



# WILSON COUNTY CONNECTION



Lebanon Mt. Juliet Watertown

Nov. 2018

Volume 8 Issue 11

## A Word From Your County Mayor Randall Hutto

Saturday, October 13<sup>th</sup> was a big day in Wilson County. Wilson County Commissioners and community members rolled up our sleeves to build a home through Habitat for Humanity. Under the direction of Mr. Troy Treadway, we gathered at the construction site on Park Ave for a full day of work and fellowship. We were joined by the future homeowners as part of their requirements to purchase the home.

Habitat works to help those with household incomes averaging \$32,760 or less to purchase a single-family home. Established in 1985, Habitat has built, recycled, or renovated more than 800 homes locally, and has served more than 2,700 family members including more than 1,700 children. During 2018, 4 homes were constructed in Wilson County. Habitat homeowners are required to invest

200 hours on home-ownership classes, work the build site and work at a Habitat Restore once they qualify financially for a home.

Habitat provides experienced construction staff, instruction volunteers and all tools. The project takes one month to complete, and workers are on site each day. Our day was devoted to siding and installation. In the morning we were given instructions and our task then we went to work. It was wonderful to watch not only this home come together, but watch ourselves, as a group, come together for something bigger than ourselves.

I was honored to be a part of this group and would like to say a special thank you to Commissioner Sara Patton for organizing our commissioners and providing our food for the day. Also, Thanks to all our workers for



pitching in. I took many lessons from this experience. One of them was it's amazing the things you can do that you, perhaps, thought wasn't possible or in your own wheelhouse or expertise. The construction workers of Habitat for Humanity were well versed in their field and took great care in making sure we completed our tasks accurately.

Thanks again to everyone who was involved in this process. We all look forward to seeing the completed project. You can view pictures from our day at the build site on page 21 of the newsletter.

## WILSON COUNTY DISTRICT 21



Mike Kurtz

1414A Trousdale Ferry Pike

Lebanon, TN 37087

615-218-8014



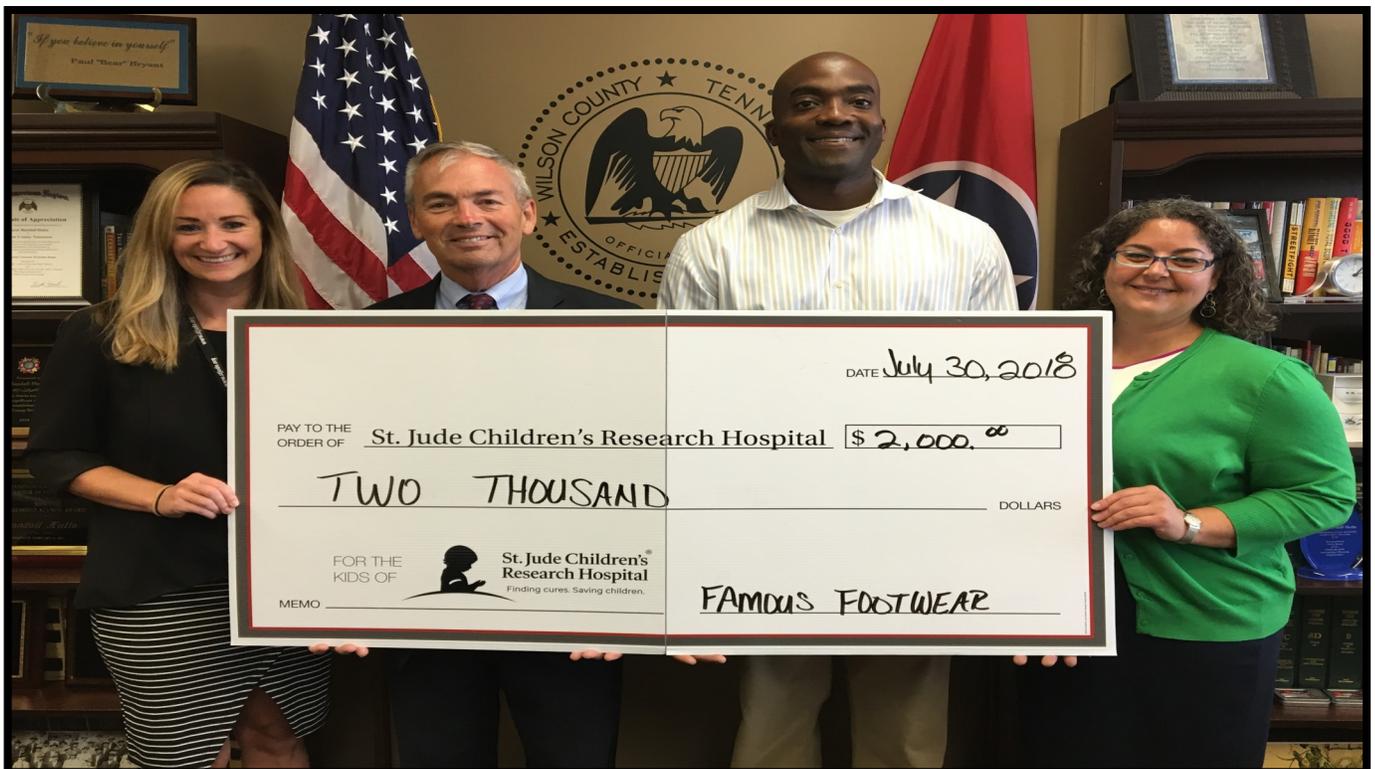
# Famous Footwear donates to St. Jude

Pictured left to right Courtney McMahon, St. Jude ; Randall Hutto, Wilson County Mayor; Hollie Baker, Famous Footwear; St. Jude Miriam Leibowitz, RTA;

