When Michael J. Fox announced that he had Parkinson’s disease, many people called to encourage him. Among those who contacted him were Billy Graham, Janet Reno and Mohammad Ali, each of whom had also been diagnosed with Parkinson’s.

Adam Hodges, General Manager for Anderson Health and Fitness Center, has recently established a program involving an effective form of physical exercise for people who are living with Parkinson’s. Anderson’s Fitness Center is now an affiliate of Rock Steady Boxing, which was founded by Marion County (Indiana) Prosecutor Scott C. Newman, who was diagnosed with Parkinson’s at age 40.

Hodges and staff members at Anderson Health & Fitness Center are trained and certified to manage this program which is dramatically improving the ability of people to live more independent lives. A well-rounded exercise program is provided, the heart of it being non-contact boxing.

Parkinson’s disease is a disabling brain disorder, often called a “movement disorder.” It occurs when brain cells or neurons decline and cause a deficiency in the chemical brain messenger dopamine. Dopamine helps the nervous system control muscle activity. The low supply of dopamine causes the major symptoms of Parkinson’s. There is no cure for Parkinson’s but there is help for managing its symptoms. There have been dozens of research studies showing that exercise has a positive impact on the management of the disease.

“Adversity is not without comforts and hopes.” — Francis Bacon

On our cover: Rock Steady participant Wade Jones.
of Parkinson’s symptoms.

As I watched the participants enthusiastically pounding their punching bags, I asked Adam, “Why boxing?” He replied, “Boxing exercises both sides of the brain, and that’s what they need in order to stimulate and supply the needed chemicals in the brain.”

Mallory Hardy, Membership Services Director, has a special love for the participants of this program. She said, “The gym is their neighborhood, where they meet their friends on Monday, Wednesday, and Friday. We want to make a difference in their lives.”

She sent up prayers to have 30 people to join the Parkinson’s program; they now have 33. They often begin and end their sessions with prayer, and participants sometimes pray for each other.

I have observed as this special group of people work out. They do warm-up exercises, boxing routines, exercise on the weight machines and walk the track. There are also group games and lots of laughter.

I asked Kathy, who has participated in the program for several weeks now, how it has helped her. She says, “I feel stronger now and my energy level is higher.” Bud, another participant in the program, says, “This is the best thing that has happened to me since my diagnosis. We all have so much in common and we have empathy for each other. We cheer one another on.” Bud’s wife, Pat, said, “This program has given us such hope for delaying the symptoms of Parkinson’s. It’s a blessing to see the way they encourage one another.”

“For those with a chronic, disabling neurological disorder such as Parkinson’s, it is often hard to see a bright side to the adversity,” writes David Cram, M.D. “Anger, self-pity and fear may so cloud our perceptions, we choose despair over hope. We may be so frightened we give up. We may feel like helpless victims, relying on others to perform even the most mundane tasks. But there is hope. I know because I have Parkinson’s.”

Being diagnosed with Parkinson’s can be devastating for patients and their caregivers. One patient has said, “Sitting around the house in my pajamas did nothing for my self-esteem. One day I realized I have the ability to do so much more.” She advises, “Give yourself time to sort through all your emotions after being diagnosed, then get on with your life.” Adam Hodges and his trainers at Anderson’s H&F Center can help you get on with your life.

Virginia Dawkins is the author of Stepping Stones: Steps from Shackles to Freedom, available at Amazon.
Vizient Southern States, a membership alliance for non-profit health care providers focused on delivering cost-effective care, recently named its Diabetes Management Collaborative, which includes Anderson, as Outstanding Collaborative of the Year, delivering more than $8 million in savings to member hospitals.

Within the Diabetes Management Collaborative, member hospitals were awarded for their individual performance. Anderson Regional Medical Center received a Top Performance Award for its overall score on the following metrics: reductions in patient readmissions, average length of stay (ALOS), emergency department revisits and insulin adverse drug events (ADE). The Anderson Diabetes Center, led by Certified Diabetes Educators Terri Patterson, RN, BSN, and Denise Roberts, RD, LD, reduced hypoglycemic events by 20% over the past year.

