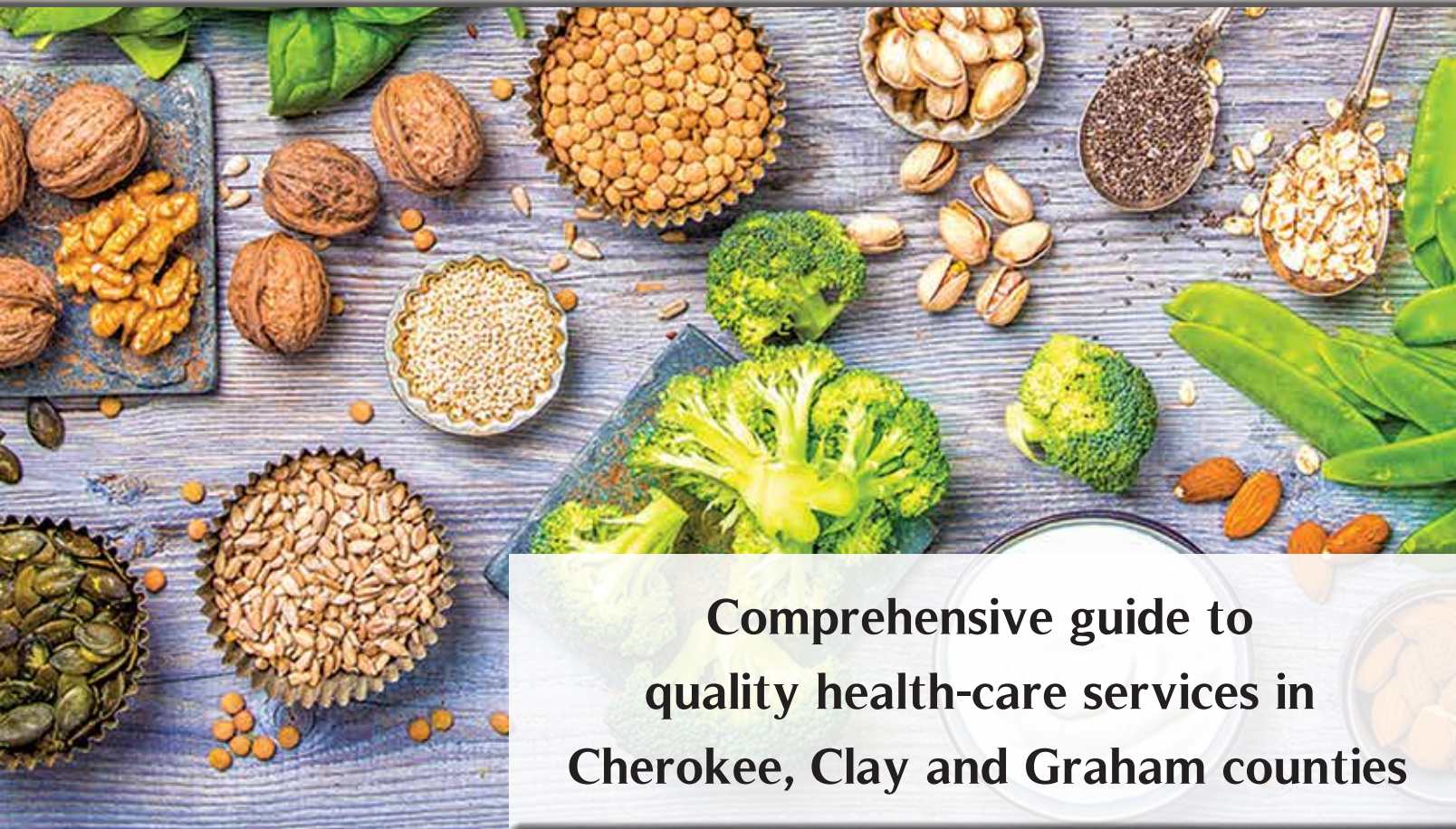


A publication of *Cherokee Scout, Clay County Progress, The Graham Star*



# LIVING HEALTHY

## 2024 MEDICAL DIRECTORY



Comprehensive guide to  
quality health-care services in  
Cherokee, Clay and Graham counties



# CHATUGE REGIONAL HOSPITAL

*110 S Main Street, Hiawassee, GA 30546*

**706-896-2222**

Chatuge Regional Hospital, an affiliated facility of Union General Health System, is located in the beautiful North Georgia Mountains on Highway 76 North in Hiawassee, Georgia.