Famous Footwear donated \$2,000.00 to the kids of St. Jude Children's Research Hospital. This donation comes as a result of their sponsorship of the Music City Star for the St. Jude Rock N Roll Nashville Marathon for a second year. Runners and spectators boarded the Music City Star on April 30<sup>th</sup> and enjoyed the benefits of a hassle-free ride and free parking to and from the marathon. Train tickets were only \$12 and were

donated back to the Children's Hospital on behalf of Famous Footwear. "It was an honor to work with RTA and the Mayor's office again this year. Famous Footwear enjoys any opportunity to engage our community and raise money for such a worthy cause. I appreciate everyone's hard work in putting this event together" -Hollie Baker, Famous Footwear.

*Wilson County Mayor Randall Hutto went on to say, "Hollie Baker and his team were a tremendous asset to this event last year and we were thrilled at their willingness to be a sponsor again this year. The partnership between our office, RTA, Famous Footwear and NERR has been seamless and I can't thank them enough for all of their hard work."*



# WilCo wins GNRC Awards

September 26th mayors and county executives from across Middle Tennessee came together to honor local

county governments and municipalities for projects or initiatives that serve as a model for peers across the region. This year, GNRC presented 14 local government awards.



For Communications, the county was recognized for the tourism initiative, Wilco on the Go!, a Facebook/YouTube series that highlights the best of the best in Wilson County.

governments in the mid-state for excellence in public service at the annual awards ceremony of the Greater Nashville Regional Council (GNRC or Regional Council). Wilson County Government was recognized for excellence in three separate categories, Communications, Parks and Recreation, and Social Services.

The Regional Council, which is composed of 65 mayors and executives, two members of the TN General Assembly, and 26 mayoral appointments, provides a forum for collaboration among communities in the greater Nashville metropolitan area. Each year, GNRC honors its membership and partners with two types of awards. Grand awards, named after influential leaders throughout GNRC's history, are presented to individuals or organizations for demonstrated leadership on a regional scale. The Excellence in Local Government awards recognize

In each segment, Wilson County Tourism Director Amy Nichols teams with various guests to check out different locales in the county. The segment visits new businesses, local attractions, shops, and everything in between, a great way to engage the public and entice folks to visit Wilson County.



For Parks and Recreation, the new Wilson County Veterans Museum received the award. The \$2.2 million project several years in the

making, is a state of the art museum featuring artifacts from nine different conflicts in American history, from the War of 1812 to Operation Iraqi Freedom, each dedicated with an interactive screen for viewers to select options that educate and inform them of the conflict through photos, artifacts, uniforms, and other self-guided information.

Wilson County was also recognized for the establishment of its Homelessness Coalition. This coalition was started in an effort to bring together the existing resources in Wilson County under one roof to share ideas and information to help address homelessness among the senior population in the county. Although there is an abundance of resources and non-profit organizations within the county borders that supply the homeless with essentials, the increasing number of senior citizens requiring a unique level of care entering into the homeless population has become alarming. The solution

has come from the Homelessness Coalition, a group of local non-profits, police and EMS personnel seeking answers to address this growing concern.

“Wilson County leadership continues to invest time and talent in projects and programs to improve the quality of life for its residents,” said Michael Skipper, executive director for GNRC. “It is an honor to for GNRC to highlight these three projects and share these best practices with the rest of the region.”



# BE A MENTOR

CHANGING LIVES | TRANSFORMING COMMUNITIES

[www.tnAchieves.org](http://www.tnAchieves.org)

**TN Achieves**

While tnAchieves continues to evolve into a program that best serves students, one component remains a pillar of our work – our volunteer mentors. We strongly believe (and the data reinforces this belief!) students who have a local support system are much more likely to thrive. Our mentors are the difference makers for many of our students and remain the heart of our program.

*Application  
Deadline  
11.30.18*

Wilson County needs  
102 mentors

*Become a  
Mentor  
today!*



**Burn permits are required Oct 15 – May 15**  
**[www.wilsonema.com/fire-suppression/](http://www.wilsonema.com/fire-suppression/)**



# Maintain, Don't Gain Healthy Holiday Challenge

**FREE opportunities with partnering fitness facilities in Carthage, Lebanon, Mt. Juliet and Watertown for Challenge participants during Challenge dates (Nov 18-Jan 5) Specific info shared with registered participants.**



**Maintain, Don't Gain is a 7 week individual challenge. Stay healthy and maintain your weight during the holidays with a little online help.**

**Sign up FREE online for weekly emails with recipes, fitness tips and strategies to stay motivated and fit during the holidays.**

**Challenge dates are:**

**November 18, 2018 - January 5, 2019**  
**Register now through November 5**  
**<http://tiny.utk.edu/MDG2018>**

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.

Real. Life. Solutions.

