

# Archives

p.16

## A day like no other

Nothing less than a full team effort



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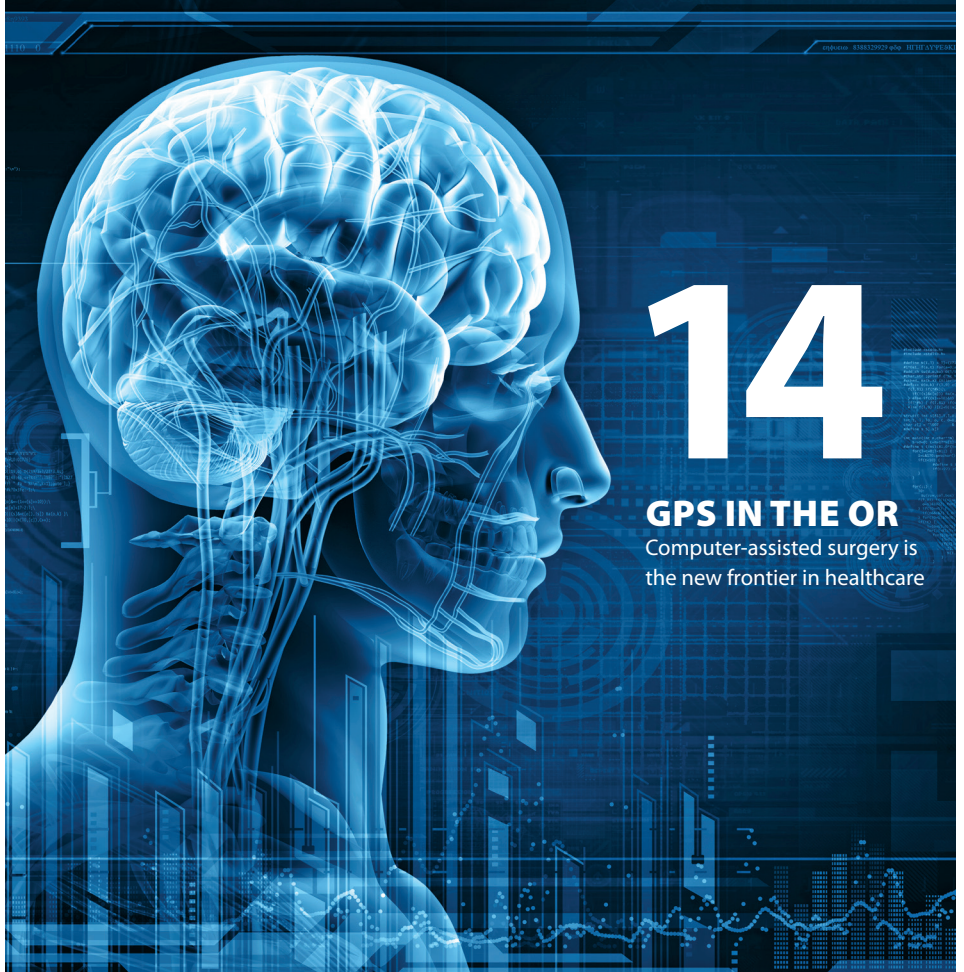
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## HAVE YOU THOUGHT ABOUT BEING A DONOR?

Approximately 22 people a day die in the United States waiting for an organ transplant. And more than 5,600 Georgians are waiting for an organ transplant. To meet this need, Archbold is campaigning to educate staff, patients and community members about the need for organ donation. Why not join our effort? **Page 21**

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# The future looks great

**OVER THE** past several years, we've carefully evaluated the changes in healthcare and the challenges they present for our regional health system. Currently, we're in the early stages of implementing our new strategic plan for our health system. A new facility master plan and financial review is also nearing completion. We will use these plans together in determining the next steps in our structural footprint, as well as new ways to preserve the future viability of the health system.

One point I made at our corporation annual meeting this January was that as we implement these plans, we will not lose sight of some of our most special attributes at Archbold—what really sets us apart from other health systems. These attributes aren't ones evident in a

new service line or technology—they're embedded in the people that come to work here every day—physicians, nurses, administrators and support staff.

The care and compassion our team shows for our patients every day is amazing. And it's our not-so-secret key to our success now and in the future.

I'm proud to lead a team that is truly dedicated to our patients and has so much compassion for serving others. We're very fortunate to have such a great healthcare system (and team) in Southwest Georgia.

Respectfully,



**J. Perry Mustian**

President and CEO,  
Archbold Medical Center



## Why we give

THE KARAS FAMILY

**FOR THE KARAS FAMILY,** working at Archbold is a family tradition.

Cardiologist Jim Karas, MD, and his wife, Laura Karas, RN, have worked at Archbold for a combined 63 years. Laura's father, Dr. Clayton Courson, was on the hospital's medical staff for 38 years. The Karas' daughter Lindsay currently works at Archbold, as well.

"Our family is very proud to be part of the healthcare team at Archbold," said Laura. "We consider it a privilege to care for our patients and to be able to give back to our community and our hospital. Our health system is very important to the citizens of Thomasville and to a large portion of Southwest Georgia, too."

"We have seen a lot of changes in health-care delivery over the years. Today, Archbold is faced with the same considerable changes as other hospitals across the country. But in an era of declining reimbursements, we must remain competitive and continue to deliver state-of-the-art treatment that our patients need," said Dr. Karas.

"By contributing to the Archbold Foundation and programs like Georgia HEART, we help sustain the viability of our hospitals in Brooks, Grady, Mitchell and Thomas counties. Gifts to the Archbold Foundation are important—they help our organization sustain the focus on our vision and enable us to be the best health-care system in our region."

# News and events

## Wheeler awarded Daisy Award

Archbold nurse and Florida State University (FSU) College of Nursing educator Stacy Wheeler, RN, MSN, was recently awarded the prestigious DAISY Faculty Award for her extraordinary commitment to the nursing profession and inspirational influence on students.

Wheeler has 32 years of nursing experience—24 years specifically as a nurse at Archbold Memorial Hospital. In 1999 Wheeler began teaching advanced cardiac life support, trauma nursing core and emergency nurse pediatrics at Archbold through the FSU School of Nursing. When Wheeler is not working in Archbold's emergency department, she is fulfilling her duties as a clinical instructor for Darton State College and as an adjunct faculty member at FSU.

"I have been given the chance to work with so many amazing educators at FSU that I really admire, and to be chosen from that group of people was truly humbling," Wheeler said. "It is something I will never forget."



**Stacy Wheeler, RN, MSN**  
Archbold Memorial Hospital

## BCH awarded for emergency care

Archbold's Brooks County Hospital (BCH) was recently awarded the prestigious Quality and Patient Safety Award by the Georgia Hospital Association's Partnership for Health and Accountability (PHA). The hospital's initiative to reduce throughput in the Emergency Department won third place in the Critical Access Hospitals category for hospitals in Georgia.

"After evaluating our data a year ago, we noticed patients were leaving before they were triaged, before having a medical screening exam or before their treatment was complete," said Kim Redding, BCH Emergency Department Nurse Manager. "We knew this was an area that had to be addressed, because patients who were leaving may have needed emergent medical care."

The hospital educated staff on the goals and created a culture of awareness of patient wait times. BCH streamlined the patient registration process, so patients would spend less time at the registration window and could be triaged faster. In addition, they developed



Pictured from left to right: Nancy Little Williams, BCH interim administrator; Kim Redding, BCH Emergency Department Manager; Ramsey Hughes, BCH Performance Improvement/Education; June Furney, BCH Director of Nursing.

a process to allow providers to perform a medical screening exam at the same time the nurse would be triaging a patient. The hospital also created a dedicated triage room where patients could be triaged faster and more efficiently.

"After implementing our new process, the ED's median triage time decreased from 24.6 minutes to 16.6 minutes," said Redding.

"Reducing crowding in the ED ensures that patients receive timely and appropriate care," said Georgia Hospital Association Chief Medical Officer Doug Patten, MD.

## Hembree named CFO

Archbold recently named Greg S. Hembree, CPA, FHFMA, as Chief Financial Officer (CFO) for the health system. Hembree comes to Archbold from St. Francis Hospital in Columbus, Georgia, where he served as Senior Vice President and Chief Financial Officer from 2014 to 2016. Before that, Hembree was CFO for South Georgia Medical Center in Valdosta for 20 years.

"Greg's extensive experience in healthcare finance, and his knowledge of the industry and healthcare specifically in our region, will be very valuable for Archbold," said Perry Mustian, Archbold President and CEO. "We're very pleased to welcome Greg to our Archbold leadership team."



**Greg S. Hembree, CPA, FHFMA**  
CFO, Archbold Medical Center

## Wheeler earns national credential

Zach Wheeler, Senior Vice President of Human Resources at Archbold, recently earned designation as Certified in Healthcare Human Resources (CHHR), a national credential granted by the American Hospital Association (AHA).



Wheeler is among a small group of healthcare professionals nationwide who currently hold the certification.

Wheeler, who recently retired from the United States Army Reserve as a colonel, has 27 years of human resources experience, 24 of which have been at Archbold.

## The tops—again

For the seventh year in a row, *Georgia Trend* magazine has named Archbold Memorial Hospital a Top Georgia Hospital. And for the third year in a row, it has bestowed that honor on Archbold Memorial Hospital's Grady General Hospital (GGH).

### Archbold Memorial Hospital

Archbold's sustained focus on overall quality of care earned the hospital additional recognitions in 2016.

The hospital earned The Joint Commission's Gold Seal of Approval® for accreditation and was also recognized by Healthgrades in 2016 with a Patient Safety Excellence Award.

"Providing our patients quality healthcare remains a top priority at Archbold," said Perry Mustian, Archbold President and CEO. "It's always rewarding to be recognized for those efforts."

### Grady General Hospital

This year, GGH ranked third in the small hospital category (hospitals with less than 100 beds) and is the highest-ranked small hospital in Southwest Georgia.

