints, golf, and jazz music.

To schedule an appointment with Dr. Gregory Crenshaw at Vascular Specialty Center's Zachary location, 4801 McHugh Road, Suite C, please call 225-658-1520.

## Rheumatology



Dr. Joseph Nesheiwat

Dr. Joseph P. Nesheiwat, Rheumatologist, has opened Zachary Rheumatology located at 6110 Main Street, Suite C.

He is board certified in both Rheumatology and Internal Medicine, and treats all rheumatic diseases including rheumatoid arthritis, osteoarthritis, and gout. He also has a special interest in severe osteoporosis and psoriasis related arthritis.

Dr. Nesheiwat graduated Magna Cum Laude from Florida Atlantic University in Boca Raton, FL, and received his medical education from Saint George's University School of Medicine in Grenada, West Indies. He completed both his Internal Medicine residency and his Rheumatology fellowship training at the University of Tennessee Health Science Center in Memphis, TN.

During his Fellowship training, Dr. Nesheiwat was published in major peer reviewed journals on topics including osteoporosis and rheumatoid lung disease. He was recognized at the National Young Rheumatology Investigators Forum for best presentation. He is a member of the American College of Rheumatology.

Dr. Nesheiwat and his wife, Carli Comish Nesheiwat, currently reside in Denham Springs, Louisiana. They have two children, Adam and Claire.

To schedule an appointment with Dr. Joseph Nesheiwat at Zachary Rheumatology, please call 225-636-5836.



## Extraordinary Nurses = Remarkable Patient Experiences

Eleven nurses at Lane Regional Medical Center were nominated by patients, family members, physicians and colleagues for The DAISY Award for Extraordinary Nurses.

### Lane's most recent DAISY Award Honoree is Tisha Partin, LPN.

Tisha graduated Magna Cum Laude from Delta College in Baton Rouge. She joined the

Lane team in 2005 and currently works as a staff nurse on the Med/Surg unit. She also serves as a Preceptor for new nurses. This was Tisha's fourth nomination for the DAISY Award.

Tisha lives in Slaughter with her husband, Richard. They have four children and one grandson. Tisha loves to cook and enjoys traveling with her family. In fact, she is looking forward to an upcoming trip to Disney World in the Fall.

The other 10 nurses nominated for The DAISY Award are:

Sheila Barrett, RN; Sherri Brady, RN; Jackie Farley, RN; Andi Fletcher, RN; Lynn Golden, RN; Angel Lemoine, RN; Kristen Peel, RN; Amy Rome, RN; Lori Shaw, RN; and Kelly Simpson, RN

To nominate an extraordinary nurse that has touched your life, please go to [www.LaneRMC.org](http://www.LaneRMC.org). Be sure to click on the DAISY emblem!



DAISY Award honoree Tisha Partin received a beautiful marble sculpture called "A Healer's Touch," hand-carved by artists of the Shona Tribe in Africa.



L-R: Jackie Farley, Tisha Partin, Kristen Peel, Amy Rome, Andi Fletcher, Lynn Golden, Sherri Brady, Sheila Barrett, Angel Lemoine, Kelly Simpson and Lori Shaw.



**DAISY Award** nominees personify Lane Regional Medical Center's remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care, and they are recognized as outstanding role models in our nursing community.



Aldremer Claiborne was overwhelmed when her name was announced as the STAR Award Honoree. "It feels good to know that people notice what you do."



Shaneka Johnson was shocked when her name was announced as the STAR Award Honoree. "I definitely was not expecting this! I truly enjoy my job and it means a lot to be recognized."

## Achieving Excellence

Lane has recognized two STAR Award Honorees in the first half of the year, **Aldremer Claiborne** and **Shaneka Johnson**.

★ Aldremer has been at Lane for more than 25 years. A Dietary Cook II in the Food & Nutritional Services department, she is responsible for planning and preparing patient meals. Aldremer also plans and prepares meals for all hospital special events, board dinners and medical staff dinners.

A native of Independence, Aldremer was raised in Port Hudson and graduated from Zachary High

School. She and her husband, Stevenson, reside in Baker. She has one daughter and one son, four grandchildren and two step-grandchildren.

★ Shaneka, a certified nursing assistant, has been employed at Lane for 20 years. She is a unit tech on the Telemetry Unit and is responsible for observing patients on telemetry monitors and assisting with patient care.

Originally from Clinton, Shaneka and her husband Samuel live in Ethel. They have five sons and one daughter. In her spare time, Shaneka enjoys spending time

with her family, helping others in need, and fishing. She attends Restoration Church in Clinton.

At the STAR award presentation, Aldremer and Shaneka received a certificate for "Achieving Excellence, Every Person, Every Time," a beautiful crystal sculpture, Visa gift card and a paid day off.



