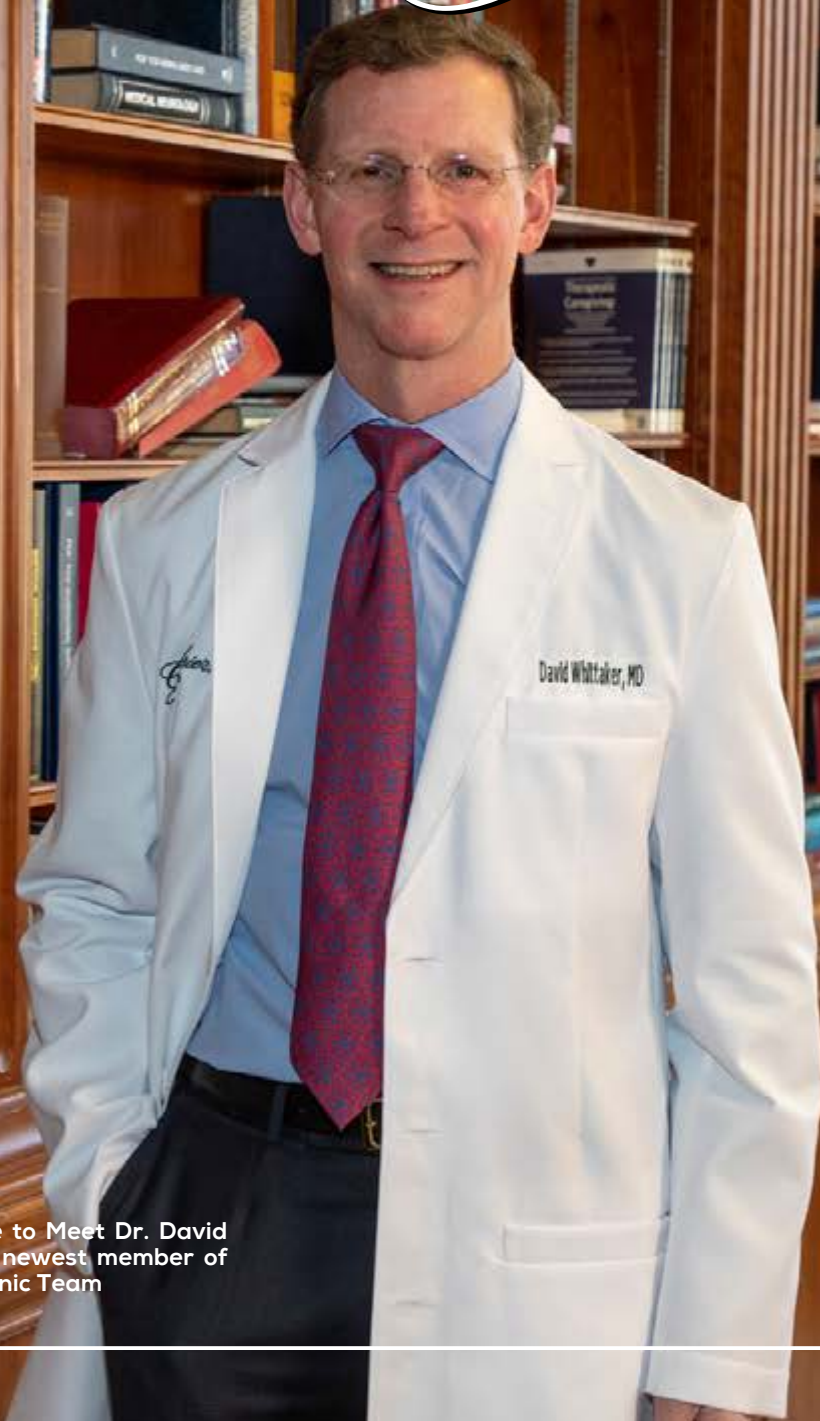


The ASHFORD *Quarterly*

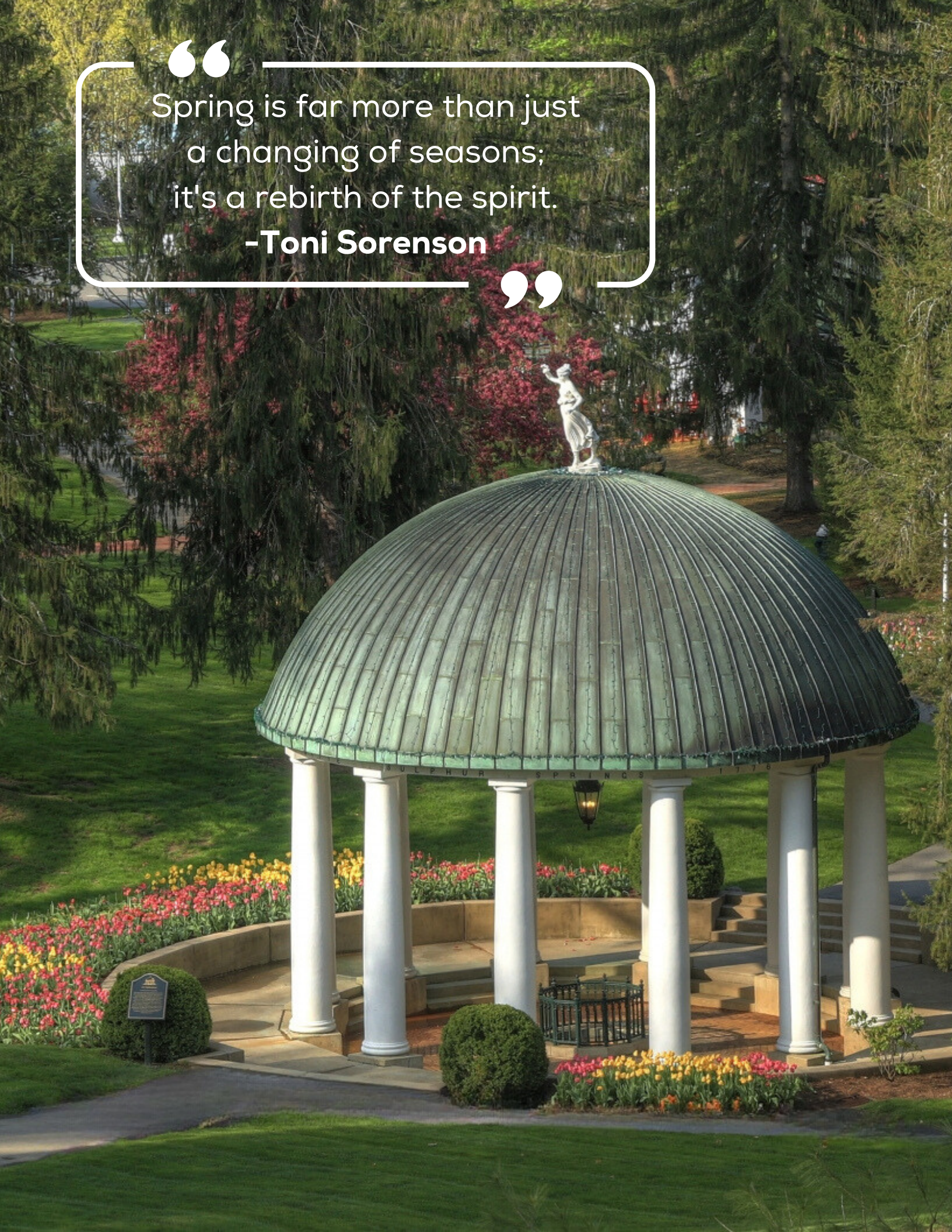


Scan the QR code to Meet Dr. David R. Whittaker, the newest member of The Greenbrier Clinic Team

“
Spring is far more than just
a changing of seasons;
it's a rebirth of the spirit.

-Toni Sorenson

”



FROM THE DESK OF THE ADMINISTRATOR

Dear Concierge Members,

Spring is a beautiful time of the year at The Greenbrier and The Greenbrier Clinic. The picturesque landscape of flowers blooming and the warm air brings a sense of renewal and awakening. This is a fun time of year to visit The Greenbrier and explore the beauty of the outside grounds, with endless opportunities for adventure.

The providers of the clinic are committed to providing compassionate and comprehensive care that is customized to individual needs, and to providing guidance to well being with expertise, empathy, and respect. May is National Stroke Awareness month. In this edition of the "Ashford Quarterly," we are pleased to spotlight David R. Whittaker, MD, and his expertise as a Vascular Surgeon. Recognizing the signs of a stroke and acting swiftly can save lives and prevent long-term disability.

The Greenbrier MedSpa has several new and exciting rejuvenating services, designed to pamper, revitalize and enhance natural beauty, leaving a feeling of rejuvenation and radiance. In addition to new and expanded services, the MedSpa offers complimentary consultation.