**U|EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

**TENNESSEE**  
STATE UNIVERSITY  
Cooperative Extension

# THANKS GIVING HOURS

WILSON COUNTY  
GOVERNMENT WILL BE  
CLOSED THURSDAY &  
FRIDAY, NOVEMBER  
22ND & 23RD

WE WISH EVERYONE A SAFE AND  
WONDERFUL THANKSGIVING



## Meet the **MAYOR**

*the last Wednesday of every month*

Mt. Juliet  
Chamber of Commerce  
8:30AM-10:00AM

Watertown  
The Depot Junction Cafe  
11:00AM-12:30PM

Lebanon  
Chamber of Commerce  
1:30PM-3:00PM



*no appointment necessary,  
drop by and let's talk*



*Your Local American Job Center is here to help!*

# **JOB FAIR**

**EVERY Third Wednesday of the month**

**From 9 am - 1 pm**

*"American Job Center"*

*Located inside the Tennessee College of Applied Technology  
School (TCATS)*

*415 Tennessee Blvd. Lebanon, TN 37087*

*615-444-9355*

## **The American Job Center provides the following services:**

- Jobs4tn.gov registration assistance
- Resource room with computers, internet, telephones & fax machine
- Daily and monthly Hiring Events
- Variety of training and certification programs
- Re-employment services
- Veterans services

**All services are FREE OF CHARGE!!!.**

Priority of service is given to veterans and their eligible spouses who meet certain eligibility requirements.

**In order to utilize any of our services, we ask that you register on Jobs4TN.gov**

**For more information you may also contact [Katrina.Moss@tn.gov](mailto:Katrina.Moss@tn.gov) or call (615) 494-4278**

WILSON COUNTY SOLID WASTE

# WINTER HOURS



**LANDFILL:**

MONDAY-FRIDAY: 7AM-3PM  
CLOSED ON SATURDAYS

**CONVENIENCE CENTERS:**

FRIDAY-TUESDAY: 7AM-5PM  
WEDNESDAY & THURSDAY: 7:30AM-5PM

# Save The Date!

## The TENNESSEE MANEUVERS EXPERIENCE

Fundraising Event/Dinner

Thursday, November 8th at 5:30 PM

Wilson County Expo Center

Tickets will go on Sale September 7th on [Eventbrite.com](http://Eventbrite.com)

\$75 per person

HISTORY MADE • HISTORY REMEMBERED

# THE TENNESSEE MANEUVERS EXPERIENCE

From 1941 to 1944, the U.S. Army conducted seven large-scale maneuvers across Middle Tennessee in 21 counties, including Wilson. Cumberland University, in Lebanon, served as the Army's headquarters.

850,000 soldiers took part in the simulated combat operations that prepared them for the D-Day invasion and to push back the German forces. These massive maneuvers took place on the hills, the hollows and along the rivers of Middle Tennessee.

Our soldiers made history because such massive exercises had never been conducted. Military leaders agree, the skills learned and refined here played

a significant role in the Allied Forces victory.

The soldiers, landowners and observers deserve to have their stories preserved. The *Tennessee Maneuvers Experience* is going to do just that with an engaging program now in the development.

*The Tennessee Maneuvers Experience* will retrace these epic events in an immersive, educational presentation utilizing stage sets, lighting, and audio/visual technologies for a captivating experience in a theater configuration. In this show, stage performance and documentary film are merged to bring a program that is both historically accurate and entertaining.

Our story is born from first person accounts that transport us 75 years into our past. Audiences will hear, see and experience the reactions of a typical, rural Tennessee family when their lives are forever changed as the events of WWI and the maneuvers unfold around them.

The Friends of Wilson County Veterans Museum, a 501 (c) (3) corporation, is undertaking this as its first project. *Join us for our fund-raising event and see a 15-minute preview of work in production in the making of The Tennessee Maneuvers Experience.* The dollars raised will allow us to complete the presentation and purchase the video and sound equip-

ment. Once a venue is chosen, we will offer the presentation to school students and to the public as a tourist attraction for Wilson County.

For more information, contact us at [in-fotme2019@gmail.com](mailto:infotme2019@gmail.com) or <https://www.facebook.com/tennesseemaneuversexperience>

Friends of Wilson County  
VETERANS MUSEUM  
612 W. Main Street  
Lebanon, TN  
37087

# Spotlight on the office of... Clerk & Master

This month, the spotlight article features the office of the Clerk & Master. The Clerk & Master is appointed by the Chancellor for a term of six years. Barbara Webb has been serving in this capacity since her appointment on January 17, 1997. Prior to her appointment, she was a Deputy Clerk & Master for 23 years, serving under both Perry Johnson and Britt Linville.

With her appointment, the Clerk & Master is bestowed with several of the same powers as the Chancellor and can perform many functions formerly reserved to the Chancellor. Additionally, the Clerk & Master is charged with all the clerical and administrative duties conferred upon all elected Clerks of Court in Tennessee and is further authorized by statutes, by Local Rules of Practice and by Court Order to serve as a Master in Chancery and as a judicial officer for the Probate Division all within the Fifteenth Judicial District. Such duties include but are not limited to: attend court; invest funds under the

Clerk's control; maintain rule and execution dockets; file and enter all documents, pleadings, papers and exhibits; and perform all other duties as required by law.

The Clerk & Master's Office main objective is to provide professional,

courteous and efficient public service to all those with business in the Chancery and/or Probate Court. The office is made up of Chancery and Probate Court.

The Wilson County Chancery Court is a civil court of record. It has jurisdiction, which includes inherent equitable and statutorily mandated jurisdiction, to hear and decide numerous types of cases. The Wilson County Chancery Court includes the Chancery Division and the Probate Division.

