

Spirit

OF ST. FRANCIS



SPRING 2010



YEARS OF CARING
ST. FRANCIS HOSPITAL

1950 - 2010

INSIDE: 2009 COMMUNITY REPORT



Dear Friends,

In April, St. Francis Hospital will celebrate its 60th birthday. Even before our first patient was admitted April 17, 1950, our community rallied around this hospital—your hospital and mine—to bring the finest care available to this area in a compassionate, faith-based environment.

As our community has grown over the past six decades, so has our hospital. As medical technology has advanced, we have sought to keep pace. As our community's needs for expanded services have arisen, our hospital has stepped up to meet those needs.



We are indeed proud of our rich heritage. The first open heart surgery was performed at St. Francis in 1974. Last year, surgeons performed 323 open heart surgeries at St. Francis, and the hospital remains the area's only facility for this surgery.

Additionally, patients travel from around our country to receive top-notch orthopaedic care at the St. Francis Orthopaedic Institute. Our Center for Breast Health was the first facility in Georgia to offer Breast-Specific Gamma Imaging last year. Our newly opened Trinity Center for Women is now providing OB/GYN services to women

without access to these services (see page 10).

Yes, we certainly have many past accomplishment to celebrate. Yet, this is also the time to look ahead as we embark on the next phase of our journey to renovate and expand our facility. Our desire is to better serve you by adding more private rooms, a world-class cardiac unit and a larger emergency room, among other improvements. This anticipated series of expansion projects are a must, given soaring surgical, inpatient and emergency room volumes at St. Francis over the past decade.

As we at St. Francis continue to bring world-class health care to our community, I want to assure you that we will continue to make every decision based on "Doing What's Best for Health Care in Our Community."

I hope you will enjoy reading about our 60-year journey in this issue of "Spirit" and the many ways we improved services last year in our 2009 Community Report. Be sure to read Dr. Leland McCluskey's account of reaching out in Haiti, too, as another example of ways our physicians and staff are caring for life outside these walls (see page 24).

Truly, it is my privilege to serve with so many fine physicians, nurses, administrators volunteers, board members and other staff at St. Francis Hospital. I look forward to another year of progress and am confident that with your help we will accomplish our shared vision for bringing world-class health care to our community.

Sincerely,

Martha S. Bickerstaff
Chair, St. Francis Hospital Board of Trustees



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A long list of achievements and a rich history of caring mark St. Francis first six decades as the hospital celebrates its 60th anniversary April 17.



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St. Francis' new Trinity Center for Women offers all women high quality prenatal care, regardless of their circumstances or ability to pay.

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Finalizing expansion plans, expanding child and adolescent psychiatric services and achieving certification of the hospital's Cardiac Rehabilitation program are among St. Francis' 2009 achievements.



Entering the Circle of Suffering

24

Dr. Leland McCluskey wasn't prepared for the extreme suffering he encountered upon arriving in Haiti shortly after the January 12 earthquake. His experience reminded him of how rewarding the practice of medicine can be as one enters another human being's circle of suffering.

Honoring Dr. W. David Varner Jr.

28

More than 900 guests came out to honor Dr. W. David Varner Jr. at the sixth annual Dr. Clarence C. Butler Service and Leadership Award dinner January 26.



Busy Women Stepping Out to Beat Heart Disease

34

Almost 400 busy women discovered simple steps they can take to beat heart disease at St. Francis' annual Heart Truth for Women luncheon.



Caring Contributors

36

It's the generosity of our contributors that enables St. Francis to keep pace with the latest medical advances and provide our region with the quality of health care it deserves.

Celebrating 60 Years

Sixty years ago—April 17, 1950 to be exact—Dr. Luther Wolff and Dr. Clarence C. Butler admitted St. Francis' first patient, Mrs. Helen Hill. During that first year, the hospital admitted 4,733 patients. What began as a 154-bed hospital with 17 sisters, 171 lay people and 60 physicians has grown to a facility licensed for 376 beds with more than 1,400 full-time associates, 300 physicians and a broad array of services, including the area's only open heart surgery program.

From the beginning, the vision has been to provide the highest quality care in a caring, compassionate faith-based environment.

As the community has grown, St. Francis has expanded to keep pace with the area's needs and expectations as well as with advances in medicine.

Not only has the facility grown, but so has the desire to provide the most advanced technology and state-of-the-art procedures. That is why, throughout the hospital's history, the community, its leaders and physicians have pulled together to transform the vision for outstanding health care in our area into a reality.

From decade to decade, the quality and caring are evident.



1950 - Mother M. Lucina, Mother M. Corinne and Sister M. Laurentine accept the hospital's deed from Jack Key and Howell Hollis.

of Caring

1960 – First School of Nursing capping ceremony.



Some of the hospital's milestones during its 60-year history are:

1950-1960

- St. Francis Hospital admits its first patient April 17, 1950.
- The first baby is born at St. Francis in 1957.
- St. Francis breaks ground for a School of Nursing in 1957; it opens in 1959.



1961-1970

- In 1966, the hospital's leadership begins planning for a six-story addition that would add 58 beds.

1971-1980

- From 1971-1974, a \$6.5 million expansion program doubles the number of beds to 138, while adding space and equipment for x-ray, operating rooms and physical therapy.
- Dr. Philip Brewer, along with surgeon Dr. Frank Collins, cardiologist Dr. Gordon Miller and perfusionist John Schumacher, develop the area's first cardiac surgery program at St. Francis Hospital; in 1974, Dr. Brewer performs the hospital's first open heart surgery.
- By 1977, hospital leadership plans for the addition of a \$1.5 million operating room and laboratory to handle the increasing number of open heart surgeries at St. Francis.
- Orthopaedic surgery and rehabilitation programs are developed during the 70s at St. Francis.

1966 – Sister Evelyn displays an architect's sketch for a six-story addition to the hospital

1950 1957



- ▲ **1950** – St. Francis offers tours to community members who came together to build a faith-based hospital in Columbus. Sister M. Charlotte shows visitors the hospital's latest x-ray technology.

- ▼ **1957** – The groundbreaking for the St. Francis School of Nursing. Miss Marie Heffernan (second from left) turns the first shovelful. Helping her are Andrew Prather, Sister Laurentine, Mr. D.A. Turner, Mr. Howell Hollis and Mr. Jack Key. Sisters of St. Francis look on with hospital employees.



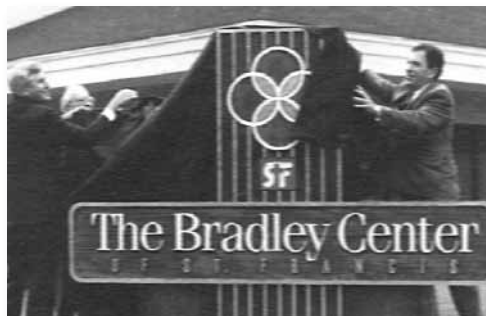
Celebrating 60 Years of Caring

1981-1990

- A \$4.7 million expansion in 1981 enlarges facilities for respiratory and physical therapy, including a cardiac rehabilitation gym.
- Safety Cab is launched in 1982 to reduce the number of DUI-related accidents during the holidays, offering a free ride home to party goers.
- In 1984, St. Francis starts a pulmonary rehabilitation program.
- By 1986, St. Francis receives a Certificate of Need (CON) from the Georgia State Health Planning agency for a \$9.3 million expansion.
- A 1987 expansion includes a larger Emergency Department, Intensive Care Unit, Cardiac Care Unit, expanded Radiology Department, new procedure rooms and new waiting rooms.

1991-2000

- St. Francis purchases The Bradley Center, a non-profit psychiatric hospital, in 1994.



1994 – St. Francis purchases The Bradley Center.

- The St. Francis Foundation launches CHEERS (Caring Hospital Employees Envision Real Success), a philanthropic campaign involving employees. CHEERS funds indigent care, scholarships and more.
- In 1995, St. Francis opens Health Matters, a community health resource center.
- During 1995, St. Francis reaches more than 40,000 people per year through community health fairs, educational classes and self-help courses.
- Also in 1995, St. Francis takes on three Partner-in-Education schools – St. Anne School, Eddy Middle School and Pacelli High School.
- St. Francis launches a Clinical Pastoral Education program in 1997.
- In fall 1997, St. Francis completes a two-year renovation project of all acute inpatient units. In response to patient requests, the renovation includes the creation of more private rooms. During the same year, St. Francis commissions plans for renovations that include a state-of-the-

1961

1973

1979

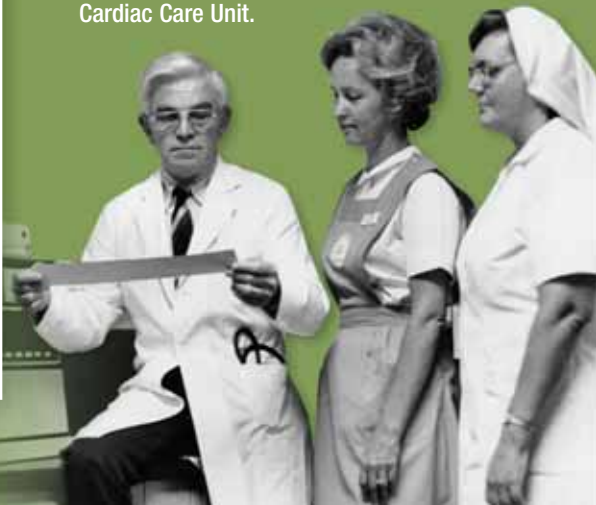


▲ 1961 – The new St. Francis School of Nursing helps the hospital retain a stable nursing staff.

