



Ashe Memorial Hospital

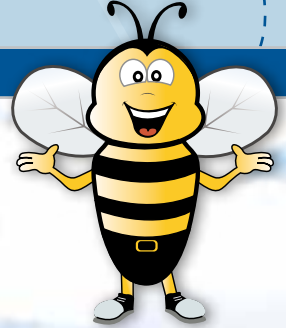
BeWell



Spring/Summer



2011



High Country Regional



Ashe Memorial Hospital

Find Relief from Heartburn

Advanced Treatment for GERD
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A Commitment to Serve

Volunteering at Ashe Memorial Hospital
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The Mountain Family Care Center:

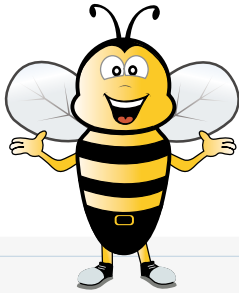
Care When You Need It Most
pages 4 & 5



Find the hidden bee and win!
Details on page 2

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Find the Bee

Find the bee hidden in this issue of *Be Well*, and you will be entered to win a \$100 gift card!

Send a postcard or e-mail with your name, address, and phone number along with the page number and location of the bee to:

**Ashe Memorial Hospital
Marketing Department
200 Hospital Avenue
Jefferson, NC 28640**

E-mail address: pr@ashememorial.org

All entries must be received by April 1, 2011.

Correct entries will be entered into a drawing.
One winner will be chosen for the prize.

On the Cover!

Photo on front cover by Kim Hadley

Message from the C.E.O.



Dear Friends,

Spring is coming to the High Country, and I know you, like me, are probably looking forward to warmer days and blooming flowers. While you take time to celebrate this season of renewal, it is important to remember your health.

In this issue of *Be Well*, we take an in-depth look at the Mountain Family Care Center, our after-hours location for quality care. If you wake up on a Saturday morning with a sore throat or take a tumble while playing outside one spring weekend, the Mountain Family Care Center is a friendly, efficient place to turn for high-quality healthcare. Learn more about this valuable clinic on pages 4 and 5.

On page 6, you can read about the newest members of our board, Nancy Kautz, R.N., and Walter Davis, M.D. These dedicated health professionals are channeling their expertise into new and innovative ways to improve the care available in the communities we serve.

As always, we wish you the best and hope you find the articles in this issue of *Be Well* informative and beneficial.

Be Well,

R.D. Williams, C.E.O.
Ashe Memorial Hospital

Physician Focus: Charles W. Jones, M.D.



Charles W. Jones, M.D.

A lifelong resident of Ashe County, Charles W. Jones, M.D., General Surgeon at Ashe Memorial Hospital, enjoys giving back to the community that has given him so much. A fourth-generation surgeon in his family, Dr. Jones attended medical school at Bowman Gray School of Medicine and trained at Carolinas Medical Center.

With regard to his surgical career, Dr. Jones appreciates the daily challenges of his work and the ability to help others.

"I enjoy working to improve a patient's quality of life," says Dr. Jones. "It is amazing to watch a patient recover and lead a healthier, happier life."

When he isn't busy working, Dr. Jones can be found spending time with his wife, Debbie, and their three sons, Brandon, Connor, and Hunter. Dr. Jones is also an avid sportsman and fisherman.

To learn more about Ashe Memorial Hospital's physicians, visit www.ashememorial.org.



Find the Bee Contest Winner

Joe Thore, C.O.O. at Ashe Memorial Hospital, presents Dorothy Hawks, winner of the second Find the Bee contest, with a \$100 gift card. We would like to thank everyone who participated in the contest.

Feeling the Burn?

We Can HELP



Pictured left to right: Sebrina Phillips, R.N., B.S.N., Nurse Coordinator; Charles W. Jones, M.D.; and Tim Antione, R.N., Operating Room Manager

You're almost asleep when you feel a burning pain in your chest and throat. The same thing happened three nights ago and twice last week. If this scenario sounds familiar, the High Country Regional Heartburn Treatment Center at Ashe Memorial Hospital can help.

Heartburn affects millions of Americans. In fact, heartburn is the most common symptom of a serious condition called gastroesophageal reflux disease (GERD). In the fall of 2010, Ashe Memorial Hospital opened the High Country Regional Heartburn Treatment Center to expertly address this common disease in our region.

