



Live Your Best Life



Time with family, staying active, doing what you love. We understand how important it is to live your best life, even as times are changing. At Holzer, we strive to help every patient achieve their best health during every stage of life. With more options for care through in-person and virtual visits, we are dedicated to providing you with excellent care, every time. Live your best life with Holzer!



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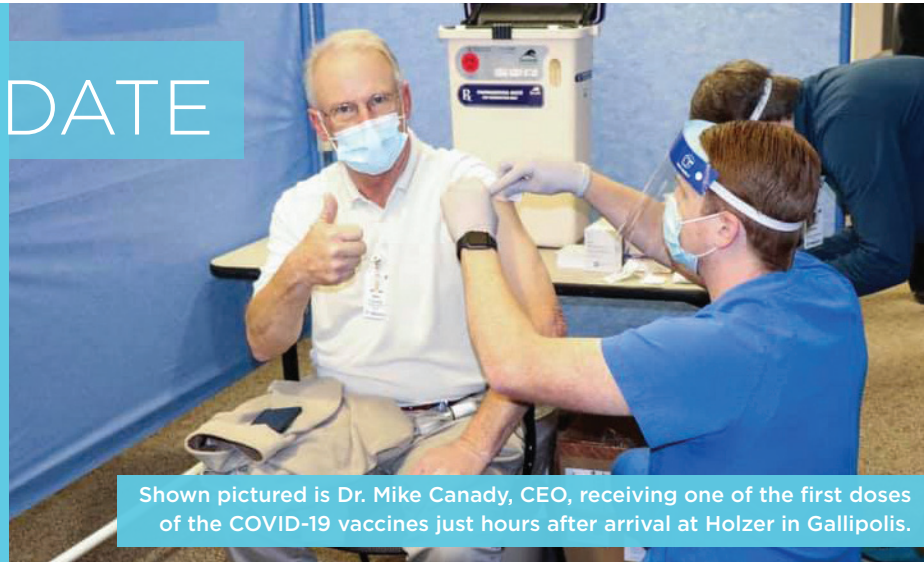
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**The health information presented in this newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider.*

COVID-19 UPDATE

Vaccines a Step Closer to Ending Pandemic



Shown pictured is Dr. Mike Canady, CEO, receiving one of the first doses of the COVID-19 vaccines just hours after arrival at Holzer in Gallipolis.

Following a year of uncertainty and challenges due to the COVID-19 pandemic, local healthcare workers and community members alike celebrated as vaccinations recently arrived at Holzer. While vaccines roll out to different populations based on age and risk, Holzer Health System continues to play an important role in distribution as doses are available throughout southeastern Ohio.

To demonstrate to staff that the vaccine was both safe and effective, Dr. Mike Canady, CEO, Holzer Health System, received the vaccine early in the process.

"I was excited to receive the vaccine! It was a great way to serve as an example to our staff and communities. Protecting our staff means that we are all one step closer to getting back to normal." He goes on to state "This vaccine has been rigorously studied for both efficacy as well as safety. I encourage everyone who is eligible to take this vaccine and reach out to their provider if they have questions."

As vaccine doses become more widely available, it is important to have accurate information when making the best decisions for your health. What questions do you have about the COVID-19 vaccines? Below are some frequently asked questions based on information from the Centers for Disease Control and Prevention (CDC).

Is the COVID-19 vaccine safe?

Yes. The Food and Drug Administration (FDA) as well as independent medical experts, through rigorous evaluation, have worked to ensure that the vaccine is safe and effective. While this vaccine is new, technology used in mRNA vaccines have been studied for decades by companies such as Pfizer, BioNTech and Moderna.

Can you get COVID-19 from the vaccine?

No. Thanks to the mRNA technology used in the COVID-19 vaccine, there is no live part of the virus that is used. It is important to note that it takes a few weeks for your body to build up immunity to the virus, so it is possible to become infected with COVID-19 after receiving the vaccine within the first few weeks.

Will I experience any side effects after being vaccinated?

The COVID-19 vaccine may cause some mild side effects which include:

- Injection site pain
- Fever

- Fatigue
- Headache
- Muscle Pain
- Nausea

Side effects were more commonly reported after individuals received their second dose. If you have severe allergies or have experienced a severe allergic reaction to a vaccine in the past, talk with your doctor about whether the vaccine and its ingredients are safe for you.

Am I eligible to get the COVID-19 vaccine?

Currently, federal and state guidelines will dictate who can receive the vaccine. Ohioans will receive the vaccine based on the speed at which doses become available. To find out when you are eligible and to learn more about availability, visit <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/covid-19-vaccination-program>.

I am vaccinated – I can stop wearing my mask and socially distancing myself from others, right?

No. An individual will still need to mask to protect oneself, others and follow state and local guidelines. Even though you are vaccinated, you may still carry the virus and could be a risk to others. It is important to continue practicing habits of masking, social distancing, and good hand hygiene.

If I have already had COVID-19, should I get the vaccine?

If you have been infected and recovered from COVID-19 you have built up some natural immunity. The duration of protection for an individual is not yet known. You may want to consider waiting for at least 90 days until receiving the vaccine. Both natural immunity and vaccine immunity are crucial in fighting the virus.

Is there anyone who should not receive the vaccine?

There is currently no COVID-19 vaccine for individuals under the age of 16. Individuals who have certain health conditions may also not want to receive the vaccine.

To view more frequently asked questions or additional information about the COVID-19 vaccines, visit www.holzer.org/covidvaccine.

Lifestyle is the Best Medicine

By Lance Broy, MD - Holzer Family Medicine

We have all heard the saying "laughter is the best medicine." A good laugh is great for the body and soul, but this is just one aspect of "the best medicine." A healthy lifestyle not only prolongs your life, but it also makes you feel more alive. Studies have shown those who eat healthy and exercise regularly have better sleep patterns, less anxiety and depression, more energy, and less risk for chronic illness overall.



Lance Broy, MD

We have had amazing advances in the care we can provide as medical professionals, but the best medicine is prevention via a healthy lifestyle. I would much rather help prevent you from getting an illness or disease than treat you after it has occurred. The current top five leading causes of death in the United States according to the Centers for Disease Control and Prevention (CDC) are:

- Heart disease: 655,381 deaths per year
- Cancer: 599,274 deaths per year
- Accidents (unintentional injuries): 167,127 deaths per year
- Chronic lower respiratory diseases: 159,486 deaths per year
- Stroke (cerebrovascular diseases): 147,810 deaths per year

Let's focus on the top two: heart disease and cancer. We can do heart catheterizations and open-heart surgery. We continue to research the best treatment options for different types of cancer. These procedures and treatment options are truly amazing and medical advances need to continue, but if we could decrease the amount of obesity and smoking along with increasing daily exercise, we could have a significant impact on the number of deaths each year in the US.

You do not have to make major life-altering changes like going vegan or training for a marathon. Every little change, such as decreasing the amount of pop you drink or taking a 10-minute walk during your lunch break, can count in a BIG way over time. Small positive lifestyle changes tend to build on each other leading to more significant changes.

