COMMUNITY HEALTHCARE AT ITS BEST

FALL 2019

Look inside for a special anniversary section!

also in this issue

› FACTS ABOUT STROKE
› MOM, DAUGHTER BATTLE WEIGHT GAIN TOGETHER
› HEART ATTACK TIMES TWO
› CANCER-FIGHTING FOODS
let the celebration begin!

On Sept. 11, 1994, two local community hospitals came together to build a regional health system to serve this community. As we look back on 25 years, we reflect on all the progress, change and growth that has marked a quarter century of our existence. As you’ll see in this special anniversary section starting on page 14, we have a lot to be proud of over the last two and half decades. Here are just a few highlights among many:

> The creation of one community hospital in Augusta County, which combines the best of the two former local hospitals, King’s Daughter’s Hospital in Staunton and Waynesboro Community Hospital in Waynesboro
> Recruitment of nearly 200 physicians and advanced practice practitioners to create the multigroup primary care and specialty practice of Augusta Medical Group to care for our community
> A state-of-the-art Heart and Vascular Center offering interventional cardiology, cardiac rehab and other key services
> Establishment of five Urgent Care Centers with key outpatient services in Staunton, Waynesboro, Stuarts Draft, Weyers Cave and Crozet, and an Emergency Department equipped to serve this rapidly growing area
> The Center for Cancer and Blood Disorders, which has partnered with the prestigious Duke Medicine for Medical Oncology
> A Women’s Imaging Center that provides 3D mammography among other advanced technologies
> A Sleep Lab, Wound Care Center, robotic surgery program and extensive network of top-flight primary care providers

There is, of course, much more to tout about Augusta Health, which you’ll read about inside this anniversary edition. Be sure to fill out the anniversary puzzle on page 20. Those who submit correct puzzles will be entered into a drawing to receive a back-to-school gift basket.

We can’t do it alone. That might be the most important takeaway of the past 25 years. Thanks to the hard work of the staff, doctors, donors, volunteers, support systems and others, Augusta Health helps people thrive. So cheers to our community from Augusta Health! Here’s to another 25 years of caring for our community.

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expanding the team

NEW PROVIDERS JOIN AUGUSTA HEALTH PRIMARY CARE, STUARDS DRAFT

Within the past year, two new providers have been added to the team at Augusta Health Primary Care, Stuarts Draft. Joining John A. Snyder, DO, FACP, who has been with the practice for six years, are Sylvia Le, MD, a family practice physician and Victoria Tomlin, FNP-C, a family nurse practitioner.

“Providing great care to the community in Stuarts Draft is a priority for us,” says Jackie Sims, RN, MSN, director of Clinical Operations at Augusta Medical Group. “At this practice we now have one internist and two family practitioners, and we can provide care to the entire family, whether that’s children, adults or grandparents.”

Sims explains that having providers with the skill sets that allow them to treat the whole family helps create a continuity of care and enhance the bonds between physician and patient.

At Augusta Health Primary Care, Stuarts Draft, laboratory, diagnostic X-ray and 3D mammography services are also available, making the experience more convenient for patients who need those services. The building is shared with an urgent care center, which means patients with urgent needs who can’t make it in to see their provider can visit the urgent care and have any important information from the visit easily shared with their provider. HM

KEEP THE PACE

AUGUSTA HEALTH DEVICE CLINIC MONITORS THE TREATMENT OF THOSE WITH HEART CONDITIONS

For many people with heart conditions, implanted devices are an important part of their treatment plans. These devices, such as implanted monitors, defibrillators or pacemakers, not only can perform therapeutic functions but also provide doctors with information that can help them make decisions about their patients’ health and treatment.

That is why the Augusta Health Device Clinic is dedicated to monitoring patients with these types of devices, as well as checking them regularly to make sure they are working properly.

“We work with about 2,000 patients in our clinic and we’re working with 25 patients on average every day to make sure everything is working the way it should,” says Erica Maddox, RN, BSN, Device Clinic and Stress Lab supervisor. “We see every patient in person at least once a year, and then we monitor patients remotely at least once every three months. For patients with newer devices we can monitor them daily.”

Maddox explains that remote monitoring is now common for devices such as defibrillators or pacemakers. She estimates that only about 100 patients of the 2,000 patients the hospital treats have devices that were implanted before remote monitoring was available. This makes it much easier for many patients to get their devices checked. Generally, all that is needed is a cell or Wi-Fi signal. Maddox says that some patients without regular internet access can even go to local businesses to connect to the internet and send their information to the clinic.

“I saw a patient today who lives in Bath County and doesn’t have a reliable cell phone signal, so she goes to the local county hospital and they can transmit the information to us from there,” Maddox says. “Many patients are in this situation, and it saves them and their families a lot of time because they don’t have to drive here to be physically checked every three months.”

However, for people who come to Augusta Health regularly to be treated, Maddox emphasizes the convenience and advantages of getting devices checked at the Augusta Health Device Clinic.

“I think some patients that come to Augusta Health for other services don’t realize that we have the Device Clinic here and they will go other places for their device needs,” says Maddox. “It’s convenient, and especially if you’re already being seen at Augusta Health, it keeps you within the same continuum of care.” HM

For more information about the Augusta Health Device Clinic and heart care at Augusta Health, visit augustahealth.com/heart.
Flu Facts

It’s never too early to start thinking about flu season. Almost everyone has had the flu at some point in their lifetime and can attest that it’s not a pleasant experience. Symptoms of influenza range from fatigue and body aches to fever, vomiting or diarrhea. Physicians agree, though, that receiving a flu vaccine will greatly reduce your risk of catching the virus. Here are some facts to keep in mind going into this year’s flu season:

- According to the Centers for Disease Control and Prevention, each flu vaccine is updated annually to match strains that are determined to be most common. Usually these vaccines are made up of three or four different strains. For this flu season, it has been recommended that two of last year’s strains be replaced to better protect the public.
- It takes approximately two weeks for the vaccine to take effect, after creating influenza antibodies in your body to fight the virus. Physicians recommend receiving the vaccination by the end of October, creating these antibodies before flu season truly gets underway.
- Doctors recommend that anyone above the age of 6 months receive a flu vaccine.
- Due to the influenza virus’ ability to mutate, along with your body’s immune system response declining over time, yearly vaccines are advised.
- Restrictions are very rare and typically involve infants and people who are allergic to the vaccine or specific components of the vaccine. People who are allergic to gelatin, antibiotics or eggs should consult their physician before getting a flu vaccination.

Your doctor will determine which vaccine is right for you based on your medical history and age range. People of different ages may receive different vaccines from one another, as some components are approved for certain age groups. Inactivated influenza vaccines are approved for children as young as 6 months, while recombinant vaccines are only approved for adults 18 and older.
Mary F. Burton, a surge employee for FEMA who lives in Greenville, was having a quiet Monday evening, and simply doing her dishes after dinner. Suddenly, without warning, things went very wrong.

Her right side felt numb. She literally fell to the floor. While she was unsure of what was exactly happening to her body, she knew it had to be something serious. She called her neighbor, Penny Bergner, for help, and crawled to unlock her door.

When Bergner arrived and began asking Burton questions, Burton believed she was answering in articulate sentences. But what Bergner was hearing was incoherent, and she immediately took Burton to Augusta Health’s Emergency Department. At the registration desk, Bergner alerted the staff that she believed Burton was having a stroke.

“The doctors and staff were very attentive and asking all the right questions,” Burton recalls. “I had a clot ... and was experiencing a stroke. As I tried to answer their questions, I was getting frustrated because they couldn’t understand me. Even though my speech couldn’t be understood, I could still write, so I began writing my answers.”

Because of her quick actions in alerting her neighbor and the neighbor’s quick recognition of stroke symptoms, Burton had arrived at Augusta Health within the time frame to receive tPA, a clot-busting drug. Augusta Health staff also connected with University of Virginia (UVA) neuro-interventionists via the Telestroke Program connection. It was decided that Burton should be transported to UVA because, besides tPA, she was a good candidate for thrombectomy, a surgery that can remove a clot if tPA does not.

Burton was flown to UVA, but by the time she arrived, the clot had dissolved. “Things had improved,” she says. “I could speak and be understood. By Wednesday, I was eating regular food. I had a bit of a relapse and my right side went numb again, but that cleared up in a couple of hours. I left the hospital on Thursday and have had no long-lasting effects.”

