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YEARS OF CARE
100



Russell Medical

MEMBER OF **UAB** HEALTH SYSTEM



2025

Community Health Needs Assessment



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Russell Medical

MEMBER OF **UAB** HEALTH SYSTEM

3316 Highway 280
Alexander City, Alabama 35010

russellcares.com

Executive Summary

Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama. The hospital has the name of its founder, Benjamin Russell, who built the original hospital in 1923 to serve the healthcare needs of Russell Manufacturing. The present hospital was built on the current site in 1965 and has grown exponentially over the past six decades. In 2020, Russell Medical entered into a management agreement and became a member of UAB Health System. In 2024, the hospital opened the Benjamin Russell Center for Advanced Care designed to bring quality, convenient healthcare to the aging population of Alexander City and surrounding areas.

The Patient Protection and Affordable Care Act (ACA) includes a requirement for non-profit hospitals to maintain their tax-exempt status. Included in the ACA is a requirement that all non-profit hospitals conduct a community health needs assessment and develop an implementation strategy every three years.

Since 2013, Russell Medical has completed a Community Health Needs Assessment (CHNA) as required every three years to identify unmet health needs in our community service area encompassing Tallapoosa County in east central Alabama. This report describes Russell Medical's 2025 CHNA in compliance with the requirements set forth in the ACA.

2025 Community Health Needs Priorities

1. Need for partnerships to enhance access to behavioral health services in the community.
2. Need for partnerships to enhance education and self-management tools to help reduce obesity & high blood pressure & appropriately manage diabetes.
3. Need for partnerships to enhance access to select medical sub-specialties within the community.
4. Continue to enhance access to non-emergency medical transportation services.





Hugh Neighbors, III
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Vice-Chairman

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President and CEO

Alex Minter, M.D.
President Medical Staff

Michele Goldhagen, M.D.
Chief Medical Officer

A Letter to the Community from Hugh Neighbors, III Chairman, Board of Directors

Dear Friends,

Russell Medical is pleased to present our 2025 Community Health Needs Assessment and Implementation Plan.

With input from local professionals with an understanding of the health needs in our community, we have reviewed, identified, and prioritized community health needs of residents of Alexander City, the Lake Martin area, and Tallapoosa County.

These individuals provided first-hand knowledge, expertise, and valuable guidance in assisting Russell Medical in reviewing progress over the past three years, assessing programs and resources, and providing thoughtful input into ways to enhance residents' health and wellness in collaboration with other community-based organizations.

Our Board of Directors has reviewed and adopted the 2025 Community Health Needs Implementation Plan and continues its commitment to leveraging our existing programs, services, and resources to assist our area residents in achieving their highest level of health and wellness. Russell Medical will continue its primary focus of working with other organizations to address the health needs of persons residing within our community service area of Tallapoosa County.

Please visit us at www.russellcares.com for more information and follow our progress.

Warm Regards,

Hugh Neighbors, III
Chairman
Russell Hospital Corporation
Board of Directors

About Russell Medical



Located along the US 280 corridor in Alexander City, Alabama, the 52-acre Russell medical campus is home to an 81-bed regional hospital, cancer center, professional office building, urgent care center, wound care center, multi-purpose event center, expansive rehabilitation and fitness center, and the new Benjamin Russell Center for Advanced Care.

Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama.

The hospital has the name of its founder, Benjamin Russell, who built the original hospital in 1923 to serve the healthcare needs of Russell Manufacturing Company and the citizens of Alexander City. The present hospital was built on the current site in 1965 and has grown exponentially over the past six decades. The hospital has been accredited by The Joint Commission since 1959 and has received notable recognition as a top medical facility in quality, patient safety, and customer preference.

In 2020, Russell Medical entered into a management agreement and became a member of UAB Health System. Under the agreement, UABHS assists in various business aspects of hospital operations, including supply chain logistics, revenue cycle management and compliance issues. UABHS also helps with clinical resources such as assistance in physician recruiting and staffing.

Russell Medical has been a strategic affiliate of UABHS for several years, participating in cancer and telemedicine networks along with outreach in several medical specialties, including cardiovascular care, urology, and surgery.



Features

- All private rooms
- Women's Center with 3D Mammography
- LDR birthing suites; Infant security system.
- Da Vinci Surgical System
- Cardiology & Vascular Services including interventional cardiology and peripheral studies.
- Transitional Care Unit
- Russell Retail Pharmacy
- Rehabilitation & Fitness Center
- Chapel & Chaplaincy Program

Russell Medical Services

Benjamin Russell Center for Advanced Care



The Benjamin Russell Center for Advanced Care is designed to bring quality, convenient healthcare to the aging population of Alexander City and surrounding areas. This new state-of-the-art facility is home to Geriatrician Dr. Robert Edwards and Endocrinologist Dr. Sanah Rana. Rheumatology, Psychiatry, and Podiatry are coming soon. 3520 US Highway 280, Alexander City, Alabama 35010 256-414-6210





Birthing Services

Our LDR birthing suites were designed and comfortably furnished with the whole family in mind. Each suit is fully equipped to handle each phase of labor and delivery. Our GE Centricity monitoring system allows our physicians and staff to carefully monitor mother and baby at bedside and remote domains. A specially designed C-section room is close by, providing quick access for emergency deliveries.

Mother and infant security are paramount, and visitor access to the unit is closely monitored. All newborns have computerized identification bracelets that always track their locations and lock down elevators and stairwells once the alarm is activated.

Cancer Services

The UAB Medicine – Russell Medical Cancer Center is a collaborative effort between our local hospital, Russell Medical, and the O’Neal Comprehensive Cancer Center at UAB. The relationship enhances the level of cancer care available in Alexander City and for the Lake Martin Community.

The Cancer Center is staffed by two full-time medical oncologists, double-board-certified in both oncology and hematology and trained at UAB. Professional Radiation Oncology services are provided by a team of UAB faculty physicians who rotate through the center. Three of these radiation oncologists specialize in proton therapy and can provide consultations in Alexander City for this innovative treatment offered in Birmingham and only a handful of other locations in the country.

Breast surgery and colorectal surgery at Russell Medical are provided by world-renown specialists from Birmingham.

In addition to proton therapy, there are other tertiary treatments available only at academic medical centers, such as stem cell transplant and CAR-T therapy, Russell Medical’s unique relationship with UAB Medicine, allows our patients to quickly access these highly specialized services through our telemedicine connection between the Cancer Centers.



Features

- Patient Navigator -assists patients with challenges such as transportation and large co-pays.
- Infusion Center – offers the latest FDA approved cancer treatments.
- Radiation Therapy – on-site linear accelerator provides traditional radiation treatments as well as intensity modulated and image-guided radiation therapy.
- Cancer Rehab – our Total Rehab program offers rehabilitation and exercise programs tailored to the cancer survivor.
- Cancer Nutrition – on-site consultations with a registered dietitian to manage your dietary challenges (weight loss, weight gain, nausea, etc.)

Cardio-Pulmonary Services

The Cardiology Service department provides a wide range of diagnostic services including echocardiograms, cardiac stress tests and metabolic stress tests.

The Pulmonary Services Department offers comprehensive pulmonary lung function testing, EKG and EEG. In addition, we provide inpatient and outpatient respiratory care, such as oxygen therapy, delivery of pharmacological agents to improve breathing, bronchial hygiene therapy and ventilator assistance.

Cardiovascular Services

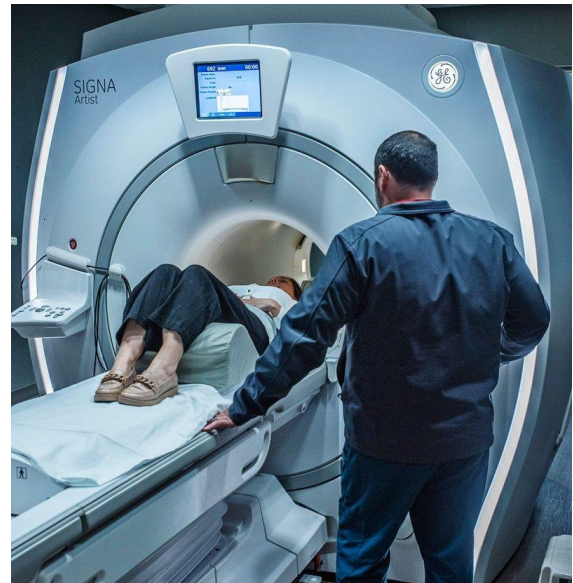


Russell Medical features a state-of-the art catheterization lab where physicians can diagnose and evaluate a broad range of vascular diseases. Procedures include heart catheterizations, balloon angioplasty, stent placement, thrombectomy, peripheral studies and pacemaker implantation and maintenance.

