

SUMMER 2012

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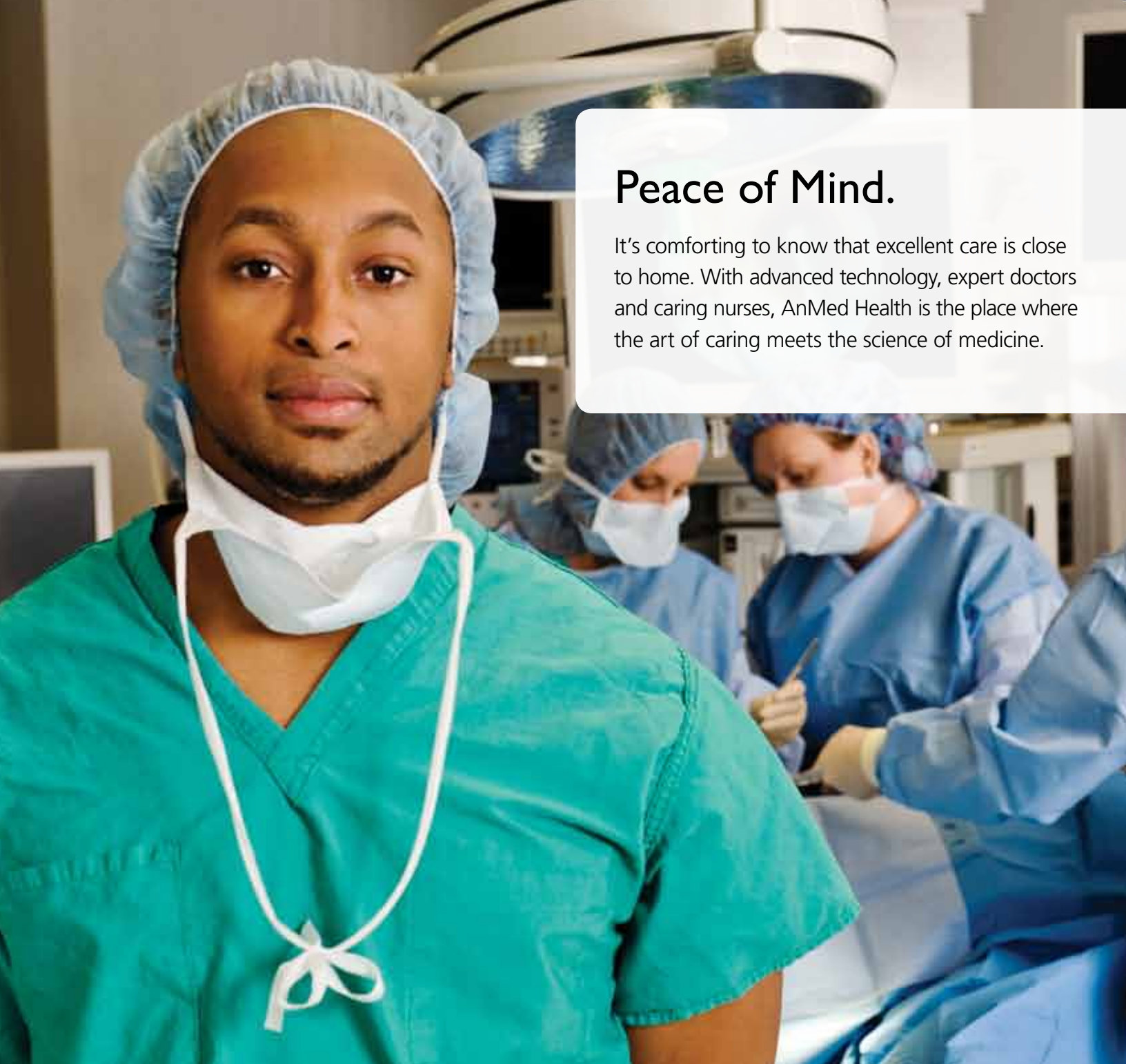
 ANMED HEALTH

Sailing into a new season in northeast Georgia

New treatment provides drug-free relief from major depression

Surgery without scars? It's possible with robotic surgery.





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Why the Affordable Care Act matters

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ON THE COVER: Sailors enjoy a strong wind on Hartwell Lake. Photo by Bill Powell

Inside ANMED HEALTH

Inside AnMed Health is published quarterly for AnMed Health staff, friends and the community.

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MISSION
To passionately blend the art of caring with the science of medicine to optimize the health of our patients, staff and community.

VISION
To be recognized and celebrated as the gold standard for healthcare quality and community health improvement.

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Sara is a **University of South Carolina graduate** student with an active lifestyle. She plays disc golf and served 10 months in the AmeriCorps National Civilian Community Corps (NCCC), a federally funded, team-based program for 18- to 24-year-olds. It was during her service in the NCCC that Sara experienced firsthand why the Affordable Care Act matters.

The day before she left for her first project with Habitat for Humanity, Sara injured her knee. Then halfway through her term, Sara tore a tendon in her foot. Thanks to a provision in the Affordable Care Act, 24-year-old Sara had insurance through her father's health insurance plan and was able to get the care she needed to make a full recovery. In April, Sara competed for the National Collegiate Women's title in disc golf. Without the health insurance that allowed her to seek proper care that would not have been possible.