► 1979 – The hospital's new wing for heart disease and other critical conditions creates space for a cardiac catheterization lab.



▼ 1973 – Dr. Clarence Butler, Mrs. Cason Callaway Jr. and Sister Patricia Garrigan with new equipment for the hospital's Cardiac Care Unit.



"Protestants, Jews, Negroes and Catholics are ready to take the largest pot of money ever raised here and put it with other funds to build a modern, \$1,565,000 community hospital. It will be the first private hospital in the state to treat men of all races and faiths. It will be the first general hospital to have a psychiatric ward...How the money was raised is a story of tolerance and brotherhood seldom matched in Georgia." — Columbus Ledger Enquirer, February 28, 1947

art registration; the project begins in late 1997.

- In December 1997, the Wound Care Center of St. Francis opens.
- In 1998, renovations are complete, creating a newly designed front entrance and new central energy plant.
- In July 1998, The Heart Institute of St. Francis, in partnership with Emory Heart Center, offers the area's first complete electrophysiology test.
- In June 1999, St. Francis breaks ground for an assisted living facility; Franciscan Woods opens April 15, 2000.



1997 – The Wound Care Center of St. Francis opens.

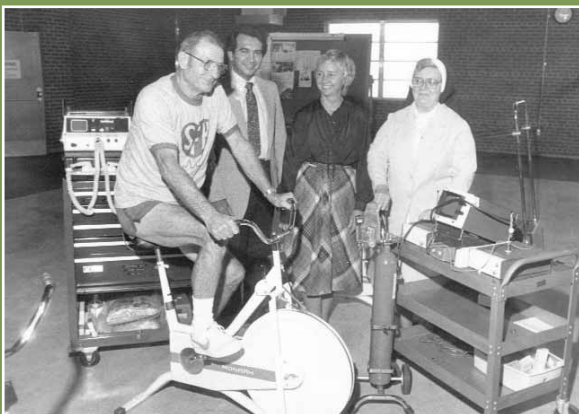


1996 – The CHEERS campaign raises \$57,290.

- In December 2000, the Diabetes Self-Management Program at St. Francis Hospital receives American Diabetes Association recognition.
- In 2000, Dr. Thomas Lawhorne of Columbus Cardiovascular Surgery performs the area's first less invasive procedure for abdominal aortic aneurysms.
- To celebrate its 50th anniversary, St. Francis, in partnership with the American Heart Association, donates 50 automated external defibrillators (AEDs) to Columbus; it is the largest-ever single deployment of AEDs in Georgia.

1981

1984



▲ **1981** – St. Francis opens its cardiac rehabilitation center; Marvin McDaniels pedals on a stationary bicycle while Dr. Jose Lopez, Auxiliary President Nancy Weekly and Sister Patricia Garrigan watch.

▼ **1984** – Dr. Jose Lopez performs a cardiac catheterization.



Celebrating 60 Years of Caring

2001-2010

- In 2002, St. Francis becomes the fifth hospital in the United States to use the Bridge MedPoint System to help prevent medical errors at patients' bedsides.
- In 2002, St. Francis' Emergency Department sees 42,000 patients, an increase of 4,000 people over 2001.
- The Patrick Heart Institute of St. Francis opens a Sleep Disorders Center in 2002.
- In 2003, St. Francis completes a three-year \$45 million expansion, resulting in new surgical suites with the latest technology; a new sterile processing area for added safety; and an expanded Emergency Department (ED). The new ED offers a "fast track" to expedite the care of non-critically ill patients.
- In 2003, a new Medical Office Building opens, the third phase of the hospital's \$45 million expansion. It puts physicians in close proximity to their hospitalized patients.



2002 – St. Francis implements the Bridge MedPoint System to prevent medical errors at patients' bedsides.

- In 2003, St. Francis begins operating a state-of-the-art cardiac catheterization x-ray lab, enabling St. Francis to offer minimally invasive procedures from a wide range of problems, including coronary artery disease.
- The St. Francis Foundation launches the first Fellows program in 2004, enabling community leaders to learn about health care behind-the-scenes at St. Francis.
- In 2004, St. Francis serves 89,000 inpatients, outpatients and emergency room patients.
- In spring 2005, St. Francis dedicates The Carl and Frances Patrick Heart Institute of St. Francis, named in honor of the couple who gave more than \$1.5 million toward cardiac care at St. Francis.



2005 – The Carl and Frances Patrick Heart Institute is named in honor of the couple who gave more than \$1.5 million toward cardiac care at St. Francis.

1989

2003

- **1989** – Dr. George Lipscomb explains imaging technology to community supporters touring the newly opened facilities.



- ▼ **2003** – St. Francis completes a \$45 million expansion that includes tripling the size of the hospital's Emergency Department, a high tech sterile processing area, an expanded Surgical Suite and a new medical office building.



- In 2005, The Patrick Heart Institute performs 41,534 diagnostic tests, 856 stent procedures and 322 open heart surgeries. Cardiothoracic surgeon Jeff Travis, MD, joins the medical staff, having been drawn to the area by The Patrick Heart Institute's growing heart program.
- The Bradley Center treats 1,260 inpatients and 568 outpatients in 2005; 556 children and adolescents are served, including 228 indigent children and youth who received crisis stabilization services.
- In Fall 2006, the St. Francis Orthopaedic Institute is established. It is a partnership between St. Francis Hospital and McCluskey Orthopaedic Surgery.
- In late 2006, surgeons at Columbus Surgical Associates join with St. Francis to form the St. Francis Center for Surgical Care.
- The 2006 CHEERS employee giving campaign raises \$110,087; cumulative CHEERS giving hits the \$1 million mark.
- The Center for Breast Health is renamed in memory of Elena Diaz-Verson Amos to honor the Amos family's generosity. The estate of John and Elena Amos pledged \$1 million toward breast health services and new technology at the center.
- In 2007, St. Francis and Columbus Regional Healthcare partner to consolidate behavioral health care services in one

location at The Bradley Center.

- St. Francis becomes the area's first Primary Stroke Center in 2007, earning certification from The Joint Commission.
- In 2007, St. Francis is awarded the Josh Nahum Award for Achievement in Infection Prevention and Control for its "Coronary Artery Bypass Graft Surgery-Surgical Site Infection Prevention Project" by the Georgia Hospital Association. The project achieved a zero percent deep sternal wound infection rate at St. Francis.



2007 – The Elena Diaz-Verson Amos Center for Breast Health is renamed in honor of Elena Diaz-Verson Amos to honor the Amos family's \$1 million gift toward breast services. (L-R) Wanda and Shelby Amos, Sita Amos Frith, Elena Land Delevie, Salvadore Diaz-Verson Jr., Louly Diaz-Verson Jones, John and Tracey Amos and Lesley Amos are pictured with a portrait of Elena Diaz-Verson Amos in the center's front lobby.

2005

2006



▲ **2005** – Surgeons and cardiologists, including Dr. Shane Darrah, performed 41,534 diagnostic tests, 856 stent procedures and 322 open heart surgeries at the Carl and Frances Patrick Heart Institute.

▼ **2006** – The St. Francis Orthopaedic Institute is formed, a partnership with McCluskey Orthopaedics.



▲ **2006** – CHEERS annual employee giving program reaches the \$1 million mark in cumulative giving.

Celebrating 60 Years of Caring

- Also in 2007, the St. Francis Center for Digestive Disorders opens.
- St. Francis provides more than \$20,000 in health care scholarships in 2007.
- In 2008, St. Francis becomes Columbus' first Chest Pain Center, achieving accreditation by the Society of Chest Pain Centers.
- In 2008, St. Francis adds a Spine and Neurosurgery Center to the St. Francis Orthopaedic Institute.
- A new Clinical Behavioral Health Unit at The Bradley Center opens in 2008 to serve geriatric and other patients who require medical treatment as well as psychiatric care.
- In 2009, plans were finalized for a \$110 million series of expansion and renovation projects that will increase the number of private rooms at St. Francis, expand the hospital's emergency department and create a dedicated state-of-the-art cardiovascular surgical unit.