"We take a complete history and perform a physical examination to assess each patient," says Charles W. Jones, M.D., General Surgeon at Ashe Memorial Hospital. "Typically, in order to identify any damage to the esophageal tissues, we perform a test called an esophagogastroduodenoscopy [EGD]. During this procedure, we painlessly place a small electronic capsule that monitors the amount of acid abnormally refluxing into the esophagus. This test, referred to as the Bravo™ pH Monitoring System, is the best test to detect and diagnose GERD, and it was only available in North Carolina in Charlotte or Winston-Salem prior to the center's opening."

High-resolution esophageal manometry, new technology that evaluates how well the esophagus functions and if it has been

damaged by GERD, is also available at the center. Ashe Memorial Hospital has invested in this state-of-the-art technology so patients do not have to travel elsewhere for important tests.

Advanced Treatments

While many people with GERD are successfully treated with medication, up to 40 percent of sufferers do not get satisfactory relief. When medication is not enough, the High Country Regional Heartburn Treatment Center offers a minimally invasive surgical option that reconstructs the malfunctioning valve that causes GERD. This procedure reliably cures GERD and eliminates the need for daily medication.

"We're here any time patients need us," says Sebrina Phillips, R.N., B.S.N., Nurse Coordinator for the High Country Regional Heartburn Treatment Center. "We offer clinical excellence and comprehensive services to help patients find relief from heartburn discomfort."

To learn more about the High Country Regional Heartburn Treatment Center, call (336) 846-0755.

GERD at a Glance

Brush up on gastroesophageal reflux disease (GERD) with these quick facts.

- A person has GERD if he or she experiences acid reflux more than twice per week. Reflux occurs when the lower esophageal sphincter—a valve-like muscle in the esophagus—doesn't work properly, causing stomach fluids to enter the esophagus.
- The main symptoms of GERD are pain or a burning sensation in the chest and throat. People suffering from GERD without heartburn may have a dry cough or difficulty swallowing.
- The precise cause of GERD is unknown, but risk factors include hiatal hernia, obesity, pregnancy, and smoking.
- A child can develop GERD, particularly if he or she continues to experience reflux after his or her first birthday.
- To reduce your chances of developing GERD, avoid trigger foods, such as citrus fruits, fried foods, caffeinated beverages, and tomato-based items.

New Location!



Putting
Your
Family
FIRST

Your child wakes up one Saturday with a sore throat, but your physician's office is closed for the weekend. Don't worry—the Mountain Family Care Center (MFCC) is here to help you!

Meet Our Mountain Family Care Center Family Nurse Practitioner.

Nancy J. Byrnes, M.S.N., F.N.P.-C

When you or a loved one is dealing with a minor medical problem after hours, you may think your only option is the emergency room. Since 2007, MFCC has offered non-emergent care to residents of Ashe County. Services are available to treat the following conditions:

- Acute illnesses, such as respiratory infections, influenza, and strep throat
- Bronchitis
- Gastrointestinal problems
- Minor burns and lacerations
- Nausea or vomiting
- Nosebleeds
- Urinary tract infections

“We are proud to offer after-hours care all week long,” says Allysa Roten, M.O.A., C.P.A.T., Office Manager of MFCC at Ashe Memorial Hospital. “Additionally, we offer sports physicals, commercial driver’s license physicals, pre-employment services, and immunizations for influenza, pneumonia, and adult tetanus.”

MFCC has a convenient new location on the main drive to the Emergency Room, allowing you to get the care you need in order to return to your normal life. You can schedule appointments or come in for care from 1 to 9 p.m., Monday through Friday, and 9 a.m. to 1 p.m. on Saturday.

Clear Communication

When you or a family member receives care at MFCC, your primary care physician will receive information about your visit to keep your medical records up to date.

“Just as in an emergency room setting, a patient’s primary care physician will receive a record of the patient’s condition and treatment, whether it’s a rash, an earache, or the common cold,” says Joe Thore, C.O.O. at Ashe Memorial Hospital. “We are dedicated to making sure we work together to make a patient’s care as streamlined as possible.”

Care for All

If you currently don’t have a primary care physician or are uninsured, MFCC is here for you, as well. As a recipient of the North Carolina Grant, MFCC has the Medical Access Plan to help care for residents with little or no insurance, and the application process is completely confidential.

“The Medical Access Plan allows patients needing care who don’t currently have insurance to pay on a sliding scale of \$5 to \$20, based on their income,” says Joy McClure, C.F.O. at Ashe Memorial Hospital. “Our medical services are available to all residents of Ashe County.”

Is It Urgent... or an Emergency?