This summer, the Supreme Court ruled that the Affordable Care Act is constitutional, but all of us in health care know the debate about health care reform is far from over. Already, the state of South Carolina is looking to opt out of expanding Medicaid eligibility. If South Carolina chooses not to expand Medicaid, an estimated 700,000 South Carolinians will remain uninsured. The public discourse will only heat up heading into November's election, and it's important for all of us to understand what the law does and why it matters.

- **It improves access to preventative care.** In 2010, 45 million women across the country, more than men, reported that because of cost they did not fill a prescription; skipped a recommended test, treatment or follow-up; did not go to the doctor when they had a medical problem; or did not see a specialist when needed. By giving more Americans access to health insurance and requiring insurance companies to provide certain preventative care services, doctors can catch health problems earlier and prevent unnecessary hospital admissions.
- **It improves care for children.** The Affordable Care Act provides free well-child, preventive screenings and for young people, like Sara, to stay on their parents' insurance as they transition into adulthood.
- **It makes health insurance more affordable for many small businesses.** Millions of small businesses are now eligible for a tax credit to help pay for health care premiums. The credit will increase to cover 50 percent of premium costs in 2014. Under the Affordable Care Act, help for small businesses—including the new insurance exchanges—will reduce small business health care spending by nearly 9 percent, according to independent estimates.
- **It stops insurance companies from excluding someone based on pre-existing conditions.** Under the new law, 80 cents of



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TMS therapy sends magnetic pulses into the brain to stimulate the part of the brain thought to control mood. These magnetic pulses are completely safe and are about the same strength of magnetic fields as a standard MRI.

Patients find freedom from depression

At the end of 2011, Bob's* depression was deepening and he was certain he would be forced to take medical leave. Depression wasn't anything new for the 60-year-old computer support analyst. He'd been diagnosed more than 20 years ago. But after decades of keeping his condition under control, in 2007 the medicines just stopped working.

During the next five years, Bob tried 17 different medicines and psychotherapy. He was hospitalized and underwent intense outpatient therapy. In 2009, he missed almost an entire year of work. No matter what Bob tried, nothing seemed to bring back his energy, his ability to concentrate or his enjoyment of everyday life.

"(Depression) just robs you of your life" he said. "Physically, you know you can do things, but emotionally you can't make yourself do it."



Dr. Fahd Zarrouf

Bob thought his depression might force him into an early retirement. Then, his doctor approached him about transcranial magnetic stimulation or TMS. In 2012, AnMed Health became the first health care system in the Upstate to offer NeuroStar TMS Therapy, an FDA-approved, non-invasive treatment for major depression.

TMS targets a key area of the brain known to be underactive in depression sufferers. Patients sit in what looks like a dentist's chair while a magnet delivers highly-focused magnetic pulses to the part of the brain thought to control mood. These magnetic pulses stimulate the brain, restoring it to normal function and lifting patients' depression.

TMS patients undergo therapy five days a week for four to six weeks. Each session takes about an hour, and patients can resume normal activities when they leave. By Bob's 23rd session, it was like someone had turned a light on.

Bob did five more sessions, and today his depression is in remission. He's cut

his medications in half and is working with his doctor to wean off depression medicine for good. Activities he had lost interest in are a source of joy once more. Since undergoing TMS therapy, Bob started working in his yard, playing with his grandchildren and taking pride in his job again.

"I consider it a real miracle treatment given the low point from which I started," he said. "It's such a dramatic change from the way I was three months ago that it's unbelievable."

Bob's results are not abnormal. In studies, one in two patients suffering with depression improved significantly and one in three patients were completely free of depression symptoms after six weeks of treatment.

Dr. Fahd Zarrouf, the medical director at AnMed Health TMS Center of the Upstate, said he's seen a number of patients, like Bob, who are finding relief from depression and from the side effects of depression medicine. For example, on one drug combination, Bob's hands would tremble all the time, making his writing illegible.

"For some patients the side effects of medication can be as frustrating as the disease itself. TMS is free of side effects typically experienced with antidepressant medications," Dr. Zarrouf said. "The most common side effect associated with treatment is mild to moderate pain or discomfort near the treatment area."

TMS therapy is a relatively new



treatment – it only earned FDA clearance in 2008 – so it's still making its way into insurance plans. At AnMed Health TMS Center of the Upstate, the staff works closely with NeuroStar, patients and their insurers to help patients get the treatment they need.

As more and more patients see results, insurance coverage is likely to expand. But many patients, like Bob, are choosing to pay for TMS therapy on their own. When you look at the true cost of depression – the missed moments, the time away from work and the associated medical costs, TMS therapy is relatively affordable. And to Bob, it was well worth the money he spent.

"The biggest thing for me was it worked," he said. "I'm actually enjoying my work again."

