



*'An ounce of prevention is worth a pound of cure.'* - Benjamin Franklin

# Why Preventive Care Matters

## Routine Well-Checks, Immunizations Serve as First-Line Defense to Health

By Charles Davis, MD

Holzer Pediatric & Adolescent Medicine

Now more than ever, preventive care and maintenance of health is the backbone of modern medicine. No matter how far our technology advances to detect and cure disease, routine care to prevent illness and disease burden on patients and families will always serve as the first-line defense in our community. On a daily basis, Primary Care Providers rely on continuity of care in the form of well-checks and health supervision visits for many purposes; the first being to screen and rule



Charles Davis, MD

out any possibility of new onset of any lifelong or potentially harmful or fatal illnesses. But, aside from that,

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- Dr. Davis  
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Preventive Care Helps Patients Avoid Serious Illnesses

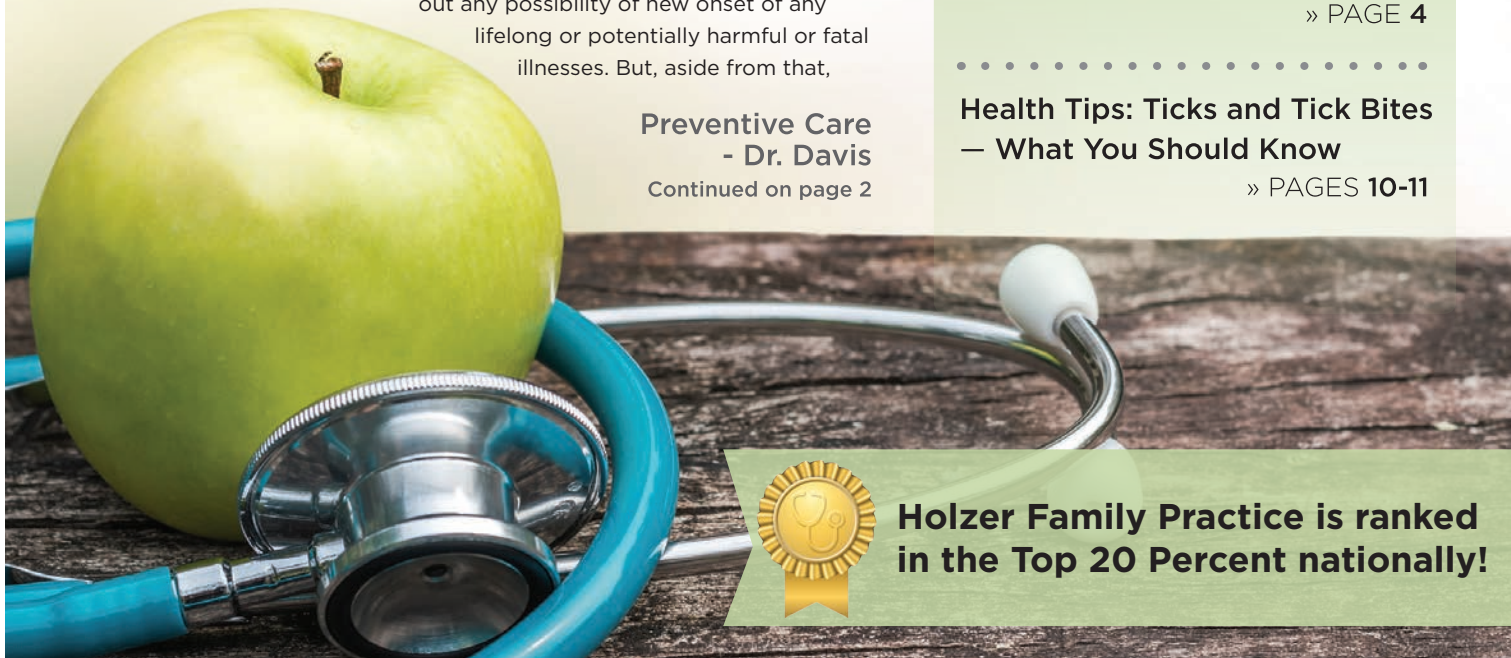
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Holzer Family Practice is ranked in the Top 20 Percent nationally!

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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.

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providers use these routine visits to help promote a positive and healthy influence of decision making for patients of all ages.

What does this mean for our community? Routine well checks help with decision making of patients, can promote healthier eating, exercise, and sleep habits, as well as helping prevent the routine use of harmful substances, including tobacco, alcohol, and/or illicit drug use. The American Academy of Pediatrics (AAP) provides the following brief statement regarding their mission on preventive health.