She adds that the stroke “came out of nowhere,” but she has been diagnosed with aFib. “I think my heart got into a rhythm, loosened a clot and it went to my brain. But it still feels random. My sister was diagnosed with aFib and has not had a stroke. I did. My father-in-law had a stroke and was bedridden. I had a stroke and I’m back to my ‘normal’ life without restrictions.”

Burton’s normal is more like a new normal. She’s working on her aFib and cholesterol, drinking more water, changing her diet and exercising more. She has a FAST sticker with stroke symptoms on her refrigerator.

“You can’t take things for granted. You need to be conscientious and take care of yourself,” she says. “I’ve been blessed. I had great care at both Augusta Health and UVA. Because everyone acted so quickly and things were taken care of so expeditiously, I’ve had no side effects. For everything that happened, I was a lucky one.”

Have you suffered a stroke? Learn about the Shenandoah Valley Stroke Club at augustahealth.com/events/shenandoah-valley-stroke-club.
Mary F. Burton is paying more attention to her health after suffering a stroke. Her neighbor’s fast response helped her receive the necessary medical attention quicker, which played a role in her recovery.

“I’ve been blessed. I had great care at both Augusta Health and UVA. Because everyone acted so quickly, and things were taken care of so expeditiously, I’ve had no side effects.”

—Mary F. Burton
A dam Rochman, MD, is the medical director of Augusta Health’s Emergency Department and a member of Augusta Health’s Stroke Team. The Stroke Team brings together staff from many departments throughout the hospital to focus on the care and treatment of stroke patients. This interdisciplinary team meets monthly to discuss stroke quality metrics and measurements, treatments and stroke care, and performance improvement opportunities.

Here are five points Dr. Rochman wants everyone to know about stroke and stroke care at Augusta Health:

1 EARLY RECOGNITION IS KEY
In the United States, strokes are the leading cause of adult disability and the fifth leading cause of death. On average, a stroke happens every 40 seconds and someone in the United States dies from a stroke every four minutes.

Symptoms will depend on where in the brain the stroke is occurring. Stroke symptoms include:
- Sudden numbness or weakness of face, arm or leg — especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing out of one or both eyes
- Sudden trouble walking, loss of balance or coordination
- Sudden severe headache with no known cause

Note the time that the first symptoms appeared — this will be important for treatment — and seek immediate emergency medical attention.

Do not wait or ignore the symptoms, hoping they will go away. Even if they seem to improve, you should be seen by a doctor.

2 KNOW THE TWO TYPES OF STROKES

Ischemic stroke: The most common type of stroke is an ischemic stroke. This is when a blood clot in one of the blood vessels in the brain prevents blood from reaching all parts of the brain. About 85% of strokes are ischemic.

Hemorrhagic stroke: The second type of stroke is a hemorrhagic stroke. This is when a blood vessel bursts or leaks, and blood spills into the brain causing swelling, pressure and damage. Only about 15% of strokes are hemorrhagic, but they are responsible for 40% of stroke deaths.

3 EARLY TREATMENT LEADS TO BETTER OUTCOMES
The more quickly stroke treatment begins, the better the possibility for a good outcome. According to the stroke.org website, for each minute a stroke goes untreated and blood flow to the brain continues to be blocked, a person loses about 1.9 million neurons. This could affect a person’s speech, movement, memory or other functions. To reduce the possibility of death or disability from a stroke, it’s important to seek emergency attention any time someone experiences one of the signs or symptoms of a stroke.

The only Food and Drug Administration-approved drug treatment for ischemic stroke is tissue plasminogen activator, tPA. It’s a clot-busting drug given by IV. It works by dissolving the clot and improving blood flow to the part of the brain being deprived.

There is a time limit for tPA. It should be given within three hours of the first sign of stroke. In some cases, it can
be given within 4.5 hours of the onset of the stroke. Some patients, such as those with high blood pressure or a high risk of bleeding, are not candidates for tPA.

4 ANOTHER OPTION: SURGERY
For patients who are not candidates for tPA, and even for some who have received it, there is a surgical option for removing the clot during an ischemic stroke. It’s called endovascular therapy, or thrombectomy. It’s similar to the cardiac cath procedure done to remove blockages in the heart. A neuro-interventionist inserts a mechanical device into the blocked artery. Once inside the blood vessel, a tool can be used to either break up the clot or pull it out.

Thrombectomy works best for big clots, located in the proximal vessels that are discovered and treated within six hours after the start of symptoms. So it depends on the size of the clot, its location and the time since the stroke. At Augusta Health, between 18 and 30 patients have been candidates for thrombectomy each year. They are flown to the University of Virginia Health System (UVA).

5 AUGUSTA HEALTH NEUROLOGY AND THE UVA TELESTROKE TEAM WORK TOGETHER
Because it’s important to rapidly identify which patients may be candidates for thrombectomy, Augusta Health and UVA have been connected via the Telestroke Program since 2015. Over the years, the two staffs have developed a great relationship and rapport that benefits the patients. They work together on neurological evaluations and confer in real time to determine what steps are appropriate. The tPA can be administered at Augusta Health. If the patient needs to have a thrombectomy, he or she can be sent to UVA without delay. The results for patients have been amazing! HIM
After Kathy Martin’s husband died in May 2015, she and her daughter, Candace Martin, both gained a significant amount of weight. “We both just ate to help with the sorrow,” Kathy says.

Candace, 38, and Kathy, 63, both worked at the Staunton-Augusta YMCA. Candace approached her mother about participating in the Diabetes Prevention Program that was being held there as a joint initiative between the Staunton-Augusta YMCA and Augusta Health. Candace had a family history of diabetes on both sides, and Kathy was prediabetic.

Both women decided to enroll in the yearlong program. Little did they know how much it would change both of their lives. Candace is now down 72 pounds and Kathy has lost 30.

“Give it a chance,” Kathy says. “It'll make a difference in your life. For me, going to a class once a week is a whole **weight-loss WINNERS**

MOTHER-DAUGHTER DUO THRIVES IN DIABETES PREVENTION PROGRAM

> Candace Martin and her mother, Kathy, together have lost more than 100 pounds through the Diabetes Prevention Program at Augusta Health. At right is a shot of the mother and daughter with two Staunton Braves players in the summer of 2017. This was taken prior to their weight loss.
lot better than having a leg or a foot amputated because we can’t give up our habits.”

**A COHESIVE GROUP**

The Diabetes Prevention Program aims to help those who are at high risk of developing diabetes improve their health through educational classes and meetings.

The first part of the yearlong program involves attending a weekly meeting for 16 weeks, says Jean Magee, MEd, RDH, CDE, a diabetes educator at Augusta Health. The second part of the program involves attending a monthly meeting. At the meetings, participants learn about everything from how to shop more healthfully to how to fit exercise into a busy lifestyle.

The two primary goals of the program are to lose 5–7% of body weight and to exercise at least 150 minutes per week, Magee says. But there is a social component as well.

“The best part about the Diabetes Prevention Program is that the small group becomes a cohesive, motivating force,” Magee says. “They have a community. They’re sharing their successes and their failures, and how they did for the week.”

**MAJOR LIFESTYLE CHANGES**

Candace and Kathy started by making small lifestyle adjustments — such as parking in the farthest parking spot and not having a second helping of food — and worked their way up to bigger changes.

Much of Candace and Kathy’s success involved simply having more self-awareness. “It’s realizing that, yes, you can eat a donut, but there’s a choice out there that’s better for you,” Candace says.

The mother-daughter duo not only doubled their weekly minutes of activity, but they also developed sustainable healthy eating habits. For example, Kathy says she and her daughter began going to Costco to purchase nuts, carrots and Veggie Straws. They would count each snack out based on the serving size and put everything in individual-sized baggies.

In addition to the significant weight loss they both saw, Kathy’s blood work improved greatly. By the end of the program, she was out of the prediabetic range and all of her labs had improved, Magee says.

“They were the superstars for sure,” Magee says. “It just goes to show that if you’re ready for this program, it works. If you’re ready for lifestyle changes, you’re going to be successful.”

**A MEANINGFUL MOMENT**

At the beginning of the program, Kathy set two goals: To lose 20 pounds and to fit into the wedding dress her mother had made for her 1976 wedding, when she married her late husband.

