A Legacy of Devotion

A beloved physician retires from his family practice, having touched a community for generations.

also in this issue

› DIABETES PROGRAM GIVES PATIENTS MORE CONTROL
› CANCER NAVIGATOR PROGRAM EXPANDS
› NURSES AWARDED FOR EXCELLENCE
› MEDICATION SAFETY TIPS
looking ahead to a new year

season’s greetings, and welcome to the winter issue of Health Matters!

The end of the year is the perfect time to reflect on how far we’ve come and look ahead to new goals. As we at Augusta Health conclude our first 25 years, we are proud of what we’ve accomplished and eager to expand the services we offer our community. Our strategic plan builds on our past achievements and allows us to prepare for the future, delivering the best care and patient experience. In this issue, Vice President of Business Development Mark LaRosa shares details of the plan (page 4), which will guide our next chapter.

Our team of caregivers is integral to the strategic plan and to the health of our patients. On page 14, we highlight our inaugural Augusta Health Excellence in Nursing Awards, which put the spotlight on nurses nominated by their peers for their commitment to Augusta Health’s vision and goals. We offer our gratitude and congratulations to these exemplary award winners. We also express our appreciation to Dr. Harry Lynn Moore (page 12), who’s retiring after decades of providing care to our community.

Some of our specialties that elevate the experience for our patients include cardiology, oncology, urgent care and our expanded Emergency Department. In this issue, you’ll meet Betty Roadcap (page 6), for whom a tiny scratch turned into a mysteriously debilitating wound. Roadcap was referred to Augusta Health cardiologist Ashkan Karimi, MD, who performed a curative procedure that got her back on her feet.

Also in this issue, get to know our cancer navigators (page 10), difference-makers at Augusta Health who support, educate, care and advocate for our cancer patients. A cancer diagnosis is a heavy burden to bear, but navigators like Angie Shy, RN, help lighten the load of treatment and provide emotional support for patients.

We’ve prioritized education and guidance across specialties. On page 8, we’ll introduce you to John Karaffa, who, after a surprise diabetes diagnosis, found support from Augusta Health’s educators, lifestyle coaches and, of course, physicians.

Wishing you and your family a healthy and happy new year.

Mary N. Mannix, FACHE
President and Chief Executive Officer
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Serving the cities of Staunton and Waynesboro, and Augusta County and its surrounding communities

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DEPARTMENTS
FRONT
04 news feed
BACK
MIND BODY
18 tips for scripts
20 6 steps for decluttering your medicine cabinet
22 recipe
24 calendar
28 welcome aboard
29 take note

FEATURES
06 Getting Her Life Back
08 Help That Counts
10 Navigating the Journey Together
12 A Legacy of Devotion
14 Appreciation for the Healers
As Augusta Health considers what is ahead, it will never lose track of the committed professionals who have made the hospital the community resource it is today, says Mark LaRosa, vice president of business development and chief strategy officer at Augusta Health.

“For the past year, we've been working on Journey 2025, a strategic plan that builds upon the foundation laid over the last 25 years,” he says. “Although the plan has a number of different elements, they all overlap with one main theme: delivering an unrivaled patient experience.”

**OPPORTUNITIES FOR GROWTH**

Augusta Health was formed based on the vision that the strengths of two smaller hospitals would grow specialized distinctive care for the region, including a Heart and Vascular Center,
Team member engagement and the patient experience have always been an important focus for Augusta Health. According to Richard Covington, Augusta Health director of culture and talent, about five years ago, the organization created the “Augusta Health Way” initiative, which established a strong culture based on four values:

1. Patient- and community-centeredness
2. Professionalism
3. Excellence
4. Teamwork

“There was already a solid foundation in place thanks to the dedication and hard work that occurred as part of the original rollout. By elevating the role of our team members and leveraging leading practices for sustainment, we’re on a path toward improving both the team member and the patient experience,” he says.

Recently, Augusta Health has partnered with Ritz Carlton, a world-renowned leader in customer service, to facilitate a series of focus groups and training sessions to highlight areas of excellence and leadership. They showcase examples of successful corporate cultures, both within healthcare and in other industries. Coming out of those sessions, Augusta Health participants were energized and eager to bring the lessons back to their teams.

Team members are receiving training and tools that give them new ways to collaborate and engage with each other, Covington says. Most of all, he adds, there is renewed emphasis on taking that knowledge and applying it to everyday situations and behavior, which raises the level of accountability and competence throughout Augusta Health.

“This is about changing the culture and relationships within teams and focusing on the benefits of the team experience,” he says. “When that happens, there will always be positive impacts for the patients and the community we serve.”
What started as an itch turned into a health emergency. Thankfully, it has a happy ending.

When 84-year-old Betty Roadcap felt a tingle on her left shin, she instinctively reached down for a quick scratch, figuring it was her usual dry-skin problem. The itch went away, but a tiny nick from her fingernail persisted — and then it got bigger. About a week later, that once imperceptible mark had grown into the size of a quarter, she recalls, and it began to hurt.

When she visited her regular doctor, he recommended removing the scab so the wound could heal fresh. The procedure felt like he was stabbing her in the leg, Roadcap says.

“I couldn’t believe the amount of pain from this tiny scratch,” she states. “I was holding onto the nurse, and if there hadn’t been people in the waiting room, I probably would have screamed.”

A WORSENING PROBLEM
That was Roadcap’s first indication that this was no ordinary wound. When she got home, and it got worse instead of better, she really started to worry. It just kept growing, winding around the back of her leg until her whole calf felt inflamed.

At that point, it hurt to walk or stand, and although she tried propping up her foot, even the slightest pressure on her calf was excruciating. That limited her mobility to almost nothing, and even...
Sleeping became nearly impossible. She took pain pills, which she hated, and tried to sleep in a chair. “Everything felt miserable,” she remembers. “I began to wonder if they would have to take part of my leg as the situation kept getting worse.”