2006 — Surgeons at Columbus Surgical Associates, join with St. Francis to form the St. Francis Center for Surgical Care.

- The Bradley Center expands its child/adolescent psychiatric services in August 2009, meeting one of Columbus' greatest needs.
- The Trinity Center for Women opens in December 2009; the goal is to provide quality OB/GYN care for low income women and lower the area's rate of infant mortality.
- St. Francis' Cardiac Rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.
- In January 2010, St. Francis reaches out to earthquake victims in Haiti by providing \$100,000 worth of medical supplies, surgical instruments and medication to the Baptist Haiti Mission Hospital.
- On March 31, 2010, St. Francis receives approval from the state of Georgia to expand and renovate its facility.

— Karen Johnson

2007 — St. Francis received the Josh Nahum Award for Infection Prevention, achieving a zero percent deep sternal wound infection rate.

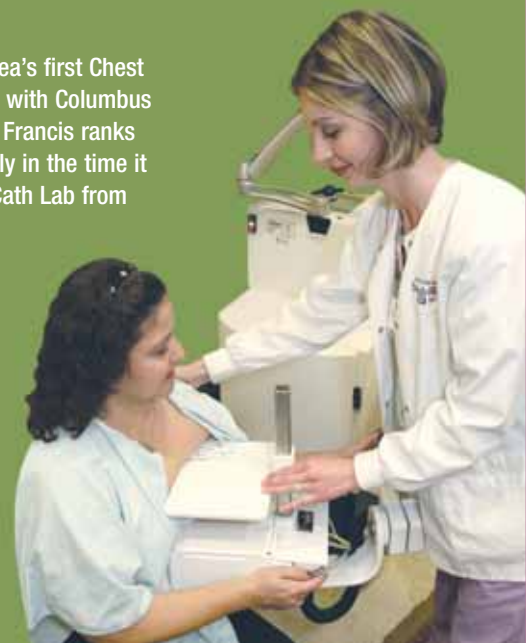


2008



- ◀ **2008** — St. Francis became the area's first Chest Pain Center; a strong collaboration with Columbus EMS is one of the reasons why St. Francis ranks among the top 10 percent nationally in the time it takes to get heart patients to the Cath Lab from the ED (under 90 minutes).

- ▶ **2008** — St. Francis is the first facility in Georgia to offer Breast-Specific Gamma Imaging for difficult to diagnose breast abnormalities.



2 0 1 0 F E L L O W S

Future Health Care Ambassadors



The Fellows Class of 2010 includes (front, L-R) Katie Parker, Clark Turner, Tyler Townsend, Lane Woolfolk, Ginny Lawrence, Kendrick David, Wade Harper, Deidre Williams-Thomas, (back, L-R) Averett Davis, Stacy Faison, Ashley Pezold, Lauren Mescon, Brad Bickerstaff, Mason Lampton and Gene Perkins. Not pictured: Chad Cottrell.

The St. Francis Foundation's 2010 Fellows program got underway February 24. From now until August, the group will learn what goes on behind the scenes at St. Francis. One morning a month, they will tour a new area of the hospital, learning how an Emergency Department and Surgical Suite operate as well as other areas, such as the Laboratory, Physical Therapy and Imaging Services. They will visit outlying facilities, too, including The Bradley Center, Center for Breast Health and Franciscan Woods.

Upon completing the program, the group will be equipped to share their knowledge and understanding of health care and various services with family, friends, neighbors and co-workers.

For more information about the St. Francis Fellows program, call the St. Francis Foundation at 706-653-9375.

THE SIXTH ANNUAL

Derby Day

Saturday, May 1
Fun begins at 4:30 pm
Kentucky Derby at 6 pm

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- LIVE MUSIC & DANCING
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Pregnancy

A new beginning



(L) Lindsey Welch learns that she will be having a baby that afternoon from midwife Melissa Terry Flynn.



Ba-boom, ba-boom, ba-boom...

The baby's heart beats rapidly as Melissa Terry Flynn, CNM, listens. A Doppler device amplifies the sound.

"How long have you been having contractions?" she asks 18-year old Lindsey Welch.

"Since Saturday, Ma'am," Welch calmly replies. "They started getting hard about 3:30 this morning."

"How far apart?" asks Flynn.

"Five or seven minutes," says Welch. "I'm having one now."

After further examining Welch, Flynn turns to the pretty young mother-to-be and says, "Go on over to the hospital now. I think you'll have a baby by the end of the day."

For most of the past 39 weeks, Welch has been excited. She knows she's having a baby boy. She saw him lick his lips on a 4-D ultrasound.

"It was so cool," she says.

Her son's name is Aaron. She plans to breastfeed him, having discussed it with Flynn and read about the benefits in St. Francis' beautiful and informative new book, *"Pregnancy: A New Beginning."* She wants to have a natural birth, but is prepared to have an epidural if necessary. She's read about her options in the pregnancy book and discussed them with Flynn, too.

She is very grateful for the team of midwives at St. Francis' new Trinity Center for Women.

"They are very nice. Very informative," she explains.

"They take good care of you and tell you about everything to expect. The facility is very nice, and the technology is very up-to-date."

The Trinity Center for Women opened December 1, 2009. The goal of the center is to provide all women—regardless of their situation or ability to pay—with access to a team of board-certified OB/GYN physicians and certified midwives.

Welch began seeing Flynn at Trinity in December. She's met all the midwives and knows that whichever one is on call will help deliver her baby. If additional expertise is required, she knows one of the center's OB physicians will also be available.

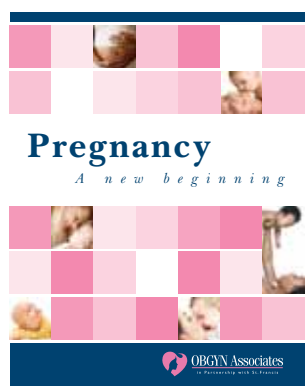
As her delivery time draws close, Welch has begun to feel a little nervous, like all new mothers, knowing the responsibility she'll have for her infant son.

As Flynn calls the hospital and the midwife on call, Julie Ward, CNM, to meet Welch, the young soon-to-be mother

heads back to the lobby to wait for her mother to whisk her off to the hospital.



Lindsey Welch watches as Melissa Terry Flynn, CNM, listens to her baby's heart beat.



*St. Francis' new pregnancy book, *Pregnancy: A New Beginning* provides a wealth of information to first-time mothers-to-be, like Lindsey Welch.*



Prenatal Care for All Women

Exceptional prenatal care, education and compassionate support at St. Francis' new Trinity Center for Women is helping soon-to-be mothers like Lindsey Welch and Khadijah Benison navigate every stage of pregnancy. The center serves all women, regardless of their circumstances, ability to pay or how far along they are in their pregnancy.

"Our goal is to ensure the health of women and their unborn babies," says Susan Epley, MD. "Columbus has one of the highest infant mortality rates in the nation—50 percent higher than the national average. We want to change that."

The center provides access to board-certified OB/GYN physicians and certified midwives. Gynecologic, as well as obstetrical, services are available.

The beautiful new center is located at 2724 Warm Springs Road.

For more information or an appointment, call 706-257-7430.



"Columbus has one of the highest infant mortality rates in the nation—50 percent higher than the national average. We want to change that."
—Susan Epley, MD

Pregnancy

A new beginning

Khadijah Benison

Fifteen-year old Khadijah Benison has learned a lot about eating healthy, cholesterol and taking better care of herself since coming to the Trinity Center for Women. That was after she learned she was pregnant last December.

Benison, a former Carver High School student who now attends the Teenage Pregnancy Program, sees midwife Julie Ward twice a month. She has learned from Ward how to hold a baby, how to breastfeed and what to expect when giving birth. She hopes to have a natural childbirth, but knows her options if the pain becomes too great.

Her baby girl, Mikhayla, is due May 29. She first saw her daughter during an ultrasound at 23 weeks.

"I was amazed," she recalls. "She would not sit still."

Her soon-to-be-daughter was even more active during Benison's second ultrasound.

"I saw her drinking fluids and licking her elbows. I felt happy that she was so active," says Benison.

She feels very comfortable at the center and learns more during each visit. In March, she received a copy of



Midwife Julie Ward gives Khadijah Benison a copy of St. Francis' new book, "Pregnancy: A New Beginning." All Trinity clients who are pregnant receive a copy of the book.