I hope you will take the time to read the "Ashford Quarterly" and enjoy upcoming Concierge Medicine events illustrated within this addition. Wishing everyone an enjoyable, fun-filled and healthy spring season.

Sincerely,



SHERRI GWINN, MSN, APRN, FNP-BC

CLINIC ADMINISTRATOR



UPCOMING CONCIERGE EVENTS



CROQUET

Thursday, April 25th
1:00pm - 2:00pm
Greenbrier Croquet Club

During this month's Concierge Medicine event, we'll head to The Greenbrier's beautiful croquet court, which overlooks the chapel, for some instruction on this classic game that can be enjoyed by the entire family. Guests will also be treated to an incredible charcuterie board filled with healthy options from the kitchens of The Greenbrier. It's the perfect way to enjoy a spring afternoon.



GARDENING

Thursday, May 30th
10:00am - 11:00am
The Greenbrier's Creekside Garden

Gain a new appreciation for the nutrition that can be found right in your own back yard during this month's Concierge Medicine Event. Members will tour The Greenbrier Creekside Gardens and learn tricks of the trade for planting your own fruits and vegetables to enjoy throughout the year.



YOGA BY THE POOL

Thursday, June 27th
9:00am - 10:00am
Greenbrier Outdoor Pool

The ancient practice of Yoga has been proven to benefit both mind and body and, during our June Concierge Medicine event, The Greenbrier's Yoga instructors will provide instruction for Yoga at all levels. The picturesque outdoor infinity pool is the perfect location for participants to connect with nature while enjoying the value of exercise.

