

capsule

FOR THE STAFF OF TUOMEY HEALTHCARE SYSTEM

GET FIT, TUOMEY!

It's not too late to contribute to the 2011 Employee Campaign

Did you know that South Carolina is the 8th most obese state in the nation? The employees of Tuomey are doing something to combat that!



More than 350 Tuomey staff members have given to the 2011 Employee Campaign, "Taking Steps to a Healthier Tuomey," donating almost \$140,000.

The initiative will give back to the staff and the community by creating walking trails, expanding the Tuomey fitness room for all employees and continuing the covered walkway in front of Medical Office Building Two.

At the campaign kick-off, the cafeteria was transformed into The Tuomey Wellness Center. Banners saluting fitness gurus hung overhead, a parfait bar supplied cooling and healthy treats, an outdoor workout area showed videos of our gurus in action and a



scale measured the number of employees committed to taking steps to a healthier Tuomey. Many employees didn't realize how much fun a gym can

really be until they heard speakers blasting music throughout and saw members of the YMCA dancing to "Y.M.C.A." and the "Electric Slide." During opening ceremonies, a few famous fitness gurus -- Tony Horton (Brian Matula), Jillian Michaels (Kim Gardner), Bob Harper (Brian Huskey), Denise Austin (Amy Chappel), Suzanne Somers (Beth Fordham), Billy Blanks (Sly Owens), and the man himself, Richard Simmons (Curt Ackerman) -- showed up to support our cause! As our stars did a lap around our Tuomey Track, the employees lined up at the starting line to pledge to a healthier Tuomey.

TURN TO PAGE 2 ►

"We don't stop playing because we grow old; we grow old because we stop playing."

The Irish playwright George Bernard Shaw said that; he was probably talking about imagination, but it's true for our physical health as well.

Exercise -- or just some good ole grownup playtime -- can make you feel better, lift your mood, give you more energy, combat disease and help you control your weight, sleep better and have fun.

Yes, I said FUN! Fitness doesn't have to be boring. And it doesn't have to be tedious or a chore or some requirement you have to meet.

There are thousands of ways to get in better shape. Find one that makes you happy and the results will surprise you!

Walk. Ride a bike. Kayak. Climb mountains. Jog with a baby stroller. Play tennis. Get sweaty

with the oldies and Richard Simmons.

Do chair aerobics

in your office. Go outside and kick a ball around with your kids. Or read on to get some ideas from Tuomey employees who want you to know that fitness can be fun -- and that getting healthy is its own reward!



TURN TO PAGE 4 ►



THE TUOMEY FOUNDATION



CONTINUED FROM PG. 1 ▶ As healthcare industry workers, we are all aware of the effects that poor nutrition and a lack of exercise can have on one's health. By participating in this campaign, the employees have shown an interest in being the leading examples for our community by becoming more active and in taking bigger strides towards a healthy lifestyle. The campaign closing ceremonies have come and gone, but it's not too late to take part in these steps for change. We still have incentives to give out at each level and are hoping for 100% participation from our hospital family in this wellness effort. If you'd like to contribute, please contact The Tuomey Foundation at 774-9014 or come by and see us about signing up.



IN OTHER FOUNDATION NEWS:



2011 EMPLOYEE SCHOLARSHIP

On Aug. 4, the recipients of the 2011 Employee Scholarship were honored with a luncheon in their honor followed by an awards presentation. The recipients are:

MR. MATTHEW BORDELON

Central Carolina Technical College

MS. BILLIE JEAN PARNELL

South University

MISS CAITLYN ROSS

Clemson, University

MS. KENDRA SIMMONS

South University

TUOMEY FELLOWS

The Tuomey Fellows program starts back up on Sept. 13 with its 12th class. The Tuomey Fellows program provides an opportunity for present and future leaders of our community to explore issues surrounding healthcare today.