Always seek immediate emergency medical attention for symptoms such as:

- Bleeding that won’t stop
- Blurred vision or loss of sight
- Breathing problems
- Chest pain
- Head trauma
- Unconsciousness

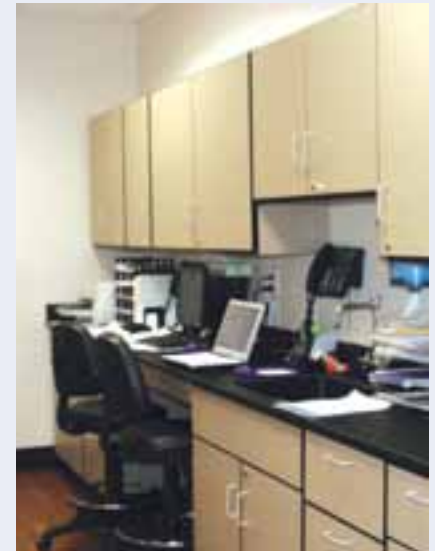
The Mountain Family Care Center provides non-emergent care for:

- Abrasions
- Bronchitis
- Diarrhea
- Ear infections
- Flu
- Gastrointestinal problems
- Genitourinary conditions
- Minor eye injuries
- Minor illnesses and injuries
- Minor lacerations
- Minor nosebleeds
- Nausea and vomiting
- Rashes
- Removal of simple foreign bodies
- Respiratory and upper respiratory infections
- Simple small burns
- Strains or sprains
- Strep throat
- Urinary tract infections

Still unsure where to go? Call the Mountain Family Care Center at (336) 846-6322.



Pictured left to right: Norma Pasley, M.O.A.; Donna Mitchell, Receptionist; and Allysa Roten, M.O.A., C.P.A.T., Office Manager



Your Medical Checklist

In case you or a family member requires emergency care, keep an index card with your detailed medical information in a convenient place, such as your car, purse, or wallet. Having this information on hand will help ensure your visit goes as smoothly as possible.

Be sure to include:

- Chronic conditions or allergies
- Contact information of family members in case of emergency
- Current medical insurance information
- Name and contact information for a primary care physician, pediatrician, or other specialist
- Prescriptions you are taking

Promoting Leadership in *Healthcare*

Ashe Memorial Hospital is committed to providing high-quality care in the community. As part of this dedication, the hospital welcomes two new members to its Board of Trustees—Nancy Kautz, R.N., and Walter E. Davis, M.D.



Nancy Kautz, R.N.

Nancy served as a Community Outreach and Grants Administrator at Ashe Memorial Hospital for more than 15 years. A nurse since age 17, Nancy brings a great deal of insight from working in the healthcare field and has a great love for Ashe Memorial Hospital and the communities it serves.

Nancy says her vision for Ashe Memorial Hospital is for it to continue to serve the needs of the community and especially to explore opportunities in the field of telemedicine in an effort to provide specialty care at the local level. She looks forward to promoting the hospital's diagnostic capabilities and expertise.

Localized Services

Dr. Davis, a retired Medical Oncologist, completed his medical training at Duke University Medical Center and began practicing in 1971. He initially worked at Duke before going into private practice in Durham. After moving to Ashe County in 2003, he worked at the Seby B. Jones Cancer Center in Boone. He retired in 2009 and since then has volunteered at the Ashe County Free Medical Clinic.

As a board member, Dr. Davis would like to help the hospital incorporate the best of evolving healthcare innovations for the Ashe community.



Walter E. Davis, M.D.



Orleta Demuth

Making a Difference

Whether you're 22 or 92, volunteering your time may be worth the hours.

After 28 years and 7,291 hours of volunteering at Ashe Memorial Hospital, Orleta Demuth still finds it rewarding. Even at age 92, Orleta spends every Friday and Sunday afternoon at the hospital helping others.

"Everyone—especially retired people—should volunteer," says Orleta. "It has given me a chance to help patients and staff and get acquainted with people I would not otherwise have met."

For Orleta and her family, serving others is a way of life. Orleta, a retired high school history teacher, and her late husband, Herbert, a retired chemistry teacher, began volunteering in 1982. She and her family have dedicated their lives to serving their country and community.

"My oldest son, Stephen, and my youngest son, Robert, both retired from the Air Force as Lieutenant Colonels," says Orleta. "My daughter Phyllis worked as Director of the Red Cross in Southeast Alaska and Director of the United Way in Fairbanks, Alaska."

To learn about volunteering opportunities at Ashe Memorial Hospital, call the Volunteer Coordinator at (336) 846-0702.

Enjoy a *Healthy* Meal

If you're looking for a place to sit down for a balanced, satisfying meal, look no further than Ashe Memorial Hospital's cafeteria.