Our newly renovated hospital opened as a 13 bed hospital and have since then been serving the community for over 60 years. The hospital was first named Lee M. Happ Jr. Memorial Hospital. The name changed in 1960 to Towns County Hospital and became Chatuge Regional Hospital in 1994.

We provide a state of the art Emergency Center with helicopter service to major trauma and heart facilities if necessary. Our emergency room is staffed with Physicians 24 hours a day with lab and radiology services available. We have the latest medications to treat heart attacks, strokes, and accidents of all kinds.

Contact us or call today to learn more about our health services.

<https://uniongeneralhealthsystem.com/facility/chatuge-regional-hospital/>





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506 NC-69 Hayesville, NC 28904

**828-389-2273**

*Hayesville Family Practice is dedicated to serving the communities of Clay County, NC and the surrounding area.*

We offer family practice services five days a week.

## **Our Services Include:**

- Sick Visits
- Management of Chronic Illnesses
- Wellness Exams
- Work and Sports Physicals
- Immunizations
- Flu Shots

<https://uniongeneralhealthsystem.com/facility/hayesville-family-practice/>





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## 25 YEARS EXPERIENCE

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# Clay County SENIOR CENTER

828-389-9271

Monday – Friday  
8 AM – 5 PM

The Clay County Senior Center is a place for the Seniors of Clay County to participate in a number of activities, socialize and also eat lunch. The Senior Center provides programs for older adults such as Congregate Meals, Home-Delivered Meals, Health and Wellness, Medicare/SHIIP Counseling, Senior Companion, and Volunteerism. The Senior Center also provides a wide variety of classes and activities to help our seniors stay active and healthy: Tai Chi, Bridge, Wellness Workout, Rummikub, Dominos, Needlecraft, Hand & Foot, Corn Hole, Yoga, Mah Jong, 5D Beading, and Bingo. The Senior Center has a pool table, treadmill, exercise bike and WiFi available for participants to use as well as jigsaw puzzles and a reading library. The Senior Center is located at 196 Ritter Rd in Hayesville. You can also visit us online at [seniors.claync.us](http://seniors.claync.us) or on Facebook at [facebook.com/ClayCountySeniorCenter](https://facebook.com/ClayCountySeniorCenter).

The Clay County Senior Center is always looking for Volunteers for the Meals on Wheels program. Anyone that would like to volunteer or begin receiving meals, please contact the Senior Center at 828-389-9271.



# Peachtree Pediatrics, PLLC

Kathryn Waggoner, DO | Sheryl Gravelle-Camelo, MD  
Cynthia Blanton, DNP, APPN, FNP-C | Christopher D. Woods, FNP-C  
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- selecting a Medicare prescription drug plan
- preventing Medicare billing fraud and abuse
- choosing a Medicare supplement plan
- long term care insurance

**Call Cherokee County  
Senior Services at  
828-321-4505**



## Protect yourself and your loved ones from Medicare fraud.



Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, these issues affect countless beneficiaries nationwide.

### HOW DOES HEALTH CARE FRAUD HAPPEN?

There are many fraud schemes associated with Medicare. For example, a "representative" might call offering an incentive – perhaps a free back or knee brace – and tells you all he needs is your Medicare card number. It may seem harmless, but this is attempted fraud and it could lead to identity theft.

### HOW DO I PROTECT MYSELF?

The Social Security Administration and Medicare will never call you or visit. Never share your personal information with anyone who calls on the phone or comes to the door. Don't accept medical equipment or supplies unless they are ordered by your doctor.

**NCSMP has information to help you identify fraud schemes and simple tips to help you avoid them.**

Senior Medicare Patrol (SMP) is a national program for people with Medicare of all ages and is administered by the Administration for Community Living. NCSMP is administered by the NC Department of Insurance.