To learn more about TMS therapy, go to www.AnMedHealth.org/tms or call the TMS coordinator. AnMed Health TMS Center of the Upstate is in Suite 1200 of the Oglesby Center on the AnMed Health North Campus and can be reached at 864.512.4935.

**patient's name has been changed for privacy*

Depression Facts

Major depression affects more than 14 million American adults each year. Depression is often debilitating, causing a persistent state of sadness that interferes with someone's thoughts, behavior, mood and physical health.

- Depression can be a lethal disease. Each year more than 30,000 people die by suicide in the United States, 60 percent of whom suffer from depression.
- Overall, women are almost twice as likely as men to suffer from depression. However, some experts feel that depression in men is under-reported.
- Depression has no racial, ethnic or socioeconomic boundaries.
- About two-thirds of those who experience an episode of depression will have at least one other episode in their lives.



Robotic surgery allowed Jaime Wright to get back work and playing with her kids within a week of undergoing gallbladder surgery.

From Surgery to Swimsuit

New robotic procedure allows gallbladder removal with virtually no scarring

Leonardo da Vinci, world-renowned inventor, artist and scientist, developed the first robot in recorded history more than five centuries ago. The robot looked like a knight in armor, and its design and function were based on da Vinci's detailed studies of human anatomy.

Bearing his name, the da Vinci® Surgical System uses breakthrough robotic technology to change the experience of surgery. With da Vinci, even complex surgeries can be performed through tiny incisions.

Jaime Wright of Anderson is a real-life endorsement for da Vinci surgery. After experiencing severe back pain for a year, Wright noticed a yellowish color in her eyes and decided it was time to call her family doctor. Wright's family doctor



Dr. Paul Frassinelli

ordered blood tests, which showed a high level of liver enzymes. An ultrasound of her gallbladder confirmed the presence of a large number of gallstones.

Gallstones form when bile hardens and crystallizes in clumps in the gallbladder. Gallstones are most common in overweight adults between the ages of 35 and 55, so, at only 29 years old and of normal weight, Wright was somewhat surprised by her diagnosis. She learned the extra estrogen her body produced during pregnancy—she had her second child in 2011—can contribute to the development of gallstones. This may explain why gallstones affect women more than men.

Wright was referred to Dr. Paul Frassinelli of Piedmont Surgical Associates, and, on his advice, opted to have her gallbladder removed at AnMed Health in early May. Removing the gallbladder is the most common treatment for symptomatic gallstones. Without the gallbladder, bile – a substance produced by the liver to aid in the digestion of fats – flows directly from the liver to the intestine.



Dr. Frassinelli determined that Wright was a good candidate for a new type of procedure using the da Vinci Surgical System: gallbladder removal through a single small incision, rather than the four incisions required with traditional laparoscopic surgery or the large incision with open surgery. The operation is technically known as single incision robotic-assisted laparoscopic cholecystectomy, and Dr. Frassinelli was the first South Carolina physician trained to perform it.

“The da Vinci system has rather ingeniously made the instruments for this surgery smaller and curved, allowing all of them to be inserted through one incision less than an inch long,” Dr. Frassinelli explained. “The patient enjoys the benefits of minimally invasive surgery, such as less pain, lower blood loss, a shorter hospital stay, and faster recovery. And, because the incision is made in the navel, there is virtually no scarring.”

Wright went home the same day as her surgery and experienced very little pain, just some minor soreness. She went back to work four days later, even though, as a registered nurse, she's on her feet most of the day.

During surgery like Wright's, Dr. Frassinelli makes a small incision in the patient's navel and inserts a set of

newly designed instruments, including a high definition camera. He then sits at a console with controls that translate his hand movements into smaller, more precise movements of the instruments, resulting in minimal damage to any surrounding tissue. A magnified 3D display shows images from the camera and gives Dr. Frassinelli a better internal view than with open surgery or traditional laparoscopy.

It's important to note that although the da Vinci Surgical System is called a “robot,” it cannot act on its own. Dr. Frassinelli controls every aspect of the surgery.

With her back pain gone, Wright can once again pick up and play with her children. And considering that summer arrived immediately after her surgery, she's also grateful for the cosmetic outcome.

“You really can't even see my scar,” Wright said. “When you consider that I can wear my swimsuit without anyone noticing I had surgery as recently as May, well, that's pretty impressive.”

Learn more about da Vinci surgery at www.anmedhealth.org

The da Vinci® Surgical System uses breakthrough robotic technology to change the experience of surgery.

Georgia on Our Minds

AnMed Health increases presence on the other side of Hartwell Lake

When AnMed Health announced plans to expand its presence in northeast Georgia, some locals wondered why. But for many people in Hartwell and Elberton, the announcement was a welcome decision decades in the making.

“People in (northeast Georgia) feel a connection to Anderson and have a high perception of AnMed Health,” said Chad Sanders, an AnMed Health employee who grew up in Hartwell, Ga. and has family in Elberton, Ga.

Drive down Clemson Boulevard on Saturday afternoon, and Anderson’s main drag is filled with vehicles from Georgia. For years, residents of Elbert, Hart and Franklin counties have come to Anderson for entertainment, shopping and even health care. As far back as the 1950s, northeast Georgia residents have made up roughly 10 percent of AnMed Health admissions. For Sanders’s family and many others, AnMed Health was the provider of choice for health care services they couldn’t find locally.