Sometimes even if we "do all the right things," it may not work out our way. I know living a healthy lifestyle does not guarantee a long healthy life with no illness or injury, but if you play the odds, a healthy lifestyle is the only way to reduce your risks. That way you won't have to come see me too often.

Lance Broy, MD, Family Medicine, sees patients at Holzer Athens - 2131 East State Street, Athens, Ohio. Dr. Broy received his Doctor of Medicine at West Virginia University School of Medicine in Morgantown, West Virginia, and completed his residency at Grant Medical Center in Columbus, Ohio.



WELCOME NEW PROVIDERS

Call 1-855-4-HOLZER (446.5937) to schedule an appointment!



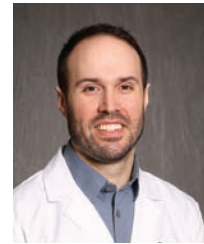
Canaan Baer, MD
General Surgery
Holzer Gallipolis,
Holzer Athens



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Holzer Gallipolis



Melissa Burris, NP-C
Rheumatology
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Julio Galindo, MD
Internal Medicine
Holzer Gallipolis



Robin Jones, FNP
Urgent Care
Holzer Athens



Mahija Kottapalli, MD
Psychiatry, Geriatric Psychiatry
Holzer Gallipolis



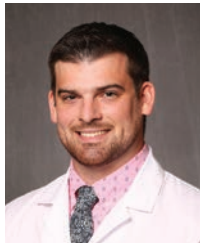
Marie Lear, NP
Family Medicine
Holzer Meigs



Derrick Meredith, DDS
Dentistry
Holzer Dental Health Partners



Courtney Moore, NP-C
Gastroenterology
Holzer Gallipolis



Jacob Pessia, DO
Pediatric & Adolescent Medicine
Holzer Gallipolis,
Holzer Jackson,
Holzer Meigs,
Holzer Point Pleasant



Gabriela Prieto, PA
Gastroenterology
Holzer Athens



Casey Puckett, NP
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Holzer Athens



Mauja Rajan, NP
Cardiology
Holzer Gallipolis



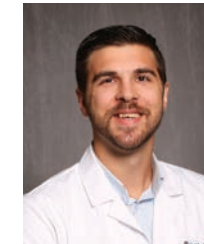
Umar Razzaq, DO
Family Medicine Resident
Holzer Jackson



Leslee Rice, DO
Family Medicine
Holzer Jackson



Christina Richendollar, FNP
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Ethan Stephens, DO
Family Medicine Resident
Holzer Sycamore



Steven Zehring, DO
Physical Medicine & Rehabilitation (Inpatient & Outpatient)
Holzer Gallipolis

What to Know: Holzer Virtual Visits



In response to the COVID-19 pandemic, many health systems have found ways to care for patients with in-person and virtual options. Holzer Health System is providing quality care for patients in office settings and virtually, right from the comfort of your home.

Katherine J. Kiger, DO, Family Medicine & Primary Care, Holzer Health System - Athens Clinic, provides information to help individuals understand the virtual visit option. Virtual medicine takes place through a video encounter. Virtually, the provider can address the patient's concerns, provide help in getting a prescription filled, and allow ease for all levels of communication.

"The patient and I visit through video chat like old friends, which I think we are all getting used to," Kiger said. "Most of what I do during the visit is based on the patient's medical history and any current health needs. Very few issues require an in-person exam."

Chronic illnesses, rashes, acute respiratory problems, and a variety of other conditions can be treated through a virtual visit. Dr. Kiger shared that she has found no barriers through virtual visits.

To participate in a virtual visit, Kevin Waller, Director of Communication, Holzer Health System, shares that all you need to do is click a weblink.

"Before your visit, find the link that we send to you, click on it, enter your name, and you will be connected," Waller said. "The link can also be sent to anyone else you would like to join your visit. All devices that support the Chrome browser or internet service will work for the platform."

Prior to your visit, it is encouraged that vitals such as patient's weight, height, and blood pressure are documented as well as reviewing any current medications. Patients should ensure that a mobile device or computer is compatible for the visit. Virtual visits do provide an opportunity for physicians to see their patients during a normal day at home. Dr. Kiger enjoys seeing her patients in their day-to-day state.

"Patients might have kids in the home, be taking care of a family member, or have a house full of pets, and I can see that they're



Katherine Kiger, MD

VIRTUAL VISIT HOW-TO

- 1 Call 1-855-4HOLZER (1-855-446-5937) to set up an appointment for your virtual visit.**
- 2 Click the link to join the appointment.**
 - You will receive a text or email with a link to join the visit.
 - Enter your name and your relationship to the patient prior to joining the meeting. After you have entered the information, click "ok, I'm ready."
- 3 Join the visit and wait for your provider.**
 - You will be placed in a "waiting room" while you wait on your provider to join the call.

When your done, you will see a "Thank You" screen. Follow-up care instructions may be sent via the patient portal.

living," Kiger said. "I don't need a patient to isolate themselves for the exam unless they prefer to be alone for the visit."

The benefits of virtual visits are unlimited. Virtual visits are quick, convenient, and eliminate the need to travel to and from an appointment.

Most insurance providers will cover virtual visits. Waller encourages patients to check insurance plan coverage or call the insurance carrier's customer service department to confirm coverage prior to the appointment.

"Please remember, if the patient has not met a deductible for the year, he/she will be responsible for any out-of-pocket portion determined by the plan," Waller said.

Learn more about virtual visits at www.holzer.org/virtualvisits or call 1-855-4HOLZER.

The Importance of Knowing Your Numbers



WHAT IS BLOOD PRESSURE?

In the body, the arteries carry blood away from the heart. As blood travels through the arteries, it presses against the walls of the arteries. Blood pressure measures how hard the blood is pushing against the walls of the arteries.



Elizabeth Bentley, DO

WHY SHOULD I WORK TO KEEP BLOOD PRESSURE WITHIN THE NORMAL RANGE?

High blood pressure pushes your heart to work harder and puts you at risk for heart disease, stroke, kidney failure and heart failure.

WHAT IS A HEALTHY BLOOD PRESSURE?

Less than 120/80 mm Hg

WHAT ARE RECOMMENDATIONS TO ACHIEVE HEALTHY BLOOD PRESSURE NUMBERS?

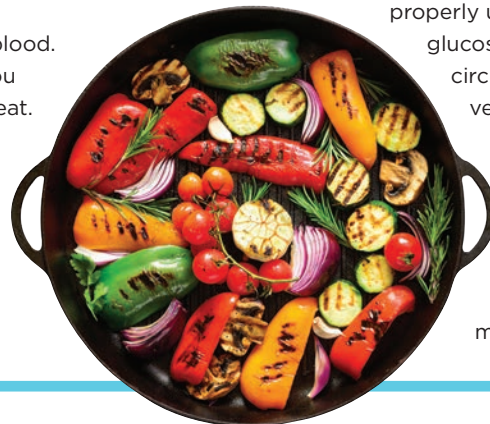
- Limit Sodium to less than 2000 mg daily (about a half teaspoon)
- Follow a heart healthy diet such as Mediterranean Diet (rich in veggies, lean proteins, healthy fats, minimal processed foods)
- Exercise for 30 minutes daily
- Limit alcohol to 1 drink daily

WHAT IS CHOLESTEROL?

