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### SHA Recognizes Excellence Award Winners for 2009

**Doctor of the Year**
- **Chris Bowman, MD**

**Employee of the Year**
- **Joe Anderson, MHA**

**Volunteer of the Year**
- **Sue Bright, LPN**

**Scott Bowman Leadership Award**
- **Margaret Isbell**

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### Enhancing Women’s Care with Digital Mammography

SHA has expanded its health and wellness services available to women with the addition of a new full field digital mammography system from Hologic. Digital mammography will allow SHA to provide its patients with the highest quality of care in the prevention and early detection of breast cancer. Digital mammography takes less than half the time of traditional film-based exams and the radiologist may review the images while the patient is in the exam room. To supplement this technology SHA incorporated computer aided detection (CAD). CAD highlights characteristics associated with breast cancer. CAD is, in essence, a second set of eyes to support and enhance the radiologist’s evaluation.
Five Years Service
Dana Best MLT, Laboratory
Rachel Warren RN, Nursing
Amy Duncan, Fiscal Services
Samantha Bivens RN, Nursing
Cory Moser, Nursing
Josh Blair RN, Nursing
Dorothy Monroe RN, Nursing
Ashley Jenkins, Asst. CFO
Sonya Lovingood RN, Nursing
Holly Curtis, Fiscal Services
Cheri Krahalia RN, Nursing
Teresa Utz HCS-D, Home Health Care
Bridget Blankenship RT R, Radiology
Rebecca Crowden, Environmental Services
Dennis Moore, Environmental Services
Jewell Humphrey, Environmental Services
Patti Thompson DPh, Pharmacy Director
Georgia Cook BS, Fiscal Services
Ester Hollon, Fiscal Services
Emily Johnson RN, Nursing
Tasya Belk, Nursing

Ten Years Service
Claude White, Plant Operations
Nancy Watson LPN, Nursing
Diane Haynes RN, Nursing
Evelyn Jones, Fiscal Services
Nancy Plemmmons, Nursing
Nancy Hall, Environmental Services
Leslie Lindsey PT, Physical Therapy
Sarah Queen RN, Nursing
Paige Casteel PTA, Physical Therapy
Evelyn McCowan, Nursing
April Martin, Fiscal Services
Stephanie Ridenour, Fiscal Services
Sheila Yarber, Health Information
Rebecca Rodgers, Supervisor Fiscal Serv.

Twenty Years Service
Gail Carle RHIT, Health Information
Carolyn Morgan, Environmental Services
Eileen Fisher LPN, Nursing
Mickey Deland LPN, Nursing
Lorrie Viar RHIT, Health Information
Randy Bowling RN, Nursing

Twenty Five Years Service
Cynthia Dexter C.Ph.T., Pharmacy
Susan Harrison RN, Nursing
Kim McDaniel MT, Laboratory
Glenda Kirkland, Nursing
Faye Moses, Environmental Services
Lucretia Santelli, Human Resources

Thirty Years Service
Carol Irwin RN, Nursing
Debbie Thompson, CFO

Thirty Five Years Service
Alice Greene, Fiscal Services

Medical Staff
Kent Chapman, DO 10 years
Rick Henderson, CRNA 10 years
Renae Cagle, NP 10 years

Board of Directors
Joe Little, DPh. 20 years

Volunteers
Ethel Gains 10 years
Bill Landrum 5 years
June Landrum 5 years

SHA Retiree
Faye Townsend, LPN

“I’ve made so many friends and loved taking care of all I have had the opportunity to help. A special thanks to all my girls in the medical clinic. You’re a great bunch! I love you all and will miss you.”

Faye Townsend with “her” clinic nurses.
A Night to Remember: Employee Recognition Dinner 2009

Bonnie Furrow Scholarship Winners for 2009

Jacob Reid Grubb
son of Jacob Grubb,
Surgery, TPHS

Erica Ingram
Sequoyah High School

Raven Cozart
daughter of Gaye Cozart,
HIM, Sweetwater High School

Autumn Leah West
Tellico Plains High School

On the web: www.sweetwaterhospital.org
The Board of Directors and Staff are happy to announce the appointment of Dr. Brian L. Villanueva to the Medical Staff of Sweetwater Hospital where he will be specializing in General Surgery.

Dr. Brian Villanueva received his Medical Degree at the East Tennessee State University College of Medicine in Johnson City, Tennessee. He also completed his surgical internship and residency at ETSU College of Medicine in June 2009. In addition, Dr. Villanueva was an officer in the United States Navy where he served as a Lieutenant from 1996 to 2000.

He enjoys fishing, running, dirt biking and occasional golf or anything that gets him outdoors! He also enjoys spending time with his wife, April, and two children. He and his family will reside in Sweetwater. Dr. Brian Villanueva is the son of Dr. and Mrs. Ray Villanueva.

