HealthSmart

Interactive Health & Wellness EXPO

Wednesday, October 11

Gainesville Civic Center

7:30 a.m. - 1:30 p.m.

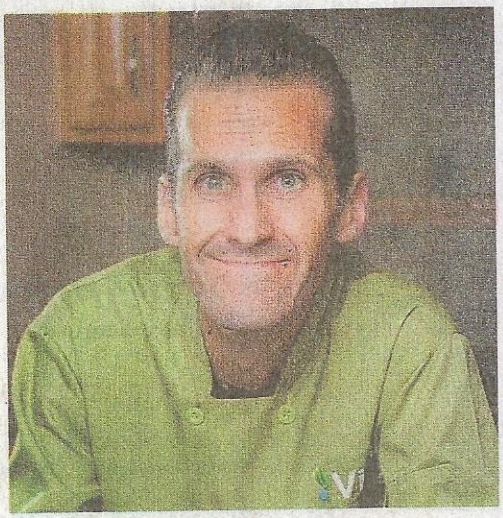
FREE Health Screenings • Open to the Public

Free Wellness Seminars! Great Drawings!

No Appointment Needed!

Glucose • Cholesterol • Triglycerides Testing
Blood Pressure Checks • BMI Calculation
Carotid Artery Screening
Hearing & Vision Screenings

The Greater Hall Chamber of Commerce's 11th Annual HealthSmart Expo features **Free Community Health Screenings** for men and women 18 and older. Screenings by **Longstreet Clinic** with **McDonald's** salads to first 100 people screened. 60+ Expo Exhibitors! The HealthSmart Expo and all screenings are **FREE and OPEN TO THE PUBLIC**! Free **SHUTTLE SERVICE**!



Chef Hans Rueffert

HealthSmart 2017 on October 11 features Food Network Star Chef Hans Rueffert as Special Guest. Join Chef Hans for a FREE Food Demonstration at 10:00 am at the HealthSmart Expo. Enjoy FREE food samples along with tips for healthy cooking and eating!

GREATER HALL CHAMBER OF COMMERCE

Cigna

Vision 2030

No Admission Fee • 60+ Exhibitors
FREE Wellness Seminars
Giveaways • FREE Shuttle Service

GreaterHallChamber.com • 770.532.6206

10/8/17

HealthSmart

Interactive Health & Wellness EXPO

Wednesday, October 11

Gainesville Civic Center

7:30 am - 9:30 am **HealthSmart Breakfast**
Chef Hans Rueffert / Keynote Speaker
Most Fit Company Awards
Reservations Required (call 770.532.6206)

7:30 am - 1:30 pm **HealthSmart Expo**
Free Health Screenings
60+ Wellness Exhibitors
Free Shuttle Service
Open to the Public • No Admission Fee

10:00 am - 1:00 pm **Free Wellness Seminars**

FREE Wellness Seminars

Along with FREE Health Screenings, the HealthSmart Expo on October 11 features FREE Wellness Seminars. No entry fee! Open to the Public!

Food Demonstration with Chef Hans

10:00 am at the Gainesville Civic Center

Join Food Network Star **Chef Hans Rueffert** for a Healthy Cooking Demo with delicious food samples and tips on cooking and eating healthy.

Creative Cooking with Crevolyn

11:00 am at the Gainesville Civic Center

Cookbook Author **Crevolyn Wiley**, The Market on Limestone, will discuss the advantages of buying local, how to choose wisely when grocery shopping, and how to incorporate healthy options into your meal planning. Crevolyn will also share several of her popular Southern recipes for healthy eating.

Quick & Healthy Meals on a Budget

12:00 pm at the Gainesville Civic Center

Carin Booth, UGA Hall County Extension Service, will discuss the Expanded Food & Nutrition Education Program that provides healthful, family friendly, delicious meals without spending a great deal of money on food or time in the kitchen.

HealthSmart Expo 2017 information: Greater Hall Chamber, 770-532-6206.