"Our hospital physicians and staff focus on providing every patient the right care at the right time, every time," said Crystal Ramm, GGH administrator. "I'm proud of our team for achieving this recognition."

## Triple the impact of your charitable donation

Georgia taxpayers can now donate to Archbold's rural hospitals and receive a rare state income tax credit.

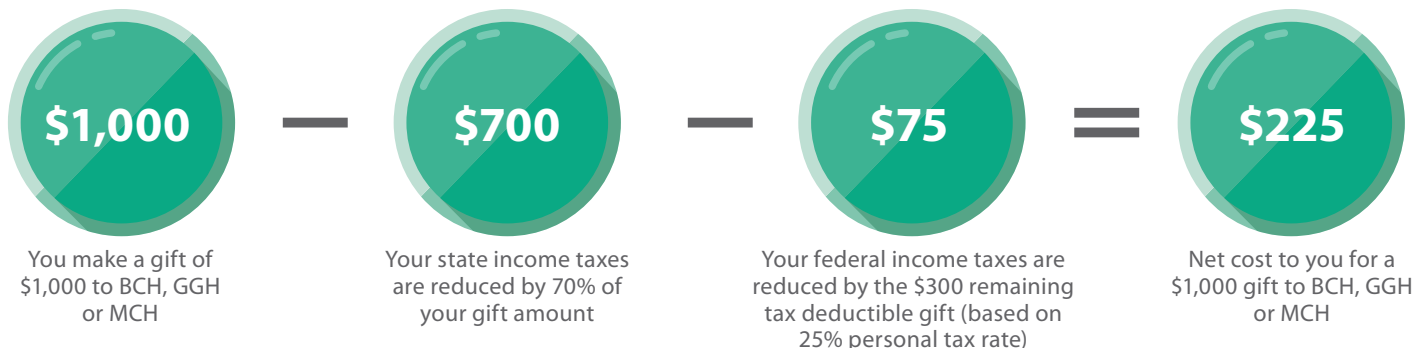
The Rural Hospital Tax Credit Bill, also known as State Bill 258, encourages Georgians to contribute and help support the growing needs of rural and critical access hospitals, like Archbold's Brooks County Hospital (BCH), in Quitman; Grady General Hospital (GGH), in Cairo; and Mitchell County Hospital (MCH), in Camilla. Each qualifying Archbold hospital is eligible to earn up to \$4 million in state credits.

"This is a really fantastic opportunity for residents in these small communities

to help support their local hospital," said Vann Middleton, President of the Archbold Foundation. "The money will directly benefit the Archbold rural hospital of your choice. And in addition to receiving a federal tax deduction, the charitable contributions made to BCH, GGH and MCH will provide you with a 70 percent tax credit against your Georgia income tax liability. Electing to participate in the Georgia rural hospital tax credit program not only allows you to decide where your tax dollars are directed, but also rebates 70 percent of those taxes back to you in the form of a credit."

"The donations will be used to help fund direct patient care enhancements, hospital capital improvements and technology advancements, as well as to help recruit physicians to care for patients in these rural areas," said LaDon Toole, Archbold's Vice President of system hospitals and long-term care facilities. The Georgia General Assembly is considering legislation that would further enhance the rural hospital tax credit for donors.

For more information on the Georgia rural hospital tax credit program and to complete the tax credit preapproval form, visit [georgiaheart.org](http://georgiaheart.org) or call the Archbold Foundation at **229.228.2924**.



# Rising to the challenge

**THE ATLANTIC** hurricane season of 2016 is one residents along Georgia's and Florida's coasts are sure to remember.

Hurricane Matthew became the southernmost category 5 Atlantic hurricane on record. Fortunately Thomas and surrounding South Georgia counties weren't directly impacted by Matthew's strong winds and rain that devastated many of Georgia's coastal communities.

But Archbold Memorial Hospital staff diligently prepared for the results of a mandatory evacuation of around 500,000 East Georgia residents, including 1,200 hospital patients.

"From the very beginning, our team was committed to helping our colleagues at other hospitals who were anticipating one of the worst storms they'd ever experienced," said Perry Mustian, Archbold President and CEO.

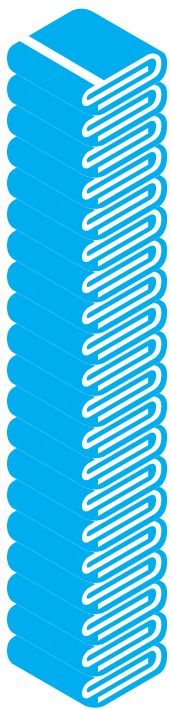
Archbold opened the hospital's Emergency Operation Center (EOC) on Oct. 6 at 10 a.m. Hospital staff was in constant communication with state agencies to coordinate patient transfers for hospitals in East Georgia under mandatory evacuation orders.

"Working together with our state partners, Archbold was one of many



**Charles Winchester**  
Emergency Management Coordinator

organizations that worked tirelessly to help all those displaced from Matthew," said Charles Winchester, Emergency Management Coordinator at Archbold. "Watching our entire team go above and beyond to help people across the state during such a stressful and tragic time was truly heartwarming."



**Delivered 150 beds of linen** to Southwestern State Hospital.



**Hot meals and snacks** provided for 130 patients that were housed temporarily in Thomasville.

Washed, dried, folded and shipped **20 carts of linen** for evacuated coastal long-term care residents housed within two facilities in Valdosta.



## Archbold's hurricane contributions



**Provided housing for 4 families** at a Good Samaritan site, assisting a total of 20 people.

**Cared for 7** evacuated patients and their families.



**Archbold Memorial Hospital**

**Brooks County Hospital**

Archbold Emergency Operation Center **stayed open for 86 hours** to handle the event.



ARCHBOLD CNA PROGRAM

# Addressing a shortage



**REPORTS FROM** the American Association of Colleges of Nursing suggest our current national nursing shortage is greater than the country has experienced since the 1960s.

And while studies show an increasing demand for registered nurses and certified nursing assistants (CNAs) statewide, local healthcare experts say it's difficult to recruit and retain the qualified critical nursing workforce needed to meet the demand in rural South Georgia communities.

Archbold Memorial Hospital has taken an innovative approach to specifically combat the shortage of qualified CNAs, particularly in the health system's long-term care facilities located in Camilla, Pelham and Thomasville.

## **When money is a problem**

Archbold teamed up with WorkSource Southwest Georgia—the Workforce Division of the Georgia Department of Economic Development located in Southwest Georgia—to implement a unique on-site training program that will help meet the needs of individuals interested in a career as a CNA.

"We often have applicants interested in becoming CNAs, but they don't always have the money to attend a formal training program. And since the

programs can last up to two semesters, it's difficult for students to work and earn income needed while attending school at the same time," said Julianne Coleman, Human Resources Coordinator for Archbold's system hospitals and long-term care facilities.

Though there are many other CNA training programs available locally, the existing programs aren't enough to keep up with the increasing demand for training a much-needed qualified CNA workforce in the South Georgia region.

## **Win-win**

"That's why we decided to look at creating our own program, one that would provide great hands-on training and financial compensation for students while they're earning course credit that meets the needs of the State of Georgia's existing requirements for certified nursing assistants," Coleman said.

Archbold's new program will be partially funded by a federal grant from WorkSource Southwest Georgia. Students selected for the nine-week training program will be hired as Archbold employees while earning CNA credit hours. All CNA requirements outlined by the State of Georgia will be followed to ensure students are

**For more information on the program, visit [www.archbold.org/cna](http://www.archbold.org/cna).**

well-trained and prepared to care for patients.

"The nine-week program will be held at Archbold Memorial Hospital," said Coleman. "Students will complete clinical rotation hours at the three Archbold nursing homes—Glenn-Mor Nursing Home in Thomasville, Pelham Parkway Nursing Home in Pelham and Mitchell Convalescent Center in Camilla."

The inaugural Archbold CNA training program will serve 14 students. Archbold and WorkSource Southwest Georgia will screen all applicants following standard employment practices, including a face-to-face interview with program staff and the Archbold Human Resources department.

"The WorkSource Southwest Georgia system is excited to leverage our work-based resources with Archbold to address its talent needs," said Charles Williams, Executive Director of Southwest Georgia WorkSource's Development Board.



**“We are dedicated to providing the highest level of care for our patients and the safest healthcare environment possible for our staff and physicians,” said Amy Griffin, Vice President of Patient Care at Archbold. “Investing in Tru-D technology is a testament to that dedication and also to our continued commitment to implement innovative state-of-the-art technology.”**

bottom, from a single location, allowing our staff to perform other tasks during the disinfection process.”

#### **Zap ‘em all!**

During the disinfection cycle, Tru-D kills up to 99.9 percent of harmful pathogens in the room, including bacteria that cause infections in different parts of the body. Once the necessary amount of UV energy is reflected back to the robot, Tru-D automatically shuts down and notifies the operator via audio and/or text message that the disinfection cycle is complete.

UV room cleaning strategies decrease the cumulative incidence of multidrug-resistant organisms.

#### **The latest in technology**

“Tru-D continues to be backed by sound science, and we are proud to be the only UV disinfection device chosen for and validated by the first-ever randomized clinical trial on UV disinfection,” said Chuck Dunn, CEO and President of Tru-D. “Researchers are encouraging hospitals to add enhanced disinfection technology to their infection prevention protocols. With the adoption of Tru-D, Archbold has taken that extra step to ensure patient safety and improve outcomes.”

# Now that’s what we call neat!

ARCHBOLD’S NEW GERM-FIGHTING ROBOT

#### **ARCHBOLD MEMORIAL**

Hospital has added a layer of protection to complement its existing infection prevention strategies. The hospital recently implemented Tru-D SmartUVC—an ultraviolet (UV) disinfection robot—to help reduce the risk of hospital-acquired infection.

Once a room is cleaned using traditional cleaning methods, Tru-D is rolled in to complete the disinfection process. Standing at about 5½ feet tall, the disinfection robot uses 28 UV bulbs to

precisely deliver a measured UVC dose to disinfect hospital isolation rooms and surgical areas after use.

