

## Health News From Cleveland County HealthCare System

*CRMC expands cardio/pulmonary thanks to generous community gift*

*The new T.R. Harris Wellness Center is 9,000 square feet with a walking track and other extras.*

**By PAULA VESS**  
**Regional Marketing Group**

SHELBY – Last week at Cleveland County HealthCare System (CCHS), a dream came true. The Cardiac and Pulmonary Rehab Programs at Cleveland Regional Medical Center (CRMC) moved into a newly renovated 9,000 square foot area.

“We are all very excited to offer our Cardiac and Pulmonary Rehab Program patients this state-of-the-art space in which to exercise,” said Brian Gwyn, President and CEO of CCHS.

In 2008 Frank Beam was a new Cardiac Rehab patient at CRMC. After six months of rehabilitation, he was stronger and well on the way to recovery.

He became a big fan of CRMC’s cardiac rehab team and met a new circle of friends. “This program brings you together with others who have gone through something similar to what you’re going through,” said Beam. “You may be on the treadmill beside someone, see what they are doing and have hope that you can get there too.”

But on the very first day of his treatment, Beam was struck by the critical need for a better

facility. Beam had the vision for a larger, more impressive space, maybe even with enough room for patients to visit and talk when they weren’t undergoing rehabilitation or exercising.

Last Wednesday, March 30, 2011, Beam’s vision became a reality with the opening of the new T.R. Harris Wellness Center. It’s located on the first floor of the hospital to the right of the main entrance.

“We’ve had this dream for a long time,” said Johnny Stamey, the Wellness Center supervisor. “It’s exciting to finally see it become a reality. The staff and I are grateful to Frank for spearheading the efforts to make our dream come true.”

As chair of the Cleveland HealthCare Foundation, Beam inspired a variety of individuals and organizations to support a \$1.5 million capital campaign to construct and furnish the new center. “This is so important for our community. You just don’t know how all of this may help someone in the future,” said Beam.

The Cleveland Home Health Agency Board gave \$1 million to name the center in memory of the late Reggie Harris, MD, who founded Cleveland Home Health Care in 1966. Dr.

Harris was also instrumental in advancing care for heart patients in Cleveland County by bringing cardiologist Doug Boyette, MD, to Cleveland County.

The new center features 9,000 square feet of space with a walking track, more than 50 pieces of state-of-the-art cardio and strength training equipment, free weights, centralized monitoring, classroom space and locker rooms with showers. There’s even plenty of room for everyone to socialize.

In addition to being the home of the cardiac and pulmonary rehab programs, the center is also part of an employee wellness program. Hospital employees can use the facility to exercise as well.

“This is a center our community needs, and it would not have been possible without community support,” said Gwyn.

*For more information on the cardiac and pulmonary rehab programs and the T.R. Harris Wellness Center, call 980-487-3697, or 980-487-3654.*

*Visit the web site to watch videos and read more about the program [www.ClevelandCountyHealthCareSystem.org](http://www.ClevelandCountyHealthCareSystem.org)*



*Frank Beam (second from right) poses in the new T.R. Harris Wellness Center with staff (from left) Sean Mayes, Candy Wright and Johnny Stamey. Beam is chairman of the Cleveland HealthCare Foundation Board, which received \$1 million from the Cleveland Home Health Board to name the new the cardiac and pulmonary rehab area in memory of T.R. Harris, MD.*

**Pink Ribbon Network**

April 7

Noon – 1 p.m.

CRMC Oncology Services Board Room  
A gathering for newly diagnosed breast cancer patients. Lunch served. To register, please call 980-487-3757.

**Bridges**

April 11

2 - 3 p.m.

CRMC Blumenthal Cancer Center  
A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

**Diabetes Wellness & Resource Group**

April 12

5:30 p.m.

CRMC Auditorium  
“What a Wound Care Nurse Can Teach You” Angela McCraw, RN WCC, Clinical Coordinator, CRMC Wound Healing Center  
For more information, please call 980-487-3953.

**Kangaroo Kapers**

April 18

6 p.m.

Women’s Life Center Conference Room  
Provides children expecting a brother or sister a positive introduction to the hospital and to what life will be like with a new baby. Pre-registration is required. Please call 980-487-3983.

**Bridges**

April 25

2 - 3 p.m.

CRMC Blumenthal Cancer Center  
A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

**Lobby Blood Pressure Screen**

April 26

11:30 a.m. – 2 p.m.

CRMC Lobby

**Daddy Boot Camp**

April 27

6 - 9 p.m.

Women’s Life Center Conference Room  
Dad lead training for expectant fathers  
Fee: \$10. To register, call 980-487-3983.

*Some programs may require pre-registration or appointments. Some require a fee.*

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