On the last night of class, Kathy asked her dad to bring her mom to the YMCA. Kathy then surprised her mom in her wedding dress. “It was really special for her to see that again,” Kathy says. HM

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**Medicare approval**

The Centers for Disease Control and Prevention (CDC) recently recognized the Diabetes Prevention Program — a major accomplishment, according to Jean Magee, MEd, RDH, CDE, diabetic educator. This recognition means that all of the program’s members since 2016 have lost an average of 5–7% of their body weight and have exercised 150 minutes per week.

Because of this achievement, Magee says Medicare will now pay for the program.

“The Diabetes Prevention Program is the first diabetes program that Medicare has agreed to cover 100% for the whole year,” she says.

Kathy set two goals: To lose 20 pounds and to fit into the wedding dress her mother had made for her wedding in 1976.

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To participate in the next Augusta Health Diabetes Prevention Program, call (540) 213-2537 or email Jean Magee, MEd, RDH, CDE, at jmagee@augustahealth.com.
DOUBLE HEART ATTACK PATIENT GETS BACK TO LIFE THANKS TO AUGUSTA HEALTH’S RESOURCES

“‘We don’t just treat the disease; we treat the patient, too.’”
—David Zerrlaut

> Eric Smeltzer participates in Augusta Health’s Cardiac and Pulmonary Rehabilitation Program, which has helped him make a strong recovery from a heart attack.
Eight years ago, Eric Smeltzer was playing racquetball and had a heart attack on the court. He underwent four bypasses and open-heart surgery and, after beating an infection in his surgical wound, he felt recovered and went back to his daily life.

Fast-forward to March 19, 2019, when Smeltzer, who is in his 60s, was playing racquetball on a different court — this time, at the Augusta Health Fitness Center — and collapsed again.

“I played one match against a fella and I had never played him before, so after the game, we were sitting on the bench getting to know each other,” says Smeltzer. “Ironically, I was telling him about my first heart attack eight years ago and how I was still kind of getting back into shape. Then, the next thing I know, I was staring up into an EMT’s face.”

**FAST ACTION**

Fortunately for Smeltzer, Zachary Allen, an exercise specialist at the Augusta Health Fitness Center, was in the building at the time. When Allen learned that someone by the racquetball courts needed medical attention, he rushed to the scene. After seeing Smeltzer face down and unconscious, he turned Smeltzer over and began to perform CPR. His co-worker then brought an automated external defibrillator and they began performing CPR and chest compressions. Smeltzer’s heart rate and pulse immediately returned.

“When he came back and I saw he was OK, the first feeling I felt was relief,” recalls Allen, 23, who began working at Augusta Health last August after receiving a degree in exercise science from Bridgewater College. “I was more happy than anything that he had made it. It was almost a shock that it had taken place. It was shock and relief.”

When he came back, Smeltzer was taken to Augusta Health, where physicians tried to perform a balloon angioplasty to open up his clogged arteries. However, his arteries were too clogged for the procedure to be effective. He was flown via helicopter to the University of Virginia Health System University Hospital in Charlottesville (UVA), where he received stents to open up the arteries.

“I do still have a blocked right coronary artery,” says Smeltzer. “They tried and tried to clear it out, and they were unsuccessful with that. But they told me that with a good diet and exercise, the arteries might clear themselves out. So I’m optimistic.”

As part of his postrecovery exercise and wellness routine, Smeltzer was referred to the Cardiac and Pulmonary Rehabilitation program at Augusta Health by his cardiologist at UVA.

**EXERCISING THE MIND AND BODY**

This physician-referred, outpatient program addresses the physical, psychological and educational aspects of living with heart disease, and establishes individualized programs based on each patient’s lifestyle and health.

Heart rate and rhythm, as well as blood pressure, are all monitored during exercise sessions. In addition to exercise, the rehabilitation program offers nutrition counseling, stress management and medication education. There are also group sessions where patients and staff can discuss the challenges of everyday living with heart disease.

“We don’t have a cookie-cutter program where everyone has to come in and do the same things,” says David Zerrlaut, MS, exercise physiologist and supervisor of Cardiac and Pulmonary Rehabilitation at Augusta Health. “We don’t just treat the disease; we treat the patient, too.”

Because Smeltzer enjoys biking, the program has incorporated the stationary bike into his exercise sessions. He has attended six of his 36 sessions so far, and with additional nutritional education and emotional support from his family and friends, he is already seeing positive results.

“It’s going pretty well. David and the nurses [at Cardiac Rehab] have been really helpful, and my wife has me on a super-clean diet. I’ve lost about 10 pounds,” he says.

Smeltzer also attributes the great care he received at UVA and Augusta Health to his overall journey in healing and slowly getting back to his daily activities.

“I never really got to do any rehab the first time; I had to do it all on my own,” he says. “This time, I have the benefit of doing rehab, and I had no open wounds, no infection. The experience was much better than it was back then. I have nothing but good things to say about UVA and Augusta Health.”

Now, Smeltzer is just itching to get back on the racquetball court. **HM**
Since opening 25 years ago, Augusta Health has experienced a name change (originally Augusta Medical Center), additions to services and technologies, and changing faces of staff and patients. But the goal has remained the same: to bring two communities together to provide better healthcare.

As Mary Mannix, FACHE, president and CEO of Augusta Health, explains, “This 25th anniversary is really all about the people of Augusta Health.”

To understand how healthcare has changed in the cities of Staunton and Waynesboro and Augusta County, here is a look back at Augusta Health’s history.

To see a video commemorating Augusta Health’s 25 years of service to the community, visit augustahealth.com/25-years.

Come join us! Augusta Health will have a community celebration at the back of the Fitness Center to honor its 25th anniversary on Sept. 22, from 12–5 p.m. A walk/run race will be held at 1 p.m. Don’t miss it!
JOINING FORCES
In the years prior to the formation of Augusta Health, there were two separate community hospitals operating in Augusta County: King’s Daughter’s Hospital in Staunton and Waynesboro Community Hospital in Waynesboro. The facilities of these two hospitals were outdated, and funds to upgrade infrastructure and equipment were scarce.

While the hospitals were unique from each other, serving different patient populations, when combined, they helped to complement each other. So in September 1994, Augusta Medical Center opened its doors, bringing together King’s Daughter’s and Waynesboro Community. In June 2009, the Augusta Medical Center changed its name to Augusta Health, reflecting a wider variety of service options for patients.

ADDITIONS ABOUND
One of a dwindling number of independent community hospitals still operating in the United States, Augusta Health is much more than a local hospital. In fact, Augusta Health has seen significant growth in both services and technologies available to doctors and patients.

Augusta Health’s Center for Cancer and Blood Disorders illustrates this evolution. Partnering with Duke Medicine for Medical Oncology, Augusta Health has made it significantly easier for patients in the area to get the most up-to-date and state-of-the-art cancer treatments available today. Not only does the center serve those patients with cancer, but its services have expanded to include hematology to treat blood disorders, as well.

Cardiology services have also been greatly expanded in the past 25 years. “We've really expanded our clinical capability in cardiology,” Mannix says, “like being able to take care of patients who are having an acute heart attack.” In 2013, Augusta Health opened its Heart and Vascular Center, providing services such as:
> Cardiology Diagnostics
> Interventional Cardiology
> Cardiac Rehab
> Venous Disease Management
> Electrophysiology

Advancements in women’s health have been an important part of Augusta Health’s growth as well, with the opening of the Women’s Imaging Center. Physicians now have the ability to get more precise scans and readings when checking for breast cancer. Three-D and digital mammograms, breast ultrasounds and breast biopsies are available for women in Augusta County in need of care.

Augusta Health recently reopened its Shenandoah House for use of hospice patients in their end-of-life stages. First operational in 2008, Augusta Health renovated this property in 2018. Nestled in a tranquil, wooded area on the Augusta Health campus, this residence has four private bedrooms and is able to accommodate family, friend and pet visitors for loved ones who are no longer able to live at home on their own. Donations to help those needing to stay here are always welcomed and appreciated.

TOP HOSPITAL
Augusta Health truly has become a place that everyone in the community can count on for top-notch medical care and service. “My vision for [Augusta Health] is when folks in the community say 'I'm not well' or 'I have a problem,' this is the first place they want to come, because they know they're going to get good care,” says Charles “Mick” Andersen, MD, AMG Board, Governance Committee and Properties and Facilities Committee member.