The Cath lab also possesses the technology to perform vascular studies that examine the entire vascular system and diagnose strokes and health problems originating in the arms, legs, lungs, kidneys, and stomach. Angioplasties and stent procedures are performed on these types of blockages.

The Cardiology Services department also provides echocardiograms, stress testing, and February Heart Month screenings.

Diagnostic Imaging



Russell Medical places a premium on technology. We continuously upgrade our imaging modalities and software systems to ensure the most technologically advanced imaging services are available. Our closed bore MRI offers 8-channel, high-definition technology allowing physicians a revolutionary way to conduct more studies including breast MRI.

- GE Revolution 256-slice CT
- Closed Bore MRI featuring HD technology.
- Digital mammography – 3D Tomosynthesis
- Fluoroscopy
- Nuclear Medicine
- Picture Archiving & Communications Systems
- Position Emission Tomography (PET)
- Ultrasound
- Varian Linear Accelerator – UAB-Medicine-Cancer Center at Russell Medical

Emergency Department



Russell Medical's Emergency Department provides 24-hour emergency services and is equipped with advanced technology and equipment. Staffed by physicians 24 hours a day in addition to nurse practitioners and physician assistants.

- 12 private rooms and monitors
- 2 dedicated trauma rooms
- Helicopter pad & air ambulance services
- Electronic patient tracking system

Fitness Center

Total Fitness at Russell Medical's highly trained and licensed therapy specialists offer the skills needed to provide a comprehensive scope of services. Combined with the latest clinical technology and exceptional facilities, we provide the highest quality, value, and service our patients deserve, and physicians expect. Our therapists, nurses and specialists work with the patient's physician to create a plan of care to meet specific patient-centered goals. All our services integrate well with Russell Medical's Fitness, Wellness & Sports Medicine programs for continued success and quality of life.

Hospital Medicine

Patient Care is managed by our Hospital Medicine Service. A highly trained and skilled team comprised of Physicians, Nurse Practitioners (CRNPs), Physician Assistants (PAs), nurses and ancillary staff provide inpatient care during the duration of your hospital stay.



ICU / Step-Down Unit

Russell Medical has a refurbished six-bed ICU. The 10-bed step-down unit provides an intermediate range of care for those patients who are not sick enough for the ICU, but too sick for a standard private room. Post-heart catheterization patients are also placed in the step-down unit.

Laboratory



The Russell Medical Clinical Laboratory is accredited by the College of American pathologists (CAP) and functions as a full-service

laboratory with hematology, chemistry, microbiology, and transfusion services. The laboratory also has cytology and pathology services with a full-time pathologist on site.

Mammography



The Women's Center at Russell Medical is designed for comfort and privacy. The Women's Center was the first facility in Alabama to offer digital mammography services and upgrades in 2020 keep them on the cutting edge. Digital 3D tomosynthesis mammography and breast MRI provide the most advanced imaging capabilities for diagnosing breast disease. The Women's Center is conveniently located in Suite 240 on the second floor of the Professional Building.

Orthopedics & Sports Medicine



The staff at Russell Medical Orthopedics & Sports Medicine offers comprehensive orthopedic care of the hand, shoulder, elbow, hip, knee, foot, and ankle.

- Joint replacement
- Sports medicine
- Minimally invasive arthroscopy
- Fracture care
- Osteoarthritis care

Patient Portal



Our patient portal is a secure and confidential web-based tool for accessing your personal health information. The portal enables you to log in to view and print your health information including lab results, radiology reports, medications, allergies, upcoming appointments, and discharge instructions. Medical records can assist you in setting up your portal. 256-329-7114.

Pediatrics

Russell Medical is committed to meeting the health care needs of our youngest patients and their families. Conveniently located on the third floor in a family-friendly environment, our care team is prepared to meet our youngest patient's specific needs.



Pharmacy



The Russell Medical pharmacy is staffed with pharmacists and certified technicians providing clinical services including renal dosing, drug interaction monitoring, therapeutic drug monitoring and drug information support. In addition, our spacious pharmacy includes a USP 797 clean room for preparation of intravenous admixtures and chemotherapy infusions. Clinical and distributive services are supported by Meditech and Pyxis to provide bar-coded point of care medication delivery system and electronic medical record.

The consumer pharmacy, Russell Retail Pharmacy, is located on the first floor adjacent to the main lobby and is available for filling any customer prescriptions during regular pharmacy hours.

Discharge medications may be delivered to patients prior to leaving the hospital, saving a stop at a pharmacy on the way home.

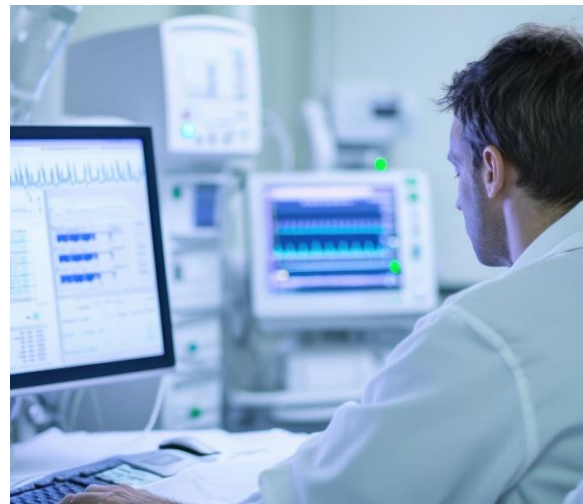
340B Drug Pricing Program

As a not-for-profit hospital that cares for a disproportionate share of low-income and uninsured patients', Russell



Medical participates in the 340B Drug Pricing Program that requires pharmaceutical manufacturers participating in the Medicaid program to sell outpatient drugs at significantly discounted prices to organizations that serve low-income and vulnerable populations. This program allows Russell Medical to purchase outpatient drugs (in particular, chemotherapy drugs) at significantly discounted rates, allowing them to provide 340B drugs to insured patients at market rates. The additional money generated allows Russell Medical to stretch its limited resources to expand the availability of care for low income and uninsured patients that would not otherwise be able to receive these services.

Sleep Studies



The Sleep Disorders Center at Russell Medical offers four rooms for patients to stay overnight for sleep studies. All rooms are warm and inviting with comfortable surroundings, traditional furnishings, personal bathroom, and amenities including Wi-Fi.

Surgical Services

When surgery becomes your best option, our high-tech surgical suites allow for innovative, highly specialized surgical procedures. Utilizing laparoscopic technology and the next generation daVinci Xi surgical robot system, our surgeons

perform thousands of minimally invasive procedures.



- Breast surgery
- Colon surgery – laparoscopic & robotic
- ENT
- Endoscopy
- Epidural steroid injection
- General surgery – laparoscopic & robotic
- Gynecology
- Obstetrics
- Ophthalmology
- Orthopedics
- Podiatry
- Sentinel node biopsy
- Tubal dye studies
- Urology
- Urogynecology
- Vascular

Telemedicine



We currently offer tele-stroke, tele-psychiatry, and tele-intensivist services. The Russell Medical tele-stroke program coordinates with UAB Medicine providers via live video feed. UAB

Medicine neurologists, who are specially trained in diagnosing and treating strokes, are connected by live video with local physicians recommending diagnoses and treatments that can be given quickly in the Emergency Department. Using tele-stroke technology, we can provide timely stroke care, when seconds count.

Therapy & Rehabilitation Services at Total Fitness

Russell Medical's highly trained and licensed therapy specialists offer the skills needed to provide a comprehensive scope of services.

- Cardiac Rehabilitation
- Occupational Therapy
- Physical Therapy
- Speech Therapy



Total Fitness provides the space, equipment, and personnel to provide innovative rehabilitation programs that optimize patient outcomes to increase independence, improve safety at home and work, and enhance quality of life for our patients. For additional information regarding physical therapy or related rehabilitation services, please call 256-329-7138.

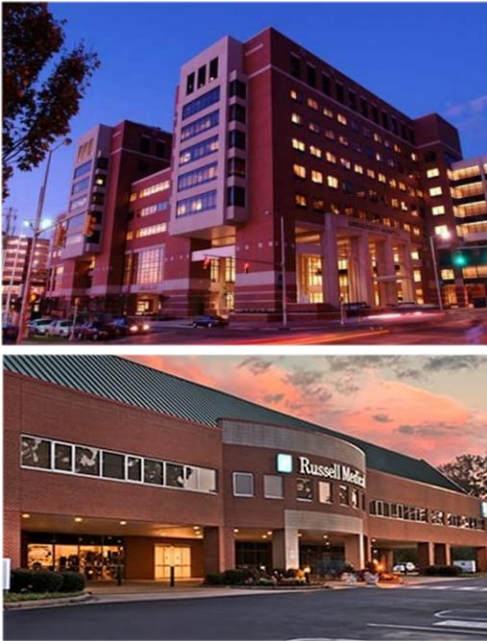
Transitional Care Unit



Russell's TCU is a comprehensive short-term inpatient program (less than 21 days) for medically complex patients transitioning from the hospital to home, or from one care setting to another. Patients in our TCU enjoy all private rooms; 24-hour RN care; therapy available 6 days

per week; and a spacious therapy department offering PT, OT, and speech therapy with a variety of equipment, including an ADL room.

