

Summer 2014

CONNECTIONS

A NEWSLETTER FOR ASSOCIATES OF
CAPELLA HEALTHCARE

FROM PARALYZING STROKE BACK TO NORMAL IN DAYS

Just a few days after a stroke left Emil Evans paralyzed from the tip of his right toe to the tip of his right finger, he was back working in the yard of his McMinnville home.

Learn more about Emil's story and the life-saving care he received at Willamette Valley Medical Center **on page 2.**

Find out how other small town hospitals are bringing big city care close to home. **See page 7.**

 **CAPELLA**
HEALTHCARE™



FORWARD TOGETHER

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

– Maya Angelou



Michael Wiechart
President and
CEO

There's a lot of truth in that quote, brought to mind recently with the passing of Maya Angelou.

For those of us in health care, it's a reminder

that most patients judge our quality of care by how we make them feel.

Do you know someone who always makes those around them feel better? Is there an employee at your hospital who is making an amazing difference in the care your hospital provides? Perhaps there's a colleague who consistently receives high praise from others?

We know there are employees like this in all of our hospitals. And we want to recognize them so that even more people can be inspired by their actions.

That's why we've created the Capella STAR Award: to honor employees who are shining examples of our values. One employee at each hospital will be recognized, with one of those selected for company-wide recognition. Join us in honoring our stars by nominating a deserving employee.

For more information on eligibility, qualifications and awards, visit the For Employees section on our website.



BECOMING THE BEST OF THE BEST

It's all about quality

It is one of just 182 hospitals in the nation to be named a Top Performer on Key Quality Measures for three consecutive years by The Joint Commission. Last year, this 88-bed hospital was the top-performing hospital in Oregon in the "pay-for-performance" category, one of only nine to receive an increase in reimbursement to reward quality care and the only one to receive the highest increase of 0.39%. And, in the past two years, they've been named one of the nation's strongest hospitals in The Hospital Strength Index™.

Willamette Valley Medical Center (McMinnville, OR) knows how it's done, and the national recognition they've earned attests to that fact.

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Do you measure up? Take our quiz and qualify to win a prize. Go to CapellaHealthcare.com/MeasuringUp

A REMARKABLE REBOUND – EMIL EVANS' STORY CONTINUED FROM PAGE ONE

Stroke stopped in its tracks in the ED

Emil Evans' remarkable rebound can be attributed to an innovative partnership that brought the best stroke treatment expertise to his bedside minutes after he arrived at Willamette Valley Medical Center (McMinnville, OR). Through a partnership with the Oregon Health & Science University (OHSU) Telemedicine Network, Emil had access to the highest level of care close to home. Using telemedicine is one of the newest high-tech ways in which more lives are being saved in rural communities across the country.

Emil became dizzy while standing in the kitchen of his home. He was sweating profusely by the time he made his way to the living room and sat down. His wife, Darrell (pictured on the cover with Emil), called 911 and paramedics took him to WVMC. Siobhan Gray, MD, the emergency department physician who examined him, immediately suspected he had suffered a stroke.

"He had weakness on one side of his body. He knew what he wanted to say but couldn't form the words properly," she says. Through a telemedicine cart that contained a video screen, she connected with OHSU neurologist Hormozd Bozorgchami, MD. This secure two-way audio-video system



Dr. Gray watches as OHSU neurologist Dr. Bozorgchami beams into the emergency department on a telemedicine robot.

allowed the specialist to examine Emil, ask his family about his medical history and work with Dr. Gray to begin treatment. Dr. Gray gave Emil a clot-busting medication, and he was transported to OHSU where the remainder of the blockage was removed using one of the latest stroke treatment devices. Two days later, Emil was doing so well that physicians sent him home.

"They insisted I take a walker," Emil says. "I have no more use for a walker than a hog has for roller skates."

The best treatment for ischemic stroke (in which an artery is blocked) is early treatment. Many acute stroke therapies, including the clot-busting t-PA that Emil initially received, are time-dependent, and the sooner a patient can receive treatment to help remove the blood clot, the better the chance that they will recover.