**STAR Award** nominees demonstrate EXCELLENCE in their individual positions and promote Lane's overall goal of providing Excellent Service to Every Person, Every Time.

They are passionate about creating a work environment where healing, compassion, safety, customer service and efficiency are held to the highest of standards. They are also recognized as outstanding role models by their peers.



## The other 21 STAR Award Nominees were:

Chris Benoit  
Theresa Daniel  
Kimberly Ford  
Ruth Garner  
Jackie Hamilton  
Dawn Hankins  
Kelley Jacobs  
Jason Landry  
Dawn Martin

Judy Martin-Lafleur  
Kristen Peel  
Evelyn Schilling  
Renee Story  
Kasey Smith  
April Tillman  
Karen Thomas  
Christal Washington  
Teresa Webb  
Angelic Welborn  
Karen Williams  
Yarnell Wright



L-R: Kristen Peel, Angelic Welborn, Aldremer Claiborne, Jackie Hamilton, Dawn Martin and Kelley Jacobs.



L-R: Karen Thomas, Yarnell Wright, Christal Washington, Kasey Smith, Jason Landry and Renee Story.



L-R: Chris Benoit, Karen Williams, Evelyn Schilling, Theresa Daniel, Judy Martin-Lafleur, Kimberly Ford, Shaneeka Johnson, Teresa Webb and Dawn Hankins.



**Bruce Williams**  
Employee of the Year

## Employee of the Year

Lane Regional Medical Center named Bruce Williams as Employee of the Year.

A Therapy Tech in the Rehab Services/Physical Therapy department, Bruce has worked at Lane for more than 16 years and was recognized for his dedication and outstanding work.

"Bruce is a people person and is always looking for ways to help others," said Mike Hlavac, director of Rehab Services. "He gives great care to his patients and is a champion of great customer service."

Bruce is originally from Centreville, Mississippi, and currently lives in Baker. He is an avid LSU and Southern University sports fan and especially enjoys football and basketball. Bruce also enjoys returning home and attending church in Liberty, Mississippi with his grandmother, Edith, and his mother, Virginia.



Employees of the Month were honored at the annual celebration. L-R: Tina Nations, Adrienne Richardson, Martha Forbes, Bennett Templet, Dee Thomas, Brittany Casey, Sharon Callahan, Shaneka Johnson, Mary Gunter, Bruce Williams, Donna Maggio and Russell Arceneaux.

## Nightingale Awards

At the 11th Annual Nightingale Awards, Lane Regional was nominated for Hospital of the Year, as well as having four of our outstanding nurses nominated: (L-R) Laura Peel, Community Nurse of the Year; Amy Lea, Clinical Practice Nurse of the Year; Paige Pedersen, Rookie of the Year; and Kim Watson, Clinical Practice Nurse of the Year. To be nominated is truly an honor.

Congratulations to Amy and Kim who tied for Clinical Practice Nurse of the Year! The Louisiana State Nurses Association and Foundation noted that Lane is the first hospital to have two winners in this category in the history of the awards!



Laura Peel, Amy Lea, Paige Pedersen, and Kim Watson



## Where Were You in 1972?

How many of you remember what you were doing on June 20, 1972? Zachary resident Linthon Bundick sure does, because that's the day he became a Lane employee, #240 to be exact. Today, a new hire's number would be #12,625.

Linthon is Lane's first employee to celebrate 40 years of service. He came to Lane in 1972 after graduating from the Radiologic Technology program at Charity Hospital of Louisiana in Lafayette. Lane is the only hospital where Linthon has ever worked full-time.

Linthon has seen a lot of changes during the past 40 years. At the beginning of his career, the department had seven full-time employees and was called X-ray, since that was the only imaging modality available. With the development of new technologies such as the CAT Scan, Ultrasound, Nuclear Medicine, and Surgical X-ray, the department grew and changed its name to Radiology.

Today, the department has 38 employees, 24 of which are full-time. With the addition of Digital X-ray, Mammography, MRI, and PET Scans, the department is now referred to as the Imaging Department for the simple fact that we no longer use just the x-ray to produce images.

For a hospital to be successful you must have educated, qualified, caring, and dedicated employees that can do the work that many folks are simply not cut out to do. Linthon's performance and dedication over the years are two of the many reasons that Lane Regional Medical Center has been successful.

Greg Dickinson, Imaging Director at Lane Regional says, "I have been in this field for 32 years and I have worked with many outstanding Imaging Technologists. However, I can honestly say that Linthon is the most outstanding and technically gifted Radiologic Technologist I have ever worked with. The images Linthon produces and his surgical technique are always superior. Linthon obviously believes in the mission that hospital founder Dr. B.B. Lane set many years ago. He is a true asset and a joy to work with and I am proud to have him on our Imaging team at Lane."