UAB Medicine at Russell Medical



Russell Medical has been a strategic affiliate of UAB for several years, participating in cancer and tele-medicine networks along with outreach in several medical specialties. UAB Medicine physicians practicing at Russell Medical include breast, colorectal and general surgery, cardiology, ophthalmology, radiation oncology, and urology.

Urgent Care



Russell Medical Urgent Care is a walk-in clinic open 7 days/week and available to people who need care right away but are not having a life-threatening emergency. Conveniently located

behind the cancer center, the staff at Russell Medical Urgent Care are available to treat sprains, cuts, skin rashes, fever, flu, and other minor ailments.

Volunteer Services

The Russell Medical Auxiliary was established in 1987 to render service to Russell Medical, its patients, and surrounding area citizens by increasing its efficiency and usefulness and securing increased public understanding and support. The volunteers are committed to helping Russell Medical achieve its mission statement of “Being the best because, we care.” The group holds various fundraisers throughout the year to fund scholarships for local students in our area pursuing a degree in healthcare as well as donating funds for special projects or needs of the hospital. The Auxiliary remains dedicated to providing compassionate, high-quality service to the hospital and community.

Wound Care & Hyperbaric Medicine



Wound Care and Hyperbaric Medicine at Russell Medical provides specialized treatment for chronic or non-healing wounds, which are defined as sores or wounds that have not significantly improved from conventional treatments. Chronic or non-healing wounds, associated with inadequate circulation, poorly functioning veins, and immobility, lead to lower quality of life and may lead to amputations. When wounds persist, a specialized approach is required for healing. We offer a myriad of treatment options including debridement,

hyperbaric oxygen therapy, dressing selection, special shoes, and patient education. No physician referral required. Wound

Russell Medical

Physician Practices



OB/GYN Associates

With over 70 years combined experience in obstetrics and gynecology, our three physicians and nurse practitioners provide medical expertise for every stage in a woman's life, from puberty through childbearing years, through menopause and beyond. Conveniently located in the Professional Building, Suite 111; 256-326-7730.

Russell Medical Orthopaedics & Sports Medicine

Located conveniently on the first floor of the Professional Building, In Suite 116, Dr. Steven Baker and the staff at Russell Medical Orthopaedics & Sports Medicine are proud to serve the Lake Martin Community. Offering comprehensive orthopaedic care of the hand, shoulder, elbow, hip, knee, foot and ankle they are ready and willing to treat your needs.

- Joint replacement
- Sports medicine
- Minimally invasive arthroscopy
- Fracture care
- Osteoarthritis care

Pulmonology Clinic at Russell Medical

Our Pulmonology Clinic treats a broad spectrum of diseases and conditions of the chest, lungs and bronchial tubes including COPD, asthma, pulmonary hypertension, chronic cough, shortness of breath, sleep apnea, and complicated chest infections such as pneumonia and emphysema. Located in the Professional Building, Suite 209; 256-215-7474.

Total Healthcare



Total Healthcare is the primary care office for Dr. John Adams, Dr. Justine Vines, Dr. Jonathon Segars and Amy Meacham, CRNP. The medical team at Total Healthcare provides timely, efficient and total care for their patients in a comfortable and friendly environment. The state-of-the-art facility is conveniently located on the Russell Medical campus. The medical team can take care of your primary care needs. This full-service complex includes an in-house x-ray and laboratory. 3504 Highway 280; 256-329-7887.

Russell Medical Rural Health Clinics

Health Partners at New Site



Located in new Site, Alabama, Health Partners of New Site wants to be your convenient local health care provider. Dr. Justin Vines, Nurse Practitioner Jamie Peavy and their staff are here for you and your loved ones. No need to leave the comfort of your hometown to seek quality healthcare. 12761 Highway 22 East, New Site, AL; 256-392-3300.

Medical Park Family Care in Dadeville



Nestled along a scenic drive in Dadeville, AL, Medical Park Family Care offers patients the option of walk-in service when available or scheduled appointments. Dr. John Adams, Dr. Karen Mockler, and Kayla Tidwell, CRNP treat a broad spectrum of injuries/illnesses, and have immediate referral access to the entire staff of specialists at Russell Medical.

Medical Park Family Care was strategically designed to meet the healthcare needs of the local residents and the ever-increasing tourist population of Lake Martin.

The facility provides a full range of services including:

- Family Medicine
- Electrocardiograms (EKGs)
- In-house x-rays
- Pulmonary function testing
- Lab work
- Nebulizer treatment for asthma patients
- Picture archiving and communication systems (PACS)

How Russell Medical defines its Community Service Area for the Community Health Needs Assessment



Tallapoosa County, Alabama



74% of Tallapoosa County is Rural



40,677 Residents

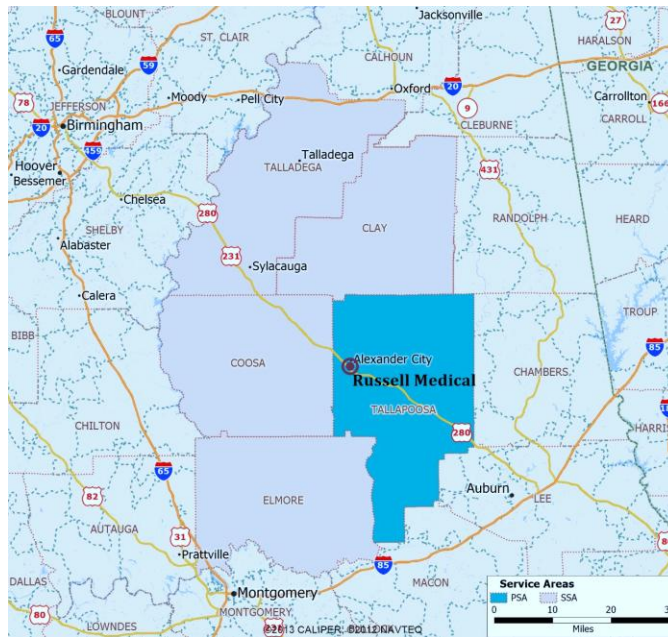
56.7

Residents per square mile

Russell Medical's Community Service Area Zip Codes			
City	Zip Code	City	Zip Code
Alexander City	35010	Daviston	36256
Alexander City	35011	Wadley	36276*
Goodwater	35072*	Camp Hill	36850
Kellyton	35089*	Dadeville	36853
Tallassee	36078*	Jackson Gap	36861
Cragford	36255*	Notasulga	36866*

*Indicates Multi County Zip code

Russell Medical's Extended Primary and Secondary Service Area based on 2024 Admissions.



In 2024, Russell Medical received 69% of its admissions from Tallapoosa County its primary service area. An additional 25% of admissions came from its secondary service area counties of Coosa, Elmore, Clay, and Talladega counties in east central Alabama. All these counties are classified as rural.

Russell Medical's Patient Services Profile



In 2024, Russell Medical admitted 1,797 patients. In addition, the Medical Center treated 20,294 patients in the Emergency Department - averaging 55 patient visits per day. The hospital had 57,882 ambulatory care visits, performed 7,837 surgical procedures; completed 892 cardiac catheterization lab procedures, and delivered 227 babies.



1,797 Hospital Admissions



20,294 Emergency Visits



57,882 Ambulatory Care Visits



7,837 Surgical Procedures



892 Cardiac Cath Lab Procedures



227 Live Births

OUR COMMUNITY SERVICE AREA (TALLAPOOSA COUNTY)

HEALTH FACTS

What do we mean by access to health services?

Access to health services means the timely use of personal health services to achieve best outcomes. ⁽¹⁾ It requires three distinct steps:

- 1) Being able to enter the health system.
- 2) Accessing a health care location where services are provided.
- 3) Finding a provider with whom the patient can communicate and trust.

What are the barriers to health services?

Barriers to health services include:

- Lack of availability
- High cost
- Lack of insurance

What do barriers to health services lead to?