These therapies are also complex and require efficient coordination of care from stroke centers that can provide comprehensive treatment so that care is administered effectively and appropriately. Many hospitals in non-urban communities are partnering with larger hospitals to provide this advanced care, including Capella's affiliated facilities in the Upper Cumberland Plateau of Tennessee, which are all now a part of the Saint Thomas Stroke Network.

To hear Emil share his experience, watch the video on Capella's YouTube channel.



Others – like Southwestern Medical Center (Lawton, OK) – have earned national certification as Primary Stroke Centers. Read about one of their patients (and his dog) on page 7.



BENEFITS BRIEF + HEALTH HEROES

Achieving goals through Wellness Program

The Capella Wellness Program, a worksite health and wellness initiative, was launched last fall to provide resources to support employees' efforts to eat well, stay fit and manage health challenges. The new benefit for employees is administered by Health To You (H2U). Employees already have experienced significant successes through their participation. These are our Health Heroes this quarter.

WASHINGTON

ANNA LAMBOY-MANN, SWITCHBOARD OPERATOR CAPITAL MEDICAL CENTER

Anna has worked at Capital Medical Center for 12 years and describes the culture there as "like a family."

Since March, when she began working with her coach, Anna has lost 17 pounds and 9.42% of fat. And her A1C* is down significantly. She credits the H2U program and her health coach.

"It's the best thing," she says of the program. "I'd been trying to lose weight for two and a half years, but my progress was very slow. Since this program started, I just decided to focus. I wanted to lose one pound a week. My health coach Kate – she is fabulous! She's very encouraging and very positive. She was non-judgmental and kept me focused. I feel like she's my best friend. We talk once a month, but I can email her if I feel I'm slipping, need encouragement or have questions."



Pictured from left are Paula Chambers, Kristeen Gomez, Anna Lamboy-Mann and Lazette Wiley.

At first, there wasn't much talk among employees about participating in the H2U program or the health coaching component, but then several started sharing. Recognizing it would be easier to achieve their common goals by working together, a group of four and eight people – depending on work schedules – started taking breaks and lunch together and walking, which helps keep them all motivated, according to Anna.

Anna loves using a Fitbit® she received after starting her coaching sessions. "The Fitbit and coaching help keep me accountable and on track for my weight loss," she says. "The H2U website is a great resource as well. It's fascinating the things you can learn."

* The A1C test is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past 3 months. A normal range is generally 4.5 to 6.

OKLAHOMA

TONY DOWNS, LEAD RAD TECH IN RADIOLOGY/IMAGING SOUTHWESTERN MEDICAL CENTER

Since the start of the H2U program, Tony Downs has lost 20 pounds. "My wife and I started a diet plan that has helped change my life style. We also exercise regularly and try to walk at least two miles nightly. I really want to maintain this weight of 169 pounds, and try to get down to 165 pounds. I am grateful for the H2U program and my wife. The changes have given me a new outlook and I feel much better!"

RONI GARDNER, SPEECH PATHOLOGIST IN PHYSICAL MEDICINE, SOUTHWESTERN MEDICAL CENTER

"When I received my H2U report and learned I had to engage in the coaching sessions because my A1C* levels were in the high risk range, I immediately thought 'oh great... now I have one more thing I have to put on my never-ending agenda.' However, after my first session with my coach, Beatrice, I found out the sessions were very informal with great discussion back and forth regarding health and wellness. I was then challenged to step up my game, lose some weight and attempt to drop my A1C levels. Beatrice was not only informative but supportive, and within a few months, I had lost almost 20 pounds. My most recent labs showed my A1C had dropped from 6.5 to 5.8. I wholeheartedly support the H2U program, because it gave me the information and cheer leading to meet my health and wellness goals."