**All events are subject to change. In case of inclement weather, all events will have backup locations and will be held rain or shine.*

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The
Greenbrier
CONCIERGE MEDICINE®

EMILEE PACK, RDN, LDN

Registered Dietitian / Nutritionist

Whether you are a plant-based eater or just interested in incorporating more greens in your diet, The Greenbrier Clinic's Registered Dietitian/Nutritionist Emilee Pack has some tasty recipes to include on your home menus this spring. Try this Young Asparagus with Lemon Dipping Sauce for a healthy option everyone will love, and add more green to your plate this season



YOUNG ASPARAGUS WITH LEMON DIPPING SAUCE

INGREDIENTS

- 1/2 c mayo
- 1 T fresh minced garlic
- 1 T white wine vinegar
- 1 T fresh lemon juice
- Salt and pepper to taste

INSTRUCTIONS

Combine all ingredients.
Refrigerate for at least 30 minutes.

THE PLATE METHOD



START WITH NON-STARCHY VEGETABLES



Fill $\frac{1}{2}$ of your plate with non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers, and cucumbers. Non-starchy vegetables are high in fiber and low in calories and nutrients, making them a great way to start your meal.

ADD A SERVING OF LEAN PROTEIN



The next $\frac{1}{4}$ of your plate should be filled with lean protein, such as chicken, fish, beans, or tofu. Lean protein helps you feel full and satisfied, providing your body with essential amino acids.

CHOOSE WHOLE GRAINS



The remaining $\frac{1}{4}$ of your plate should be filled with whole grains, such as brown rice, quinoa, or whole-wheat pasta. Whole grains are a good source of fiber, which can help you maintain a healthy weight and improve your digestion.

ADD HEALTHY FAT



A small amount of healthy fat is a good addition to any meal. Healthy fats can help you absorb vitamins and minerals, and they can also help you feel full. Good sources of healthy fats include avocados, nuts, and seeds.

METABOLISM MARKERS

BLOOD SUGAR CONTROL

1

Good blood sugar management decreases glucose spikes and drops and helps promote functional metabolism. Eating consistent amounts of carbohydrate at meals and snacks (along with protein, healthy fat and fiber) helps use nutrients more efficiently, provides satiety/meal satisfaction and prevent fat storage and vascular damage.

BUILDING MUSCLE MASS

2

Muscle uses glucose for energy. Adding resistance training to the physical activity regimen may assist in furthering weight goals, as strengthened muscles help utilize nutrients more effectively. It is important to note that, as body composition changes, clothes may fit differently while the weight on the scale can remain the same. Vary the types of exercise you participate in to include strengthening, cardio and weight bearing exercises.

STRESS

3

Managing waking stress levels with regularly scheduled techniques helps in handling life events. Stress management techniques, including deep breathing, restorative exercise/stretching and meditation can help in coping during times of increased stress. Taking time for self care, including proper nutrition, is important in staying healthy and preventing lean mass loss.

SLEEP

4

Sleep helps the body to rest, restore and reduce stress hormone production. Additionally, prioritizing sleep is integral to maintaining a healthy diet. It help to regulate hunger hormones, improve decision-making, reduce cravings for unhealthy foods, sustain energy levels, support metabolism, reduce stress-related eating, and ensure proper digestion and nutrient absorption. Therefore, getting enough sleep is a fundamental part of any strategy to achieve and maintain optimal nutrition and overall well-being.

HYDRATION

5

Increasing water intake is helpful for hydration and is necessary for cellular and metabolic processes. Without sufficient water, processes are slowed and elimination of waste is impaired. It is generally recommended to drink half of your body weight (pounds) in ounces of water.

METABOLISM MARKERS

GUT HEALTH

6

Promoting a healthy gut improves overall health. This means including prebiotics, fermented foods, and increasing plant-based foods by eating more fruits, vegetables, whole grains, legumes and herbs. Plant-based eating positively impacts the heart, skin, joints, hormone balance, immune function and glycemic response. Prebiotics can be incorporated to build good bacterial growth, reduce inflammation and increase nutrient absorption. Start with one type, at a low dose and gradually increase to recommended dose, as tolerated. Eventually, you can incorporate several different types of prebiotic supplements, one at a time, starting with a low dose at the addition of each one:

Prebiotic powders include:

- Wheat Dextrine (Benefiber)
- Isomaltoligosaccharide (IMO)
- Acacia powder
- Beta glucans
- Psyllium (Metamucil)
- Partially hydrolyzed guar gum

REDUCING INFLAMMATION

7

Chronic illness, acute illness, stress, poor food quality, hormone imbalance can all cause inflammation inside the body, which strains normal metabolism. Paying particular attention to eliminating hydrogenated and partially hydrogenated oils and vegetable/seed oils (sources of trans fat), and identifying these on a food label can be an important step in improving cardiovascular health. In addition, cold-pressed oils are a better choice, as heat increases hydrogenation. Including more vegetables, fruits and plant-based foods, as mentioned above, will also help reduce inflammation.

INTUITIVE EATING

8

Dieting off and on leads to excessive hunger, poor choices, guilt and poor metabolism. Feed yourself with adequate nutrients to avoid primal drive to overeat by rebuilding trust - trust in yourself to make healthy choices most of the time and trust in your food to nourish by providing energy, nutrients and satisfaction.