Barriers to health services and health care lead to:

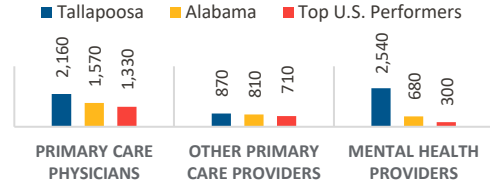
- Unmet health needs
- Delays in receiving appropriate care
- Inability to get preventive services
- Hospitalizations that could have been prevented

Sources: "Healthy People 2020" U.S. Department of Health & Human Services, Dec. 2020.

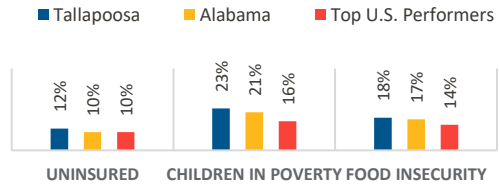
(1) Institute of Medicine, Committee on Monitoring Access to Personal Health Services, National Academies Press, 1993.

(2) Robert Wood Johnson Foundation, 2025 County Health Rankings & Roadmaps.

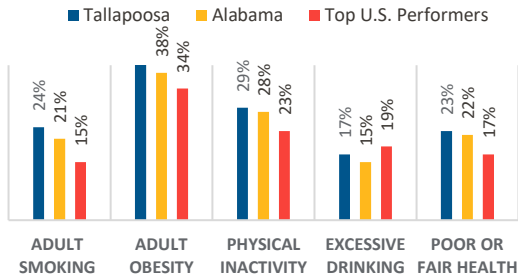
2025
Residents per Primary Care & Mental Health Provider
(A lower number is better)



2025
Uninsured, Children in Poverty & Food insecurity



2025
Other Selected Health Indicators
(Percent of Population)



What are the health risks of obesity?

In addition to diabetes, heart disease, and hypertension, obesity is related to many serious health problems.

- Approximately 20% of cancers in women and 15% of cancers in men are attributable to overweight and obesity.
- An estimated 34% of kidney disease cases in women and 24% of cases in men are attributable to overweight and obesity.
- Overweight and obesity at midlife independently increases the risk of dementia, Alzheimer's disease, and vascular dementia.
- Obese adults are more likely to have depression, anxiety, and other mental health problems.

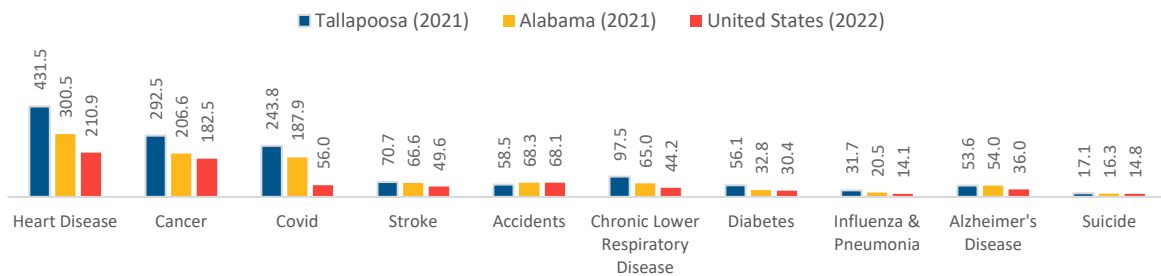
Source: The State of Obesity, August 2017, Trust for America's Health, RWJF

Why are cause of death indicators important?

Death rates for leading causes of death are the number of deaths from each cause per 100,000 of the area's total population.

Cause of death indicators show where health improvement and prevention programs can be targeted to affect the most people.

Top 10 Leading Causes of Death



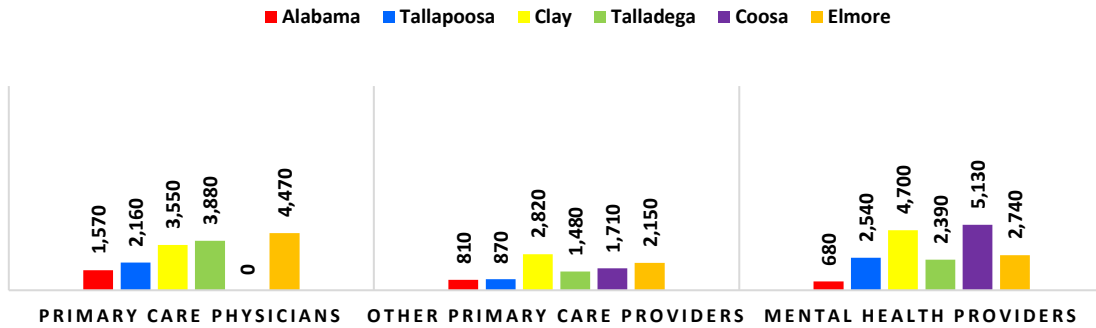
Sources: 2022 National Vital Statistics Reports, Vol. 74, No. 4, June 10, 2025; Alabama Public Health, Alabama Center for Health Statistics, County Health Profiles 2021.

Russell Medical's Extended Primary and Secondary Service Area Counties

2025

Primary Care and Mental Health Providers

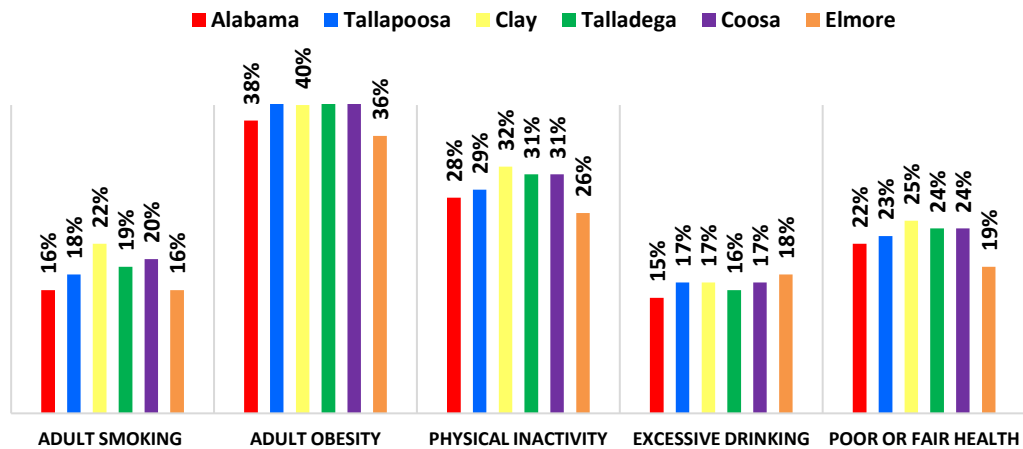
(Residents Served per Provider – a lower number is better)



2025

Other Selected Health Indicators

(Percent of Population)



Sources: Robert Wood Johnson Foundation, 2025 County Health Rankings & Roadmaps.

Purpose and Scope

The purpose of Russell Medical’s community health needs assessment (CHNA) and implementation plan is to enhance the health and wellness of individuals living in our community.

While Russell Medical is a regional health care provider serving east central Alabama, the scope of this CHNA addresses the health needs of residents who live within our community service area that encompasses Tallapoosa County.

Approach and Process

Russell Medical’s approach to achieving community health improvement priorities follows a six-step process designed to be updated every three years to assess progress in addressing the health needs of the community.

It begins with defining Russell Medical’s target community and then assessing the health needs of the community using available health data and input from a broad range of advocates representing the health interests of the residents within the community.

After the health needs are identified, individuals representing the target community establish health improvement priorities for the community.



From the list of health improvement priorities developed by health advocates of our community, the leadership at Russell Medical met to develop strategies and plans to address the identified health need priorities.

These strategies and plans were then implemented and reported to the public via the hospital’s website, Russell Medical’s Community Health Needs Assessment and Implementation Plan.

Acknowledgement

Russell Medical's 2025-2028 Community Health Needs Assessment and Implementation Plan was developed with the assistance of Partners Healthcare Consulting and generous input from a broad group of people representing the health interests of residents of Tallapoosa County, Alabama.

The individuals listed below contributed immeasurable value in the formation of this report, providing professional knowledge, expert medical information, and community input regarding health need advocacy. Russell Medical would like to acknowledge these individuals and thank them for their generous time and contributions to this assessment.

