

Spring 2014

Inside

 ANMED HEALTH



Total Joint Academy

Joint replacement puts patients on the road again

Skin-to-skin starts babies right

Putting the Zzzzzzz back in the night



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Commitment shines through snow and ice

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ON THE COVER: Garnette Dickerson could barely walk and couldn't climb stairs. Since knee replacement surgery, however, she has returned to active-grandmother status and enjoys taking vigorous walks for exercise.

I don't remember a winter storm ever hitting Anderson for as many days as the snow and ice that brought much of the Upstate to a halt in February – much of the Upstate, but not all of it. At AnMed Health, our corridors and patients rooms continued to hum.

If ever there was an example of the dedication of health care workers, we saw it during that second week of February. The term "health care workers" makes most of you think doctors and nurses, but at AnMed Health we're all health care workers, each of us contributing to a system that delivers top-notch care. Yes, doctors and nurses spent the night to make sure we were adequately staffed during the storm, but so did many others. From food service to engineering, we had people on duty around the clock making sure the caregivers had what they needed – whether it was supplies or access to the parking lots.

Scores of our people spent the night in extra beds, on cots or on the floors of offices and other nooks here and there. Many were directly responsible for putting hands on patients, but others were there to keep things running. Stories abound of AnMed Health employees making extraordinary efforts to report for duty. Beyond hospital walls, our Home Care services and pharmacists made extra efforts to supply and take care of others.

The storm, and our reaction to it, was a reminder that a long history of service to this community is deeply ingrained in all of us at AnMed Health.

We work hard at improving and refining. We have initiatives that formalize the process and there are other, less formal procedures in which we constantly seek to improve, and then there are the industry best practices of continually evaluating our outcomes and our performance. Much of the effort is documented. These processes fill hard drives and file cabinets and remain on conference room tables, desktops and under the arms of our people as they walk the AnMed Health corridors. We burn a lot of energy in our ongoing quest to elevate our service and improve "very good" to "excellent." It's like putting a sharper edge on an already-sharp knife.

But much of this effort is hard to document, because it's alive within the hearts of our people. Our industry simply attracts the kind of people who put others first. And if we do hire someone who doesn't feel it in the beginning, they soon become part of our culture of caring, of giving, as this commitment spreads from person to person. It is one infectious condition that we're glad to see spread throughout the AnMed Health system. That culture is what enabled AnMed Health to continue to serve when so much of Upstate was locked down in snow and ice. It enables us to deliver every day.

We're in this together.

John A. Miller Jr., FACHE



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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It's a baby's world

New approach to delivering infants mixes old world sensibilities with medically safe environment

For Whitney Williams, the birth of her first child seems like the old days. She remembers how incomplete she felt each time they took her baby away, when they took him for blood work and baths. Something felt unnatural when her child was out of the room.

And she remembers that when she and her husband took their baby home, the free formula and coupons weighed almost as much as their son.

That was three years ago, another time, another hospital. But what a difference three years can make.

This time Williams and her family welcomed a baby in AnMed Health Women's and Children's Hospital, which has embraced initiatives that encourage a wholesome and somewhat old fashioned start to life, such as an emphasis on breast feeding, skin-on-skin contact and rooming in, where mom and baby are never separated by a door or hospital walls.

The difference, she said, was profound.

"Right after birth when they put my daughter on me skin-to-skin – that was extraordinary. I felt the bond with my child immediately," Williams said. "It gave me an overwhelming maternal sensation and felt incredibly special."

Skin-to-skin is one of the fundamentals of the Baby Friendly Initiative – the idea that mother and child should bond immediately and the best way to do so is with up close, skin-on-skin contact without fabric in the way. It's a step toward what is natural in a medically safe environment, tapping into the instincts that exist in mother and child.

"Knowing that my daughter didn't have to leave my side made me much less

emotional," Williams said. "Keeping her in the room helped my husband and son bond with her as well. We were all able to hold and cuddle her for hours without interruption. It had a very calming effect on me as well as my daughter. I missed out on that special bonding time with my son."

Williams is a registered nurse at AnMed Health Kids Care, a minor care practice specializing in pediatrics. She believes the Baby-Friendly approach not only establishes a strong mother-child bond, but also paves the way for a healthy breast-feeding experience and all of the health benefits that come with it.