The Chancery Division is presided over by C. K. Smith, who has served as Chancellor for the Fifteenth Judicial District for 28 years. The Chancery Division handles matters including, but not limited to the following types of cases: divorces

(agreed and contested); child custody matters; adoptions and legitimations; conservatorships and guardianships; name changes; appointments and removal of trustees; will contests; land partition; boundary disputes; suits on foreign judgments; proceedings in aid of execution; worker's compensation; collection of delinquent taxes; and contract disputes.

Similarly, the Probate Division is presided over by John T. Gwin. Judge Gwin has served in this capacity since the Court's formation in 2008. The Probate Division handles matters including, but not limited to estates; conservatorships; guardianships; muniment of title; small estate affidavits; and cremation cases. In September, Judge Gwin announced his intention to retire from the bench at the end of this year. The Clerk & Master and her staff have enjoyed working with Judge Gwin, both in his capacity as an attorney and as the presiding judge of the Probate Court. Although he will be

greatly missed, we wish him the best in his retirement.

In the Probate Division, the Clerk & Master in her appointed position as Special Master may perform many of the functions formerly reserved to the Probate Judge, subject to the review and approval of the Probate Judge. For example, as one of the main functions of the Probate Division is to handle estates, the Special Master has

been given the authority to open estates. Through this appointment, the Special Master is not only able to alleviate the court's docket of cases, but also in expediting the legal process for the citizens of Wilson County, Tennessee. The Special Master and her staff strive to bring comfort to all who have lost a loved one as they help them through the probate process.

Our office is working hard to make improvements and upgrades in order to better serve our customers. Currently, our office is working with the Wilson County Information Technologies staff to update and improve our website. Through our website, citizens will be able to download forms, such as





Deputy, has served with the Clerk & Master and Probate Offices for 34 years; and Bonita Brandon, Delinquent Tax Clerk, has been with the Clerk & Master's Office for 27 years.

The Clerk & Master's Office touts additional Deputy Clerks with a combined 55 years of experience and part-time Deputy Clerks with decades of combined experience in various offices throughout the Wilson County Court System. Not only does our office take pride in having such a devoted and knowledgeable staff, but also in

name changes and uncontested divorces, as well as review upcoming court auctions.

In addition, we are assessing different merchants for the installation of a credit/debit card system that will allow citizens to pay their delinquent taxes and/or court filing fees using this means of payment. The installation of this new payment format will not only alleviate citizens from having to appear in person at the clerk's office to tender

payment for their delinquent taxes, but also assist citizens with another payment option in filing their cases with our courts.

By the same token, we are also evaluating e-filing systems being introduced throughout the Tennessee Courts. Recently, Mrs. Webb viewed such a system being utilized by one of the state's chosen pilot sites. The e-filing system will not only enable litigants to electronically

file documents from anywhere at any time without waiting in line or traveling to the court, but it will also generate revenue for the courts through e-filing subscriptions and additional court costs.

However, implementation of an e-filing system will not be an overnight task. Preparation for such a system will require additional technology, training for staff and filers and the develop-

ment of new internal processes to ensure that our courteous and efficient service to the citizens of Wilson County is uninterrupted.

Our office currently employs eight (8) full-time employees and five (5) part-time employees in both the Chancery and Probate Court Clerks Offices. Chancery Court is staffed by: Barbara Webb, Clerk & Master; Sue Finnigan, Administrative Assistant; Bonita Brandon, Delinquent Tax Clerk; Ruthann McCrary, Deputy Clerk & Master; Kelly Clemmons, Bookkeeper and Avery Alsup, Deputy Clerk & Master. Probate employees: Susan Demonbreun, Chief Deputy and Megan Tidwell, Deputy Clerk & Master. Part-Time employees are: Betty Griffin, Deputy Clerk & Master; Marie Bennett, Deputy Clerk & Master; Lisa Carver, Deputy Clerk & Master; Tutti Conatser; Deputy Clerk & Master and Sisi Wilson, Deputy Clerk & Master.

Dedication to the Clerk & Master's Office not only lies with Mrs. Webb, but also to her staff: Sue Finnigan, Administrative Assistant, has been with the Chancery Court Clerk's Office for 44 years; Susan Demonbreun, Chief

our commitment to the citizens of Wilson County in providing them with courteous and compassionate service for a more amicable experience with the court system.

As many of the Deputy Clerks have served in their capacity for decades, their vast knowledge and work ethic are an asset to the citizens of Wilson County. Furthermore, all Deputy Clerks are cross-trained to do multiple jobs and the streamlining of work processes in the office enhances the ability of our staff to assist citizens in a very efficient manner and allows us to continue to meet the increasing workload of a growing county.

As the Clerk & Master is appointed as Special Master, she can perform many functions formerly reserved to the County Judge/Chancellor; thereby, alleviating the court's docket of cases and expediting the legal process for the citizens of Wilson County, Tennessee.

Thank you to the Clerk & Master's office for the outstanding work you do and the services you provide.



# Game-Day Express

The Game-day Express is back for the Tennessee Titans 2018 season.

The Game-Day Express train will operate for all Tennessee Titans regular season home games, beginning with the September 16 game against the Houston Texans. Service begins in Lebanon with stops in Martha, Hamilton Springs, Mt. Juliet, Hermitage, and Donelson before arriving in downtown Nashville.