Contributors to Our 2025 - 2028 CHNA

Paula Davenport, R.N.	Chief Nursing Officer, Russell Medical
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Michele Goldhagen, M.D.	Chief Medical Officer, Russell Medical
Lak Korte, M.P.T.	Director of Rehabilitation Services, Russell Medical
Courtney Layfield	Executive Director, Lake Martin United Way
Logan Marler	Administrative Intern, University of Alabama
Jackie Mobley, R.N.	Director of Quality and Accreditation, Russell Medical
William Moore, Jr., M.D.	Obstetrics/Gynecology, Urogynecology, Infertility, OB/GYN Associates
Hugh Neighbors, III	Chairman Board of Directors, Russell Hospital Corporation
Jim Peace	President and Chief Executive Officer, Russell Medical
Jose Reyes, Ed.D.	Superintendent, Russell City Schools
Chante Ruffin, M.D.	Pediatrician, Heritage Pediatrics
Alisa Sales, R.N.	Executive Director of Ancillary Services, Russell Medical
Jonothan Segars, D.O.	Family Medicine, Total Healthcare
Jennifer Shurette, N.P.	Geriatric Nurse Practitioner, Benjamin Russell Center for Advance Care

Community Health Needs versus Other Community Needs

Individuals have multiple needs within a community including available, accessible, and affordable food, housing, educational, social, recreational, and transportation services as well as employment opportunities. These needs are real, growing, and frequently unmet within many communities; however, they are beyond the scope of this assessment.



While Russell Medical receives patients from throughout Alabama, it is not practical or realistic for the Medical Center to address the community health needs of all the patients it sees when they leave and return to their home communities. Thus, Russell Medical will focus its efforts on identifying and prioritizing the community health needs of residents who live in its community service area of Tallapoosa County.

Community Health Needs

The community health needs of residents within Russell Medical's community service area were identified through interviews with advocates representing the interests of the community. Based on these interviews, a list of community health needs was developed. From a list of the four most frequently identified community health needs, each participant was asked to rank community health need priorities on an ordinal scale with 1 being the highest priority and 4 being the lowest priority. The community health needs assessment was completed in June and July 2025. A 94% response rate from all participants was achieved, resulting in the following ranking of community health need priorities within Russell Medical's community service areas

2025 Community Health Needs Priorities

1. Need for partnerships to enhance access to behavioral health services in the community.
2. Need for partnerships to enhance education and self-management tools to help reduce obesity & high blood pressure & appropriately manage diabetes.
3. Need for partnerships to enhance access to select medical sub-specialties within the community.
4. Continue to enhance access to non-emergency medical transportation services.

Community Health Needs Implementation Strategy

Due to limited resources and the extraordinary cost of maintaining state-of-the-art medical diagnostic and treatment services to meet the needs of its inpatient and outpatient populations, Russell Medical's community health needs implementation strategy is focused on leveraging existing programs, services, and resources. In addition, Russell Medical will primarily focus on health need priorities of residents who reside in our primary service area of Tallapoosa County. Whenever possible and financially feasible, Russell Medical will assist other health need efforts in partnership with other community, regional, and statewide organizations.

2025 Community Health Needs Implementation Plan

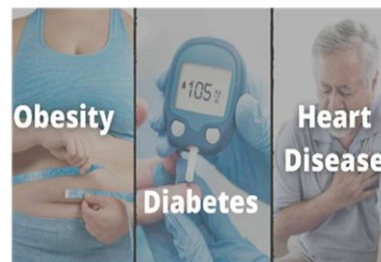
The overall objective of Russell Medical’s 2025-2028 Community Health Needs Implementation Plan is to ensure that most of the community health needs are in place to assist each person in the community in achieving their highest level of health and wellness. For each of the community health needs assessed by persons with specialized knowledge and expertise of community health needs in Tallapoosa County, we will provide the following:

- Description of community needs
- Objectives for addressing needs
- Ongoing programs and services addressing needs
- Progress in addressing needs

Our 2025 Community Health Need Priorities



Behavioral Health Services



Obesity, Diabetes & High Blood Pressure



Select Medical Sub-specialties



Non-emergency Medical Transportation Services

Priority Need: 1

Need for partnerships to enhance access to behavioral health services in the community.

Behavioral health disorders are common and affect people of all demographics. Conditions like anxiety and depression can affect people's ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders.

Results from interviews and priority rankings of people representing the health interests of Tallapoosa County indicate that lack of access to behavioral health services is the number one priority need for the community service area.

Tallapoosa County has no child, adolescent or adult inpatient, partial hospitalization, or detoxification services within the community.

The Nan Coley Murphy Counseling Center, operated by Integra Mental Health Services, is an outpatient mental health care facility providing services for persons with mental illness, substance abuse problems, and intellectual disabilities. The Center cannot provide substance abuse detoxification services to individuals with alcohol and/or chemical dependency issues. The nearest substance abuse detoxification unit is 35 miles away at Ivy Creek Detox within Elmore Community Hospital in Wetumpka. The nearest inpatient psychiatric services are located 40 miles away at East Alabama Medical Center in Opelika.

Mental Health in Alabama ⁽¹⁾



Many Alabamians struggle with their mental health.

3,000,000 people in Alabama live in a community without enough mental health professionals.



1 in 5 adults experience a mental illness each year.

More than **1 in 20 U.S. adults** experience a serious mental illness each year.

236,000

Alabama adults have a **serious mental illness**.

931,000

adults in Alabama have a mental health condition. That's more than 4x the population of Birmingham.



1 in 6 adolescents aged 12-17 experience a major depressive episode each year.

76,000 Alabama adolescents experience a **major depressive episode** each year.

1 in 9 adolescents aged 12-17 have **serious thoughts of suicide** each year.

52,000 Alabama adolescents have **serious thoughts of suicide** each year.

of youth aged 0-17 in Alabama have experienced **2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.



Sources: National Alliance on Mental Illness.

Objectives for Addressing Need

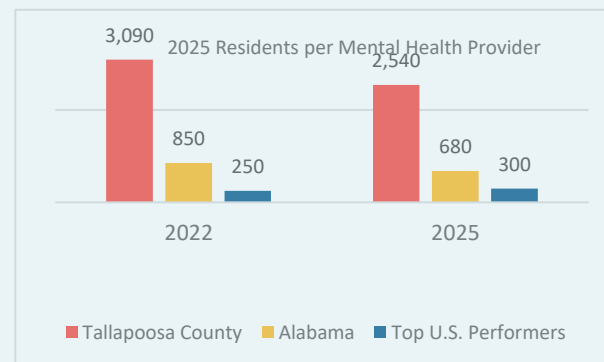
- 1) Russell Medical will continue to meet with regional and statewide behavioral health advocates to discuss the ongoing need for increasing access to behavioral health services in Tallapoosa County.
- 2) Russell Medical will evaluate the financial feasibility of recruiting a psychiatrist for its medical staff.
- 3) Russell Medical will evaluate physical space within the existing hospital and the financial feasibility of establishing a geriatric psychiatry service for Medicare patients.

Russell Medical's Programs and Services Related to Need

- Russell Medical does not provide inpatient or outpatient treatment services for patients with behavioral health issues.
- Russell Medical provides emergency stabilization for patients presenting in its emergency department with acute psychiatric and/or substance abuse issues to ensure patient safety.
- Russell Medical utilizes the tele-psych program affiliated with UAB Medicine Birmingham to assist its emergency medicine physicians with psychiatric and substance abuse assessment and disposition of behavioral health patients.
- Russell Medical will utilize a Nurse Practitioner one day per week to provide limited mental health services at its Total Healthcare facility on the hospital campus.

Progress in Addressing Need

From 2022 to 2025, the number of residents per mental health provider within Tallapoosa County has decreased 18 percent from 3,090 residents to 2,540 residents per provider. This ratio is still substantially higher than the State of Alabama or the Top U.S. performing Counties in the United States based on the 2025 County Health Rankings from the Robert Wood Johnson Foundation. While this is an improvement, there continues to be overall shortages of psychiatrists and mental health providers within the community service area. In addition, the shortage is even more pronounced in the surrounding counties of Coosa (5,130:1), Clay (4,700:1), Elmore (2,740:1), and Talladega (2,390:1).



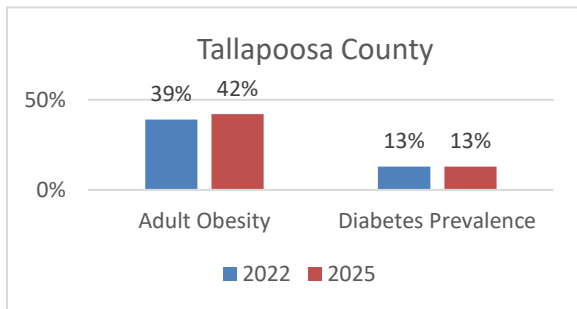
Russell Medical continues to provide tele-psych, a telemedicine program, in which a psychiatrist remotely assesses behavioral health patients within the emergency department and consults with emergency medicine physicians regarding assessment and disposition of behavioral health patients. Through the tele-psych program, a licensed psychiatrist determines if the patient can be cleared for outpatient treatment, needs to be transferred and admitted to an inpatient facility, or if a patient can be discharged without the need for follow-up behavioral health services.

Russell Medical will continue to evaluate the financial feasibility of expanding access to behavioral health services on its existing hospital campus.