"The commitment to breastfeed is best for the mother and baby," Williams said. "The fact that she latched on so well and so soon made me much more successful as I nursed my second child. I know the importance of breastfeeding medically and developmentally, because I have learned that as a result of my profession. The increased bonding of mother and infant is undeniable, and studies have shown that nursing your child may decrease the risk of breast cancer."

Studies compiled by the International Breastfeeding Centre show that mothers and babies should be together, skin-to-skin, with the baby naked and not wrapped in a blanket, especially immediately after birth. Benefits include a happier baby more likely to have a stable and normal temperature. Skin-to-skin babies are more likely to have normal heart rates and better blood sugar levels. Also, skin-to-skin contact after birth allows the baby to be colonized by the same bacteria as the mother. That



Whitney Williams continues enjoying a close bond that began in the delivery room.

bacteria colonization and breastfeeding are thought to be important in the prevention of allergic diseases.

Skin-to-skin practices and breastfeeding work together in another way, too. Babies who are kept skin-to-skin with their mothers immediately after birth for at least an hour are more likely to latch on without any help, and they are more likely to latch on well, according to the International Breastfeeding Centre. Breastfed babies gain additional protections against ear infections, asthma, obesity and sudden infant death syndrome.

Mom benefits from breastfeeding, too, by decreased blood loss, reduced risk for postpartum depression, heart disease, Type 2 diabetes, ovarian and breast cancer. And breastfeeding moms burn calories – as much as 500 per day.

Once considered somewhat unconventional and on the outer edges of standard medicine, these Baby-Friendly practices are now finding a home in modern medical facilities.

"I really love that they have integrated more naturalist measures at AnMed Health because I believe the medical-based evidence that (indicates) this will result in better outcomes for mothers and their babies," Williams said. "I did not have to make the decision to give birth to my daughter outside of a medical center in order to have holistic care. I had both right here at AnMed Health. That is incredibly important to me as both a mother and a nurse."

"Right after birth when they put my daughter on me skin-to-skin – that was extraordinary. I felt the bond with my child immediately."



Ten Steps efforts earn Gold for hospital

AnMed Health Women's and Children's Hospital earned Gold SC Ten Steps Recognition at an annual luncheon of the South Carolina Breastfeeding Coalition in Columbia on last fall. The SC Ten Steps Program was designed to promote and support breastfeeding and ultimately help improve the health of mothers and babies in South Carolina. The goal is to support breastfeeding policies and practices in hospitals and birthing centers statewide and help them progress toward Baby-Friendly Hospital designation. The Women's and Children's Hospital's Baby-Friendly efforts are ongoing.

“We see people that sleep too much, too little, or at inappropriate times.”



Waking up overly tired could be a sign that you're not getting enough sleep.

Putting the Zzzzz's back in life again

Lung and Sleep Center searches for the cause of sleepless nights

Sleep can evade us. All too often we just chalk it up to stress, or age, or any number of things we deal with on a daily basis.

But it doesn't have to be that way. Seventy-year-old Orlando Teasley, of Hartwell, Ga., wasn't sleeping well. He just figured it was something that came with age and his medical issues. It wasn't until he was hospitalized with congestive heart failure that he discovered his sleeplessness could be treated.

Teasley had trouble breathing when he slept. Doctors suspected sleep apnea. That's when a sleep test was recommended.

"I spent the night there (at the center), hooked up to all kinds of things," Teasley said, laughing. "But once I got over that I was able to sleep."

Jeff Cotton, sleep clinic manager at AnMed Health Lung and Sleep Center, understands the conflict that arises in trying to study someone's sleep by placing them in foreign surroundings and hooking them to wires.

"These patients already don't sleep well and if you come in and place 20 to 30 electrodes on them ... it can be overwhelming," Cotton said.

To aid in comfort, the rooms at the sleep lab are set up and designed to resemble a bedroom or hotel room. Patients are encouraged to bring in their own pillows and blankets to help recreate their normal sleep environment.

The wires with Teasley on one end were hooked to electrodes that measured a wide variety of functions as he slept, such as brain wave activity, respiration, abnormal muscle movement and blood oxygen level.

"There are about 23 channels that record various measurements; and in a six to eight-hour period we generate between 1,000 to 1,200 pages of data," Cotton said.

The pages of data are observed, tabulated and scored by the technician,

who then generates reports that are viewed by the clinician or doctor. The sleep study is scheduled according to each individual patient's sleep schedule. If a patient usually works an overnight shift and sleeps during the day, the sleep study is scheduled for that time.