In 2011, the medical communities in Hart and Elbert counties were at a crossroads. Ty Cobb Regional Healthcare System decided to close Hart County Hospital in Hartwell and Cobb Memorial Hospital in Royston in order to partner with physicians from Gainesville, Ga., on the construction of a new medical center along I-85 in Lavonia. In Elbert County, officials at Elbert Memorial Hospital were facing the end of a long-term management agreement and started looking for a new managing partner.

AnMed Health leaders soon found themselves working on two parallel projects – writing a proposal for the Elberton-Elbert County Hospital Authority and considering a developer’s offer to purchase property in Hartwell. After months of careful deliberation, both projects became official in June. AnMed Health announced plans to affiliate with Elbert Memorial Hospital and to build a medical complex in Hartwell.

“In both situations, we saw an opportunity to better serve two communities who have been supporting us for years,” said Bill Manson, president



and chief operating officer of AnMed Health. “Our primary goal is to provide services in Hart and Elbert counties that can be supported by the local community. If residents need services beyond what we can provide locally, we hope that we will have earned the respect of the community and their doctors, and they will choose to come to AnMed Health.”

AnMed Health is in the process of finalizing a definitive agreement with Elbert Memorial Hospital, which will go to the Georgia Attorney General for review and approval. Once approved, this agreement will allow AnMed Health to take over the hospital’s operations.

At least initially, the arrangement will be more of a management agreement. All of the hospital’s assets – its buildings, equipment and supplies – will still be owned by the hospital authority. AnMed Health will establish a new board to oversee the hospital’s operations that includes representatives from AnMed Health and Elbert County.

“Much like we did when we affiliated with Carolinas HealthCare System, we will look for opportunities to provide resources or savings. In doing so, I am also certain we will find some best practices in Elberton that we might want to adopt in Anderson,” Manson said.

Long-term, AnMed Health is hoping to increase the amount of outpatient services available, strengthen the hospital’s relationships with its doctors, and obtain a critical access hospital designation, which provides better reimbursements for hospitals in small communities. AnMed Health has also committed \$1.5 million toward helping the community build a replacement hospital.

In Hartwell, AnMed Health is embarking on a different kind of partnership. The health system was approached by Transitions Development Partners to become part of a 46-acre development on U.S. 29 between Ingles and Wal-Mart. The site will be home to a 100-unit senior living facility, restaurant and retail space, and professional offices.

AnMed Health will build a medical complex on roughly 6 acres in the development. Leaders will spend several weeks talking to Hart County residents about the community’s needs, but initial plans include doctors’ offices, diagnostic and imaging capabilities, lab services and an urgent care or extended hours clinic.

“While there is some benefit to having medical services on the same property as senior living, AnMed Health is more focused on serving the community at large,” Manson said.

And the community couldn’t be happier to hear it. Linda Eaves, office manager, at AnMed Health Hartwell Family Medicine said patients’ reactions to the news has been positive. People are excited about AnMed Health bringing services closer to home.

“The city of Hartwell couldn’t be more excited about the long-term commitment these developers have made in Hartwell and Hart County,” said David Aldrich, Hartwell city manager. “The void in health care services, which has recently been created in our community, will now be filled with outstanding services as provided by AnMed Health... There are many exciting things happening in Hartwell and Hart County and this represents a crowning jewel in our community for the future.”



PREVIOUS PAGE FROM LEFT: Arrowhead Point clubhouse in Elberton, Ga.; Downtown Elberton, Ga.; Hartwell Dam; THIS PAGE: Sunset over Hartwell Lake

A History of Healing

1953 – Anderson County Hospital Association approves a 100-bed expansion at Anderson Memorial Hospital (now AnMed Health Medical Center). The hospital's patient load had increased more than 58 percent in five years, due in part to an increasing number of referrals from northeast Georgia. Northeast Georgia residents made up about 8 percent of hospital admissions causing The Anderson Independent-Mail to report, "Anderson has become the medical center for a large section of northwestern South Carolina and an adjoining area of Georgia. Those people who live outside Anderson and Anderson County are in Anderson's trade area, and within its scope of influence. They, as well as local residents, have a right to expect the best in medical care when they are in need of it..."

1979 – Laboratory Services begins providing testing and pathology for Elbert Memorial Hospital and Hart County Hospital.

Early 1990s - AnMed Health Blood Center begins serving Hart County Hospital and Elbert Memorial Hospital.

1992 – Anderson Memorial Hospital is renamed Anderson Area Medical Center to better reflect AnMed Health's evolution from a general, acute care hospital to a health care delivery system that serves a wide area in the Upstate and northeast Georgia.

1996 - AnMed Health Hartwell Family Medicine opens.

2005 – Anderson Area Medical Center becomes AnMed Health Medical Center.

2012 - AnMed Health announces new construction in Hart County and an affiliation with Elbert Memorial Hospital.