RECOMMENDATIONS

- 30grams protein/meal
- Protein/Healthy Fat/Fiber at each meal
- Eat a savory breakfast
- Muscle building activity/resistance 2-3 days/week
- Low impact movement daily
- 7 hours of quality sleep
- Schedule your stress management - meditation, exercise, therapy, breathing, reading
- Address gut issues
- Supplement missing nutrients

The Greenbrier[®] MEDSPA

The Greenbrier's MedSpa is where serenity meets science to restore your well-being. Indulge in a self-care experience that enhances your natural beauty with a selection of transformative skin, body, and face treatments, laser treatments, and injectable products and treatments.

(304)536-5202

INJECTABLE PRODUCTS AND TREATMENTS

- Botox Cosmetics ®
- JUVÉDERM ® XC
- JUVÉDERM Voluma ® XC
- JUVÉDERM Vollure™ XC
- JUVÉDERM Volux™ XC
- JUVÉDERM Volbella ® XC
- JUVÉDERM ® Ultra Plus & Ultra X
- Kybella™
- Dysport ®
- Sculptra
- Restylane and Restylane L
- Restylane Lyft
- Restylane Silk
- Restylane Kysse
- Restylane Refyne
- Restylane Defyne
- Restylane Contour

SKIN, BODY, FACE, AND LASER TREATMENTS

- Morpheus 8
- Morpheus 8 Resurfacing
- Morpheus 8 Prime
- Morpheus 8 Body
- SkinPen (Microneedling)
- PRP (Platelet Rich Plasma)
- Dermaplaning
- Vasculaze
- Diolaze XL
- Evolve X



WORD SEARCH

J B H U F L G M G T V C Y F Q V R I Q X O D V N N
C E P S D J Q N D J M L U E F L R T X Y M Z C G X
I V D L W A Z V F E N E L R I C T I W N H V W M T
B D X V Z D P H M Y U E N K Z J T S O J C T Z L N
E O X M C H D A H S R F O S H T Q U G T W J Z C E
G I A K C E P L D N S V K O H V L P A N H Q J U X
Q S A W J A S F I X U C I R A E J M Z R O N L J C
D T D H D L C M A M E P K F U Y A H E I L Z U J E
V R G G C T V A W O M V R H N T B L X X E K P K L
Y O M G S H Q R V V E G W O W Q V M T S G Y H C L
K K Z Y V Y H A A Q T Y X N T A M A L H R I Y F E
L E D R S F Y T S E A I M E T E L Y O G A K S P N
S C I V Q A X H C W B Y D W V F I K I Q I V I N C
L R F C B T G O U E O E S I F E P N I W N B C Z E
D O N I V S W N L F L M Y A E L G N N N S H I P U
E Q B H L B P H A F I X E R J K V E E Y G A A O C
K U X P U E K U R N S K C N W Y V V T K G P N C Z
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D I A G N O S T I C B V K D J M R A B X G V E O I
M Y N I J F L A B L C X Z F A R Z S L T Z R B S N
B L O O D P R E S S U R E V M W V O E T V P D S G
Z Z A B Q S G H H I M V U N D H W E R S H S H R Y
Q Y T Q D H W W U K U Z L B S P X G L E U D C P N

- Blood Pressure
- Croquet
- Diagnostic
- Excellence
- Gardening
- Half Marathon
- Healthy Fats
- Mens Health
- Metabolism
- Nurses
- Physician
- Protein
- Spring
- Stroke
- Vascular
- Vegetables
- Walking
- Whole Grains
- Women's Health
- Yoga



NATIONAL WOMEN'S HEALTH MONTH

National Women's Health Month is celebrated each May to encourage women and girls to make their health a priority. The theme for this year is, "Women's Health, Whole Health: Prevention, Care and Wellbeing."

Learn steps you can take for better health.

To improve your physical and mental health, you can:

- Get routine age-based screening exams:
 - Breast cancer screening with mammograms starts at age of 40
 - Cervical cancer screening with pap smear starts at age 21.
 - Colorectal cancer screening with colonoscopy starts at age 45.
- Cholesterol screening starts at the age of 45 without any known risk factors – age 20 with known risk factors.
- Osteoporosis screening starts at the age of 65 – sooner if there is an increased risk.
- Blood pressure screenings are recommended annually.
- Keep physically active with a goal of 150 minutes of moderate-intensity exercise per week.
- Eat a healthy and balanced diet.
- Prioritize mental health and learn coping mechanisms for stress.
- Talk to a healthcare provider about any health concerns.

NATIONAL MEN'S HEALTH MONTH

National Men's Health Month is celebrated each year, beginning on Father's Day, to encourage men to make their health a priority. With Father's Day quickly approaching, this is the perfect time to encourage the men in your life to take care of themselves.

To all the men, take care of yourself so that you can be healthy, help and care for others, and do all the things you want to accomplish.

To improve your physical and mental health, you can:

- Get routine age-based screening exams:
 - Colorectal cancer screening with colonoscopy starts at age 45.
 - Prostate cancer screening with PSA starts at age 50 – sooner if there is an increased risk.
- Cholesterol screening starts at the age of 35, with a baseline around age 20.
- Blood pressure screenings are recommended annually.
- Keep physically active with a goal of 150 minutes of moderate-intensity exercise per week.
- Eat a healthy and balanced diet.
- Prioritize mental health and learn coping mechanisms for stress.
- Talk to a healthcare provider about any health concerns.