*Thank you, Linthon, for a great 40 years. Congratulations on a job well done!*



**THEN**



**NOW**

### Fun Facts from 1972

New House Cost: \$27,550  
 Median Household Income: \$9,600  
 New Timex Watch: \$17.00  
 First Class Stamp: .08 cents  
 Movie of the Year: The GodFather  
 Song of the Year: You've Got a Friend  
 Album of the Year: Tapestry by Carole King  
 The TV series M\*A\*S\*H began  
 The CD (Compact Disk) is introduced  
 CAT Scanner developed in England  
 The antidepressant Prozac is developed  
 Apollo XVII last landed on the Moon  
 The Munich Olympic Massacre  
 Watergate



# Behavioral Health: Meet the Medical Directors

**Dr. Pamela J. Parsons** is the medical director of the Zachary program, 6180 Main Street. She is board certified by the American Board of Psychiatry and Neurology and has a special interest in affective disorders, anxiety disorders, psychotic disorders and psychopharmacology.

Dr. Parsons graduated Magna Cum Laude from Coker College in Hartsville, South Carolina and received her Medical Doctorate degree from Medical University of South Carolina in 1991. She completed both her Psychiatry and Behavioral Sciences residency and Electroconvulsive Therapy fellowship there, as well.

A resident of Zachary, Dr. Parsons has been practicing in the Baton Rouge area since 1999 in both inpatient and outpatient settings. Her psychiatric expertise includes General Adult, Dual Diagnosis and Geriatric fields.

In her spare time Dr. Parsons enjoys working in her yard, dabbling in house repairs, reading, browsing in antique shops and spending time with her teenage daughter.



**Dr. Pamela J. Parsons,**  
Zachary Program

**Dr. F. Gregory Harris** is the medical director for the Baker program, 5550-A Thomas Road. A native of Baton Rouge, Dr. Harris earned his medical degree from Meharry Medical College in Nashville, TN. He completed an internship in Family Medicine at the University of Texas Southwestern in Dallas, TX and his residency in General Psychiatry at the Alton Ochsner Medical Foundation in New Orleans, LA where he received the Outstanding Service Award.

Dr. Harris has been practicing in the Baton Rouge area since 1989 in both inpatient and outpatient settings. His psychiatric expertise includes General Adult, Child and Adolescent, Dual Diagnosis and Geriatric.

Dr. Harris is a member of the National Medical Association, American Psychiatric Association, and Louisiana Psychiatric Medical Association. He is currently providing consultation and medication management at the Southern University Counseling Center.

Dr. Harris is the son of Donald L. Harris, MD, who was a well-known General Practitioner in Old South Baton Rouge for almost 40 years until his untimely death in 2000.



**Dr. Gregory F. Harris,**  
Baker Program

## Lane Behavioral Health celebrates 1st Anniversary!

During the past year, dozens of people have regained their purpose in life with the help of Lane Behavioral Health Services.

If you or someone you know is suffering from any type of traumatic life event, behavioral difficulty or emotional distress, especially major events due to the loss of a job, health or relationship, help is here.

### Symptoms may include:

- Depression: Inability to experience pleasure, preoccupied with worthlessness, feelings of guilt, regret, helplessness, loneliness, fatigue, low self-esteem
- Avoidance: Staying in bed, withdrawing from friends or normal routines, decrease in daily functioning
- Anxiety: Panic attacks, racing thoughts, apprehension, dread, restlessness, feeling trapped, excessive worry, sleep disturbance
- Eating Disorders: Anorexia nervosa, bulimia nervosa, binge eating, purging, rumination
- Schizophrenia: Hallucinations, paranoia, delusions, disorganized speech

- Other Personal Disorders: Attention-seeking, antisocial, narcissistic, avoidant, dependent, obsessive compulsive, passive aggressive, sadistic, self defeating, bipolar disorder

More than just individual therapy sessions, we provide an interactive, intensive outpatient program that teaches practical ways to take charge and develop the long-term skills needed for personal success.

Anyone may contact us directly, especially individuals needing help, as well as family members, friends, clergy, assisted living/group home facilities, retirement communities, physicians and behavioral health professionals.

To schedule a confidential assessment with Dr. Parsons or Dr. Harris at Lane Behavioral Health Services, please call (225) 658-6640.



## Effective Therapy, Real Results

Offering medically supervised, intensive outpatient treatment for adults experiencing life-altering emotional crises, such as depression, anxiety, stress, fear and other personal disorders.

- Anyone may contact us directly, such as yourself, family members, friends, clergy, assisted living/group home facilities, retirement communities, physicians and behavioral health professionals.
- Treatment is covered by most commercial insurance plans and Medicare. Transportation and nourishment are available as needed.
- Call (225) 658-6640 to schedule a confidential assessment today.