GreaterHallChamber.com

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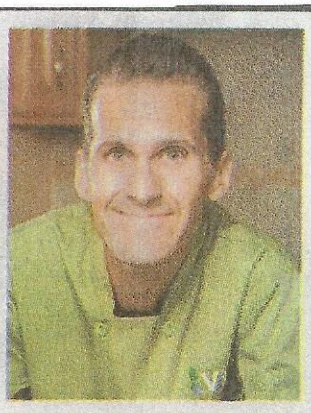
HealthSmart

Interactive Health & Wellness EXPO



Wednesday, October 11

Gainesville Civic Center

7:30 a.m. - 1:30 p.m.

Featuring Food Network Star **Chef Hans Rueffert**

- *No Entry Fee*
- *Free Shuttle*
- *No Appointments*
- *60+ Exhibitors*
- *Wellness Vendors*
- *Food Demos*
- *Food Samples*
- *Door Prizes*

FREE Health Screenings • Open to the Public

Free Wellness Seminars! Great Drawings!

Presented by

Cigna

The Greater Hall Chamber's 11th HealthSmart Expo features **Free Health Screenings** for men and women 18 and older: **Glucose, Cholesterol, Triglycerides, BMI, Blood Pressure** and more provided by **The Longstreet Clinic** with McDonald's salads to first 100 people screened. Over 60 Expo Exhibitors! All screenings are **FREE and OPEN TO THE PUBLIC!** Free **SHUTTLE SERVICE!**

GREATER HALL CHAMBER OF COMMERCE

LONGSTREET CLINIC

Northeast Georgia Health System

Northeast Georgia DiagnosticClinic

GreaterHallChamber.com

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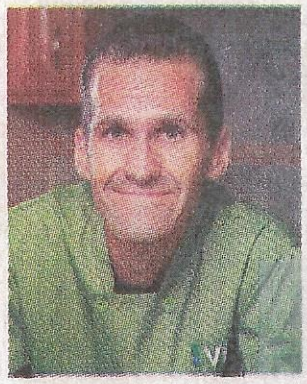
10/8/17

HealthSmart

Interactive Health & Wellness EXPO



Wednesday, October 11

Gainesville Civic Center

7:30 a.m. - 1:30 p.m.

Featuring Food Network Star **Chef Hans Rueffert**

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Cigna

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GREATER HALL CHAMBER OF COMMERCE

LONGSTREET CLINIC

Northeast Georgia Health System

Northeast Georgia DiagnosticClinic

GreaterHallChamber.com

770.532.6206

10/9/17

Health Smart

Interactive Health & Wellness EXPO

HealthSmart Expo 2017
Presented by CIGNA

Wednesday, October 11 • Gainesville Civic Center

7:30am - 9:30am **HealthSmart Breakfast** and **Most Fit Company Awards**
Reservations Required (call 770.532.6206)

7:30am - 1:30pm **HealthSmart Expo** with **FREE Health Screenings**
No Entry Fee and No Appointment Needed

10am - 1:00 pm **FREE Wellness Seminars**
Free and Open to the Public

Vision 2030

Giveaways & Door Prizes

FitBit • $100 Amazon Gift Card • Free Spa Massages

The Greater Hall Chamber's 11th Annual HealthSmart Expo features **Free Community Health Screenings**. HealthSmart Kickoff Breakfast is 7:30 a.m. 9:00 a.m. with **Food Network Star Chef Hans Rueffert**. Healthy breakfast, great networking and presentation of the **2017 Most Fit Company Awards**. Space limited. $15 Chamber Members; $25, Non-Members. Reservations: 770-532-6206 or ***GreaterHallChamber.com***

Food Network **Star Chef Hans Rueffert** is keynote speaker at the HealthSmart Breakfast and will conduct a Healthy Food Demo at the HealthSmart Expo at 10am. Owner and chef of the Woodbridge Inn in Jasper, GA, Chef Hans is known as "The Chef Without a Stomach." He just finished participating in the 1stt season of The Next Food Network Star when diagnosed with stomach cancer. With only 2% chance of survival, Hans began a journey of surgeries and treatments and writing cookbooks on healthy eating.

FREE Health Screenings by **Longstreet Clinic** with professionals on hand to conduct screenings, review your written report and answer questions. Blood Pressure Check, Body Mass Index, Cholesterol, Triglyceride & Glucose Testing, Carotid Artery Screening. FREE Shuttle Service! No Admission Fee! No Appointment Needed! FREE McDonald's salads to the first 100 screenings.