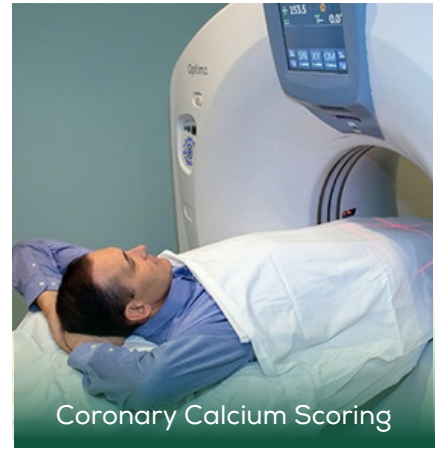




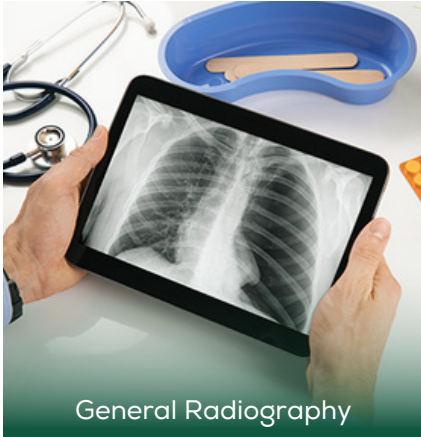
Bone Density Scan



Computerized Tomography



Coronary Calcium Scoring



General Radiography



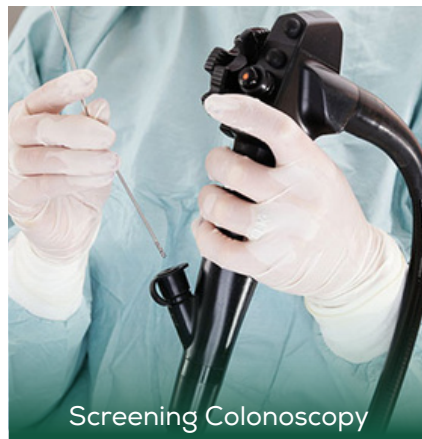
Laboratory Tests



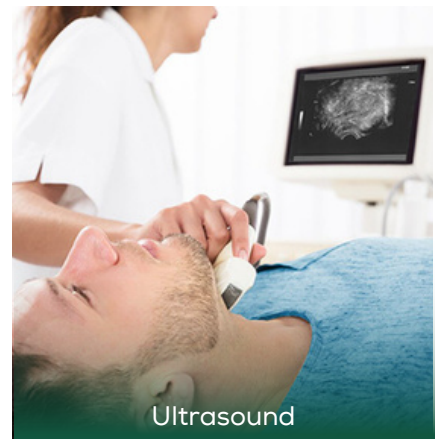
Mammography



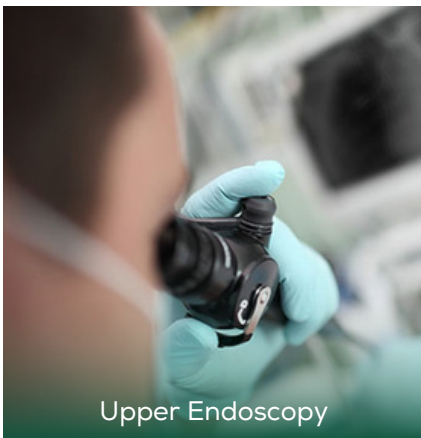
Nuclear Cardiac Imaging



Screening Colonoscopy



Ultrasound



Upper Endoscopy

DIAGNOSTIC SERVICES

The Greenbrier Clinic offers the latest in technology to aid in detecting health issues. By leveraging these state-of-the-art diagnostic technologies, the physicians can quickly and accurately identify patient concerns while assuring maximum comfort and safety for patients.

WELCOME

Sherri Gwinn | Clinic Administrator



The Greenbrier Clinic is excited to welcome a new Clinic Administrator, Sherri Gwinn, who began working in her new role last month. For the past 10 years Gwinn has worked as a nurse practitioner at The Greenbrier Clinic and Greenbrier Care. A native of southern West Virginia, Gwinn holds a MSN, APRN, FNP-BC, who not only has shown tremendous medical expertise, but also the leadership and kindness necessary for this position.

"Her tenure has allowed her to become familiar with many administrative aspects of The Greenbrier Clinic," said Dr. Jill Justice, DO, President of The Greenbrier. "We feel she is a perfect fit for this position and will eliminate the usual learning curve that comes with the transition."

Gwinn will continue to care for her patients on weekday mornings at Greenbrier Care, while dedicating the afternoons to her new administrative role. She and Dr. Justice will work closely with the providers to continue to grow and improve the Clinic and its mission.

Gwinn lives in Lewisburg with her husband and two children and is looking forward to carrying on the tradition of excellence that has been established at The Greenbrier Clinic.