A Conversation with Dr. Daniel Koontz

In January 2012, Dr. Daniel Koontz went from doctor to patient in a matter of minutes. It was the end of an ordinary Monday at Palmetto Family Medicine. Dr. Koontz had finished seeing patients and he was starting to work on charts when his chest suddenly tightened up. After about 10 minutes, the pain had intensified and he was struggling to breathe. Dr. Koontz knew he was having a heart attack.

Q. What happened when you realized you were having a heart attack?

A. I called one of the girls who was still here at the office, Susan, and asked her to call over to the rescue squad across the street. I certainly was impressed with the response I got. The rescue squad came over and did a very good job. When they transported me down to AnMed Health, Dr. (Brett) Stoll and the cath team were in the ER waiting. When I got there, the information had already been transmitted to them. It was straight to the elevator and up to the cath lab. Literally, I think it was 21 minutes after I hit the door that I was being rolled out of the cath lab. I've been telling people for many years that we're really fortunate in our area to have so many good cardiologists. But I saw it firsthand. I had very, very good care all the way through my hospital stay.

Q. When you're in a solo practice and you're put on medical leave for a serious illness, what happens to the practice?

A. That was one of the things that turned out to be a real advantage of being with AnMed Health at that point. Julie Rudd (operations manager) and Lynn Gregory (director of Physician Network Services) got the ball rolling to have someone cover the practice. Between Kathleen Sheppard (the nurse practitioner at Palmetto Family Medicine), and Peter Dorton, Matt Roehrs and Christian Williams (the doctors at AnMed Health Williamston Family Medicine), I don't think we had a day that was uncovered. The heart attack was on a Monday, so it had to happen immediately to get the coverage.

Q. How did that help you in your recovery, knowing the practice was going to keep going?

A. I certainly didn't like having to sit at home, but at least I didn't have that to

fret over. That part definitely made it easier. It was a big thing, and I'm very appreciative to all the providers that filled in here.

Q. What's been some of the benefits to being part of the network as opposed to just being a part of the medical staff?

A. Since we've made the move, I've really been happy. It's taken a lot of the administrative pressure off me and Sandy, my wife, the office manager. So it's helped out a lot that way. Financially, it's made it better. It hasn't really made a difference in the way the practice is operating or my relationship with my patients. That part is pretty much the same.

Q. I understand you're originally from western North Carolina and came to Anderson to do residency training. What was it about AnMed Health, or Anderson Memorial Hospital, as it was called back then, that made you want to come here?

A. In the third year of medical school, you start doing interviews with residency programs you're interested in going to. When I started the interview process, I wanted to do one or two at first to get used to the process and Anderson was one of my practice ones. But when I did my interview here, it was my very first one. I really fell in love with the area, but also with Dr. Halford, who was the chairman of the program at the time, and with the residents who were here at that time. It just felt like home and natural.



Dr. Daniel Koontz

THE 411 ON DR. KOONTZ

Specialty: Family Medicine

Practice: AnMed Health
Palmetto Family Medicine

Location: 323 Lebbly St.,
Pelzer, SC 29669

Phone: 864.947.6666

Q. After 27 years, what is your favorite thing about your job?

A. The thing I like the best is just seeing patients. The thing that I've found least enjoyable, but that's certainly gotten to be more and more of a burden over the years, is the paperwork. And it's not getting any less.

Q. What did the heart attack teach you about life, about medicine?

A. I haven't had a lot of health problems. But when something like this happens to you, it really puts you on a level where you can relate to your patients and they can relate to you in a more personal way.



Dr. Dennis S. Whatley



Dr. R. Kirk Seiler



Dr. Vidal M. Despradel



Dr. Kashfia D. Hossain



Dr. Clifton W. Straughn



Dr. David Griffin



Dr. Elias Darido

AnMed Health Physician Network continues to expand

Urologic Surgery Associates is now AnMed Health Urology. The urology group – which is home to Drs. Dennis S. Whatley, R. Kirk Seiler and Vidal M. Despradel – was one of four new practices to join the network this summer.

Anderson Psychiatry and Psychotherapy, the practice of Dr. Kashfia D. Hossain, became AnMed Health Psychiatry in May. Dr. Hossain is a board certified psychiatrist with nearly 20 years of experience. Located at 400 N. Fant St., AnMed Health Psychiatry helps patients with depression, psychoses, anxiety disorders and personality disorders.

In June, the network welcomed Dr. Clifton W. Straughn, a board-certified family medicine doctor with more than 26 years of experience. His new office, AnMed Health Clifton W. Straughn, M.D., is at 105 Buford Ave. in Anderson behind Windsor Place Shopping Center.

Dr. David Griffin, a board-certified gynecologic oncologist, returned to the physician network in July. Dr. Griffin has cared for Upstate women for nearly a decade. His new practice, AnMed Health Gynecologic Oncology, is in Suite 3100 of the Oglesby Center on the AnMed Health North Campus.

AnMed Health also welcomed a new bariatric surgeon in July. Dr. Elias Darido, a fellowship-trained weight loss surgeon, is accepting new patients at AnMed Health Metabolic and Bariatric Surgery. Dr. Darido specializes in minimally invasive weight loss surgery, performing laparoscopic gastric bypass, sleeve gastrectomy and adjustable gastric banding.