HealthSmart Expo includes a series of **FREE Health and Wellness Seminars**. No entry fee! Open to the Public!

10/8/17

HealthSmart Exhibitors

Alliance Prosthetics & Orthotics
Aetna
Alliant Health Plans
Atlanta Gastroenterology Associates
BGW Dental Group
CIGNA
CMA Agency
Comfort Keepers
District 2 Public Health / Emergency Preparedness
Elevation Fitness
EMC Security
Flowery Branch Chiropractic
Gainesville Eye Associates
Gainesville Fit Body Boot Camp
Gainesville Parks and Recreation
Gastroenterology Associates of Gainesville
Georgia Center of the Deaf & Hard of Hearing
Georgia Mountain Food Bank
Greater Hall Chamber of Commerce
Great Expressions Dentistry
Guilford Immediate Care
Hampton Inn / Fairfield Inn & Suites
Hospice of Northeast Georgia Medical Center
ITN Lanier
Lanier Technical College
Legacy Link
Longstreet Clinic
McDonald's
Medical Weight Loss By Healthogenics
MedLink Georgia, Inc.
Medsafe
Mulberry Creek Dental Care
NAMI Hall County
North Georgia Audiology
North Georgia Eye Clinic
North Georgia Senior Resources
Northeast Georgia Diagnostic Clinic
Northeast Georgia Medical Center
Northeast Georgia Physicians Group
Northeast Georgia Podiatry
Northside Gainesville Imaging
Sapa Extrusions NA
The Ahh Spa
The Heart Center of NEGA Medical Center
The Little Clinic
The Market on Limestone
The Spa on Green Street
The Times
The Vitamin Shoppe
USDA Forest Service
Watkins Total Healthcare
Woodruff Medical Training & Testing
Young Living Essential Oils

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10/8/17

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November 2
6:30 – 9:30 p.m. ($50 tickets)

General Admission:
Nov. 3, 9:30 a.m. – 6 p.m.
Nov. 4, 9:30 a.m. – 5 p.m.

Chaired by:
Maggie Griffin, Caroline Nix,
Leslie Miller

To purchase tickets for Preview Party visit nghs.com/marketplace or for more information, call 770-219-1830.

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10/8/17

10-12-17

Making strides for healthy living

Screenings a popular attraction at annual HealthSmart Expo

BY JEFF GILL
jgill@gainesvilletimes.com

With one person per minute signing up for free health screenings, it was easy to see one of the HealthSmart Expo's top attractions in action.

The first floor of the Gainesville Civic Center was humming Wednesday morning as people were getting their cholesterol, blood pressure and hearing checked.

And for many attendees, the Greater Hall Chamber of Commerce's HealthSmart is an annual ritual.

"I love the free health screenings," said Melinda McCumber of Murrayville. "I have high cholesterol, so this is kind of an in-between my doctor visits. And it's always nice to get the freebies."

People who completed screenings got a free salad, but there were plenty of other goodies available, from snacks to pens. The 11th annual event also featured 60-plus wellness-oriented exhibitors with tables, brochures and company officials ready to field questions.

Those getting the screenings could get their results at a table set up by Gainesville-based Longstreet Clinic. People could talk to a nurse practitioner if they had any questions.

"Our results are coming faster than anticipated," said Margaret Spratlin, working the table.