STROKE AWARENESS

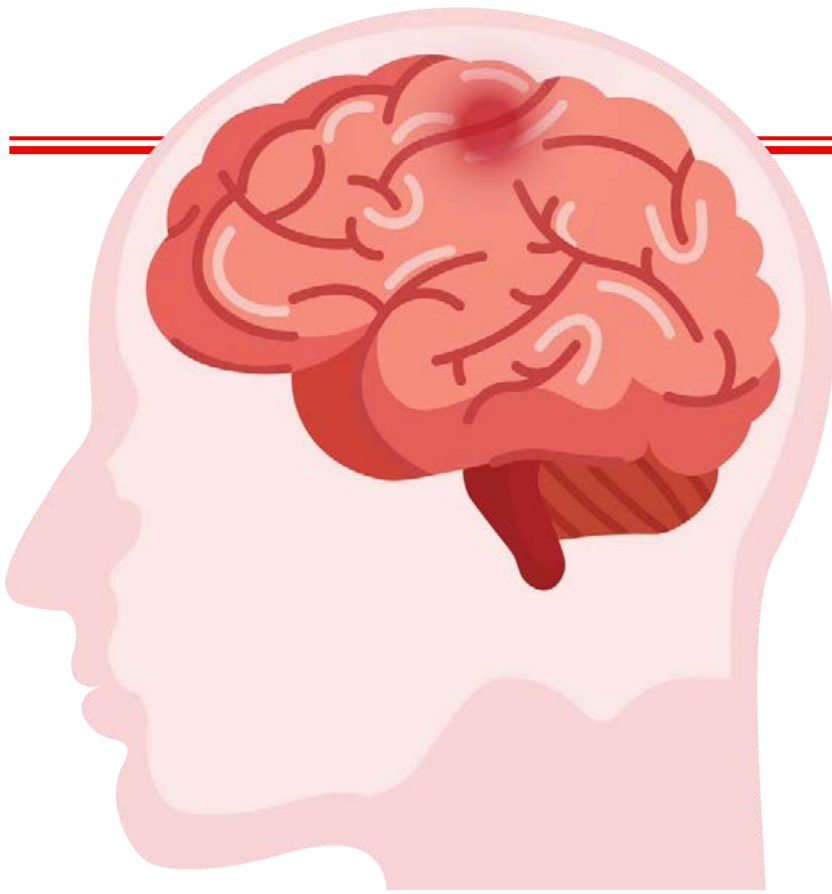
By: Dr. David R. Whittaker

It is a sobering statistic to see that stroke is the 2nd leading cause of death worldwide. In the United States alone, data from the Centers for Disease Control and Prevention shows that an estimated 795,000 people will experience a stroke every year. Unfortunately, the impacts of stroke are widespread. Depending on the severity of the residual deficit, strokes result in significant changes to family care plans, workforce productivity, and often initiate a spiral of declining health problems.

However, we are fortunate that we live in a modern era of stroke awareness, prevention, and treatment. Prior to 1810, strokes were largely categorized in the medical writings of the times as “apoplexy” or “theoplexy” without any sense of a clear understanding of the underlying disease process. Without this understanding, there was much room for hypothetical cures, diagnoses and management techniques that rarely impacted the natural history of the disease in a positive manner. In ~1810, however, physicians were able to show that the disease was a direct result of a lesion in the brain. This fundamental understanding of the pathology ushered in the modern era of stroke care.

Strokes can be generally classified into one of two major categories: hemorrhagic or ischemic. Ischemic strokes account for roughly 85% of the stroke cases in the US, with the remaining 15% being attributable to hemorrhagic causes. The primary difference between these two categories relates to the cause of the lesion in the brain. In ischemic strokes, the injury to the brain occurs as the result of insufficient blood reaching an area of the brain. This lack of oxygen renders the tissue unable to survive and rapidly leads to cell death. With hemorrhagic strokes on the other hand, the tissue is injured through the infiltration of blood into the cellular network of the brain resulting in cell swelling, injury and cell death.

The most common cause of ischemic strokes is a blockage in an artery leading to a portion of the brain. This blockage can occur as the result of progressive narrowing in a blood vessel leading to the brain (eg. atherosclerosis), or through a sudden blockage from a small blood clot (eg. embolus) originating from a different place in the body. Although frightening and potentially devastating, ischemic strokes offer many opportunities to positively impact the natural history of the disease.



From an early focus on exercise, smoking cessation and appropriately managing cholesterol levels, we can minimize the extent of atherosclerosis that occurs in our blood vessels. Chronically irregular heartbeats can also lead to periods of clot formation during the irregular rhythm period. Through early recognition and management, appropriate medications can be used to avoid the irregular rhythms or thin the blood to avoid clots from forming. Additionally, the carotid arteries are frequently a source of small clots. Through physical exams and appropriate ultrasound studies for people at risk, we can often identify potential problems long before a stroke will happen.

Finally, since ischemic strokes are the result of a lack of blood flow to an area of the brain, prompt recognition and early treatment can drastically impact the outcomes. Clot breaking medications and catheterizations to remove clots are most effective when they are administered within 90 minutes of the start of symptoms. Important symptoms to look for include changes in speech, weakness in an arm or leg and sudden vision changes. Remember “FASTER”. Sudden changes in the Face, Arms, Stability, Talking or Eyes need immediate Reaction.

Hemorrhagic strokes are typically caused by poorly controlled blood pressure, trauma to the head or congenital problems within the skull such as aneurysms or arterial malformations. Unfortunately, these causes are more difficult to prevent or predict, but the same attention to symptoms and expediency of treatment can help improve the outcomes.