Because her condition involved the blood vessels in her leg, Roadcap was referred to Ashkan Karimi, MD, a cardiologist who’d just joined Augusta Health. “Looking back, I remember being anxious,” she says. “Now, I thank him with all my heart for what he did.”

SECOND OPINION, SECOND CHANCE
By the time she saw Dr. Karimi, Roadcap had been dealing with her non-healing wound for over a year. The problem was so extensive it caused a complete blockage of her leg artery — a condition known as critical limb ischemia.

The condition caused her foot and ankle to feel cold all the time — a result of insufficient blood flow. The blockage could have eventually resulted in amputation, since the joints, muscles and tissues weren’t getting the amount of blood and oxygen needed to stay healthy. The poor blood flow is what prevented the wound from healing, creating inflammation that kept Roadcap in continual pain and greatly increased her risk of infection.

Without treatment, and given her age, Roadcap was looking at a difficult future if the situation continued, especially if she had to have an amputation. Not only would her general mobility and sleep continue to suffer, but her chances of falling were heightened, which could lead to significant events like fractures.

Dr. Karimi was determined to clear the blockage, and that’s exactly what he did. During a three-hour procedure, he painstakingly worked his way along a completely occluded blood vessel from Roadcap’s knee all the way to her ankle, opening the blockage up so blood could flow back in. “Healing these types of wounds can be very difficult when you don’t have proper blood flow, so that’s always our goal,” says Dr. Karimi. “Typically, if we are able to open at least one of the three arteries that supply blood to these wounds they heal rather quickly. That is what we did for Betty.”

Roadcap got her life back. Within a few days, her pain was gone, and her leg and foot were no longer cold. She slept easily again and was able to resume all her normal activities without restriction. Just 10 days after the procedure, her leg had healed to the point that it was as if nothing had happened. “There’s a little tiny mark you can barely see,” says Roadcap. “You would never know it had ever gotten so serious. I thanked Dr. Karimi for coming to Augusta because I don’t know what I would have done without him.”

Roadcap’s story showcases not only the skills of Dr. Karimi and Augusta Health’s cardiology team, but also the value of getting a second opinion. “If patients have been told nothing can be done, I suggest that they keep asking,” Dr. Karimi notes. “Medical technology and therapies are always improving, and we now have the ability to do so much when it comes to vascular issues. I am very grateful to have joined Augusta Health and work with our incredible team members. My main message is don’t give up.”

“If patients have been told nothing can be done, I suggest that they keep asking.”
—Ashkan Karimi, MD

“After undergoing a procedure performed by Dr. Karimi, Roadcap was able to resume her normal daily activities.”
When John Karaffa pulled a back muscle in 2003, he figured he might as well get some blood work at the same doctor visit, since he was due for a physical anyway. What he heard at that appointment was far more painful than the twinge in his lumbar region.

“The doctor came in from getting the results and said, ‘You’re diabetic, and your blood sugar is through the roof right now,’” Karaffa recalls. The situation was so significant that Karaffa got a shot of insulin immediately.

“I was shocked. I didn’t even really know what diabetes was. I’d heard the term before, but it didn’t mean anything to me.”

**TAKING CONTROL AND MANAGING CHANGE**

After a follow-up appointment and lots of internet research about diabetes, Karaffa and his wife, Rebecca, cleared out their cupboards, fridge and freezer to restock them with diabetes-friendly food options.

For Karaffa, who comes from a food-loving Italian family, the switch was tough, but doable. It helped to have the support of his wife, mother and sister, who all focused on creating meals he could eat and still enjoy.

For years, he became diligent about keeping his A1C at the right level, and even researched his favorite food stops when traveling — for example, there is only one type of doughnut he can enjoy at Dunkin Donuts (but at least he knows which one it is!). He also joined AUGUSTA’S DIABETES EDUCATION PROGRAM GIVES PATIENTS CONTROL OVER MORE THAN BLOOD SUGAR NUMBERS

“I’ve been dealing with my diabetes for 15 years, but this is the first time I feel like I truly have complete control over my condition.”

—John Karaffa
a support group early on, which helped enormously, he recalls.

“It helps to talk with people who are going through what you are, because they understand your struggles, and you can exchange ideas about what’s working,” Karaffa says. “It felt so encouraging, and it helped me to have a better outlook on my condition.”

Then Karaffa’s work schedule changed. He couldn’t make the group meetings anymore, and even worse, his A1C began creeping upward again. He felt frustrated and worried. After a visit with his doctor, Angela Sutton, MD, an endocrinologist at Augusta Health who put him on a new medication, his numbers settled back down. But then they kept dropping.

“Suddenly, I was too low, and I’d never had that problem before,” he says. “I felt very anxious because I tried to control it on my own, and I’d go high again. It seemed out of control.”

GETTING EDUCATED
That’s when Karaffa began talking to the diabetes educators through the Diabetes Self-Management Education Program at Augusta Health. The comprehensive program provides one-on-one sessions with diabetes specialists.

“I’m blown away by how great this program is and what it’s done for me,” he says. “I’ve been dealing with my diabetes for 15 years, but this is the first time I feel like I truly have complete control over my condition.”

The program focuses on education — and that means teaching patients how to handle diabetes on their own, with support, rather than telling them what to do. That is making a huge difference for Karaffa, and the many other patients who rely on the program for help.

“Because I was learning what I could do in a very practical way, it took away all my anxiety,” he says. “My numbers are back on track, but even more important, I know what to do now if they start to change.”