Congratulations to the doctors, nurses, staff and retirees of Augusta Health for helping make this hospital one of the Top 50 Best Hospitals in America by Healthgrades, five years running. Here’s to another 25 years! 

> The Augusta Medical Center opened on Sept. 11, 1994.
It’s officially called the Delivery Room Register, but nurses simply call it the Birth Log. An oblong book, it is held together with pins, with one meticulous hand-written entry for each baby born on the obstetrics unit. It records the day, the time, the gender, the mom’s name, the length and weight, Apgar scores and any other bit of information someone might need to know about a baby’s birth. Not written down, but still connected to each entry, are the nurses’ memories of each event.

There was a birth log kept at Waynesboro Community Hospital in Waynesboro, and there was a similar birth log kept at King’s Daughter’s Hospital in Staunton. When the two hospitals merged in 1994, the birth logs were transferred to Augusta Medical Center, now Augusta Health. Even though the OB staff at Augusta Health fully uses the electronic medical records, a nurse still completes a line for each baby born there in the Birth Log.

“While computers definitely have their strengths and purpose, the Birth Log is an important tradition in obstetric departments,” says Roxanne Harris, MSN, RN, IBCLC, CCE, director of Obstetrics and Pediatrics. “When you look back through the pages, you remember each birth.”

Harris and the five other obstetrics and pediatric nurses still on staff who “came with the furniture” when the hospital opened — Donna Ashby, RN;
COMING TOGETHER
All agreed it was a bit of a difficult start — two nursing staffs coming together, from two hospitals with two ways of doing things, to create a new team in a new environment. They needed to learn to work together, get to know each other and, at the same time, not miss a beat while delivering babies.

“It was ‘the new hospital,’ and when we first toured it, the whole unit seemed so large. I will say that over the last 25 years, the nurses’ station seems to have shrunk a bit,” says Morris with a smile. And, they all add, the women delivering babies today don’t think of it as “the new hospital.” For many of the new mothers today, Augusta Health has been their hospital for their entire lives.

The staff has developed into a cohesive team — building on each other’s thoughts, finishing each other’s sentences and laughing together as they talk about what’s changed in OB in the last 25 years.

BIRTH LOG MEMORIES
Then, as the talk turns to the babies and their care, Harris retrieves the birth logs. The hospital opened on Sept. 11, 1994, and the first baby was delivered on Sept. 12 by Margaret Flather, MD, who is still a part of Augusta Health’s medical staff today. The second baby delivered was the first cesarean section, and the first set of twins was born on Sept. 16.

The birth logs bring back memories of the past 25 years of delivering babies — the set of first cousins who delivered their babies on the same day, the first baby of the new year who turned out to be a surprise set of twins and one of those twins returning as an adult to deliver her own baby, and the babies delivered years ago that are now co-workers and colleagues at Augusta Health. Entries spark memories, and memories trigger more memories.

Then the realization occurs to the group that what remains the same in the last 25 years is not found in the Birth Log: With lots of pride and love, they deliver babies. They provide quality care to the moms and take great care of the babies. They give highly personal care in a community hospital, where mothers come back to where they were born to have their babies.

More than 29,000 have been delivered in the years since the hospital opened in September 1994. And each one has an entry — handwritten by an OB nurse — in the Augusta Health Birth Log. 

Melanie Earhart, BSN, RN; Margaret Miller, LPN; Lynne Morris, RN; and Donna Yeago, RN — gathered to talk about 25 years of delivering babies together at Augusta Health.
HUNDREDS GATHER IN APRIL TO HONOR AUGUSTA HEALTH’S HISTORY

A cool April evening at beautiful Veritas Vineyard and Winery in Afton was the setting for dinner, dancing and remembering as more than 230 people celebrated 25 years of Augusta Health’s care for the community. Guests included donors, Augusta Health Board members, employees, business partners and vendors, volunteers and patients. Proceeds from the fundraiser will support digital breast tomosynthesis — also known as 3D mammography — for the early detection of breast cancer.

The event kicked off with a cocktail hour and welcoming remarks by Reverend John Peterson, past chair of the Augusta Health Board. A historical video with details...
of the health system’s beginnings, following the merger of two predecessor hospitals, Staunton’s King’s Daughter’s and Waynesboro Community, provided memories from those who witnessed the development and construction of the new, modern Augusta Medical Center in Fishersville.

As guests dined on sumptuous, chef-crafted creations such as seared salmon with saffron crème, Augusta Health President and CEO Mary Mannix greeted the crowd and offered an overview of the health system’s expanded clinical capabilities over the past five years, and thanked community members for their generous philanthropic support of new programs such as cardiac catheterization, the expanded Emergency Department, advanced cancer care and specialty care.

The black-tie-optional gala served as the first of many celebrations in the community for Augusta Health’s 25th anniversary. Throughout the evening, guests could bid on numerous silent auction items that ranged from fine jewelry donated by Crown Jewelers and H.L. Lang in Staunton, professional golf lessons at the Club at Ironwood, and a six-day stay at a beachfront condo in Puerto Vallarta, compliments of Progressive Management Systems.

Generous businesses, volunteers and donors gave nearly $100,000 in support of breast cancer prevention. A magnificent time was had by all! HM
Test your knowledge of Augusta Health history over the last 25 years! The answers to each clue are hidden in the puzzle. Can you solve all 10? Once you complete the puzzle, tear out this page and send it to Vicki Kirby, Marketing Director, Augusta Health, 78 Medical Center Drive, Fishersville, VA 22939. Those who submit accurate puzzles will be entered into a drawing to win a back-to-school gift basket. The drawing will be held on Oct. 1.

1. Prior to Augusta Health, the two hospitals in Augusta County were __________ Community Hospital and Staunton’s ___________ Hospital.
2. ___________ was the new name of the hospital after the merger in 1994.
3. Augusta Health has been a ______ between the communities of Waynesboro and Staunton.
4. The state-of-the-art ___________ Center opened in 2013, providing lifesaving cardiovascular care.
5. One of the most significant objectives of Augusta Health at its inception was _______ employment.
6. Augusta Health’s intent is to remain _______ throughout changes in healthcare.
7. Augusta Health services a _______ of 200,000 across seven counties.
8. The biggest thank you goes out to the _______ of Augusta Health.
9. At the end of the day, Augusta Health can’t thrive without the support of the __________.
Celebrating 25 Years of Amazing Service

Over 330,000 Admissions
Over 29,000 Births
Over 15,000,000 Laboratory Tests
Over 500,000 Surgical Procedures
Over 3,200,000 Radiology Procedures
Over 1,300,000 Emergency Visits

25 Years of Amazing Service

Over the last 25 years, Augusta Health has touched the lives of so many people in our community. From our first patient in 1994 through the present. Take a look at the impact we have had in the community that we serve.

www.augustahealth.com
Inside a sugar-covered MRI machine, a Barbie doll waits patiently for her procedure. Close by, a mound of vanilla icing serves as the backdrop for rows of physician photographs. Employees are sporting chef hats and aprons, and work tirelessly on their masterpiece.

This vibrant, colorful scene was part of Cake Frost, a new event that kicked off the Augusta Health Foundation’s 2019 Employee Giving Campaign. A clever take on the TV show “Cake Boss,” this one featured 18 teams of employees from 17 departments competing for prizes like “Best Team Spirit,” “Best Themed Cake,” “Most Pledges Collected” and “Most Money Raised.”

There was also a prize for “Cake Most Likely to Fall” (which was nabbed by a confection with a Thor action figure). Although the event was intended as a one-time kickoff, it proved so popular that many teams are already talking about what they’ll be doing next year, says Foundation Philanthropy Manager Sherri Heishman.

The Employee Giving Campaign has become an annual event at Augusta Health, and many employees contribute as a way to help other employees (see sidebar on bottom of page 23), patients and hospice. Cake Frost brought in more than $26,000 in charitable donations — with 100% of that money going toward patient care funds supporting cancer, hospice and the Employee Emergency Fund.