Members of Class XII are: Ryan Cagle, K. C. Cousineau, Martin Crawford, Rob Fauvie, Peyton Floyd, Beverly Gagne, Robin Glenn, Guido Hobi, Dutch Holland, Alvin Holston, Mary Kolb, Ricky McLeod, Charles McCreight, Chris Niebuhr, Suzanne Palmer, Janice Poplin, Jean Riddle, Sheri Singleton, Bud Smith, Chris Somheil. We look forward to visiting your department soon!

WOMEN OF TUOMEY

On Friday, October 21, the Women of Tuomey will be hosting the first annual "Bags, Bling and Baubles," a luncheon and silent auction of new or "like new" designer handbags and jewelry. All proceeds will benefit "The Boutique ... From Tuomey with Love" cancer resource center. There are sponsorship opportunities for individuals or businesses. For more information, call The Foundation office at ext. 9014.



TUOMEY FOUNDATION GOLF CLASSIC

We are teeing up for the Tuomey Foundation 13th Annual Golf Classic. This year's tournament will be held on Friday, Sept. 23, at Sunset Country Club. Proceeds will benefit the unrestricted fund, which is allocated to various community programs such as Camp Scamp, SAFE KIDS, and free health screenings, just to name a few. Please contact The Foundation office, or visit our website at www.tuomeyfoundation.com, for more information.

FESTIVAL OF TREES AND CIRCLE OF LIGHTS

It will soon be time for the annual Festival of Trees and Circle of Lights celebration. Join Tuomey Hospice Services and The Tuomey Foundation in honoring friends, family and loved ones this holiday season. If you'd like to sponsor a tree and decorate it for the event, call The Foundation office at 774-9014 before Nov. 1! The Circle of Lights tree, in the main lobby of the hospital, will be dedicated on Dec. 1 at 5:30 p.m.



STAFF NOTES



HOLLOWAY

SABRINA HOLLOWAY has been promoted to the position of Administrative Director over Tuomey's Revenue Cycle. Sabrina has been at Tuomey for over 13 years and began her new duties in August.

MATT WILKE, RADIOLOGY, completed his undergraduate degree studies in English and History at USC Columbia and began a master's degree program in Social Work (Individuals, Families, and Groups) this month.



WILKE



In addition to a few new staffers, **THE RADIOLOGY DEPARTMENT** also has two new IUE Phillips 22 ultrasound machines, which have significantly improved our standard of care, and a new ED Imaging fileroom and waiting room for all emergency room patients, which have greatly improved their wait time and resulted in quicker diagnoses.

PATIENT SAFETY SURVEY

Last year, the Patient Safety Committee conducted the annual AHRQ Patient Safety Culture Survey. This survey is an opportunity for clinical staff to provide their opinions on our safety culture for Tuomey. The survey was completed by 431 patient care providers. Our results were tallied by an outside agency at no expense to us and were a little delayed in being returned this year. The Patient Safety Committee, Senior Leadership, and the Nursing Quality Council have reviewed the results. Process improvement suggestions were made based on the results.

It will soon be time to conduct the survey again. The Nursing Quality Council supports continuing to complete the survey on paper. The survey is anonymous and we encourage all clinical staff to participate. The Patient Safety Committee appreciates your input and thanks you for all you do to care for our patients in a safe manner.

IN THE SPOTLIGHT



The Print Shop is rockin! Now that Tuomey prints nearly all of our published jobs in-house, the shop stays busier than ever before. In just one day last month, the two-person shop printed 14,000 brochures, 4,000 cards, 1,700 labels, designed a couple of posters, laid out a handout card, and did lots of smaller jobs in between. And that was only the printing! All of those brochures had to be folded, the labels and cards had to be cut, and many of the items had to be laminated.

In just one month this summer, the Print Shop used 62,098 sheets of paper for color items and made 180,922 black and white copies. The shop prints everything from brochures and business cards to manuals, fliers and postcards. They laminate, make padded prescription pads, create patient packets, handle all campaign printing and build the I.S. Meditech manuals.

The Print Shop loves to stay busy but asks for your patience and understanding that with 52 separate departments placing orders, you may not always be able to collect your order right away.