Cholesterol is a type of fat found in your blood. The liver makes cholesterol for your body. You also can get cholesterol from the foods you eat.

WHAT IS LDL AND HDL CHOLESTEROL?

LDL Cholesterol is often called the “bad” cholesterol because it collects in the walls of your blood vessels, raising your chances of health problems like a heart attack or stroke.



HDL cholesterol is sometimes called “good cholesterol.” This type moves through the bloodstream and removes harmful bad cholesterol. High HDL levels reduce the risk for heart disease, but low levels increase the risk.

High LDL (bad) cholesterol and low HDL (good) cholesterol may contribute to fatty plaques in your arteries which can lead to heart attack, heart disease and stroke.

WHAT ARE HEALTHY LEVELS OF LDL AND HDL CHOLESTEROL?

LDL cholesterol less than 130 mg/dL, HDL cholesterol greater than 40 mg/dL

WHAT ARE SOME RECOMMENDATIONS TO ACHIEVE HEALTHY CHOLESTEROL NUMBERS?

- Follow a heart healthy diet such as Mediterranean Diet (rich in veggies, lean proteins, healthy fats, minimal processed foods)
- Exercise for 30 minutes daily

WHAT IS BLOOD GLUCOSE (SUGAR)?

Glucose is a type of sugar your body receives from foods you eat, and your body uses it for energy. As it travels through your bloodstream to cells, it’s called blood glucose or blood sugar.

WHAT DOES “HIGH GLUCOSE LEVELS” MEAN?

High blood sugar is a sign your body cannot make or properly use insulin which is the hormone that gets glucose into the cells of your body. This high circulating blood sugar can damage blood vessels, nerves, kidneys and eyes. Early detection of high blood sugar can allow you to take steps to prevent or delay diabetes.

WHAT ARE HEALTHY GLUCOSE NUMBERS?

Fasting blood glucose of less than 100 mg/dL and an A1C below 5.7%

WHAT ARE RECOMMENDATIONS TO ACHIEVE HEALTHY GLUCOSE NUMBERS?

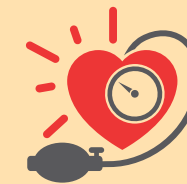
- Follow a heart healthy diet such as Mediterranean Diet (rich in veggies, lean proteins, healthy fats, minimal processed foods)
- Exercise for 30 minutes daily
- Smart lifestyle choices are the cornerstone of health and will enable you to achieve and maintain your ideal numbers. I recommend you visit your primary care provider at least once a year to get your numbers checked in order to be in the best health possible.

Dr. Elizabeth Bentley received her Doctor of Osteopathic Medicine at West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia. She completed her residency in Family Medicine at Holzer Health System, Holzer Jenkins Memorial Clinic in Wellston, Ohio. Dr. Bentley sees primary care patients and is currently accepting new patients at Holzer Jenkins Memorial Clinic located at 140 Jenkins Memorial Road, Wellston, Ohio. Call 740-384-2167 to schedule an appointment.



Know Your Numbers

» Quick Reference Guide «



Blood Pressure

» Less than 120/80 mm Hg

Cholesterol



» LDL: Less than 130 mg/dL

» HDL: Greater than 40 mg/dL (men)
50 mg/dL (women)

Glucose



» Fasting Blood Glucose: Less than 100 mg/dL

» A1C: 5.7%

LIMIT SODIUM
Less than
2000 mg daily



EXERCISE
30 minutes daily



ALCOHOL
Limit to 1 drink
daily



**These numbers represent guidelines for individuals at average risk for heart disease and stroke. Your goal may be different based on risk factors. Ask your healthcare provider for your specific goals.*

Finding Sepsis Early Key to Successful Treatment

WHAT IS SEPSIS?

Sepsis is the body's life-threatening response to an infection. Sepsis can result from any kind of infection including pneumonia or respiratory infections, influenza, strep throat, urinary tract infections, ear infections, surgical site infections, and wound or skin infections. When infections are left untreated, or are not treated with effective antibiotics, bacteria from the infection enters the blood stream and triggers an immune response that can lead to tissue damage, organ failure, and death. Quick intervention with antibiotics and IV fluids saves lives.

Early identification of sepsis is key. Holzer continues to improve its processes so that sepsis can be identified immediately, resulting in quicker intervention and improved patient outcomes and survival. Early sepsis care is Holzer's goal to provide you and your family with high-quality sepsis care, close to home.

Quick Facts About Sepsis

- Each year, 1.6 million U.S. residents are diagnosed with sepsis.
- 258,000 sepsis patients die each year in the U.S.
- Sepsis kills more U.S. residents than prostate cancer, breast cancer, and AIDS combined.
- Sepsis is the leading cause of death in U.S. hospitals.
- The risk of death increases by 8% for every hour treatment is delayed.
- Sepsis kills more children than pediatric cancers.

SEPSIS: WHAT YOU CAN DO

1 Use the acronym TIME to determine if you or a loved one may be at risk for sepsis. If you've had an infection or suspect an infection, and develop a combination of these symptoms, seek medical attention right away.

T	I	M	E
TEMPERATURE: Higher or lower than normal	INFECTION: May have signs of infection	MENTAL DECLINE: Confused, sleepy, difficult to rouse	EXTREMELY ILL: "I feel like I might die," severe pain or discomfort

2 Use this guide to determine if a child in your family may have sepsis:

ANY CHILD WHO:

- Feels abnormally cold to touch
- Looks mottled, bluish, or has very pale skin
- Is breathing very fast
- Has a rash that does not fade when you press it
- Has a convulsion
- Is very lethargic or difficult to wake up

A CHILD UNDER 5 WHO:

- Is not eating
- Is vomiting repeatedly
- Has not urinated in 12 hours

If you see one or more of these symptoms, your child may be critically ill. See a doctor urgently or call 9-1-1 and say "I'm concerned about sepsis."

3 Use the words "I am concerned about sepsis" when seeking medical care.



For more information, visit sepsis.org or ask your medical provider.



The Benefits of Preventive Eye Care



Leslie Patch MD, FACS

By Leslie Patch, MD, FACS - Holzer Ophthalmology

Did you know that of the five traditional senses (sight, hearing, touch, smell, and taste), sight is responsible for the vast majority of sensory perceptions? Unlike most animals, our interaction with the world depends very heavily on sight. Studies have shown that not only do people consider sight the most important of all the senses, but there is also substantial fear of losing sight compared to other senses. In a recent study, 88 percent of participants ranked sight as the sense they value most and the one they were least willing to trade.¹

Early detection of and intervention for treatable eye conditions such as diabetes, glaucoma, and macular degeneration are important for long-term vision preservation. Some eye conditions cause little to no pain and can progress silently with substantial loss of visual function later in life. Many of these diseases can be detected, monitored, and treated by an eye care provider to help maintain healthy eyes and vision throughout life.