“This was a great event for the Foundation, but it also shows the incredible camaraderie at Augusta Health,” Heishman notes. “It’s a great example of how our employees work together. Whether that’s taking care of patients or making a difference using way too many sprinkles, they truly show what an amazing team we have here.” HM

> To give to the Augusta Health Foundation, visit augustahealth.com/foundation, call (540) 332-5174 or email ahfoundation@augustahealth.com.
Cake Frost by the numbers

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pounds of chocolate icing:</td>
<td>120</td>
</tr>
<tr>
<td>Pounds of vanilla icing:</td>
<td>120</td>
</tr>
<tr>
<td>Sheet cakes measuring 12x16 each:</td>
<td>40</td>
</tr>
<tr>
<td>Pound of whipped cream:</td>
<td>14</td>
</tr>
<tr>
<td>Pounds each of pecans, walnuts, peanuts, coconut, blueberries, strawberries and chocolate chips:</td>
<td>6</td>
</tr>
<tr>
<td>Pounds of sprinkles:</td>
<td>6</td>
</tr>
<tr>
<td>Gallons of caramel sauce:</td>
<td>1</td>
</tr>
</tbody>
</table>

snapshot: employees helping employees

When it comes to giving, one of the programs that’s particularly popular for those who work at Augusta Health is the Employee Emergency Fund. Established in 2014, the Fund aids employees who face unexpected financial difficulties and provides help when employees may be running out of options.

For example, Center for Cancer and Blood Disorders registered nurse Michele Davis applied to the fund after she’d had knee replacement surgery — and then experienced a bad fall just a short time afterward. With a still-mending knee and a broken ankle, she wasn’t mobile enough to work.

The Fund helped cover her health insurance premium during the extended time that she was out of work. This gave her time to heal without worrying if she had medical coverage for her family. When she returned to work, she was eager to contribute to the fund as a way to pay back the generosity of those who helped her — and pay it forward a little, too.

“I don’t know what I would have done without the fund’s help,” Davis says. “I was quick to make a payroll deduction pledge to the Employee Giving Campaign this year as I wanted to give back to the organization that helped me when I needed it most.”
In August of 2016, Patty Piccinino of Fishersville finished her breast cancer treatment at Augusta Health. In September of 2016, she finally began to process what she’d been through. “When you’re going through treatment, there is so much going on,” explains Piccinino. “You’re busy and things are planned and organized. You don’t really have time to process or know how to process it. Then it’s abruptly over and you start to wonder, ‘What have I just been through?’”

For Piccinino, she found support, friendship and some answers through Stronger Together, the breast cancer support group that meets weekly at Augusta Health. The group was small, and most members had just finished treatment. “Breast cancer is not just physical, it’s very emotional,” says Piccinino. “So it was nice to be with women who understood. Because honestly, even though people say they understand, you can’t fully understand unless you’ve been through the experience. And that’s what we can provide for each other.”

Donna Berdeaux, BSN, RN, the breast cancer navigator at Augusta Health, coordinates the support group meetings. She agrees that the connection the group provides is important. “It’s beneficial to be able to sit down with others to talk about what you’re going through, what you have gone through, and realize you’re not the only one going through this experience,” says Berdeaux. “Everyone’s journey is different, but others can provide advice or guidance. Someone who really understands can say, ‘This is what helped me.’”

Berdeaux says a unique camaraderie develops, and it’s like a family, but different. Most of the members don’t want to burden their families, so the group is there to help.

Piccinino explains, “As the mom, the wife, the sister or the daughter — you know your family is scared for you and you want to reassure them. Usually, you end up putting on the ‘brave face’ and being the one who tells everyone else that everything is going to be OK.”

Because of this added layer of responsibility for people recovering from breast cancer, it helps to connect with a group of women — all very diverse personalities in different stages...
of treatment — who share the common experience of coping with breast cancer.

Laura Hiatt, another of the “original” members of the group, echoes these thoughts. “While I was undergoing cancer treatment, I knew I wanted to belong to a support group,” she recalls. “I knew that once the treatment was completed, I’d still want connection to women with similar experiences. Many members remark that they felt very alone after treatment, and they missed coming to Augusta Health every day, as bizarre as that sounds!”

“I have formed two very close friendships with women I met in the group,” she adds. “If something positive has come from the cancer experience, it is getting to meet these wonderful people, who I think will be lifelong friends. It’s an invaluable supportive resource and I couldn’t imagine not attending.”

Piccinino agrees. “It started as a way to process and be with those who could understand, but now it’s friendship,” she says. “It’s been a good thing, and I want to be there to support the new members. Sometimes you just need someone to listen.”

While conversations can run to the deep and emotional, Berdeaux is focused on positive thinking because she believes a positive mind-set is important to healing. She provides members with a gratitude journal for their personal use and ends each meeting with members reading positive messages. They celebrate birthdays. They talk about lots of things — not just cancer. Sometimes everything but cancer.

They create a unique bond that has been forged through a common experience and a determination to be Stronger Together. HM

Road to Recovery program offers a lift

For many cancer patients, especially those in more rural areas, getting to and from appointments — whether these are regular appointments with an oncologist or therapeutic appointments for radiation or chemotherapy — can be an extra, and unnecessary, stress factor in an already stressful treatment process.

“When you are dealing with a serious illness and have to travel every day, and every day’s treatments make you weaker and sicker, you should not have to worry about how you are going to get there,” says Curtis Caylor, a retired teacher from the Fishersville area.

Caylor knows the experience well, having had three bouts with cancer between 1997 and 2018. In February 2018, he started volunteering as a driver for the American Cancer Society’s (ACS) Road to Recovery program. Caylor drives cancer patients from throughout the Fishersville and surrounding areas to hospitals like Augusta Health for their treatments.

“Driving patients has been a blessing to me,” Caylor explains. “It gets me out of the house and allows me to do something meaningful. My patients are always thankful. Some just sit quietly, but most like to talk.”

The need for this service cannot be overestimated, people close to the program say. “I think those of us who can get in our vehicles and drive sometimes take it for granted,” says Leigh Anderson, LCSW, social worker at the Augusta Health Center for Cancer and Blood Disorders. “These patients may be in rural areas and they can’t drive or don’t have a reliable vehicle and may not have a strong support system to help. This is really about the safety of our patients who don’t have the financial or social resources to get them here.”

She stresses that volunteers are needed, and drivers get as much out of the program as patients. “If I was going to sum it up, I would say that there is always a good feeling from reaching out and giving back,” Anderson says. “It’s a wonderful thing to support these patients and help alleviate some of the stress that comes along with their diagnosis.”

Drivers needed! To learn more about the American Cancer Society’s Road to Recovery program and sign up to be a driver, visit cancer.org/drive or call (800) 227-2345. Requirements to drive are the following: a valid driver’s license, a good driving record, a reliable vehicle, auto insurance, access to a computer or tablet and completion of an ACS training course.
Could it possibly be true? In an age when advanced treatments and protocols for treating cancer are developed at a rapid pace, is it possible that something as simple and prevalent as a vegetable could help prevent cancer in the first place? While there is no one “magic food” that will prevent all cancers, it is true that what you eat can be beneficial for cancer prevention.

Mary Beth Landes, MS, RD, CSO, is the dietitian who works full-time at Augusta Health’s Center for Cancer and Blood Disorders, working with patients daily to treat cancer and prevent its recurrence. “Non-starchy vegetables are full of naturally occurring phytochemicals, and those are beneficial for cancer prevention,” she says. “Each phytochemical has a different function — some decrease the risk of cancer occurring or developing and others decrease the risk of cancer spreading. So it’s important to eat a variety of these vegetables for maximum protection. The more colors, the better. I like to advise people to ‘eat the rainbow’.”

**A COLORFUL COLLECTION**
That’s because the vegetables — fresh or frozen, not processed — that contain the beneficial phytochemicals tend to be those with deep, vibrant colors:

> **Carotenoids** are red, orange and green fruits and vegetables that may inhibit cancer cell growth, work as antioxidants and improve immune response. **Examples** are broccoli, carrots, apricots, spinach, collard greens, turnip greens, cantaloupe and cooked tomatoes.

> **Terpenes** may protect cells from becoming cancerous, slow cancer cell growth, strengthen immune function and limit production of cancer-related hormones. **Examples** are cherries, citrus fruit peel and rosemary.

> **Flavonoids** may inhibit inflammation and tumor growth, may aid immunity and boost production of detoxifying enzymes in the body. **Examples** are apples, citrus fruits, onions, soy products and coffee (yes!) and tea.