Tickets for the September 16 and 30 games will go on sale Tuesday, Sep-

tember 4. Tickets for the remaining games in October, November, and December will be released prior to each month for purchase.

Round-trip train tickets for all Titans regular season home games are \$10 each, allowing fans to travel responsibly and enjoy the game without stress over parking prices and downtown traffic. Children age 4 and younger will not need a ticket to board; however, they are required to sit in a parent's lap.

Tickets must be acquired in ad-

vance by going online to MusicCityStar.org or TicketsNashville.com. Tickets are not available for purchase on the train on game days. Weekday Music City Star tickets and passes are not valid on the Game-Day Express train.

For noon games, the Music City Star will operate the schedule listed below:

For afternoon and evening games, please visit musiccitystar.org for detailed train departure information.

Parking is free at all of the outlying

stations and passengers may tailgate at the outlying train stations prior to the game as well as on the train. In addition, they may bring small coolers onboard and leave them on the train upon arrival at Riverfront Station.

More information about Game-Day Express service is available online at musiccitystar.org. For additional information, contact Customer Care at 615-862-5950 weekdays from 6:30 a.m. to 8 p.m., Saturdays from 8 a.m. to 5 p.m. and Sundays from 10:30 a.m. to 2:30 p.m.

## Schedule

Depart from Lebanon Station	10 a.m.
Depart from Martha Station	10:07 a.m.
Depart from Hamilton Springs Station	10:15 a.m.
Depart from Mt. Juliet Station	10:25 a.m.
Depart from Hermitage Station	10:35 a.m.
Depart from Donelson Station	10:45 a.m.
Arrive at Riverfront Station	11 a.m.

Celebrating 25  
Years with Lelan  
Statom



# FARMER'S CORN MAZE

Sep. 29th - Nov. 3rd.

Friday, Saturday and Sunday's

**Featuring:** Special Moonlit Weekends

Corny Box

Pumpkin Bowling

Mini Maze

Farm Animals

Photo Props

Duck Races

Rat Roller

Tube Slide

Face Painting

Food Vendor

Fall Decor

Much, Much, More

\$8 Admission - 3 and Under FREE -

Group Rates Available

615-714-1688 / 615-598-4263

\*Corn Maze Entry not required to  
purchase Fall Decor



Find us on



@farmersfarmfreshproduce

WILSON COUNTY FAIRGROUNDS

945 E. BADDOUR PKWY, LEBANON, TN

# Wilson County TV

Wilson County Television (WCTV) will begin broadcasting at 6am on Monday, November 5, 2018. WCTV can be seen on AT&T Cable Channel 99 and streaming on the county's web site.

WCTV is a Public, Education and Government (PEG) Channel. Cable companies are required by law to provide a channel to municipalities that are located within their service area.

As part of the county commission's resolution to start WCTV, the channel will broadcast live the county commission's monthly meetings and air recordings of the budget and education committee meetings.

"As a governing body, we want to be as transparent as possible. Airing our meetings is a great and convenient way for us to accomplish that goal. It also allows residents who are unable to attend our meetings to stay informed", stated Wilson County Mayor Randall Hutto. "We will also

stream the channel on our county web site".

In addition to government meetings, WCTV will produce programs including: *Talking' With Tatum*, *Valerie's Kitchen*, *WilCo on the Go!* and *Walkin' thru Wilson*. WCTV plans to work closely with the coun-

ty's high schools and their television departments to produce programming including sports, awards ceremonies and special projects.

## About WCTV

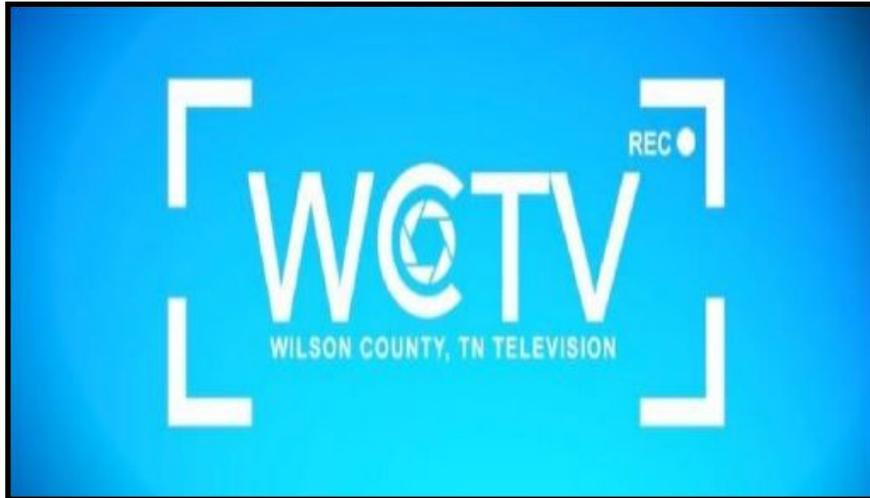
Wilson County Television (WCTV) is a department of Wilson County, TN government. It is the official television and web channel for Wilson County with a primary goal of providing information to the public of government activities.

For further information feel free to contact:  
Tressa Bush  
Manager – WCTV

220 East Gay Street  
Lebanon, TN 37087  
Telephone: 615/588-6630  
Email:

[tressa.bush@wilsoncountyttn.gov](mailto:tressa.bush@wilsoncountyttn.gov)

*submitted*



## Stay Connected

Stay Connected with Mayor Hutto and the Wilson County Mayor's Office! Follow Mayor Hutto on Twitter and Facebook. Also be sure to check out our website for information on all county offices.