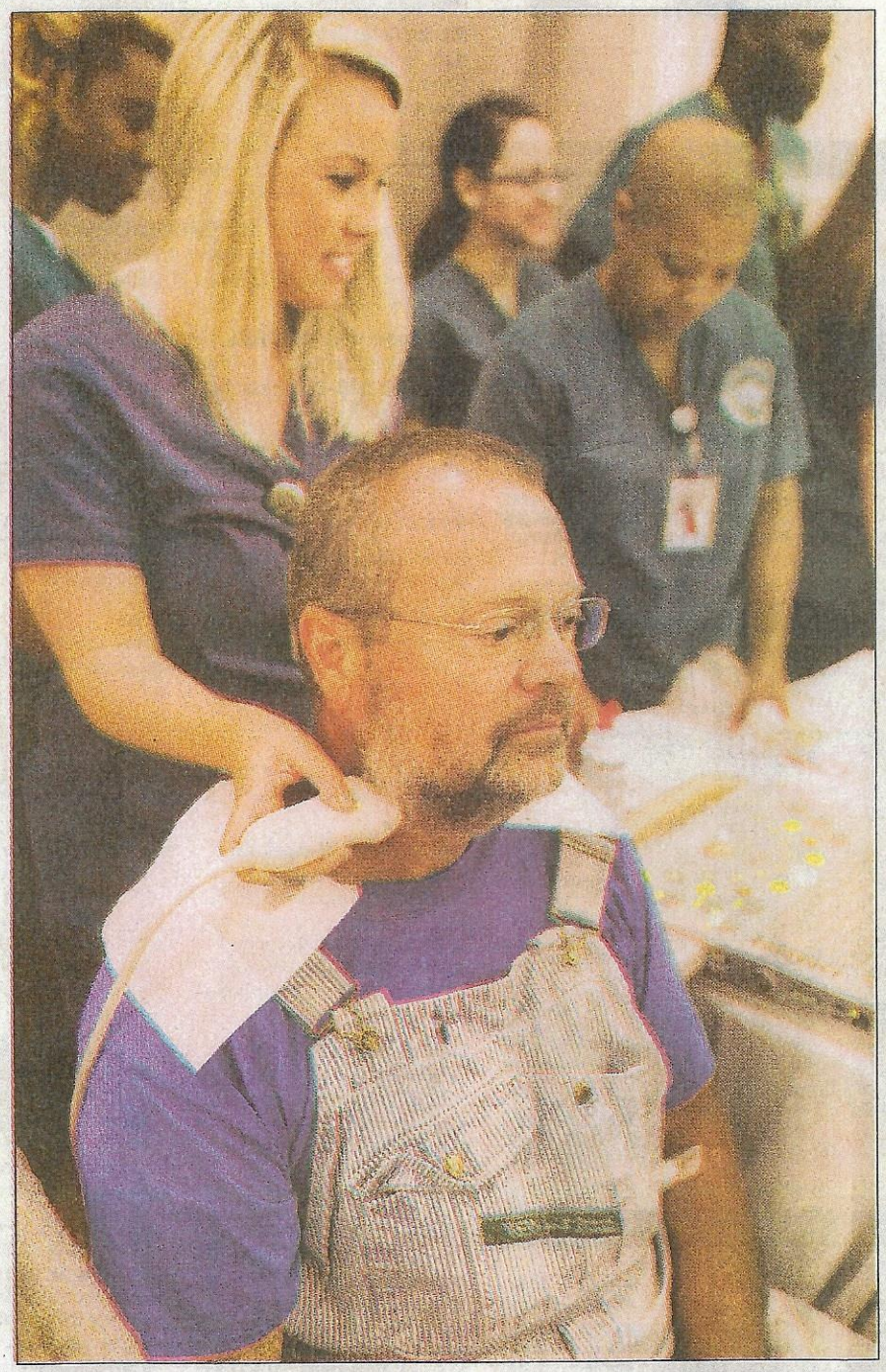
Joan Scales of Flowery Branch said she tries to attend the expo every year. A retired registered nurse, she has a keen

■ Please see HEALTH, 6A

Most Fit companies

The Greater Hall Chamber of Commerce handed out awards in these categories:

50 or fewer employees: Turner Wood & Smith Insurance
51-250 employees: Syfan Logistics
251-plus employees: King's Hawaiian



SCOTT ROGERS | The Times

Mike Yawn has a carotid artery screening performed by Jamie Delaney on Wednesday morning during the Greater Hall Chamber of Commerce HealthSmart Expo at the Gainesville Civic Center.

10/12/17

10-12-17

HEALTH

■ Continued from 1A

interest in health care — especially her own.

"I think it's great the community is offered these free checks," she said. "If you have a health problem, it can be picked up when you don't realize it."

The event also featured a breakfast, with Food Network personality and chef Hans Rueffert as the breakfast's keynote speaker.

Known as "The Chef Without a Stomach," he had just finished participating in the first season of "The Next Food Network Star" when he was diagnosed with stomach cancer.

Owner of the Woodbridge Inn in Jasper, Rueffert said he has traveled to health fairs around the world.