Remember: Protocol is one week's notice on any print job.

CHECK OUT SOME OF THE IDEAS FOR FUN AND FITNESS FROM YOUR TUOMEY TEAMMATES

LOUISE CONYERS, PLANT SERVICES COORDINATOR, has been taking swimming lessons and recently earned her Level 2 certificate.

"Discovering how to swim at my age has been one of the most rewarding experiences of my life," she said. Makes her wonder what ELSE she's been missing all this time! Swimming is a great form of exercise because it works all your muscle groups. Another benefit: "It's very relaxing at the end of a work day!"



skiing, hiking and yoga. "I would easily get bored doing just one thing," she said. Her advice to anyone new to fitness? Don't just adopt someone else's lifestyle plan -- find your own! And "try to exercise with a group so it's also a social function, not just a boring routine. Choose an activity that makes you happy, something you look forward to doing."

TRAVIS SIMMONS, MATERIEL MANAGEMENT, was inspired to get fit after having to see people close to him dealing with serious health issues.

He participates in our wellness program, Tuomey Health Guides. His weight-loss goal: 30 pounds. He's lost about 22 so far! "My dad is a diabetic and on dialysis; that motivated me."



he said. "I just want to get healthier. I exercise in our Tuomey gym and run 2-3 miles every other day at Dillon Park."

MOLLY OSTROWSKI, MEDICAL STAFF COORDINATOR, finds the Wii Fit "a great motivator." "Each afternoon, I switch up what I do. It has yoga, strength training, aerobics



and several games that you can do. It keeps score, so if you have other family members it can turn into quite a competition." She also does crunches on an exercise ball, adding 5-pound weights every other day, all while "watching the weather report."

LISA REARDON, PRINT SHOP:

"I have taken up walking 5 miles three times a week. I don't really have any goals behind it except to just implement exercising into my life for better health."



ELIZABETH PITTMAN LEE, PHYSICAL THERAPIST, likes to run! She completed the Rock 'n' Roll Half Marathon in San Diego in June and is training for her very first triathlon -- which will also be Sumter's first! The TriSumter Triathlon will include a 300-yard swim, 15-mile bike and 3.1-mile run, and will begin and end at the City Aquatics Center.

"I recently got into running when a friend convinced me to train with her for a half marathon. I thought she was crazy, but I signed up anyway! We



started slowly, walking more than running. We were able to use the time not only for exercise, but for blowing off steam, talking, planning, venting, etc. I'm not the most coordinated

person when it comes to some of the fitness classes (step aerobics, kick boxing, Zumba), so running was something easy I could do without injuring myself! And, with a family history of high cholesterol and high blood pressure, I know I need to stay active in order to stay healthy! " She's also in training for the Bridge 2 Bridge Half Marathon on Oct. 1 in

VICKI TOWERY, TUOMEY MEDICAL PROFESSIONALS, started taking SPIN classes and working out at the YMCA after she realized she didn't have the energy to keep up with her growing children. "Then I went to work



for the Core Institute and I saw the benefits of physical activity for the whole family up close and personal: it's the key to better brain function!" She earned her personal trainer

certification as part of her job at Core, and she realized she could train to teach the SPIN class as well. Now she's certified, and she'd love to see some of her fellow Tuomey employees at her 6 a.m. classes!

BEATA VISZMEGH, GRAPHIC DESIGNER, has always been physically fit and very active. She did gymnastics as a youngster, studied tae-kwon-do, swam, ran track, bicycled and later enjoyed such activities as scuba diving,

DID YOU KNOW THAT EXERCISE IS GOOD FOR THE BODY AND THE BRAIN? CHECK THIS OUT FROM TUOMEY'S CORE INSTITUTE:

We know that exercising makes us feel better, look better and perform better, but until recently we didn't know that it makes us smarter. Research has shown that voluntary exercise actually grows brain cells and strengthens neuro-connections in the brain. Animals that have been placed on a specific exercise routine several times a week had large increases in neurogenesis (brain cell growth) and scored higher on cognitive and memory tasks than their lazy co-inhabitants. Resistance training and cardiovascular training demand additional brain connections and therefore promote new cell growth.