**1-855-408-1212  
WWW.NCSHIP.COM**



*The mission of Cherokee County Senior Services is to provide services that encourage an independent, quality standard of living. These services would include, but not limited to, transportation, nutrition, activities and education pertinent to senior issues. The vision of Cherokee County Senior Services is to assure that every older adult in Cherokee County has the opportunity to live life to the fullest with the least amount of restrictive settings possible*

- Home Delivered Meals
- Home Improvement Assistance
- Socialization
- Senior Education on various topics
- Transportation
- Bingo • Games
- Music • Picnics
- Blood pressure check-ups
- Field Trips
- Exercise classes
- Holiday and Birthday parties

*Our centers offer congregate meals, home delivered meals, a variety of activities, help with Medicare and other senior needs.*

## CHEROKEE COUNTY SENIOR SERVICES

Murphy 828-837-2467

### NUTRITION SITES:

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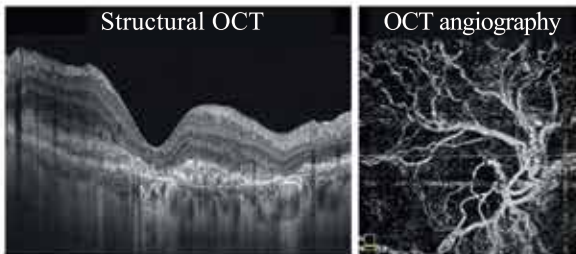
## Macular Degeneration? Diabetes?

Dan Eichenbaum, MD, has the specialized testing equipment, knowledge, and experience to provide the standard-of-care treatment necessary to preserve and protect your precious eyesight.

### SPECIALIZED TESTING

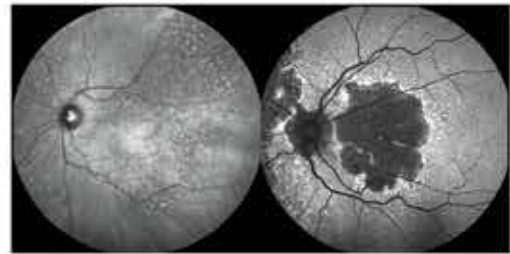
These are the tests required to make the proper diagnosis so that treatment is appropriate for your specific stage and type of disease. Anything less is NOT standard-of-care.

#### OCT – Angiography



- Wet Macular Degeneration
  - Diabetic Retinopathy
  - Retinal Vein Occlusions
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Dr. Eichenbaum selects a treatment plan that is unique to each patient's disease. He monitors disease status with testing and modifies treatment protocols as needed to ensure the best possible results. One size does not fit all.

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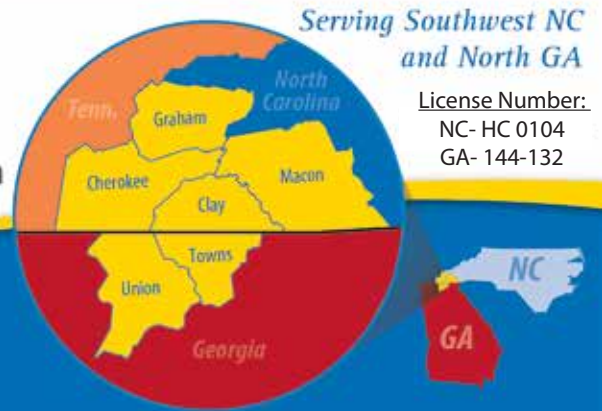


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We are a transportation service only. We can not provide personal assistance such as lifting passengers out of bed or wheelchairs.

Clay County Transportation is available to all citizens of Clay County. No person will be discriminated against on the grounds of race, color, sex, age, national origin or disability.