To see photos of this quarter's Health Heroes as well as more success stories, visit CapellaHealthcare.com/HealthHeroes

Tell us about your wellness success story, email us at Connections@CapellaHealthcare.com



CAPELLA WELLNESS PROGRAM FAST FACTS

Participants in the *Capella Wellness Program* have access to:

- **Onsite employer-sponsored health screenings** annually
- **H2U's Personal Health Assessment (PHA) and health report** to support their personal health awareness and provide health recommendations
- **Medical plan premium discounts** rewarded to those who participate in the wellness program and are enrolled in a Capella medical plan
- **Valuable members-only discounts** on products and services from Capella's nationwide network of partners
- **H2U's health portal, accessible at MyCapellaWellness.com**, with medical video animations, recipes, health calculators and more than 2 million pages of searchable health content
- **E-mail newsletters and reminders** that can be customized to highlight health topics important to you
- **Health To You Magazine**, a quarterly publication with tips and healthy-living news

For more information, visit www.MyCapellaWellness.com or email CapellaWellness@CapellaHealth.com



HOSPITAL HIGHLIGHTS

ARKANSAS

NATIONAL PARK MEDICAL CENTER Hot Springs

New chapel dedicated; Staff works to encourage organ donation

National Park Medical Center encouraged area residents to register as organ and tissue donors on National Blue and Green Day in April, in support of organ and tissue donation awareness. “It only takes a few minutes to go online and register or update your organ and tissue donation registration, and it could



Earlier this year, NPMC dedicated its newly renovated chapel.



ultimately save a life,” said assistant chief nursing officer, Priscilla Couch, who coordinates the hospital’s initiative. “Organ donors are making a difference nearly every day in Arkansas, and we want to make everyone aware of the impact they could make with such a simple step.”

SAINT MARY’S REGIONAL MEDICAL CENTER Russellville

New Millard-Henry Clinic opens

A brand new, multi-million dollar facility, the new Millard-Henry Clinic, home to 28 clinical practices, opened its doors on March 2. It is one of Arkansas’ largest clinics, both in terms of staff and facility size.



“This building represents a strong commitment to the people of the River Valley region,” said Donnie Frederic, CEO, Saint Mary’s Regional Health System. “When we opened the doors to the new Millard-Henry Clinic, we opened the doors to more complete care – more physicians, more specialties, more appointments, more timely care – more access to the kind of care our community deserves. This building also represents a commitment to the economic future of our community. Friends, families and neighbors will no longer have to travel for the care they want and need.”

“I think Millard-Henry Clinic is unique – one building holding many doctors who treat all stages of life. With this new building, we’re able to expand and add two new physicians to our pediatric group. It just provides comprehensive care for the whole family,” Dr. Christina Bartlett, pediatrician, said.

MISSOURI

MINERAL AREA REGIONAL MEDICAL CENTER Farmington

Hospital scores an “A”

Mineral Area Regional was honored with an “A” grade in the Spring 2014 update to the Hospital Safety Score, which rates how well hospitals protect patients from accidents, errors, injuries and infections. The Hospital Safety Score is compiled under the guidance of the nation’s leading experts on patient safety and is administered by The Leapfrog Group (Leapfrog), an independent industry watchdog.

“Providing the highest quality of care and patient safety are our hospital’s top priorities. All of us at Mineral Area Regional are proud of this distinction as it helps to demonstrate the commitment and dedication of our employees, physicians and medical professionals in caring for our patients,” said Lynn Mergen, Mineral Area Regional CEO.

OKLAHOMA

EASTAR HEALTH SYSTEM Muskogee

EASTAR Health System expands, improves cardiac services

The expansion of cardiac services is saving lives in Muskogee. The hospital recently introduced a STEMI program through a collaboration with the Cardiology Clinic of Muskogee. Dr. Marvin Padnick, interventional cardiologist, serves as director of the ST-elevation myocardial infarction (STEMI) program. With more than 30 years of cardiology experience, Dr. Padnick made the move to Muskogee to start the STEMI program at EASTAR.



“I wanted to join a hospital where I felt I was making a significant impact,” he said. “The faster you open an artery after a heart attack, the more likely you are to save that patient,” Padnick said. “Time is muscle.”

