

THE VITAL LINK



July 2018

Vol. XXXVII, Issue 7

Foundation provides numerous programs for cancer patients

The Maury Regional Health Care Foundation recently provided funding for the new Feeling Fabulous program to help women with cancer cope with changes that result from cancer treatments. With this program, the Foundation's support for services to cancer patients in southern Middle Tennessee has surpassed \$300,000 in the past ten years, according to Foundation Executive Director Joe Kilgore.

During a Feeling Fabulous session, local stylists assist women with makeup techniques, skin and nail care, wigs and nutrition. Supplies, including a free makeup kit, are made possible through the Women's Center Fund of the Foundation. The first program was held in June and a second program is scheduled for September 10 at the Maury Regional Cancer Center. To allow

(See "Foundation programs" on page 6)



Among those assisting with the new Feeling Fabulous program are (l-r) Certified Personal Trainer Beckie Houser, Stylist Ginger Moon and Registered Dietitian Jason Mallory.

EMS supports summer blood needs

Maury Regional Emergency Medical Services (EMS) helped collect donations of life-saving blood in June as part of the Public Safety Challenge hosted by Blood Assurance.

Maury Regional EMS held a mobile drive on June 26 and donors visited the Blood Assurance donation center to give blood as part of the challenge. Maury Regional EMS collected 29 units, with the potential to save 87 lives, finishing the challenge in second place behind the Maury County Sheriff's Department. EMS donated its food prizes from Puckett's restaurant to Hope House.

Maury Regional Health hosted four blood drives in July to support the summer's blood needs. Drives were held on July 20 at Lewis Health Center, on July 24 at Maury Regional Spring Hill, on July 25 at Wayne Medical Center, and on July 30 at Maury Regional Medical Center (MRMC).

Donations of blood are accepted Monday-Friday from 8:30 a.m. until 5 p.m., at the Columbia Blood Assurance Donor Center located at 1412 Trotwood Avenue, Suite 69, in Neely's Mill.



Pictured (l-r) are MRMC Business Development Director and Blood Assurance Advisory Board Chair Patrick Harlan, Blood Assurance Community Liaison Jack Cobb, EMS Director Brian Hupp, Paramedic John Troup, Paramedic Chad Austin, Supervisor Doug Vineyard and Puckett's General Manager Ricki Terry.

NEW EMPLOYEES

MAURY REGIONAL MEDICAL CENTER

ADMINISTRATION

Kenny Boyd

ENVIRONMENTAL SERVICES

Brittany Beard
Kassey Briscoe
Rachelle Evans
Shaina Wilder
Kelsi Young

FISCAL PLANNING

Nicholas Kuzmich

HEALTHCARE TECHNOLOGY

Darrel Andrews

HOME SERVICES

Anthony Banaszak
Laura Hendricks

LABORATORY

Jill Barber
Briley Bean
Bettina Springer

LEWIS HEALTH CENTER

Chelsey Hensley

NURSING

Amanda Birkel
Isabella Bridges
Amanda Couch
Victoria Cruz
Collins Davis
Mallory Floyd
Abbie Fox
Shannon Hamlett
Courtney Hull
Samantha Mantooth

(Continued on next page)

Physician joins medical staff

Jennifer Lane, M.D., a specialist in family medicine associated with Maury Regional Medical Group (MRMG) CORE Physicians, has joined the MRMC medical staff.

Dr. Lane received her medical degree from the University of Tennessee College of Medicine in Memphis, Tennessee. She completed a residency in family medicine at Spartanburg Regional Healthcare System in Spartanburg, South Carolina. Dr. Lane is board certified in family medicine.

MRMG CORE Physicians is located at 1114 West 7th Street in Columbia. For more information, call 931.388.9706.



DR. LANE

ORGANIZATIONAL ANNOUNCEMENT—

Howell named chief dietitian



HOWELL

Keri Howell, RD, has been named chief clinical dietitian at MRMC, according to Food & Nutrition Director Jerry Coulter. Howell will be responsible for overseeing clinical dietitian and patient food service delivery programs.