Anderson President and CEO, John G. Anderson, said, “There is truly no better team of diabetic practitioners anywhere. Terri and Denise have unmatched passion for the diabetic community, as demonstrated by their dedication to stay on the forefront of knowledge and evidenced-based practice in the management of these individuals and this debilitating disease. They are more than deserving of this accolade in recognition of their incredible work.”

Ten Vizient Southern States’ members participated in the Diabetes Management Collaborative. They received valuable education from leading practice experts, exchanged knowledge on current successes and challenges in community outreach, diabetes prevention and diabetes education, and learned how to best connect patients to appropriate care. Vizient Southern States’ performance improvement staff also provided extra support with coaching calls and in-person meetings.

Terri Patterson, Anderson Diabetes Program Coordinator, said, “Since 1991, Anderson Diabetes Center has offered a comprehensive diabetes treatment and education program. We are accredited by the American Diabetes Association which sets standards to ensure our program is well-organized and effective in providing the instruction and support needed to manage the disease. Our experienced team works together to guide and advise individuals on all aspects of managing diabetes and help them achieve an optimum level of health.”
Recently, our eight-month-old baby, Finn, was direct admitted to 2-East from Anderson Children’s Medical Clinic. We started that Tuesday morning in Dr. Deanna Price’s office. She felt that Finn needed to be admitted to the hospital, so she and the staff called and made all the arrangements. It was such a seamless, easy process for us. They told us the room number we were going to and Dr. Price notified Dr. Robert Eubanks about Finn.

We left the office and went to the new admissions area (by Labor & Delivery) and were immediately checked in by Anya’s staff. It was so convenient and we were very thankful we didn’t have to go down the hallway and wait to check-in amongst all of the sick ER patients.

When we arrived in the room the staff on 2-East came in quickly to admit us. They were all very sweet and reassuring when they had to take Finn to get his IV (also, they got him on the first stick!). The nurse manager, Kelsie Chisolm, brought Finn back to the room after his IV was done and held him and rocked him. She checked in on us regularly throughout our stay to see how things were going and get our feedback.

We had wonderful nurses and care techs throughout our stay. Katelyn was Finn’s nurse for three out of the four days and she was a God-send. She not only provided excellent care for Finn but was supportive to me as a mom with a very sick baby. I was so thankful for her kindness and compassion and the continuity in care from one day to the next.

I cannot leave Dr. Eubanks out either — he is an incredibly caring physician and I’m so thankful we have him at Anderson. He answered all our questions and did everything very timely.

I’ve attached a picture of Finn and Katelyn on the day he was discharged. It was a very happy moment for us and I wanted all to know how thankful we are for the care that was provided to our family!

— Brittany Winstead
Pain Management Center Named Center of Excellence

“*I am honored to be part of this important initiative to advance standards of care for patients suffering from chronic pain,*” said Dr. Azhar Pasha

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timwave Technologies, the leading innovator of wireless medical pain relief implant bioelectric technology, recently announced that Pain Management Center of Meridian has been named a Stimwave Center of Excellence as part of its national program to spotlight physicians that provide unparalleled commitment and dedication to patient outcomes.

“I am honored to be part of this important initiative to advance standards of care for patients suffering from chronic pain,” said Dr. Azhar Pasha. “Stimwave’s Wireless Pain Relief technology offers patients an innovative pain management therapy without exposure to addictive medication.”

The Stimwave Centers of Excellence program recognizes facilities that are dedicated to creating an inclusive and evidence-driven environment for chronic pain patients, and have demonstrated a high degree of clinical competence in helping appropriate patients utilize Stimwave’s unique and advanced micro-technology.

More than 400 million people worldwide endure daily chronic pain. The Stimwave Stimulator System provides a non-surgical therapy option for chronic pain with just a single device implanted through a needle.

As a Stimwave Center of Excellence, Dr. Pasha will give back to the greater Stimwave community through voluntary engagement in a committee to provide critical, ongoing feedback and insights in the areas of clinical, product, procedural, reimbursement and education.

Dr. Pasha is the director and founder of the Pain Management Center of Meridian, which provides comprehensive pain management and customized treatment plans for patients, including a full range of interventional procedures, and medication plans.
Although they fill one of the most vital roles in a healthcare system, nurses are often unsung heroes. There are countless stories about nurses who go the extra mile by responding to requests and completing tasks that are often outside the scope of their nursing duties. These nurses often reply, “I didn’t do anything special,” when they truly made a difference in the life of their patient.