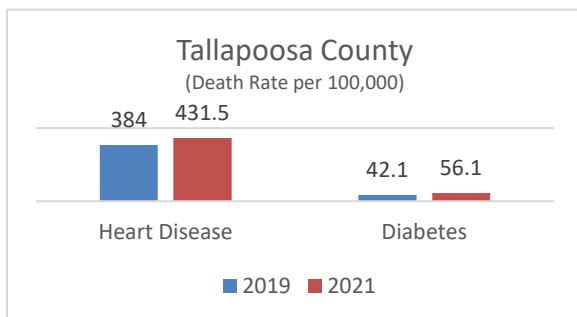
Priority: 2

Need for partnerships to enhance education and self-management tools to help reduce obesity & high blood pressure & appropriately manage diabetes.

Residents of Tallapoosa County continue to experience increased levels of obesity, high blood pressure, and diabetes. Over the past three years, adult obesity has increased from 39% of the population to 42% of the population. Over this period, the percentage of adults with diabetes has remained constant at 13%. We do not have specific metrics for the prevalence of high blood pressure in adults within Tallapoosa County.



Based on the most recently available data (2021), the death rate from heart disease and diabetes has increased in Tallapoosa County. The death rate from heart disease increased 12% from 384 to 432, while the death rate from diabetes increased 33% from 41 to 56 per 100,000.



Sources: Robert Wood Johnson Foundation, 2025 County Health Rankings. Alabama Department of Public Health Center for Health Statistics.

Objectives for Addressing Need

- 1) Russell Medical will continue to provide disease specific education/management tools and protocols for its patients with diabetes, hypertension, and heart disease.
- 2) Russell Medical will look for partnership opportunities to bring a diabetic educator to the hospital to help patients appropriately manage their diabetes.
- 3) Russell Medical will continue to encourage patients to utilize self-management tools to help reduce obesity.

Russell Medical's Programs and Services Related to Need

This year, Russell Medical recruited Dr. Sanah Rana, an endocrinologist. The hospital continues to have several existing programs and activities to enhance awareness, education and management of diabetes, hypertension, and heart disease. Russell Medical provides heart health screenings including blood pressure evaluations, cardiovascular fitness tests, body mass index and body fat percentage analysis, cholesterol, and blood sugar test as part of National Heart Month.

Russell Medical offers diabetic support groups where individuals receive peer support in dealing with issues related to their diabetes.

Progress in Addressing Need

Russell Medical continues to adopt and utilize disease specific educational and management programs for patients with diabetes, hypertension, and heart disease. There are multiple education and self-management tools in the public domain for people who are overweight or obese.

Priority Need: 3

Need for partnerships to enhance access to select medical sub-specialties within the community.

For a rural community, Tallapoosa County has an impressive array of medical sub-specialties to meet the needs of its resident population. However, there is a need to enhance access for selected medical sub-specialties. Specifically, Russell Medical has been without a urologist for the past year and a half, although efforts are underway to recruit a urologist. There are other medical sub-specialties that the hospital currently has but it continues to be difficult to get a timely appointment due to the volume of demand for services. Two medical sub-specialties that are in this category are gastroenterology and interventional radiology. Furthermore, there are a few medical sub-specialties where the existing physicians are getting older and there is a need for additional recruitment such as obstetrics/gynecology and orthopedics.

Russell Medical through its partnership with UAB Medicine provides access to several medical sub-specialties that a small, rural hospital would not normally have. These include breast surgery, cardiology, interventional radiology, hematology/oncology, nephrology, and radiation oncology.

Through its partnership with UAB-Medicine's telemedicine program, patients at Russell Medical have access to neurology (tele-stroke program), emergency department psychiatry (tele-psych program), and medical intensivists (tele-intensivists program) to supplement medical care as needed in the ICU.

Russell Medical's Existing Medical Staff

• Anesthesiology	2
• Breast Surgeon	3
• Cardiology	3
• Dermatology	1
• Diagnostic/Interventional Radiology	1
• Endocrinology	1
• Family & General Practice	9
• Gastroenterology	1
• General Surgery	3
• Geriatric Medicine	1
• Gynecology & Infertility	1
• Gynecology, Urogynecology, Infertility, Obstetrics	1
• Hematology/Oncology	2
• Hospitalist	1
• Internal Medicine	3
• Nephrology	1
• Obstetrics/Gynecology, Infertility	1
• Ophthalmology	1
• Optometry	1
• Orthopedic Surgery	2
• Otolaryngology	1
• Pediatrics	3
• Pulmonary Medicine	1
• Radiation Oncology	1
• Wound Care	1

Russell Medical has contracts to provide anesthesia, emergency medicine, pathology & radiology medical services.

Objectives for Addressing Need

- 1) Russell Medical will continue to recruit select medical sub-specialties to supplement existing services including obstetrics/gynecology and orthopedics.
- 2) Russell Medical will continue to evaluate potential partnerships to bring select medical sub-specialties to the hospital campus including rheumatology, psychiatry, podiatry, and occupational medicine.

Russell Medical's Programs and Services Related to Need

- Over the past 3 years, Russell Medical has built and opened the Benjamin Russell Center for Advanced Care, a state-of-the art medical facility on the hospital's campus that currently provides geriatric medicine, and endocrinology.
- Dr. Robert Edwards's medical sub-specialty is geriatric medicine.
- Dr. Sanah Rana's medical sub-specialty is endocrinology.
- Russell Medical in partnership with UAB-Medicine provides access to several medical sub-specialties for patients including breast surgery, interventional radiology, nephrology, hematology/oncology, and radiation oncology.
- Russell Medical through its partnership with UAB-Medicine's telemedicine program provides access to neurology, emergency medicine psychiatry, and medical intensivists.

Progress in Addressing Need

Russell Medical has an active recruiting program that seeks to ensure that its patients have access to medical sub-specialties needed without having to travel extensive distances to receive care. Several on-going recruitment efforts are currently in progress.

Through its partnership with UAB-Medicine, Russell Medical has several medical sub-specialties that come to the hospital's campus on a periodic basis to ensure that patients can receive care in Tallapoosa County. With growing demand for services some medical sub-specialties may need to expand the frequency that they come to the hospital's campus to ensure the timelines of care.

Due to the aging population of the community service area, Russell Medical has proactively worked to ensure that it can provide specialized geriatric medicine through the recruitment of Dr Robert Edwards to work full-time at the Benjamin Russell Center for Advanced Care.

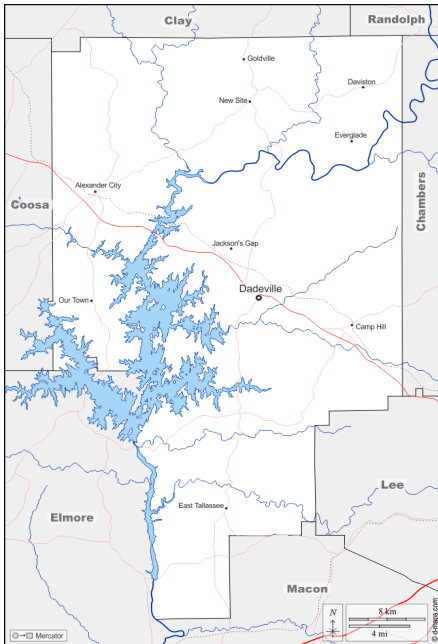
Some medical sub-specialties are in very high demand throughout the country and difficult to recruit, especially to a rural community hospital. Through its partnership with UAB-Medicine, Russell Medical has brought access to emergency department psychiatry, neurology and medical intensivists via tele-medicine to remotely provide access to these specialties in assisting local physicians in assessment and treatment of patients within the community.

Priority Need: 4

Continue to enhance access to non-emergency medical transportation services.

Residents of Tallapoosa continue to have limited access to county-wide transportation services. The ARISE program is a demand response public transportation program with a 24-hour call-in advance requirement to reserve space on a vehicle. The program provides minimal cost transportation for ambulatory residents of Tallapoosa County with no age or income restrictions via vans that are equipped for handicapped individuals. ARISE operates Monday–Friday 8:00 am - 3:00 pm. The service area includes:

- Alexander City: Monday through Friday
- Camp Hill: Tuesday
- Dadeville: Tuesday
- Jacksons' Gap: Tuesday
- New Site: Thursday
- Our Town: Monday, Tuesday, Thursday



ARISE patients must be ambulatory which presents problems for individuals, particularly elderly patients, who may need to be transported in a geriatric chair or stretcher. These non-emergency patients are transported by the fire department ambulance.

