

THE VITAL LINK



April 2019

Vol. XXXVIII, Issue 4

Hospital Week events to be held in May

Employees and physicians throughout the Maury Regional Health system will be honored during Hospital Week activities May 6–12 in a “celebration through the decades.”

The highlight of Hospital Week will be a system-wide service awards banquet honoring those who have reached service milestones at Maury Regional Medical Center, Lewis Health Center, Marshall Medical Center, Wayne Medical Center and Maury Regional Medical Group. The banquet will be held Thursday, May 9, at the Marriott in Cool Springs. Those being honored will receive an invitation in the mail with additional details.

Facility-based activities are also planned for Hospital Week.

At Maury Regional Medical Center, the following activities are planned to take place in conjunction with Nurses Week (see page 3):

- **Sunday, May 5, and Monday, May 6:** 50s- and 60s-themed activities and a free meal
- **Tuesday, May 7, and Wednesday, May 8:** 70s-themed activities
- **Wednesday, May 8:** 70’s fashion show
- **Friday, May 10:** “All decades” activities with food trucks and entertainment
- **Saturday, May 11:** 80s- and 90s-themed activities for weekend staff

Trivia contests will also take place throughout the week.

Lewis Health Center employees will participate in cook-outs featuring burgers, fries, ice cream floats, trivia contests and hula-hoop contests on Sunday, May 5, and Thursday, May 9.

Marshall Medical Center (MMC) will host several events throughout the week, including:

- **Sunday, May 5:** An MMC “Cook Out” for both evening and day shifts
- **Monday, May 6:** Free Coca-Cola and Goo Goo Cluster candy bar giveaways
- **Tuesday, May 7:** Free ice cream sundaes
- **Wednesday, May 8:** Free popcorn
- **Friday, May 10:** An MMC “Cook Out”

Wayne Medical Center (WMC) will celebrate Hospital Week May 12–18 with a variety of activities, department basket giveaways and themed days, including:

- **Monday, May 13:** Dress from the 50s or wear a WMC t-shirt; free popcorn, soda and movie candy
- **Tuesday, May 14:** Dress from the 60s or wear a WMC t-shirt; a finger food potluck (bring your favorites)
- **Wednesday, May 15:** Dress from the 70s or wear a WMC t-shirt; a free cookout lunch
- **Thursday, May 16:** Dress from the 80s or wear a WMC t-shirt; a free dessert bar
- **Friday, May 17:** Dress from the 90s or wear a WMC t-shirt; free popcorn and soda

Maury Regional Medical Group employees and physicians are invited to attend the free Hospital Week meal at the most convenient facility to them.

Additional details about event times and locations as well as any event changes will be sent to employees via their staff email.

MRMC employees serve community during Mule Day events

Maury Regional Medical Center (MRMC) had a record year for community outreach during Mule Day 2019.

Chest Pain Center and Stroke Program Coordinator Brenda Bishop, BSN, RN, and a team of volunteers conducted blood pressure screenings for 370 individuals, an increase of 28 percent from last year. Of those, 307 were experiencing elevated, stage 1 or stage 2 hypertension or were at crisis levels and were provided education and/or recommendations for treatment.

In addition to checking blood pressure, the team provided hands-only CPR training for 111 individuals, an increase of 106 percent from 2018. They also stressed the importance of

recognizing the signs of a stroke and the actions one should take when those signs occur, educating 111 individuals on the BE FAST guidelines.



NEW EMPLOYEES

MAURY REGIONAL MEDICAL CENTER

ENVIRONMENTAL SERVICES

Robert Hannah
Amanda Moss
Faith Rosa

FISCAL PLANNING

Teresa Barry

FOOD & NUTRITION

Brittney Bible
June Canty

HOME SERVICES

Nikki Harlow

NURSING

Kaitlyn Clark
Matt Dale
Allyson Hickman
Taylor McKenzie
Alysson Nelson
Kirsten Schmidt

PHYSICAL THERAPY

Rob Allen

POPULATION HEALTH

Maria Filbert

PRE-SERVICE

Anna Belew

SECURITY

Scott Nations

(Continued on next page)

Dr. Magas retires from medical staff



DR. MAGAS

David Magas, M.D., a specialist in family medicine, retired from the Wayne Medical Center (WMC) medical staff after 32 years of service.