St. Francis' new pregnancy book called "Pregnancy: A New Beginning." The book explains what to expect during each trimester and illustrates each stage of a baby's growth. From choosing a car seat to post-partum changes, it will help Benison be ready when Mikhayla arrives.

Benison and her parents are grateful for the care and support they've received at Trinity.

— Karen Johnson



Certified nurse midwives (L-R) Julie Ward, Melissa Terry Flynn and Courtney-Maree Heynen care for all women, regardless of their circumstances or their ability to pay. Board-certified OB/GYN physicians from OB/GYN Associates also rotate at the center.

The Power of Partnership

JOURNEY TO GREATER QUALITY AND CARING.

2009

COMMUNITY REPORT



The Quality and Caring Continues

During 2009, St. Francis' journey to greater quality and caring continued.

One of the hospital's greatest accomplishments last year was finalizing plans for a \$110 million series of remodeling and expansion projects—the most extensive plans in the hospital's history. The plans, once completed, will increase the number of private rooms at St. Francis to 248; expand the hospital's emergency department, operating suite and Orthopaedic Institute; complete renovation of the now 60-year old facility; and create a dedicated, state-of-the-art cardiovascular-surgical unit.

The plans were announced to the community in September 2009. The anticipated start date is summer 2010. The projects will add 300,000 square feet to the existing facility and bring world-class health care to our community at St. Francis Hospital.



President and CEO Robert Granger announces St. Francis' expansion plans during a news conference September 22 in the hospital's Atrium.



2WR Inc.

St. Francis expansion plans will add 300,000 square feet to the hospital, including a dedicated, state-of-the-art cardiovascular-surgical unit.

Expanding Child/Adolescent Psychiatric Services

While St. Francis continued to move ahead with these plans during 2009, the hospital also used its resources last year to meet current needs. One of our community's greatest needs has been better access to child and adolescent psychiatry services. In 2009, St. Francis expanded its Child and Adolescent Unit at The Bradley Center. Dr. Michael Ellis, a child and adolescent psychiatrist, began seeing parents and their children on an outpatient basis last August.

Obstetrical Care for Low- Income Women

Another need the hospital focused on in 2009 was obstetrical care for low-income women in our community. Columbus' infant mortality rate is almost 50 percent higher than the national average, and the number of low birth weight babies is almost 33 percent higher.

The goal of the new Trinity Center for Women, which opened December 1, 2009, is to change these statistics by offering low-income pregnant women better access to prenatal care. Board-certified OB/GYN physicians and certified midwives staff the center.

More 2009 Achievements

Other outstanding 2009 achievements at St. Francis were:

- Certification of the hospital's Cardiac Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation. St. Francis' Cardiac Rehabilitation program is now one of only 24 certified programs in Georgia.
- The St. Francis Orthopaedic Institute's designation as a Center for Excellence by Blue Cross Blue Shield for total joint replacement and spine surgery.



St. Francis receives three 2009 quality awards from the Partnership for Health and Accountability/Georgia Hospital Association (GHA), including a Circle of Excellence award for the third consecutive year. Accepting the award from GHA President Joe Parker on behalf of St. Francis are (L-R) Barbara Sanders, RN; Maggie Monahan, RN; Julia Downey; and Angie King, RN.



In 2009, St. Francis' Cardiac Rehabilitation program earned certification from the American Association of Cardiovascular and Pulmonary Rehabilitation, making it one of only 24 certified programs in Georgia.

- The hospital's highly successful Joint Commission survey, resulting in accreditation for three more years.
- Implementation of the hospital's new McKesson system, another step in the hospital's transition to electronic medical records.
- Addition of two new surgical suites to facilitate increased surgical volumes and renovation of the surgery waiting room.
- Renovation of the Wellness Center on the hospital's Park Campus.

Statewide Awards

Additionally, St. Francis received these statewide awards and recognition in 2009:

- Making "Georgia Trend" magazine's 2009 list of the top 10 "Best Places to Work" in Georgia. St. Francis was the only hospital on the list.

- Three statewide quality/patient safety awards from the Partnership for Health and Accountability (PHA)/Georgia Hospital Association. The first award-winning project, "Implementing a STEMI Management Program to Meet New Thresholds in AMI Care," won second place in the *Greater Than 300 Beds* category. The second project, "From NO to GO: Implementing a Patient-/Family-Activated Rapid Response Team," won third place in the same category. St. Francis received a *Circle of Excellence* award for winning

St. Francis is the only hospital in Georgia to receive the PHA/GHA Circle of Excellence award the past three consecutive years.

a 2009 PHA patient safety award and three or more such awards the

last five years. St. Francis is the only hospital in Georgia to receive the *Circle of Excellence* award the past three consecutive years.

"Georgia Trend" named St. Francis one of Georgia's top 10 "Best Places to Work" in the magazine's November issue. The recognition was based upon associates' nomination letters.



FAMILY FINDS A 'MIRACLE' AT THE BRADLEY CENTER

A miracle, incredible, a dramatic result... That's how Sandra Bojorquez describes the outcome of her daughter's treatment at The Bradley Center.

"For the first time ever, our daughter is happy," says Sandra, after traveling a difficult road for the past nine years, one she describes as "going through hell."

Since birth, her daughter, Ava, seemed to have a lot of migraine headaches. A neurologist diagnosed her with sensory integration issues. In Atlanta, another doctor diagnosed the problem as auditory processing disorder.

Ava was overly sensitive to noise. At the dinner table, talking sounded like yelling to her. The family could not run their vacuum cleaner or blender without aggravating the situation.

First grade came. Teachers called constantly about Ava's headaches. The family focused on various forms of occupational therapy to treat her problems. While therapy helped, Ava continued to struggle with sensory overload at school.

In second grade, the situation escalated. Teachers called, saying Ava was "bouncing off the walls." The family was pressured to medicate their daughter, but were reluctant. Their daughter was different at home than at school. The differences were difficult for Sandra to reconcile.

Finally, last fall, Sandra began volunteering at her daughter's school. Volunteering enabled her to observe Ava's behavior first-hand.

"Yes, it was true. She was bouncing off the walls. She was very active and could not be still," recalls Sandra.

So, the family gave in and decided to try ADHD medication. It did not work. They tried another type. No results. And then another with the same poor outcome.

At the end of their rope, the family made an appointment with Dr. Michael Ellis at The Bradley Center. Sandra had read a university study about how ADHD medication can increase symptoms for someone with auditory processing disorder. She explained to Dr. Ellis that her daughter seemed to be able

to tolerate stimulation at school to a certain point; then she became irritable. Sandra wanted her daughter to be less anxious and better able to tolerate input.

"He listened to us," she says of Dr. Ellis. "He said, 'Let's do some testing and see if Ava is a candidate for anti-anxiety medicine.' It turned out she was. I am so grateful because Dr. Ellis listened to us as parents. After all, we live with this kid, and we see her day-to-day."

Dr. Ellis prescribed a minimum dose of anxiety medication, less than would normally be prescribed for Ava's body weight.

"By the third day, we almost cried," recalls Sandra. "We started noticing this is a different child. That Monday, she went to school. Her teacher said, 'This is incredible'."

The family continued to see Dr. Ellis. He adjusted the medication twice, upward in small increments until reaching the level appropriate for Ava's body weight.

Now, the third grader is doing great at school. While she started the 2009 academic year below grade level in reading, writing and spelling, she has since caught up. At the end of the last semester, she received three A's and one B.

"It has been a dramatic result," says Sandra. "Dr. Ellis obviously cares tremendously about the kids, and he listens to the parents. I feel that has been a great part of his success with our daughter... Trying something new has a lot to do with trust... I knew by talking to Dr. Ellis that he had the best interest of my daughter at heart."

— Karen Johnson



Ava Bojorquez completes her homework as mother Sandra Bojorquez watches. She earned three A's and a B on her last report card.

During 2009, The Bradley Center expanded child and adolescent services to better meet the needs of children and youth in our region. For more information, call 706-320-3770.

Rewarding and Recognizing Excellence

During 2009, St. Francis Hospital continued to recognize and reward its associates for going above and beyond the call of duty.

Recognizing and rewarding exceptional performance is another way the hospital reinforces excellence in patient care and one of the reasons St. Francis is a great place to work.

RN of the Year

Juanita Fields, RN

LPN of the Year

Angela Dobbins, LPN

Director of the Year

Rex Milner, RN

Nurse Tech of the Year

Angela Solomon

Clinical Unit Secretary of the Year

Barbara Powell

DAISY Award Winners

Patricia Hoey, RN

Diana Feely, RN

Jack Rodgers, RN

Linda Burton, RN

Karen Ardis, RN

David Boothby, RN

Will Cawthorne, RN

Windy Frander, RN

Lynne Williams, RN

Torri Hunter, RN

Jason Harrell, RN



Patricia Hoey, RN, won DAISY Awards for Nursing Excellence in 2009.