The cafeteria, open from 11 a.m. until 1 p.m. and 4–5:30 p.m. daily, offers a variety of foods for patients, visitors, and staff members. It is also open to the general public.



Still Making a *Difference*

Generous contributions from people like Eva Irene Johnson Davis help the Ashe Memorial Hospital Foundation support the hospital.



Eva Irene Johnson Davis

Recently, the Foundation received a call from Nancy Gasparovic, Executor of Eva Irene Johnson Davis' estate, informing us that a wonderful gift was coming our way. Irene blessed her hometown hospital, Ashe Memorial, with a cash gift of \$200,000 and 73 acres of property in Ashe County. Irene made a difference throughout her life, and she is still making a difference in death.

Irene was born in Ashe County on January 29, 1936, and always told everyone she was from the hills of North Carolina—right on top of the Blue Ridge. "Miss Irene" was a gracious southern lady who touched the lives of all who knew her. According to her first cousin George Burgess, she did everything by example.

"She went all out with every organization and charity she worked for," says George.

Irene and her husband, Mack, filled their lives with service to their community through fundraisers and benefits. When Mack passed away in 1983, Irene retired from the FBI after 28 ½ years to assist The Davis Foundation with continuing his legacy. Irene continued her life of service to the community through myriad charities and associations and was voted Working Woman of the Year.



The Family of Mack and Irene Davis

Seated left to right: Eddie Lyle, Rose Cook, and John Cook; second row standing left to right: Louise Burgess and Rose Winebarger; back row standing left to right: Virgie Lyle, Jessie Baldwin, Charles Leonard Miller, Clifford Miller, Clara O'Brien, George Burgess, Nancy Gasparovic, and Onley Burgess

Upcoming Foundation Events

17th Annual Frank M. James Memorial Golf Tournament

Thursday, August 4, 2011

The Frank M. James Memorial Golf Tournament will be held at Jefferson Landing in Jefferson. If you would like to play in our tournament or would like more information, please contact the Foundation Office at (336) 846-0712.



6th Annual Gala

Saturday, September 17, 2011

The Foundation Gala will be held at Jefferson Landing in Jefferson. This is a black-tie optional event with dinner, dancing, and silent and live auctions. If you would like to attend the Gala or make a donation, please contact the Foundation Office at (336) 846-0712.



Nancy Gasparovic, Executor of Eva Irene Johnson Davis' estate, presents a check to Ashe Memorial Hospital Foundation President Tom Efford.

Make Sure You Could Get Help in a Moment Like This.

NEW!

Only one medical alert pendant can call for help even when you can't...Lifeline with AutoAlert.

When you experience a fall, every second counts. Delayed medical care can jeopardize your recovery and independence.

The Philips Lifeline Medical Alert service provides fast access to help 24 hours a day, 365 days a year. Our new Lifeline with AutoAlert option provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button because you are disoriented, immobilized, or unconscious.

Thanks to Lifeline with AutoAlert, you can get help in two ways: by simply pressing the AutoAlert help button any time, or if a fall is detected and you are unable to press your button, AutoAlert will automatically call for help.

Don't let a delayed response time affect you.

For more information, contact the Ashe Memorial Hospital Lifeline Department at (336) 846-0740.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

MRI Now Available

*We are pleased to provide MRI services
six days a week.*

Benefits include:

- The latest MRI/MRA applications with our GE 1.5T 8-Channel Excite™ system, featuring improved abdominal, MRA, neurological, and orthopaedic studies
- Greater access: same-day appointments now available
- Quick report turnaround
- Faster scan times for greater patient comfort

*For questions or patient scheduling,
please call (336) 846-0820 or
send a fax to (336) 846-0750.*

Meet Our MRI Techs



Pictured left to right: Scott Woodring, RT(R)(CT)(MR), and Keith Black, CNMT, PET, RT(R)(N)(CT)(MR)

Scott Woodring

Scott is a native of Watauga County and a graduate of the Wilkes Regional Radiologic Technology program. He and his family have recently returned from Alaska, where he performed magnetic resonance imaging (MRI) studies at the most dynamic and progressive imaging center in the state for several years. He hopes to utilize his experience with the new suite at Ashe Memorial Hospital.

Keith Black

Keith is a native of Charlotte and graduated from Ashe Central High School in 1987 and from the Wilkes Regional Radiologic Technology program in 1989. He then graduated from UNC Hospital's Nuclear Medicine Program in 1991. Keith enjoys spending time with family, woodworking, hunting, fishing, and being outdoors.