Additionally, cardiologists are now performing cardiac catheterizations using smaller arteries in the wrist rather than the traditional approach using the transfemoral artery in the groin area. The main benefits to the new approach are safety and convenience, said Dr. Mazen Al-Hamwy. “Safety, because of the size of the artery (radial), and it being superficial leads to less bleeding complications or vascular complications.” The convenience factor of the procedure is improved because the patient does not have to be approached near the groin and does not have to lie on their back for an extended amount of time after the procedure.

Cardiologist Dr. Mohammad Mahayni said that more than 95% of the procedures he performs at EASTAR are done via the transradial or wrist approach. “Throughout the nation in 2012 and 2013, it’s about 15 to 18 percent of the interventional cardiologists in the U.S. do that,” Dr. Mahayni said. “In Oklahoma though, to my knowledge, it’s probably less than this.”

HIM department recognized

EASTAR’s HIM department was recognized as runner-up during EDCO® Health Information Solutions’ annual Health Information Professional’s Week contest. According to department director Amy Box: “My department finds ways to be involved outside the walls of our department. We help with Relay for Life and recently had our second annual 5K race We recognized and thanked the other departments. During HIM Week, each staff member brought home-made cookies and brownies to give away to each of the 40 departments. My staff show true EASTAR spirit They make a difference in lives each and every day.”

**SOUTHWESTERN MEDICAL CENTER Lawton
SWMC breaks ground on new center**

SWMC held a ground-breaking ceremony to launch construction on a new Surgery Center. The new \$4.5 million, 10,000 square-foot ambulatory surgery center is scheduled to open before fall.



OREGON

**WILLAMETTE VALLEY MEDICAL CENTER McMinnville
New CEO named**

Peter Hofstetter has been named CEO for WVMC, effective August 1. With 30 years of experience as a hospital CEO, Peter most recently served at Holy Cross Hospital in Taos, NM, where he has been CEO since 2009. Prior to that, he served at hospitals in Vermont, Pennsylvania and Rhode Island. A Fellow in the ACHE, he has held numerous leadership positions in state and national organizations, including the American Hospital Association, where he has served on the Governing Council for Small and Rural Hospitals since 2011.



Willamette Valley Medical Center says “thank you”

Several Capella hospitals have partnered with WVMC to assist their partner hospital in Ghana. Here’s a thank you note and update from interim CEO Rosemari Davis.

“Many thanks go to Capella, Brian Hitchcock and several of our sister hospitals who are joining with WVMC to donate equipment, supplies and furnishings, including Southwestern, Mineral Area, and Saint Mary’s / Millard-Henry Clinic. Thanks to this generosity, the hospital is going to receive operating room equipment, patient exam tables, a mammography unit, X-ray view boxes, hospital beds, stretchers, microscopes, computers and more. Additionally, WVMC’s employees have contributed almost \$1,000 to buy the hospital a commercial washer and dryer.

“Several of our WVMC medical staff also donated, including a retired urologist who donated his whole office furnishings and equipment, as did an ENT. A dermatologist donated a cryostat and microscope. A pulmonologist donated a procedure table and microscope.

“The movers will pick up the equipment early this summer. It will be trucked to Houston then a container ship will take it to Ghana and the New Abirem Government Hospital. It will arrive in about three months.

“In addition to supporting our sister hospital, we partnered with St. James School in McMinnville and they have adopted a ‘sister’ school. The container shipment will also carry K-5 textbooks, school supplies, and gently used clothes to the Akwadum Model School in New Abirem.



“Ghana Hope Foundation’s main fundraiser occurs in September. The Oregon Brews and BBQ is a three-day event that drew over 5,000 people last year and raised more than \$20,000. The money is used to subsidize the medical team’s flight expense (50%). Everything else has been donated including the mover’s packing and shipping costs.”



To learn more about the Ghana Hope project, visit GhanaHopeFoundation.org

HOSPITAL HIGHLIGHTS

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TENNESSEE

DEKALB COMMUNITY HOSPITAL Smithville Carter named Nurse of the Year

Lindi Carter, RN, was recently named “Nurse of the Year” at DeKalb Community Hospital.