Diabetes is a leading cause of blindness and visual impairment in the US. The American Academy of Ophthalmology recommends people with type 1 diabetes should have annual screenings for diabetic retinopathy beginning 5 years after the onset of their disease, whereas those with type 2 diabetes should have a prompt screening at the time of diagnosis and at least yearly screenings thereafter.²

Even if you have no known eye disease or risk factors for eye disease, a baseline screening at age 40 is recommended.³ Routine eye exams will give you and your eye care provider the opportunity to detect and treat potential disease early, as well as review other preventive measures such as protecting your eyes from injury and wearing sunglasses to protect against ultraviolet radiation. Vision is an extraordinary gift, and a lifetime of healthy eyes and eyesight starts with routine check-ups and preventive care.

Dr. Leslie Patch received her Doctor of Medicine at Warren Alpert Medical School of Brown University in Providence, Rhode Island. She completed her residency in ophthalmology at the University of Colorado Eye Center at University of Colorado School of Medicine in Aurora, Colorado, and was an ASOPRS Ophthalmic Plastic and Reconstructive Surgery Fellow at the University of Wisconsin in Madison, Wisconsin. Dr. Patch is board certified by the American Board of Ophthalmology and is accepting new patients in Gallipolis and Jackson, Ohio.

¹ Enoch J, McDonald L, Jones L, et al. JAMA Ophthalmology 2019;137(11):1317-20.

² American Academy of Ophthalmology Diabetic Retinopathy Preferred Practice Pattern 2019.

³ Turbert D. Get an Eye Disease Screening at 40. <https://www.aaao.org/eye-health/tips-prevention/screening>

The Eye Quiz

By The Staywell Company, LLC
Learn about vision facts and myths by taking this quiz!

1. Sitting too close to the television will harm your eyes.
A. True B. False
2. If I see well, then I don't need eye checkups.
A. True B. False
3. Watching television in the dark can damage your eyes.
A. True B. False
4. You can harm your eyes if you wear drugstore glasses for reading.
A. True B. False
5. The darker the better when it comes to sunglasses.
A. True B. False
6. Many people suffer from eyestrain after using computers.
A. True B. False
7. Eye exercises are a good way to strengthen your eyes.
A. True B. False
8. Safety goggles are necessary only for workers whose jobs require them to deal with hazardous machinery.
A. True B. False
9. Cataracts cause vision to deteriorate rapidly with age.
A. True B. False

Answers: 1. B - False; 2. B - False; 3. B - False; 4. B - False; 5. B - False; 6. A - True; 7. B - False; 8. B - False; 9. B - False

To learn more about eye health or to take the eye quiz online, visit <http://healthlibrary.holzer.org/Search/40,EyesQuiz>.

Taking Notes on Children's Mental and Physical Health During COVID

The COVID-19 pandemic continues to take a toll on the physical and mental health of our nation. As we enter a new year, it is important for parents, caregivers, and school staff to continue to monitor the physical and mental health of our children.

For those children who are physically going to in-person instruction, the anxiety and fear is evident. Navigating the uncertainty of it all can be overwhelming. Checking in with your students and establishing open lines of communication is key.

The Centers for Disease Control and Prevention (CDC) recommends:

- Ensuring your child is up-to-date on vaccinations,
- talking with your child about how school and interactions with teachers and classmates are going,
- making handwashing fun,
- and checking whether the school has a system that identifies and helps students cope with mental health.

For those who are learning virtually, too much time in isolation can be harmful. "Tips for Students in the Age of Online Learning," a blog written by Parker Huston, PhD at Nationwide Children's Hospital has some tips to make online learning go as smooth as possible. He suggests that your child has a dedicated learning space and a schedule that he or she can stick to. Taking this type of learning seriously will be crucial in making sure your child remains on track this year.

While all the tips provided by Huston are welcome additions to our new normal, be sure to keep your children connected to their friends and family whenever you can. Schedule a virtual study session with a friend for your child. Set up a virtual game night for a few friends. These activities and others help to prevent mental health struggles.

"It's vital to keep an open line of communication with your children," shared Jonathan Mathis, MD, Pediatrician, Holzer Health System. "With COVID-19, virtual

and in-person learning has created new obstacles and challenges to established routines for the entire family. We want to encourage parents/caregivers to continue to foster environments to allow for their children to be able to express their emotions and concerns. It is also important for parents to acknowledge their own emotional and



Jonathan Mathis, MD



psychological state. We encourage parents to utilize their primary caregiver and pediatricians as a resource in order to provide the very best environment possible for growth and development."

"We want to encourage parents/caregivers to continue to allow for their children to be able to express their emotions and concerns. It is also important for parents to acknowledge their own emotional and psychological state."

Jonathan Mathis, MD
Holzer Pediatrics

South Carolina. He specializes in general pediatric care with an interest in child development and Attention Deficit Hyperactive Disorder (ADHD). To schedule an appointment with Dr. Mathis, call 1-855-4-HOLZER.

If you notice that someone is suffering from serious signs such as thoughts of hurting themselves or another person or your child or teen is in immediate danger of taking suicidal action, call the national suicide hotline at 1-800-273-TALK. Their trained counselors can help find local resources or suggest next steps. For the state of Ohio, you can also visit www.ohiospf.org.

SHARING YOUR STORIES Patient Experiences Quick Recovery, Return to Activities Following Anterior Hip Replacement

In October 2020, Warren Molden required hip surgery.

"Luckily, I was put in contact with Dr. Bishop at Holzer and was able to have an anterior left hip replacement," Molden said.

"Before surgery, I couldn't sleep in my bed. I was in pain all the time," shared Molden. "After my procedure, I recovered quickly. In two weeks, I was in therapy and doing great. By the third week, I was back on my tractors and skid steers. I couldn't ask for nicer people than those that cared for me at Holzer."



Charles Bishop MD

The anterior approach surgery procedure for hip replacement is a technique that minimizes the pain and time from surgery to recovery. The Anterior Approach allows the surgeon to reach the hip joint from the front of the hip as opposed to the lateral (side) or the posterior (back) approach. In this way, the surgeon can simply work through the natural interval between the muscles. The most important muscles for hip function, the gluteal muscles that attach to the pelvis and femur, are left undisturbed and therefore do not require a healing process.

"Dr. Bishop has a great attitude. He listened to my concerns and kept me, and my family, informed. My experience had a hometown feel with high-tech services," shared Molden. "I am so glad to be able to return to my daily activities and chasing my grandchildren around." Molden is a retired Safety Coordinator at AEP. He and his wife, Kathy, reside in Pomeroy, Ohio.

"Holzer is proud to offer the anterior approach hip replacement for our community members," shared Dr. Bishop. Patients that should take advantage of the anterior approach hip replacement include people who have osteoarthritis, hip fractures, and pain that



Shown pictured, from left to right, is Warren Molden and Dr. Charles Bishop.

worsens when walking. The anterior procedure allows us to have fewer complications and a smaller incision, which should promote faster post-operation recovery."

Dr. Charles Bishop is currently accepting patients at Holzer's Gallipolis location. He is a graduate of the University of Toledo College of Medicine in Toledo, Ohio, and completed his residency at Marshall University in Orthopedic Surgery. When asked what the best part is about being with the Holzer system, Dr. Bishop replied, "Everyone here is very kind. The staff, community members, and patients are all welcoming and receptive to the treatments we have available. I enjoy being a part of the Holzer family."

For more information, or to make an appointment with Dr. Bishop, please call 1-855-4-HOLZER or visit www.holzer.org.