Teasley was diagnosed with sleep apnea, generally characterized by pauses in breathing while sleeping. He has been using a continuous positive airway pressure (CPAP) machine for several months now and has seen a difference. And even though he doesn't use it every night, he feels better during the day.

"As old as I am, I can't do what I used to, but I do pretty good," he said.

In Teasley's case, the use of a CPAP machine aided in restful sleep. Cotton said that is one of the real bonuses of a sleep study.

"Once a diagnosis is made, a patient can feel better almost immediately," he said.

There are a number of reasons patients seek out a sleep study.

"We see people that sleep too much, too little, or at inappropriate times," Cotton said. "Then based on that complaint we follow the pathway for whatever ails them."

The most common sleep disorder, according to Cotton, is insomnia, which in most cases does not require an overnight sleep study for treating.

"Insomnia generally can be dealt with in a clinician's office, either through medication in the short term, just to get them sleeping, or through cognitive behavioral therapy," Cotton said.

Located at the North Campus on the first floor of the Oglesby Center, the AnMed Health Lung and Sleep Center has two board certified physicians in sleep and critical care, and a psychiatrist certified in internal medicine, psychiatry and sleep. The Lung and Sleep Center is working toward providing on-site services this spring in Elberton at Elbert Memorial Hospital and in Pickens at Cannon Memorial Hospital. More information on the center and sleep disorders is available at www.anmedhealth.org/sleep. Or call 864.512.4900.

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According to Cotton, cognitive behavioral therapy can work because insomnia, for the most part, is a learned experience.

"In general, sleep is not valued, so it's a discounted item in your health inventory," he said. "One of the first things you do when you're stressed or overworked is not get more sleep so that you can learn better and make better cognitive decisions and be more alert. You go without sleep. That results in short-term and long-term memory function failure and less physical rest."

Cotton said everyone in the general population has stressors, like worry over work, family and health. We all need to learn how to respond appropriately to these stressors so that they don't impact sleep. Also, Cotton said that ever since the invention of the light bulb our sleep has been affected.

"Electric light allows us to do things at all times of the night or day," he said. "What we're supposed to do is get up with the chickens and go down with the chickens, basically up at daybreak and to bed at nightfall. That's really not what we do anymore."

According to Cotton, if you can't sit quietly in a dark room and stay awake for 20 or 30 minutes then you're probably sleep deprived in some way, unless you have something medical going on.

"Your sleep isn't what it should be, otherwise you could stay awake," he said. "Bored people can stay awake; they're just bored. Tired people can stay awake; they're just physically tired."

“I was just overwhelmed with the care I got.”



To hear more of Garnette Dickerson's story, go to www.startmovingtoday.net and click on View Our Patient Testimonials.

Total Joint Academy

New home puts joint-replacement services under one roof

Garnette Dickerson had to give up most of the things she loved when the pain in her knees became too much to bear. It took a while, but she finally decided she wanted to improve her quality of life and decrease the amount of medicine she was taking to get around every day. It was time to talk about a knee replacement.

“Both of my knees were getting so bad I couldn't get up steps,” she said. “It was very difficult to walk.”

She ended up in Dr. James C. Mills' office at Blue Ridge Orthopedics, and then at AnMed Health's Total Joint Academy. Whether it's a knee, hip, shoulder or ankle, AnMed Health's orthopedic surgeons use the most advanced technology in South Carolina to get you on the road to recovery.

While the Academy has been in existence for several years, AnMed Health recently consolidated all aspects of care related to total joint replacement — pre-surgery assessment, inpatient admissions, pre-op education classes, state-of-the-art surgical suites, post surgery unit and unit-based rehab — in a single location on the third floor of the Women's and Children's Hospital.

“Our patients already cannot walk well. Getting around and moving from place to place is hard for them,” said Nedra Brown, director of orthopedic services. With more people having their joints replaced so they can get back to enjoying life, AnMed Health saw a great opportunity to do more for patients.

“It means more convenience and less stress for the patients, who will only have to find their way to a new place one time,” Brown said. “And once they're here, the atmosphere is designed to reduce stress and make patients and their loved ones as comfortable as possible.”

Central to the Total Joint Academy is a new state-of-the-art operating room specifically designed for joint replacement procedures. It features integrated video with high-tech plasma screens for arthroscopy and total shoulder or knee procedures. The room has digital imaging for navigational knee procedures, computer-assisted alignment capabilities and joint blocks to ensure the most accurate artificial joint replacement.