Adding exercise to your daily or weekly routine will improve your physical health as well as your brain health.

Just think, less time forgetting and more time remembering.

KIM MCGOWAN, COMPLIANCE ANALYST IN CORPORATE INTEGRITY,

was diagnosed with hypothyroidism several years ago; her body doesn't metabolize food like it should. "In order to keep from gaining a large amount of weight, I have to watch what I eat, and I have to exercise. I try to walk the employee parking garage every day after work,



(or) I go to the mall, Dillon Park or walk around my neighborhood. I have increased my stamina and can walk about two to three miles each day. I am even starting to run some and hope to participate in a marathon at some point. It has been a gradual process, but I have lost over 12 pounds by being consistent. Not only has this helped me stay at a healthy weight, it has also lowered my cholesterol and blood pressure. I know this is not as grand as a triathlon, but (I hope it will) encourage those who suffer from similar problems so they know it is possible to achieve a goal with persistence."

BETH FORDHAM, VOLUNTEER COORDINATOR AND CUSTOMER SERVICE MANAGER,

got into her first triathlon after being challenged by some of her Leadership Sumter classmates. "Since I already run and swim every other day, all I needed was to train on the bike part," she said. She borrowed a bike, went for a few training rides and then rode it in the race -- and finished third in her age group! She bought her own bike and then took on a second challenge; she plans to complete another triathlon in Charleston. "I actually rode 34 miles last Saturday -- my longest ride so far!" she said.

TURN TO PAGE 6 ►

CASSANDRA GOODMAN, ADMINISTRATIVE COORDINATOR,

has already lost 20 pounds doing Tae Bo and recently started the P90X exercise program. "I love the results I have seen," she said. She could almost fit TWICE into the pants she brought to the photo shoot!



"I am determined to become a healthier person. You first have to have a positive mindset to want to lose weight and go to whatever length it takes to get there. I was never consistent with working out. I got tired of being tired of not being able to wear some of the clothing I wanted. I finally made up in my mind to do whatever it took. Now, I work out at least five times a week and I am more careful of what I eat. Like Tony Horton (of P90X) says, 'Do your best and forget the rest.' I am not where I want to be, but I am on the right path to getting there."

Georgetown, running about 20 miles a week. She's also completed the Cooper River Bridge Run, Forrest Ray 5K, Sumter's Turkey Trot, IOP Connector Run, James Island Connector Run and the Striped Bass Festival 10K.

LOIS MCCRACKEN, REGULATORY OFFICER,

also heads up the Pet Therapy program at Tuomey. She's owned dogs all her life and says they help her stay fit. "My dogs require me to go for long walks and participate in performance events (like)



agility, duck hunting and running in the show ring. Nothing is worse than having an unhappy dog!"

One of her Pet Therapy dogs, Carolina's Wild March Hare, aka "Bunny," was named Best of Breed at both the Eukanuba Show in California and the prestigious Westminster Kennel Club a few years ago. If you want more info on Pet Therapy, give Lois a call!

"The triathlon is fun, and the best part is surprising yourself at how overcoming the mental part of it is more than half the battle! It builds your confidence that nothing is impossible when you put your mind to it, and that you really can teach an old dog new tricks!"



THE TUOMEY FOUNDATION STAFF is "Starting a New Life!" and hoping to jump-start more healthy living. They knew they'd need each other's help to stay motivated and accountable. "We placed pictures of each staff member at their starting point on a very prominent wall in our office, created tracking sheets of our progress and activity sheets to encourage group activity." They use their new pedometers, the Tuomey Walking Trails and the employee exercise room as much as they can. And they get Brett Lynam of Health Guides to weigh and measure them and give ideas on how to do better. "This program has instilled a sense of camaraderie and given everyone that added push to lead healthier lives."