Dr. Magas joined the WMC medical staff in 1987. He earned his medical degree from Autonomous University of Guadalajara, Mexico, and completed his residency at the University of Alabama at Birmingham. He is board certified in family medicine.

“Wayne Medical Center is grateful to Dr. Magas for his 32 years of care to the citizens of Wayne County and surrounding areas,” said WMC CEO Tyler Taylor. “We all wish him well in his future endeavors.”

Stokes presents at national conference



STOKES

In March, Tammy Stokes, MSN, RN, CHPN, director of palliative care for Maury Regional Health, co-presented a plenary session during the 2019 Annual Assembly of Hospice and Palliative Care in Orlando, Florida.

Stokes presented at the conference with Andrew Esch, M.D., a palliative care provider in New York. During their presentation, the pair discussed aspects of palliative care for rural communities while highlighting ways to utilize innovative yet practical staffing, outreach, identification and training.

MMC earns re-accreditation in nuclear medicine from ACR

Marshall Medical Center (MMC) received another three-year term of accreditation in nuclear medicine following a recent review by the American College of Radiology (ACR).

“The re-accreditation of nuclear medicine services offered by Marshall Medical Center is a result of the diligent efforts of our imaging staff and radiologists,” said MMC CEO Phyllis Brown. “We appreciate their dedication to quality and patient safety.”

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities that meet ACR practice parameters and technical standards after a peer-reviewed evaluation to assess image quality, personnel qualifications, equipment adequacy, quality control procedures and quality assurance programs. The findings from the review are delivered to the ACR Committee on Accreditation, which provides the practice with a comprehensive report that can be used for continuous practice improvement.



MAURY REGIONAL HEALTH

The VitaLink, designed by the Foreman Company, is published monthly for Maury Regional Health through the Marketing Department. Distribution is to employees, retirees, members of the medical staff, board of trustees, advisory board, Maury County Commission and volunteers.



Scan this QR code with your smart phone and visit our website.

For address corrections, please contact the Human Resources Department.

1224 Trotwood Avenue
Columbia, TN 38401

NEW EMPLOYEES

(Continued from previous page)

STERILE PROCESSING

Molly Ivey
Jesse James

LEWIS HEALTH CENTER

Madelyn Garrison

MARSHALL MEDICAL CENTER

Richard Baggett

MAURY REGIONAL MEDICAL GROUP

Dina Williamson

BIRTHS

Lori Scott, MRMG, and family welcomed Eliza Rae Scott on April 12. She weighed 7 pounds and 10 ounces.

IN MEMORY

Jean Thomason passed away April 5. She worked as a certified nurse technician at Maury Regional Medical Center for 10 years.

Professional development fair showcases opportunities

The Nursing Professional Development Council for Maury Regional Health (MRH) hosted a professional development fair in March for clinical employees to learn ways to take their careers to the next level.

The fair took place over the course of two days and provided information



about certification councils and committees as well as about mentorship and preceptorship opportunities. Representatives from several

colleges were also present to meet with prospective students about advancing their education.

“This event was intended to highlight the opportunities MRH offers regarding professional growth and development,” said Amanda Cothran, clinical educator and council chair. “The thought behind it was to make it entertaining while showcasing all the different ways to elevate your professional practice and knowledge.”

To help encourage excitement among fair attendees, the council decorated the conference room in the spirit of “Willie Wonka and the Chocolate Factory,” with candy distributed around the space along with balloons, character cut-outs and other fun activities.