“Using an iPad outside the room, our staff turn on Tru-D remotely and begin a single disinfection cycle,” said Josh Moore, Vice President of Operations at Archbold. “The robot is able to compensate for room variables, such as size, shape and contents, and delivers the precise dose of UV energy needed throughout the entire room. The technology can clean an entire room, top to



# Get smart

about  
antibiotics



**THE CENTERS** for Disease Control and Prevention observed Nov. 14 through 20 as Get Smart About Antibiotics Week. This annual one-week observance is intended to raise awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic prescribing and use.

Antibiotics do not fight infections caused by viruses like colds, flu, most sore throats, bronchitis, and many sinus and ear infections. Instead, simply treating the symptoms is considered the best treatment option for viral infections.

### What they can—and can't—do

"Antibiotics should only be used to fight bacterial infections," said Archbold Pharmacy Director Chris Newman, PharmD. "When you use antibiotics appropriately, you do the best for your health, your family's health and the health of those around you."

Taking antibiotics for viral infections:

- Will not cure the infection.
- Will not keep other people from getting sick.
- Will not help you or your child feel better.
- May cause unnecessary and harmful side effects.
- May contribute to antibiotic resistance, which is when bacteria are able to resist the effects of an antibiotic and continue to cause harm.

Rest, fluids and over-the-counter products may be your or your child's best treatment option against viral infections.

### Make prudent choices

Remember, there are potential risks when taking any prescription drug. Unnecessary antibiotics may lead to harmful side effects and future antibiotic-resistant infections.

## The basics of infection savvy

### What to do

Just because your healthcare professional doesn't give you an antibiotic doesn't mean you aren't sick. Talk with your healthcare professional about the best treatment for your or your child's illness.

To feel better when you or your child has a viral infection:

- Ask your healthcare professional about over-the-counter treatment options that may help reduce symptoms.
- Drink more fluids.
- Get plenty of rest.
- Use a cool-mist vaporizer or saline nasal spray to relieve congestion.
- Soothe your throat with crushed ice, sore-throat spray or lozenges. (Do not give lozenges to young children.)
- If you are diagnosed with the flu, there are flu antiviral drugs that can be used to treat flu illness. They are prescription drugs.

### What not to do

- Do not demand antibiotics when your healthcare professional says they are not needed.
- Do not take an antibiotic for a viral infection.
- Do not take antibiotics prescribed for someone else.



## MCH RENOVATIONS

# We're ready for you!

**IN FEBRUARY**, Archbold's Mitchell County Hospital and Mitchell Convalescent Center completed a nearly \$1 million renovation project that upgraded key patient and resident care areas.

"When we began planning this project months ago, our patients were at the forefront of the design process," said Jamie Womack, Mitchell County Hospital administrator. "We wanted to ensure that our patient comfort and care were priority No. 1."

The construction included renovating the entire second floor of the hospital—all patient rooms and bathrooms, as well as nurse and physician work stations. Mitchell Convalescent Center added a state-of-the-art bath spa suite for nursing home residents. The dining area was also updated with modern aesthetics to create a fine dining experience for residents. The earth tone color palette used throughout the newly remodeled areas was chosen as part of the design to promote a calm healing environment for patients and a comfortable atmosphere for families.

### Safety first

Showers were installed in every patient hospital room with dual shower heads and wands for easier use. Special nonslip flooring was also installed in every bathroom to ensure patient safety.

To reduce patient injuries related to falls, a new patient call system was also installed in all patient rooms.

"We encourage patients to always alert

a staff member when they need to get out of the bed, but sometimes they forget to call for help," said Carla Beasley, Director of Nursing at Mitchell County Hospital. "The new patient call system will alert us when a patient leaves their bed, so we can respond quickly and help protect our patients from injuries related to falls."

### Stay up-to-date!

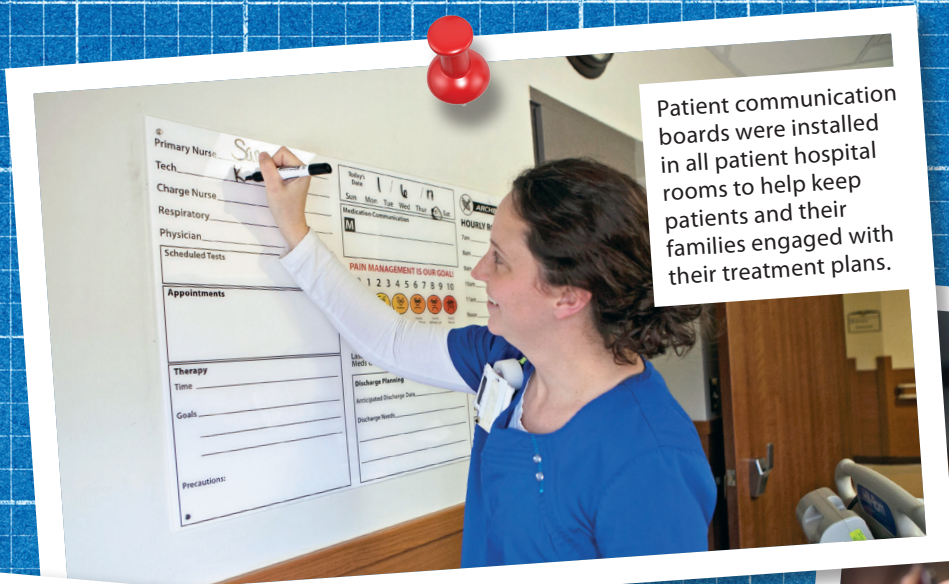
Patient communication boards were also installed in each patient hospital room to help keep patients engaged with their course of treatment.

"Our staff uses the new patient communication boards to remind patients what their goals are for the day, who their physicians and nurses are, and the names of new medications they are taking," said Beasley.

"MCH and MCC are very proud to be part of the Archbold health system," said Womack. "Archbold is committed to providing all patients the best quality patient-centered healthcare. And that commitment is evidenced by the recent investments made in our hospital and nursing home renovation. Our community should be very proud of the award-winning care that we provide and the beautiful healthcare facilities that we have in Mitchell County."



An earth tone color palette was used throughout newly remodeled areas to promote a calm healing environment for patients as well as their families.



Patient communication boards were installed in all patient hospital rooms to help keep patients and their families engaged with their treatment plans.



A new patient call system was installed in every patient room to help patients alert the hospital quickly of their needs and to help prevent injuries related to patient falls.



MCC residents enjoy a new state-of-the-art bath spa suite.



The MCC dining area was updated with modern aesthetics to create a fine dining experience for residents.

# Meet our new

**Kash Choksi, MD, PhD**, earned his bachelor of science degree in biochemical and biophysical sciences and his master of science degree in biochemistry from University of Houston. He earned his medical degree and PhD in biochemistry and molecular biology from University of Texas Medical Branch in Galveston, where he also completed his residency in internal medicine. He completed a combined clinical and research fellowship in cardiovascular disease at University of Kansas Medical Center in Kansas City. Dr. Choksi joins the team at Cardiology Consultants of South Georgia, PC, in Thomasville.



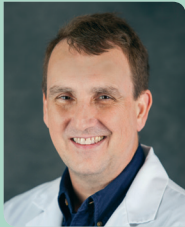
**Cianna Pender, MD**, earned a bachelor of science degree in biology from Rhodes College in Memphis, Tennessee, and a medical degree from the Florida State University College of Medicine. She completed her surgical residency at Louisiana State University in New Orleans. Dr. Pender joins the team at South Georgia Surgical Associates.



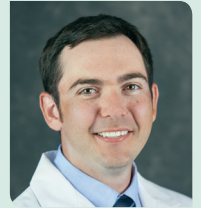
**Sherry Rowe, DNP**, earned a bachelor of science in nursing degree from Thomas University and a master of science in nursing degree from Albany State University, as well as a doctor of nursing practice degree at Mercer University. Rowe joins Archbold Medical Group of Mitchell County in Camilla.



**Troy Clifton, MD**, earned a bachelor of arts degree in psychology and a doctorate of medicine from University of South Alabama College of Medicine. He completed a residency in family medicine at The Medical Center in Columbus, Georgia. Dr. Clifton joins the McIntosh Clinic in Thomasville.



**Jack Royal, MD**, earned a bachelor of science degree in biology from Valdosta State University. He earned his medical degree from Medical College of Georgia and completed his residency in anesthesia at Shands/UF Health in Gainesville. Dr. Royal joined South Georgia Anesthesia Associates and is practicing at Archbold Memorial Hospital in Thomasville.



**Jackson Hatfield, MD**, earned a bachelor of science degree in food, nutrition and exercise science from Florida State University and a medical degree from the Florida State University College of Medicine. He completed his residency in family medicine at Louisiana State University in New Orleans. Dr. Hatfield joined Archbold Primary Care in Thomasville.



**James Sinnott, MD**, earned his bachelor of science degree in biology from Virginia Military Institute in Lexington, Virginia, and his medical degree from American University of the Caribbean in Montserrat, Leeward Islands. He completed an internship and residency in internal medicine at Yale University School of Medicine in New Haven, Connecticut, and a fellowship in gastroenterology at Sinai Hospital in Detroit, Michigan. Dr. Sinnott is a fellow of the American College of Physicians and a fellow of the American College of Gastroenterology.



# providers



**Jeane Watson, DPM,** earned a bachelor of science degree from Florida A&M University and a medical degree from Temple University School of Podiatric Medicine. She completed her residency in podiatry at Atlanta VA Medical Center. Dr. Watson practices with Thomasville Foot and Ankle Center.



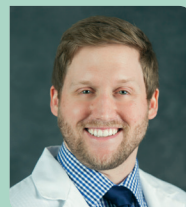
**Crystal Hester, PA-C,** earned a bachelor's degree from Thomas University and a master of science degree from Augusta University. She joins Dr. Yokley and Dr. Daniel at Vascular Interventional of Thomasville Associates.



**Charles Baker, PA-C,** earned a bachelor of health science and a master of science degree from the University of Florida in Gainesville. He joins the team at Archbold Nephrology Group.