For patients and their families, the Academy features cherry wood floors, private rooms, large windows with tranquil views and access to the North Campus patio deck and medical library.

This program was developed five years ago in response to a growing body of research that proved putting patients together for group-based therapy after surgery builds a sense of camaraderie and speeds recovery. So patients in the Academy have a chance to do group therapy sessions with the rehab team — now in a gym just down the hallway from their room.

A kitchen on the hallway allows therapists to work individually with patients on daily activities — getting a glass of water, preparing dinner, standing up from the kitchen table.



Patients in the Total Joint Academy have a chance to rehab together, which is known to encourage healing.

“It's a camp and you're here to get well — we want to get you back to your activities,” Brown said.

Dickerson was the first patient in the newly relocated Academy. She arrived at AnMed Health North Campus on a Monday and was out that Wednesday, the day before Thanksgiving. She and her husband then began driving in from their home in Elberton, Ga., to her physical therapy sessions at Upstate Physical Therapy.

“The experience (at the Academy) was just phenomenal; I couldn't find anything wrong with it. I couldn't find anyone grumpy. I was just overwhelmed with the care I got,” she said.

While she still has another knee to replace, Dickerson knows the result is worth it.

To find out if you are a candidate for joint replacement surgery, take an online quiz at www.startmovingtoday.net and click on the online joint assessment.

A Conversation with Dr. Abhijit Raval

Dr. Abhijit Raval joined the AnMed Health team in 2011 at AnMed Health Pulmonology and Sleep Medicine. Originally from India, he received his medical education in Ahmedabad in 2002 and completed his internship at Civil Hospital while also working in rural health programs. He did an externship at Oklahoma Health Science Center and served as chief resident at Johnson City Medical Center in Tennessee. Dr. Raval completed a fellowship in pulmonology and critical care at Quillen College of Medicine in Johnson City.

Q. Why did you decide to become a doctor?

A. I lost my sister when I was 8 and that made a big impact on our family. I wanted to do something for mankind and thought medicine would be the best way to do it.

Q. You explored a variety of specialties, including surgery, gynecology, pediatrics and internal medicine. Why did you choose pulmonary medicine?

A. Pulmonary medicine is a great combination of physiology and logic -- lots of common sense. I wanted to be a surgeon and pulmonary critical care medicine provides me the opportunity to do minor procedures that make a difference in patients' lives, such as bronchoscopy, navigation bronchoscopy and treating pulmonary hypertension.

Q. What led you from practicing rural medicine in India to a pulmonary specialty in Anderson?

A. Medicine is an act of exploration. A sense of needing to do more, trying new things. Exploring medical science and evidence-based medicine drove me a long way from home. Of course, how can I forget the very welcoming medical community that I found at AnMed Health? They are very much accepting of new ideas.

Q. What do you think of the new lung screening guidelines?

A. I think screenings have a promising role. Lung cancer is the number one killer in the nation and we see lots of patient with it, as smoking has been a prevalent problem. A screening is no substitute for cessation of smoking but with earlier detection there is a better chance of curing lung cancer, which is much better than palliating it. Early detection has led to a 20 percent improvement in survival; that's a major improvement. A more aggressive screening program is one more step for us at AnMed Health to serve the community as a lung center of excellence.

Q. What is the most valuable thing you have learned about taking care of patients?

A. I think medicine is the only profession where you get thanked if someone's loved one does well, and even if they don't do well you get thanked for trying. Taking care of another human being is a privilege God gave me and I try to use it to the best of my capacity.

Q. What excites you about the future of pulmonary medicine here in Anderson?

A. With a combination of lots of new technology such as bronchial thermoplasty for treatment of asthma and advanced bronchoscopy to diagnose lung cancers, I see AnMed Health becoming an institute with comprehensive care for patients with lung problems. With the beginning of a new pulmonary hypertension clinic, we will facilitate early diagnosis and optimally treat this fatal disease. Lung nodule screenings will benefit the community by identifying lung cancer in early stages. I see AnMed Health as a lung center of excellence that provides comprehensive care for a variety of common and rare lung problems.

Q. What piece of medical advice would you give if you could make everyone in the Upstate stop and listen to you for one minute?