Dr. Villanueva will occupy an office in the Sweetwater Professional Building, 304 Wright Street, Sweetwater, beginning August 1st. Dr. Brian Villanueva welcomes all patients and accepts most major insurances. For appointments, please call 865-213-8595.

SHA Welcomes Students of Debusk College of Osteopathic Medicine

Sweetwater Hospital Association has become a clinical rotation site for the LMU—Debusk College of Osteopathic Medicine. Students began their rotations June 29th. SHA will host six students for a six month period. Each student will rotate through Internal Medicine, Surgery, Pediatrics and Obstetrics and Gynecology. There will be two clinical rotation groups per year, or a total of 12 students a year.

The entire medical staff at Sweetwater Hospital has enthusiastically taken on the responsibility to provide educational training to these medical students. Also, assuming the responsibilities as site directors for the respective specialties are; Dr. Ken Kozawa, Internal Medicine; Dr. David Creutzinger, OB/GYN; Dr. Wendy Saint Robbins, Pediatrics; and Dr. Christopher Bowman, Orthopedic Surgery.

Sweetwater Hospital is excited about the opportunities to share medical knowledge and be an instrumental force in the next generation of physicians.
Respiratory Care’s New Technology Will Enhance Critical Patient Care

The respiratory care department has recently purchased a new adult ventilator. From a technical standpoint this ventilator allows the therapist to enter multiple ventilator adjustments more rapidly. The Puritan Bennett 840 ventilator offers one of the newest modes of ventilation for the treatment of adult respiratory distress syndrome. Recent ventilator capabilities should decrease the need for patient sedation and also decrease the patient’s time requiring mechanical ventilation.

We are excited to offer these technological advances to our patients requiring mechanical ventilator care.

Employees Honored by Tennessee Technology Center

Wendy Blair, RN, Sue Bright LPN, Shelly Miller, C.PhT, and Patti Thompson, PhD. were honored for their outstanding support and interest of the students rotating through Sweetwater Hospital. The awards were presented at an Advisory and Scholarship program held on May 7, 2009. Patti Thompson and Shelly Miller were asked to join the Advisory committee for the Pharmacy Technician program.

SHA is proud to promote the involvement of our employees in the many programs across the state. SHA employees are very active in our community through their leadership, support and participation with local programs. We want to thank all those that are involved and encourage them to continue helping others in our community.

Dr. Danny Hays joined the Medical Staff of Sweetwater Hospital in December 1981 as a Radiologist in the Radiology Department. Dr. Hays maintained Active Staff Privileges until 2006 at which time he decided to cut back to Courtesy Staff. His years of dedication and service have been greatly appreciated and he has been an asset to our staff. Dr. Hays was a family practice physician in Athens in previous years. He had the largest practice in Athens where he was also Mayor and was one of the owners of Epperson Hospital. He currently serves on the Board of Tennessee Wesleyan College.

Dr. Hays’ contributions to SHA provided valuable services for many years to this community. Thank you Dr. Hays for the many years of loyalty to SHA. We all wish you the best in retirement.

Factors that can worsen exercise-induced asthma include:

1. Cold weather
2. Dry air
3. Air pollution such as smoke or smog
4. High pollen counts
5. Having a respiratory infection such as a cold
6. Being out of shape
7. Chemicals such as chlorine, paint, fertilizers or herbicides
Congratulation to the 2009 Graduates

- Tina Cook, Bachelors in Business Administration, Tennessee Wesleyan College
- Aubrey Wright, Nursing, Associate of Science, Cleveland State Community College
- Serena Bivens, Physical Therapy, Bachelors Degree, ETSU
- Betty Rogers, Materials Management, Bachelors Degree in Business Administration, Tennessee Wesleyan College
- Ruth Lightner, RHIT, Passed her national Registered Health Information Technician examination on May 8, 2009.
- Cheyenne Dunsmore, Sweetwater High School, daughter of Diane Dunsmore, Fiscal Services
- Rashad Jackson, Sweetwater High School, son of Perry Jackson, Insurance
- Chris Breen, Sweetwater High School, son of Marsete Oggs, Nursing
- Clay Matlock, RSCC, Physical Therapy
- Joshua Smith, son of Trisha Matlock, Laboratory Assistant, son of Trisha Matlock, Laboratory
- Amy Galliher, Covenant Baptist Academy, daughter of Teresa Galliher, Dietary
- Sarah Reese, Loudon High School, daughter of Charlie Reese, Radiology
- Quentin Tyler Bradley, Sweetwater High School, son of Sandra Bradley, Nursing
- Maurice Johnson Jr., Sweetwater High School, grandson of Doncella Inma, Dietary
- Cory Sutton, BS Math Tennessee Wesleyan son of John Sutton, Maintenance
- Tasha Faith Belcher, McMinn Co. High School daughter of Trina Greene, Nursing
- Robert Gibson, Sweetwater High School, son of Ramona Gibson, Nursing
- Alanna Bernstein, Knox Catholic, daughter of Dr. Glenn Bernstein
- Lauren Bernstein, University of Tennessee, Summa Cum Laude-Pre-Veterinary, daughter of Dr. Glenn Bernstein
- Erin Bernstein, University of Tennessee-

Celebrate the Summer with a Hike!