"Before surgery, I couldn't sleep in my bed. I was in pain all the time. After my procedure, I recovered quickly. In two weeks, I was in therapy and doing great. By the third week, I was back on my tractor and skid steers. I couldn't ask for nicer people than those that cared for me at Holzer."

Warren Molden,
Holzer Orthopedics Patient

Celebrating 4 Years of Therapy, Health & Wellness



“This place has provided me the opportunity to make a life change. Over the past three years, I have lost 68 pounds and feel great.”

.....
Thomas “Hutch” Hutchins
Holzer Wellness Center member



Holzer Therapy & Wellness Center recently celebrated their Fourth Anniversary at their location in downtown Gallipolis, Ohio. To recognize the celebration, the Center recently added extended access for all members and held a drawing for individuals who registered for new memberships throughout the week, as well as members who visited the Center.

A one-stop approach for rehab and wellness needs, the Holzer Therapy & Wellness Center has something for everyone. Offering an integrated program of total healthcare services including comprehensive physical, occupational, speech and massage therapies, individual health risk assessments and supervised fitness plans, plus occupational health services.

Individualized therapy sessions and flexible scheduling allow for speedy evaluations and quick entry into our therapy. Our patients include individuals with chronic disease, illness or injury, neurological deficits, balance and walking challenges, motor delays, repetitive trauma injuries, cognitive-visual deficits, age-related degenerative disorders, musculoskeletal problems, orthopedic needs, as well as speech, communications, and swallowing disorders.

“Holzer Therapy patients are able to take advantage of state-of-the-art equipment and treatment areas that are

second to none,” stated Jodi Sickels, PT, Manager, Therapy Services – Gallipolis, Holzer Health System. “Our department has collaborated with the Wellness part of the Center and is able to offer our patients continued wellness advice after their Therapy ends, which creates healthier and happier residents of our community.”

Personalized health assessments are performed for each enrollee. “Programming goes well beyond what a typical fitness center offers by incorporating the expertise of healthcare professionals who provide the medical fitness difference. The center is the main location for expanding health outreach and education programs, resulting in a healthier and better educated community,” stated Mike Hemphill, Holzer Wellness Coach.

“The staff here is awesome,” shared Wellness Center member and recent Therapy patient John McClintock. “The location is welcoming, clean, with plenty of space and friendly staff. If I have any questions, one of the staff members is always able to answer it and show me how to properly use any piece of equipment here. The Therapy staff is wonderful to work with as well. This is just a great place to come and exercise.”

The wellness side of the Center includes a walking/running track, state of the art exercise equipment, massage, shower and locker area, vending services, and a multipurpose meeting room for a variety of fitness and educational programs.

“Coming to the Wellness Center makes me feel better,” shared



“Coming to the Wellness Center makes me feel better. My friends are here and we have become a family.”

.....
Georgia Martin
Holzer Wellness Center member

Winter Month Fitness Tips

As temperatures drop, you can keep your fire burning by staying active. Whether you are making goals for the new year or building off previous ones, it is never too late to start living a healthier and happier life.

Exercising outdoors in colder temperatures is safe. A few adjustments will need to be made before you begin moving in colder temperatures. It is recommended to wear warm layered clothing and remove layers if needed. Individuals with respiratory or heart conditions should consider wearing a mask if exercising outdoors.

“After your workout, be sure to shower and change out of your sweaty clothes into dry clothes,” Mike Hemphill, MAT, PTA, CAE, Manager and Wellness Coach, Holzer Therapy and Wellness Center, said. “This will help in regulating your body temperature.”

Moderate intensity exercises are the best way to increase your heart rate. Fast paced walking through the neighborhood or riding a bike through town or on a trail for 20-30 minutes daily or every other day can help in improving one’s health.

“In Gallia County, we have good walking and biking trails that are managed by the Raccoon Creek County Park,” Hemphill said. “On Dan Jones Road, you will find the park’s walking and biking trails, and in Gallipolis, Ohio an individual can start their walk or bike ride on the Gallia County Hike and Bike Trail and go past Holzer’s Gallipolis campus.”

Individuals who prefer to exercise at a gym or fitness center should be sure to follow current COVID-19 guidelines put in place by the Centers for Disease Control and Prevention (CDC) and the state in which they reside to protect themselves and others. It is recommended to wear a mask when entering and leaving a facility and remove the mask once exercise intensity increases and makes it difficult to breathe.

“One of the best and safest measures someone can do is to wash their hands with soap and water,” Hemphill said. “Good hand hygiene and keeping your hands away from your face, eyes, and nose is one of the best ways to prevent the spread of disease. Use a clean towel if you need to wipe your face.”

See more from our Therapy & Wellness Center Staff on Page 12:

- How to Alleviate Hip, Back, and Joint Pain
- Tips to Prevent Falls

The Holzer Therapy and Wellness Center is a comprehensive wellness center that offers an integrated program of total healthcare services including physical, occupational, speech and massage therapies, individualized health risk assessments and supervised fitness plans.

Personalized health assessments are performed for each enrollee. Programming goes well beyond a typical fitness center by incorporating the expertise of healthcare professionals providing the medical fitness difference resulting in a healthier and better-educated community.

For more information, you can visit the Holzer Therapy and Wellness Center, look online at www.holzer.org, or call 740-446-5502.



Georgia Martin, Wellness Center member. “My friends are here and we have become a family. It means a lot to me to be able to come to the Center and exercise.” Martin’s family credits her exercise routine to allowing her to maintain her independence. “She’s 88 years old and still able to move around and do her daily activities,” remarked Martin’s daughter Elizabeth.

“I wish we had a facility like this a long time ago,” stated Thomas “Hutch” Hutchins. “This place has provided me the opportunity to make a life change. Over the past three years, I have lost 68 pounds and feel great. Recently, I attended a doctor’s appointment and she didn’t even recognize me. The Wellness Center keeps me moving and I am so thankful for it.”

“We offer a variety of memberships to fit everyone’s schedule,” shared Hemphill. “In addition, we offer a number of classes that are open to everyone regardless of membership.”

The Center continues to add innovative ways to maintain our physical and mental health for all community members.

“We want our Center to be a wellness resource for our community,” continued Hemphill. “We are proud to have built many relationships with an assortment of instructors to bring these wonderful activities to our area.”

This project was made possible due to the Eastman Family building and property donation, along with many generous donors to Holzer Heritage Foundation. For more information, call (740) 446-5502 or visit www.holzer.org.

“The staff here is awesome. The location is welcoming, clean, with plenty of space and friendly staff.”

.....
John McClintock
Holzer Wellness Center member



WELLNESS CENTER SERVICES

- Walking/running track
- State-of-the-art equipment
- Massage therapy
- Shower and locker area
- Vending services
- Multipurpose meeting room for variety of fitness and educational programs

CLASSES AVAILABLE (schedules/availability may vary)

- Line dancing
- Yoga
- Spin (bicycling)
- Personal training
- Zumba

Tips to Alleviate Hip, Back & Joint Pain

Monitoring diet and exercise help individuals of all ages enjoy an active and healthy lifestyle. Adults ages 55 and up do tend to begin experiencing hip, back and joint pain when engaging in physical activity, especially as the temperatures begin cool. There are several ways that people of all ages can alleviate pain in the hip, back and joint areas.

