



# HERE TO HEAL

## Relieving Pain and Improving Health

From life's minor aches and irritations to serious injuries and illnesses, residents in the Victoria area can turn to several medical facilities for head-to-toe treatment.

### Citizens Medical Center

Since 1956, Citizens Medical Center—known as the Heart Hospital—has been administering progressive medical services with respect, compassion and expertise.

This 344-bed acute-care hospital has made it top priority to use the most cutting-edge technology and the most advanced equipment to care for its patients.

The hospital's extensive line of services—including emergency care, women's health, surgery and more—means people don't have to travel outside the city for the best treatment possible.

Recently, the hospital was honored with the Get With The Guidelines-Stroke Silver-Plus Quality Achievement Award for its implementation of improvement measures outlined by the American Heart and American Stroke associations. By utilizing these criteria, the hospital is better able to help diagnose the problem and then reduce the number of stroke-related deaths or disabilities, leading patients to recover quickly.

On top of all that, patients' medical records are now just one convenient swipe of the finger away. Through CitizensConnect—a secure, online portal—individuals have instant access to their health information, can view test results, make appointments and more.



Photo courtesy of DeTar Healthcare System

Parents can deliver their precious babies at DeTar Hospital North.

## DeTar Healthcare System

This community medical provider operates two local medical centers—DeTar Hospital Navarro and DeTar Hospital North. The more than 300 doctors and health care professionals at DeTar take pride in providing the most compassionate care possible to ensure patients have the best experience during their convalescence.

The system's services include emergency care, cancer care, cardiology, joint replacement, behavioral health, endocrinology, occupational medicine and more. Most recently, the system added 3-D mammography. Now radiologists can get a better look at breast tissue one layer at a time. This advanced technology helps to increase early detection of invasive cancers.

DeTar Healthcare System's Director of Marketing, Judith Barefield, is excited about future endeavors. Construction is underway for the remodeling of the DeTar Center for Joint Replacement.



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"We will have a total of 20 rooms dedicated to the premier hip and knee replacement program in the area," Barefield says. "All four local orthopedic surgeons participate in the program and are pleased with the results our patients get."

Another expansion includes the emergency department at DeTar Hospital Navarro, which is expected to be complete by summer 2016. The \$10 million project will add 15,000 square feet of space and feature more private exam rooms, trauma and cardiac suites, as well as triage and an isolation room.

■ *By Mallorie Ann Ingram*

## ACTIVE ADULTS

### Making the Senior Years Sensational

Victoria is proving to be the perfect place for active adults to enjoy their retirement. Individuals can soak up their golden years with outstanding selections for housing, activities and more.

One such option is Copperfield Village, offering independent living in a gated-community full of friendly faces. Its homes feature sunrooms, patios and modern-appliances. Its maintenance-free lifestyle also provides residents with the peace of mind that they don't have to tend to any worries should any issues arise.

Geraldine Nix, resident manager at Copperfield Village, assures residents maintain their independence while enjoying a hassle-free environment.

"Residents make friends that share their lifestyle," Nix says. "You are in your own, smaller-version home with your own treasures around you."

As an added bonus, at Copperfield Village, residents don't have to pay property taxes, utility bills, grocery bills, or fees for home or yard maintenance, or housecleaning services.

Copperfield Village additionally provides residents with transportation and a community center, which offers

numerous fun activities. Dinner parties, wine-tasting events and entertainment are regularly scheduled.

Another community sure to please is Brightwater Senior Living of Victoria. Residents who move in for retirement living can take advantage of such amenities as relaxing spa services, fitness and wellness programs, in-house movies, group outings, seasonal and holiday celebrations, clubs and much more. Executive chefs prepare meals that are served in the dining room, but a more casual experience can be had at the bistro or at the coffee stop.

Assisted living apartments come with a kitchenette, a spacious bathroom and a living area. Individuals can choose from accommodating studios, or one- and two-bedroom units.

Memory care quarters provide a secure place for seniors battling Alzheimer's disease or other forms of dementia. Brightwater delivers exceptional health services and enhanced activity programs in a safe and nurturing environment.

Brightwater also boasts a short stay program for individuals who need temporary residency with nursing assistance. The program includes a furnished apartment, three meals each day, housekeeping and linen services, 24-hour assistance and more.

Whether it's the idea of maintenance-free living or endless socialization opportunities that entice individuals to consider moving to a new community, Victoria is the perfect spot for any end of the spectrum. ■ *By Mallorie Ann Ingram*

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