To date, the AnMed Health Physician Network is home to more than 100 physicians in 41 practices. To learn more about AnMed Health or to find a doctor near you, visit us online at www.AnMedHealth.org.

Women's and children's services earn national patient satisfaction awards

Three AnMed Health entities earned 5-Star Awards from Professional Research Consultants (PRC) during the company's National Excellence in Healthcare Awards.

AnMed Health Women's and Children's Hospital, AnMed Health Kids' Care and AnMed Health Pediatric Therapy Works were recognized for scoring in the top 10 percent of PRC's national client database. The awards are based on the percentage of patients who rate their overall quality of care as "Excellent."



"These awards are proof that AnMed Health is committed to improving healthcare," said Joe M. Inguanzo, Ph.D., president and CEO of Professional Research Consultants. "It takes years of dedication, determination and hard work to achieve this level of success. Congratulations to AnMed Health and its staff for improving healthcare services for Anderson."

PRC is a national research company which partners with more than 2,000 healthcare organizations in their quest for excellence. Every year, PRC speaks with more than 1 million households and recent hospital patients, as well as hundreds of thousands of physicians, hospital employees, and community members.

AnMed Health named among the nation's Most Wired

AnMed Health has been recognized as

one of the nation's Most Wired hospitals and health systems for the third consecutive year. The results of the 2012 Most Wired Survey were released in the July issue of *Hospitals & Health Networks* magazine.

The survey asked hospitals and health systems nationwide to answer questions about their information technology initiatives. According to the results, the nation's Most Wired hospitals are leveraging the adoption and use of health information technology to improve performance in a number of areas. As a field, hospitals are focused on expanding and adopting information technology that protects patient data, and optimizes patient flow and communications.

"We invest in information technology as a core part of our mission," said Bill Manson, president and chief operating officer of AnMed Health. "Every day, doctors make hundreds of care decisions based on data – from vital signs to lab results to medication interactions. By using technology, we can help doctors get accurate information faster, which translates into a safer, more satisfying experience for our patients. It's an excellent example of how we can optimize the health of our patients by passionately blending the art of caring with the science of medicine."





Jimmie Dickson enjoys his independence with the help of the AnMed Health Lifeline Fund and a caring friend, Kim Wyatt.

With Lifeline, Jimmie Dickson is never alone

Before signing up for AnMed Health Lifeline, 64-year-old Jimmie Dickson was struggling to live alone. With no family nearby and a growing number of health problems, Dickson didn't know who to call for help. That's when a friendly neighbor and her daughter stepped in.

Kim Wyatt, whose husband works at AnMed Health, received a call from her mother, who lives across from Dickson in an apartment complex. Wyatt's mother noticed Dickson's health was declining when she didn't see him doing normal activities, such as getting groceries and checking the mail, and she wanted to help.

Wyatt, a pharmacy technician, got to know her mother's neighbor and soon discovered he couldn't read or write. Dickson – who is a diabetic, a heart attack and stroke survivor, and a newly-diagnosed prostate cancer patient – was putting his health at risk by not taking his medicine properly. Wyatt and Dickson sorted through his medicines, making sure he knew what to take when. Wyatt also encouraged Dickson to apply for the Lifeline Fund.

"He was getting the runaround for long-term care insurance, so I helped him sort through the paperwork to get the help he needed, and I knew that Lifeline could give him and his children the reassurance to live alone," Wyatt said. "He is such a kind-hearted man, and I wanted to do what I could to help."

Lifeline is an emergency personal response system that connects subscribers to help 24 hours a day with the push of a button. Lifeline can even detect if someone has a fall. When a call comes in, Lifeline professionals assess the situation and contact a designated neighbor, family

member or emergency services based on the individual's needs.

"As people age, the ability to live independently changes," said Lauren Barnett, AnMed Health Lifeline coordinator. "Lifeline provides continuous care and preserves our loved ones' ability to live independently. And for those on a limited income, Lifeline Fund is available to help offset the cost of this valuable service."

Donations to the AnMed Health Foundation's Lifeline Fund help provide Lifeline to elderly and disabled individuals who cannot afford the service on their own.

Dickson, like many others, is on a limited income. Growing up, he had to drop out of school to care for his ailing mother. As a teenager, he worked on a farm in Iva picking cotton and working crops. He was a hard worker, but never completed his education. Today, Dickson has two children of his own – a daughter and a son who serves in the Navy. AnMed Health Lifeline provides him with peace of mind and the ability to live independently.

"I just want to enjoy life and not burden others with my health issues," Dickson said. "I feel safer now with my Lifeline and know that someone will be there if I need it. Even when I'm alone, I'm not alone."

Dickson continues to live independently with some help from Lifeline and Wyatt and her mother. He is eating healthy food and doing his own cooking. He catches a ride to the gym or enjoys a walk for exercise, and Wyatt helps him get to his doctor appointments.

"I'm going to be okay," he said. "With Lifeline and neighbors who care, I'm going to be just fine."