What a great hike to commemorate the anniversary of our national park. In 1940, President Franklin D. Roosevelt dedicated the national park while standing on the stone terrace just above the trail head. The park memorializes the five million dollar donation made by Laura Spelmen Rockefeller Memorial Fund for purchasing park land.

The trail starts out with a steep incline on the famous Appalachian Trail. Hike the AT for 2.7 miles. At this junction, the Boulevard Trail splits off to the left and begins a 5.3 mile trail to Mt. LeConte which is the third highest point in the national park. Keep to the right at this junction on the AT. At 5.6 miles you will be able to see Charlie's Bunion ahead. At 4 miles, the AT continues off to the right. The path to the left will lead you to the Bunion with a 360 degree view. Scramble onto the rocks to get spectacular views of Mount Kepart, Mount LeConte, Brushy Mountain and Porter’s Creek Valley. Use extreme caution climbing on the rocks as there are 1,000 foot drop-offs. Return on the same route and pat yourself on the back for completing this difficult but rewarding hike!

WHERE: CHARLIE'S BUNION LENGTH: 4 MILES ONE WAY RATED: MODERATE
DIRECTIONS: THROUGH PIGEON FORGE TOWARD GATLINBURG, TAKE GATLINBURG BYPASS TO RIGHT AND FOLLOW TO NEWFOUND GAP ROAD. FOLLOW NEWFOUND GAP ROAD TO TOP OF THE MOUNTAIN AT NEWFOUND GAP AND PARK IN VISITORS PARKING ON LEFT. TRAIL HEAD IS JUST ABOVE RESTROOMS AND BELOW THE STONE WALL. Millie Knight

SHA’s Physical Therapist & Surgeon Named as People’s Choice

For the second consecutive year,

Susan Atkins, PT has received the Advocate & Democrat Reader’s Choice Award for Physical Therapist in Monroe County. Dr. Ray Villanueva also received the peoples choice award for Surgeon. Sweetwater Hospital congratulates them on this award.

Reach us!
Numbers to Know:
Ambulance 911
Hospital 865-213-8200
Home Health 865-213-8508
Volunteer Desk 865-213-8234
Email: sha@sweetwaterhospital.org
Website: www.sweetwaterhospital.org
Community Service

Shannon Coon - Bimonthly Sweetwater Civitan Meetings; Community Wide Lunch and Learn-Alzheimer’s Care—held at SHA on March 19th; Community CPR Renewal Class—March 25th.

Several SHA employees attended the Monroe County Chamber of Commerce Banquet on March 26th at Hiwassee College.

Shannon Coon attended the United Way Board Meeting at FBC Madisonville on April 13th.

Shannon Coon attended the Monroe Co. Board of Health Meeting on April 23rd.

Andrea Henry, DON, attended the Women’s Wellness and Maternity Center meeting on March 10th.

Kassie Kelley participated in Sweetwater High School’s HOSA program mock job interviews on March 31st.

SHA OB Dept. will provide a booth at the Annual Family Fair in Kefauver Park on May 8th.

Scott Bowman attended the THA Small and Rural Meeting in Nashville on March 13th.

Bobbie Arp attended weekly Kiwanis Club meetings.

Scott Bowman attended the AHA Regional Policy Board meeting in Nashville on March 19th—20th.

Debbie Thompson attended the Neighborhood Stabilization Program in Knoxville on April 13th.

Scott Bowman attended the THA Board Meeting in Memphis on April 1st—3rd.

Bobbie Arp attended monthly Monroe County Chamber of Commerce Board meetings in Madisonville.

Debbie Thompson attended the Habitat Board meeting in Madisonville on April 14th.

Kim Harvey and Dr. Chris Bowman attended Monthly Boys and Girls Club Board meetings in Madisonville.

Darla Warfield held a Diabetes Education Session on April 16th.

Scott Bowman attended the KHIP Board of Directors meeting in Louisville, KY on April 22nd.

Debbie Thompson attended the Cleveland State Advisory Board meeting in Cleveland on April 15th.

Bobbie Arp attended Leadership Monroe in Nashville on April 22nd—23rd

Wanda Lovingood attended the SHA Home Health Advisory Board meeting on April 23rd.