**Harold Jackson, NP-C,** earned a bachelor of science degree in nutrition science from the University of Georgia and a bachelor of science degree in nursing from Valdosta State University. He completed his master of science in nursing at South University in Savannah. Jackson is practicing with Urology Associates of Archbold in Thomasville.



**Andrea Cook, CRNA,** earned her bachelor of science in nursing degree from Northwestern State University of Louisiana and a master of science in nursing anesthesiology degree from Gooding Institute, Panama City, Florida. She joined South Georgia Anesthesia Associates and is practicing at Archbold Memorial Hospital in Thomasville.



**Rachael Lackey, FNP-BC,** earned a bachelor of science in nursing degree from Valdosta State University and a master of science in nursing degree from Samford University. She joins the group at Cairo Internal Medicine in Cairo.



**Jeanna Davenport, CRNA,** earned her bachelor's degree from Florida State University and master of science in nursing anesthesiology degree from Barry University. She joined South Georgia Anesthesia Associates and is practicing at Archbold Memorial Hospital in Thomasville.



**Heidi Phillips, PA-C,** earned a bachelor of science degree in physician assistant studies from Touro College of Health Sciences in New York. Phillips is practicing with Southland Hospitalist Group at Archbold Memorial Hospital in Thomasville.



**For a complete list of Archbold providers, visit the provider directory online at [archbold.org](http://archbold.org).**



# ARCHBOLD OFFERS innovative technology

**SINCE THE** dawn of medicine, physicians have been in search of ways to better visualize the anatomy of the human body in order to diagnose and treat patients. It's apparent that clear vision of the surgical site and the surrounding anatomy is vital to a surgeon. And over the years, science and technology have

delivered on providing this improved vision.

Today, computers at Archbold are taking visualization in the operating room to a new frontier—the world of computer-assisted surgery (CAS).

Archbold recently acquired Stryker NAV3i technology, a top-of-the-line

surgical navigation system that aids in preoperative planning and intraoperative guidance of surgical instrumentation during surgery. Archbold is the only hospital in South Georgia and North Florida to use Stryker's proprietary tracking technology that is designed to optimize the surgeon's visualization, help guide surgical instruments and deliver surgical precision.

Surgical navigation was first introduced in the 1980s for use in neurosurgical procedures. Today, Archbold neurosurgeons Craig Fredericks, MD; Gerald Kadis, MD; and Brian Russell, MD, use surgical navigation technology for spine and neurosurgery. Archbold otolaryngologist Lorraine Williams, MD, utilizes the technology for ENT (ear, nose and throat) surgeries.



**Brian Russell, MD**  
Neurosurgeon



**Lorraine Williams, MD**  
Otolaryngologist

## How CAS works

The general premise behind CAS is the computer's software that creates a three-dimensional model of the patient's anatomy, essentially a digital roadmap.

"Much like a GPS system in an automobile, this allows for the surgeon to track in real time the position of surgical instruments, as well as implants during some procedures, in relation to the patient's anatomy," said Archbold neurosurgeon Brian Russell, MD.

Before surgery, the patient undergoes a series of CT scans that reveal the soft tissue and bony structures in and around the surgical area.

"With CT scans, stored as slices, the computer builds a 3-D model of the patient's surgical area," said Dr. Russell. "This model can be used by the surgeon to plan the details of the surgery, including the number, size and location of implants."

In the operating room, the surgeon uses "smart" instruments to match defined points on the 3-D computer model to the patient's true anatomy.

"The computer uses these points to correlate the position of the patient in real time with the computer-generated 3-D model to create a digital map of the anatomy," said Archbold ENT Lorraine Williams, MD.

Specific surgical instruments with embedded LEDs are used.

"The wireless instruments give the surgeon complete control from the sterile field due to remote control features on each instrument," said Dr. Williams. "During surgery, monitors display the 3-D model of the patient's surgical area, as well as any preplanned locations for implants. A specially designed camera tracks the movement of the Smart Active instruments and displays real-time images of the instruments on the 3-D model during surgery."

The computer also mathematically compensates for any patient movement, which allows the surgeon to pinpoint the location of the surgical instrumentation and the patient anatomy at all times.

## And the benefits?

Computer-assisted surgery is cutting-edge medical technology that offers many benefits to both the surgeon and the patient. CAS doesn't replace the surgeon's skills, but it aids the surgeon's confidence, especially when operating in and around delicate anatomy.

"With CAS in the OR, as surgeons we're truly seeing surgery differently," said Dr. Russell. "We're able to see our patient's anatomy much more clearly.

The ability to see the exact position of the instruments aids in surgical precision

and helps avoid potential damage to surrounding tissue and structures."

The technology offers patient benefits, as well.

"Smaller incisions translate into less blood loss," said Dr. Williams. "And in many cases, that means shorter post-operative recovery for some patients. Our patients definitely benefit from the use of the technology, too."

"We're proud to offer this state-of-the-art technology to patients in our region," said Dr. Russell. "This is another example of how Archbold is committed to improving quality and safety and investing in the right technology to advance healthcare in our region."



**"We're proud to offer this state-of-the-art technology to patients in our region. This is another example of how Archbold is committed to improving quality and safety and investing in the right technology to advance healthcare in our region."**

*—Brian Russell, MD*

# A day

# like no other

TANGELA SMILEY-CORKER FOUND OUT THAT MEDICINE IS A TEAM SPORT.



**FOR CAIRO** elementary school teacher Tangela Smiley-Corker, it was a typical Tuesday. The 42-year-old mother of two was preparing lunch for her family.

And then, she passed out. She doesn't remember what happened next.

"My body didn't send any warning signs. I didn't have any symptoms," said Tangela. "The last thing I remember was preparing lunch for my family. Next thing I knew, I was waking up in a hospital bed."

Tangela was rushed to Archbold's Grady General Hospital in Cairo, where she was intubated and placed on a ventilator. And because of the severity of her condition, she was transferred to the Emergency Department (ED) at Archbold Memorial Hospital in Thomasville.

As a team of Archbold medical specialists quickly assembled in preparation for Tangela's arrival, the physicians were notified their patient had survived the unthinkable—five separate cardiac arrest events requiring CPR—and all during her short ambulance ride from Cairo to Thomasville. The prevailing thought was Tangela was having a heart attack.

But when she arrived at Archbold Memorial Hospital, the story quickly changed.

### It was serious

Archbold Emergency Room physician Sanford Hawkins, MD, and interventional cardiologist Clay Sizemore, MD, immediately evaluated Tangela. A bedside echocardiogram quickly ruled out heart attack as the cause for Tangela's sudden



illness. The test results were more consistent with a large pulmonary embolism, a blood clot in Tangela's lung.

Tangela was immediately placed on a cooling blanket—the intent to lower her body temperature to a target rate between 89.6 degrees and 93.2 degrees. The protocol—known as medically induced hypothermia—has proved to help preserve brain function in patients who have experienced compromised blood flow to the brain.

Next, Archbold hospitalist Jeremy Latimer, MD, admitted Tangela to the hospital's Intensive Care Unit (ICU), where she was administered tPA (a clot-busting medication).

"Tangela had a very rough first night," said Dr. Latimer. "Her immediate issue was low blood pressure and low oxygen levels. For nearly eight hours, her oxygen levels remained in the 40s (a normal oxygen level is 95 to 100). And despite being maxed out on all the medications available to raise her blood pressure, Tangela's systolic blood pressure never got above 60 (a normal systolic blood pressure is between 90 and 120).

To keep blood circulating through her entire body, Tangela was given 14 liters of IV fluids. She also received seven units of blood and a second dose of tPA within her first 12 hours of hospitalization.

By midnight, she was starting to show signs of better oxygenation.

### **From bad to worse**

However, a prolonged period of cardiovascular collapse (shock) inevitably caused Tangela's next challenge—complete kidney failure and severe lactic acidosis (when body fluids contain too much acid) that can damage all organs.

To combat the acidosis and help prevent organ damage, Tangela was administered sodium bicarbonate around the clock.

The next lifesaving measure, and also the first point at which doctors felt there was a legitimate chance of survival, was when Tangela's blood pressure had improved enough to tolerate dialysis—the process that "cleans" and removes the excess acid from a patient's blood.

Tangela began inpatient dialysis under the care of nephrologist Merrill Hicks, MD. But she remained in the Archbold ICU for nearly a month, where she was cared for by a team of nearly 20 different medical specialists.

**"I cannot give enough thanks to the doctors who played a role in my treatment."**

*—Tangela Smiley-Corker*

Though Tangela progressed amazingly well, it was not a quick process.

"She suffered from around 10 different problems that could have easily been fatal—massive pulmonary embolism, profound hypoxemic respiratory failure, prolonged cardiogenic shock, severe metabolic acidosis, aspiration pneumonia, anuric kidney failure, retroperitoneal hemorrhage, shock liver that led to disseminated intravascular coagulation, four separate cardiovascular arrests prior to arrival and severe acute blood loss anemia," said Dr. Latimer.

But Tangela overcame each hurdle as quickly as could be hoped for.

At the one-month mark, Tangela was transferred to Archbold's Inpatient Rehabilitation program where she worked with physical medicine physician Nicodemo Macri, MD, to regain everyday function again.

"Tangela was dedicated and extremely involved in her inpatient rehab program," said Dr. Macri. "She was determined to have a full recovery. She had a great

healthcare team caring for her, and that along with the support of her family and friends allowed for optimal healing to occur."

After about three weeks in inpatient rehab, Tangela was able to return home. Physical therapists visited a few times each week to help her regain form and function. She continued dialysis treatments three times each week at Archbold's outpatient dialysis facility in Bainbridge. In February, Dr. Hicks confirmed Tangela had regained kidney function and no longer needed outpatient dialysis.

Though Tangela isn't able to return to work just yet, she is very eager to be back in the classroom.