"Hip pain can be a broad term, and a lot of times, people will point to their glutes or their back, which can lead to different types of pain in the hip area," Mike Hemphill, MAT, PTA, CAE, Manager and Wellness Coach of Holzer Therapy and Wellness Center said. "It is important to figure out exactly where the pain is originating from, what might be the cause, and how the pain can be alleviated."

Different exercises such as back extensions, abdominal exercises, hip abductions, hip adductions, as well as walking, are great ways to alleviate hip, back and joint pain. By strengthening and improving one's range of motion in these areas, you are better able to have full

mobility and function for daily activities of life.

"You don't have to worry about individuals who come in with these issues of pain being committed to exercising because they're ready to make a change," Hemphill said. "Staying consistent and doing these types of exercises daily or every other day can help in reduction of pain."

Poor posture may be a reason someone is experiencing pain in the hip, back and joint areas. Hemphill teaches a class on ergonomics, and he helps people better understand and learn how to work their bodies in a way that won't hurt them.

"Ergonomics is the science of fitting the job to the worker and being able to use our body movement correctly, which involves proper posture and body mechanics," Hemphill said. "For example, bending over from the waist or sitting slumped at your



Mike Hemphill
MAT, PTA,
CAE

desk is ergonomically incorrect."

The Holzer Therapy and Wellness Center not only has the equipment to help you feel better, but also has people who can help you too. The Wellness center offers skilled staff members to aid during your exercise so that it is effective. Barb Sheets also offers massage therapy through appointment and works to accommodate and care for community members as well as members of the Wellness Center.

"Barb can work out strains or pains through massage therapy," Hemphill said. "She is a big help to our staff. The work that she does is phenomenal and helps so many."

The Holzer Therapy and Wellness Center offers an integrated program of total healthcare services including physical, occupational, speech and massage therapies, individualized health risk assessments and supervised fitness plans.

For more information and membership rates, you can visit the Holzer Therapy and Wellness Center at www.holzer.org, or call 740-446-5502.

Holzer Therapy Services Offers Fall Prevention Tips

Are you afraid of tripping or falling due to a slippery surface? According to the National Institute of Aging, one in three people age 65 and older fall each year. As individuals age, the risk of falling increases, causing multiple injuries and health problems.

There are several factors that increase the risk of falling. The Fall Prevention Center of Excellence lists past falls, hazards in the home and community, balance and walking problems, medications side effects, decreased vision, and memory loss act as a few factors that can increase the risk of falling.

"You do not have to accept falls as a normal part of aging! There are many things you can do, including finding a fall prevention program in the community for strength and balance exercises, managing your medications, having your vision checked and removing trip hazards making your living environment safer," Stella Barrett, OTR/L, Director of Therapy Services, Holzer Health System said.

Here are a few ways to prevent a fall:

- Stay active! Regular exercise keeps your body and mind moving.
- Learn the side effects of your medications
- Get enough sleep.
- Be cautious when walking on wet or icy surfaces.
- Safeguard your home. Remove things that might make you trip or slip like throw rugs and clutter. Keep your home well-lit to easily see where you are going.
- Wear sturdy shoes that fit well. Perhaps change to lace up/velcro non slip shoes, avoid slip on shoes



Stella Barrett,
OTR/L



Fall Prevention | Continued on page 17

Don't Overlook Your Sleep Habits

Sleep is an area of our health that, unfortunately, often gets overlooked. On average, we spend a third of our life sleeping. Sleep affects every aspect of our lives and is not only important to our physical health, but also affects our mental state. As the modern world stretches our time in all different directions, our sleeping habits are usually affected, reducing the amount of shuteye we receive and causing sleep-deprivation.

According to the Centers for Disease Control and Prevention (CDC), sleep requirements vary based on age. The minimum amount of sleep required is:

- Ages 6-12 years old require 9-12 hours of sleep per 24-hour period.
- Ages 13-18 years old require 8-10 hours of sleep per 24-hour period.
- Adults require 7-9 hours of sleep per 24-hour period.

Getting enough sleep is very important to our bodies although the exact amount of sleep varies from person to person. As defined by the Sleep Foundation, the habits and activities we do around sleep is called sleep hygiene. Sleep hygiene incorporates habits as well as the type of environment to encourage the likelihood of being able to obtain the best sleep and feel rested upon rising. Here are some helpful tips to improve your sleep hygiene:

1. Make sleep a top priority and allow enough time to achieve the recommended hours of sleep for your age category.
2. Make your bedroom the darkest, quietest, and the coldest room in the house.
3. Use a comfortable mattress set.
4. Use a hypoallergenic pillow especially if you have known allergies.
5. Set times for bed and wake and follow

them on weekends or days off as well.

6. Try to exercise every day but limit it to no less than 3 hours before bedtime. Do stretching exercises before and after workout.
7. Maintain a healthy diet.
8. Do not eat a heavy meal within 3 hours of bedtime.
9. Do not consume alcohol within 4 hours of bedtime.
10. Create a relaxing, nightly routine to prepare for bed.



Relaxation techniques can be helpful before bed and while trying to get to sleep.

11. Set aside 30-60 minutes before bedtime to relax and wind down. Turn off electronic devices and avoid bright lights during this time.

12. If unable to fall asleep after 20 minutes, get up and do a relaxing activity for 20-30 minutes before returning to bed.
13. Subject yourself to bright light for at least 30 minutes upon rising. Direct sunlight is the best, but if you're unable to be in sunlight, spend time in the brightest room in your home.

If after completing the tips above and you are unable to sleep, or wake feeling unrested, speak to your primary care provider. Your physician can decide if you need a referral to a sleep specialist.

Holzer's Sleep Medicine offers providers in Gallipolis, Jackson, Athens, or Proctorville, Ohio, for full-service treatment and diagnosis for a variety of sleep disorders. We offer treatment for sleep disorders, such as sleep apnea, and accept physician referrals to have an overnight sleep study done in one of our state-of-the-art sleep labs. For more information, visit www.holzer.org. All locations can be reached toll free by calling, 1 866 28-SLEEP (1 866 287-5337).

Quiz: What Do You Know About Sleep?

Source: *The Staywell Company, LLC*

1. Babies who are 4 to 12 months old need about how many hours of sleep in 24 hours?
A. 8 hours B. 10 hours
C. 12 hours D. 16 hours
2. Each night when you sleep, you move through several stages. How long does a complete sleep cycle take?
A. 30 minutes B. 90 to 110 minutes
C. 3 hours D. 4 hours
3. A person who is awakened in the middle of the night by a telephone call may have trouble remembering the conversation the next day. Which is the most likely explanation for this?