Individuals living outside of Alexander City must pay for ARISE transportation services for follow-up physician and hospital visits. There are no subsidized transportation services for residents who have medical referrals outside Tallapoosa County. This reduces access for individuals without transportation and with limited financial resources in getting to specialty medical referrals in Birmingham or Montgomery.

Objectives for Addressing Need

- 1) Russell Medical will continue to subsidize ARISE medical transportation services for individuals without transportation and with limited resources who live in Alexander City.
- 2) Russell Medical will continue to seek local, state, or philanthropic organizations that can assist Russell Medical in paying for medical transportation services for individuals without transportation and with limited financial resources who live within Tallapoosa County but outside Alexander City.

Russell Medical's Programs and Services Related to Need

Russell Medical subsidizes the ARISE program for local medical transport to physician offices, the dialysis center and the hospital for individuals with limited resources living within the Alexander City limits.

Progress in Addressing Need

Russell Medical provides annual financial support to ARISE in addition to a per trip fee for medical transportation. The ARISE program has expanded its routes in Tallapoosa County within the past three years.

Community Inventory – Healthcare Facilities & Resources Available to Respond to Community Health Needs

ACUTE HEALTH CARE FACILITIES

Russell Medical is a not-for-profit, Joint Commission accredited, licensed 81-bed general hospital providing a broad array of health care services including:

- Birthing Services
- Cancer Center
- Cardiology
- Cardio-Pulmonary Services
- Laboratory
- Medical Park Family Care
- Medical Records
- Pediatrics
- Pharmacy
- Physical Therapy
- Pulmonary Services
- Case Management
- Diagnostic Imaging Services
- Emergency Department
- ICU/ Step-Down Unit
- Sleep Disorders Center
- Surgical Services
- Total Fitness at RMC
- Transitional Care Unit
- Vascular Services
- Women's Services
- Wound Care & Hyperbaric Medicine

3316 Highway 280, Alexander City, AL 35010 (256) 329-7146

Lake Martin Community Hospital is a 46-bed general hospital providing diagnostic, emergency, inpatient and outpatient services.

201 Mariarden Road, Dadeville, AL 36853 (256) 825-7821

ADOLESCENT HEALTH

The Adolescent Health Center at Children's of Alabama has three specialty clinics designed specifically for the needs of adolescents ages 11-21.

- Adolescent Clinic provides comprehensive health assessment, care of acute illness and minor trauma, immunizations, family planning, acne management, prevention and management of sexually transmitted diseases, evaluation of menstrual disorders, and consultations for complex or unexplained medical problems.
- Eating Disorder Clinic provides specialized medical and nutritional care for adolescents and young adults with disordered eating, including anorexia and bulimia nervosa. The clinic also provides diagnostic consultation for patients with unexplained weight loss, vomiting, or abdominal pain.
- Nutrition Clinic provides specialized nutrition counseling for adolescents from registered dietitians to address nutritional concerns including sports nutrition, weight management (weight loss or weight gain), healthy eating, anemia, or elevated blood lipid levels.

1600 5th Avenue South, Birmingham, AL 35233 (205) 939-9231

<http://adolescent.childrensal.org>

TeensHealth is a safe, private place for teens needing honest, accurate information and advice about health, emotions, and life. TeensHealth is accessible 24 hours a day so you can get doctor-approved information you need to make educated decisions – or help a friend who needs advice. TeensHealth is part of the KidsHealth family of websites. These sites, run by the nonprofit Nemours Center for Children's Health Media, provide accurate, up-to-date health information that is free of "doctor-speak." The Nemours Center for Children's Health Media is a part of The Nemours Foundation, a nonprofit organization created by philanthropist Alfred I. DuPont in 1936 and devoted to improving the health of children.

Children's of Alabama is a TeensHealth Educational Partner and provides information on its website for adolescents regarding a wide range of issues including:

- Your Body (Body Basics, Taking Care of Your Body, Skin Stuff, Body Art, Health Basics)
- Your Mind (Body Image, Feeling Sad, Mental Health, Feelings & Emotions, Relationships)
- Drugs & Alcohol (Tobacco, Alcohol, Drugs, Getting Help)
- Sexual Health (Your Changing Body, For Girls, For Guys, STDs & Other Infections, Birth Control)
- Stress & Coping (The Basics, Getting & Giving Help, Building Resilience, Relax & De-Stress)
- Schools & Jobs (Study Tips, Good Friends, School Stuff, Jobs & Volunteering, Bullying/Violence, Driving, Going to College)
- Teens Q & A (Expert answers across a wide range of topics)

Alabama Adolescent Pregnancy Prevention Branch is part of the Bureau of Family Health Services of the Alabama Department of Public Health and works to reduce the incidence of unplanned pregnancies and sexually transmitted infections among teens in Alabama. This is made possible through federal grants awarded to the Alabama Department of Public Health. Through these grants, funding is made available to local community organizations to assist in these efforts in their communities. The APPB also partners with The Alabama Campaign to Prevent Teen Pregnancy (ACPTP) and other organizations throughout the state in a collaborative relationship to promote healthy decisions among young people.

Adolescents are in a unique period in the life cycle between childhood and adulthood. Developmentally, they face many challenges, including choices that impact them for a lifetime. One such choice is the decision to become sexually active, which may lead to pregnancy and sexually transmitted infections, including HIV/AIDS. Many of these lifestyle choices are affected by physiological challenges that can make healthy decision making difficult. Learn more about Adolescent Health at the Alabama Department of Public Health website. www.adph.org/teenpregnancyprevention

ASSISTED LIVING HEALTHCARE FACILITIES

Chapman Specialty Care Assisted Living Facility is a 42-bed congregate specialty care assisted living facility.
3701 Dadeville Road, Alexander City, AL 35010 (256) 234-6366

The Veranda is a 16-bed assisted living facility.
123 Landing Lane, Dadeville, AL 36853 (256) 825-4685

The Veranda at Lake Martin is a 30-bed assisted living facility.
165 Landing Lane, Dadeville, AL 36853 (256) 585-6060

The Willows Assisted Living is a 16-bed assisted living facility.
2712 Washington Street, Alexander City, AL 35010 (256) 234-0800

BEHAVIORAL HEALTH

Alabama Department of Mental Health leads Alabama's efforts to enhance the health and well-being of those impacted by mental illnesses, developmental disabilities, substance abuse and addiction. The ADMH has transitioned to a system of community-based care, providing services through community partners such as local mental health centers, local crisis care centers and local hospital psychiatric units to provide vastly improved treatment options for those they serve. In Tallapoosa County, East Alabama Mental Health Center is the ADMH community partner.
100 North Union St, Montgomery, AL 36130 | (800) 367-0955 | www.mh.alabama.gov

Nan Coley Murphy Counseling Center is an outpatient mental health care facility operated by Integra Mental Health Services Center providing services for persons with mental illness, substance abuse problems, and intellectual disabilities.
1870 Alabama Highway 22, Alexander City, AL 35010 (256) 329-8463

UAB Hospital Birmingham and UAB Hospital Clinics provides addiction treatment programs including assessment services, detoxification program, recovery stabilization unit, partial hospitalization program, intensive outpatient addiction recovery program, professional resource program for healthcare professionals who have addictive disorders, and other specialized tracks for post traumatic disorders, grief recovery, relationship groups and experiential groups. In addition, UAB offers a full range of psychiatric and psychology services including adult psychiatry, child and adolescent psychiatry, community psychiatry, geriatric psychiatry, electroconvulsive therapy, trans-cranial magnetic stimulation, brain trauma and spinal cord psychology.
1802 6th Avenue South, Birmingham, AL 35233 (205)934-4011 www.uabmedicine.org

The Lighthouse of Tallapoosa County is a men's residential rehabilitation facility for recovering alcoholics that gives guidance, and personal services enabling them to move more rapidly to independent living.
36 Franklin Street, Alexander City, AL 35010 (256) 234-4894

DIABETES

Alabama Diabetes Network is a group of diabetes advocates and experts from the public and private sectors that advises and supports the Alabama Department of Public Health's Diabetes Program. The Diabetes Branch of the Alabama Department of

Public Health works in collaboration with many other programs within and outside of the Department to help people delay or prevent development of diabetes and to reduce complications related to the disease. The program also promotes good nutrition, physical activity, weight loss and smoking cessation, recommended influenza and pneumococcal vaccines, foot exams, eye exams and HbA1c tests. These are key factors to control, prevent, delay, or manage diabetes and help people live longer, healthier lives.
Alabama Department of Public Health, 201 Monroe Street, Montgomery, AL 36104 www.adph.org/diabetes

American Diabetes Association is the leading organization heading the fight against the deadly consequences of diabetes and fight for those affected by diabetes.