A COMPREHENSIVE APPROACH
The program aims to teach patients how to prevent complications, incorporate physical activity, track food, prepare and plan meals and problem solve, says Jean Magee, MEd, RDH, CDE, a diabetes educator. The program brings in guest speakers, runs support groups and offers individual sessions where patients can set goals and get guidance on how to meet those goals.

“Having a chronic disease like diabetes can be overwhelming. There’s so much information to navigate, especially with new products and new technology coming out all the time,” Magee says. “We help people learn what they can do to take control.”

Another important aspect of the diabetes education program is how much it involves family members, adds Caroline Hackley, MEd, RD, CDE, outpatient diabetes and nutrition self-management education program coordinator.

“Having a solid source of support helps people with any kind of chronic condition, including diabetes,” she says. For Karaffa, including Rebecca in the education sessions has helped them control his diabetes together.

“All of this has helped her health as well, since we both eat better now,” he says. “And it makes me feel like I have a team supporting me — one that includes my wife and family, and everyone at Augusta Health. That kind of support really matters, and it makes a big difference when you’re dealing with a lifelong condition.”

For more information about the Augusta Health Diabetes Education Program, call (540) 213-2537 or email Jean Magee, MEd, RDH, CDE, at jmagee@augustahealth.com.
A cancer diagnosis often leaves someone feeling confused, distraught and afraid of what’s to come. Navigating the intricacies of a cancer treatment plan can often feel overwhelming — as though there’s a complicated mountain to climb with no end in sight.

Augusta Health has a team of dedicated cancer navigators to help patients make that climb, every step of the way. The navigators serve as patients’ personal advocates, guiding them through the entire journey from diagnosis to treatment and beyond.

Thanks to a recent expansion of this program, the cancer navigators at Augusta Health will be able to touch the lives of many more patients.

THE UNIQUE ROLE OF A CANCER NAVIGATOR

John Girard, administrative director at the Center for Cancer & Blood Disorders at Augusta Health, says he has seen firsthand the close, lifelong bond many patients form with their nurse navigator.

“The patient and navigator create a lifelong friendship because they’ve gone through this intensely emotional process together,” he says. “When they’re done with active treatment and it’s time to move on with survivorship, many patients miss that close relationship they had during active treatment.”

Augusta Health’s cancer navigators are registered nurses with expertise in oncology, chemotherapy, radiation therapy and symptom management. These nurses help patients at the time of diagnosis and throughout the course of their treatment by attending appointments and surgeries; communicating with doctors and other healthcare providers (like dietitians and therapists) on a patient’s behalf; providing emotional support; and serving as their overall medical advocate and ally.

Hiring cancer navigators is still a new trend in hospitals across the U.S. Although some hospitals have cancer navigators, most do not. Augusta Health is fortunate to have not just one, but three navigators on staff.

Angie Shy, RN, recently joined the team as the third navigator — although she has been with Augusta Health for four years. Shy previously worked as a bedside nurse in general medicine. She often missed her patients after they were discharged, wondering how they were holding up at home.

“Working as a cancer navigator gives me the opportunity to follow up and give a more holistic healthcare experience to the patients we serve,” says Shy. “I have a better long-term relationship with patients.”
For Shy, the most meaningful part of her work as a cancer navigator is the ability to provide emotional support for her patients. “When a patient is anxious, being able to help them figure things out and take the load off of them is definitely rewarding,” she says.

CANCER NAVIGATOR UPDATES
Augusta Health has made a commitment to pair even more navigators with cancer patients. Previously, patients who were diagnosed with breast, colorectal, head and neck, or lung cancer were paired with a cancer navigator. Now, every newly diagnosed cancer patient (with the exception of early-stage, localized skin cancer patients who can often be treated by a dermatologist) will have a cancer navigator, Girard says. This new initiative strives to reach patients diagnosed with kidney, bladder and prostate cancer as well.

“We know and understand very well how much patients benefit from having a navigator,” Girard says. “The navigator becomes their friend and confidant. Sometimes the unknown causes fear, so having that person they can reach out to, to help them understand what’s happening, alleviates some of that fear.”

Girard says roughly one-third of cancer patients at Augusta Health are diagnosed with breast cancer; another third with lung, colon, and head and neck cancer; and another third with kidney, bladder and prostate cancer. Each of the three cancer navigators at Augusta Health is paired with patients in one of these three groups.

About half of all patients with cancer at Augusta Health have been matched with a cancer navigator so far, according to Girard. Over the coming months and year, the goal is to reach 100%. As Augusta Health gets closer to that number, Girard says, there may be a need for additional navigators on staff.

Girard emphasizes the important role navigators play in a patient’s cancer journey. “Studies show that patients benefit from more encounters with their healthcare providers,” he says. “Each time they meet with or hear from their navigator is another encounter toward feeling like they’re going to be OK.”

To learn more about the Center for Cancer & Blood Disorders at Augusta Health, visit augustahealth.com/cancer-center, or call (540) 332-5960.
A BELOVED PHYSICIAN RETIRES FROM HIS FAMILY PRACTICE, HAVING TOUCHED A COMMUNITY FOR GENERATIONS

When Harry Lynn Moore, MD, graduated from Medical College of Virginia in 1958, the standard medical resources of the time were penicillin, aspirin and X-rays. Although the breadth of medications, treatments and imaging options have expanded by an almost astronomical degree since then, two important things haven’t changed: the fundamentals of being a good doctor and Dr. Moore’s dedication to them.

Throughout his more than six decades of practice as a family medicine physician, Dr. Moore has always seen medicine as a service — almost a calling — rather than just a profession. And as he prepares to retire, it’s clear that patients and the entire community will remember him for his willingness to listen and understand, his compassion and good humor, and, most of all, his deep desire to help.