### **Lifesaving heroes**

"I cannot give enough thanks to the doctors who played a role in my treatment," said Tangela. "I feel as though they all communicated with each other to come up with plans that were best for me as an individual patient. They were all knowledgeable in their areas of expertise and took the time to communicate any information they had with me and my family. Many of the staff, including nurses, nurse techs and doctors, went above and beyond to make sure my needs, and my family's needs, were met. Archbold saved my life, and for that we are very grateful."

"It's really unheard of what she went through—most people would have never even made it to the ED alive," said Dr. Latimer. "Everyone involved in Tangela's care provided something crucial for her along the way."

Dr. Hicks added, "The staff and the great doctors who were there as soon as she came through the ED truly saved this woman's life. I'm proud to be a part of such an amazing team of specialists that work together to provide the very best care possible for our patients."

# What is a hospitalist?

**WHEN YOU'RE** in the hospital, you want—and deserve—to have the best care possible. That's why the next time you or a loved one stays with us, you may meet one of the newest breeds of doctor around—a medical professional called a hospitalist.

## Q What is a hospitalist?

**A:** "Hospitalists are doctors who specialize in providing comprehensive, high-quality medical care to hospitalized patients," said Allen Lee, MD, CEO of SouthlandMD. "Unlike traditional doctors, hospitalists don't treat patients outside the hospital. Instead, their primary focus is to work at the hospital to care for the needs of acutely ill patients and their families."

## Q What do hospitalists do?

**A:** "We provide around-the-clock care for hospitalized patients," said David Mederos, DO, Archbold hospitalist. "We're especially skilled at treating common health problems, such as pneumonia, infections, heart attacks and congestive heart failure.

We're devoted to providing the best high-quality care to patients sick enough to be hospitalized."

## Q What type of training does a hospitalist have?

**A:** "Hospital medicine is a type of practice within internal medicine in which the clinical focus is caring for hospitalized patients," said Jeremy Latimer, MD, Archbold hospitalist. "Internists practicing hospital medicine are frequently called hospitalists. Although not all hospitalists are required to be internists, the nature of internal medicine training uniquely prepares internists for hospital medicine practice. As a result, the vast majority of hospitalists are trained in internal medicine, usually general internal medicine."

## Q What are the benefits of having hospitalists on staff?

**A:** "Because we only treat patients in the hospital, hospitalists are available to rapidly respond to their patients' needs," said Kristopher Palmer, DO, Medical Director of Hospital Medicine at Archbold. "We closely monitor our patients' progress and quickly adjust treatment as needed. We're on-site to order and review tests, x-rays and other procedures, and meet with family members to answer questions and explain what's going on."

## Q Why can't my primary care doctor see me in the hospital anymore?

**A:** "Archbold hospitalists work closely with all of your doctors while you are

under our care in the hospital," said Grady Floyd, MD, Archbold hospitalist. "We keep your primary care doctor, and any other doctors you may have, informed of what is going on. Part of our job is to coordinate patient care among all members of the hospital medical staff."

## Q Will I have to follow up with a hospitalist once I'm discharged from the hospital?

**A:** "We oversee your care until you are discharged from the hospital," said Fiona Kehoe, MD, Archbold hospitalist. "We help patients transition home once they are able to leave the hospital environment."

## Q Why does Archbold have a hospital medicine program?

**A:** "Many studies have shown that hospitalized patients are more satisfied with their care when they are cared for by hospitalists," said Ali Khan, MD, Medical Director of Hospital Medicine at Archbold. "Patients also have better outcomes and fewer unnecessary readmissions.

"If you or someone you love needs to be hospitalized, you may meet a hospitalist. In fact, you may meet more than one. But each will have the same focus: to provide high-quality medical care and treatment to every hospitalized patient."


**The next time you or a loved one stays with us, you may meet one of the newest breeds of doctor around—a medical professional called a hospitalist.**




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MD



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Graham,  
MD



Brandon  
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MD



Susan  
Manson,  
MD




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**Meet our  
hospitalists**



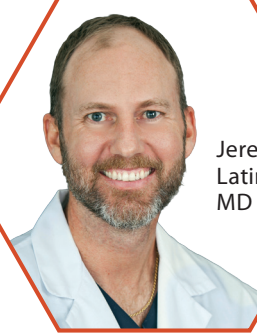
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# Don't **BOIL** over!

## ALMOST EVERYONE

will experience at least occasional feelings of anger. "This emotion may occur when a person feels frustrated or mistreated," said Tony Chapman, Director of the Archbold Employee Assistance Program. "Individuals who get angry may become openly aggressive or they may become passive aggressive. But it's important to know that excessive anger can be a highly destructive emotion."

## Why it's dangerous

Excessive anger can lead to undesirable consequences:

- It can alienate friends and family.
- It can destroy relationships.
- It can lead to loss of employment.
- It can cause insomnia and increased fatigue.
- If an individual experiences the fight-or-flight response too often, it can begin to damage body organs. It can also increase risk of heart disease.
- It can cause violence. And violent people are more likely to commit illegal acts.
- Angry people are more likely to turn to alcohol and drugs.

## Dealing with anger

Chapman said there are many techniques available for managing anger.

"Try concentrating on breathing, and counting from 10 backwards can also be helpful," said Chapman.

Here are a few more methods:

**Meditation or prayer** can be highly beneficial as a technique in helping people manage their emotions.

**Regular exercise** is an effective way to release pent-up frustrations.

**Looking at the real cause of irrational anger outbursts** is important. Sometimes talking to a counselor or



**Tony Chapman**  
Director, Archbold Employee Assistance Program

trusted friend can be a help.

**Anger management classes** can be beneficial for those who regularly find themselves in trouble because of anger.

**Assertiveness training** can help people learn how to get what they want without the need for tantrums.

**Almost everyone will experience feelings of anger. Do you know how to turn down the heat on this emotion, though?**

# Give the **greatest gift**

BE AN ORGAN DONOR

**IF YOU COULD** save a life, would you? Or better yet, several lives?

That's something you can easily do by signing up to become an organ donor. Your generosity, in fact, could save as many as eight lives. It might also help many others who need donated tissue to recover from burns and other injuries or to regain lost vision or hearing.

## **A widespread need**

Your generosity is sorely needed. On any given day in this country, about 80 people receive organ transplants. But another 22 people die waiting for transplants that can't take place because of a

shortage of donated organs.

Right now, there are more than 100,000 people on waiting lists for a kidney, heart, liver, lung or other organ. Others need tissue—including skin, veins and heart valves.

## **Don't rule yourself out**

There are very few absolute restrictions on who can be an organ donor. Age doesn't matter, though donors younger than 18 need a parent's consent.

Some medical conditions might eliminate you as a donor, such as HIV or an actively spreading brain cancer. But

most people are potential donors. And doctors will evaluate your suitability—and the condition of your organs—if the occasion arises.

## **Sign up**

One way to become an organ donor is to go to **organdonor.gov** and click on "Sign Up to Be a Donor." But to cover all bases:

- Designate your decision on your driver's license, if possible.
- Tell your doctor, family and friends about your decision.
- Include organ donation in your will and advance directives.

## **Archbold gets organ-ized**

Every 11 minutes one person is added to the national organ transplant waiting list, a list with currently over 123,000 names. But sadly, approximately 22 people a day die in the United States waiting for an organ transplant. That's why Archbold Memorial Hospital recently joined forces with hospitals nationwide to encourage citizens to enroll in state organ donor registries.

Archbold participated in the Workplace Partnership for Life (WPFL) National Hospital Campaign sponsored by the U.S. Department of Health and Human Services' Health Resources and Services Administration. The campaign resulted in 400,000 donor enrollments to state registries nationwide from 2011 to 2016.

## **It's all about knowledge**

Archbold conducted awareness and registration campaigns to educate staff, patients, visitors and community




members about the critical need for organ, eye and tissue donors. Archbold was recognized among a select group of hospitals nationwide for its efforts to increase organ donor registration in Georgia. The hospital earned a gold designation for its efforts, which resulted in an estimated 50 new organ donors registered in Georgia.

## **Leading the field**

"Archbold is a great champion for organ, eye and tissue donation," said Robin Godwin, Director of Nursing for Critical Care and Respiratory Services at Archbold. "Our staff is proud of this accomplishment that will make a difference in the lives of more than 5,600 Georgians that are currently waiting for an organ transplant."

# Boosted by GENEROSITY

A smiling woman with curly hair, wearing a white lab coat and a stethoscope, standing outdoors with trees in the background.

"I was able to focus on my studies and worry less about financial burdens while pursuing my nursing degree with the help of the Archbold Foundation. And I had a great job at Archbold once I finished school."  
—Erma Harris, RN

**FOR SUSIE SHERROD**, healthcare and nursing have been a lifelong pursuit. And even in retirement she's seeing to the well-being of South Georgians as a benefactor of the Archbold Foundation's nursing scholarship program. In 1958, Mr. and Mrs. John Hay "Jock" Whitney made a gift to endow a nursing scholarship program at John D. Archbold Memorial Hospital in honor of their longtime friend and manager, Major Louis Beard. As one of the inaugural recipients of the first class of Beard Scholarship honorees, Sherrod believes strongly in giving back.

"I firmly believe that if you help prepare individuals with life skills, they will be more happy and productive citizens," she says. "I strongly believe that if you have the financial means, you should always pay it forward."

And that's what it's all about for the 30-year nursing veteran and 22-year United States Army veteran who served as a colonel in the Army Nurse Corps.

"Through the years I have always supported individuals trying to advance their education," Sherrod said.

## Program helps future nurses

The scholarship program provides financial support to nursing students learning to serve their communities. Sherrod said it provided a big boost to her own studies at Norman College, where she

earned an associate's degree in nursing in 1961. From there she progressed to the Medical College of Georgia for her bachelor's degree in nursing and later on to the University of Maryland for her master's degree in Nursing.

Serving in the Nursing Corps also helped shape her view of her career. And those experiences gave her the opportunity to serve as head nurse of medical and surgical units at Archbold in the 1960s, as a nursing school educator and as chief nurse at three Army hospitals, as well as in the role of clinical and managerial researcher.