Employees earn CCRN certification



POYNOR

CREPS

Lindsay Poynor, RN, and Tim Creps, BSN, RN, in the Critical Care Unit at Maury Regional Medical Center recently earned certification in critical care nursing

Poynor has worked at MRMC for nearly three years, while Creps has been with the medical center since 2017.

Nurses Week activities planned

Maury Regional Health will celebrate National Nurses Week May 5-11 in conjunction with Hospital Week.

Maury Regional Medical Center will host the Nursing Awards Celebration Tuesday, May 7, at 2 p.m. in the medical center’s cafeteria. Nursing reports will be distributed at this time.

Additional Nurses Week activities will include free

hamburgers and ice cream floats as well as donut deliveries and donation drives for the community.

Various activities will also take place at Lewis Health Center, Marshall Medical Center, Wayne Medical Center and Maury Regional Medical Group practices.

Ask your manager for more information about Nurses Week events.

MRMC continues Magnet journey

Maury Regional Medical Center (MRMC) completed a significant step in the journey to becoming a Magnet hospital on April 1 by submitting documentation that showcases how MRMC is meeting Magnet designation standards.

Magnet status is a prestigious designation awarded by the American Nurses Credentialing Center (ANCC) that fewer than 8 percent of U.S. hospitals have earned. It is designed to help organizations build cultures that encourage outstanding patient outcomes and work environments by upholding standards in the areas of:

- Transformational leadership,
- Structural empowerment,
- Exemplary professional practices,
- New knowledge, innovations and improvements and
- Empirical outcomes.

MRMC's initial application of intent to the ANCC was submitted in fall 2018. After reviewing all the records, the Magnet review board will determine if MRMC qualifies for a site visit in the fall.

"While it would be impossible to recognize everyone, I would like to commend Chief Nursing Officer Deborah Lumpkins, Magnet Coordinator and Director of Nursing Professional Development Sue MacArthur, writers and

administrative directors Carey Albright, Scott Hayes, Beth Himes, Cathy Malone and Kathy Watts as well as numerous contributors across the organization," said CEO Alan Watson. "I also want to commend the nurses throughout the hospital for their commitment to this process and for providing outstanding care for our patients."



Pictured (l-r) are Patient Experience Specialist Cindy Wilmore, Chief Nursing Officer Deborah Lumpkins and Director of Nursing Professional Development Sue MacArthur mailing the remaining documentation to the American Nurses Credentialing Center on April 1.

Hobrina Taylor named compliance champion

The Maury Regional Health Compliance Department recognized Hobrina Taylor, an application analyst for the Information Technology Department, as the compliance champion for the third quarter of FY19.

"We want to commend Hobrina for being compliance-minded in her daily job and for serving as a role model to our organization," said Compliance Director Kim Edwards. "We appreciate her proactive approach to helping us all stay compliant."



TAYLOR

Managers are encouraged to nominate employees for this award by sending an email to Edwards at kedwards@mauryregional.com that describes what makes the nominee an ideal compliance champion.

MRMC offers drug take back bin for community

On National Prescription Take Back Day (April 27), Maury Regional Medical Center (MRMC) offered a free and anonymous collection bin to accept unused drugs for disposal.

The take back event was organized by the U.S. Drug Enforcement Administration (DEA) to provide the public an opportunity to prevent pill abuse and theft by ridding homes of potentially dangerous expired, unused and unwanted prescription drugs.

Last fall, Americans turned in approximately 900,000 pounds of prescription drugs at more than 5,800 sites operated by the DEA and almost 4,800 of its state and local law enforcement partners. Overall, in its 16 previous take-back events, the DEA and its partners have taken in almost 11 million pounds of pills.

MRMC HONORS VOLUNTEERS FOR SERVICE

In 2018, volunteers worked approximately 49,000 hours, providing the equivalent of \$1 million in services to more than 30 areas throughout Maury Regional Medical Center (MRMC). To honor their efforts, Volunteer Services hosted the annual service awards April 16, presenting pins to volunteers reaching service milestones. View additional photos of the event at [Facebook.com/MRMCVolunteer](https://www.facebook.com/MRMCVolunteer).