Howell, a registered dietitian, has worked at MRMC since 2006. She earned a bachelor of science degree in family and consumer sciences from the University of Tennessee at Martin. She also completed a dietetic internship at the University of Tennessee at Martin.

“We are very happy Keri has taken on this new challenge. We look forward to all the great things she will bring to the management team in Food & Nutrition,” said Coulter.



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.



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For address corrections, please contact the Human Resources Department.

1224 Trotwood Avenue
Columbia, TN 38401

Murrell is international conference presenter



MURRELL

MRMC Infection Control Director Lynnelle Murrell was a presenter at an international conference on lighting technology in May. Murrell spoke at the Lightfair International Conference in Chicago on May 10.

The presentation titled “Continuous Environmental Disinfection Using Visible Light” focused on lighting that was installed last year in MRMC surgical suites designed to continuously disinfect the environment to reduce infection control risks. A representative of Indigo-Clean joined Murrell in the presentation.

NEW EMPLOYEES

(Continued from previous page)

Meagan Reid
Deondra Rice
Erin Steele
Shannon Worrix

PRE-SERVICE
Marcie Beard

STERILE PROCESSING
Lewis Grant

TRANSPORTATION
Bethany Simmons
Octavious Williams

**MARSHALL
MEDICAL CENTER**
Dustin Harrington
Robin Merritt
Jeanna Redd

**MAURY REGIONAL
MEDICAL GROUP**
Breanna Hodges
Dr. Jennifer Lane
Linda Lee
Nicole Marshall

WAYNE MEDICAL CENTER
Brittney Sadler
Tabitha Sexton

BIRTHS

Amber Craig, Nursing, and her family welcomed Jaxson Blaze Wilburn on June 23. He weighed 8 lb. and 3 oz.

Kristen Morgan, Nursing, and her family welcomed Lenni Jade Morgan on June 18. She weighed 6 lb. and 3 oz.

Keandra Polk, Outcomes Management, and her family welcomed Kyndall Lynae Pillow on July 8. She weighed 6 lb. and 6 oz.

Megan Wright, Nursing, and her family welcomed Lincoln Edward Wade Wright on July 3. He weighed 9 lb. and 4 oz.

Roth deferrals are now available

Maury Regional Health now offers employees the opportunity to make Roth (post-tax) deferrals to their 403b or 401k retirement savings accounts through Lincoln Financial.

Roth deferrals are contributions that are deducted from an employee's pay after federal income tax (FIT), social security tax (FICA) and Medicare tax (MHI). In retirement, taxes will not be paid on the Roth contributions or the earnings.

With this change, employees may now choose to contribute pre-tax dollars only, Roth only, or a combination of the two. Both pre-tax and post-tax dollars are contributed to one plan. Roth deferrals are eligible for the same company match as pre-tax contributions. Roth funds must be maintained in the plan for five years to avoid penalties. ROTH deferrals are subject to the same single annual IRS limits as pre-tax contributions.



Employees will now manage their retirement plan contributions, investments and beneficiaries through the Lincoln Financial website instead of the Infor employee portal. Those with an existing retirement plan through Lincoln Financial may use their user ID and password to log-in to their account. New users should visit LFG.com and complete the steps to register.

For assistance with retirement plan questions or determining if Roth deferrals are right for you, call Lincoln Financial representative Frances Woodall at 1.844.573.9259 or email Frances.Woodall@LFG.com. To schedule an appointment, visit LFG.com/Mauryschedule.

IN MEMORY

KEITH DIXON, an associate in Environmental Services, passed away July 6. He provided more than 18 years of service at MRMC.



SUE FRAZIER passed away June 26. She retired from Environmental Services at MRMC in 2013, providing nine years of service.



MRH participates in Spring Hill event



Dr. Meghan Gannon (far left), Diana Hunley and Dr. Sean Cannady are pictured in the Maury Regional Health booth during Experience Spring Hill.

Maury Regional Health (MRH) once again participated in Experience Spring Hill, an annual event organized by the Spring Hill Chamber of Commerce. The event was held on July 14 at Summit High School with an estimated 2,000 participants.

Booths showcasing a variety of services and businesses were featured as well as activities for children and a food court.