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**Saturday: 9AM - 3PM**

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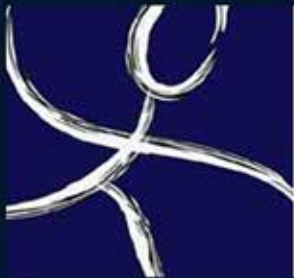
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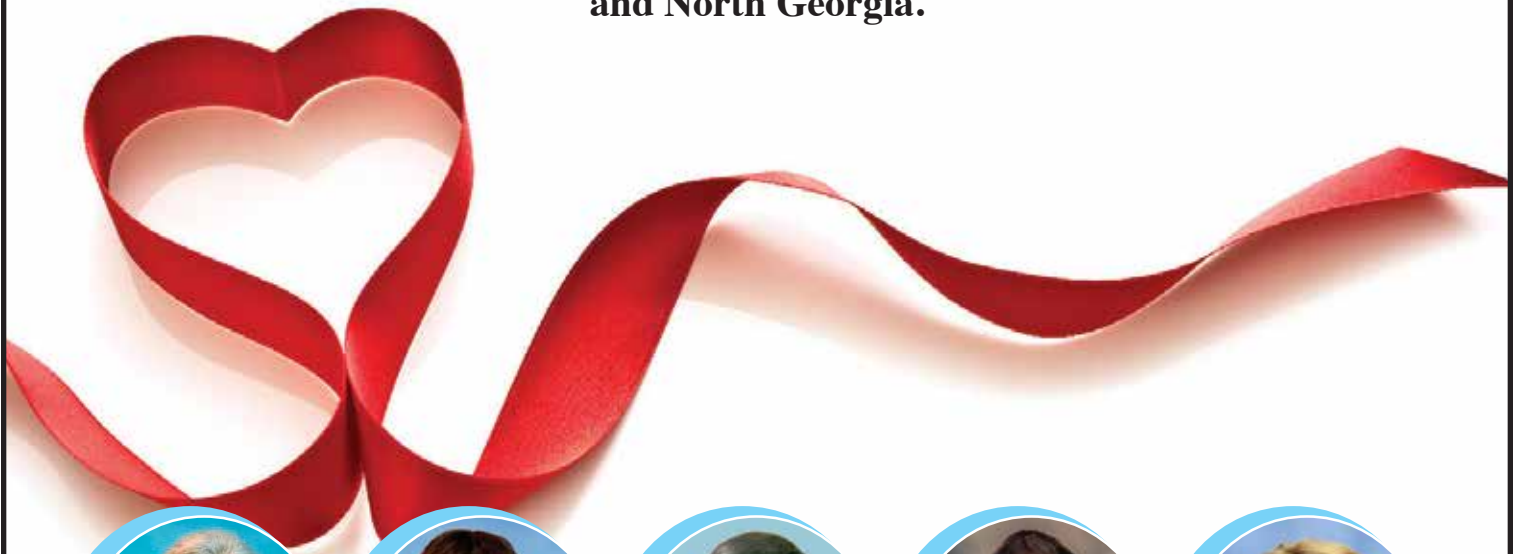
*Where Healing Begins*



# Chatuge Family Practice

Chatuge Family Practice has been established in Hayesville since 1974.

We have been at our present location since May 1990. We have been in operation a total of 49 years. We have been designated as a Rural Health Center by the Office of Rural Health and Resource Development of North Carolina. Our primary service areas are Clay and Cherokee Counties, but we also see many patients from other counties of Western NC, Eastern Tennessee and North Georgia.



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The Recreation Center was built in 2007 with a workout room and gymnasium for Clay County residents. Fields and pickleball courts are also available for the residents of Clay County. Youth sports are held for ages 4 - 12 in soccer, basketball, baseball, softball, flag football and tee-ball. It was expanded in 2013 to add the fitness room, racquet ball court, showers, and lockers.



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 Dr. Martin Luther King Jr Day: Jan 16  
 Presidents Day: Feb 20  
 Good Friday: April 7  
 Memorial Day: May 29  
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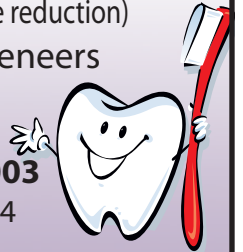


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# Bodywork best work for sacred vessels

BY NICOLE WRIGHT  
Community Newspapers Inc.

After the holidays, many people try to work their bodies in new ways to meet new year's resolutions, wanting to re-energize themselves or slough off extra holiday pounds.

However, often they ignore the body's stressors or even cause injury with a new workout routine. They may even have lingering aches and pains, which we've been taught to alleviate via exercise, but there's another way to make ourselves well in the new year.

With a bent toward therapeutic massage and bodywork, Jessie Massey of Massey Massage offers a variety of techniques to help overcome injury and stress. Massey's services also provide healing aspects for a variety of ills within our bodies.

"Deep tissue works can help with the body's lymphatic system flow, helping to shed toxins from our bodies," Massey said.

Massey's diminutive stature, honey-blond mane of hair and irresistible smile put her clients at ease, ready to be touched and detoxed.

## We all need touch

Massey goes on to explain how important touch is to human beings.

"Touch is your very first experience as a human, or at least it should be, and as such it's so important that we are able to experience human connection," she said. "The services I provide can help people overcome stress and injury, and that is so vital to our overall well-being."

That touch comes in the form of the various massage methods Massey provides at her small practice.

"I feel there's such a large community of healers and artists here in our area, and we're all drawn to these mountains," she said. "This area is such a melting pot for creative people, and I enjoy being part of that community."

When asked why there are so many massage therapists in such a concentrated area, Massey is quick to cite that it's partially because of the program at Tri-County Community College, where



NICOLE WRIGHT/Staff Correspondent

Jessie Massey of Massey Massage puts all of herself into making clients feel better.

she obtained her education and certification.