24,000 Hours



Pictured is Mary Pilkinton (center) with (l-r) Volunteer Services Assistant Director Cindy Short and Director Cindy Fox.

6,000-11,000 & 16,000-17,000 Hours



Pictured (l-r) are Suzanne Alverson (16,000 and 17,000) and Dot Sowell (6,000). Not pictured are Barbara McAdams (7,000), Dennis Hardison (8,000), Dot LaCroix (9,000-10,000) and Juanita Goodman (11,000 hours).

3,000-5,000 Hours



Pictured are (l-r, seated) Clare Harris (3,000), Ramona Smith (5,000), (l-r, standing) Dale Mason (4,000) and Helen Smith (5,000). Not pictured is Tony Dreher (4,000).

2,000 Hours



Pictured are (l-r, seated) Margaret Wells, Joy Unrein, (l-r, standing) Bonnie Kennedy, Racine Wilder, Billy Ray King and Clare Keller.

500 Hours



Pictured are (l-r, seated) Jo McKee, Debbie Flowers, Sue Hoskins, (l-r, standing) Ruby Race, Mary Anna Hoelscher, C.J. Percle and Con Vrailas. Not pictured are Lynda Barker, Rick Barker, Melissa Henson, Jane Hughes, Cindy Johnson, Martha Ruffin, Brandon Sanchez, Wanda Simpson, Rosemary Sweigert, Thomas Swigelson and Denise White.*

1,000 Hours



Pictured are (l-r) Marjo Dickinson, Johnny Armstrong and Eileen DiCataldo. Not pictured are Kay Leach, Winona Locke and Valerie Webster.

Service Champions



Three individuals received the Volunteer Services Champion Award, including (l-r) Jeff Kane, Nancy B. Scott and Billy Ray King.

100 Hours



Pictured are (l-r, seated) Constance Kneeland, Alice Williams, Debbie Massey, Linda Bliden, Nancy Grooms, (l-r, standing) James Selbe, Sharon Shaw, Gloria Bennett, Pam Nelson, Mac Olivier, Jeff Kane, Peggy Yeager and Bonnie Russell. Not pictured are Donald Anderson, Candice Barton, Dixie Brown, Dr. Rufus Clifford, Dalton Cole, Sharon Franklin, Skylar Grimaud, William Harris, Nancy Hill, Tim Jones, Benvy Kelly, Deanna Martin, Cindy Moore, Margot Penrod, Thomas Swigelson* and Patricia Wright.*

*Wayne Medical Center volunteers



FOUNDATION RECOGNIZES MULE KICK 5K & 1-MILE TROT WINNERS

A total of 540 runners and walkers participated in the 2019 Mule Kick 5K & 1-Mile Trot at Riverwalk Park on Saturday, April 6, raising more than \$32,000 for the community thanks to contributions from racers and local sponsors.

Proceeds from the annual event, hosted by the Maury Regional Health Care Foundation and presented by Reliant Bank, will go toward maintaining the mobile medical unit the Foundation purchased in 2017, which serves at-risk and uninsured patients by providing free health screenings and health education. The Foundation will also make donations to the Wellness and Aquatic Center Healthy Living Endowment, the City of Columbia Parks and Recreation Department and the physical education programs at Agathos Classical School and J.E. Woodard Elementary School, the schools in Maury County with the most race participants.

“Seeing people come out during Mule Day festivities to participate in this race that supports our health care efforts in the community is always uplifting,” said Joe Kilgore, executive director of the Foundation. “We are grateful to the sponsors and participants who made this day possible.”

After the participants finished their respective races, Kilgore presented awards to the top male and female overall finishers, male and female master (ages 40 and up) finishers and male and female super grand master (age 70 and up) finishers as well as the top three finishers in each age group by gender.