A. Quit smoking! Quit smoking! Quit smoking!

Q. What is the best advice you ever received?

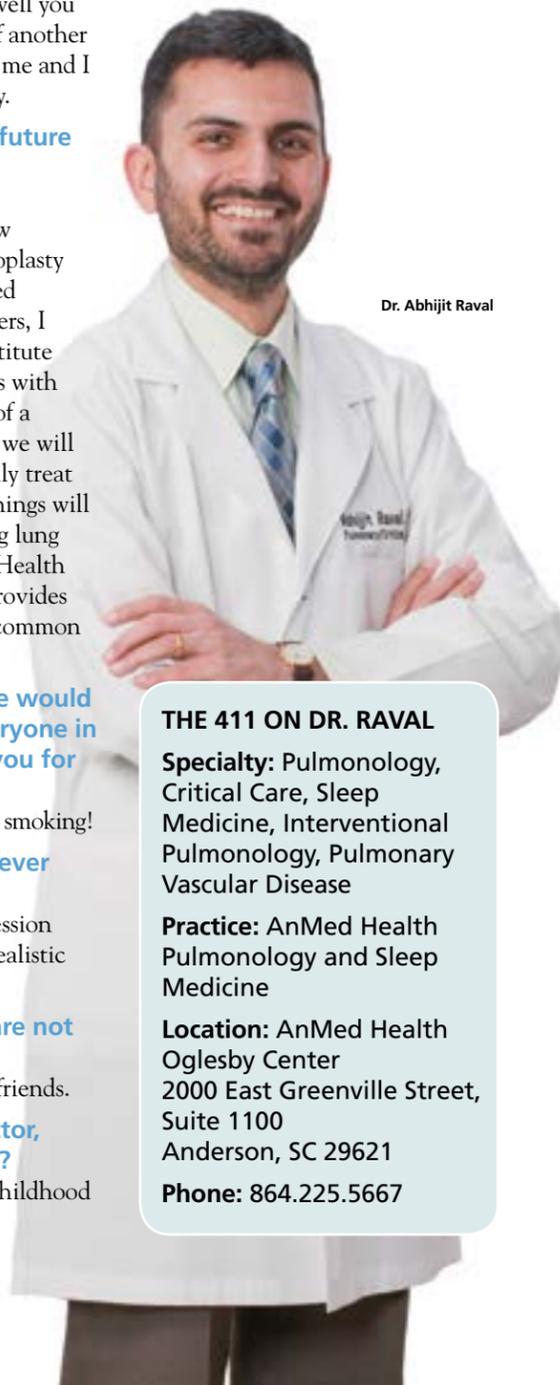
A. Give your best to what your profession demands with optimistic goals and realistic expectations.

Q. What do you do when you are not practicing medicine?

A. I spend time with my family and friends.

Q. If you had not become a doctor, what would you be doing now?

A. Racing cars or flying planes, my childhood aspirations.



Dr. Abhijit Raval

THE 411 ON DR. RAVAL

Specialty: Pulmonology, Critical Care, Sleep Medicine, Interventional Pulmonology, Pulmonary Vascular Disease

Practice: AnMed Health Pulmonology and Sleep Medicine

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Anderson, SC 29621

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Drs. Audrey Jones and Mary Ann Horn host an open house for their practice in January.

AnMed Health Pendleton Family Medicine opens new office

AnMed Health Pendleton Family Medicine officially opened the doors in January to its new and larger office at Meehan Way off Mechanic Street.

The new 6,624-square-foot office includes nine exam rooms, a procedure room, lab space and shelved space for the future addition of an X-ray room. The new office is 4800 square feet larger than the old office and houses five more exam rooms. In addition, the practice has onsite lab services.

The new office is home to two primary care physicians, Dr. Audrey Jones and Dr. Mary Ann Horn. Dr. Jones has been a family physician for more than 10 years and completed her residency in the AnMed Health Family Medicine Residency Program.

Dr. Horn joined the practice late last year after completing medical school at Lake Erie College of Osteopathic Medicine in Bradenton, Fla., and residency training at Michigan State University.



AnMed Health Pendleton Family Medicine

AnMed Health Physician Network adds new practices and physicians

The AnMed Health Physician Network recently welcomed Dr. Irum Mona Idrees and Dr. Peter Netzler.

Dr. Idrees opened a new practice, AnMed Health Rheumatology, at the AnMed Health North Campus, where she specializes in rheumatology and geriatrics. Dr. Idrees earned her M.D. at St. Matthew's University School of Medicine, Grand Cayman, British West Indies. She also has a bachelor's degree in biomedical sciences from King's College London and is working on a master's degree in health service administration from St. Joseph's College of Maine.