Wilson County  
[www.wilsoncountyttn.gov](http://www.wilsoncountyttn.gov)



# HR CORNER

WILSON COUNTY GOVERNMENT

**Human Resources is doing a Monthly Employee Giveaway. We have several fun items for you to pick from. All Wilson County Employees will have a chance to win during their anniversary month. Please contact HR at 615-466-5152 or 615-466-5138 to claim your prize.**

**November 2018 Winners**  
**Janice Kidd- Expo Center**  
**Sharon Lackey- Finance**  
**Donna Fort- Property Office**  
**Jennifer Reeves- Circuit Court Clerk**  
**Debbie Fischer- Finance**



Do you know someone who should be acknowledged for their volunteer work?

Nominate them for the

## Governor's Volunteer Star Award

For more information visit:

<https://www.wilsoncountyttn.gov/under-announcements>

Or

[Lebanondemocrat.com/GVSA](http://Lebanondemocrat.com/GVSA)

Application deadline is November 21, 2018

UPCOMING ELECTIONS

**NOV 6**

General Election & Special Elections

Happy

**Veterans Day**

to all who served...we thank you.



Wilson County  
Government  
will be closed  
11/12/18

# Cancer

## Pillow Project

*Comfort pillows are used under the arm or between the seat-belt and chest to help alleviate discomfort during treatment.*

**November 29 & 30, 2018**

**9:00am to 3:00pm**

**Gentry Building**

*RSVP to Shelly Barnes at 615-444-9584 or email at [sbarnes@utk.edu](mailto:sbarnes@utk.edu) to sign up for this Service Workshop.*

*Limited spaces available.*

*Lunch will be provided by Wilson County fce.*

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.



# Fall Music Special

*to benefit*

## Pickett Chapel

**Sunday, Nov. 4, 2018**  
**4:00 PM**

**CAPITOL THEATER**  
**110 West Main Street, Lebanon, TN**

Featuring:

**Free Spirit & Friends**  
**B.H.G./By His Grace**  
**Work in Progress Praise Dancers**



*Free Spirit & Friends*

**TICKETS \$10 EACH**

**Children Under 12 Admitted Free**

Tickets available at Lebanon/Wilson Chamber  
or from Wilson County Black History Committee  
**For more information-Call 615 444-9487**



**PICKETT CHAPEL**  
**THIS PLACE MATTERS**

# Difference Between a Cold and the Flu

Colds and the flu often occur around the same time of year and both have similar, unpleasant symptoms. While it can be hard to differentiate between the two, it's important to distinguish the cause of your symptoms to determine the best course of treatment.

## *The common cold*

The most common symptoms of a cold are within the respiratory system and include a stuffy or runny nose, sneezing, cough or chest discomfort. Treatment for these symptoms is available through over-the-counter medication designed to target the various symptoms. For example:

Antihistamines can help control a running nose, sneezing and watery eyes. Decongestants relieve nasal and sinus congestion. Acetaminophen or non-steroidal anti-inflammatory medicines reduce pain, fever and inflammation. Expectorants loosen mucus from the respiratory tract, alleviating chest congestion and discomfort.

The best way to treat a cold is to drink plenty of fluids to stay hydrated, use over-the-counter medication and monitor for symptoms that last longer than five to seven days. If symptoms persist, your cold may have developed into an advanced respiratory illness in the form of an ear infection, sinus infection or bronchitis. If this occurs, you should seek treatment from your doctor.

"Distinguishing between a cold and the flu can be difficult because many of the symptoms overlap," said John Kane, M.D., a Family Medicine physician. "A fever is one of the most common differentiators, although not everyone with flu will have a fever. Getting to your doctor for testing within a few days of experiencing symptoms can help, as there are medications that can minimize the symptoms of flu when action is taken quickly."

## *The flu*

While both a cold and the flu generally attack the respiratory system producing many or all of the same symptoms, flu can affect the entire body. Additional symptoms associated with flu include a fever between 100 F and 104 F, headache, body aches, fatigue, exhaustion and nausea.

To confirm a diagnosis of flu, your doctor will swab your nose or throat to test for the virus. Test results are usually available within 30 minutes. For the most accurate results, the test should be performed within four to five days of



onset of symptoms. The tests are fairly accurate, and can give a positive diagnosis about 50-70 percent of the time. If the test indicates you don't have the flu, it's even more accurate, at a 90-95 percent rate.

With a mild case, flu can be treated with rest, fluids and over-the-counter medication targeting the symptoms. If your case of flu is more severe, your doctor may prescribe antiviral medications. Anti-nausea medications help with stomach discomfort and vomiting while acetaminophen or non-steroidal anti-inflammatory medicines reduce pain, fever and inflammation. Antiviral medications, such as Tamiflu® or Relenza, shorten the duration of the flu and lessen the serious complications; however, antiviral medications work best when begun within 48 hours of getting sick. These medications are particularly important for children, the elderly, pregnant women and people with chronic illnesses who are particularly vulnerable to catching and experi-

encing complications from the flu.

As with a cold, if symptoms persist longer than three to five days, or become increasingly severe, see your doctor. The flu can develop into bronchitis or pneumonia, particularly in patients who are older or have compromised immune systems, and may require **more intense medical treatment or even hospitalization.**

"Flu can be particularly dangerous for infants, pregnant women, older persons or anyone with chronic medical conditions, so they need to be evaluated

quickly to be considered for antiviral medication," said Kane.