If you want a pedometer, a log book or a bit of competition between departments, call The Foundation and get started!

TOM MCMANUS, SR. APPLICATIONS ANALYST will do whatever anyone around him wants to do! "Everyone has different strengths and weakness concerning fitness," he said. "My strength is being flexible enough to join in on what others around me are doing." He notes that "The hardest part of 'working out' is maintaining the discipline over a long period of time. Having a workout partner or group is the single biggest factor to maintaining your commitment. So I do whatever I can with whomever I can for as long as the partnership exists." For example, a couple of years ago, he started a P90X program with four people from his church. Eventually, Tom was the only one remaining -- but he didn't quit, because he had to open the door every morning and he never knew if someone else was going to show up. "I completed my 90-day cycle only because of my commitment to other people. Without (it), I am sure I, too, would have found a reason to quit." Tom also rides bikes with his wife as often as possible. She is currently cycling all the way across the United



States. (Can you say "WOW"?) Tom goes on 60- to 100-mile cycle rides with her -- but in the beginning, he was scared he wouldn't be able to finish. He said he pushed himself anyway "because I love her," and soon found out that doing the 60 miles was harder in his mind than in reality. Tom also plays basketball with friends across the street from Day Surgery and is on the Tuomey softball team. His latest team effort is a push-up competition. If you want details, give him a holler!

JILL WILLIAMSON, EXECUTIVE ASSISTANT, says her biggest fitness tip is all about "Water! Water! Water!" "You drink a ton of calories and carbohydrates. EAT them instead! Don't waste them in a beverage!" And it's not just about health: soft drinks and other beverages cost a lot when you eat out; you could save a lot of money just by switching to water in restaurants.

ROSEMARIE ROMANO, TELEMETRY,



"is an avid cyclist who has done approximately 10 bicycle rides for HIV and AIDS awareness." She started riding about 15 years ago and averages about 50 miles a week.

Before becoming a nurse, **JANET MOORE, TELEMETRY**, worked as an exercise physiologist for 18+ years. She stays active in a variety of ways: teaching fitness and yoga classes and working with people with arthritis, diabetes and high blood pressure. She's run several 5k's, completed a sprint triathlon and done the Mud Run twice -- and hopes to do it again this year. "I love to run, swim, bike, play Ultimate Frisbee, and I am currently working with the dance team at Miss Libby's to improve their endurance and core strength."

GET FIT TIPS:

- 1. SET A GOAL.** (Do you want to lose weight? Get stronger? Eat healthier?)
- 2. WRITE IT DOWN!** (Or better yet, TELL someone who will help you stay focused!)
- 3. PICK SOMETHING YOU ENJOY DOING.** And then find a friend to do it with!

HAZELTINE WASHINGTON-SMITH, A PATIENT FINANCIAL ADVOCATE, has her whole family working on fitness! Her son, **TRAVIS WASHINGTON (LAUNDRY)**, has lost 60 pounds just since January, mainly by walking and watching what he eats. Hazeltine and her daughter, **ANYA WASHINGTON (H.I.M.)**, joined Curves in April -- she's lost 15 pounds and 20 inches and her daughter has lost 23 pounds and 26 inches. They also do



Zumba twice a week. Their church, St. Mark UMC, offers the class every Friday for anyone who's interested. Check it out!



I don't know about you, but I'm encouraged and motivated by all these fitness possibilities! I already do yoga twice a week, I've just started a 13-week P90X program after work, and I'm cooking at home more and eating lots of locally grown veggies, but I'm also going to pledge to get my kayak into the water more often, take more

Taking Steps
to a Healthier Tuomey

walks with my husband and find something athletic to do with my teenager on the weekends!

If you're a Tuomey employee and want to talk to someone about how you can better manage your health issues and work fitness into your daily routine, call Brett Lynam at Tuomey Health Guides, Ext. 9731. And if you want to help the rest of Tuomey Get Fit, contact The Tuomey Foundation (Ext 9014) about this year's Employee Campaign and see how you can participate!