- A. The sleeper was dreaming and thought the conversation was part of a dream
 - B. The sleeper has trouble remembering things during the day
 - C. The sleeper has a form of amnesia related to sleep
 - D. None of the above
4. A sleep disorder called sleep apnea can prevent a person from getting the rest he or she needs. Sleep apnea also has been linked to which of these serious health risks?
A. Hypertension B. Heart attack
C. Obesity D. All of the above

5. Which of the following can help prevent snoring?
A. Losing weight B. Not smoking
C. Sleeping on your side
D. All of the above
6. Which of these lifestyle factors can affect the quality of your sleep?
A. Smoking B. Exercise
C. Drinking D. All of the above
7. Which of these will help promote better sleep?
A. Exercising 2 hours before bedtime
B. Reading or listening to music
C. Changing bedtimes
D. Having a late dinner

Answers: 1. D; 2. B; 3. C; 4. D; 5. D; 6. D; 7. B

Holzer Welcomes New Chaplaincy Services Director

Holzer would like to welcome Director of Chaplaincy Services, Jamie Sisson! Sisson grew up in Gallia County and graduated from Gallia Academy in 1993. He completed a bachelor's degree in English at The Ohio State University in 1997, Master of Arts in Teaching (Language Arts 5-12) at Marshall University in 1998, and Master of Divinity at Asbury Theological Seminary in 2006. Jamie is currently pursuing his PhD from Columbia Theological Seminary.



Jamie Sisson

Sisson is no stranger to the Holzer System, he became a Volunteer Chaplain in 2014.

"I am enjoying becoming more connected to the Holzer family. Currently, I also serve as the Pastor of Fellowship of Faith in Rio Grande, where I have been for 15 years. In many ways, I see my work at Holzer as an extension of FOF's ministry to our community," shared Sisson.

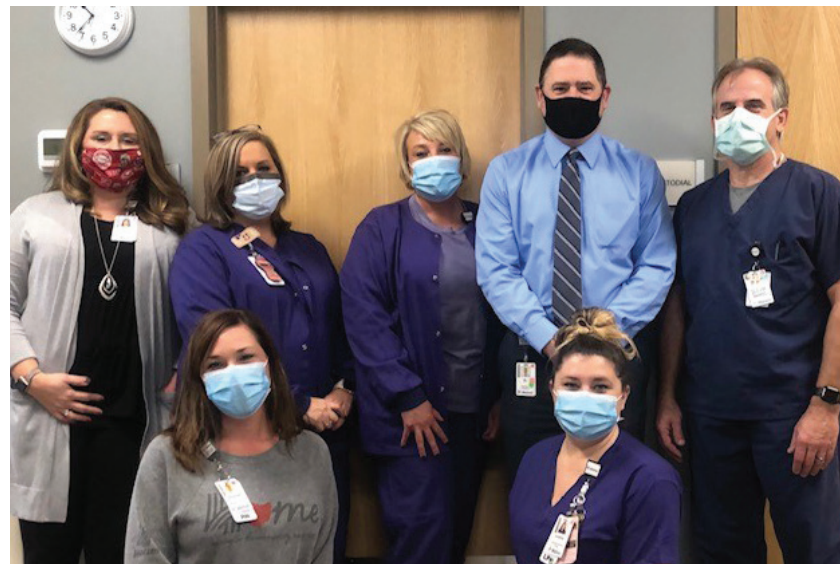
"As we continue to deal with the COVID-19 pandemic, I want everyone to know I am available to talk or listen to anyone who wants or needs it. Your concerns don't have to be spiritual, and you don't have to be a person of faith to reach out," Sisson continued. "Feel free to call or email me to schedule a meeting."

Sisson moved into the Director position in July 2020 following the retirement of Fred Williams, PhD. Williams retired after providing 11 years of service as the Director of Chaplaincy Services for Holzer Health System. Join us in wishing Williams a wonderful retirement as he embarks on this new journey.

Holzer Chaplaincy Services provides routine pastoral visitation for our patients and residents in each Holzer facility. Chaplaincy Services provides the following services: patient and staff visitation, pastoral presence and prayer, pastoral counseling, grief counseling, and advance directive guidance.

Sisson resides in Gallipolis with his wife, Amy. They have three children, Brett, James, and Luke, and a family pet dog, George. In his spare time, Jamie enjoys spending time with his family as well as traveling, reading, hiking, riding dirt bikes, listening to music, going to concerts, and watching movies.

To make an appointment with Sisson or to inquire about Holzer Chaplaincy Services, call (740) 446-5053 or email info@holzer.org.



Holzer Wound Care Gallipolis staff shown pictured includes front row, left to right: Amanda Ousley, RN, Clinical Nurse Manager, Lindsay Eutsler, LPN/HBO Technician, and back row, left to right: Rachel Kearns, Program Director, Amy McFall, RN, Amy Ervin, Front Office Coordinator, BJ Barnette, Wound Care Consultant, and Dr. Glenn Fisher, Medical Director.

Gallipolis Wound Care Center Recognizes First Anniversary

Holzer Wound Care Center on the Gallipolis campus recently recognized its one-year anniversary.

Holzer Wound Care Center is staffed with a unique team of doctors, nurse practitioners and nurses, all dedicated to healing chronic wounds. Staff specialize in treating non-healing wounds through several different treatment options.

"When determining the type of treatment a patient receives, the totality of the patient is considered," Glenn Fisher, MD, Medical Director of Wound Care at Holzer, said. "We offer skin substitutes, surgery referrals where appropriate and Hyperbaric Oxygen Therapy (HBO) for certain wound types in conjunction with standard wound care therapy."

HBO is a medical treatment that increases the amount of oxygen in the patient's blood, allowing oxygen to pass more easily through the plasma into wounds. The patient is surrounded with 100 percent oxygen at higher than normal atmospheric pressure while in the chamber. The patient is monitored by a technician

and supervised by a specially trained physician during treatment.

Nurses and providers at the Holzer Wound Care Center are trained by Healogics, Inc., a national leader in wound care treatment centers. Many of the staff members have been a part of wound care since it opened in Jackson in 2012 or joined the team shortly after.

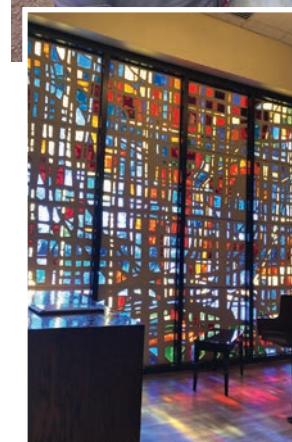
"Wound care decreases the risk of potential amputation and other complications that can occur," Fisher said. "Over the past year, Holzer Wound Care Center in Gallipolis has provided care to approximately 400 patients and nearly 3,000 encounters. We are proud to offer safe, quality wound care here in Gallipolis for our community."

Holzer is proud to offer Wound Care Centers in the Gallipolis and Jackson communities. A referral is not needed to receive wound care services. You can call (740) 446-5700 to schedule an appointment at the Gallipolis location or (740) 395-8484 for the Jackson Wound Center. For more information, visit www.holzer.org.

IN THE COMMUNITY



ABOVE Photo: The Gallipolis Rotary Club donated a plaque to commemorate the stained glass located in the Holzer Chapel. Above photo: Shown pictured, from left to right: Jamie Sisson, Director, Holzer Chaplaincy Department, Deb Rhodes, Rotary Member, Bonnie McFarland, Rotary Member, Angie Stowers, Rotary Member, and Fred Williams, retired Director, Holzer Chaplaincy Department.