“We are very proud to work with such dedicated nurses, and it is no surprise that Lindi was voted to receive this much-deserved award. She gives one hundred and ten percent each and every day and always puts our patients first,” said CNO Kim Frazier of DeKalb Community Hospital and Stones River Hospital.



OR Director Nancy Trapp presents the Nurse of the Year Award to Lindi Carter alongside CEO Sue Conley and CNO Kim Frazier of DeKalb Community Hospital.

HIGHLANDS MEDICAL CENTER Sparta CFO announced

Jennifer Weldon has been named CFO for HMC. With 10 years of hospital accounting experience, Jennifer joined Capella in 2007 serving as Controller at Capital Medical Center (Olympia, WA). She then transferred to EASTAR Health System (Muskogee, OK) where she has served as Assistant CFO.



RIVER PARK HOSPITAL McMinnville Safety Champion named

Lorie Smith has been named the inaugural Safety Champion for River Park Hospital. Nationally recognized patient safety advocate and speaker, Ridley Barron, spoke at the luncheon and awards ceremony.

Three specific criteria are used to select the Hospital Safety Champion, said Tim McGill, RPH CEO. “They must embrace the hospital’s mission of safety. They support all measures to implement change in processes or policies that positively impacts safety concerns. And they are passionate about providing the best and safest care for our patients and their families.”

Her co-workers think highly of Lorie. “She not only monitors quality controls daily and watches carefully for future potential problems, but is also a proactive problem solver and looks for ways to improve processes,” said her co-workers. “Lorie is the ‘go-to’ person for questions. She puts the patient first. She is kind and compassionate to patients and families, demonstrating a bedside manner that should be a model to all of us. She truly puts the patient first in all she does every day.”



Lorie Smith receives RPH's inaugural Safety Champion Award, presented by nationally known patient safety advocate Ridley Barron.

Senior CFO named

Rodney Van Donkelaar has been named Senior CFO for River Park Hospital and Highlands Medical Center. He transferred from Grandview Medical Center, where he served for the past three years. Rodney joined Capella in January 2006 as Controller of Willamette Valley Medical Center (McMinnville, OR).



STONES RIVER HOSPITAL Woodbury Nurse nominated for Nurse of the Year

Sheila Thomison, RN, who works in the geropsychiatry unit, was nominated for *The Tennessean's* “Nurse of the Year” recognition program. She is celebrating her 40th year in nursing this year. The luncheon program was held on her 70th birthday. From left are: Mark Medley, President of Hospital Operations; Sue Conley, CEO of DeKalb Community and Stones River hospitals; Sheila Thomison; Beverly Craig; and Michael Wiechart.



Beverly Craig, who is Vice President of Regulatory

Compliance and Clinical Risk Management at Capella, was also nominated. “I’ve worked with many companies and hospitals and have never had the corporate VP in this position work so diligently and attentively to help,” said Sue Conley, CEO of DeKalb Community and Stones River hospitals. “Beverly always has the best interest of the staff, hospital and, of course, the patient in mind.”

WASHINGTON

CAPITAL MEDICAL CENTER Olympia Capital Medical Center launches million dollar renovation

Capital Medical Center has launched a \$1.2 million renovation of its Women’s Services unit to enhance care and provide the most comfort for patients and families. Upgrades are planned for the birthing suites, nursery, gynecological patient rooms and waiting room. Renovations are expected to be completed this fall.

Recognized for excellence

The Thurston County Economic Development Council recognized Capital Medical Center as one of three finalists for its annual business recognition awards program in the category of corporate employer.

Southwick named COO

Bill Southwick has been named COO for Capital Medical Center. Having worked in hospitals for 23 years, including the last 17 in leadership roles, Bill brings significant experience to his new position. Most recently, he served as CNO at Mountain Vista Medical Center in Mesa, AZ, and at Salt Lake Regional Medical Center.





Capital Medical Center forms collaboration with UW Medicine

UW Medicine and Capital Medical Center (Olympia, WA) have signed an agreement selecting UW Medicine as the healthcare system of choice for complex tertiary and quaternary care for Capital Medical Center patients. This collaboration will provide CMC patients prompt access to the highest level of care for advanced services while allowing the organizations to work together to continue improving the quality, safety and cost effectiveness of care in the South Sound.

