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Piedmont Athens recognizes Breastfeeding Awareness Month

Aug 5, 2025



Breastfeeding Support Groups are held at Piedmont Athens Regional multiple times a week at no cost.

Piedmont Athens Regional is recognizing Breastfeeding Awareness Month this August by encouraging conversations around support systems for breastfeeding families.

“Understanding the impacts and benefits of breastfeeding is essential for new mothers and their children,” said Shannon Romano, an international board-certified lactation consultant at Piedmont Athens Regional. “Breastmilk not only strengthens a baby’s immune system – helping to prevent infections, diseases, and chronic conditions – but also supports maternal health by reducing the risk of various cancers, heart disease, and diabetes.”

Piedmont Athens Regional offers a variety of resources to support breastfeeding mothers, including the “Breastfeeding Basics” class. This prenatal class educates mothers on foundational breastfeeding techniques, including how to establish a healthy milk supply, prevent and manage common feeding challenges, and recognize signs that a baby is getting enough to eat.

Additionally, Breastfeeding Support Groups are held multiple times a week at no cost. These groups are hosted by Romano and Jessica Greco, RN, BSN, CLC.

To learn more about maternity classes offered at Piedmont Athens Regional, including breastfeeding support, call 406-475-5622 or visit piedmont.org/maternity.

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Paul Jenkins of East Jackson High School named Piedmont Athens Athlete of the Month

Sep 17, 2025



Eagle Paul Jenkins is the Piedmont Athens Regional Orthopedic and Sports Medicine Athlete of the Month.

Photo sent in

Piedmont Athens Regional Orthopedic and Sports Medicine announced Paul Jenkins, a football player and wrestler at East Jackson High School, as the Athlete of the Month. Jenkins' dedication and intensity in returning to football following a fracture in his left fibula demonstrate work ethic, mental toughness and a commitment improvement.

During a wrestling practice in January, Jenkins' left fibula fractured leaving him unable to participate for the rest of the wrestling season. Following a period of immobilization in a cast, Jenkins began a comprehensive rehabilitation program focused on restoring ankle mobility and performing non-weight-bearing strengthening exercises. As he progressed to weight-bearing status, his plan was modified to include progressive resistance training as well as adding neuromuscular re-education to incorporate balance and coordination, he was able to make regain his high-level athletic performance and return to spring football practice in May.

Supporting him on his path to recovery is his care team at Piedmont Athens, including orthopedic surgeon Stephen White, M.D. and East Jackson High School athletic trainer Ryan Bussell.

"Paul has approached his rehab with the same dedication and intensity that he brings to the football field and wrestling mat," shares Bussell. "His work ethic, mental toughness, and commitment to improvement have been outstanding throughout the entire recovery process. Paul's resilience and determination not only reflect his strength as an athlete but also set an example for others in the training room."

As Athlete of the Month, Jenkins received a certificate and is now featured at the Orthopedic Sports Medicine facility on Piedmont's Oconee Health Campus in Watkinsville, GA.

For more information about services offered by Piedmont Physicians Orthopedic Sports Medicine of Athens, visit piedmont.org/AthensOrthoSportsMed.

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Contributed photos courtesy of Piedmont Walton

Monroe, Ga (June 24, 2025) – Piedmont Walton Hospital recently hosted their second annual Healthcare Day Camp, providing an opportunity for Walton County high school students to learn more about careers in healthcare through presentations and shadowing Piedmont Walton employees.

While Piedmont Walton Hospital offers work-based learning for high school students during the school year, it is only offered in two counties, so this day camp allows the hospital to expand their impact on the community and offer the experience to a wider range of students.

“Schools do the best they can with the time they have, but it’s limited as far as to what students are exposed to, and many students just don’t know what’s available,” said Jamilla Fontenot, Piedmont Walton Clinical Education Coordinator. “So, we try to show the students from an early age what’s possible in healthcare.”

During the camp, students participated in four 45-minute clinical rotations in the OR, Therapy Services, Wound Care and EMS departments. In these rotations, students learned about how to communicate with patients in various scenarios, what preparations are necessary before meeting with and interacting with patients, information on

how specific operations work, and general insight about the departments from Walton employees.

Students also learned about the flight paramedic team through a presentation from Richie Caignan, a flight paramedic with Air Evac. Caignan explained the different responsibilities of the crew members, why the helicopter is necessary, and their team’s role in patient care at Piedmont.

Lastly, they participated in an Athens Tech nurse simulation led by Elizabeth Heath, Nursing Program Coordinator for the Walton campus. Students received hands-on experience with mannequins and other simulation tools to experience some of the responsibilities of being a nurse.

To learn more about career opportunities available at Piedmont Walton, visit piedmontcareers.org.

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