> “Fiber is also important to consume as part of a healthy diet to decrease the risk of developing cancers of the colon and rectum,” adds Landes. **Good sources** of fiber are oat, barley, quinoa and even plain popcorn, as well as fresh fruits and vegetables, beans, legumes and nuts. “With this starch group, I encourage eating whole grains. You need all three layers of the grain, including the outer bran and germ layers in order to get the protein, vitamin E and antioxidant benefits of disease prevention. Processed grain is just carbohydrates without the benefits.”
THE RIGHT MEATS

Landes does not believe that people must become vegetarians to prevent cancer, though. Although processed meats — especially those with nitrates and nitrites that are known to cause cancer — and meats cooked quickly at high temperatures or charred should be avoided, meat and proteins are part of a well-balanced diet.

Landes recommends choosing poultry or fish that are baked, broiled or grilled without the breading or the skin. “Fatty fish, such as salmon, wild mackerel or tuna, offer the added heart health benefit of omega-3 fatty acids. Red meat should be limited, with the best option being to purchase grass-fed beef if possible. Kabobs, omelets, smoothies and stir fry are ways to combine protein sources and vegetables to be tasty for all — even those who say they don’t like vegetables,” she says.

And a diet does not have to be trendy to provide the benefits of cancer prevention. “As a dietitian, people often ask me what diet I follow. Is it Paleo? Whole 30? Vegetarian or vegan? But I tell them, honestly, what I really follow is a simple and basic approach called the ‘Plate Method,’ says Landes.

To follow the plate method, fill half your plate with non-starchy vegetables (like those with phytochemicals), a quarter of the plate with protein (chicken, fish, beef, pork, eggs, beans, tofu or nuts) and a quarter with starch (peas, winter squash, sweet potatoes or whole grains). Fruit and dairy are used as side dishes. Again, Landes advises to add variety, use whole grains, and be mindful of using appropriate portion sizes and protein selections.

“More than six, three-ounce servings per week of red meat have been shown to increase the risk of colon cancer,” she adds. “I also advise people to limit salt. Heavy use of salt increases the risk of stomach cancer. Variety and moderation are both important.”

THE OBESITY CONNECTION

Newer research indicates that some cancers are linked to obesity. “Normal cells will die under certain conditions, such as when a cell’s DNA is damaged beyond repair,” explains Landes. “Research now shows that as weight increases to levels that are overweight or obese, that mechanism becomes flawed and the cancer cells survive. So just keeping our weight at recommended levels can itself help reduce the risk of cancer.”

To keep weight at recommended levels, Landes recommends adding physical activity to a healthy diet. “It’s may be difficult to start ‘exercising’, especially if it’s not something you’re used to doing. So start slow — go for a walk. Then each week, try to walk more often or a little bit longer than you did the week before. You’ll walk your way into exercise.”

So ... can broccoli prevent cancer? Not completely. “Genetics and environmental factors still impact the development of cancer,” says Landes, “but research shows that diet and physical activity can prevent or reduce the risk of one-third of cancers. All things considered, those are pretty good odds. HM”
Over the past few decades, the number of obese children in the United States has increased drastically. One in 5 children ages 6 to 19 is now obese, according to the Centers for Disease Control and Prevention (CDC). This number has tripled since the 1970s.

Instilling healthy habits in your children is crucial to prevent obesity. Children who are obese are at higher risk of developing a host of chronic health conditions like asthma, sleep apnea, bone problems, type 2 diabetes, high blood pressure, heart disease and high cholesterol, according to the CDC.

Children model their parents’ behavior well into adulthood.
Below, you’ll find a handful of strategies that can help you prevent obesity in your children.

**BE ACTIVE EVERY DAY** One of the best ways to stave off obesity is through regular activity. If your child isn’t a fan of team sports like soccer or basketball, don’t worry — solo activities like jumping rope or swimming can burn just as many calories.

The CDC recommends children ages 6 to 17 get at least one hour of moderate to vigorous activity in each day. Ideally, this exercise should be a mix of aerobic, muscle-strengthening and bone-strengthening activities.

**ENSURE YOUR KIDS MAKE SMART FOOD CHOICES** Limit your child’s intake of sugary snacks and drinks, as a diet high in sugar and saturated fat can lead to weight gain. Try to focus on feeding your kids a well-balanced diet that includes a mix of fruits and veggies, lean meat, low-fat dairy products and whole grains.

Teaching your children about healthy eating habits at home will encourage them to make good decisions outside of the house (and when you’re not around). For example, the next time you’re preparing dinner, tell them about the benefits of choosing salmon over a cheeseburger.

**MAKE SURE YOUR CHILDREN DRINK ENOUGH WATER** According to a recent study from Harvard University, more than half of children in the U.S. don’t drink enough water.

It’s crucial for kids to be hydrated, as proper hydration can help regulate one’s weight. Wondering how much H₂O your child needs? A good rule of thumb is that a child (much like an adult) needs one quart of water for every 1,000 calories burned.

**REMEMBER: AMPLE SLEEP IS ESSENTIAL** Getting enough restful sleep each night is a crucial element in preventing obesity in children. Here are the recommended hours of sleep a child needs each night based on their age, according to the National Sleep Foundation:

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–3 months</td>
<td>14–17 hours</td>
</tr>
<tr>
<td>4–11 months</td>
<td>12–15 hours</td>
</tr>
<tr>
<td>1–2 years old</td>
<td>11–14 hours</td>
</tr>
<tr>
<td>3–5 years old</td>
<td>10–13 hours</td>
</tr>
<tr>
<td>6–13 years old</td>
<td>9–11 hours</td>
</tr>
<tr>
<td>14–17 years old</td>
<td>8–10 hours</td>
</tr>
</tbody>
</table>

**TEACH CHILDREN ABOUT MODERATION** Children shouldn’t eat foods high in sugar and saturated fat often. That doesn’t mean, however, that they need to eliminate them from their diet completely.

Teach your kids that it’s OK to eat indulgent foods, so long as it’s done in moderation. An ice cream cone as a special treat once a week is OK, for example, but eating a bowl of ice cream after dinner each night probably isn’t the best idea.

**MODEL HEALTHY BEHAVIOR** Research has shown that children model their parents’ behavior well into adulthood. This means it’s crucial for parents to demonstrate healthy lifestyle habits. Eat nutrient-rich foods, limit indulgences, fit regular activity into your schedule, drink plenty of water and get restful sleep each night.

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smart after-school snacks

Does your child come home after school ravenous, immediately raiding the pantry? After-school snacking is totally normal; just make sure that instead of reaching for potato chips or candy, your little one reaches for a healthier option. Consider these junk-food alternatives.

- **Fresh fruit.** The CDC recommends the following snacks for kiddos, all of which are 100 calories or less: a medium-sized apple or banana, 1 cup of blueberries or 1 cup of grapes.

- **Veggies with hummus.** Getting children to eat veggies can be tough. Why not serve them with a sauce or dip? Give your child carrots or raw broccoli and, instead of ranch, opt for hummus, guacamole or peanut butter (see recipe on following page).

- **Yogurt with berries and honey.** Go for unflavored, full-fat yogurt, and top it with some fresh berries and honey. The best part about this snack is that the protein in the yogurt will keep your kids full until dinnertime.

- **A hard boiled egg with mozzarella cheese.** Another high-protein option sure to win over kids with a penchant for savory snacks is a hard boiled egg with cheese. Grind a little bit of sea salt over a hard boiled egg, and pair it with a slice of low-fat mozzarella cheese.

- **Kale chips.** With the right seasoning, kale chips offer a great after-school snack for children. Season kale with sea salt, olive oil and a little Parmesan cheese and pop it into the oven (275 degrees for 20 minutes). Yum!
Peanut Butter Hummus

**Ingredients**

For dip:
- 2 cups low-sodium garbanzo beans (chick peas), rinsed
- ¼ cup low-sodium chicken broth
- ¼ cup lemon juice
- 2–3 tbsp garlic, diced (about 4–6 garlic cloves, depending on taste)
- ¼ cup creamy peanut butter (or substitute other nut or seed butter)
- ¼ tsp cayenne pepper (or substitute paprika for less spice)
- 1 tbsp olive oil

For pita chips:
- 4 (6½-inch) whole-wheat pitas, each cut into 10 triangles
- 1 tbsp olive oil
- 1 tsp garlic, minced (about 1 clove) (or ½ tsp garlic powder)
- ¼ tsp ground black pepper

**Directions**

1. Preheat oven to 400°F.
2. To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
3. To prepare the chips, toss the pita triangles with the olive oil, garlic and pepper.
4. Bake chips on a baking sheet in a 400°F oven for 10 minutes, or until crispy.
5. Arrange pita chips on a platter, and serve with the hummus.