Nurse of the Year Juanita Fields, RN, receives congratulations from CEO Robert Granger.



(R) Senior Vice President Debbie Saylor congratulates Angela Solomon on winning Nurse Tech of the Year.

Patient Safety Awards

Tammy Gilliland, RN
Sam Massey, RPH
Sylvia Eiland
Marc Grenier
Denise Grimes
Christy Floyd
Catherine Eschmann, RN
Teresa Proctor, RN

Spirit of St. Francis Award

Julia Downey, Performance Improvement
Pat Ingram, Chaplain Services

Unsung Heroes

Tanisha Monroe
Zelma Nathan
Sharon Johnson
Linda Gates

Service Awards

Representing 2,255 years of combined service, 193 associates, 7 physicians and 10 retirees were honored at St. Francis 2009 Service Awards dinner October 13.



(L-R) Pat Ingram and Julia Downey were co-winners of the Spirit of St. Francis Award.



Jason Harrell, RN, and Lynne Williams, RN, won DAISY Awards for Nursing Excellence in 2009.



St. Francis awarded a Patient Safety Award to associates who went above and beyond to ensure a patient's safety. (Center, behind trophy) Catherine Eschmann, RN, was among the 2009 winners.

(L) Zelma Nathan receives the Unsung Hero award from St. Francis Foundation Board chair Cathy Bickerstaff in August.



Improving Our Community's Health

Caring for life is something that comes from our hearts at St. Francis. We truly believe that giving back to our community is part of our mission. The hospital does this in many different ways. In 2009, St. Francis gave back \$9,591,576 for the benefit of the community. That's over 24,000 lives touched.

This time and effort comes in many different ways. It could be a physician giving a free lecture to a group of seniors; nurses doing health screenings at a local health fair; or associates volunteering their time to judge science fair projects for our partner-in-education schools or delivering Easter baskets to needy children.

The following are 2009 highlights.

Care for the Poor

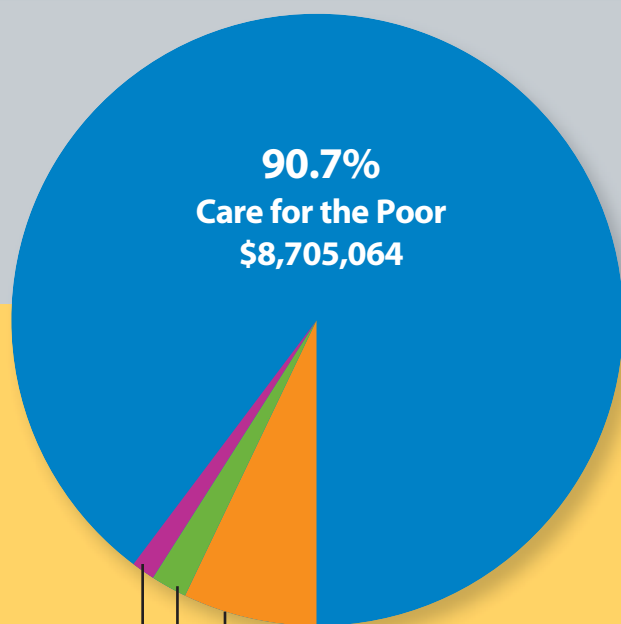
- Providing health care to the underserved in our community

\$8,705,064

Community Support and Outreach

- Scholarships
- Support of community organizations
- Associate volunteer time
- Arthritis Walk
- Heart Walk
- Heart Truth Luncheon
- Donating medical supplies to partner-in-education schools
- Donating meeting space to local community groups
- Teaching Safe Sitter
- Providing athletic trainers and physicians to local schools
- Hosting support groups

\$701,475



7.3% - Community Support and Outreach - \$701,475

1.3% - Education - \$120,855

0.7% - Community Projects, Health Fairs and Screenings - \$64,182



St. Francis was the presenting sponsor of the Start! Heart Walk in September. St. Francis team members raised \$13,904 to help fight heart disease.

Education

- Free monthly physician lectures
- AARP driver safety course
- Disease-specific educational series
- Primetime Seniors program
- Financial Matters
- STEPS walking program
- Orthopaedic Journal Club
- Ask a Pharmacist

\$120,855

Community Projects, Health Fairs and Screenings

- Stockings for Seniors
- Brown Bag of Columbus
- Adopt-a-Bunny
- Mission Columbus Medical Clinic
- Blood drives
- Stroke screenings
- Hearing screenings
- Diabetes health support
- Stress, anxiety and depression screenings
- Carotid screenings
- Health fairs at local businesses

\$64,182



St. Francis Relay for Life team members walk for a cure May 15 at Kinnett Stadium, raising \$4,084 to combat cancer.

Rex Milner, RN, teaches safe babysitting techniques, including CPR, to area teens.



St. Francis offered more than 500 free screenings for stroke, carotid and osteoporosis at the Men's and Women's Health Expo in January at the Columbus Trade Center.

St. Francis associates donated 50 bags of groceries plus funds to Brown Bag of Columbus to help feed our area's low income seniors.



St. Francis volunteers delivered more than 300 Easter baskets for needy children to area agencies, including Open Door Community Home, during the hospital's 13th annual Adopt-a-Bunny project.

2009 Financials

Financial Summary

Total Patient Revenue	\$244,589,839
Less Expenses	\$242,887,693
Operating Surplus	\$1,702,146

Unfunded Care

Care for the Poor	\$8,705,064
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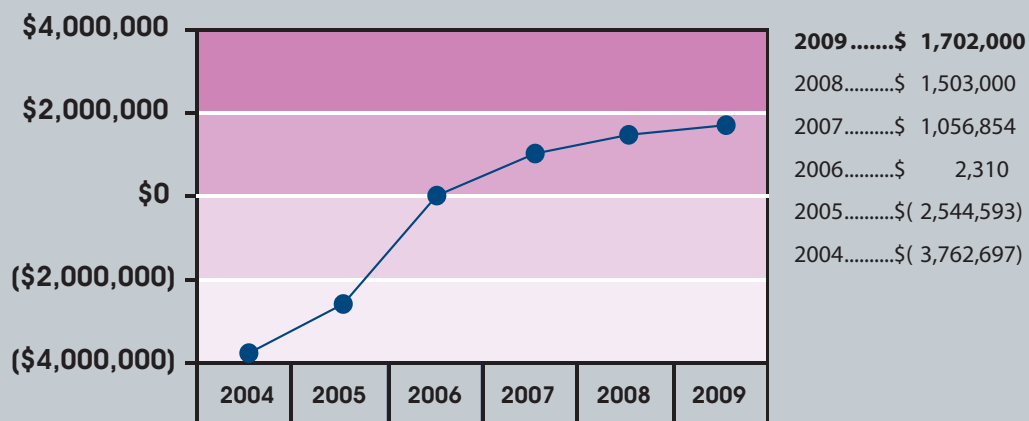
Activity Report: Selected Highlights

Inpatient Admissions	11,954
Emergency Visits	52,467
Surgeries (inpatient and outpatient)	9,713

Operational Profile

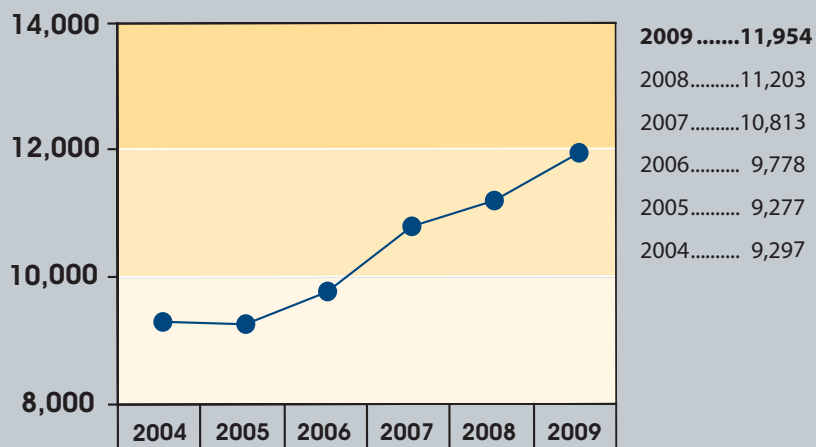
Licensed Beds	376
Associates (Full-and Part-time)	1,938
Medical Staff	297
Auxiliary Volunteer Hours	28,000