Representatives of MRH provided information on the system's services, including those available in

Spring Hill. Those attending included Dr. Sean Cannady and Diana Hunley with MRMG Primary Care in Spring Hill, Dr. Meghan Gannon and Kristie Fox, LPN, of MRMG All Access Medicine, and Dr. Michael Pelletier with MRMG OB-GYN.



Pictured at the health fair in Spring Hill are (l-r) Director of Business Development Patrick Harlan, Lori Bergland, RN, Jessica Bowling, RN, Diana Hunley and Brooks Parker, DPT.

MMC hosts education for youth coaches

Marshall Medical Center (MMC) Physical Therapy hosted an annual educational seminar for local youth coaches on July 18 in Lewisburg, according to Director Jamie Davis.

Programs addressed topics such as heat injuries, concussions, return-to-play progression, treatment of injuries and the dangers of performance-enhancing drugs. Speakers included:

- Dr. Jeffrey Adams, Mid-Tennessee Bone & Joint Clinic
- Mark Buck, Creekwood High School
- Dr. A.J. Heritage, Heritage Assessment and Therapy
- Tim Lee, Vanderbilt Sports Concussion Center
- Drew Massey, GameTime Sports and Training
- Brian Parker, Taylor Hooton Foundation
- Dr. Gary Solomon, Vanderbilt Sports Concussion Center
- Lindsay Vandever, MMC Physical Therapy



Pictured are (l-r) Lindsay Vandever, MS, LAT, ATC, Gregg Cloutier, M.Ed, ATC, Dr. Jeff Adams, Gabby Lampley, MA, ATC, and Jamie Davis, PT, MPT.

This is the ninth year MMC has provided pre-season education for local coaches.

Screenings offered at health fair

Representatives of Maury Regional Health participated in the annual City of Spring Hill Health and Wellness Fair held on July 18 and 19. Staff members provided several free screenings and offered information about our organization's services.

Among the screenings offered were blood pressure checks and bone density testing, which took place on the mobile unit, as well as balance and grip strength testing.

Retirees honored



DAVIDSON

ALMA DAVIDSON retired from MRMC on June 29. She was an endoscopy technologist in Endoscopy and worked at the medical center since 1974, providing nearly 44 years of service.

“Alma has been an integral part of the foundation of the Endoscopy Department at Maury Regional. Her hard work and dedication were exemplary. She will truly be missed. We wish her all the best as she enjoys her retirement,” said Endoscopy Manager Ginger Cothran.



DUGGER

CINDY DUGGER, chief clinical dietitian at MRMC, retired on July 19 after more than 36 years of service. She began work at the medical center in 1981 as a dietitian and has served as chief dietitian since 1988.

“Cindy has played a key role in so many ways through the department over these many years. We are truly better as a team for all the years she dedicated to Maury Regional. I am very excited for Cindy in this next phase of her life,” said Food & Nutrition Director Jerry Coulter.



HODGE

SUE HODGE, a dosimetrist in Radiation Therapy at the Maury Regional Cancer Center, retired on June 28. She has been with the organization since 1982, providing more than 36 years of service.

“Sue was an asset to the Radiation Therapy Department and to Maury Regional Medical Center. Sue was the first radiation therapist to be employed by the medical center and she helped build and advance our cancer program. Sue was not only a tremendous team member but she is also a tremendous person. Sue will be greatly missed by our staff, our physicians and our patients,” said Radiation Therapy Director David Thomas.

Support Groups

Maury Regional Health offers several support groups serving those with a particular diagnosis or interest. Below is a list of our current support groups. Please share this information with members of the community.

- Breast Cancer Support Group
- Celiac Support Group
- Cancer Support Group
- Diabetes Education Group
- Feeling Fabulous
(*Women in cancer treatment*)
- Grief Support Groups
(*Columbia and Lewisburg*)
- Ostomy Support Group
- Stroke Support Group
- Surgical Weight Loss Support Group
(*New - See details below*)

For specific information regarding dates, times and locations, visit:

MauryRegional.com

Surgical weight loss support group offered

Maury Regional Health now offers a monthly support group for individuals who are preparing for weight loss (bariatric) surgery and those who have completed bariatric surgery.