LEFT Photo: Shown pictured is the stained glass located in the chapel at Holzer Gallipolis. The hand-sculptured window was designed by Gabriel Loire, a recognized world leader in stained glass art.



ABOVE Photos: Shown pictured are the Drug Take Back Drive-Thru events hosted by the Gallia County Sheriff's Office, Gallia County Citizens for Prevention and Recovery (CPR), Meigs County Sheriff's Department, Meigs County Prevention Coalition, and Holzer Health System, located in Gallipolis and Pomeroy.



ABOVE Photo: Bossard Memorial Library generously donated 80 build-your-own-Bears and Buddies, which are frog-themed, to the Holzer Heritage Foundation. Shown pictured is Rachael Barker, Youth Services Program Coordinator, Bossard Memorial Library, and a sample of the buddy donation. The frogs have been provided to the inpatient pediatric unit for patients to build during their stay at Holzer.



ABOVE Photo: Shown pictured is Lori Siders, MS, RD, LD, Holzer Dietitian, who was featured on WSAZ News Channel 3 Moms Everyday for a cooking segment

» Fall Prevention | continued from page 14

- Take vitamin D to strengthen bones and muscles. Your provider can help you decide how much may be needed.
- Use a cane, walker, or other safety device. If your provider recommends that you use a safety device, be sure that it is the right size and know how to use it. Other items that may help you avoid falling include grab bars or a seat for the shower, non-slip bathmats, and handrails for stairs.

Holzer encourages you to discuss your risk of falling with your primary care provider

and create an action plan to prepare for the winter months. It is important to tell your doctor if you fall, or if you are worried about falling. Share concerns if you feel unsteady, feel as though the room is spinning, feel as if you are moving when standing still, or frequently lose your balance.

"Fall prevention is a team effort. If you have had a recent fall or fear falling bring it up with your doctor, family, or contact a therapist," Barrett said. "They want to help you maintain your mobility and independence and reduce your risk of falling."

Holzer Therapy Services can assist in setting up a specific program that is best for you and make recommendations for community programs that may be beneficial. Holzer provides highly trained rehabilitation professionals who are focused on helping patients achieve and maintain good physical health through fitness training, education, and rehabilitation. Individualized therapy sessions and flexible scheduling allow for speedy evaluations and quick entry into therapy. Holzer provides Therapy Services at our locations in Athens, Gallipolis, Jackson, and Pomeroy, Ohio. For more information, contact Holzer Therapy Services at 1-855-4-HOLZER.

THANK YOU

Holzer Thanks 2020 Supporters of the Earl Neff Pediatric Fund

The Earl Neff Pediatric Fund at Holzer Health System continues to be supported enthusiastically by area businesses and organizations. The Pediatric Fund, in existence for nearly 50 years, has supplied needed toys, equipment and entertainment to thousands of patients who have received care from Holzer's Pediatric Services. The entire staff of Holzer along with the young children and their families join in expressing their gratitude to our donors for these generous contributions to the Earl Neff Pediatric Fund. For more information, contact Abby Greer at the Holzer Heritage Foundation at 740-446-5878.

*Photos were taken prior to COVID-19 pandemic



1.



2.



3.

JANUARY: 1. DASCO Home Medical Equipment, represented in the photo by Keith Johnson; 2. Shrine Club's Hillbilly Clan #7 represented by (from left to right), First Row: Keith Spurlock, Scott Robinson; Second Row: Lynn Alban, Terry Lucas, Lee Harris, Clarence Hill, Jordan Swisher, Bob Taylor, Tom White, Scott Lucas, Arnold Woodard; Third Row: Robert Lucas, Larry Betz, Steve Massey, Merel Baker, Jerry Scott, John Sturgeon; Fourth Row: Dwain Beaver, Doyle Saunders, Chris Craft, Mike Coney, Jeremy Dewitt, Charles Knighting, David Thaler. Fifth Row, Rodney Fulks and Don Mink.; **FEBRUARY:** 3. CARQUEST, represented by (from left to right) Jeff Dunlap and Kevin Petrie;



4.



5.



6.



7.

4. Jenny M. Evans, Attorney at Law (*February continued*); **APRIL:** 5. River Front Honda-Yamaha-Polaris, represented by Owner Bob Cox; 6. Waugh Halley Wood Funeral Home, represented in the photo by Gene and Peggy Wood; **MAY:** 7. Farmers Bank, represented by (from left to right) Brittany McAvenda, Jessica Edwards, and Amber Cavender

8. The Medical Shoppe, represented by Dodie Vallee (*May continued*); **JUNE:** 9. Antolino and Associates represented by (from left to right) Wendy Baird, Maureen Armstrong, and Darren Clark; 10. VFW Post #4464 represented by Post Commander Bill Mangus;



8.



9.



10.



11.



12.



13.

JULY: 11. Norris Northup Dodge-Chrysler-Jeep, represented by Jason Northup; 12. Ohio Valley Bank, represented by Kyla Carpenter, VP, Director of Marketing, (right), and Andrew Bush, Online Banking Manager (left); **AUGUST:** 13. Kyger Dental Associates, Inc., represented by Carrie Franklin;



14.



15.

14. Gallipolis Shrine Club, represented by (first row, from left to right): Doyle Saunders, Gordon Goble, Homer Hankins, Bob Lucas, Jay Caldwell, Guy Guinther, Scott Lucas, Lee McCarty, Clarence Tucker, Herb Moore, Lawrence Thiess, Clarence Hill, Steve Booth; (second row, from left to right): Steve Salisbury, Fred Bryant, Bill Johnson, Tim Stout, Dave Hager, Steve Saunders, Terry Lucas, Merill Baker, Jerry Scott, Matt Richards, Lonnie Boggs, Rex Shenefield, Dan Henderson; (third row, from left to right): Bob Rothgeb, Chris Craft, Mike Blaine, Larry Betz, Phil Baird, Walt Brown, Jeremy DeWitt, Garry Stover, Bert Stover, Stan Bowman I, Stan Bowman II, Jim Shato, Rodney Alderman, Chuck Ester and Bob Ester (*August continued*); **SEPTEMBER:** 15. Marchi's Carry Out, represented by Mike Marchi;



16.



17.



18.

16. Gallipolis Emblem Club, represented by Beth McQuaid (*September continued*); **OCTOBER:** 17. French Colony Chapter National Society Daughters of the American Revolution, represented by (from left to right), First Row: Linda Lester, Vicki Powell, Gwen McGuire, Regent; Second Row: Cindy Graham, Roberta Roush, Catherine Hamm, Marjorie Wood, Maxie Oliver, Donna Waugh and Cathy Greenleaf; Third Row: Lois Miller and Emily Dailey; 18. Elks Lodge #107 represented by Exalted Ruler, Tom Meadows;



19.



20.



21.

NOVEMBER: 19. Tom's Auto Clinic, represented by Manager Rick Jones; Finley and Eachus Attorneys at Law (*not pictured*); **DECEMBER:** 20. Haffelt's Mill Outlet, represented by Marlin and Nancy Rose; 21. Noe-Saunders Attorney at Law, represented by Brynn Saunders Noe.



In Loving Memory of

Roberta "Bobbie" W. Holzer

August 28, 1921 - December 23, 2020

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