Prior to joining AnMed Health, she was a fellow in rheumatology at Geisinger Medical Center, Danville, Pa., and a fellow in geriatrics at the University of Nebraska Medical Center.

Dr. Netzler's office, AnMed Health Arrhythmia Specialists, also is located at the AnMed Health North Campus. He is in practice with Dr. Joseph Manfredi.

Dr. Netzler earned his M.D. at the Medical University of South Carolina



Dr. Idrees



Dr. Netzler

(MUSC) in Charleston. He also has a bachelor's degree from Furman University.

Prior to joining AnMed Health, he did fellowships in general cardiology and cardiac electrophysiology at MUSC. He also completed his internship at MUSC, in internal medicine. He has worked in the emergency department at the Ralph H. Johnson VA Medical Center.

Dr. Netzler's office can be reached at 864.512.4530 and Dr. Idrees at 864.512.4590.



ABOVE LEFT Nevitt Forest Principal David Pressley and the school's chorus open ribbon-cutting ceremonies for the clinic. RIGHT AnMed Health CEO John Miller



District Five and AnMed Health open clinic at Nevitt Forest

A new clinic at Nevitt Forest Community School of Innovation places a highly qualified AnMed Health nurse practitioner on the school grounds.

The school continues to have a regular school nurse and most students go to her first. The school nurse now has the option to refer students to the AnMed Health nurse practitioner under circumstances when the nurse normally would recommend a physician.

A nurse practitioner is an advanced practice registered nurse who has completed additional education and clinical training, and can treat children's acute illnesses.

The new clinic, called Nevitt Forest Health Connections, is a partnership between Anderson County District Five and AnMed Health, the first of its kind for either organization.



Employee Financial Assistance Fund

How AnMed Health employees look out for one another

We know it can happen to us, but we don't think it really will.

Sandra Reese knew a fire could happen to anyone, but when flames erupted in her new apartment, she was so sure it wasn't happening that she tried to go back to sleep. She first thought the sound was caused by a dying battery in a downstairs smoke alarm.

But it was happening, and when the upstairs alarm sounded, she knew it was real. Reese was about to come face-to-face with a catastrophic event. The flames rose so fast in her townhouse apartment that she had time to get only a pair of shoes, a robe and her cell phone.

She ran out the back door and by the time she reached the front of her apartment, the intense heat was blowing out the front windows.

She saved her neighbors' lives by banging on their door repeatedly. But by the time firefighters arrived, Reese had lost everything inside the apartment. Even her vehicle outside was damaged from the heat. Coming so soon after a series of deaths in her family, the loss of her possessions was crushing.

Before the ashes of her old life were shoveled up and hauled away, help started coming. For everything she lost, there seemed to be at least one touching kindness to take its place.

One of them was help from her coworkers at AnMed Health. Through the Employee Financial Assistance Fund at the AnMed Health Foundation, Reese received some of the cash that helped put her life back on track.

"I felt validation not only as an

Sandra Reese was dealt a devastating blow when her home burned down, but with emotional and financial support from coworkers, she knew right away that she didn't have to rebuild alone.

individual, but also as an employee who is a small part of something greater than I when I received an overwhelming response from within our organization," said Reese, who has worked at AnMed Health for 21 years with some time away to be with children. "Not only am I thankful for the assistance received from the AnMed Health Foundation, but also from individuals and other departments with whom I've worked."

Assistance came from all over: from strangers, from friends and from AnMed Health employees making contributions in addition to the Employee Fund. Help came from Admitting, Cath Lab, the Emergency Department, Medical Records, Medical Resource Management, Primary Care Aesthetics, and the Patient Advocate Department.

Reese knew of the Employee Financial Assistance Fund — a Foundation fund set up specifically so that employees can help fellow employees experiencing a one-time catastrophic event — but immediately after the fire, it hadn't occurred to her to apply. But coworker Inge Leland applied on her behalf and soon Reese had a check representing the good will of AnMed Health employees who were concerned in advance for victims of misfortunes that have not yet happened.

The fund was established to lend confidential assistance to employees who have experienced significant financial hardship as a result of an unexpected, nonrecurring catastrophic event. Eighteen employees benefitted from the assistance last year.

"No matter how hard we work at doing everything right and preparing for the future, sometimes bad things happen to people," said Michael Cunningham, vice president for advancement. "That's exactly what the Employee Financial Assistance Fund is for: empowering each of us working for AnMed Health to help

our coworkers cope with the hardest of times."