“As physicians, we’re there for the patients — that should never change,” says Dr. Moore. “To ensure that medicine is useful, we can’t sacrifice the fundamentals of service. If there’s one thing
 That level of humility is another hallmark of Dr. Moore’s personality, according to Rob Marsh, MD, who’s been fortunate to have him as a mentor and colleague since 1990.

“He’s a legend for so many reasons. He’ll tell you he’s not, but all of us in this community know differently,” says Dr. Marsh. “His nickname is ‘Honey,’ because he’s so sweet and modest, and he is committed to the community.”

COMMITMENT TO COMMUNITY
Dr. Moore’s dedication goes beyond the exam room. At Riverheads High School, he has served as the physician and advisor for the athletic teams, a role he’s planning to keep during retirement. In 61 years, Dr. Moore has only missed one football game — that includes away games — and that was when his father died.

“The words that best describe Dr. Moore are integrity, quality, authenticity, vision and exuberance,” says Tim Morris, athletic director at Riverheads. “The man never tires, and if there’s a ballgame around, people are more surprised when he’s not there than when he is. I have never known a more generous and giving man.”

It’s not just his manner that’s worth noting, Dr. Marsh adds. Dr. Moore’s level of skill as a physician is impressive, because he’s had to be on the front lines of medicine over so many years, keeping up with monumental shifts that are continuing to speed up in terms of innovation and change.

That ever-quickening pace of medicine is part of what’s leading him to retire, Dr. Moore says. Most of all, though, he’s ready at age 86 to spend his days with his wife, five children, eight grandchildren and eight great-grandchildren. He laughs at the thought that he certainly won’t stop being busy.

And he’s happy to keep watching how medicine changes, as long as new physicians keep the most important aspects in mind.

“If anything, I hope my time as a doctor has shown the value of being part of patients’ lives, and caring for them deeply,” he says. “That’s what I want my legacy to be.”

I hope to see live on past me, it’s that. Doctors need to always make sure they’re listening to what patients are trying to tell them and making that incredibly important connection with them.”

DECADES OF DEDICATION
Growing up in Blacksburg, Dr. Moore first became interested in medicine by getting to know his own physician, who was also a neighbor and close friend of the family. He was struck by his doctor’s consistent friendliness, concern and integrity, and decided to follow that path.

After attending college, he completed his internship in Springfield, Ohio, and then became a staff member at Kings Daughters Hospital, eventually transitioning over to Augusta Health.

Through 61 years of family medicine, Dr. Moore says he enjoyed obstetrics the most because of the delight of delivering a baby. He jokes that he knew he was getting old the first time an expectant mother revealed that he’d delivered her as well.

In many cases, he has been the family doctor for multiple generations — for a few families, five generations have been to his exam room.

“I’ve been honored to have so many wonderful people as my patients,” he says. “I don’t think I’ve done anything unusual or outstanding in my career, but I’ve tried to be as available and knowledgeable as possible.”

> Left: Dr. Moore at Riverheads High School, where he serves as the athletic teams’ physician. Bottom left: Dr. Moore with his wife, Eloise, and oldest son, Douglas, in 1959, when he started his practice. Bottom: The field house at Riverheads High School, which was renamed in his honor in 2001.
Where would this world be without nurses? Nurses are essential members of the caregiving team. They provide skilled, compassionate and life-changing care. So, it just makes sense that they should be recognized for their excellent work.

“The Augusta Health Foundation has provided considerable support for nurses over the years,” says Crystal Farmer, chief nursing officer. “This year, we asked the Foundation to provide five monetary rewards to recognize nurses for their excellent caregiving, professionalism, innovation and support.”

The Foundation, which has three specific funds dedicated to nursing education (see sidebar on page 16), was eager to help, according to Augusta Health Foundation Executive Director Tami Radecke.

“We were thrilled to be part of this,” she says. “We know how much nurses do at Augusta to care for our patients and even our employees. We are grateful for the opportunity to showcase their dedication and expertise with these awards.”
ABOUT THE AWARDS
The 2019 Augusta Health Excellence in Nursing Awards were developed to recognize outstanding nurses whose contributions to nursing fulfill the goals, mission and vision of Augusta Health. To be eligible for one of the four awards — nurse of the year, nurse innovator, nurse leader and nurse support staff member — nurses had to be employed at Augusta Health for at least one year.

Following nominations from their peers, the Nursing Shared Governance Council, chaired by Bethany Mohler, RN, reviewed the submissions and determined the awardees. “It was a tough decision,” says Farmer. “We had so many great recommendations from Augusta Health nurses.”

All recipients were taken by surprise and were honored to receive the awards, Farmer says, especially because they had been nominated by fellow nurses.

“To have been nominated by my peers for this award was incredibly rewarding and very special,” says Talisa Snow, clinical coordinator ICU, the co-winner of the Nurse Innovator of the Year Award. “All of the nurses who were nominated for the Nursing Excellence Awards are amazing, and to be chosen to receive this award out of this group makes it even more special for me.”

MEET THE RECIPIENTS
Here are the winners of this year’s Augusta Health Excellence in Nursing Awards, along with the reasoning behind their nomination, according to their nominees.

> **Criteria:** Exhibits a high level of professionalism, clinical expertise and excellence in patient care; fosters patient-centered care; leads by example and acts as a mentor and role model to other staff.

> **Why she was nominated:** A prime example of excellence in caring, expertise and teamwork, Dukes is well known throughout the hospital for her commitment to exemplary nursing care, leadership and tenacious problem-solving abilities. As the Unit Council Chair of the Cardiac Catheterization Lab, she provides seamless quality of care from lab to inpatient units. She’s a champion of quality improvement and brings out the best in others.
Criteria: This RN or LPN must have developed and “brought to life” an innovative idea to Augusta Health nursing, including formulation of a project and its implementation and evaluation.