Our team here at the Greenbrier Clinic is committed to partnering with you and ensuring that you are being evaluated in the modern era! From blood pressure control and cholesterol management to diagnostic tests to look at heart rhythms and carotid arteries, we focus on early diagnosis and aggressive preventative treatment. Our goal is to ensure that you will never need to make a 911 call. However, if there is ever a question of a possible stroke, think “FASTER” and err on the side of immediately seeking care. Time is critical.

NATIONAL NURSES WEEK



Jaclyn "Nicole" Anderson, LPN

Jaclyn lives in the Western part of Greenbrier County. She has five kids and has been married 20 years.

How long have you been a nurse?
3 years

How long have you worked at The Greenbrier Clinic?
Since August 2023

Nursing Assignment:
Dr. Songer and Michael McMillion

Favorite part about working at The Greenbrier Clinic:
"Everybody comes together as a team and helps everyone out."



Aly Burns, LPN

Aly lives in Monroe County and has a much-loved dog and boyfriend.

How long have you been a nurse?
1 year

How long have you worked at The Greenbrier Clinic?
Since October 2023

Nursing Assignment:
Dr. Whittaker and Dr. Stall

Favorite part about working at The Greenbrier Clinic:
"My favorite part about working here is the flexibility of the schedule and all the wonderful nurses and doctors that I get to work with."



Becky Childers, RN

Becky lives in White Sulphur Springs. She has a daughter, and a soon-to-be step-daughter. She and her fiancée live on a farm, and her girls love to show sheep and pigs.

How long have you been a nurse?
Since 2008

How long have you worked at The Greenbrier Clinic?
7 years

Nursing Assignment:
The Greenbrier MedSpa

Favorite part about working at The Greenbrier Clinic:
"It feels like family. Everybody is here, and it makes me feel better when I come to work."



Alisha Doss, RN

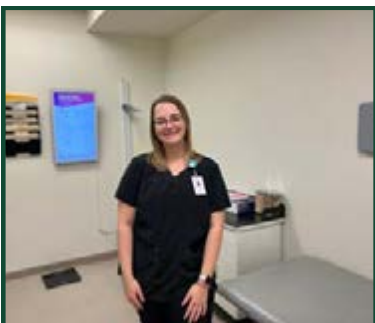
Alisha lives in Crawley and has a husband and two sons, six years and 18 months old.

How long have you been a nurse?
3 years

How long have you worked at The Greenbrier Clinic?
2 years

Nursing Assignment:
Non-Invasive

Favorite part about working at The Greenbrier Clinic:
"I love the schedule and the people that I work with."



Brittany Havens, LPN

Brittany lives in Union and she and her husband are proud parents of a 2-year-old girl.

How long have you been a nurse?
Passed boards two weeks ago.

How long have you worked at The Greenbrier Clinic?
1 year

Nursing Assignment:
Greenbrier Care

Favorite part about working at The Greenbrier Clinic:
"I like the people I'm around and the relationships I'm able to build with patients and co-workers. I can always learn something new."

National Nurses week is celebrated May 6-12, and The Greenbrier Clinic is extremely grateful for the talented and dedicated nurses that are part of the Clinic team. Learn more about the amazing men and women who serve the patients at The Greenbrier Clinic with excellence, with these quick facts.



Becky Helmick, RN, BSN

Becky lives in Sam Black Church and has three kids and four grandkids.

How long have you been a nurse?
30 years

How long have you worked at The Greenbrier Clinic?
1 year

Nursing Assignment:
OSHA-HIPA compliance nurse, Greenbrier Care and Greenbrier Clinic

Favorite part about working at The Greenbrier Clinic:
"I can't name one thing, but I love the family atmosphere. We all work as a team and have each other's backs."



Angie Hughes, LPN

Angie lives in Lewisburg and has a daughter in college.

How long have you been a nurse?
19 years

How long have you worked at The Greenbrier Clinic?
6 years

Nursing Assignment:
Greenbrier Care

Favorite part about working at The Greenbrier Clinic:
Co-workers



Elizabeth Jarrel, LPN

Elizabeth lives in Ronceverte and has a 4-month-old boy.

How long have you been a nurse?
2 years

How long have you worked at The Greenbrier Clinic?
2 months

Nursing Assignment:
Dr. Modlin

Favorite part about working at The Greenbrier Clinic:
"I like the flexibility. I came from longterm care, so I worked crazy long hours and weekends. When you were there, you were stuck there. So, the flexibility here is really nice."



Lindsey Midkiff, RN

Lindsley lives in Dawson and has been married since 2022. She and her husband, who have been together for 10 years, have a baby due in July.

How long have you been a nurse?
4 years

How long have you worked at The Greenbrier Clinic?
Since June of 2021

Nursing Assignment:
Surgery Center

Favorite part about working at The Greenbrier Clinic:
"The staff, the environment, the doctors, especially Dr. Leavell, make it a great place to work."



Jazlyn Mounts, LPN

Jazlyn is married with a 10-year-old and 4-year-old. She lives in Alderson.

How long have you been a nurse?
2 years

How long have you worked at The Greenbrier Clinic?
2 years

Nursing Assignment:
Greenbrier Care

Favorite part about working at The Greenbrier Clinic:
"I like the flexibility, and the environment is very healthy. It's drama-free, and everybody cares about their patients."