"It's such a universal truth that we are what we eat," he said. "I've experienced that firsthand."

Also, as part of the breakfast, the Greater Hall Chamber of Commerce handed out Most Fit Company awards to Turner Wood & Smith Insurance in the small employer category; Syfan Logistics, medium employer; and King's Hawaiian, large employer.

> 'It's such a universal truth that we are what we eat. I've experienced that firsthand.'
>
> **Hans Rueffert,** Food Network personality, chef

The breakfast took on an especially serious tone as Lauren Darr, senior client manager for Cigna health insurance, talked about the nation's opioid epidemic.

"Why should we care about this?" Darr said. "This is happening everywhere in our community. You probably have a friend or family member who's been affected by addiction."

Cigna has committed to reducing opioid use among its members by 25 percent over three years. The company has reported that OxyContin will not be covered as a preferred option on Cigna's group commercial drug lists effective Jan. 1.

"We're definitely making strides," Darr said.

Above: Food Network personality and chef Hans Rueffert speaks Wednesday morning at the Gainesville Civic Center during the annual HealthSmart Expo. Rueffert spoke to the audience about his battle with stomach cancer and the importance of eating quality food. **Below:** Crowds fill the Gainesville Civic Center Wednesday morning during the expo.

Photos by **SCOTT ROGERS** | The Times

Hometown heroes make their mark

Photos by DAVID BARNES | The Times

Dr. Buddy Langston gets a kiss on the cheek Thursday from LeTrell Simpson as he accepts the 2017 Woodrow Stewart Leadership in Philanthropy Award during the Celebration of Community North Georgia's Hometown Heroes event in Gainesville.

Local volunteers honored for philanthropic efforts

BY KAYLA ELDER
kelder@gainesvilletimes.com

Two local volunteers were recognized Thursday by the North Georgia Community Foundation for their lasting impact on the community. Dr. Buddy Langston has been named as the 2017 Woodrow Stewart Leadership in Philanthropy award recipient and Callie Flack has been named the Gus Whalen Young Philanthropist award recipient.

About 300 guests gave a standing ovation to the two philanthropists, thanking them for their varied service to the community.

"These two individuals embody the mission of the Community Foundation," NGCF President and CEO Michelle Prater said. "Their passion for serving others and making our community a better place for all is evident through their volunteer and professional leadership, and we are honored to recognize them and celebrate their many lasting contributions."

Both recipients were honored Thursday at the NGCF's Celebration of Community dinner at the Gainesville Civic Center. The evening honored hometown heroes making significant contributions to the North Georgia region and featured a conversation with Doug Ivester, retired chairman and CEO of the Coca-Cola Co., and hometown philanthropist.