Anderson is making sure these remarkable individuals are acknowledged by implementing the internationally recognized DAISY Award program. This program rewards and celebrates the extraordinary clinical skill and compassionate care given by Anderson nurses every day.

DAISY Award honorees personify Anderson Regional Health System’s dedication to the exceptional patient experience. These nurses consistently demonstrate excellence in their work and they are recognized as outstanding role models. Each honoree is recognized in her/his unit and receives a beautiful certificate, a DAISY Award pin and a hand-carved stone sculpture entitled “A Healer’s Touch.” Additionally, everyone in the unit celebrates with cinnamon rolls made with Makara cinnamon — a favorite of Patrick’s during his illness. The Barnes Family asks that whenever and wherever nurses smell that wonderful cinnamon aroma, they stop for a moment and think about how special they are.

Criteria used to nominate a recipient for The DAISY Award include:

• Comforting, calm and communicative when patients and families are most vulnerable
• Exhibits clinical expertise and the essence of nursing
• Has made a significant difference in a patient’s life
• Provides compassionate nursing care while paying close attention to the emotional and psychological needs of their patients and families
• Extraordinary skill and kindness, selflessly rendered; an unsung hero
• Makes the patient feel secure and confident in the care they receive
• Listens with their heart, passionate about their work and puts the needs of others above their own

Anyone can nominate a nurse by visiting the Anderson website or by completing a DAISY nomination card in an Anderson facility.
Biosafety Preparedness
Anderson laboratory personnel participated in the annual 2019 Biosafety Preparedness Exercise sponsored by The Mississippi State Department of Health. They completed a Biosafety Risk assessment and submitted it to the MSDH for review. Participation in the exercise makes the lab better prepared to assess the hazards and mitigation strategies. These exercises are used to foster continued laboratory biosafety education for facilities across the State.

Best in Class

Hyster forklift “Best in Class” Operation Training was held recently at Anderson Regional Medical Center. To be able to operate the forklift, operators must complete and pass the written test, complete the pre-check list and pass the operators’ hands on driving course to insure proper procedures and safety requirements. Once an operator passes all three components of the course, they receive a “Best in Class” Operator Training Certificate. We are pleased to report that all Anderson attendees passed the requirements and are now OSHA compliant.

From left, front row: Steven Kelly, Waylon Temple, Tim Goss, Ben Hatcher, Raheem Blanks, Daricek Shelby, Doug Todd and Glenn Caldwell.

From left, front row: Steven Kelly, Waylon Temple, Tim Goss, Ben Hatcher, Raheem Blanks, Daricek Shelby, Doug Todd and Glenn Caldwell.

Back row (sitting on forklift) is Lowery Campbell.

From left: Andree Rodgers, Robbie Dubose and Mike Hall
(not pictured is Clifton Radcliffe).
Wins $1,000 for Donating Blood

Congratulations to Billy Breland, Webmaster in our Information Technology department, on winning the $1,000 gift card (two $500 cards shown in the picture) from Mississippi Blood Services for donating blood during our recent drive. With Billy is Dana Brohaugh, Marketing Representative with Mississippi Blood Services.

Volunteers Host Jewelry Sale

Members of the Anderson Auxiliary Volunteer put on a great Masquerade Jewelry sale this fall, open to staff and the general public alike. Funds raised during this event help the Volunteers to support important programs throughout the year at Anderson.

Back Home

Wesley Haggard, Athletic Trainer for Anderson, is also a member of the Army National Guard. He has served with the ANG for 19 years and was recently promoted to the rank of Captain. Wesley returned home from a 12 month deployment to Kuwait in September 2019. Thank you for your service, Wesley!

Tutu Tuesday’s With Stella

Anderson’s therapy dog, Stella, loves being a part of Tutu Tuesdays with our pediatric patients and staff! Thank you Rebecca Pearson (Stella’s handler) for sharing Stella with everyone.
When a frustrated, unhappy, 29-year-old patient threatened to leave the Tom C. Maynor Rehabilitation Center at Anderson Regional Medical Center - South, Becky Eady did something not necessarily in the Program Director's playbook. She spent much of the evening in the patient's room talking — except for her brief trip to a nearby Chick-fil-A to get the patient food the cafeteria couldn't provide on short notice.