Excellence in Finance



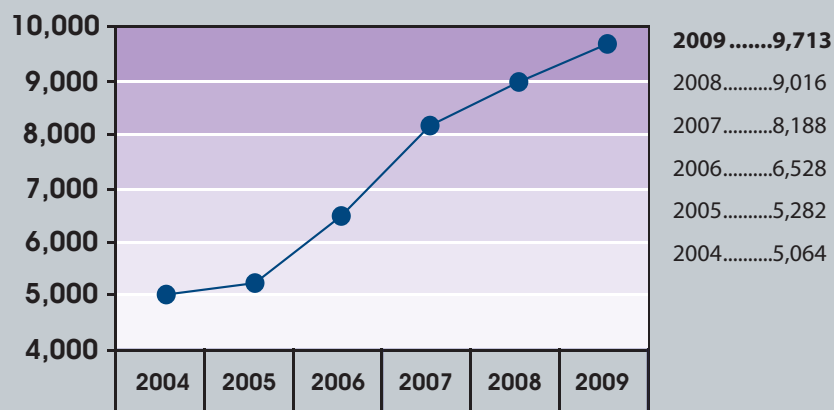
Highest Inpatient Admissions in St. Francis' History

SFH Admissions | 11% growth in last three years



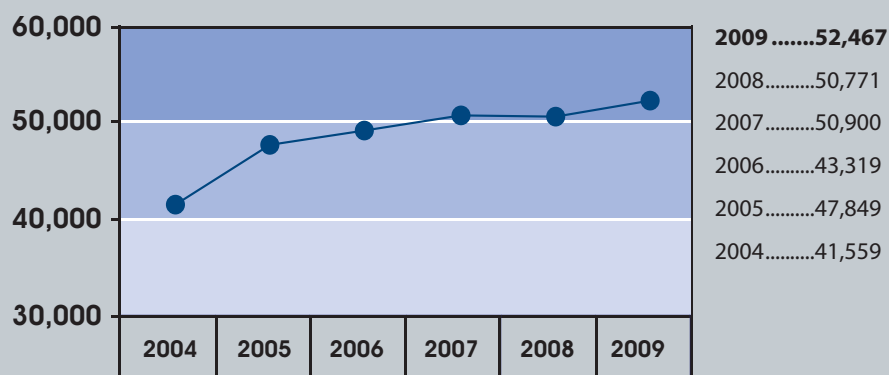
Record-setting Surgical Volumes

SFH Total Surgeries | 19% growth in last three years



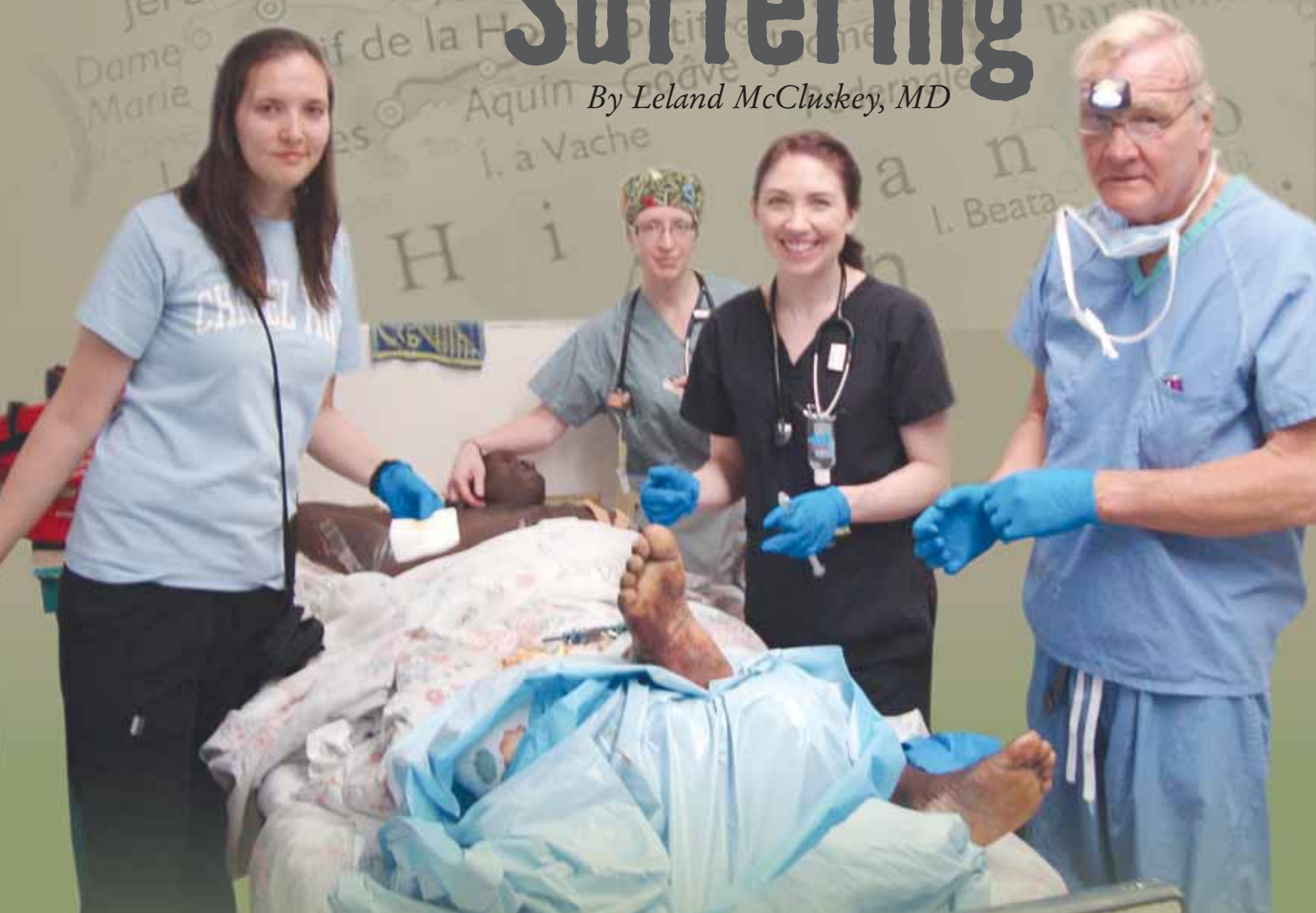
Highest Volume ER in the Region

SFH ER Visits | 3% growth in last three years



Entering the Circle of Suffering

By Leland McCluskey, MD



At 5:32 p.m. January 12, in Port au Prince, Haiti, life was going on as usual. Estimel Gessner, a policeman, was sitting in one room of his house. His wife was in the room next door, bathing their two children. In an instant, the wife and two children would die, crushed, and he would be trapped for three days until finally being rescued.

I met Gessner six days after the earthquake. I will never forget his words, spoken in Creole, as we entered the operating room: "Is there any hope for me?"



Leland McCluskey, MD

In 38 seconds, life as usual turned into a nightmare in Haiti. Two-thirds of buildings within a 20-mile radius of the epicenter were destroyed. Patients told us the dust was so thick for hours they could see only a few feet in front of them.

An estimated 250,000 people died. Another 300,000 were severely injured and over one million homeless.

Our medical team from Samaritan's Purse had entered a "circle of suffering" unlike any I had ever seen.

Initially, I felt pretty hopeless and ill-equipped, driving through town and seeing the mass destruction and people everywhere. I recall the looks of desperation and despair, even panic.

Upon arriving at the Haiti Baptist Mission Hospital, about 15 miles east of downtown Port-au-Prince, the scene was not much better. Chaos prevailed. Three hundred patients were waiting to be treated, blocking the narrow hall as we made our way to the operating room. Thirty patients had not survived the preceding days and were later buried in a mass grave.



(R) Dr. Leland McCluskey operates at the Haiti Baptist Mission Hospital, where he volunteered for two weeks in January.



(Back, second from L) Dr. Leland McCluskey and fellow members of the Samaritan's Purse medical team gather outside the hospital.

Then, amazing things began happening. The Samaritan's Purse rapid response team went to work, and I relearned several lessons in a profound way – lessons that reminded me of the privilege we, as health care providers, have when patients allow us to enter their circle of suffering.

Lessons Learned

First, I learned *relationships mean everything*. The relationships formed with patients and co-workers are what occupy my thoughts now. Everyone has a story to tell. Most of these stories were so impactful. My relationship with God was also strengthened while I was there. I practiced more of the spiritual disciplines and felt God's presence unmistakably.

Secondly, I saw how *God multiplies effort*. Through small acts of kindness, gentleness, smiles and service, I witnessed utter chaos turn into a palpable peace, easy to see on patients' faces.

As an example, a primary care doctor named Meg lost her grandmother while we were there. Everyone was silent as I made rounds with her one morning. Then, one by one, each person approached her and started loving on her just as she had been doing for them. Her efforts were multiplied many times over.