**Now With Two Convenient Locations! [LaneRMC.org](http://LaneRMC.org)**

**6180 Main Street, Suite A, Zachary Phone: (225) 658-6640**    **5550-A Thomas Road, Baker Phone: (225) 658-6652**





**Lydia D. Lewis, M.D.**  
Zachary Ob/Gyn Services  
Ph: (225) 658-8868

**Keith B. Elbourne, M.D.**  
**Joshua Best, M.D.**  
Bayou Regional Women's Clinic  
Ph: (225) 658-1303

## You're Gonna Love Lane

Lane Regional Medical Center provides Board Certified OB/GYN doctors and a highly trained, professional team of nurses to address women's overall health from childbirth through menopause.

Call to schedule your appointment today!



6300 Main Street • Zachary, Louisiana 70791  
(225) 658.4000 • LaneRMC.org



## Post-Partum Rooms Now Open



The new Labor & Delivery wing on the second floor is now open. Since the hospital delivers 400-500 babies per year, five special procedure rooms have been converted into four spacious post-partum rooms.

## Good Health Seminars:



### THE PREGNANCY WORKSHOP

An overview of what to expect for expecting parents. We recommend you attend this class during your 1st or 2nd trimester.

**Tuesday, October 30**

6:30 p.m.

Lane Regional Medical Center

Staff Development Classroom

Registration is required. Seating is limited.

Call 654-LANE (5263)

### BABY CARE BASICS

Covers all you need to know to care for your infant in the first weeks of life. We recommend you attend this class during your 2nd or 3rd trimester.

**Tuesday, September 25**

**Tuesday, November 27**

6:30 p.m.

Lane Regional Medical Center

Staff Development Classroom

Registration is required. Seating is limited.

Call 654-LANE (5263)





# Good Health Seminars



## DIABETES SUPPORT GROUP

A FREE support/encouragement group for people dealing with Diabetes.

**Tuesday, September 11**

**Tuesday, October 9**

**Tuesday, November 13**

6 p.m.

Lane Regional Medical Center  
Family members and caregivers encouraged to attend.

Call 658-4583 for more information.

## FREE PROSTATE CANCER SCREENING

Open to men over the age of 40 who do not have a primary care physician or urologist and have not been screened for prostate cancer in the past year.

**Thursday, September 20**

6:00 p.m.

Louisiana Urology, Zachary location  
6110 Main Street, Suite C  
Registration is required.

Space is Limited.

Call 654-LANE (5263)

## "ASK THE DOCTOR" – LUNCH & LEARN

Join Dr. Nesheiwat for an informal question and answer session about rheumatoid arthritis and osteoarthritis. The session is FREE and includes a light lunch.

**Thursday, October 25**

11:30 a.m.

Staff Development Classroom  
Lane Regional Medical Center  
Registration is required.

Seating is limited.

Call 654-LANE (5263)

## AARP DRIVER SAFETY PROGRAM

A classroom refresher course for drivers 50 and over.

**Wednesday, October 31**

8:30 a.m.

Lane Regional Medical Center  
Staff Development Classroom  
Registration required; Space is limited  
Call 654-LANE (5263)

## BLOOD DRIVE

Coordinated by United Blood Services and Lane RMC.

**Friday, November 16**

7 a.m. – 2:30 p.m.

Lane Regional Medical Center  
Staff Development Classroom

The blood drive is open to the public and registration is not required. However, donors are encouraged to sign up online @ [www.bloodhero.com](http://www.bloodhero.com) Sponsor code: LaneRegional

## SAFE SITTER BABYSITTER TRAINING CLASS

A comprehensive babysitter training course for boys and girls ages 11–13.

**Tuesday, November 20**

8:30 a.m.

Lane Regional Medical Center  
Registration is required/Seating is limited.

Call 654-LANE (654-5263).

# LANE LINES

A Publication of Lane Regional Medical Center

6300 Main St., Zachary, LA 70791  
(225) 658-4000  
LaneRMC.org



NON-PROFIT ORG.  
US POSTAGE PAID  
PERMIT NO. 66  
ZACHARY, LA

## SPOTLIGHT

### Need a speaker for your group or organization?

Call Lane's Good Health Speakers Bureau  
225-658-4587

A variety of medical topics are available,  
all relevant to your good health.

## Real Men Wear Pink

The Susan G. Komen Foundation received a donation of \$5702.47 from the 4th annual Real Men Wear Pink annual fundraiser, which pairs the Zachary High and Parkview Baptist Baseball teams in two charity games. Overall, the Real Men Wear Pink games have raised more than \$21,000.

Mary White, RN, has helped plan and promote the event since its inception to bring awareness and financial support to the fight against breast cancer.



L-R: Randy Olson (CEO of Lane), Mary White, RN (Quality Improvement nurse at Lane), Jesse Cassard (ZHS head baseball coach), Tonya Dixon (Development manager with Susan G. Komen), Stacey Hodges (RMWP coordinator), and Jeree Chaney (Bank of Zachary).