



Vitruvian Health

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Hamilton Home Health helps preschool director back on her feet

DALTON, Ga. (November 21, 2025) – For decades, Mary Thelma Norris poured her energy into serving Dalton’s children as director of the Friendship House daycare and preschool, but this year, her pace came to an abrupt halt. A fall abroad left her with a broken femur — and a long journey toward healing.

Hamilton Home Health (part of Vitruvian Health), that provides in-home nursing, therapy and rehabilitation services for patients recovering from illness, injury or surgery — was crucial to her recovery. She considers it one of Dalton’s best-kept secrets.

“I was so pleased with everything,” Norris says. “Everyone who came into my house was very kind, very professional and provided the therapy that I needed. They went above and beyond.”

Norris’ injury required emergency surgery in Italy, where she had been vacationing. Once her physicians abroad connected with her U.S. care team, Norris flew home — where an ambulance met her at the airport and transported her directly for further evaluation.

Following inpatient therapy at another facility, Norris returned home where Hamilton Home Health visited her several times a week until she recovered. Then, she needed services again this fall following hip replacement surgery. Norris said that while she’s had outpatient rehab before this year, her experience with Hamilton Home Health opened a whole new world to her.

She says that at one time, having a stranger come into her home would have felt odd, but living alone, Norris soon realized just how valuable that support would become. It not only made recovery possible but helped her feel safe and cared for.

At times, members of her care team came in off schedule and on weekends due to a health emergency. They also took initiative to coordinate with her doctors when her blood pressure shot up.

“Everybody was so nice and so professional and helped me to maintain dignity, but they also had a great sense of humor,” Norris says. “I’m doing really well. I feel good. I feel positive. I feel like I’m on the road to recovery.”

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Photo: Mary Thelma Norris

About Vitruvian Health

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization’s recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton’s logo since 1976. Da Vinci’s Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton’s integrated system of care.