Thirdly, *I witnessed God's abundant provision and the generosity and commitment of St. Francis Hospital*, my brother George McCluskey III, MD, and others who worked very hard to gather and send much needed surgical supplies. Just as we ran out of essential equipment, pallets of supplies arrived from St. Francis Hospital. Members of our team went to the airport at 11 p.m. that Friday night to bring the supplies back to the hospital.

Continued on page 26



Dr. McCluskey cared for this child's leg.

Continued from page 25

Another true story involves an anesthesia monitor that broke. It was going to be difficult to replace. Then Mr. Jean Angus, the hospital administrator, came in one day with exactly the monitor needed. He told us that he had won it as a door prize two years ago at a medical meeting in the United States. *The lesson—God often has the solution before we have the problem.*

I also learned *there is great power when people unite for a common cause.* The scene at the airport with so many countries camped there and so many pallets of relief supplies was overwhelming. As a father of four boys, I have often quoted Psalm 133: *“How good and how pleasant it is for brothers to dwell together in unity.”* Seeing so many diverse groups working together gave me great hope for a lot of world causes.

Now home, I’m back to life as usual. Except, I now realize there is no such thing as usual, average or normal life. Life is too brief, too unpredictable, too precious, too much of a gift to use those terms. Life is not always easy and comfortable, but it should be lived with passion, boldness and gratitude.

A profound link exists among *Faith, Hope and Love.* If compared to a plant, *Faith* is the plant’s roots, *Hope* its

stems, and *Love* its fruit. I like that. And, I appreciate the mission of Samaritan’s Purse and St. Francis Hospital to address the spiritual needs, in addition to the physical needs, of our patients.

Finally, we as team members all felt privileged to enter the “circle of suffering” in Haiti. So many others wanted to be there. Two weeks working in that environment renewed me and reminded me of just how rewarding the practice of medicine can be.

“Worthy to Serve the Suffering” is the motto of the AOA Honorary Medical Society. “To be worthy to serve the suffering is the vocation of our profession, but it is also much more. It is a noble human calling that summons our highest excellence as both physicians and human beings.” (Gunderman, Richard; “Worthy to Serve the Suffering,” “The Pharos”/Spring 2006)

—Leland McCluskey, MD



Dr. Leland McCluskey treated this young woman’s broken arm.



St. Francis Donates \$100,000 Worth of Medical Supplies to Haiti Relief Efforts

(L-R) Dennis Polattie and Dr. George McCluskey check supplies and equipment, preparing for shipment to Haiti January 18.

On January 18, St. Francis shipped \$100,000 worth of medical supplies, surgical instruments and medication to Haiti. The supplies were sent to support earthquake relief efforts, including those of Dr. Leland McCluskey, an orthopaedic surgeon at the St. Francis Orthopaedic Institute (SFOI).

Upon arriving in Haiti January 18, Dr. McCluskey and other members of the Samaritan’s Purse medical team began operating 18-20 hours a day at the Haiti Baptist Mission Hospital, about

15 miles east of Port-au-Prince. Within a few days, they ran out of antibiotics, orthopaedic equipment and the anesthesia supplies needed to treat critically injured patients. The team compiled a wish list.

“Dick Furman, MD, the founder of World Medical Mission, told me he’d never seen a hospital step up to help that quick or with that amount of resources.”

—Dr. Leland McCluskey,
St. Francis Orthopaedic Institute

St. Francis learned of the dire need for supplies from Dr. McCluskey’s brother, Dr. George McCluskey III, also an orthopaedic surgeon at SFOI. The hospital quickly responded. The shipment arrived in Haiti via cargo plane January 22, enabling the team to continue their efforts.



Nurse Finds Faith, Miracles in Haiti

Snavly Fenelon lost her father, two uncles, two aunts and a six-year old cousin in the Haiti earthquake.

Other family members were still missing when, on February 3, the St. Francis endoscopy nurse, a native of Haiti, left for the country to aid earthquake victims and search for loved ones. Her mother, Roseanne Fenelon, went with her. The two nurses traveled with the American Haitian Nurses Association, working in cooperation with Miami University's Project Medishare. They were in Port-au-Prince for a week.

Fenelon recalls feeling bitter prior to arriving in Haiti.

"I had stopped praying... I thought, if there was a God, why would He allow one family to suffer so much tragedy?" she explains.

What she found in Haiti was renewed faith.

"The people there... They were not bitter at all," she explains. "They said, 'God is good. God has spared us.' They were singing hymns and praying. It renewed my faith."

Arriving 4 a.m. Friday, February 5, Fenelon and four other nurses cared for 120 patients until 8 a.m. the next morning.

Throughout the week, she continued working all-night shifts. During the day, she searched for missing relatives. That's how she learned her grandmother had survived.

"The walls of her home had fallen outward instead of inward, sparing her life," Fenelon explains.

Several cousins had also survived and were living in tent villages.

Fenelon distributed bags of rice, small sleeping bags

and children's clothing to villagers, using funds St. Francis endoscopy nurses had donated. She passed out care packages in rural areas where aid was not reaching villagers. When the care packages ran out, Fenelon gave away \$20 bills.

"\$20 American is like \$144 in Haitian money. With \$20, you can eat for a month," Fenelon explains.

Food and supplies were limited in the makeshift hospital where she worked. As nurses ran out of bed sheets, they tore OR gowns to use as sheets. Some nights, they gave away their own food to patients unable to eat during the day as they awaited surgery.

The nursing team faced numerous other challenges, too—a lack of antibiotics and pain medication, unfamiliar equipment and language barriers. Without medication, psychiatric patients tore out IVs.

Amidst these challenges, miracles and faith arose.

A man with tetanus not expected to live opened his eyes. A three-year child, suffering from excess fluid on his brain since birth, received a shunt, immediately relieving the pressure and pain. A man with a spine injury claimed he would walk again.

After a week, Fenelon returned home with a new outlook on life and nursing. "If I got my nursing license just to do this, I would be satisfied," she says. "It was the hardest work I've ever done, and it's the best thing I've ever done."

—Karen Johnson

"If I got my nursing license just to do this, I would be satisfied."

—Snavly Fenelon, RN, Endoscopy



SIXTH ANNUAL
DR. CLARENCE C. BUTLER SERVICE AND LEADERSHIP AWARD
H O N O R S

Dr. W. David Varner Jr.



*Butler Award recipient
W. David Varner Jr, MD, and
wife Mary view the 2010 award.*



Butler Service and Leadership Award Dinner



(L-R) Sean Tuohy, Mary Varner, Dr. W. David Varner Jr. and Leigh Ann Tuohy

A record-breaking 910 guests attended the sixth annual Dr. Clarence C. Butler Service and Leadership Award dinner January 26, honoring W. David Varner Jr., MD. The event, hosted by the St. Francis Foundation, was held at the Columbus Trade Center.

St. Francis Hospital Board of Trustees member Steve Butler presented the award, saying, “Like my father, Dr. Varner also cares deeply about our community and its access to top quality care... Tonight, we are here to honor a man who is a key proponent of bringing world-class health care to our community at St. Francis Hospital.”

Dr. Varner practiced with Columbus Surgical Associates (now the St. Francis Center for Surgical Care) from 1985 until 2000, when a tragic accident ended his private medical

practice. During his years of practice, he helped establish a women’s center at St. Francis, focusing on breast health, and a wound care program of which he served as the first medical director. Today, he works in partnership with the hospital to ensure the highest standards of inpatient care.

The Butler Award is named for Dr. Clarence C. Butler who left a legacy of caring upon his death in 2004. It is presented annually to a physician who has made significant contributions to the quality of health care in our community.

This year’s event raised \$287,000. The funds will support the community through the life-saving educational programs offered by The Patrick Heart Institute.

– Karen Johnson

Continued on page 30

Service



(L-R) Dan Amos, Kathelen Amos, Mason Lampton (Standard Concrete Products) and Vandy Middleton socialize at the January 26 gala. Standard Concrete was a chief of staff event sponsor.



Dr. Charles "Chuck" Scarborough shares fond memories of working alongside his friend and colleague Dr. W. David Varner Jr.



(L-R) Helen Williams, Anna Varner, Mary Varner, Mary Lovett Beck, Dr. W. David Varner Jr., featured speakers Leigh Ann and Sean Tuohy (of the popular film, "The Blind Side"), Sally Varner and Caroline Varner.



(L-R) Betsy Ramsay, Al Ramsay, Laura Butler and Steve Butler, who presented the award.



(L-R) Dr. Richard Stephens, Bill Turner and Sue Marie Turner were among the 910 guests attending the dinner.



(L-R) Allison Granger, St. Francis President and CEO Robert Granger, Margaret McCormick and Fray McCormick were among those attending.