Why they were nominated: Snow and Sansossio recognized that throughout Augusta, there was an issue with urinary tract infections when a urinary catheter was part of patient care. They brought a comprehensive unit-based safety program to the ICU, with such significant and beneficial results that it was implemented throughout the entire organization. Because of their teamwork and dedication, Augusta Health has become a safer place for patients.

“I really appreciate the support from the Foundation for this program.”
—Talisa Snow

a tradition of supporting nurses

The Augusta Health Foundation is a big supporter of nurses. Here are some of the educational, training and professional development opportunities the Foundation has provided for Augusta Health nurses:

• Ostomy nurse education and training for patient instruction
• Training for cardiovascular nurses in Holter monitor reading
• Certified lactation consultant course for registered nurses in obstetrics
• Emergency Department patient process and flow improvement
• Trauma instruction and training for nurses in the Emergency Department
• Inpatient process improvement and flow instruction and training
• Forensic nurse science training for nurses in the operating room
• Dementia care training for inpatient nurses
• Professional development opportunities for endoscopy nurses
• Clinical psychopharmacology training for nurses in Crossroads Behavioral Health Unit

“The Augusta Health Foundation Board of Directors is so pleased to support professional opportunities for nurses working at the bedside, in the procedure room, in an office setting or to develop leadership skills,” says Augusta Health Foundation Executive Director Tami Radecke. “The health system is fortunate to have nurses who exhibit expert skills when caring for patients, but who also demonstrate the care and compassion that has been our hallmark.”
> **Criteria:** This individual must be dependable, patient-focused and work well with the team while advocating for his or her patients. He or she must be invested in Augusta Health’s core values.

> **Why he was nominated:** The mental health field can be challenging and frustrating, but Schoeller finds ways to connect with patients and make them feel at ease while under the stress of their hospitalization. As a trainer of new mental health team members, he’s thorough and consistent in his teaching while maintaining a positive spirit and keeping the whole team upbeat through every shift.

> **Criteria:** This individual must be a registered nurse leader (charge nurse, clinical coordinator, nurse educator, director, etc.) who role models caring behavior, displays professionalism at all times and has a passion for nursing excellence.

> **Why she was nominated:** As clinical coordinator of the Sexual Assault Nurse Examiner Program, Pullen has taken this area to new heights. Not only has she become a valuable resource for both patients and law enforcement, but she’s also a frequent speaker on topics related to sexual assault and domestic violence. Pullen is a leader in the field, but she always puts her nursing first, making sure patients feel supported and reassured during their care. *HM*

> To learn more about the Augusta Health Foundation, visit augustahealth.com/foundation, call (540) 332-5174 or email ahfoundation@augustahealth.com.
Prevent Poisonings
Never take larger or more frequent doses of your medications, particularly prescription pain medications, to try to get faster or more powerful effects.

From healing a headache to zapping an infection, medications can seem almost magical. They have the power to make you feel better and even cure an illness. But, if not used correctly, medications can also cause harm. Whether you have prescriptions or over-the-counter medications, it’s important to take them as directed and keep them safely stored.

Each year, many people in the United States are harmed by adverse drug events, which are caused by the use of medications. According to the Centers for Disease Control and Prevention (CDC), these incidents cause approximately 1.3 million Emergency Department visits and 350,000 hospitalizations each year. New medicines are emerging each day, and physicians are prescribing them more widely. At the same time, our population is aging, requiring more medications, so it is more important than ever to practice good medication safety. Here are some tips.

Keep it kid-safe
When it comes to kids and medicine, think up and away. As any parent knows, children can be curious and get into things — even when you think they’re tucked away. Safe Kids Worldwide advises that it’s best to keep medicines and vitamins above counter height. Don’t keep medicines lying around in purses, sports bags or nightstands; instead, store them out of reach and sight of children.

Buy medications with child-resistant packaging whenever possible. Remember, child-resistant does not mean child-proof. Kids can still get into medication containers with a little time and effort.

Make sure the children understand that medicine should only be given by an adult they know, and that they should not take it on their own. Tell them that you or another trusted grown-up will help make sure they’re taking the medicine correctly. Teach children how to read drug labels and facts, so they’re aware of the importance of taking medicine properly.

Play it safe and always keep the Poison Control Center’s number in your phone and posted at home (1-800-222-1222). The center is available 24/7 to provide free advice any time, including during emergencies.
Utilize medication take-backs
Clean out your medicine cabinet regularly to avoid taking medication that has expired or that you no longer need. Here’s how to safely get rid of medications:

> Look into medication take-backs. Many areas have a medication take-back program to help ensure that certain medications don’t end up in the wrong hands. Talk with your local pharmacist or law enforcement official to find out what your community offers. You can even participate in a mail-in drug take-back program from home.

Sharing is not caring
People share prescriptions for many reasons that are understandable, such as the high cost of certain medications. However, while it may be tempting, taking another person’s medication can put your health, and even life, at risk. For example, a dosage that is right for one person may be too high for another. Or, a substance can be dangerous to your health if you have certain health conditions, allergies or are taking other medications.

Always talk with your doctor before taking any medicine and get your own prescriptions. If cost is an issue, ask your doctor about generic alternatives or medication assistance programs.

Keep tabs on what you take
The CDC reports that 3 in 10 people take five or more medications per day. That’s a lot to keep track of, especially if a person is chronically ill. Managing multiple medications means there’s more chance of misuse. Here are some tips for keeping tabs on your medications from the National Institute on Aging:

> Make a list. Write down all medicines you take, including over-the-counter drugs and supplements. Include the name of each medicine, the amount you take and the time(s) you take it. If it’s a prescription, also note the doctor who prescribed it and reason it was prescribed.
> Show the list to all of your healthcare providers.
> Keep a copy on your person at all times and another copy at home.
> Use a medication-tracking app on your phone, or even an old-fashioned pillbox, to help ensure you take your medications when you’re supposed to.
> If you have a question about your medicine, ask your healthcare provider or pharmacist.