"Chick-fil-A makes everything better," Becky noted.

She also visited the patient regularly during the remainder of her stay and the patient has made great progress in her rehabilitation following a motor vehicle accident.

And outside of work — like when her second mission trip to Haiti was canceled due to political unrest in that country — Becky stepped forward, contacting the church in Haiti and then ensuring that all of the supplies that were going to be delivered were sent to the church anyway.

"Becky is the most selfless person I have ever met. She does not think of herself, it's always what she can do for others," said Clay Clement, Kindred Hospital Rehabilitation Service's Area Director of Operations (Kindred is the management company for Tom C. Maynor Rehab Center). Clement was the person who promoted her to Program Director shortly after she began working there 12 years ago.

"That's her mission. She stands out. If you meet her in person, you see that in a few minutes."

That amazing selflessness is principally why Clay nominated Becky for the 2019 Paul Diaz Caring Award.

“She is a great operations person and absolutely awesome with the team,” he said. “She’s very well respected and she treats her people well. She lives out our Core Values.”

Becky, who started her healthcare career as a speech therapist, sees herself as part of a larger, tight-knit team that includes great therapists and clinicians. That's why she said she was taken aback by the nomination.

“Selfless” Program Director Exemplifies Core Values

Continued on next page
“I cried,” recalled Becky. “I said, ‘Clay you are going to make me cry.’ I thought, ‘There are so many other people – I could name one after the other — who I think are so much more deserving.’ So this was just shocking and it meant a lot to me that Clay sees me that way because there are so many other people he could have nominated.”

She modestly pointed out that those instances of her going the extra mile for others wouldn’t have been possible without her team, which backs her up when she’s busy doing her good deeds.

“It’s not just me,” said Becky. “I have so many people around me that when I’m absent in one area, I have a lot of good people who will step in and take care of things I wasn’t necessarily here to do. We’ve created a culture that isn’t a ‘that’s not my job’ thing — every job is everybody’s job, and that makes it easy to pull that off.”

In his nomination of Becky for the award, Clay wrote: “Becky exemplifies caring and compassion for patients, her team and anyone hurting or in need. She inspires the team by example and involves herself personally with physicians and payors to passionately make a case as if it were for her own family member. On a call with a payor, she told the Case Manager, ‘Sure, the patient could go to a lower level of care, but that does not mean that she should go.’”

He also pointed out one of the first things Becky does as Program Director is to get to know the patient and family members who come to the Center and try to make them feel valued.

“She makes it a point to know every patient that is admitted to the rehab unit,” he said. “She gets to know them because she knows everybody is a little bit different. There’s no cookie-cutter for rehab. You have to base it upon each individual and their perspective. Sometimes they need some motivation, sometimes they need a little love and companionship.”

Becky takes a similar approach with her team of about 20 who provide rehab services, as well as a skilled nursing unit within the hospital. In fact, she says it’s one of her favorite parts of her job.

“I like the feeling of being the ‘momma’ of the group,” said Becky. “They feel like they can come to me. I am a ‘Little Miss Fix-It’ sometimes — that’s my life and my strength. I like that they see me as more of a family member and not just a manager. I like being able to help them, being able to make them the best therapist or social worker or liaison that they can be. That’s the best part to me. And when they are happy, the patients are happy.”

When she’s not at work she’s extremely active in her church, doing things like facilitating retreats and serving as a youth leader. She also went on a mission to Haiti and planned that second mission that was scuttled at the last minute. She says that such service keeps her grounded and brings its own rewards.

“I have found, because I have my own struggles, that the best way to not to allow yourself to sink in your own ‘pity party’ is to reach out to other people who have it worse,” she said.

“Like when I went to Haiti. Before I went I said I’m going to go to Haiti, show them the love of Christ, I’m going to serve them. When I got there, it really was the other way around. They really were the ones that served me and they were the ones that showed me what the love of Christ looks like.”

Clay described part of Becky’s Haiti experience in his nomination, writing that she “tells the story of giving a little Haitian boy a small lifesaver candy. He walked away, another boy came up to him, he took the candy out of his mouth, broke it and shared it. She was moved by the kindness of the ‘least of these,’ who have so little but big caring hearts. It’s driven her to do more.”