-- TRACI QUINN, PR SPECIALIST

TUOMEY NIGHT!

GREEN TEAM



TAKE ME OUT TO THE GAME!
Lynn Sherrill throws out the first pitch at the Sumter P-15s' last regular-season home game -- Tuomey Night at Riley Ball Park. The P-15s went on to win the season. They hosted the Regionals and came in third. Lots of Tuomey folks have ties to the P-15s.

DON'T BE LAZY ... USE THE TUOMEY RECYCLE BINS!

Jim Gier of EVS reports that his crew is still finding aluminum drink cans and plastic bottles in trash cans in the conference rooms and nursing stations throughout the facility -- even though the recycle bins are always located within a few steps! Please, Team Tuomey: Don't toss those cans and bottles! Recycling saves energy, keeps the landfills from overflowing, and conserves our limited resources.

WELCOME, WOUND HEALING CENTER!

The Wound Healing Center at Tuomey officially opened in MOB2 in August. The center offers the newest treatments for chronic wounds, such as negative pressure wound therapy, bio-engineered tissues, biosynthetic dressings and hyperbaric oxygen. It should help reduce patient hospital stays and bring costs down for everyone as well. Since non-healing wounds impact about 3,000 patients a year at Tuomey, this is an important addition to our services.



HEALTH MINUTE: SO, YOUR DOCTOR TELLS YOU TO EAT MORE WHOLE GRAINS, BUT ...

What is a whole grain? How many whole grains should you consume daily? Which foods are highest in whole grains? What are the benefits of whole grains? Is there a way to identify whole grain foods, easily?

Do you find yourself asking these questions?

The essential parts and naturally-occurring nutrients of the entire grain seed are contained in both whole grains and the foods made from them. Foods that contain processed grains (e.g., cracked, crushed, rolled, extruded, and/or cooked), should deliver approximately the same rich balance of nutrients that are found in the original grain seed.



THE BENEFITS OF WHOLE GRAINS

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
- better weight maintenance
- reduced risk of asthma
- healthier carotid arteries
- reduction of inflammatory disease risk
- lower risk of colorectal cancer
- healthier blood pressure levels
 - less gum disease and tooth loss

The benefits are most pronounced with 3 servings a day, but even 1 serving can reduce risks. Look for the Whole Grain Stamp (item contains at least half a serving of whole grains.)

HEALTH MINUTE is provided by
Tuomey Health Guides
and Brett Lynam.

POST THESE TIPS ON YOUR FRIDGE AND TRY AS MANY AS POSSIBLE

(from www.wholegraincouncil.org):

- I'll buy three different loaves of whole-grain bread and taste them all to see which one we like best.
- I'll serve bulgur or brown rice instead of potatoes with dinner one night.
- I'll look for the Whole Grain Stamp every time I shop.
- I'll try a new breakfast cereal with 16 grams of whole grain per serving.
- I'll buy some whole-wheat pasta.
- I'll visit the health food store or a major grocery and look at all the different grains in bins.
- I'll make my favorite whole grain recipe for a friend.
- On the weekend, I'll try cooking a pot of steel-cut oatmeal.
- I'll make pizza with whole wheat pita.
- I'll make our favorite cookies with whole wheat flour instead of white.
- I'll serve hamburgers with whole wheat buns this week.
- I'll try all of the Whole Grain Council's "Dozen Easy Family Whole Grain Recipes"

capsule

VOLUME 51 | NO. 5

Capsule is published every other month by the Public Relations Department for the medical staff, employees & friends of Tuomey Healthcare System.



Jay Cox, FACHE

President & CEO, Tuomey Healthcare System

Brenda Peyton Chase | P.R. Manager

Traci Quinn | Capsule Editor / Designer

Chris Moore | Photographer

Public Relations @
Tuomey Healthcare System

129 N. Washington St.,

Sumter, SC 29150

803.774.8663

www.tuomey.com