About the AnMed Health Lifeline Fund:

- Provides Lifeline services to 100 people with restricted incomes
- \$36 provides one month of Lifeline service to someone in need
- 25 are currently on the waiting list for the Lifeline Fund

To help seniors like Jimmie Dickson preserve their independence with peace of mind, consider a gift to the AnMed Health Foundation in support of the Lifeline Fund. Call the Foundation office at 864.5123477.

Foundation expands giving opportunities

There should be no limit to giving in support of the health care needs of our community. That's why the AnMed Health Foundation recently expanded the number of programs, services and assistance funds available for donor support. Additions include Camp Asthmania, Cardiovascular Care, the Cancer Assistance Fund and the Employee Financial Assistance Fund.

For years, the AnMed Health Foundation has raised money to help sustain select community programs and services, and subsidize financial assistance funds for patients and their families. Additionally, the Foundation has conducted capital campaigns, including the Partners for Life campaign, which raised more than \$8 million to build new facilities and expand existing ones to meet the community's growing health care needs.

By formally establishing additional giving areas, the Foundation hopes to encourage and enable donors to support areas that are significant to them and their loved ones.

"Giving to various programs and services has been available for some time through the AnMed Health Foundation," said Michael Cunningham, vice president of advancement at AnMed Health. "By creating these clearly defined programs and funds, we hope donors will see the areas of need and find those that are important to them and in line with their philanthropic goals."

Giving time and money to the AnMed Health Foundation has a direct impact on

Giving time and money to the AnMed Health Foundation has a direct impact on our community and helps AnMed Health continue providing high quality medical care to our region.

our community and helps AnMed Health continue providing high quality medical care to our region. As a non-profit 501(c)3 organization, the Foundation depends on the generosity of individuals, families, businesses, staff and employees to support its mission.

"Donor contributions to programs supported by the Foundation will directly contribute to an improved quality of life for children, women and men in our

community," Cunningham said. "We are fortunate to live in a generous community because many of these programs would not be available if not for charitable giving."

By developing and broadening philanthropic giving, the Foundation will use those gifts to help AnMed Health improve its ability to provide high-quality health care to everyone, regardless of their ability to pay.

Gifts to the AnMed Health Foundation support several important areas:

Camp Asthmania teaches children with asthma how to control their condition during a weeklong, fun-filled summer camp.

Cardiovascular Care enhances the quality of care for patients by supporting cardiovascular programs, equipment and research.

The **Medical Outreach Van** offers free or low-cost health screenings, including blood pressure, blood sugar, and cholesterol checks.

Pediatric Therapy Works serves more than 600 children with developmental disorders and delays, providing therapy, assistive equipment and customized programs to help them reach their full potential and live as independently as possible.

Primary Care Services provides prenatal care, preventive care, immunizations and medical care to children, women and men with financial hardships and inadequate health insurance.

The **Cancer Care Assistance Fund** supports programs that help patients receive the medical care they need for the prevention and treatment of cancer, including mammograms and treatments at the AnMed Health Infusion Center.

The **Chaplain's Fund** purchases prescriptions or medical supplies for low-income patients who cannot afford these items essential for their healing and recovery.

The **Employee Financial Assistance Fund** will directly support the needs of AnMed Health employees facing hard times due to an emergency or crisis.

The **Lifeline Fund** pays the monthly service fee for AnMed Health Lifeline – a personal emergency response service – for elderly and disabled persons, allowing them to maintain their quality of life and live independently in their own homes.

The **Peggy G. Deane Nursing Professional Development Fund** provides financial support for qualifying AnMed Health employees to advance their education and training in the field of nursing, nursing education and nursing administration.

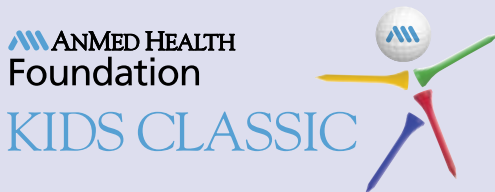


ARTS *Infusion* SHOW & SALE

Help cancer patients

The third annual Arts Infusion Art Show & Sale, held in August in the AnMed Health Cancer Center atrium, helped raise critical funds for AnMed Health patients battling cancer and other chronic diseases. Art sales during the event will benefit uninsured and underinsured patients in need of chemotherapy infusions, transfusions, IV medications and other treatments provided at the AnMed Health Cancer Center Infusion Center.

Cindy Simmons, nurse manager in the Infusion Center, comforts a woman as she looks out on the healing garden.



Tee up for our kids

On Oct. 16, join Network Controls and other corporate sponsors to support health and healing at the Kids Classic Golf Tournament at The Cliffs at Keowee Falls golf course. Now in its third year, Kids Classic will bring companies together for a round of golf with a purpose – to raise money for the AnMed Health Children’s Health Center.

At the Children’s Health Center, children whose families are uninsured or struggling financially have access to the medical care they need for healthy growth and development. Money raised during Kids Classic enables doctors, nurses and professional staff to provide wellness checks, vaccinations and other services in a family-friendly environment. Sponsorships are limited. Call the AnMed Health Foundation office at 864.512.3477 to become a sponsor.