– Photography by Karen Johnson

Dinner Committee

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Event Chair

Molly Scarbrough
Event Co-Chair

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Dr. Chris Kiggins
Physician Chair

Kay Broda
Invitations Chair

Sharon Sprouse
Seating Chair

Betty Roberts
Decorations

Skanska
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(L-R) Decorations chair Betty Roberts with Susan Scarborough.



Sharon Sprouse greets guests (L-R) Martha "Tootie" Bickerstaff and Linda Shinkle.



(L-R) Mike McIntire and Kevin Smiley of Skanska and Christine Smiley. Skanska was a chief of staff sponsor.



Former colleague Dr. Luther "Butch" Wolff Jr. and wife Karen honor Dr. Varner.



(R) Dr. Rusty Simmons, 2009 Butler Award recipient, congratulates Dr. Varner.



Carolynn Obleton

Carolynn Obleton is an executive vice president for Columbus Bank and Trust Company, an affiliate of Synovus Financial Corporation. She joined the Synovus family in 1989 and has since served on the Synovus Diversity Council, the Synovus Cultural Trust Committee and the Synovus Jack Parker Scholarship Foundation.

In February 2010, Obleton joined St. Francis Hospital's Board of Trustees. She serves on the performance improvement committee and the public affairs, governance and nominating committee. Although she has only been on the Board a few months, she looks forward to helping the hospital accomplish its goals and giving back to the community.

"A community needs volunteers to keep it healthy," says Obleton. "Each person can make a difference."

Obleton also serves on the Junior Achievement Board of Directors, the Columbus Museum Board of Trustees and the Girls Inc. Board of Directors.

A graduate of Columbus State University, she earned a bachelor's degree in accounting.

Obleton, a native of Columbus, is married to Dr. Eddie Obleton. The couple have four children: Ashley, Gabriel, Keri and Brent. They are members of Friendship Baptist Church.



J. Philip Thayer Jr.

J. Philip Thayer Jr., a native Georgian and graduate of Auburn University, is senior vice president of J.P. Thayer Company.

Having been a member of the St. Francis Fellows Class of 2008, he joined the St. Francis Board of Trustees in February 2010. He serves on the finance committee and improvement committee.

"I am interested in learning more about how St. Francis operates, especially under Robert Granger's leadership," says Thayer. "St. Francis Hospital plays a vital role in this community and provides top notch quality care."

Thayer also serves as chairman of the Columbus Water Works Board of Directors, is on the Historic Columbus Foundation Board of Trustees, and is a member of the Downtown Rotary Club. He has previously served on the Brookstone School Alumni Board, the Arthritis Foundation Board of Directors and as chairman of the State Licensing Board of Georgia and the Phenix City United Way Campaign.

Thayer is married to Clair Wynn Thayer, and the couple have two children: J.P. and David. They are members of First Presbyterian Church.

Associates Pledge a Record \$140,377 to



CARING HOSPITAL EMPLOYEES ENVISION REAL SUCCESS

St. Francis associates pledged \$140,377 to the 2009 Caring Hospital Employees Envision Real Success (CHEERS) employee giving campaign, setting a new record for CHEERS giving.

"CHEERS is one of the things that makes St. Francis a unique place. Everyone came together and did an outstanding job, even in a tough economy," says President and CEO Robert Granger of the hospital's staff.

Since CHEERS was launched in 1994, associates have given more than \$1.45 million. Funds are used to:

- Assist low income patients who cannot afford medication or supplies.
- Offer emergency assistance to people in crisis.
- Provide scholarships to students pursuing their health care education.
- Support area agencies that receive funding from United Way.

An estimated 14,000 people have benefitted from CHEERS.

Connie Smith, The Bradley Center, was chairwoman of the 2009 campaign. Seventy-six percent of the hospital's full-time associates participated in this year's 16th annual campaign.

Since CHEERS was
launched in 1994,
associates have
given more than
\$1.45 million.

Seventy-six percent of St. Francis full-time employees made a pledge to the 2009 CHEERS campaign, including Kari Balkcum, who picks up her CHEERS gift. The gift is the way the CHEERS volunteer board thanks employees for participating. Hospital administration covers the cost of gifts so that 100 percent of pledges go directly into the CHEERS fund.



THE HEART TRUTH:

Busy Women Can Take Steps to Beat Heart Disease!

Eliz Greene knows the challenge of juggling family, career, health and home. As a busy author, speaker, wife and mother of twin girls, she knows it can be hard to make time to take care of your health.

Since surviving a 10-minute cardiac arrest at age 35 while seven months pregnant with twins, the busy mother has made it her mission to inspire women of all ages to know their risks of heart disease and take steps to reduce those risks.

“Even the smallest changes can reduce your risk of heart disease,” she told the almost 400 women at this year’s Heart Truth for Women luncheon.

For example, just 20 minutes of activity each day can cut your risk of heart disease in half.

“Wear a pedometer, and any time you can make it click, you’ve done the equivalent of taking a step,” she says. “Dance around the kitchen when you’re making dinner. Pace while you talk on the phone. Take your dog for a 15-minute walk twice a day.”

Women attending the luncheon got a free copy of Greene’s book, “A Busy Woman’s Guide to a Healthy Heart.”

Dr. Susan Epley, OB/GYN Associates, who also spoke, explained that women need to pay attention to the warning signs of heart disease specific to women.

“Women often have non-classical symptoms. They might experience shortness of breath, fatigue or heartburn, for example. If you experience unusual pain, get help,” she urges.

Heart disease is the number one killer of women. One-third of American women die of cardiovascular disease. The goal of the annual luncheon is to educate women about ways to reduce their risks and to get help right away if they do have warning signs.



Among the almost 400 women attending the luncheon were (seated, front, L-R, clockwise) Jane Mendoza, Shirley Baker, Alberta Reeves, Jennifer Howard, Loraine Lester, Susan Berry, Peggy Lambert, (Back, standing, L-R) Becky Buck and Jodina King.



(L-R) Caroline Heard and Sara George



(L-R) Lisa Tippins, Lynn Thompson, Deanna Robinson and Melissa Derby attend the February 11 luncheon.



(L-R) Chris Weaver, Doris Rowe, Kay Broda and Loraine Brewer



(L-R) Sweet Ella Stallworth, Margarie Covington, Deloris Doleman, Marie Jones, Tammy Andrews, Ruby Merritt, Alma Cook and Shirley Harris



(L-R) Angie Hart, Peggy Ledford and Betsy Ramsay

– Photography by Karen Johnson



Women attending from the Harris County Charter Chapter American Business Women's Association were (front, L-R) Barbara Jones, Cathi Dinkins, Vivian Keefe, Jeanette Culpepper, Frances Stevens, (back, L-R) Pat Dykes, Lucy Brownelle, Rebecca Fewell, Karla Newby, Dorothy Gibson, Susan Breazeale, Charlotte Quirk and Joan Holder.

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Wade III
Dr. and Mrs. D. Wade Wallace
Mr. and Mrs. Huel A.
White III

Leader

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Alexander
Mr. and Mrs. Thomas B. Black
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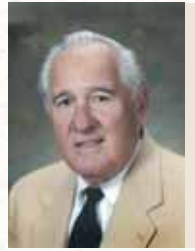
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St. Francis, a community-owned, Catholic healing ministry,
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Core Values

Excellence | Professionalism | Courage
Compassion | Creativity | Open Communication
Mutual Respect | Ethical Behavior



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We care for life



...By Offering 128 Free Vascular Screenings at 2010 Health Expo

A life was saved by one of 128 free carotid screenings performed by St. Francis volunteers at the 2010 Health Expo January 16. The screening showed a large blood clot in a man's neck. He was rushed to St. Francis for evaluation and subsequently placed on a high dose of blood thinners. The thinners stabilized the clot, preventing it from breaking loose and traveling to his lungs. Hundreds of other free screenings were also performed, including blood pressure, stroke, pulse oximeter, bone density and body mass index screenings.



...By Hosting Boy Scout Medical Explorers

More than 100 Boy Scout Medical Explorers listen to Rex Milner, RN, explain what they will learn during the 2009-2010 Medical Explorers program hosted by St. Francis Hospital. Almost 100 of the students registered. They will learn about the many career opportunities in medicine as they visit different areas of the hospital once a month through May.



...By Supporting Partner-in-Education Eddy Middle School

Judging Eddy Middle School's annual spelling bee and rewarding the winners is one of several ways St. Francis supports its Partner-in-Education during each academic year. (L) First place winner Devantae Streeter steps up for the final round of Eddy Middle School's spelling bee January 6. The bee was judged by St. Francis volunteers (L-R) Linda Cook and Connie Smith. First, second and third place winners received gift cards, and St. Francis hosted a pizza party for all participants a week later.