"Preventive measures such as getting a flu shot for everyone in the household, washing your hands and staying home when you are ill will help to reduce the spread of flu."

The best way to avoid **contracting the flu is to get** an annual flu shot. Unfortunately, there is no immunization against the cold, but washing your hands frequently, not touching your face with your hands, and avoiding contact with people who have a cold can be a strong defense.

The professionals at Tennova Family Medicine – Lebanon are committed to helping families stay healthy. Our family practice providers, led by John Kane, M.D., and Gary Gallant, M.D., also include Callie Tuggle, NP, Julie Malkowski, PA and LeaBeth Pack, NP, coordinate care for individuals or the entire family, from infants to seniors. We offer same day appointments and extended hours, Monday-Saturday from 7a.m.-7p.m. for your convenience. Walk-ins are welcome. We are located at 1616 W. Main Street or visit [TennovaMedicalGroup.com](http://TennovaMedicalGroup.com) for more details.

For more information or to find a doctor, call 1-855-TENNOVA (836-6682)



wilco  
**feast**  
week

NOV. 2-9  
2018

**Dine Out. Give Back. Get Social.**  
**#WilCoFeastWeek**

**WilCo Feast Week is a week-long culinary event in Wilson County, Tennessee!**

**To participate, just visit any Feast Week restaurant November 2nd - 9th and get a 3-course meal for one low price.**

**To make this deal even sweeter, \$1 from every Feast Week meal goes to a local charity!**

**For a list of participating restaurants, their special Feast Week menus, pricing and charity selection, visit:**

**VISITWILCO.COM/FEAST-WEEK**

Visit  
**WILCO**  
Tennessee

# Habitat for Humanity® of Greater Nashville





615-453-6144

Health Resource Integration

To achieve better health, better care, at a lower cost.

WILSON COUNTY HEALTHY LIVING

VOLUME 2018 ISSUE OCTOBER

OCTOBER 2018

### Sudden Cardiac Arrest Awareness Month



**HEALTH RESOURCE  
INTEGRATION  
WILSON COUNTY  
EMPLOYEE CLINIC**  
233 East Gay Street  
Lebanon TN 37087

**615-453-6144**

*All visits  
to the clinic  
require an  
Appointment*

*Please bring insurance  
card to all appointments*

#### Clinic Hours

Monday—Thursday  
7:30 – 5:30  
Friday 7:30 – 4:00  
Lunch 12–12:40

#### Scheduler Hours

Monday –Thursday  
7:30 – 4:30 pm  
Friday 7:30 – 4:00 pm  
Leave voice mail if scheduler  
unable to answer and your  
call will be returned.

#### Weight/Nutrition

Talk to our providers

#### After Hours

**The Doctor's Office**  
Walk in Only  
1430 Baddour Pkwy Suite A  
Monday – Friday  
8:00 am – 6:00 pm  
Saturday  
10:00 am – 2:00 pm  
Call after hours  
615-453-6144  
Emergency Room for life  
threatening treatment.

Sudden Cardiac Arrest is the leading cause of death in the United States, taking the lives of more than 350,000 people each year. Anyone can experience Sudden Cardiac Arrest (SCA), including infants, children, teens, young adults and people in their 30s and 40s who have no sign of heart disease, as well as more mature adults.

SCA is not a heart attack. A heart attack is caused by impeded blood flow through the heart. SCA is caused by a structural or electrical problem, often from an undetected heart condition, and in other instances, from an infection or a severe blow to the chest. In 95% of cases, the SCA victim is lost.

To survive SCA, the victim must receive life-saving defibrillation from an automated external defibrillator (AED) within the first four to six minutes. Every minute that passes without a shock from an AED decreases the chance of survival by 10%. Administering hands-only cardiopulmonary resuscitation (CPR) can be a bridge to life until an AED arrives.

As noted by the Institute of Medicine, the SCA survival rate has remained stagnant for three decades because we aren't as prepared as we should be to save a life.

There is a critical need to raise awareness of sudden cardiac arrest and educate people about prevention strategies and how to take immediate action in the case of a cardiac emergency.

More information can be found at:

- American College of Cardiology
- American Heart Association
- Children's Cardiomyopathy Foundation
- Heart Rhythm Society
- Hypertrophic Cardiomyopathy Association
- Mended Hearts
- Parent Heart Watch
- Sudden Arrhythmia Death Syndromes Foundation
- Sudden Cardiac Arrest Association
- Sudden Cardiac Arrest Foundation
- Women Heart

Source: <http://www.stopcardiacarrest.org/>



233 East Gay Street  
Lebanon TN 37087

**615-453-6144**

Fax: 615-453-5577

E-mail: [rsloan@healthresourceintegration.com](mailto:rsloan@healthresourceintegration.com)

[www.healthresourceintegration.com](http://www.healthresourceintegration.com)

**Schedule Your Own  
Appointments Online**

Call Scheduler and get your User Name and  
Activation Code or with any online  
scheduling problems.

**615-453-6144**

## WILSON COUNTY HEALTHY LIVING

**BETTER HEALTH, BETTER CARE,  
LOWER COST**

### WEIGHT AND/OR NUTRITION HELP?

Maintaining a healthy weight and good nutrition are essential to good health. Learning to eat the right foods can make the difference. Need Help? Talk to one of our providers today and take charge of your health.