And “more” she does, to the benefit of thousands of patients and their family members at the Tom C. Maynor Rehabilitation Center as well as countless others in the community, and to herself.

“In the end, I try to bless other people, but it always comes back to me a hundred-fold,” said Becky.
Coping with Cancer

Our informative Lunch & Learn series presents many health care topics of interest to our community — all with a free light lunch. Above Ginny Ruffin, LCSW, ACSW, OSW-C (Breast Cancer Patient Navigator), explains how journaling can be an important tool in coping with cancer treatments.

CT HeartSaver Screening

Thanks to everyone who played a part in our recent Heart Screening at Anderson. More than 35 area residents participated in the screening, with all attendees receiving a HeartSaver CT Scan and calcium score, complete lipid profile — total cholesterol, HDL, LDL and triglycerides, glucose level, blood pressure and heart rate and electrocardiogram (ECG) that was read by cardiologists from Cardiovascular Institute of the South.
Anderson Regional Health System is utilizing Segue Transitional Care to assist in managing Medicare and Medicaid patients for 30 days post discharge to support a healthy recovery, reduce readmissions, and improve outcomes. The program focuses on three important elements of the healing process: physical, mental and spiritual.

A Care Coordinator from Segue visits patients after they are admitted to the hospital to introduce the program. If the patient accepts transitional care service, the Care Coordinator sees the patient on the day of discharge to set up a home visit with a Nurse Practitioner. The Care Coordinator also calls the patient 24 hours after discharge to confirm medications have been filled, answer questions and more. The Nurse Practitioner visits the patient three-to-five days after discharge and follows the patient for 30 days. Through this comprehensive clinical model, patients can transition home with greater confidence of a successful recovery, while Anderson maintains continuity of care throughout the transition.

Supporting Healthy Recovery

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Hero Award Submissions Sought

Anderson will be awarding the Josie King Hero Award to one employee quarterly, chosen by the Board Quality and Patient Safety Committee. The Hero Award was created by the Josie King Foundation to be given to those who work hard to create a culture of patient safety — by listening to the patient/family; encouraging them to speak up and ask questions; improving communication and teamwork and providing safe patient care. These awards are for those who set an example for others every day and who inspire positive change.

The winner will receive a plaque and a lapel pin to be worn at work letting everyone know they are a Hero.
ACCREDITATION

The Accreditation Committee of the College of American Pathologists (CAP) has awarded accreditation to Anderson’s main laboratory based on results of a recent on-site inspection.

The facility’s director, Dr. Archie P. Sprabery, was advised of this national recognition and congratulated for the excellence of the services being provided.

“It is gratifying to know that our top-notch lab services and the staff that provide them are recognized by a national organization,” Dr. Sprabery said.

The U.S. government recognizes the CAP Laboratory Accreditation Program, begun in the early 1960s, as being equal-to or more-stringent-than the government’s own inspection program.

During the CAP accreditation process — designed to ensure the highest standard of care for all lab patients — inspectors examine the lab’s records and quality control procedure for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and record, and overall management.

CT Department Certified

Anderson’s CT department has passed all areas of the American College of Radiology reaccreditation process and is now certified for three years — October 2019 to February 2023.

From left are Don Scarbrough, Matt Teffeteller, Derek Griffin and J. Paul Everett.
I am pleased to announce that Anderson Health & Fitness Center will be offering innovative programs for members in 2020. Here are a few of them:

We will be doing the Couch to 5K again this year and the program will wrap up right around the dates of both the Allie Cat Run and the Anderson Cup, so you’ll have two 5Ks to choose from. This program runs through March 28.

A new Diabetes Prevention class starts up in January. This is the third year we have offered this year-long program and it has been very effective in helping program participants manage their elevated blood glucose levels and establish healthy, active lifestyles.

We are also offering an Everest 2020 fitness challenge. You can train alongside me as I prepare to climb Mt. Everest this April. Both beginning and advanced tracks will be offered for this program. You can find out more by following “Ascent for a Cure” on Facebook.

Anderson employees will also have the opportunity to participate in a four-person team weight loss challenge. Form your team now and register at the fitness center by January 13.