“This collaboration will support UW Medicine’s mission to improve the health of the public by providing seamless access to the world-class clinical services UW Medicine is known for,” said Paul Ramsey, MD, CEO of UW Medicine. “Such collaborations are vital in the process of achieving healthcare reform’s Triple Aim – improving healthcare for individuals, improving health for populations, and reducing the per-capita costs of healthcare.”

“Capital Medical Center has grown significantly over the last few years, adding a new neurosurgery program, diagnostic imaging center, and a wound care center with hyperbaric oxygen therapy, as well as other services and physicians – all to better serve the needs of our community,” said Jim Geist, CEO of Capital Medical Center. “In fact, since 2005 approximately \$30 million has been invested in growing our facilities and services. This partnership is the next logical step in our journey. Collaborating with UW Medicine will help enhance our ability to achieve our goal of ensuring that our patients have access to the highest quality of care.”

“This strategic partnership with UW Medicine is an important step for both Capital Medical Center and for the South Sound region,” said Michael Wiechart, President and CEO of Capella Healthcare.



From left: Michael Wiechart, President and CEO of Capella Healthcare; Johnese Spisso, UW Medicine Chief Health System Officer; and Jim Geist, CEO of Capital Medical Center.

“To thrive in the future, hospitals will have to have the right partners. This unique collaborative partnership will become a case study for how an outstanding community hospital can provide world-class care without compromising the unique attributes for which it is most appreciated – compassionate personal care, delivered close to where people live and work.”

– Michael Wiechart,
President and CEO of Capella Healthcare

“This partnership marries a top academic medical center that has very strong primary care resources with a best-in-class community hospital. To thrive in the future, hospitals will have to have the right partners. This unique collaborative partnership will become a case study for how an outstanding community hospital can provide world-class care without compromising the unique attributes for which it is most appreciated – compassionate personal care, delivered close to where people live and work.”

Army sergeant awakens from nap paralyzed; Hospital intervenes during stroke

When Mark Winburn woke up from a nap last October, he knew immediately something was terribly wrong. “I couldn’t move,” he remembers. “My entire right side was paralyzed. My dog, Sarge, was going crazy and went to retrieve my wife, Jeanne, who called 911.”

Mark was rushed to Southwestern Medical Center (Lawton, OK), the first and only Joint Commission Certified Stroke Program in Southwest Oklahoma. The hospital’s emergency personnel went to work without delay. “I don’t remember much, but my wife says there were three or four doctors and maybe a dozen nurses working on me.”

After determining that Mark had suffered a stroke, Dr. Geetha Kandimala, a neurologist with Southwestern Medical Center, quickly decided to give him a clot-busting drug. It did just what it was supposed to do. When Mark woke up the next morning, he was astonished to find he could stand up and walk down the hallway.

“It was a miracle!” says Mark, a retired Army First Sergeant with 24 years of service. Less than four months after his stroke, he returned to full-time work as a retirement services officer for the Army.

Mark’s dog, Sarge, performed a “Lassie,” getting help when Mark had a stroke. How has your pet helped improve your health? Tell us at Connections@CapellaHealthcare.com We’ll publish the best stories!



Capella featured on cover of HCE magazine

Capella Healthcare’s focus on forging partnerships that make communities better is the cover feature of the current issue of *HCE magazine*. To read the complete feature, just visit the home page of our website for a link.





WVMC a Top Performer

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How do they do it?

Achieving the highest quality of care is about working together as well as about putting the best practices to work, according to WVMC's Chief Nursing Officer Connie Pullen. "It's all about hard wiring performance and then continually holding people accountable."

You do that, Connie says, by not making excuses and simply following best recommended practices, such as having staff members make rounds on patients and having leaders round on employees. She reinforces the fact that "happy employees make happy patients," so you build loyalty with staff first by being available, listening and following up. Of course, it's vital to hire the right people – those with education and commitment, which is often more important than experience – making sure they fit the hospital's culture. Then, with everyone on-board and united in the cause, success is simply a matter of time."