The Surgical Weight Loss Support Group meets on the second Tuesday of each month at 6 p.m. Meetings are held in the conference room on the first floor of the Medical Office Building (Building A),

next door to MRMC. Meetings are led by Diane Aben, RN. Programs focus on dietary management, exercise, lifestyle changes and other topics.

“Our goal is to help patients achieve and maintain their goals associated with weight loss surgery and a healthy lifestyle,” said Aben.

For more information about the support group, call 931.381.1111, extension 1748.



PARKER'S PROJECT HOLDS SUCCESSFUL FUNDRAISER

Parker's Project held its second annual fundraiser on June 3 to provide books to newborns in the Neonatal Intensive Care Unit (NICU) at MRMC. The event, held at Puckett's in Columbia, raised \$4,757.

Parker's Project was established through the Maury Regional Health Care Foundation by Cord and Sondra Martin, local educators whose son stayed 31 days in MRMC's NICU. The Martin family developed a bond with the physicians and nurses who guided them through Parker's development and provided encouragement. The experience became the inspiration for Parker's Project, which provides books to NICU families to promote bonding and development.



The presenting sponsor was Listerhill Credit Union. Other sponsors included Dr. and Mrs. Jeff Adams, Beck Dental, Bug Out, Clemmie Grace Designs, Duck River Books, First United Methodist Church, Susan Garman, Dr. Rebecca Hawkins, Maury County Democratic Party, McDonald's of Maury County, Rev. Trent Ogilvie, Mary Reel, Puckett's Grocery & Restaurant and Mary and Con Vrailas.

Gifts to support Parker's Project may be made through the Foundation's NICU Fund at MauryRegionalFoundation.com. For more information, call 931.380.4075.



The Martin family is pictured at the event with Dr. Nicole Falls who delivered Parker.

Foundation programs

(Continued from page one)

personalized attention to each guest, seating is limited. Reservations can be made by calling 931.490.7192.

"Feeling Fabulous is an exciting addition to the programs and services our organization makes available to patients with cancer," said Kilgore. "We are so appreciative to the stylists who volunteer their time to offer this program and to the Foundation board of directors for continually supporting programs that assist our patients."

Since 2007, the Foundation has provided approximately \$315,000 in funding for programs and services that support individuals with cancer in numerous ways. The Retreat is a hospitality house near Maury Regional Medical Center where patients can rest between cancer treatments or stay on a short-time basis while undergoing treatment. Gas cards and funding for public transportation help patients with expenses when traveling to appointments and treatments. The Foundation provides funding for dietary consultations and food for patients at the cancer center. Wigs, head garments, camisoles and compression garments are made available through the Women's Center Fund.

Learn more about the mission of the Maury Regional Health Care Foundation at MauryRegionalFoundation.com.

In addition to programs supported by the Foundation, Maury Regional Health is pleased to offer navigators who assist patients through the clinical and financial aspects of cancer treatment. Two support groups are available for cancer patients. The Breast Cancer Support Group meets at the Women's Center and the Coping with Cancer Support Group meets at the Cancer Center. To learn more about these and other services, visit MauryRegional.com.



**POWERED BY PEOPLE
LAUNCHES**

The People Council is excited to announce the new Powered By People employee recognition system. The program allows contributions of our employees to be recognized, including individual and team achievements and personal acknowledgements.

Powered By People offers a new experience that employees can use to recognize their peers with eCards that are sent via the Maury Regional Health email system. Employees will also receive eCards for milestone dates such as their first day of work, work anniversary, birthday and retirement.

Managers have the ability to issue points to employees in recognition of exemplary performance. Points will also be earned on milestone anniversary dates and upon retirement. Earned points may be used to select gifts from an online catalog.

The new Powered by People has many features to make recognition meaningful. The online platform and a mobile-friendly app make it easy to access your personal profile, manage rewards and more.

Employees are able to access Powered by People via the intranet as well as from any internet connection or a smartphone app.



HOW MANY JELLYBEANS?