### CANCELLATIONS AND NO SHOWS

We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family. However, when you do not call to cancel an appointment, you may be preventing another patient from getting much needed treatment.

## Flu Shots for Employees and Retirees during Open Enrollment

### October is Breast Cancer Awareness Month



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There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk. Many [risk factors are beyond your control](#), such as being female and getting older. But [other risk factors can be changed](#) and may lower your risk.

**Get to and stay at a healthy weight:** Both increased body weight and weight gain as an adult are linked with a higher risk of breast cancer after menopause. The American Cancer Society recommends you stay at a healthy weight throughout your life and avoid excess weight gain by balancing your food intake with physical activity.

**Be physically active:** Many studies have shown that moderate to vigorous physical activity is linked with lower breast cancer risk, so it's important to get regular physical activity. The American Cancer Society recommends that adults get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.

- **Moderate activity** is anything that makes you breathe as hard as you do during a brisk walk. It causes a slight increase in heart rate and breathing. You should be able to talk, but not sing during the activity.
- **Vigorous activities** are performed at a higher intensity. They cause an increased heart rate, sweating, and a faster breathing rate. Activities that improve strength and flexibility, such as weight lifting, stretching, or yoga, are also beneficial.

**Limit or avoid alcohol:** [Alcohol](#) also increases risk of breast cancer. Even low levels of alcohol intake have been linked with an increase in risk. The American Cancer Society recommends that women who drink have no more than 1 alcoholic drink a day. A drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits (hard liquor).

**Take charge of your health:** Do regular self breast exams and get mammograms as recommended by your physician.

Source: <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/can-i-lower-my-risk.html>

## CLINIC CLOSING POLICY & VACATION

The clinic will close on days county government closes for weather conditions and holidays.

### Holiday Schedule

November 12, 2018 Veteran's Day

November 22-23, 2018 Thanksgiving

December 24-26, 2018 Christmas

January 1, 2019 New Year's Day



*The Lebanon Senior Citizens Center*

*3rd Annual Inside  
Fall Yard Sale*

November 10, 2018

*7:00am - 2:00pm rain or shine*

We will have table after table of great stuff!!

Just in time for the holidays!

For more information call

**615-449-4600**

*670 Coles Ferry Pike Lebanon, TN*

*Right next to the Jimmy Floyd Center*

**Donations now being accepted!!**



# VETERANS

PLEASE JOIN US FOR BREAKFAST  
WEDNESDAY, NOVEMBER 7<sup>TH</sup>

AS WE HONOR OUR VETERANS  
& CELEBRATE OUR COUNTRY

**RSVP**

615-449-4441 or  
615-444-4166

**GUEST SPEAKER**  
Lebanon Mayor  
Bernie Ash

**8:00 am**  
Breakfast for  
Veterans  
Program to  
follow afterwards



**East West Building**



**Wilson County Fairgrounds**

**Member FDIC**

## **LIBERTY STATE BANK**

*"Serving Thousands of Customers... ONE at a Time!"*



## Veterans Wall of Honor **Dedication**

*Monday, November 12 • 6 p.m.*

Please come show your respect and honor our veterans, past and present, with the dedication of our Wall of Honor. An Honor Guard from the American Legion Post 281 will present the colors for this special dedication.



For those who love living in Mt. Juliet, Maristone offers assisted living and memory care residents the lifestyle they desire—with lovely, intimate surroundings, engaging activities and a compassionate, respectful staff to assist every step of the way.

**MARISTONE**

  
**OF PROVIDENCE**  
ASSISTED LIVING & MEMORY CARE

140 Providence Trail | Mt. Juliet, TN 37122  
p. 615.758.1237 | f. 615.758.1248

*MaristoneLiving.com*

Managed by  Life Care Services®



9-18

# 7 Schools Receive Reward Status

Wilson County Schools is pleased to announce that the Tennessee Department of Education has recognized seven schools in the district as "Reward Schools" for the 2017-2018 school year. This is the highest honor given annually by the state.

Only 318 schools in Tennessee are being recognized as "Reward Schools", a distinction that's given to schools that not only experience high academic achievement, but also see substantial gains in student growth. Below, you will find the list of "Reward Schools" in Wilson County:

- Elzie D. Patton Elementary School**
- Stoner Creek Elementary School**
- W.A. Wright Elementary School**
- West Elementary School**
- West Wilson Middle School**
- Mt. Juliet High School**
- Watertown High School**

Director of Schools, Dr. Donna Wright, says, "By any standard, the start of this school year has been exceptional. Last month, we learned that the district has now achieved a Level 5 status for the academic growth of our students. Nine of our schools-

Tennessee's accountability framework includes a variety of measures, including chronic absenteeism and discipline, ACT performance, and TNReady scores, to make a determination, and all schools are rated both on how they serve the full student population and how they are specifically serving student groups that have historically been underserved: students with disabilities, English learners, economically disadvantaged students, and black, His-

panic, and Native American students. Additionally, Wilson Co. Schools ACT composite score increased from 19.7, three years ago to the current 21.2.

*Submitted*



*almost HALF- received the highest ranking possible. Today, we've learned that seven of our schools have also achieved Reward School Status. I can't say enough about the hard work and dedication that's been exerted by our students, teachers and administrators."*