As a proud member of the Thomasville and South Georgia communities, she also has a heartfelt connection with the work of the hospital that helped get it all started.

## The need is growing

"Archbold has a huge economic impact on the communities it serves," Sherrod said. "It provides exceptional medical care, community educational programs and is fully committed to wellness and quality-of-life programs."

The average age of employed RNs has increased by nearly two years. And as the country's population ages, there is a vast increase in the number of people over 65—an age group that has many medical and health needs. Recent reforms in healthcare are anticipated to give many



**"If you have the financial means, you should always pay it forward."**

—Susie Sherrod

more people access to the healthcare system, and more nurses and health professionals are needed in response.

And programs like the Foundation's scholarship can help train more of the next generation of nurses like Sherrod.

"Since it began in 1958, the Archbold Foundation scholarship program has awarded over \$7 million in scholarships to students pursuing a career in nursing," said Vann Middleton, Archbold Foundation President. "We're so grateful for Ms. Sherrod's commitment to investing in the future of healthcare providers in our community. Her support will have a lasting impact on future caregivers at Archbold for years to come."

## 2016 ARCHBOLD FOUNDATION GIFTS

# Investing in our community

**A VITAL COMPONENT** of Archbold's strength is the enormous generosity of donors in our community. Community support built John D. Archbold Memorial Hospital in 1925—starting with one visionary donor who knew he could make a difference by making an investment in bringing the highest caliber of care to southwest Georgia.

Annual gifts to the Archbold Foundation directly impact the communities we serve. These contributions help bring new technologies, new treatment options, more advanced training for our medical and clinical staff, and modern facilities designed specifically for the delivery of the absolute best patient care possible.

The following pages list the numerous gifts made to the Archbold Foundation in 2016. We are grateful for each and every one of them. Your support truly makes a difference at Archbold.

Visit [www.archboldfoundation.org](http://www.archboldfoundation.org) to find out how you can make a difference.

If there are any noticeable errors or omissions on this list, please let us know by calling **229.228.2924**.

Thank you again for your support!



Due to space constraints, the 2016 Tree of Lights tribute list is not included in this issue of *Archives*. We are grateful to all donors who honored or remembered a loved one in our Tree of Lights Campaign. A full listing of all Tree of Lights tributes can be found on our website, [archboldfoundation.org](http://archboldfoundation.org). Thank you for your generous support!

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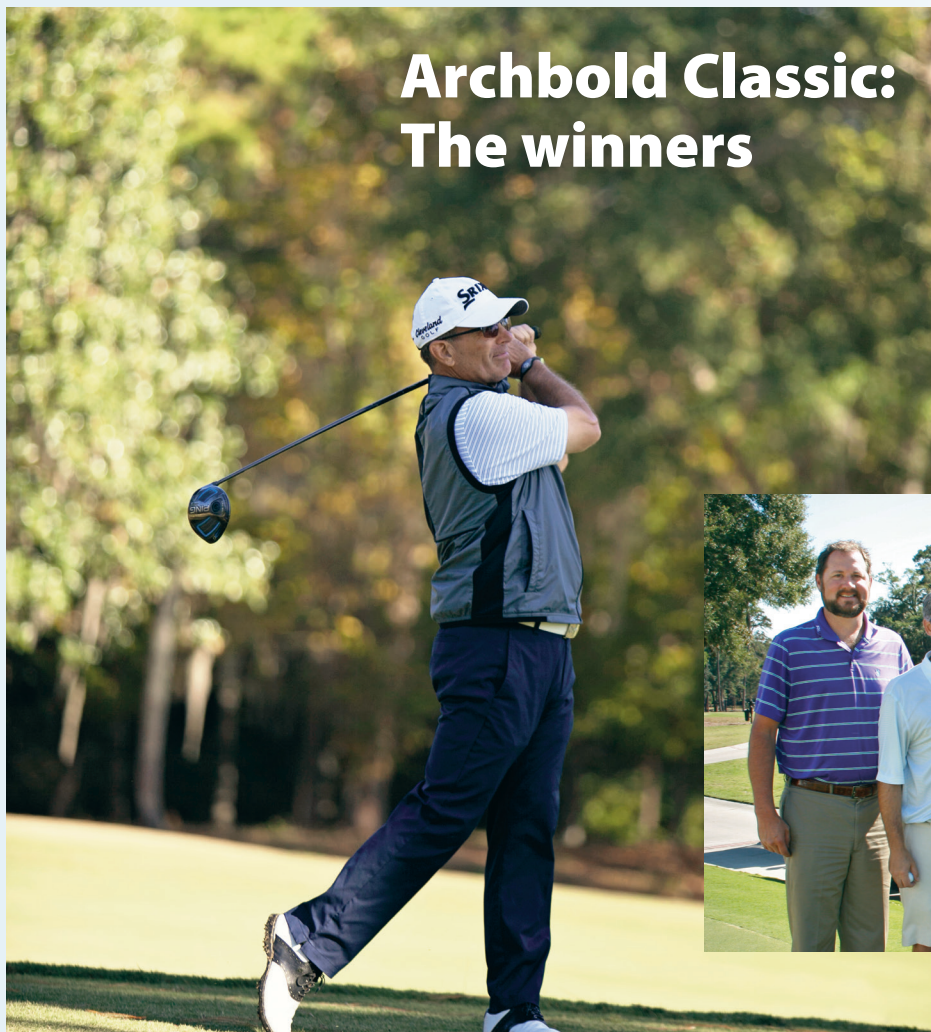
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As a result of a successful community fundraising effort, patients at the Archbold Women's Center gained access to new 3D mammography breast imaging medical technology.

# Archbold Classic: The winners



The 22nd annual Archbold Classic Pro-Am Golf Tournament was held Nov. 7 at Glen Arven Country Club.

The tournament was presented by sponsors Thomasville National Bank and TNB Financial and raised more than \$240,000 for the Archbold Foundation scholarship program.

Each team included four amateur golfers and one professional playing a modified scramble format. A total of 34 teams competed for the championship trophy and bragging rights until next year. Winning team members are from left to right: Jim Langdale, Philip Davis, Jeff Thorne, Bryan Knox and Josh Broadway (professional).



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Mr. Stephen K. Roberts  
Mr. and Mrs. Julian Robinson  
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Mr. and Mrs. David C. Scott  
Mrs. Geraldine M. Screen  
Ms. Rebecca Seaback

Secure Health  
 Secure Records Solutions  
 Mr. and Mrs. Thomas F. Sherman  
 Ms. Gina Shumake  
 Dr. and Mrs. Josh Simmons  
 Simpson Company  
 Singletary's Flowers & Gifts, Inc.  
 Dr. and Mrs. B. Clay Sizemore  
 Ms. Loxley Slocumb  
 Dr. Jacqueline and Mr. Richard Smith  
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 Spence Chevrolet Buick GMC Cadillac  
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 Mr. and Mrs. Jami Stephenson  
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 Mr. and Mrs. Al Stone  
 Dr. and Mrs. Robinson H. Stublely III  
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 Mr. and Mrs. Paul C. Taber  
 Dr. Maurice B. Tanner  
 Dr. and Mrs. Terry Tanner  
 Rep. Darlene Taylor  
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 Thomasville Animal Hospital, P.C.  
 Thomasville Physical Therapy  
 Mr. and Mrs. Donald A. Thriffley Jr.  
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 TJB Builders  
 Tom Barrow Company  
 Mr. and Mrs. LaDon Toole  
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 TRANE  
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Mr. Mark Troyer  
 Turner Furniture Company of Tallahassee, Inc.  
 Mr. and Mrs. Gerard Turner  
 Mr. and Mrs. Russell Turner  
 Tyler & Company  
 Mr. and Mrs. Fields W. Varner  
 Mr. and Mrs. Charles R. Voss  
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 Mr. and Mrs. Ebe Walter  
 Drs. Jesse R. and Brandi Warren  
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 Dr. and Mrs. Craig Wentworth  
 Ms. Rhonda Whitfield  
 Mr. David Wilder  
 Mr. and Mrs. Frank Wilson  
 Mr. and Mrs. Jeffrey B. Windham  
 Mr. Gerald R. Wolsfelt  
 Mr. Jamie Womack  
 Mr. and Mrs. John F. Wood  
 Dr. and Mrs. Craig Yokley  
 Mr. and Mrs. Greg York  
 Ms. Mary Young

**Gifts of less than \$100**

Mr. and Mrs. Nathaniel H. Abrams Jr.  
 AFG Feed, LLC  
 Mr. and Mrs. Darrell Allen  
 Ms. Yvonne B. Armster  
 Ms. Charlotte D. Arnold  
 Mr. and Mrs. Daniel E. Autry  
 Mrs. Robin Autry  
 Mrs. Margaret Avera  
 Mrs. Betty B. Aycock  
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 Mrs. Martha Baldwin  
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 Mr. and Mrs. Eugene R. Barr

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 Mr. and Mrs. Lee Barwick  
 Mrs. Carmen Beck  
 Mr. and Mrs. Tarrell Bennett  
 Mr. and Mrs. Todd Bennett  
 Ms. Patti Benton  
 Mrs. Billie Jo Beverly  
 Mr. Michael Binion  
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 Bowen Donaldson Home For Funerals, Inc.  
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 Ms. Becky Bracey  
 Ms. Lu Anne Brackin  
 Mrs. Virginia Brasington  
 Ms. Heather Brinkley  
 Ms. Valerie Brooks  
 Mr. Eddie Brown  
 Mrs. Grady Burgess  
 Mr. and Mrs. Leron Bush  
 Ms. Kejar Butler  
 Mrs. Joyce Cannady  
 Mrs. Betty S. Chastain  
 Mrs. Percy Chubb III  
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 Ms. Deborah Clifton  
 Mr. and Mrs. Vince Conti  
 Ms. Deborah J. Cox  
 Mr. and Mrs. Jerry L. Cox Jr.  
 Mr. Jerry L. Cox III  
 Mr. and Mrs. Jeffery Crawford  
 Mr. and Mrs. Robert L. Crawford  
 Mr. and Mrs. Daniel C. Crews  
 Ms. Patricia Cromartie  
 Mr. and Mrs. Dale S. Davidson