As for Reese, she says in the end her losses were empowering in some ways.

"I do believe that every tragic event that may come into our lives can produce something good," Reese said. "The AnMed Health Foundation is a great example of one of many blessings that I received. And as a woman with adult children and who has found myself in a place of 'starting over,' I am most thankful for all the good."

Giving "From the Inside Out"

This spring The AnMed Health Foundation will launch its 2014 – 2016 employee giving campaign, "From the Inside Out" with a goal of raising \$220,000 to support programs and services at AnMed Health. During the campaign, employees will have an opportunity to support those funds that are most meaningful to them.

One of those funds includes the Employee Financial Assistance Fund which was established to lend assistance to employees who have experienced significant financial hardship as a result of an unexpected, nonrecurring catastrophic event and by meeting the qualifying criteria. Last year 18 employees were awarded financial assistance through the fund which is solely supported by AnMed Health employees.

If you would like to find out more about the Employee Financial Assistance Fund or other opportunities to support the "From the Inside Out" employee giving campaign, please contact the AnMed Health Foundation office at 512-3477. Contributions may be made through payroll deduction, electronic funds transfer, credit card, cash or check.



Auxiliary past president David Schonauer, left, and treasurer Lee Luff present a check for \$100,000 to Ann Herbert, chairperson of The AnMed Health Foundation.

Hospital Auxiliary gets capital campaign rolling for mobile diagnostics with \$100,000 check

The AnMed Health Hospital Auxiliary presented a \$100,000 check to the AnMed Health Foundation on Jan. 23 to put toward its \$1.1 million fundraising goal to purchase a mobile diagnostic unit.

The AnMed Health Auxiliary is an all-volunteer organization with a goal of improving the lives of patients and the community by supporting AnMed Health. The Auxiliary raises money through two hospital gifts shops and other activities through the year, including periodic jewelry sales.

"You don't have to be a medical professional to work for better health. We invite everyone to join our cause," said David Schonauer, past president of the Auxiliary. "We believe good health makes for a better community and the mobile diagnostic unit is a great way to make health and community better."

The AnMed Health Foundation launched a capital campaign late last year to raise \$1.1 million for a mobile diagnostic unit – a vehicle that will provide mammograms and other diagnostic services in the community.

The foundation has set a \$1.1 million fund-raising goal to put diagnostic equipment on the road. The funds will purchase a mobile diagnostic unit to take mammography and other screenings to people who can't or won't go to a doctor's office for screenings.

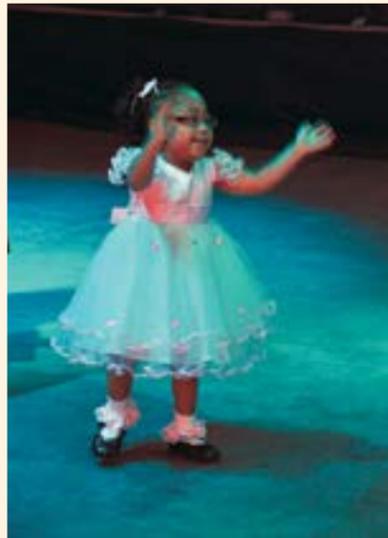
Breast cancer is the most common cancer in women and the number two cause of death. One in eight women will be diagnosed; in 2012 in Anderson County that came to 274 women diagnosed with breast cancer. In 30 percent of the cases nationally, by the time breast cancer is diagnosed, it has spread beyond the breast.

In addition to its central purpose of providing breast cancer screening and education, the mobile diagnostic unit also will serve as an entry point for health care, providing opportunities to connect women to primary care. A properly outfitted mobile unit can serve more than one cause, too, offering screenings for risks such as stroke, aortic aneurysm, peripheral arterial disease and bone density problems.

We believe good health makes for a better community...

Camellia Ball brings in donations, brings out dancers

The annual Camellia Ball, the largest fundraiser for AnMed Health Pediatric Therapy Works, received support from many area businesses and individuals to net around \$120,000 in February. With a Breakfast at Tiffany's theme, this year's ball sold more than 600 tickets. The Camellia Ball helps offset Pediatric Therapy Works' operational costs and ensure that its services are available to young patients throughout the region.



BOARD PROFILE

Meet Ann Herbert



Ann Herbert

An AnMed Health volunteer, Ann Herbert serves as chairperson of the AnMed Health Foundation Board. Married to Dr. Jim Herbert, they have three grown children and six grandchildren.