"It's such an asset to the community," she said. "I feel blessed to have been part of such a wonderful program."

## Rotting behind a desk

Massey's massage journey began with a deep-seated unease working a desk job.

"I had a job as an insurance agent, and I felt it was very fear-based and didn't enjoy working behind a desk," she said. "After a couple of years of that, I went home one day and said to my husband, Kyle, 'I am rotting behind this desk,' and I need to find something that feeds my soul."

That soul food came after a car accident left Massey with a whiplash injury. She sought out a massage to help ease her pain.

"From that one massage, that one time, really helped me, I never had that pain again. That pain that had kept recurring was gone, it was amazing and left a big impression on me," she said.

"So I started getting massages here and there, and I decided to change careers because of it. It was a huge jump. It was pretty magical how it all came together for me to start the program and, with Kyle's support, I studied everything I could in the program."

## Completely rejuvenated

Massey recalls her entering the program in 2015 as a magical time, even though the study was rigorous.

"I felt completely rejuvenated. The program was amazing to me, and I was really enjoying just being in school and studying everything about the muscles, muscular systems, pathology, anatomy and physiology. It was like muscle boot camp: you learn about so much of the body," she said.

"The origins and insertions of muscles, the circulatory system, the lymphatic system and its importance in our overall well-being. We even learned about the digestive system and its relation to our health. It was completely absorbing and amazing to think that just by touching people, I could work with all the body's intricate systems."

After completing her program, Massey knew she wanted to start her own practice, rather than working in a resort, spa or larger practice.

"You don't have to be an intern for anyone or do anything like that. You get licensed and then you can start your own business and I knew that was for me," she

said.

"I operate as a sole practitioner and, because we did a lot of clinicals in the program, I felt I was ready to be on my own."

Massey describes the process as ongoing. She lists essentials like yearly continuing education credits, which allow therapists to stay current on trends and other modalities within the field.

"You can focus on areas like pre-natal massage or reflexology, or even pediatric therapies for children with musculoskeletal issues," she said. "There's such a variety of methods to study, so you're always learning something new for your clients."

That client base has only grown over the several years Massey has been in practice. She is quick to mention referring clients to other massage therapists if she's booked to capacity, which is often the case.

"I'm already booked through April this year and was completely booked all of last year. Typically, I book three to four months out, and I could easily book out the entire year because I have several clients who would prefer to insure their appointments," she said.

"I love that freedom to have people make their appointments when they want to, and that allows us both the freedom to schedule those visits."

### Essential and categorized

Like many small businesses, Massey's business took a hit during the COVID lockdowns, with her office being closed for three months.

"It was very hard because the government didn't recognize massage therapists as essential health care. But after three months, we were reclassified as essential workers since many health-care plans offer massage as a dedicated and covered therapy," she said.

"So at least I was able to get back on track for my clients. I called each one individually and let them know that we'd be shut down, and then when we were able to reopen to let them know I was here for them."

When asked about how her protocols changed during the pandemic, Massey said nothing changed for her, because being in such close contact with bodies every day requires intense sanitation and cleansing.

"I use a lot of steam anyway when

cleaning and sanitizing my laundry. I use steam to sanitize my tools, and I want to make sure people understand everything is safe and secure," she said.

"When you're handling people's most precious asset, which is their body, you want that sense of safety and security. While we're not inspected like cosmetologists, there is a high standard for sanitation and cleanliness."

That safety and security also led Massey to specialize in working with referrals from chiropractors for those experiencing chronic pain, who didn't want to pursue conventional medication or other traditional approaches to dealing with their body's aches and pains.

"I had a client with severe sciatic pain," she said. "I don't know if you've ever experienced it, but it's a muscular issue, and I was able to help that client with massage, offering tips for hip flexor exercises and assisted stretching, and many times we're able to open up pathways so that sciatic nerve isn't constricted anymore."

While she's not a certified yoga instructor, Massey often offers clients advice on her personal routine, which keeps her limber for performing massages on her clients.

Massey's routine to stay in shape includes utilizing a foam-roller technique for assisted stretching as well as eating healthy and using essential oils to provide a relaxing and wonderful aromatherapy atmosphere in her office.

"I always thought of massage as a luxury until I started getting regular ones and felt much better physically, waking up with less overall physical pain and aches. I don't get migraines anymore," she said.