Ms. Rebecca A. Dean  
 Ms. Jenny Dell  
 Dr. Pranav Diwan  
 Ms. Chelsea Dolan  
 Mrs. Jan C. Dollar  
 Mr. and Mrs. Ralph J. Donaldson  
 Mr. and Mrs. Glenn O. Donnelly  
 Mr. and Mrs. Fred Dorminy  
 Ms. Amanda L. Dunham  
 Mrs. Jeanette Dunlap  
 Mrs. Tammy Earnest  
 Mr. and Mrs. Lloyd E. Eckberg  
 Ms. Ashlund Edwards  
 Mr. and Mrs. Guy Ellis  
 Mrs. Vivian G. Ellis  
 Mrs. Milli Faircloth  
 Ms. Thresa D. Faircloth  
 Mr. and Mrs. Tom Faircloth  
 Mr. and Mrs. Roland T. Ferrell  
 Ms. Kay S. Ford  
 Ms. Aurelia L. Garzia  
 Ms. Lisa Gatherer  
 Ms. Kelsey Geer  
 Mr. and Mrs. Matthew Godwin  
 Mrs. Louise M. Golden  
 Mrs. Gail B. Granade  
 Ms. Kathy L. Green  
 Mr. and Mrs. James Greene  
 Mrs. Ashley Griffin  
 Mr. Larry W. Grogan  
 Harry G. Grover  
 Ms. Paula E. Guagliardo  
 Mr. and Mrs. Dennis J. Gustin  
 Ms. Jennifer Hall  
 Ms. Cassie Hampton  
 Mr. and Mrs. David G. Hanafourde  
 Harbob, Inc.  
 Mr. and Mrs. Jim Hardy  
 Mr. Todd Harris  
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 Mr. and Mrs. Dexter Harrison  
 Mr. and Mrs. Jimmy D. Hatcher  
 Ms. Jolene J. Hatcher  
 Mr. and Mrs. Warren Hawthorne  
 Mr. James Hay  
 Mr. and Mrs. John Haythorn  
 Mrs. Lindajo Haythorn  
 Ms. Jan Heard  
 Mr. and Mrs. Gary L. Hicks  
 Mr. and Mrs. Charles H. Hodges III  
 Ms. Kimberly C. Homer  
 Ms. Norma P. Hornsby  
 Mr. and Mrs. A. Dean Howard  
 Mr. and Mrs. Jim Hughes  
 Mrs. JoAnn Humphries  
 Ms. Annette B. Hurst  
 Mr. and Mrs. Edwin M. Jackson  
 Ms. Mary T. Jefferson  
 Ms. Marie W. Johnson  
 Ms. Vickie Johnson  
 Ms. Thelma Jones  
 Mr. and Mrs. H. Oliver Jones Jr.  
 Ms. Joice H. Jones



In October, Archbold's Hospice of Southwest Georgia hosted the 11th annual Camp H.E.A.L. (Healing and Encouragement After Loss), a bereavement day camp that helps children ages 6 to 17 learn to cope with the loss of a loved one. The annual day camp is funded through designated gifts made to the Archbold Foundation and is free and open to the public.



Archbold's dog therapy program is annually funded by a grant from the Archbold Foundation. Archbold nurse practitioner Donna Vickers, DNP (pictured above with a patient), helped bring the inpatient dog therapy program to Archbold in 2015.

Mr. Ronald W. Joyner  
 Mrs. Pat Kelly  
 Mrs. Mary Frances Kennedy  
 Dr. and Mrs. William B. King  
 Ms. Barbara Knapp  
 Mr. and Mrs. Joe Knight Jr.  
 Mr. and Mrs. George H. Kornegay Jr.  
 Mr. Jay Kres  
 Ms. Ann M. Krueger  
 Mrs. Alicia D. Lacy  
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 Mrs. J. Philip Leabo Sr.  
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 Mr. and Mrs. A. W. Leverett Jr.  
 Mr. and Mrs. Roy M. Lilly Jr.  
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 Ms. Linda O. Miller  
 Ms. Natalie Miller  
 Miller Scouting Service  
 Judge Mark Mitchell and  
 Mrs. Shelba Sellers  
 Ms. Virginia Mobley  
 Mr. and Mrs. Nicholas Morris

Ms. Jessica J. Morris  
 Ms. Lajuan Morris  
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 Mr. and Mrs. Ken Phipps  
 Ms. Shelby Powell  
 Jerald and Dianne Presley  
 Mr. Stephen Puryear  
 Mrs. Nancy H. Pye  
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 Mr. and Mrs. Thomas E. Reeves  
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 Mr. and Mrs. Anthony Charles Wooten  
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**IN HONOR OF**

**Dr. and Mrs. Dan Beeson**  
 Ann and Richard Vann  
**Becky Bracey**  
 Ann and Richard Vann  
**Helen M. Carico**  
 John B. Carico  
**Sylvia Coulter**  
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**Mr. and Mrs. Clark Liles**  
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Ann and Richard Vann

**Taylor Middleton**  
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**Vann Middleton**  
Jenny Ladson

**Vann and Kelly Middleton**  
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**Richard and Cathy Mooney**  
Ann and Richard Vann

**Mr. and Mrs. Mark Parker**  
Ann and Richard Vann

**Ms. Karen Stauffer**  
Ann and Richard Vann

**Mr. and Mrs. Al Stone**  
Ann and Richard Vann

**Rossie Tullis**  
Ms. Diane Williams Parker

Pat Matthews and family  
Mr. and Mrs. John E. Phipps  
TJB Builders  
Susan and Russell Turner  
and family

**John Anderson**  
Don and Kim Thriffiley

**Thomas Applewhite**  
GA DDS U44

**Norman Bankston**  
Dr. and Mrs. James L. Story Jr.

**Charlie Barnes**  
Mr. and Mrs. Ty Turner

**Kathi Barnes**  
Ms. Patricia Barrett

**Roy Clifford Bell**  
Ms. Paula E. Guagliardo  
Steve and Pam Roberts  
Steve and Pam Roberts'  
family— Renae and Glenn  
Woodard, Tina and Richard  
Campbell, and Doris Burns  
Bill and Renée West

**Robert "Robbie" Caldwell**  
Dr. and Mrs. James L. Story Jr.

**Gladys Pace Callaway**  
Mickie Ivey  
Pete Thomas

**Shirley Carr**  
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Mrs. Grady Burgess  
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Ms. Florence McMillan  
Mrs. Charlotte Miller  
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Hospital, P.C.

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Milli Faircloth  
Tom and Janice Faircloth  
Oliver and Margie Jones

**Jane W. Connell**  
Mr. David A. Connell

**S.A. "Buddy" Connell**  
Mr. David A. Connell

**Helen Connelly**  
Ms. Christine Connelly

**Albert K. Copeland Jr.**  
Mrs. Grady Burgess  
Your original and old faculty

**Robert P. Crozer**  
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Foundation, Inc.

**Philip J. Delucia**  
Philip Delucia family



On Oct. 14, Archbold's Lewis Hall Singletary Oncology Center hosted the fifth annual Pink Affair, a benefit fashion show featuring local cancer survivors. Event proceeds totaled \$38,000 and were designated to help fund the breast cancer navigator program at the Singletary Oncology Center.

**Mr. and Mrs. Ebe Walter**  
Ann and Richard Vann

**Mr. and Mrs. Jack E. Webb**  
Mr. and Mrs. Ronald R. Satterfield

**John B. Wight Jr.**  
Mr. and Mrs. Neal J. Quirk

**Mr. and Mrs. Keith Wortman**  
Ann and Richard Vann

**Mr. and Mrs. Ken Wright**  
Ann and Richard Vann

**IN MEMORY OF**  
**Rose Ann Allen**  
Mickie Ivey  
Mrs. William Ladson Jr.; Mr. and  
Mrs. Charles Ladson; and Mr.  
and Mrs. Austin Atkinson

**Samuel L. Boykins**  
Mrs. Rosemarye Boykins

**Michael Brasington**  
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**Ronald Brasington**  
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**James G. Frierson**  
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**Lawanna Hay**  
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**Eddie McNeal Henderson**  
Mr. and Mrs. J. Luke Joyner

**Rev. James Herbert Sr.**  
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Mr. and Mrs. Jim Hardy

**Ernest "Biff" Hobbs**  
Dr. and Mrs. Jim Story

Martha (Shirah) and David  
Brumbeloe, and Anne Shirah

**Robert "Russ" Russell Jinright Jr.**  
Pete Thomas

**Elve Sam Jones III**  
Mr. and Mrs. James Greene

**Charlotte Hicks Kanning**  
Mr. and Mrs. Robert M. Milberg  
Bill and Deane Norwood  
Dr. and Mrs. James L. Story Jr.  
Petey Thomas

**Betty J. Kelly**  
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Edwin and Melanie Jackson  
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Mrs. Margaret L. Lefevre  
Ms. Cleo B. Lynn  
Ms. Lois Oosterman  
Rebecca Seaback  
Southern Triad Construction,  
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Dr. and Mrs. James L. Story Jr.