Andrew Ogle had the fastest run of the day, winning first place overall for the men, with a time of 18:03, while Emily Rollins won first place overall for the women with a time of 20:50. In the master category, Daniel Kirby won for the men with a time of 20:31 and Gale Moore won for the women with a time of 25:19. Eugene Hollman and Patricia Bruhn brought home wins in the super grand master category with their respective times of 27:59 and 38:27.

The top three male and female finishers of the 1-Mile Trot were also recognized during the ceremony. The female winners included Chaslyn Stewart, Emalee McCord and Emma Dixon, while the male finishers included Tate Peters, Emery Seago and Brandon Kirby.



The full list of winners from the male and female age group categories is available at MuleKick5K.org, where all racers can view their times and print race certificates. Photos from the 2019 event are posted at [Facebook.com/MuleKick5K](https://www.facebook.com/MuleKick5K). The complete list of sponsors is also available at MuleKick5K.org.

Visit MauryRegionalFoundation.com to learn more about the Foundation’s work and other upcoming events.





**HR NOW OFFERING
WALK-IN INTERVIEWS**

Do you know someone interested in joining the Maury Regional Health team?

The Human Resources (HR) Department is now offering walk-in interviews on Tuesdays from 8:30 a.m. to 2 p.m. for prospective employees.

Walk-in interviews are available for all open positions throughout the Maury Regional Health system but walk-in candidates should report to the HR offices at Maury Regional Medical Center in Columbia. They should not visit another location for a walk-in interview.



Candidates for walk-in interviews meet with a recruiter and should bring multiple copies of their résumé. They do not need to submit any materials online prior to the interview. Subsequent steps following initial walk-in interviews vary on a case-by-case basis.

Contact the Human Resources Department at 931.380.4477 to learn more.

MAY CALENDAR OF EVENTS

May 1 and 3

FREE SPORTS PHYSICALS: offered by Marshall Medical Center and Lewis Health Center, visit MauryRegional.com

May 2

DIABETES SUPPORT GROUP: 11 a.m., Annex, call 931.540.4324

May 3

CARE FOR THE CAREGIVER: 9 a.m., Annex, call ext. 7428

May 4

UNDERSTANDING BIRTH: 9 a.m. to 3 p.m., MRMC, call 931.490.7046

May 8

TOWN HALL MEETINGS: 7:30 a.m., 10 a.m. and 2 p.m., Auxiliary Conf. Room

May 9

DIABETES SELF-MANAGEMENT CLASS: 8:30 a.m. to 4:30 p.m., MRMC, call 931.540.4324

May 11

NEWBORN CARE: 9 to 11 a.m., MRMC, call 931.490.7046

May 11

INFANT CPR: Noon, MRMC, call 931.490.7046

May 13

BREAST CANCER SUPPORT GROUP: 5:30 p.m., Women's Center, call 931.540.4166

May 14

CANCER SUPPORT GROUP: 1 p.m., Cancer Center Resource Room, call 931.381.1111, ext. 8177

May 14

GRIEF SUPPORT GROUP: 5:30 p.m., MRMC Chapel, call 931.540.4243

May 14

SURGICAL WEIGHT LOSS SUPPORT GROUP: 6 p.m., Medical Office Building Conf. Room, call 931.381.1111, ext. 1748

May 18

BREASTFEEDING: 9 a.m. to 11 a.m., MRMC, call 931.490.7046

May 20

NEW EMPLOYEE ORIENTATION: 7:45 a.m., Auxiliary Conf. Room, call 931.381.1111, ext. 4017