Adam T. Hodges
General Manager, ACSM PT, CrossFit Level 2 Trainer
Anderson Health & Fitness Center
RECOGNIZING NATIONAL EVENTS

Anderson held a Pink Party for survivors and friends in recognition of National Breast Cancer Awareness Month, complete with a “Kiss Cancer Goodbye” car from Meridian Honda.
Enterprise Distributes Goodie Bags
Anderson Family Medical Center- Enterprise celebrated Breast Cancer Awareness Month by giving goodie bags to their patients throughout the month. From left, Rhonda Kelly, LPN; Clinic Wellness Nurse, Renita Simpson; and Lee Stork, PA.

Donation to the CPBF
Kaylee Ferguson, marketing director for John O’Neil Johnson Toyota and Hyundai, presented a check for $4,000 to the Cancer Patient Benevolence Fund during Breast Cancer Awareness month. The money was raised from a portion of service calls at the Toyota and Hyundai dealerships.

Coding for Awareness
It may look like a Christmas tree, but the Coding Department staff put up a tree in October to promote Breast Cancer Awareness Month. It also features purple for leukemia awareness.
RECOGNIZING NATIONAL EVENTS

Nuclear Medicine Week 2019

Pediatric Nurses Week 2019
RECOGNIZING NATIONAL EVENTS

Health Care Quality Week

Case Management Week

Food Services Week

Central Sterile Processing Week
RECOGNIZING NATIONAL EVENTS

Radiologic Technology Week

Medical Surgical Nurses Week
Recognizing National Events

Respiratory Care Week

Medical Staff Services Week

National Medical Staff Services Awareness week is used to recognize medical service professionals – important members of the healthcare team who are dedicated to thoroughly investigating and verifying the credentials of healthcare practitioners. They also have expertise in areas such as medical staff organization, accreditation, regulatory compliance, and provider relations.

In November, Kristin N. Karrh, CPMSM, and Trinity Farr, RHIT, CHP, attended the 2019 Mississippi Association of Medical Staff Services Conference in Pearl — the very same week as the national recognition week.

Karrh was nominated and accepted to the MAMSS Board as the 2019-2020 Treasurer. In this role, she is responsible for all budgeting and finances for the state organization.

The Mississippi Association Medical Staff Services is a state-wide organization established to provide the opportunities for continuing education, to promote the improvement of professional knowledge and skills by uniting people who are engaged in medical staff services, activities in healthcare, or healthcare-related organizations through our State Association, and to support the mission of the National Association of Medical Staff Services.
Volunteer Auxiliary Celebrates Holidays

Anderson volunteers make a huge difference for both patients and staff alike. Attending their holiday luncheon were: front row, from left, Pat Maloney, Carolyn Jones, Teresa Lisenbe, Dorothy Stovall, Gigi Cross, Pat Branning, Ruth Sims and Juanita Boose. Second row, from left: Laura Jordan, Linda Crews, Ashante Walters, Mary Simpson, Helen Abraham, Denise Lewis, Rose Schultz, Mary Clark, Mary McLendon and Barbara Ivy. Third row, from left: Billy Glover, Wil Ortlepp, Joy Grant-Walters, Vivian Marbury, Sandie Blackwell, Ruth Sanders, Carl Blackwell, Richard Lewis, Sara Crenshaw, Fred Dozier and Leticia Wachholz.

Volunteer of the Year

Glenda “Gigi” Cross was named 2019 Volunteer of the Year. Gigi has been a volunteer for the past three years. Last year alone, Gigi served more than 775 hours! Gigi epitomizes the servant's heart of a volunteer. Her fellow volunteers describe her as a hard-worker with lots of energy and always a big smile. Gigi lights up a room with her smile and her friendly, warm attitude. In addition to volunteering at Anderson, Gigi has been a lifetime member of the Girl Scouts of America, as well as, a member of Mount Olive Baptist Church, Golden Age Ministry, Usher Board Ministry and the Riley Center Volunteers. She is married with 5 children and 12 grandchildren. In her spare time, Gigi can be found baking and cooking for events at her church or gardening which is her passion. Anderson is grateful to have Glenda “Gigi” Cross as a volunteer!