**Yields: 8 servings**

<table>
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<tr>
<th>Serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Fiber</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Potassium</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
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<tbody>
<tr>
<td>1/3 cup hummus and 5 pita chips</td>
<td>235</td>
<td>9 g</td>
<td>1 g</td>
<td>0 mg</td>
<td>225 mg</td>
<td>5 g</td>
<td>9 g</td>
<td>32 g</td>
<td>259 mg</td>
<td>0%</td>
<td>8%</td>
<td>4%</td>
<td>10%</td>
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**GROUP CLASSES AND PROGRAMS**

Nonmembers may purchase a 10-class pass for $100. Classes run on an ongoing basis. Other classes not listed here can be found on our website at augustahealth.com/fitness.

**Aquatic Classes**

Aquatic Power: Mondays and Wednesdays, 7:45 a.m.; Mondays and Thursdays, 5 p.m.; Tuesdays, 9 a.m.; Saturdays, 9 a.m. (Fitness Pool)

Deep Water Conditioning: Mondays, Wednesdays, 10 a.m. (Therapy Pool)

Aqua Express: Fridays, 7:45 a.m.

Aqua Power: Mondays and Wednesdays, 7:45 a.m.; Mondays and Thursdays, 5 p.m.; Tuesdays, 9 a.m.; Saturdays, 9 a.m. (Fitness Pool)

Therapeutic/Rehabilitative Aqua

Aqua Lite: Mondays and Fridays, 9 a.m.; Tuesdays and Thursdays, 9 a.m. and 10 a.m. (Therapy Pool)

Range of Motion (ROM): Mondays and Fridays, 10 a.m. (Therapy Pool)

Information: Visit augustahealth.com/fitness for updated monthly group fitness schedules. Call Jennifer Klemm at (540) 332-5517 or email her at jklemm@augustahealth.com.

**Cardio/Body Sculpt**

When: Tuesdays, 5:30 p.m.

**Core & More**

When: Mondays, 9:30 a.m.; Wednesdays, 5:20 p.m.

**Cycling Classes**

Endurance Ride: Fridays, 5:15 a.m.

Express Ride: Fridays, 8:30 a.m.

Instructor Choice Ride: Mondays, 5:15 a.m.; Wednesdays, 8:30 a.m. (Cycle Studio)

Les Mills RPM: Mondays, 8:30 a.m.; alternating Wednesdays, 5:30 p.m. (Cycle Studio)

**HIIT Boot Camp**

When: Wednesdays, 4:30 p.m.

**Krave 30X**

When: Mondays, 8:45 a.m.; Tuesdays, 12:15 p.m.; Fridays, 12:15 p.m.

**Les Mills Body Combat**

When: Mondays, 5:30 p.m.; Wednesdays, 9 a.m. and 6 p.m.; Thursdays, 4:30 p.m.; alternating Saturdays, 9 a.m.

**Les Mills Bodypump**

When: Mondays, 4:30 p.m.; Tuesdays, 9 a.m.; Thursdays, 5:30 p.m.; alternating Saturdays, 9 a.m.

**Martial Arts**

Extra fee; class passes excluded.

**Senior Cardio**

When: Mondays, Wednesdays and Fridays, 10 a.m.

**Senior Strength**

When: Tuesdays and Thursdays, 10 a.m.

**Senior Stretch**

When: Wednesdays, 10:45 a.m.

**Step & Core**

When: Tuesdays, 4:30 p.m.

**Tai Chi**

Free to cancer recovery patients; sponsored by the Augusta Health Cancer Center.

**Arthritis and Diabetes**

Beginner: Wednesdays, 11 a.m.

Intermediate: Thursdays, 11:15 a.m.

Multilevel: Tuesdays, 7 p.m.

**Yoga**

Chair Yoga: Mondays, 10:30 a.m.

Gentle Flow: Mondays, 5:30 p.m.; Tuesdays, 9 a.m.; Thursdays, 9 a.m.

Intermediate/Advanced Vinyasa: Wednesdays, 9 a.m.

Power Vinyasa Flow: Thursdays, 6:15 a.m. and 5:30 p.m.

Yoga Express: Fridays, 9:05 a.m.

Yoga Basics: Saturdays, 9 a.m.

**Zumba**

When: Mondays, 9 a.m.; Tuesdays, 4:15 p.m.

Information: Visit augustahealth.com/fitness for updated monthly group fitness schedules. Call Jennifer Klemm at (540) 332-5517 or email her at jklemm@augustahealth.com.

**RxEX Program**

(available on land or in water)

What: This monitored medical exercise program at Augusta Health Fitness is by physician referral only. It is an eight-week exercise program with pre- and post-program health evaluations. Participants exercise twice a week with staff and have access to Augusta Health Fitness throughout the eight weeks. Outcome measurements will be sent to the referring physician upon completion of the program.

Cost: $80

Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.
RxEX Cancer Program
What: This monitored medical exercise program at Augusta Health Fitness is for members of the community who have had or currently have cancer. The program is designed to improve a person’s stamina, strength and fitness through monitored exercise. Participants will meet with certified cancer specialists twice a week to be assisted with an individual workout routine. Program outcomes will be sent to the referring physician.
Cost: $80. Note: Fee is waived if patient receives referral from Augusta Health Cancer Center
Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.

RxEX Prehab Program
What: This monitored medical exercise program at Augusta Health Fitness is for members of the community who are scheduled for joint replacement surgery. The program is specifically designed to strengthen the joint during the few weeks prior to surgery. Participants will meet with exercise specialists twice a week and work out in a small-group setting of three participants. Program outcomes will be sent to the referring physician.
Cost: $80
Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.

RxEX Cardiac Program
What: This monitored medical exercise program is a continuation of Cardiac Rehab Phase II, and is available to anyone completing or who has completed Cardiac Rehab within the past three months. The focus of the program is on improving the heart’s function and increasing cardiovascular endurance. The participant’s blood pressure, heart rate and oxygen saturation levels are monitored throughout the program as necessary, and a follow-up appointment with Cardiac Rehab staff is performed upon completion of the program. Program outcomes will be sent to the referring physician.
Cost: $80
Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.

AUGUSTA HEALTH FITNESS TENNIS PROGRAM SCHEDULE

Adult Cardio Tennis
What: Adult tennis players have the opportunity to get fit for life while enjoying the sport they love! This unique fitness/tennis clinic is packed with high-energy tennis drills, sport-specific training stations, great music and lots of fun! We recommend that you consult with a physician before participating in Cardio Tennis or any activity that involves a strenuous exercise routine.

Munchkin Tennis
What: Ages 10 and under. A great introduction to tennis for the youngest of players! Smaller court, smaller racquets, slower balls with the same big fun!

Future Stars
What: Ages 10 and under. Kids learn and compete in this unique format that encourages young players to develop rally skills and proper stroke technique as well as keep score and compete on courts and equipment that are size-appropriate to ensure faster learning and more fun!

Rising Stars
What: This class focuses on skill development and learning the tactical side of tennis. It is geared to youths hoping to experience tennis for the first time or raise their game to the next level. Fast-paced drills and games expose students to the many positive exercise benefits of playing tennis.

Aces
What: The program is for the most skilled and competitive junior tennis players. With a focus on enhanced skill and tactical development through games-based point value drills and competition, players will be challenged to take their game to new levels.

† Times and fees for tennis classes and programs are subject to change. For more information, call Chad Reed, tennis coordinator/pro, at (540) 332-5280 or email him at creed@augustahealth.com. Registration forms for classes are available at augustahealth.com/fitness/tennis.

SUPPORT GROUPS

Friends Listening to Friends Group
What: For newly diagnosed cancer patients who have fears, questions or concerns. This group also addresses life after cancer treatments.
When: Tuesdays, 11 a.m.-12:30 p.m.
Where: Augusta Community Care Building, Conference Room 1
Information: For more information about any cancer group, call Leigh Anderson at (540) 245-7105.

Shenandoah Valley Stroke Club
What: This support group is for those who have suffered a stroke and their family members, care partners and friends.
When: The first Friday of the month at 12 p.m.
Information: Call Shelley Payne at (540) 332-4047 or (540) 932-4047.