May 23

OSTOMY SUPPORT GROUP: 10 a.m., MRMC, call 931.490.4600

May 23

GRIEF SUPPORT GROUP: Noon, Marshall Medical Center, call 931.540.4243

May 23

STROKE SUPPORT GROUP: 6 p.m., Maury Regional Annex, call 931.840.4446

May 28

DIABETES SELF-MANAGEMENT CLASS: 8:30 a.m. to 4:30 p.m., MRMC, call 931.540.4324

KUDOS FOR CAREGIVERS

Deanna Azarch	Alana Dickey	Dr. Mark Hinson	Cindy Lukanec	Dr. Brett Norman	Dr. Jeffrey Ruff
Dr. Bill Bailey	Tim Dickey	Janell Hollis	Josh Lunn	Dr. Elizabeth Null	Ashley Sanders
Dr. Charles Ball	Lance Dooley	Morgan Ingram	Kristel Malacad	Dr. D. Davidson Oxley	Lauren Scanlon
Dr. Belinda Bart	Dawn Duck	Marc Jackson	Dr. Dayakar	Jeffrey Pannell	Jacob Scott
Christi Beck	Dara Dugger	Dr. C. Houston	Mallipeddi	Brooks Parker	Dr. Giorgi Sirbiladze
Sarah Brewer	Dr. Nicole Falls	Jameson	Dr. Kevin Maquiling	Cheri Parker	Carol Smith
Matthew Campbell	Terri Fendt	Samantha Jenkins	Dr. James Marshall	Dr. Michael Pelletier	Jaime-Ann Spencer
Dr. Sean Cannady	Debra Fitzgerald	Dr. Spencer Jensen	Dr. Jeffrey Martin	Sarah Peters	Kendall Stevenson
Paul Carpino	Kyle Fortman	Dr. Romany Johnpulle	Angie May	Dr. Christian	Dr. David Turner
Kate Cassidy	Dr. Jon Freels	Ryan Johns	Dr. Scott McCall	Petrauskis	Dr. Emily Turner
Josie Castaneda	Dr. Meghan Gannon	Nicki Jones	Dr. Robert McClure	Amanda Petty	Sara Varnado
Dr. Amit Choksi	Dr. Ben Gardner	Dr. Jawaid Kamal	Cathy McKim	Dr. Lisa Phillips	Dr. Harish
Carly Cooke	Nancy Garland	Dr. Brian Kendrick	Sara Beth Mitchell	Teresa Potete	Veeramachaneni
Rachael Cooke	Jessica Hale	Vicki Kenney	Dr. Thomas Mitchell	Felicia Potts	Dr. Amy Vertrees
Dr. J. Cummins	Davena Hardison	Dr. Justin Kropf	Dr. Linda Monroe	Dr. Erion Qamirani	Shelby Voss
Couch	Dr. Gaylon Harris	Dr. Bryan Kurtz	Tracy Mosley	Terri Redd	Dr. John Welker
Brittney Crowell	Dr. Esmeraldo	Dr. Nathanael Lafferty	Dr. Gibran Naddy	Dr. Shawn Reed	Dr. Deanna White
Niccole Crowley	Herrera	Dr. Bradley Layton	Dr. Padma Narra	Adam Riser	Dr. Donna Whitney
Dr. Karen Davis	Edith Hill	Trent Lewis	Dr. Timothy Nash	Flamonte Roberts	Dr. Kita Williams
Dr. Patrick Davis	Tiffany Himes	Cheryl Lombardini	Gretchen Nelson	Dr. Andres Rodriguez	Alison Yates
Dr. Varun Dhulipala	Barbara Hinson	Alyssa Lovell	Dr. Andrew Nielsen		

THE VITAL *LINK*

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Foundation to participate in online giving challenge May 2

On May 2, the Maury Regional Health Care Foundation will participate in the Big Payback, a 24-hour online day of giving for nonprofit organizations throughout Middle Tennessee.

To generate excitement for The Big Payback, the Foundation is co-hosting a tailgate event May 2 from 10 a.m. to 2 p.m. at Columbia Fire Station No. 1 that will feature local nonprofit booths, food trucks, games, contests and live music. Learn more at [Facebook.com/MRHFoundation](https://www.facebook.com/MRHFoundation).



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