Debbie Thompson attended the Tenn Care Independent Review Panel meeting in Nashville on April 15th.

Bobbie Arp attended the Women’s Expo in Vonore on May 2nd.

Several SHA employees attended the CPSI Meeting in Nashville on April 20th—21st.

Donna Miller participated in the Sweetwater City Schools Employee Health Screening by providing Lipid Panels and Blood Glucoses on April 28th—30th and May 1st.

David Wiggs, Laboratory, spoke at MedVance Institute in Cookeville, TN.

Dawn Carpenter attended the Roane State Medical Transcription and Health Information Advisory Board meetings for May 2009.

Continuing Education

Shannon Coon attended a National Health Safety Network training session at Baptist Eye Institute on April 24th.

Bobbie Arp attended the 4th Annual FTA Drug and Alcohol Program National Conference in Nashville on April 8th & 9th.

Kim Pike, Karen Keller and Donna Miller attended the 2009 Vaccines for Children Spring Immunization Review on April 16th.

Bobbie Roberts, Kim McDaniel and David Wiggs viewed a new Hematology Analyzer in Knoxville on March 9th.

Frankie Blackwell of the Dietary Dept. attended a Food Expo in Greensboro, NC on March 10th.

Melissa Randle and Chairitie Dotson attended a seminar entitled “Patient Crisis” in Knoxville on May 28th.

Wendy Blair and Kassie Kelley attended the Team Health Spring Nurse Managers Meeting at the Downtown Knoxville Hilton on April 17th.

Joanne Kyte, Amy Howard and Marla Lawson will attend a Mammography Conference in Nashville on April 25th.

Heather Crisp, LSP attended a training sessions on Vital Stem Therapy in Knoxville June 13th and 14th.

Gale Irons, PT, Roger Evans, PT, Megan Wilson PTA and Paige Casteel PTA, attended a seminar titled “Working with Older Adults and Caregivers” in Knoxville on June 2nd.

Sha Supports Medic in Blood Drive

SHA supported the regional Medic blood center Thursday June 18th by hosting the Medic Bloodmobile. Thirty-one employees participated and were happy to have the opportunity to donate a life saving service to the community.

On the web: www.sweetwaterhospital.org

IF YOU HAVE AN HOUR, WILL YOU NOT IMPROVE THAT HOUR, INSTEAD OF IDLING IT AWAY?
LORD CHESTERFIELD

Jamie Richesin, LPN
SHA celebrated National hospital week with special activities for patients and employees. SHA always wants to recognize the importance of the patients who trust their lives to our care and the employees who have committed their lives to care for those who need health care.

Each employee and patient was given commemorative gifts to say “thank you” for those who entrust their care to SHA and those who give tirelessly to the organization and community.

Poison Ivy: What to do....

Quickly wash any areas of your skin that has come into contact with poison ivy. You have about ten minutes to remove the oil before a reaction will develop. Also wash any clothing that has come into contact with the plants to prevent spreading the oil and scrub under your child’s fingernails.

For mild reactions, you can use calamine lotion, hydrocortisone cream, an oral antihistamine, oatmeal baths and cool soaks.

More severe reactions will require evaluation by your doctor, who can prescribe an oral steroid or a stronger topical steroid cream. Oral steroids will need to be taken and slowly tapered over two weeks to prevent recurrence of the reaction.

Carefully remove poison ivy plants when they are found. Avoid burning them, as the smoke can cause a very severe reaction to anyone who is exposed to it.

Our Deepest Sympathies...

Crystal Ownsby, Fiscal Services, her grandmother, Betty Monroe, June 18, 2009.


Linda Foxx, Dietary, her father, George Simerley, June 2, 2009.

Jennifer Tackett & Laura Abernathy, Home Health their grandmother, Carrie Willis, February 25, 2009.

Bill & June Landrum, Volunteers, Virginia Landrum Akins.


Crystal Upton, Nursing, her grandfather, Doyle Tinnell April 9, 2009.


Gail Carle, HIM, her father-in-law, Ralph Carle, June 26 2009.

Congratulations!

Beverly Redman, Insurance, on the birth of her grandson Caden Lee Detwiler

Michelle Wiggs, Fiscal Services on the birth of her son Sylas Kaineu Black

Stephanie Cansler, Fiscal Services on the birth of her daughter Kaisen Della Marie Cansler

Gidget Upton, Radiology on the birth of her son Madden Upton

Pat Miller, Fiscal Services on the birth of her granddaughter Aubrey Fayth Kirk

Maenise Oggs, Nursing Administration on the birth of her son William Aiden Oggs

Congratulations!

Jessica Moser, Nursing, and Nathan Tullock were married May 9, 2009.

Heather Turpeinin, Nursing, and Rick Henderson, CRNA were married June 6, 2009.