Ed Niles, of Kids Classic title sponsor Network Controls, visits with Dr. Jae Sohn and a young Children’s Health Center patient and her mother.





Employees from Environmental Services and Food and Nutrition show their spirit during the recent Employee Giving Campaign. Employees rallied to support the two-year campaign, pledging more than \$226,000 to the AnMed Health Foundation.

Employees rally for support

The AnMed Health Employee Giving Campaign was a great success with 570 employees participating. The campaign raised more than \$226,000 to support the AnMed Health Foundation. Coming together to help “from the inside out,” AnMed Health employees demonstrated their giving spirit and willingness to support the care and health of our community.

“We thank each and every employee that gave to the campaign,” said Michael Cunningham, AnMed Health’s vice president of advancement. “Because of our employees’ collective efforts, AnMed Health can continue to advance its mission of caring and service not only for those out in our community, but also for those that work along beside us each and every day.”

Pledges to the two-year campaign go directly to the Foundation’s five medical programs and services and its five financial assistance funds, including the new Employee Financial Assistance Fund.

**Because of our employees’ collective efforts,
AnMed Health can continue to advance its
mission of caring and service...**

Affordable Care

CONTINUED FROM PAGE 3

every premium dollar we spend in the private insurance market has to go to providing care, not to CEO salaries, overhead or profits. Insurance companies can’t cancel coverage when someone gets sick or deny coverage to someone with a pre-existing condition.

- **It encourages innovations in how we provide care.** A portion of the law is dedicated to the Center for Medicare and Medicaid Innovation, which funds pilot programs. These pilots, in partnership with private insurers, will reward quality, access and improved outcomes, rather than just the volume of services provided.

- **It creates jobs in South Carolina.** The Affordable Care Act calls for an expansion of the Medicaid program. The federal government covers 100 percent of the cost for the first three years of Medicaid expansion. After that, the amount the federal government covers will decrease incrementally to 90 percent. Expanding Medicaid will bring \$14 billion into our state’s economy between 2014 and 2020. These Medicaid dollars are paid directly to health care providers (not patients) and are used to pay health care worker’s salaries.

The law is not perfect, but expanding coverage to more Americans will create a more equitable system for us all. Hospitals believe in this so much that the American Hospital Association agreed to \$155 billion in reduced reimbursements in exchange for the fact that more Americans will have insurance.

AnMed Health is committed to continuing to do our part to reform the health care delivery system. As we have for many years, we will continue looking for new ways to provide better, more efficient health care in the Upstate and northeast Georgia. But for the sake of the thousands of South Carolinians just like Sara, I hope we can set aside politics long enough to remember we’re all in this together.

Sincerely,

John Miller Jr.
CEO, AnMed Health



Behavioral Health staff members review information in the doorway of an adult room.



ABOVE: The nurses' station serves as a monitoring station, a welcome desk and a central hub for medical communication.

RIGHT: Private consultation rooms give physicians a place to discuss patient care with nurses and family members.



Renovation redefines the look of behavioral health

One in five Americans will experience a mental disorder during their lifetime. With proper treatment, most people with mental illness recover quickly. But occasionally, changes in medication or circumstances can create a need for short-term hospital care.

AnMed Health Behavioral Health Center provides short-term stabilization for hundreds of mental health patients every year, and with a newly renovated nursing unit, the Behavioral Health Center now has facilities to match the high standard of care its patients receive.

Studies show that interior design can improve patients' outlook on their care and increase their satisfaction. The new Behavioral Health Center incorporates a number of elements of healing design while maintaining all the precautions of a psych-safe unit.

- Wood floors, motivational artwork and a soothing color palette help to bring natural serenity indoors.
- Special window screens maintain security while filling the unit with natural light and bird's eye views.
- Group meeting rooms and living room-inspired visiting areas provide opportunities for social support among patients and their families.

- Specialized furniture caters to specific patient needs. Geriatric chairs provide the support and cushion elderly patients need, while a minimalist approach throughout the unit makes safety feel modern not institutional.

Dr. Raquel Contreras, director of counseling and psychological services at Redfern Health Center, said the Behavioral Health Center erases the stigma attached to mental health facilities.

"There was no compromise," Contreras said. "It's safe and aesthetically pleasing."

With the renovations, the Behavioral Health Center is shifting its focus to better serve the community's changing needs. The number of elderly mental health patients is growing. Researchers say the increasing incidence of mental illness among baby boomers combined with the sheer size of this group could cause mental illness among the elderly to quadruple by 2030. To meet this need, the Behavioral Health Center added eight geriatric beds, for a total of 16 geriatric beds and 12 adult beds. By adding a separate geriatric wing, the Behavioral Health Center can treat elderly residents dealing with dementia and acute psychiatric symptoms, such as paranoia, hallucinations and wandering.

Learn more about the new Behavioral Health Center online at www.AnMedHealth.org/BehavioralHealth. If your loved one needs behavioral health services, call the Access Center at 864.512.1819. Arrangements for an assessment can be made 24 hours a day, seven days a week.