You matter. Amazing care every time.

That's the mission of every single staff member at Willamette Valley Medical Center. And, according to their most important stakeholders (the patients) as well as organizations that measure and report on quality data, they're achieving it. In May, the hospital recognized more than 60 nurses, physicians and staff for providing amazing patient care at their ACE Awards ceremony. The stories of compassion ranged from buying a hungry patient lunch to sitting with a family during their last moments with their dad. More than a few fought back tears.

"We adopted this mission statement to help us all focus on what truly matters," said CEO Rosemary Davis. "This is a lofty mission. When someone comes to our hospital, they will be touched by so many people. It's up to each individual they come in contact with to make sure that patient – and their family – has an amazing experience."

Meet some of the caregivers at WVMC and learn more about how they are achieving impressive results in quality care and patient satisfaction.



Happening Now

- **Inaugural Capella STAR Award** - Watch for information at your hospital or visit our website to nominate a deserving employee for the new Capella STAR Award.
- **Children's Holiday Art Contest** - Could your child or grandchild be the designer of our holiday card?
- **4th Annual Capella Communities Photography Contest** - Show us what makes your community special.

Learn more about each of these opportunities by visiting our website at CapellaHealthcare.com/ForEmployees



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To see this issue on-line, or learn more about Health Heroes and Bright Stars, visit our website's "For Employees" section.

HONORING BRIGHT STARS

Barb Chesshir, RN, Infection Preventionist at National Park Medical Center (Hot Springs, AR), has been recognized by APIC-Arkansas with the Shoe Leather Epidemiology Award for demonstrating superior performance in clinical and professional practice. The award is given to the individual that best demonstrates excellence in defining, evaluating and continually improving the practice of infection control and healthcare epidemiology.



April Hibdon, LBSW, Program Director for Highlands Senior Care at Highlands Medical Center (Sparta, TN) has been honored as 2014 Social Service Person of the Year by the Upper Cumberland Social Services Association. She was nominated by Monica Deaton-Beatty, Area Sales Manager for Intrepid Home Health, who said: "April has worked with children, nursing homes, admissions, activities, intake, director of physical rehab and director of senior care. She has many achievements and has always helped the community through her work. When families are in crisis, she is there to help."



Having lived nine decades doesn't seem to deter **Dona McKewen** from doing whatever she wants. In fact, she just celebrated her 30th anniversary of service as a volunteer at National Park Medical Center (Hot Springs, AR). She began volunteering in the ICU department at the old Ouachita Memorial Hospital in 1984, after her husband passed away. But for the past several years she's been volunteering in NPMC's Gift Shop, and is well-known for being quite the sales-lady, according to Mandy Golleher, Marketing Director. She also keeps track of all volunteer hours. On the side, she works at the Oaklawn race track as a teller during racing season.



A number of leaders have been chosen for prestigious positions with national and state professional organizations:

- **Donnie Frederic**, Saint Mary's Regional Medical Center CEO, has been appointed by the Governor to serve on the Arkansas Healthcare Quality and Payment Policy Advisory Committee.
- **Al Smith**, SVP, Chief Information Officer for Capella, has been appointed Chairman of the Health Information Technology (HIT) Task Force for Federation of American Hospitals.
- And, in Tennessee, a number of leaders are serving the state's hospitals, including **Tim McGill**, River Park CEO, who has been named Vice Chair of the Tennessee Hospital Association's Small or Rural Constituency Section; **Tish Moran**, RN, MHA, from River Park, who has been elected to the Board of Directors for TAHQ; and **Robert Wampler**, VP, COO of Hospital Operations for Capella, has been elected to the Board of Directors for Tennessee Hospital Association Solutions Group. **Denise Warren**, EVP, CFO for Capella, is on the THA Audit Committee. **Mark Medley**, SVP, President of Hospital Operations, will be installed this fall as Chair of the Tennessee Hospital Association.