"Massage is the way to healing your body, wholly and healthfully, and I'm glad to both have experienced that as well as being able to provide that others. I love to get massages from others because the techniques are so different, and you're always learning something."

### I walk on people

One of the most unique offerings in Massey's wheelhouse is the Ashiatsu massage, where the whole body is used as the massage tool with the bare feet substituting for the hands.

"I walk on people, basically. Some people can get a little weirded out by it,

but a lot of people really enjoy it," she said. "It's a deeper tissue experience than the gentler Swedish massage, and typically most people can't tell the difference between the hands and the feet most of the time."

The Ashiatsu is utilized as a more broad-based massage to aid in correcting structural damage to the body. It also helps open the lower back and provide quicker relief for pain in the sacral area, helping with the body's alignment.

Massey preps clients with warm towels, different massage oils to aid in the process, while there's low tones of Asian-inspired music and a strong blend of aromatherapy oils diffusing throughout the room.

This massage style is achieved by Massey suspending herself above her table with a kind of harness that looks to be attached to an upside-down iron and wooden sled of sorts bolted to the ceiling.

That sled-like contraption was conceived and custom made by Paul Garrett, a local blacksmith, and installed by Garrett and Massey's husband, Kyle. The rack has poles that Massey uses to steady herself as she "walks" along the client's backside. The harness allows her to engage at different pressure points while also stabilizing her once atop the table.

"I love to provide this service to clients because it's sometimes easier to get them fast relief from any back pains and it's something I just enjoy," she said. "Of course, it's not for everyone, but many of my clients enjoy and benefit greatly from it and only want this service."

Massey added that her personal efforts for all of her clients are geared toward utilizing her bodywork skills to offer a pain-free life. The relationship with her clients is also essential to their health and well-being.

"There's such an energy transfer when you're working with someone," she said. "There just are no words for that exchange, and I love that I get to help people work on their bodies and feel that energy within our most sacred human vessel."

Massey does accept new clientele, but only by appointment. There is no walk-in availability.

For details, call 828-541-2098 or visit [facebook.com/masseymassage](https://facebook.com/masseymassage). ♦

# Native brings mindfulness to town

BY NICOLE WRIGHT

Community Newspapers Inc.

Every year around Thanksgiving, we hear a lot about being grateful and thankful, but not much about what it takes to be mindful of those things every day, not just during the holiday season.

There's one local business in Murphy hoping to help with that practice of mindfulness, or being present and bringing healing into every moment of our lives.

## Stressful environments

Te'Lor Savannah Allen has a head for business and hands for healing, reminiscent of a line from classic the 1980s movie *Working Girl*.

In opening the newest massage studio in Murphy, her TSav Magical is a clever twist of her first and middle names and how she wants to make her clients feel as they enter and exit her establishment.

With a background in business analytics and supply chain management, Allen found while studying at the University of Tennessee in Knoxville that she had the knowledge and skill, but she was lacking passion.

"It was kind of mindless, being stationary, all the stress from a 9-to-5 work environment," she says of her time spent working in her field.

Allen says that while she was already enrolled for graduate school to pursue a master's of business administration degree something just kept her unsettled about her chosen career field. "I would've only had a month off and then that was another two years of school. Something had to give."

## Modalities

The concept of modalities entered Allen's life by her studies of transportation management, but also through her mother's visit to a massage therapist.

"When I talked to my mom about not going to graduate school or continuing to work in the field she was like 'Oh, well then don't do it' making it sound so easy."

"You could say it was an 'epiphany' moment in my own mindfulness journey, when I got 'the call' to return home to Murphy. Although it didn't happen im-



Te'Lor Savannah Allen has a massage studio in Murphy, where customers receive a wide variety of services. NICOLE WRIGHT/Staff Correspondent



Healing light crystal room.

mediately, I knew I was going to come home at some point. With the complete support of my family, I knew I could come back after deferring the graduate program."

"Luckily I made a lot of good contacts and networked well at UTK, so a lot of people in the MBA program said if I ever wanted to come back I was certainly welcome."

Allen's mother's visit to the therapist included a conversation about her daughter and how she'd always been interested in crystal healing, medicinal herbs and self-healing as energy concepts, learning the term in massage

and therapeutic circles is also modalities, and the therapist suggested that Te'Lor may do well in a massage therapy school program.

"And just like that, they were offering a program and I was already in Knoxville and at first I was waitlisted at Arbor College School of Massage and then they called and I was in within a week."