Katie Hodges, an associate in Environmental Services, was the winner of the jellybean contest held in the MRMC cafeteria as part of an Independence Day celebration. Hodges won a year's membership to Costco by guessing the number of red, white and blue jellybeans. Her answer of 813 was closest to the correct answer of 821. Thanks to everyone who participated in the contest!

AUGUST CALENDAR OF EVENTS

August 2

DIABETES EDUCATION GROUP:
11 a.m., Annex, call 540.4324

August 2-3

SCRUB SALE: 7 a.m., Auxiliary Conf.
Room, call 380.4075

August 4

EXPECTANT PARENT CLASS –
UNDERSTANDING BIRTH:
9 a.m.-3 p.m., call 490.7046

August 7

GRIEF SUPPORT GROUP: 5:30 p.m.,
Chapel, call 540.4243

August 9

GRIEF SUPPORT GROUP: Noon,
Marshall Medical Center, call 540.4243

August 9

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

August 13

NEW EMPLOYEE ORIENTATION:
8 a.m., Auxiliary Conf. Room, call
380.4017

August 14

SURGICAL WEIGHT LOSS SUPPORT
GROUP: 6 p.m., Medical Office Bldg.,
call 381.1111, ext. 1748

August 18

FREE SAFE SITTER CLASS:
9 a.m.-3:30 p.m., call 490.7046

August 20

EXPECTANT PARENT CLASS –
BREASTFEEDING: 7 p.m., call 490.7046

August 21

HIRING EVENT: 8 a.m.-6 p.m., Human
Resources Dept., call 840.4477

August 23

OSTOMY SUPPORT GROUP:
10 a.m., First Floor Conf. Room,
call 698.7438

August 23

STROKE SUPPORT GROUP: 6 p.m.,
Annex, call 840.4446

August 27

NEW EMPLOYEE ORIENTATION:
8 a.m., Auxiliary Conf. Room,
call 380.4017

KUDOS FOR CAREGIVERS

Reba Anderson
Dr. Charles Ball
Deborah Ballew
Lea Barnes
Sherry Belew
Raymond Bolton
Marva Booker
Mike Bunt
Henry Canaman
Josie Castaneda
Crystal Cooke
Britley Cosby
Morgan Coulter
Wilson Daniel

Melissa Davidson
Abby Davis
Austin Davis
Cindy Davis
Dianne Davis
Dr. Patrick Davis
Dr. Nicole Falls
Julie Finch
Kristie Fox
Laiken Fuller
Dr. Meghan Gannon
Dr. Shawn Gentry
Dr. Susan Gray

Dr. Griffin Guice
Dr. Anthony Haase
Margaret Harber
Dr. Michael Heinrich
Jennifer Hensley
Dr. Bradley Holmes
Ashley Holt
Jamie Hutson
Dr. Houston Jameson
Carmen Jenkins
Dr. Jawaid Kamal
Larry Kass
Dr. Michael Kelley

Danielle Kern
Becky Kinzie
Kayla Kirby
Kathy Knific
Dr. Joel Kochanski
Yvonne Lewis
Cheryl Lombardini
Austin Long
Dr. James Marshall
David Martin
Phyllis Marx
Crystal Mathers
Dr. Brenda May

Chris Mayott
Dr. Mark Messenger
Elizabeth Miller
Glenda Mitchell
Dr. Thomas Mitchell
Fagan Moritz
Dr. Padma Narra
Dr. Gabe Polk
Dale Ray
Terri Redd
Deondra Rice
Amy Richardson
Dr. James Richardson

Ann Sahjian
Dr. Michael Sattasiri
Dr. David Schroeder
Dr. Cason Shirley
Robyn Stanfill
Ashley Thomason
Julianne Thomason
John David Waller
Regina Walters
Stephanie Watt
Betty Wells
Janet Wood
Miranda Wood

THE VITAL *LINK*

Follow us on     

now hiring



MAURY REGIONAL
HEALTH

HIRING EVENT

Tuesday, August 21
8 a.m.-6 p.m.

Human Resources Department

For more information, call Human Resources at:

931.840.4477

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