Not available for photos but important members of the Nursing Team are:
Marlie Blevins, LPN | Melissa Ewing, LPN | Angel Jones, LPN | Angie Morris, LPN



Stacey O'Dell, LPN

A White Sulphur Springs native, Stacey is back home living in her grandparents' old home. She has three kids, a daughter in college, a 14-year-old son and a 7-year-old son.

How long have you been a nurse?
Since 2016

How long have you worked at The Greenbrier Clinic?
Since July of 2023

Nursing Assignment:
Dr. Poling's nurse

Favorite part about working at The Greenbrier Clinic:
"It's flexible. It's different types of patients that you see. I worked in longterm care before I came here, and I'm getting to work with a physician that's honestly the best one I've ever worked for. I learn a lot from him."



Jennifer Piner, RN

Jennifer lives in White Sulphur Springs and is a mother of a 11-year-old son and 8-year-old daughter. She has been married for 15 years.

How long have you been a nurse?
15 years

How long have you worked at The Greenbrier Clinic?
1 year

Nursing Assignment:
Surgery Center

Favorite part about working at The Greenbrier Clinic:
"I love the staff and environment in the Surgery Center."



Linda Rosas, RN, BSN, MSN

Linda has been married for 31 years. She is an empty nester with two adorable dogs.

How long have you been a nurse?
36 years

How long have you worked at The Greenbrier Clinic?
1 year

Nursing Assignment:
MedSpa

Favorite part about working at The Greenbrier Clinic:
"I take tremendous pleasure developing and implementing customized treatment plans to assist clients in reaching their personal goals to look and feel their personal best."



Caitlin Thornton, RN

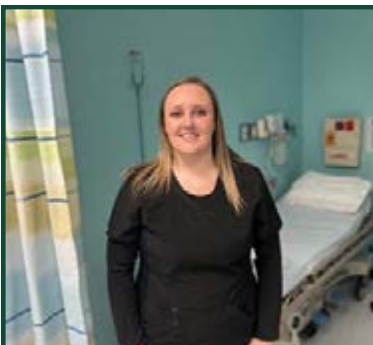
Caitlin lives in Sam Black Church and has two boys and a girl. She and her husband live on a family farm with cows, chickens and dogs.

How long have you been a nurse?
4 years

How long have you worked at The Greenbrier Clinic?
2 years

Nursing Assignment:
Clinic Nursing Manager

Favorite part about working at The Greenbrier Clinic:
"I like the flexibility that other places do not give you. We get our holidays off, our weekends, and that's important to me."



Kenley Walls, LPN

Kenley lives in White Sulphur Springs and has been married for three years. She has a daughter, who is almost 2.

How long have you been a nurse?
4 years

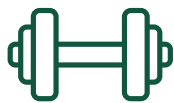
How long have you worked at The Greenbrier Clinic?
2 years

Nursing Assignment:
Surgery Center

Favorite part about working at The Greenbrier Clinic:
"I love it here because of the staff and the schedule."



GET FIT WITH JOSH



“—
| When you have
your health, you
have everything. |
—”
Augusten Burroughs

The winter weather is behind us, and that means the opportunity is available to get outside and enjoy the sunshine, while improving your health with some movement. Did you know that just 10 minutes of walking each day can improve your mood, heart health, sleep, immune system and digestive system, while reducing risk of chronic diseases, stress and joint pain? The spring and summer are the ideal time to build a walking habit into your daily routine.

As a Concierge Medicine member, maintaining a healthy lifestyle is easier than ever. Membership includes an annual strength and cardiovascular fitness assessment, which provides guidance on an optimum plan to maintain fitness. Members also receive complementary access to The Greenbrier Tennis and Fitness Center, a great place for cardiovascular machines, weights, tennis, pickleball and more while on The Greenbrier property.

Staying on the subject of tennis and pickleball, the spring and summer months are also a fantastic time to pick up a new sport or renew your interest in an old favorite. For many, staying active is easier with a structured competition, and these two sports, along with golf and others, are wonderful lifetime sports that can be enjoyed by individuals of almost any age or activity level.

Whatever your choice of activity, The Greenbrier Clinic encourages you to stay active this spring and summer and develop routines that will stay with you when the weather turns colder at the end of the year.



SIX SIMPLE TIPS TO CONTROL YOUR BLOOD PRESSURE

Your HBP deserves your attention. Uncontrolled high blood pressure can be fatal. If you've been diagnosed with high BP, these simple steps can help you keep it under control:

1. Know your numbers.

It is recommended that everyone maintain blood pressure below 120/80 mm Hg. Your health care professional can tell you your personal target blood pressure.

2. Work with your health care professional.

Your health care professional will help you make a plan to lower your blood pressure.

3. Get active.

Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.

4. Keep checking your blood pressure at home.

Take ownership of your treatment by tracking your blood pressure.

5. Reduce sodium.

Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.

6. Take your medication.

If you have to take medication, take it exactly the way your health care professional says.



THE GREENBRIER HALF MARATHON, 10K AND 5K



Come and join us on Saturday, May 11th as we celebrate the seventh edition of the Greenbrier Half Marathon, 10K, and 5K. Get ready to run and walk through the magnificent 11,000-acre estate of the renowned Greenbrier Resort.

SCAN THE QR CODE
TO REGISTER NOW






The
Greenbrier[®]
CLINIC

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