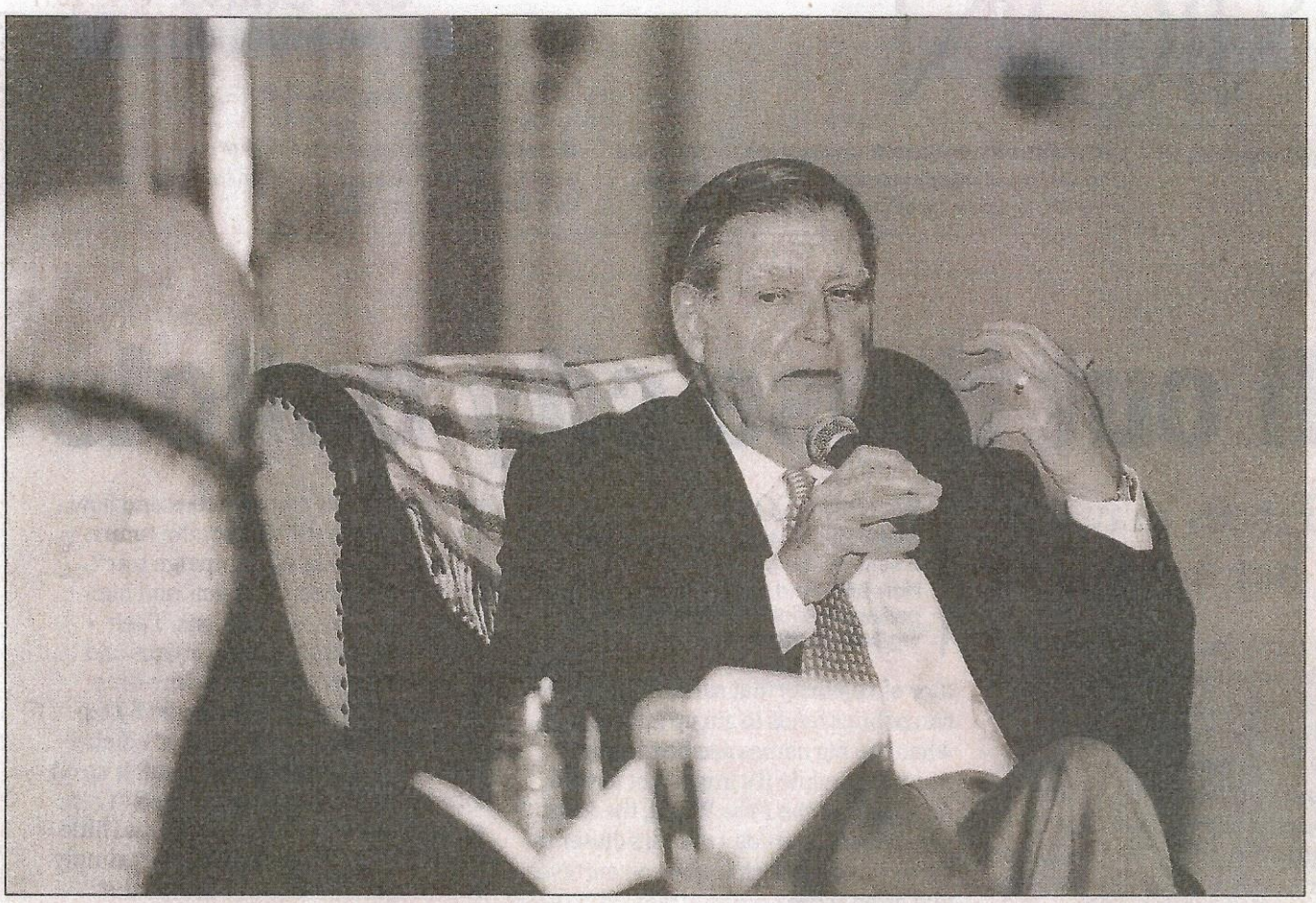
Callie Flack speaks after being awarded the Gus Whalen Young Philanthropist Award.

"The North Georgia Community Foundation exists to promote philanthropy," Flack said. "They are a vehicle to help people improve the community in which we live. They are uniquely positioned to spread that message that anyone can do philanthropic work, which is a great mission."

The Woodrow Stewart Leadership in Philanthropy Award recognizes individuals who provide leadership in support of philanthropic causes and who

■ Please see PHILANTHROPY, 7A

10/13/17



DAVID BARNES | The Times

Doug Ivester speaks during an interview Thursday at the Celebration of Community North Georgia's Hometown Heroes event in Gainesville.

PHILANTHROPY

■ Continued from 1A

motivate others to take leadership roles with nonprofit organizations and community projects.

"There are people in town I feel are more deserving than I am," Langston said. "It brings tears to my eyes to be recognized in this way. This is such a wonderful place to live in. This recognition is for all the people that do things."

With a long history of service to the community, Langston served on the Medical Center Foundation board of trustees for more than 18 years. He was instrumental in creating a culture of physician philanthropy, as his leadership encouraged physician giving and influenced physicians to volunteer on committees and in leadership roles, according to a press release.

"I love North Georgia and feel fortunate to share this community with so many others that do things like this as well," Langston said. "I hope this encourages the community to continue taking action to help others. Whether you have lived here since birth or have come to live here, you need to join people to be a part of making it a better place."

Langston also served Sisu, Elachee Nature Center, Lakeview Academy and the Medical Association of Georgia's "Think About It" campaign. Last year, Langston was awarded the Samuel O. Poole award, which recognizes physician leadership in philanthropy, service to the medical profession and the community.

"As a champion of community health, a visionary leader in our medical community and a passionate advocate for a community that is better tomorrow than it is today, Buddy is the essence of a southern gentleman who gives humbly of himself without expectation of recognition or reward," said Nancy D. Colston, president and chief development officer of The Medical Center Foundation.