3918 Montclair Road, Suite 218, Birmingham, Alabama 35213 (205)870-5172 www.diabetes.org

END STAGE RENAL DISEASE TREATMENT CENTERS

Fresenius Kidney Care Dadeville is a 15-station end stage renal disease treatment center.
52 Waterworks Drive, Dadeville, AL 36853 (256) 825-2740

Fresenius Kidney Care Alexander City is a 23-station end stage renal disease treatment center.
3368 Highway 280 Bypass, Suite G1, Alexander City, AL 35010 (256) 329-0638

FEDERALLY QUALIFIED HEALTH CENTERS

Central Alabama Comprehensive Health is a federally qualified health center in Tallapoosa County.
399 North Tallassee Street, Dadeville, AL (256) 825-8623

Arcadia Health is a federally qualified health center in Coosa County.
9518 U.S. Highway 231, Rockford, AL 35136 (256) 377-8008

Clay Quality Health Care is a federally qualified health center in Clay County.
40745 Highway 77, Ashland, AL 36251 (256) 354-2829

Eclectic Family Health Center is a federally qualified health center in Elmore County.
30 Main Street, Eclectic, AL 36024 (334) 541-2116

Talladega Quality Healthcare is a federally qualified health center in Talladega County.
110 Spring Street, Talladega, AL 35160 (256) 315-1697

FINANCIAL ASSISTANCE

Alabama Medicaid Agency is a state/federal program that pays for medical and long-term care services for low-income pregnant women, children, certain people on Medicare, individuals with disabilities and nursing home residents. These individuals must meet certain income and other requirements.

Opelika District Office, 2015 Gateway Drive, Opelika, AL 36801 (800)362-1504
www.medicaid.alabama.gov

ALL Kids is low-cost healthcare coverage for Alabama's children and teens whose family incomes are above Medicaid eligibility, but below 300 percent of the Federal Poverty Level. ALL Kids comprehensive benefit package covers regular check-ups, immunizations, sick child doctor visits, prescriptions, dental and vision care, hospital and physician services and mental health and substance abuse services. Additional medical services may be available for children with special needs. ALL Kids is administered by the Alabama Department of Public Health. (800)373-543 www.adph.org/allkids

HEALTHY LIFESYTLLE

GAL (Get a "Healthy" Life) is a program created to educate, enlighten, and inspire women to take time out for themselves and get healthy. The GAL program addresses physical activity, healthy eating, visits to your doctor, problems with smoking, drugs, and alcohol, *Text4baby* a free mobile information service that provides pregnant women and new moms with information to help them through their pregnancy and the baby's first year, having a plan for your family budget, education plan, career plan, and preparing to start a family. It also provides resources and downloads to help women "get a healthy life." www.adph.org/gal

The **WAY to a Healthier Alabama Initiative** is designed to motivate, educate and inspire Alabama's youth to make healthy lifestyle choices. The **WAY to a Healthier Alabama initiative** directed by the Alabama State Department of Education focuses on implementing the **Wellness, Academics & You (WAY)** program in school systems.

www.healthy-america.org

HEART DISEASE / HYPERTENSION

Alabama Cardiovascular Health Program (CVH) provides leadership in Alabama to prevent death and disability from heart disease and stroke, eliminate disparities in health and health care, and work with its many partners to fully implement a plan focusing on policy and system changes in the worksite, healthcare, and community settings. High blood pressure, high cholesterol, diabetes, and smoking continue to put more people at risk for heart disease and stroke. To address these risk factors, CVH is focusing on the ABCS of cardiovascular disease prevention: Aspirin use, normal Blood pressure, normal Cholesterol, and Smoking cessation.

www.adph.org/cvh

Alabama Collaboration of Cardiovascular Equality is an initiative that comprises four research projects and two core programs with the goal of achieving racial equality in cardiovascular health. This involves the development of primary and secondary preventive measures that include changing provider practices and patient behaviors as an essential first step toward this goal. The collaborative initiative involves researchers, ethicists, and healthcare delivery organizations with the following objectives:

- To perform research in cardiovascular (CVD) prevention to reduce racial disparities
- To train researchers and clinicians in the acquisition and dissemination of CVD knowledge that would reduce and eventually eliminate health disparities.

Minority Health & Health Disparities Research Center – University of Alabama-Birmingham.

<http://mhrc.dopm.uab.edu/research/>

University of South Alabama The USA Pediatric Healthy Life Center is a comprehensive center for the prevention of Diabetes and Cardiovascular Disease in children and young adults. The center focuses on the care of children and young adults with lipid disorders and/or obesity (with all associated complications such as diabetes, hypertension, obstructive sleep apnea, etc.).

USA Physicians Group 1504 Springhill Avenue, Suite 1365 Mobile, AL 36604 (251) 434-5038. www.usahealthsystem.com

HOME HEALTH AGENCIES

Enhabit Home Health – Alexander City is a Medicare certified home health agency in Tallapoosa County.

33 Aliant Parkway, Alexander City, AL (256) 328-0507

Lake Martin Home Health is a Medicare certified home health agency in Tallapoosa County.

729 East South Street, Dadeville, AL 36853 (256) 825-7821

HOSPICES

Enhabit Home Health – Alexander City is a Medicare certified in-home hospice provider in Tallapoosa County.

33 Aliant Parkway, Alexander City, AL (256) 329-1266

Ivy Creek Hospice is a Medicare certified in-home hospice provider in Tallapoosa County.

201 Mariarden Road, Dadeville, AL 36853 (256) 825-3272

SouthernCare New Beacon Alexander City is a Medicare certified in-home hospice provider.

124 Aliant Parkway, Alexander City, AL 35010 (256) 234-1134

NURSING HOMES

Adams Rehabilitation and Healthcare Center is a 75-bed skilled nursing facility.

1555 Hillabee Street, Alexander City, AL 35010 (256) 329-0847

Bill Nichols State Veterans Home is a 150-bed skilled nursing facility.

1784 Elkahatchee Road, Alexander City, AL 35010 (256) 329-0868



Brown Nursing Home is a 68-bed skilled nursing facility.
2334 Washington Street, Alexander City, AL 35010 (256) 329-9061

Chapman Healthcare Center is a 188-bed skilled nursing facility.
3701 Dadeville Road, Alexander City, AL 35010 (256) 234-6366

Dadeville Healthcare Center is a 144-bed skilled nursing facility.
385 East Lafayette Street, Dadeville, AL 36853 (256) 825-9273

OVERWEIGHT/OBESITY

The Alabama Obesity Task Force is a volunteer membership organization that addresses obesity through advocacy, changes, and programs. A major goal of the Obesity Task Force was to develop and implement a comprehensive, realistic state plan that will reduce the worsening obesity epidemic in Alabama. The Alabama State Obesity Plan provides goals and objectives to follow at various social-economic levels. The plan provides various approaches to address the impact of obesity on Alabama's citizens including education and awareness, lifestyle and behavioral choices, community-based environmental strategies, school and worksite improvements, and policy development or changes. The Obesity Task Force designed the Wellness Program Guide for Alabama work sites, but the information can easily be transferred into other settings, such as faith-based or community organizations. The guide provides easy "how to" steps in creating a worksite wellness program and includes success stories.
www.adph.org/obesity

See also "Healthy Lifestyle"

RURAL HEALTH CLINICS

Health Partners of New Site is a rural health clinic in Talladega County.
12761 Highway 22 East, New Site, AL (256) 392-3300

Lake Martin Family Medicine is a rural health clinic in Tallapoosa County.
301 Mariarden Road, Suite D, Dadeville, AL 36853 (256) 825-7871

Medical Park Family Care is a rural health clinic in Tallapoosa County.
1034 South Tallahassee Street, Dadeville, AL 36853 (256) 215-7478

Pediatric Associates of Alexander City is a rural health clinic in Tallapoosa County.
1960 Cherokee Road, Alexander City, AL 35010 (256)234-5021

TRANSPORTATION

ARISE (Area Referral and Information Services for Elderly) is a demand response public transportation program with a 24 hour call in for reservations that is open to the public. ARISE vehicles service many areas in Tallapoosa County with a fare charged to ride in the vehicles according to age and distance traveled. ARISE is a curb-to-curb transportation service that picks up passengers at their home and transports them to destinations. ARISE provides a way for those that do not drive or do not have transportation to keep their independence. ARISE vehicles are equipped for handicapped individuals.

ARISE (256) 329-8444

NOTES:



Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama. Our mission is “being the best because we care.”

Inside our doors you will find cutting edge technology, professionals of the highest caliber, and leadership committed to utilizing all our resources to improve the quality of every life we touch.

Russell Medical has been accredited by The Joint Commission since 1959.



Russell Medical

MEMBER OF **UAB** HEALTH SYSTEM

3316 Highway 280
Alexander City, Alabama 35010

www.russellcares.com