Even with this fast-paced change, Allen says it was an easy transition to massage school. "Everything fell into place, financially, emotionally, just everything and I was in. So, it was magical. Like the modalities of therapeutics, which bring healing."

## Coming home

After her studies at Arbor College, she was looking for a home in Knoxville.

While no one was willing to help her as a first-time home buyer in a tough real estate market, she spoke with her grandmother in Murphy and was offered the chance to purchase her home.

"That was it, the true call to come home, even though I hadn't planned on moving back to Murphy so soon, or even at all."

Allen realized she also wanted to own her own practice, to create a Black female-owned business in her hometown and to not be in a more corporate salon or conventional spa environment.

"Here I can select my clientele with freedom and intentionality or even recommend another massage therapist who may specialize in something different from what I do or better suit the clients' needs or even expectations. Here, it's not like a regular spa or salon environment which can be very stuffy or even unwelcoming. Here, I'm free to create the space and shape the experiences."

"So all that time studying business, my love of numbers and crunching them hasn't been lost. Now I've got the best of both worlds applying my mind to the business side of things and my hands to the healing side."

"Then, I found this space and I've tried to create a relaxed and comfortable atmosphere where clients are made to feel welcome."

## 'Full-body relaxation'

That space, at 30 Willow St. downtown, gets excellent afternoon sun which beams inside the warm wood interiors making the glow felt within as tensions begin to melt from your mind and shoulders.

Allen also offers several handmade items for sale in her shop from local artisans and crafters ranging from soaps and candles to essential oils and diffusers.

Allen has several spaces in separate rooms set up for both massage and also crystal light therapy, which helps to pinpoint different places on the body which need intensive light therapy for healing issues as diverse as arthritis to stress-induced pain.

"My goal is to make my clients enjoy a full-body relaxation and that does begin with the mind. Certain smells and



aromas from candles and essential oils can set the mood for the visit.”

Those visits can include a traditional Swedish massage, which is centered on therapeutic relaxation of the body, to a deep-tissue massage, which doesn't rely on pressure contrary to popular belief.

“The deep-tissue massage is slower and more focused on different areas of the body to ensure that tension in the body, which can bring pain also, is lessened, to help reach deeper levels of body tissue, allowing better lymphatic drainage which is key to a systemic healing.”

For the mindfulness TSav also focuses on offering reflexology and Reiki. For those unfamiliar with these concepts they focus on an almost meditative state to help the body's energy flows for healing, which Allen adds “often begins in the mind.”

### Conversations with self

Allen is also a believer in providing a holistic approach to healing the mind and the body.