As the population ages, it’s important that older people take extra care managing their medications. There are many resources to help.

Take It Back
In 2019, 6,258 medication take-back sites collected 937,443 pounds of prescription drugs as part of the Drug Enforcement Agency’s National Prescription Drug Take Back Day initiative.
declutter your medicine cabinet in 6 easy steps

A cluttered cabinet can make it more difficult to keep track of your medications. Here are some quick tips for getting it in order:

1. Empty: Take everything out and put it in one spot. If you have medications in other areas of the home, add them to the pile.

2. Categorize: Group items by category. For example, put all first-aid products together, pain relievers, cold relief products and so on.

3. Utilize medication take-backs: Drop off expired medications at participating take-back locations.

4. Remove: Remove items that don’t belong — such as loose change or jewelry — and put them in their proper home.

5. Clean: Wipe down the inside and outside of the cabinet with an all-purpose cleaning spray.

6. Replace by category: Put everything neatly back into the medicine cabinet, by category. Place the items you use most frequently toward the front, and lesser-used items toward the back.

Repeat this process every six months to ensure your medicine cabinet is always organized.

a helping hand

The Medication Assistance Program (MAP) at Augusta Health provides medication at no cost to uninsured and underinsured members of the community, as well as those with Medicare Part D who have a coverage gap. Through a grant from the Virginia Health Care System, MAP has filled thousands of prescriptions totaling millions of dollars, helping hundreds of patients in Northern Virginia.

MAP helps uninsured and underinsured patients get access to prescription medication directly from drug companies and insurance companies at no cost to them, says Cindy Sheets, medication assistance coordinator with MAP. The program helps patients fill out and submit their application for assistance, then fills their medication right at Augusta Health. MAP can also help privately insured patients apply for copay cards or get grants from nonprofits that will help with their copay.

The program’s benefits have a significant impact. Take, for example, a patient with atrial fibrillation (AFib) who is prescribed Eliquis — a medicine used to reduce the risk of stroke and blood clots — who can’t afford the medication. The patient would need to take Coumadin or Warfarin, which require weekly blood tests, or could end up back in the hospital. MAP allows that patient to access Eliquis at no cost, eliminating the risk of these complications. “[The program] keeps patients from being readmitted to the hospital and makes them more compliant with medication,” Sheets says.

MAP also helps patients apply for Medicaid and low-income subsidy. In addition, the program is open to all members of the community, even those who are being treated by doctors outside of the Augusta Health network.

For more information on the Medication Assistance Program at Augusta Health, call (540) 213-2616.
CAN’T AFFORD YOUR MEDICINE?

• No prescription drug coverage?
• Fallen into a coverage gap?

WE MAY BE ABLE TO HELP YOU!

contact:
Augusta Health Medication Assistance Program
Fishersville Primary Care
53 S. Medical Park Drive
Fishersville, VA 22939

Call (540) 213-2616 or (540) 213-2615

Eligibility is based on household income and pharmaceutical manufacturer’s guidelines.
Made possible through a grant by the VHCF and RxRelief Virginia
Gingersnap Pumpkin Custard

yields: 8 servings
Calories 168
Protein 7g
Carbohydrate 42g
Fiber 2g
Mono/poly fat 3g
Saturated fat 0g
Sodium 149mg

Ingredients
1 cup gingersnap cookie broken pieces
(12 small cookies)
1 15-ounce can pumpkin purée
2 teaspoons cinnamon
1 whole egg
4 egg whites
1 cup evaporated milk
¼ cup honey
2 teaspoons vanilla extract
¼ cup chopped walnuts

Directions
1. Preheat oven to 350°F.
2. Gently oil 8 ramekins and divide the broken cookie pieces evenly in the bottom of the bowls.
3. Place the remaining ingredients, except nuts, in a large bowl. With an electric blender, mix until well distributed and smooth.
4. Evenly distribute the pumpkin mixture over the cookie pieces, sprinkle with nuts and place ramekins in a 9-by-13-inch pan. Fill pan with water to about halfway up the ramekins. Bake for 20-25 minutes.
5. Custard is done when a knife inserted into the center comes out clean. Remove ramekins from pan and let rest for 10 minutes before serving.

Seasoned Cook
• If you don’t have 8 ramekins, mini loaf ceramics work as well.
• If cooking as a pie, spray a 9-inch pie pan and proceed as above without the water-filled pan. Cook for one hour. Leftovers keep well in the refrigerator for several days.

SOURCED: GLC’S WELL-FED &amp; COLLECTION OF RECIPES
‘tis the season for healthier choices

TIPS FOR STICKING TO YOUR LOW-CARB/KETO DIET DURING THE HOLIDAYS

If you have committed to an eating program that limits carbohydrates, you don’t want to go (too far) off-track during the food frenzies that punctuate the winter holidays. Here are a few tips that can help you manage office parties, family gatherings or other temptations.

› Bring a dish
If you are sure that your hosts won’t be offended — or if the gathering is potluck — offer to bring a dish that is within your plan and that you really enjoy. Mashed cauliflower (instead of potatoes), roasted Brussels sprouts or a salad with low-carb dressing are great options — and other guests might just appreciate having a healthy dish available.

› Eat beforehand
If you’re going somewhere where you can’t predict or control the offerings, be sure to eat something on-program before the event. You’ll be less hungry and better prepared to limit your choices (and portions).