Q: Why is it important for you to serve the AnMed Health Foundation?

A: I believe in our vision "to endow the future of the AnMed Health System." Our hospital is not able to generate enough funds to provide the extra health opportunities throughout our community without philanthropy. I am strongly committed to being a part of this effort to raise funds for the important projects such as our mobile mammography unit that will reach those who have not had regular breast screenings.

Q: If there is one thing you want people to know about the AnMed Health Foundation, what would it be?

A: Our Foundation is a separate entity from AnMed Health and is governed by its own board of trustees. We prioritize our projects and together select the project we feel will best benefit the community through our philanthropic efforts.

Q: What kind of insight does being married to a doctor give you as a member of the board?

A: It has been a unique position for me. Oftentimes, if I have a situation I may not understand, my husband is able to put it in a medical perspective for me. I have the unique position of seeing both sides.

Q: What do you think is the biggest health challenge facing our community?

A: With so many people having insurance issues, many do not have regular checkups or screenings. Obesity, smoking and lack of exercise lead to many avoidable health issues. Education is vital for every age. AnMed Health is a partner with United Way for "Eat Smart Move More" which promotes better health habits for our community.

Q: What can people do to help?

A: We welcome gifts of any kind to the AnMed Health Foundation. Memorials, cash, gifts of stock and personal pledges are ways the community can help. We will not purchase the mobile mammography unit until we have raised the necessary \$1.1 million.

Save the Date

The annual Kids Classic golf tournament is scheduled for Oct. 13 at the Cliffs at Keowee Vineyard.

About The AnMed Health Foundation: Established as a 501(c)(3) organization in 1992, the AnMed Health Foundation develops fundraising opportunities in support of healthcare programs and services at AnMed Health. Areas of support are Camp Asthmania, Cancer Care Assistance Fund, Chaplain's Fund, Peggy G. Deane Nursing Professional Development Fund, Doclink, Employee Financial Assistance Fund, Freedom Link, Mobile Diagnostic Unit, Pediatric Therapy Works and Safe Kids.



AnMed Health and Cannon Memorial create stronger partnership

AnMed Health and Cannon Memorial Hospital in Pickens formed a deeper relationship on Jan. 1.

Cannon Memorial Hospital was integrated into the AnMed Health system. However, the Pickens hospital remains its own entity – a not-for-profit corporation – and will continue to be governed by a separate board of trustees. Cannon Memorial is a member corporation and AnMed Health is its sole member.

“As the national health care landscape changes, AnMed Health works continually to adjust and stay ahead of those changes,” said AnMed Health CEO John A. Miller Jr. “Today, efficiency in health care is found in building solid relationships and networks to handle financial, technological and medical challenges. Our stronger relationship with Cannon Memorial Hospital is part of that strategy.”

A new board of trustees was formed for Cannon, consisting of members of the previous board and representatives from AnMed Health.

The integration is the latest phase of a journey that began for the two institutions in 2009 when AnMed Health and Cannon formalized an affiliation agreement. The two health systems have worked together ever since to bring greater economic efficiencies and high quality health care to the people of Pickens. AnMed Health has contributed to the successful operation of Cannon Memorial Hospital in areas such as physician practice management, managed care contracting and group purchasing.

According to Cannon Memorial President and CEO Norman G. Rentz, the integration was a good move for the Pickens hospital.

“Cannon Memorial Hospital has had a long history of providing quality health care services to patients in Pickens County,” Rentz said. “It is our goal to continue to provide needed services and to grow the types of services we can offer. The health care industry is changing rapidly, and often such rapid shifts in the health care environment limit a smaller



Alex Gettys

Cannon Memorial Hospital is at home in Pickens, gateway to the mountains.

hospital’s capacity to effectively provide the necessary and diverse services expected by its community. We are extremely pleased that AnMed Health is making this commitment to Cannon and Pickens County so that we can offer even more services to the community.”

AnMed Health continues working to ensure that Cannon Memorial Hospital is in a position to provide quality services consistent with a hospital of its size.

“Both institutions already have benefitted from the relationship over the last few years. This integration creates opportunities for Cannon Memorial to realize even greater financial efficiencies,” Miller said. “This agreement is an avenue to more medical resources for the Pickens community. At our heart, we’re very similar institutions except for size. Both were founded by individuals who wanted better health care for their communities.”