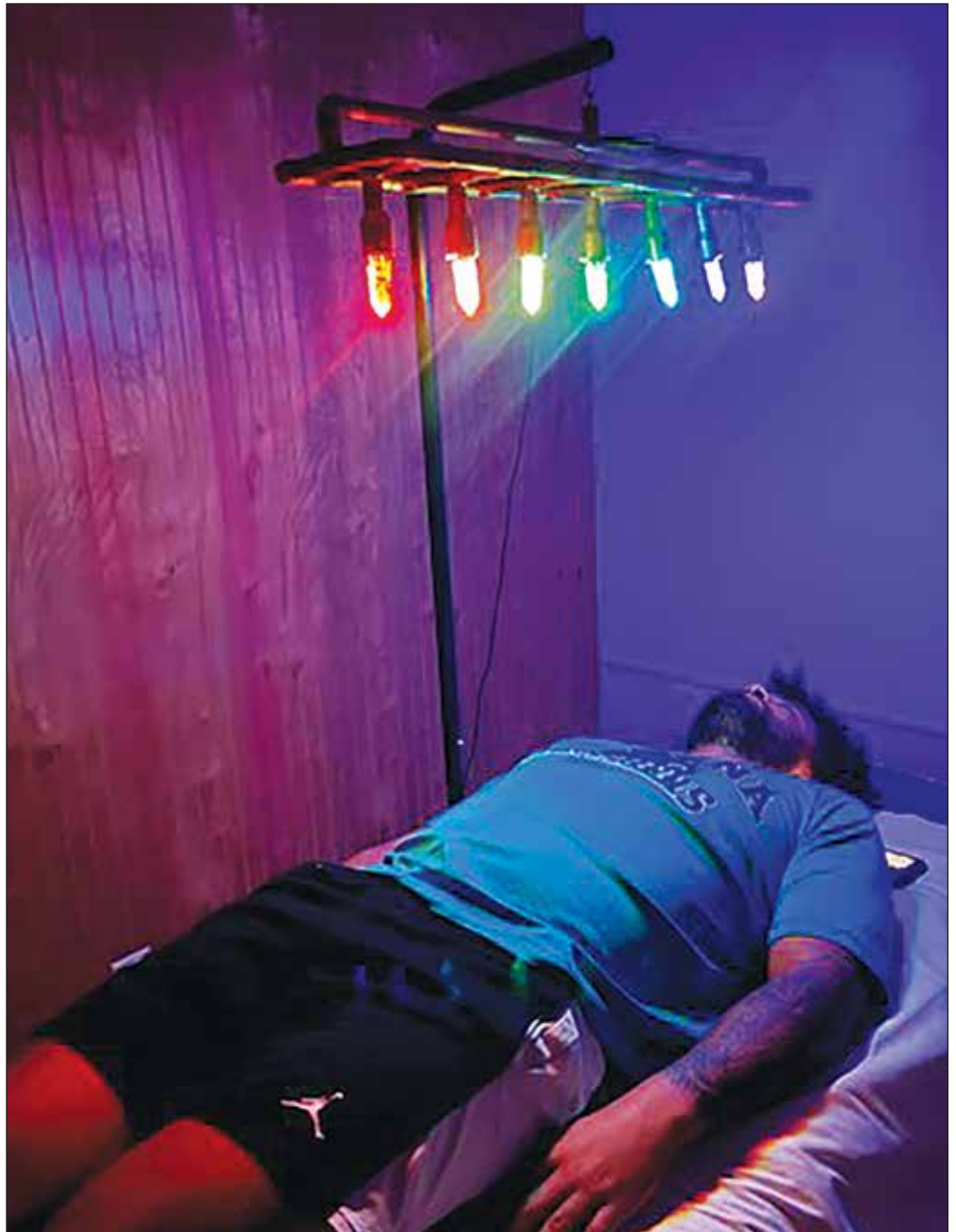
“Offering recommendations to clients about healthy diets, the importance drinking water and its effects on our bodies. Most people say ‘Just go get a massage and you'll feel better’ but I'm more concerned with the individual and all our components, all the ways we can heal the mind, looking deeper into our subconscious or the different levels of our bodies. Those pathologies that can keep us from being or becoming whole again. Those physiologies that need to be addressed for the whole person to heal. One level at a time.”

That first level of the mind is again what Allen wants to focus upon first.

Making sure each client receives undivided attention from the moment they walk in, asking about certain aroma proclivities or restrictions and what each client expects from their visit.

“I want people even to just stop in and say hello and feel that this can be a community space, a place to feel safe. A real destination of inclusion.”

“I try to be mindful of not pushing my personality onto someone, but having conversations is so important to understanding what others and even ourselves are truly thinking and why we're feeling particular ways about events in our lives or in the world.”



Healing light crystal room.

Allen also said “grace is important in the trinity of each person as we are mind, body and soul. But often one is overlooked, so we have to be able to nurture all of them.

“Grace is how nice and good our bodies are to us so that even though sometimes we can only give the 15 percent, grace will provide us with the other 85.”

### Local mindset change

Allen hopes every client who wants to experience relaxation first of the mind so that the body will follow, will be interested in other specialties she wants to offer in the future. Looking to collaborate early on and support other

local residents, Allen has already partnered with another newly established Murphy business, Narrative Books & Records, for a monthly book club.

Too, Allen is offering gift cards for purchase and looking to find a local maker of teas and other refreshments she can offer to clients to provide a more inviting atmosphere with their initial experience at TSav Magical.

Looking to the future, Allen also envisions offering classes from local instructors, such as offering instruction from doulas, including a meeting space for various community groups.

For details, call 828.557.7821 or visit [tsavmagical.com](http://tsavmagical.com). ♦

# IMPORTANT CONTACTS

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Monday – Friday

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## Clay County Transportation

Marie Gunther,  
Director

P.O. Box 118

391 Courthouse Dr.

Hayesville, NC 28904

828-389-0644



## Dan Eichenbaum, MD, PA

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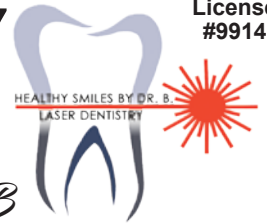
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