› Prepare your defense
Family members and friends may not understand why this kind of diet is important to you. They could try to make you feel guilty about not eating Aunt Dot’s macaroni and cheese. If a polite “no, thank you” doesn’t work, explain that you are following a meal plan recommended by your doctor for a specific health issue.

› Budget for a favorite carb
Whether it’s stuffing, dessert or a favorite drink, don’t deny yourself a measured portion of something you look forward to at this time of year. After all, full deprivation might lead to over-doing it down the line. Just plan ahead and keep on track as much as possible.

› Be a people person
Remember that holiday gatherings are also about forging ties with colleagues, friends and family. Spend more time socializing so you don’t focus only on the food.

Have fun, and if you go off-plan, forgive yourself and focus on making better choices next time. HM
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)
Aquatic Express: Fridays, 7:45 a.m.
Deep Water Conditioning: Thursdays, 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.

Chi Kung
Intermediate: Tuesdays, 10:15 a.m.
Advanced: Thursdays, 10:15 a.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.
Beginner and Intermediate: Mondays and Wednesdays, 7 p.m.
Cost: $55 a month for members, $85 for non-members

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

Tai Chi
Free to cancer recovery patients; sponsored by the Augusta Health Cancer Center.
Arthritis and Diabetes: Tuesdays, 11:15 a.m.
Beginner: Wednesdays, 11 a.m.
Intermediate: Thursdays, 11:15 a.m.
Multilevel: Tuesdays, 7 p.m.

Aquatic Classes
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)
Aqua Express: Fridays, 7:45 a.m.
Deep Water Conditioning: Thursdays, 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.
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
(aavailable 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 who is completing or 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.

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: TBD
Information: For more information about any cancer group, call Leigh Anderson at (540) 245-7105.

Lean on Me Group
What: Caregiver support group. This group provides an opportunity to talk with others who understand the challenges and blessings that come with caregiving. Discussion topics and information provided will be planned and based on group members’ needs and interests.
When: Tuesdays, 2–3:30 p.m.
Where: Augusta Health Cancer Center Conference Room
Information: For additional information, 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.
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.

COMMUNITY OUTREACH AND EDUCATION

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, 2020, 9 a.m.–5 p.m., and Tuesday, Sept. 10, 2020, 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
Information: Call Jean Magee, MEd, at (540) 213-2538 or (540) 941-2538 for confirmation of location and topic.

* Counting Carbs, Planning Meals and Getting Active (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.
When: Jan. 8, 2020, 1:30–3:30 p.m. OR Feb. 17, 2020, 5–7 p.m. OR March 4, 2020, 1:30–3:30 p.m. OR April 20, 2020, 5–7 p.m.
Information/Registration: Call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537 for class 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.
When: Feb. 18, 2020, 9–10:30 a.m.
Information/Registration: Call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537.

CHILDBIRTH 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, 2020, 12:30–1:30 p.m.
What: Great Grains: The Benefit of Whole and Sprouted Grains in Digestion and Cancer Prevention
When: Thursday, Nov. 7, 2020, 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.
Welcome aboard

Meet the new health professionals on staff

Mark Anderson, MD
Specialty: Urology
Blue Ridge Urological
70 Medical Center Circle, Suite 208
Fishersville, VA 22939

Andy Starr, MD
Specialty: Primary Care
Augusta Health
Primary Care
1 Green Hills Drive
Verona, VA 24482

Janaki Patel, MD
Specialty: Rheumatology
Augusta Health
Rheumatology & Osteoporosis Clinic
70 Medical Center Circle, Suite 201
Fishersville, VA 22939

David Lacey, MD
Specialty: Physiatry
Augusta Health Spine Clinic
70 Medical Center Circle, Suite 103
Fishersville, VA 22939

Amira Ali Ibrahim, MD
Specialty: Gastroenterology
Augusta Health
Gastroenterology
70 Medical Center Circle, Suite 302
Fishersville, VA 22939

Christopher Porter, MD
Specialty: General Surgery
Augusta Health Surgery
70 Medical Center Circle, Suite 213
Fishersville, VA 22939

Allan Hamby, MD
Specialty: Psychiatry
Augusta Health Crossroads
78 Medical Center Drive
Fishersville, VA 22939

Rachel Tyree, PA
Specialty: Cardiology
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Jordan Larew, NP
Specialty: Gastroenterology
Augusta Health Colon Clinic
70 Medical Center Circle, Suite 302
Fishersville, VA 22939

Ashkan Karimi, MD
Specialty: Cardiology
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Margaret Lynch, MD
Specialty: Palliative Care
Augusta Health
Transitional Care
57 Medical Park Drive
Fishersville, VA 22939
Paying it Forward

FORERNT PATIENT RETURNS TO AUGUSTA HEALTH, THIS TIME AS A NURSE

S usan Huyard didn’t set out to work in healthcare, much less become an oncology nurse. But the profession seemed to choose her anyway.

After working for several years as an elementary school teacher, she decided to be a stay-at-home mom and home-school her four children. But then, seven years ago, she was diagnosed with breast cancer at age 41. While getting chemotherapy at Augusta Health, Huyard had no idea that the treatment would lead to becoming a nurse there herself someday. But she did know she wanted a new direction once her cancer was in remission.

“The personal relationships that I built in the oncology department were so meaningful to me as a patient,” she recalls. “To see how much the nurses helped people, especially during such a difficult time, led me to go back to school and get my nursing degree. I wanted to be part of that type of support team.”

After getting her degree, Huyard worked at the UVA Cancer Center, but during a checkup at Augusta, she mentioned the strain of her commute to get there. Immediately, the oncology nurses insisted she apply to Augusta, and she took their advice.