**Woody McCorkle**  
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**Jean McDaniel**  
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Billy E. McDowell

**Fontaine McFadden**  
Haile Parker McCollum and  
Knox Parker

Mr. and Mrs. Phil Myers  
Lauren, Scott and Michael  
Neustadter  
Mr. and Mrs. Tom Sherman  
Pete Thomas  
Zach and Stacy Wheeler  
Williams Family Foundation  
Mr. and Mrs. Frank Wilson

**Joyce Miller**  
Barber Fertilizer Company

**Ruth Mitchell**  
Darrell and Leslie Allen

**Dr. Billy Morton**  
Mickie Ivey

**Robert L. Nalin**  
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**Marlene B. Patterson**  
Brant and Diana Brantley  
Si and Allyson Brantley  
Mr. and Mrs. Zane H. Brantley  
Jean and Jim Hathaway  
Mrs. Ann T. Larson  
Marian and Mac McClintock  
Mr. and Mrs. E. Vann Middleton



**Frank Holt**  
Mr. and Mrs. Charles McKinnon  
Mr. and Mrs. Rocky Spence  
Pete Thomas

**Derle D. "Jim" Horner**  
Pete Thomas

**Rev. Ormand E. Hunter**  
Petey Thomas

**Judson Thomas Hurst**  
Pinnacle Park Homes, Inc.

**Bob "Hutch" Hutchison**  
Brock and Lauren Bonner  
Rocky Spence  
Dr. and Mrs. James L. Story Jr.  
Pete Thomas

**David Inman Sr.**  
Mrs. Grady Burgess  
Mr. and Mrs. Tom Callaway III  
Mr. and Mrs. Mark Fenlon  
Betty Ann Inman and family  
Mrs. Roy M. Lilly

**Winona Lamon**  
Mrs. Pearl S. Barr

**Philip Leabo Sr.**  
Mr. and Mrs. Joseph E. Brown  
Tom and Janice Faircloth  
Mr. and Mrs. C.W. McKinnon Jr.  
Mr. and Mrs. Robert M. Milberg  
Rocky Spence family  
Petey Thomas

**Mr. Harry G. Londry**  
Mickie Ivey

**Easter Ward Loveday**  
Rocky Spence family

**Mrs. Lucille Lynn**  
Andrews, Hammond & Powell,  
Inc.  
Tarrell and Deborah Bennett  
Louise Crews and Donald  
Merkinson  
The Employees of CGM  
Construction Group, LLC

**Barbara Jene McMillan**  
Ms. Adolyn C. White

**Renena McMillan**  
Mandy Hall

**Norbert Meiners**  
The Meiners families  
Jim and Emily Ogden

**Scott Milberg**  
Ms. Charlotte D. Arnold  
Gene, Janice and Kenny Autry  
Dr. Joseph H. Berger  
Guy, Johnson & Rayburn, P.C.  
Mr. and Mrs. Lawrence A.  
Harmon  
Dr. and Mrs. Clay Haskins  
Sally and Dean Howard  
Mickie Ivey  
The Rick Ivey family  
Karen Leabo  
Mr. and Mrs. Charles McKinnon  
Mr. and Mrs. E. Vann Middleton

Rocky Spence family  
Dr. and Mrs. James L. Story Jr.  
Zach and Stacy Wheeler

**Mary Eloise Perkins**  
Clara J. Roberts family

**Bruce Alan Pilcher**  
Bowen Donaldson Home For  
Funerals, Inc.  
Mrs. Betty P. Morrell

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Jack Allen  
Mr. and Mrs. Warren Bicknell III  
Mr. and Mrs. Charles Olson  
Mr. and Mrs. Richard S. Vann

**Dr. Michael Price**  
Drs. Victor and Melissa  
McMillan  
Nancy and Doug Silvis

**Mary Luthera Raney**  
Dr. and Mrs. James L. Story Jr.



Children enjoyed decorating cookies and visiting with Santa and Mrs. Claus.



The Brookwood Lower School chorus provided special music.



Mrs. Henrietta Walter, of Thomasville, was this year's honoree to light the Tree of Lights in memory of her mother, Mrs. Rose Ann Allen.

**Neal Ray**

The Dan Ray family

**Jack Richardson**

Mrs. Luann Richardson

**Robert M Riddle**

Mickie Ivey

**Elaine S. Riggs**

Mrs. Grady Burgess

**Virginia "Billie" Riggsby**

Mickie Ivey and family

**Diana Sample**

Mr. Ross Sackett

**Hazel H. Salter**

Mr. and Mrs. Jimmy D. Hatcher

**Robert Harvard Salter**

Mr. and Mrs. Joseph E. Brown

Dr. and Mrs. Jim Story

Petey Thomas

**Nancy Schmoie**

Mr. and Mrs. Joseph E. Brown

**Buddy Schofill**

Mr. and Mrs. Ty Turner

**Elaine Mitchell Shields**

AFG Feed, LLC

American Peanut Growers Group, LLC

Barber Fertilizer Company

Mr. and Mrs. Leron Bush

Mr. Roger Day

Dennis and Sherry Gustin

Mr. and Mrs. Harry J. Holder

Ms. Norma P. Hornsby

Ms. Donna H. Lane

Paul, Dena, Malori, Richard and Nicole Maxwell

Ms. Linda O. Miller

Miller Scouting Service

Jerry and Kate Mitchell and

Mrs. Jimmy Mitchell

**Mary Lou Hood Sloan**

Mr. and Mrs. Billy Barber

Mrs. Gail B. Granade

Ms. Jean Jeffers

Mr. and Mrs. A. W. Leverett Jr.

**Stanley F. Smith**

Mr. and Mrs. Robert M. Milberg

**Beverly Stacy**

Mr. and Mrs. William U.

Norwood III

**William David Stallings**

Edd and Rebecca (Bond) Dean

Mr. and Mrs. Charles McKinnon Jr.

**Laura Davis "Joann" Stewart**

Mr. and Mrs. Randall

B. Stewart Jr.

**Marian Stewart**

Ms. Glenda G. Manry

**Joanna E. Stone**

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Ms. Jan Heard

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David and Patti Hanafourde

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**Thomas C. Suber Sr.**

Laverne H. Suber

**Peggy Tanner**

Dr. and Mrs. John B. Carico

Mrs. Roy M. Lilly

Drs. Victor and Melissa

McMillan

Quitman High School Class of 1953

Dr. and Mrs. Terry Tanner

**John Taylor**

Zach and Stacy Wheeler

**Laura Parker Thompson**

Frances G. Parker

**Antoinette Thriffiley**

Don and Kim Thriffiley

**Josephine Von Glahn**

Mr. and Mrs. Glenn O. Donnelly

Mr. Ronald W. Joyner

**Thilmon Vonier**

Mr. Willis Singletary

Mr. and Mrs. Tony Wooten and family

**Mrs. Mercer P. Watt**

Dr. and Mrs. W. Merrill Hicks

Mickie Ivey

Dr. and Mrs. William B. King

Mr. and Mrs. Robert M. Milberg

Bill and Deane Norwood

Dr. and Mrs. James L. Story Jr.

Petey Thomas

**Wade Webster**

Rose City Federal Credit Union

Cindy and Tony Wooten and family

**Christine Whigham**

Ms. Patricia Barrett

Mrs. Majorie Bishop, Mrs.

Dorothy Bowen, Mrs. Mary Nell Maxwell

Ms. Kathy L. Green

Ms. Jenny Marshall

Mr. and Mrs. Fields W. Varner

**Thomas L. Williams III**

Mr. and Mrs. Lawrence A.

Harmon

Williams Family Foundation

**Marguerite Neel Williams**

Rick Ivey

**Cuy Mac Willis**

Leonard and Lee Clayton

**Helen Zebley**

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Mrs. Bill Thomas

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### Archbold Medical Center:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters.
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters.
  - Information written in other languages.

If you need these services, contact our Patient Advocate.

If you believe that Archbold Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail with: Patient Advocate, 915 Gordon Avenue, Thomasville, GA, 31799, or call **229.228.8086**, or email [patientadvocate@archbold.org](mailto:patientadvocate@archbold.org). If you need help filing a grievance, a Patient Advocate is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](http://ocrportal.hhs.gov/ocr/portal/lobby.jsf), or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, DC 20201

**800.368.1019, 800.537.7697** (TDD)

Complaint forms are available at

[hhs.gov/ocr/office/file/index.html](http://hhs.gov/ocr/office/file/index.html)

# Individuals With Limited English Proficiency of Language Assistance Services

## English:

ATTENTION: Language assistance services, free of charge, are available to you. Call 229.228.8086.

## Spanish:

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 229.228.8086.

## Vietnamese:

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 229.228.8086.

## Korean:

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 229.228.8086 번으로 전화해 주십시오.

## Chinese:

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 229.228.8086。

## Gujarati:

ચુના: જો તમે જરાતી બોલતા હો, તો નિ: લક્ષ્ ભાષા સહાય સેવાઓ તમારા માટ ઉપલબ્ધ છ. ફોન કરો 229.228.8086.

## French:

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 229.228.8086.

## Amharic:

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶቻችን በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 229.228.8086.

## Hindi:

ध्यान द: यद आप हदी बोलते ह तो आपके लिए मुफ्त म भाषा सहायता सेवाएं उपलब्ध ह। 229.228.8086 पर कॉल करा

## French Creole:

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 229.228.8086.

## Russian:

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 229.228.8086.

## Arabic:

ظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم ملحو 229.228.8086

## Portuguese:

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 229.228.8086.

## Farsi/Persian:

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما 229.228.8086 فراهم می باشد. با تماس بگیرید.

## German:

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 229.228.8086.

## Japanese:

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。229.228.8086まで、お電話にてご連絡ください

**The Archbold Foundation**  
 We could never be what we are if it weren't for you, our community of generous donors.

John D. Archbold Memorial Hospital  
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 P.O. Box 1018  
 Thomasville, GA 31799-1018

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# How to Live Better

**LIVE BETTER**, the Archbold Medical Center-led collaborative of key community leaders focused on improving the health of the residents of Thomas County, recently formed partnerships with local businesses that have committed to taking action in support of measurable Live Better goals.



Thomasville's YMCA and Yoburst became the first business and restaurant partners, respectively, to officially partner with Live Better.



Live Better partner George & Louie's is now featuring Live Better healthy menu selections.

As the most recent Thomasville restaurant to become a Live Better partner, Barberitos has added healthy meal selections to its menu.



To help inspire people to live a healthy and active lifestyle, Smoothie King has created a Live Better Smoothie of the Week program, and the restaurant will feature Live Better healthy menu selections.

**Several other local businesses and restaurants are currently finalizing details to become Live Better partners. To learn how your business or organization can team up with Live Better, call 229.584.5522.**