Volunteer with Longest Service

Denise Lewis has been a volunteer since 1981 and has donated 5,741 hours of her time at Anderson.
2019 Benefits Fair

Working with Anderson Regional Health System comes with excellent benefits and each year we hold a “Benefits Fair” to let our employees know what is available. At left, Michelle Murphy with Aflac gives information to Christin Waters.

HALLOWEEN 2019

We had a bit of a Halloween theme in 2019 as two different teams decided to come as the Seven Dwarfs (sans Snow White). Above, left, Hospital Medicine; above, right, Anderson Ear, Nose & Throat Center.

The Gift of Life

Pamela Hampton, Coding Department, gives the gift of life during a blood drive held in November by Mississippi Blood Services. Donating blood is a vital way to help save lives. Along with helping save lives, there are a number of reasons why donating blood is important. A single donation can save three lives. One blood donation provides different blood components that can help up to three different people.
The 12th annual Christmas Tribute ornament hanging ceremony took place at Anderson Regional Medical Center, raising funds for the Cancer Patient Benevolence Fund.

Robert Guasco, director of the Anderson Regional Cancer Center, said the event was an opportunity to “continue the tradition of recognizing and honoring those who we have loved and those who have loved us and to continue the tradition of helping to care for those who need it.”

“It’s uplifting when we hear about what we meant to each other,” he said.

LaShasta Taylor hung an ornament in memory of her mother, who lost her 12-year battle with cancer.

“It meant everything to me,” said Taylor. “To hang an ornament in her honor is a blessing and her legacy will live on forever for the things she did in the cancer community.”

Taylor’s son, Drelan Cole, was also in attendance. “It feels great that someone cares about the loved ones you care about,” said Cole.

Ginny Ruffin, an oncology social worker and patient navigator with Anderson, said the process isn’t just a way to honor people, but helps other cancer patients with their needs as well.

“Each year you can purchase an ornament in honor or memory of a loved one, it doesn’t have to be a cancer patient,” said Ruffin. “One hundred percent of the purchase price goes directly to help our cancer patients with their needs.”

Audrey Ivey and her family have been participating in the event since 2011. “The ceremony is always very humbling for me and we’ve been on both sides of it,” said Ivey. Ivey and her children hung two ornaments, one for her mother who survived cancer, and one for her mother-in-law, who passed away.

“We miss her greatly and wish she were here, but we know she’s healed and in heaven,” Ivey said.
**Donation to Hope Village for Children**

Anderson’s Quality Department donated paying cards that were added to the kids’ Christmas stockings at Hope Village for Children.

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**$11,263 Donated to CPBF**

Anderson Regional Health System is thankful that our community supports cancer patients! Representatives with Central United Methodist Church presented a check for $11,263 to the Cancer Patient Benevolence Fund (CPBF). Central held a day of generosity where church members were challenged to bring an extra gift or tithe to share with the community. This is the second year the CPBF has received such a generous donation from the Central church community. We are extremely grateful for their support of local cancer patients in need. With Ginny Ruffin are, from left:

Rev. Matt Farmer and Tyler Walton.

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Donations to Care Lodge

Anderson Regional Health System nursing departments went all out for the Christmas season with a large donation to Care Lodge. Among the many items were toys, clothes, athletic equipment, electronics and more.
Dear Ms. Nettles,

10/8/19

Hope all is well with you. As I type this letter, my aunt Lady Nause has been at Anderson's going on 4 weeks now. We have encountered many nurses and doctors over this time period, and it has been a rough road for my aunt and our family, especial my mom.

At the beginning of Sacy being admitted my mom was fighting a cold which was turning into pneumonia so it was hard for her to go to hospital which meant she was having to call up there or I was having to go up as much as I could leave work.

With that being said we know that any in any place, area, or establishment where you deal with the public you always find ones that are just there to work, allow personal to affect them, have attitudes, shouldn't work with the public, are meant to be there, love what they do and go above and beyond. Some of these are on your staff, and have brought tears to my eyes because they have listened to us, they have cared for my mom and my aunt, they have shown us what it is to have a calling in the medical field. They love what they do, not only taking care of their patients but US the patients family. They made certain times of day less stressful, we didn't worry at all, prayers were answered when we knew who was going to be her nurse and still are. These nurses are the best!! I tear every time I think of them, tears of joy, of gratitude, of love.