Huyard has been an oncology nurse at Augusta for about a year, and she’s now working on her BSN in nursing. She says she loves how positive and optimistic the oncology center can be.

“I know that sounds strange, because people think of cancer as a depressing, dark time,” she says. “But as a cancer survivor and someone who sees others with cancer every day, I can tell you that this disease makes you happy for the life you have. You look at life with a different perspective.”

That’s true with her fellow nurses as well, she adds. Quite a few of the oncology nurses at Augusta are also cancer survivors. Huyard says that provides an added level of empathy that builds those close patient-nurse relationships so vital to treatment.

Of course, she adds, there are challenges, because not every patient will survive their cancer diagnosis. Although the nurses know that’s part of the oncology journey, it’s difficult to hear when a patient-turned-friend has gone into hospice or passed away, she says.

Huyard handles those stressful times by making sure her life stays balanced. Having three teenagers and one pre-teen definitely helps, she says, since she and her husband make sure to schedule plenty of family outings. She also takes time to walk outside every day, if only for a half hour after work, as a way to reset. Despite the sometimes difficult moments, though, she looks forward to spending her time at Augusta.

“It’s definitely a team here, and there are so many amazing people, both in terms of staff and patients,” she says. “I feel fortunate every day.”

> To learn more about cancer services at Augusta Health, visit augustahealth.org/cancer-center.
CARDIOLOGY

Glenn Brammer, MD
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Christopher Bunn, DO
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Polly Cason, NP
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Yulin Chen, PA
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Tami Collins, NP
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

John “Jack” Garber, PA
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Rodney Graber, MD
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Ashkan Karimi, MD
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Lewis Siegel, MD
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Kenneth Sternberg, DO
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Rachel Tyree, PA
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

Shalendra “Dave” Varma, MD
Augusta Health Cardiology Heart & Vascular Center
78 Medical Center Drive
Fishersville, VA 22939

ENDOCRINOLOGY

Jessicah Collins, MD
Augusta Health Diabetes & Endocrinology Clinic
70 Medical Center Circle, Suite 107
Fishersville, VA 22939

Augusta Health Multispecialty Clinic,
Lexington
30 Greenhouse Road
Lexington, VA 24450

Katie Hall, PA
Augusta Health Diabetes & Endocrinology Clinic
70 Medical Center Circle, Suite 107
Fishersville, VA 22939

Eleanor Hutchens, MD
Augusta Health Diabetes & Endocrinology Clinic
70 Medical Center Circle, Suite 107
Fishersville, VA 22939

Nelly Maybee, MD
Augusta Health Diabetes & Endocrinology Clinic
70 Medical Center Circle, Suite 107
Fishersville, VA 22939
Angela Sutton, MD  
Augusta Health Diabetes & Endocrinology Clinic  
70 Medical Center Circle, Suite 107  
Fishersville, VA 22939

Augusta Health Multispecialty Clinic, Lexington  
30 Greenhouse Road  
Lexington, VA 24450

**FAMILY MEDICINE/ PRIMARY CARE**

**Colleen Arnold, MD**  
Augusta Health Primary Care, Lexington  
55 Comfort Way, Suite 1  
Lexington, VA 24450

**Beverly Caldwell, NP**  
Augusta Health Primary Care, Lexington  
55 Comfort Way, Suite 1  
Lexington, VA 24450

**Catherine “Cathy” Davies, DO**  
Augusta Health Primary Care, Fishersville  
53 South Medical Park Drive  
Fishersville, VA 22939

**Michele Durland, NP**  
Augusta Health Primary Care, Waynesboro  
201 Lew Dewitt Boulevard, Suite B  
Waynesboro, VA 22980

**Tiffany Greenberg, NP**  
Augusta Health Primary Care, Fishersville  
53 South Medical Park Drive  
Fishersville, VA 22939

**Frank Johnson Jr., MD**  
Augusta Health Staunton Medical Associates  
42 Lambert Street, Suite 511  
Staunton, VA 24401

**Priya Kohli, MD**  
Augusta Health Primary Care, Waynesboro  
201 Lew Dewitt Boulevard, Suite B  
Waynesboro, VA 22980

**Ngoc Le, DO**  
Augusta Health Family Practice, Verona  
1 Green Hills Drive  
Verona, VA 24482

**Sylvia Le, MD**  
Augusta Health Primary Care, Staunton  
2570 Stuarts Draft Highway, Suite 101  
Stuarts Draft, VA 24477

**Matthew Painter, NP**  
Augusta Health Family Practice, Verona  
1 Green Hills Drive  
Verona, VA 24482

**John Reed, MD**  
Augusta Health Primary Care, Fishersville  
53 South Medical Park Drive  
Fishersville, VA 22939

**Emily Stevens, NP**  
Augusta Health Staunton Medical Associates  
42 Lambert Street, Suite 511  
Staunton, VA 24401

**Victoria Tomlin, NP**  
Augusta Health Primary Care, Staunton  
2570 Stuarts Draft Highway, Suite 101  
Stuarts Draft, VA 24477

**George Tran, MD**  
Augusta Health Family Practice, Churchville  
3881 Churchville Avenue  
Churchville, VA 24421

**Mary Katherine Ward, NP**  
Augusta Health Primary Care, Fishersville  
53 South Medical Park Drive  
Fishersville, VA 22939

**GASTROENTEROLOGY**

**Amira Ali Ibrahim, MD**  
Augusta Health Gastroenterology  
70 Medical Center Circle, Suite 302  
Fishersville, VA 22939

**Joseph Freeze, NP**  
Augusta Health Gastroenterology  
70 Medical Center Circle, Suite 302  
Fishersville, VA 22939

**Divyangkumar Gandhi, MD**  
Augusta Health Gastroenterology  
70 Medical Center Circle, Suite 302  
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