Heart to Heart Support Group
What: If someone you love has died and you’d like the “heart-to-heart” support of others who have also lost someone, we invite you to attend our support group. We understand this is a very difficult time in your life. Talking and sharing with others going through similar experiences can provide tremendous support and be extremely helpful in learning how to cope and live with your grief. Support groups are open to the community and provided free of charge.
When: New groups begin throughout the year.
Where: Augusta Health Community Care Building
Information: To find out starting dates and to learn more, contact Debbie Brown, bereavement coordinator, Hospice of the Shenandoah, at (540) 932-4911 or at dbrown@augustahealth.com.

Ostomy Support Group
What: In this group meeting, you’ll share ideas and improve your quality of life after ostomy surgery.
When: Second Monday of every other month, 6-8 p.m.
UPCOMING CLASSES, SUPPORT GROUPS AND EVENTS

Where: Augusta Community Care Building, Room 3
Information: Call (540) 332-4346 for details.

Stronger Together Breast Cancer Support Group
What: Stronger Together offers support for patients diagnosed with breast cancer. This group provides a safe space to share personal stories, celebrate victories, express emotions and be uplifted.
When: Thursdays, 3–4:30 p.m.
Where: Augusta Health Cancer Center Conference Room
Information: Call Leigh Anderson, LCSW, at (540) 245-7105 for details.

Living at the End of Life — Hospice Volunteer Training
What: Have you been touched by hospice? Are you looking for a way to give back or serve others in your community? Hospice volunteering is a very rewarding experience and one that you likely won’t regret! This short day-and-a-half course will prepare you for this journey.
When: Monday, Sept. 9, 9 a.m.–5 p.m., and Tuesday, Sept. 10, 8:30 a.m.–2 p.m.
Where: Augusta Community Care Building
Information: Call Carrie Gibbons, volunteer coordinator, at (540) 332-4977.

DIABETES AND NUTRITION EDUCATION PROGRAM

Diabetes Support Group
(Type 1 and Type 2)
What: For all those who are interested in learning more about managing their diabetes. Family, friends and care partners are welcome, too! This group offers guest speakers, a field trip to a local market and lots of educational opportunities.
When: Third Thursday of every month, 5:30–6:30 p.m.
Where: Heart and Vascular Building – Mannix Conference Room or ACC Building
Information: Call Jean Magee, MEd, at (540) 213-2538 or (540) 941-2537 for confirmation of location and topic.

*Diabetes Basics
(Several Dates/Times Available)
What: In this class, you will learn about how to properly test your blood sugar, take your diabetes medications, reduce your risks for complications from diabetes and solve problems you may have with your diabetes management.

Information/Registration: Please call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537 for class times, locations and to register for this class.
*A referral from your physician is required to attend this course.

*Meal Planning with Diabetes (Several Dates/Times Available)
What: In this class, you will learn healthy eating strategies including basic carbohydrate counting as well as strategies for increasing your physical activity.

Information/Registration: Please call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537 for class times, locations and to register for this class.
*A referral from your physician is required to attend this course.

Diabetes Prevention Class — FREE!
What: This is a single-session program taught by a certified diabetes educator. It is designed for individuals who have been diagnosed with prediabetes. During this session, participants will identify their risk factors and learn how to make lifestyle changes to help delay or even prevent the development of type 2 diabetes.

Information/Registration: Please call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537.

CHILDROTH PREPARATION SERIES

What: During the final trimester of pregnancy, birthing classes are an ideal way for expectant mothers and their partners to prepare for the “big event.” Classes cover signs, symptoms and stages of labor, body conditioning exercises, breathing and relaxation techniques, vaginal and cesarean births and other medical options, helpful hints for the birth coach, what to expect during recovery, and a video tour of the Birthing Suite.
When: Six classes will be held every other month on four consecutive Mondays, as well as the Baby Basic and CPR class and Breastfeeding class on Thursday nights.
Where: Augusta Community Care Building, Room 3
Information: Sign-up information is available at AugustaHealth.com/Birthing-Suite/Classes.

SPECIAL EVENTS

Food Demos
What: Nutrition and Cancer Myths: Fact Versus Fiction
When: Wednesday, Oct. 2, 12:30–1:30 p.m.,
Where: Augusta Community Care Building, Room 3
Information: Seating is limited; registration is required. To register, call Mary Beth Landes, MS, RD, CSO, at (332) 932-5522.

where: August Health Cancer Center
Information: Call Jean Magee, MEd, at (540) 213-2538 or (540) 941-2537 for details.

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MEET THE NEW HEALTH PROFESSIONALS ON STAFF

Catherine “Cathy” Davies, DO
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Maretta Yoder, FNP-C
Specialty: Urgent and Convenient Care
Augusta Health Urgent Care
Urgent Care locations
Staying Power

RICHMOND-BASED NURSE CAN WORK ANYWHERE, SHE Chooses AUGUSTA HEALTH

Even though it was nearly two decades ago, Brenda Houff remembers sitting in room 101 at Augusta Health with her 3-year-old daughter, who was struggling through recurrent kidney issues, and realizing her career needed to change.

Back then, she was in elementary education because she’d always been drawn to helping children. But it wasn’t until her daughter went in and out of multiple hospitals that she was exposed to pediatric nurses, and saw the incredible opportunity they had to make a positive difference for the children and families who depended on them. She especially felt that difference here at Augusta Health, the local community hospital.

“I was in that chair, in that hospital room, watching one of the best nurses I’ve ever seen caring for my daughter, and instantly I thought: I’m going back to school. I’m becoming a pediatric nurse, and I’m going to work at Augusta,” Houff recalls.

And that’s exactly what happened. After graduating from nursing school and doing clinical work in a few specialties, in 2008, Houff landed exactly where she’d planned, as a pediatric nurse at Augusta Health. She was even able to work with the excellent nurses who’d cared for her daughter.

In May 2018, Houff moved to Richmond, where she resides with her husband, who she recently married. But Houff remains dedicated to Augusta Health and its pediatrics department, so she makes the hour and a half drive three or four days a week, joking that it helps when her husband hands her a big cup of coffee as she walks out the door.

“This is where my heart and soul are, with the children and families of this community and the community within the walls of Augusta Health,” she says, adding that her favorite part of the job is helping families as a whole, not just individual patients. Family dynamics matter when children are ill or injured, and supporting everyone is important, Houff believes. She remembers how well her own child did under expert nursing care, and how comforted she felt as a mother to see that level of professionalism and compassion.

“When your child is sick, you need people who are not only highly skilled but don’t just focus on symptoms or talk only about treatment,” she says. “You want a team who can give you education about what’s happening, who honor and respect you as a caregiver and patient, who teach you to be an advocate for your child. That’s what we do here, and I’m happy to be able to work with families in that way.”

Houff also feels blessed to be part of such a solid, supportive team in the pediatrics department. For example, in the spring, her mother was battling cancer and had to go through chemotherapy at Augusta Health. Houff’s colleagues worked together to ensure she could sit with her mom during her shift breaks. She remains thankful for those extra minutes she spent with her mother, who passed away in May. Her co-workers also were a source of comfort.

With a skilled compassionate team surrounding her, and patients and families who adore her — she even gets thanked by former patients at the local drive-thru! — Houff feels thrilled to be doing what she was born to do in the place she wanted to work.

“This is a community, where we all feel like family helping one another,” she says. “I’m so grateful to be part of that.”

> Brenda Houff was inspired to become a nurse after she witnessed an Augusta Health nurse administer great care to her daughter.
we’ve got a website!

Health Matters magazine has its own website. Visit augustahealthmatters.com to read current and past issues as well as web exclusives. See which stories are most popular, send us your feedback, and share the site with your family and friends. Check out augustahealthmatters.com today!

Sunday, September 22
12 noon – 5 PM
Location: Behind the Augusta Health Fitness Center in Fishersville

Fun For The Entire Community!

Children’s Activities • 2.5 mile walk/run – 11:30AM
Food Trucks
(currently scheduled to appear, subject to change)
Mashita Korean Food • Holy Smokes BBQ • Kona Ice
Sweet Nana Cakes • Entertainment Stage
Eli and Kelvin Raybon • Second Draw
Everyday People • Jimmy Fortune

It will be a great afternoon with fun for all!

SEE YOU THERE!