You will never know what it means....

5th floor Kristen (long curl blonde hair)
5th floor Angela (long straight dark hair)
CCU Jeremiah, Madison, Sydney
Dr. Brown is pretty darn good also!!!

Thank you so much
Wendy Richardson

Best Socks
Anderson Business Office held a contest on “wear your Christmas socks” day and Africa Dubose (right) was the winner.

Decorating Flair
The Health Information department had fun with a cubical decorating contest.
From President & CEO John G. Anderson:

Anderson was a Merry Meridian Christmas parade float participant for a second year in a row. Last year’s entry to me was tremendous, garnering a third place award. BUT this year’s entry was OVER THE TOP and, as a result, received overall First Place Best in Show Grand Prize float entry! If you were at the parade, I can tell you there was a distinct uptick in the competition among float entries this year — so kudos go out to all who spent their time after hours, volunteering to make this happen. They did this on their own, using their time, talents, creativity and, I might add, their own money to put this awesome entry in place.

Word has it that the winning float will carry Santa in next year’s parade! I understand next year’s entry is already being planned. This group of folks is rightfully very proud of their work as are we of them. If you will, please wish them congratulations and thank them for volunteering their time and talent to this. I can’t wait to see what next year’s entry will be.
2019 Anderson Pharmacy Christmas Open House
Anderson Pharmacy remains the “go to destination” for the best gifts — and this is especially true at Christmas.

The Best Stocking Gift
Snuggled in their stockings, these newborns at Anderson Regional Birth Center formed their own Christmas Tree. Nurse Amanda Litchfield is pictured with newborn Collyns Reese Howell, mom Sarah and big sister Charlie Kate.

Santa Visit
Santa made a stop before the big day on Dec. 25 at Anderson Regional Cancer Center, bringing some Christmas cheer to everyone.
CELEBRATING THE HOLIDAYS
Larry Schwan
Congratulations to Larry Schwan on his retirement after serving Anderson Regional Health System for 47 years! Larry began his career as an X-ray technologist and was the first ultrasound technologist at Anderson. He served in many roles including CT Supervisor, Director of Radiology and PACS System Administrator. Larry’s contributions to Anderson have been tremendous. With Larry is John G. Anderson, President and CEO.

Scottie Bayne
Congratulations to Scottie Bayne, LPN, on her retirement after serving Anderson Regional Health System for 28 years. Scottie has worked in Employee Health/Express Care Clinic and has been a dedicated member of the Anderson team. With Scottie is John G. Anderson, President and CEO.

IN MEMORIAM

Bridgett Twilley, LPN — 2-East
February 6, 1963 – December 19, 2019
Bridgett was with Anderson for 30 years. In that time, one of her co-workers said: “She was one of the nicest, most mentoring nurse I have ever met. She guided me in the right direction with my patients — she was a great role model, friend and nurse.”

Anna Munn Bennett, RN — NICU
November 14, 1988 – October 13, 2019
During her time at Anderson, Anna will be remembered as “the sweetest, kindest and most loving person. She was also an amazing mother to her daughter and an intelligent, wonderful NICU nurse. The number of people she impacted was immeasurable.”

Michael Elfring
Respiratory Therapy
October 31, 1955 – December 7, 2019
Mike worked at Anderson (and Riley) for 30 years. As his co-workers said, “Mike was a respected employee. He was quiet but had a witty sense of humor. He was a very compassionate person for people and hurt when others hurt.”

Josephine “Jo” S. Holesome
Central Supply Tech
May 29, 1967 – November 29, 2019
Jo was with Anderson for 13 years. Her fellow co-workers said, “Jo had a heart of GOLD — she was always smiling and pleasant. She had a big impact on my life by keeping me on the straight and narrow path. Jo was the sweetest person you could ever meet. She would help anybody with anything. She will be truly missed.”

Kurtis “Kurt” Daniel Simoneau, RN
Intensive Care Unit
March 13, 1990 – December 18, 2019
In his five years with Anderson, Kurt will be remembered for his big heart, caring and loving personality, hard work ethic and love of God. As his co-workers said, “He was a genuine, kind soul. He was ALWAYS very respectful, never complained, always took great care of his patients and was the model employee.”