The Gus Whalen Young Philanthropist Award recognizes individuals between the ages of 18 and 40 who show commitment to enhancing the quality of life in the region through volunteer service.

"I did not expect it. I am incredibly honored to be recognized in the same vein as Gus Whalen," Flack said. "One of the things Gus is famous for saying is that anyone can be a philanthropist. There are so many needs, and it is our duty and responsibility to do what we can to leave a mark on others."

Flack, a resident of Gainesville for 11 years, has dedicated time and talent to several nonprofit and civic groups in the area.

"Her efforts have enhanced the spirit of community and the quality of life in our region in a lasting and immeasurable way," said James McCoy, president and CEO of Cumming Forsyth Chamber.

Flack has worked with the Boys & Girls Clubs of Lanier, Greater Hall Chamber of Commerce, Junior League of Gainesville-Hall County, Grace Episcopal Church, St. Gabriel's Episcopal Church and Northeast Georgia History Center.

"I think when you live here and raise a family here, it becomes even more important that the community is a place people want to live in," Flack said. "This is very humbling, and I hope I can continue to live up to the 'can do' and giving attitude of Gus."

10/13/17

10-15-

Mom shares her story to help others who grieve

Event aims to offer support to parents who have lost a child

BY NICK WATSON
nwatson@gainesvilletimes.com

Ashlie Hogan held Samuel one time. His body stretched from the tip of her finger to the base of her palm.

There were 10 perfect fingers and 10 perfect toes, but the child she and husband Derrick had prayed for was only 16 weeks along in Ashlie's pregnancy.

"The experience of holding a baby at 16 weeks is — there's nothing to say besides it's devastating," Ashlie Hogan said.

She and parents who faced similar loss will take part in The International Day of Remembrance at 5 p.m. today at Longwood Park in Gainesville.

International Day of Remembrance
What: Observance for pregnancy and infant loss
Where: Longwood Park, 20 Pearl Nix Parkway, Gainesville
When: 5-8 p.m. today

It was the second time in five years the Demorest couple lost a child in early pregnancy, a subject she never broached with friends and family.

"We just decided that we felt like it was not something that people shared about, so we kept it a secret, and it really nearly tore us apart," Ashlie Hogan said of the loss in 2012.

Their relationship with each other and their faith were strong.

"At the same time we were both grieving something to ourselves that we weren't feeling like we could talk about with anyone else," she said. "It was putting a lot of stress on the two of us to be the one person that we could talk with about the situation."

In April, the Hogans heard Samuel's heartbeat at a 16-week appointment and were excited at the prospect of their sixth child.

Two days later, Ashlie Hogan's water broke while home schooling her children and she lost the child.

"You feel like you've gotten through the danger points. You feel like you've gotten through the moments that you have to worry about it," Derrick Hogan said. "You begin to settle in and you begin to prepare and think about the future and what's going to change."

This time, Ashlie Hogan would not grieve in silence. She shared her story with friends and family, discussing her journey on social media. To her surprise, there were more women she knew that had stayed silent.

One in four pregnancies end in miscarriage, according to Gainesville-based pregnancy and infant loss counseling group Rock Goodbye Angel.

"It bothered me that people were losing an important member of their family to them but not feel like they could talk about it," Ashlie Hogan said.

She has raised funds to place stuffed lambs at The Longstreet Clinic. Tags on the lambs have Samuel's name and the day he was born, along with information about Rock Goodbye Angel.

■ Please see ANGEL, 6C

NICK BOWMAN | The Times

Ashlie Hogan lays down a stuffed lamb she's giving out to mothers who have lost children to miscarriage through Rock Goodbye Angel, a support group for mothers and families. Hogan wrote notes with the lambs about her own son, Samuel Elijah, whom she lost earlier this year. In the background are ribbons with the names of other babies lost to miscarriage and stillbirth.

10/15/17

Photos by **NICK BOWMAN** | The Times

Ashlie Hogan holds a Bible verse that inspired the name of her child, Samuel Elijah Hogan, whom she and husband Derrick Hogan lost to miscarriage this year. Now she is working to help other mothers and families cope with similar losses.

10/15/19