*“The AAP continues to emphasize the great importance of continuity of care in comprehensive health supervision and the need to avoid fragmentation of care.”*

Numerous studies have even proven that a large portion of life-changing or life-threatening disease is first discovered in a routine well-check. Many patients may have subtle symptoms that could go unnoticed by themselves or even by family but could be uncovered by simple routine questioning of their PCP in routine health supervision visits. This is especially true of children, as sometimes odd behaviors or “quirks” noticed by parents are really warning signs or symptoms of a much larger problem. Even in the earlier stages of my career, I have diagnosed early onset Type 1 Diabetes, cancers, and even surgical emergencies during well visits on seemingly healthy children. These diseases can go undiagnosed and untreated if routine well checks are not maintained.

In addition to routine questioning and screening at well checks that can be potentially lifesaving, the most important part of maintenance of care has not even been discussed: immunizations. Now, vaccines have been a controversial topic in media due to an overwhelming amount of false information regarding risks and side effects of their use. While none of these reports have ever had any true evidence to support such claims, the misinformation has spread through our social media like a virus, confusing the public on what is true.

Rather than focus on the negativity of false information, which is its own issue, I would ask people to consider the facts that we know are true. The truth is, prior to the routine use of immunizations, millions of Americans were victim to the many bacteria



and virus causing life-altering or life-threatening disease. Hundreds of thousands of men, women, and children would die each year to these varying illnesses, or would suffer from many different complications, including permanent paralysis, blindness, deafness, mental impairment, physical impairment, or infertility. Since the use of modern vaccinations for several different diseases, including Polio, Tetanus, Measles, Mumps, Hepatitis, and Bacterial Meningitis, just to name a few, our country has seen a large reduction in the number of people who are afflicted with these illnesses each year. This also means the number of deaths from preventable disease also decreased. Vaccinations have arguably been the single most important medical advancement in modern medicine and have saved more lives than any amount of antibiotics, surgeries, or chemotherapies. That is the bottom line.

Not only do vaccinations that you and your family receive protect you, but they also serve to protect those who cannot receive the vaccine, such as patients with diseases affecting their immune system, or patients with cancer undergoing treatment. Vaccinating your child is not only sparing their life from potential life-threatening illness, but you are also doing your part to protect other, less fortunate children.

As a physician in our community, as a father and husband, and as someone who has been directly affected by the consequences of not being vaccinated, I strongly encourage all families to seek care with their primary care providers for routine well care and immunizations. For children and parents in our community, the Pediatric Department at Holzer Health System will always welcome patients of any culture or walk of life, and I am personally happy to answer any concerns of families regarding the well-being of their children. I tell all my patient parents, “I will always treat your child as I would treat my own.” I live by that motto, and I take pride in being one of your community Pediatricians. But, no matter who takes care of you and your child, I cannot stress enough: Make routine well checks and get immunized!

*Dr. Davis received his Doctor of Medicine at the Joan C. Edwards School of Medicine at Marshall University in Huntington, West Virginia. He completed his residency at Carilion Clinic - Virginia Tech School of Medicine Program in Roanoke, Virginia. He is accepting new pediatric patients at our locations in Gallipolis, Jackson, Pomeroy, and Athens, Ohio. To schedule an appointment, call 1-855-446-5937.*

## SHARING YOUR STORIES

### Care with Dr. Esmaeili Has Been ‘Best Decision’

“I feel like I have known the staff at Holzer all my life,” shared Glenda Slater on her experience at Holzer Lawrence County location in Proctorville.

Slater recently became a patient of Mittra Esmaeili, DO, Family Practice, Holzer Health System.

“I was referred to Dr. Esmaeili by a family member, and it has been the best decision. She is helping me become healthier and I feel great. I am very impressed with her and the staff. I love it here.”

Slater moved to the Rome area two years ago to be near family. She has two sons in Tennessee, four grandchildren, and one great-grandson. She is a retired master cabinet maker.

“I have no complaints about my care at Holzer. They are a great team providing friendly and excellent service.”

Dr. Esmaeili is a graduate of West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia and completed her residency an internship at Southern Ohio Medical Center in Portsmouth, Ohio. She is



Shown pictured from left to right is Mittra Esmaeili, DO, Family Practice, and Glenda Slater.

currently accepting patients at the Holzer Lawrence County location in Proctorville,

Ohio. For more information or to make an appointment, please call 1-855-4-HOLZER.

### Preventive Care Helps Patients Avoid Serious Illnesses

Preventive care is essential for health and wellness. Preventive health services include physical exams, immunizations, laboratory work, and x-rays such as mammograms, colonoscopies, cervical cancer screenings, prostate screenings, and bone density exams. Routine visits by your primary care provider begin from birth to end of life with the goal of prevention and optimizing health, wellness, and quality of life regardless of age.

“As a primary care provider, I am honored and privileged to be part of my patient’s health care team. I encourage regular visits and preventive care to help avoid serious health concerns,” stated Mary Brown, CNP. “Screenings allow early detection of diseases and promote better outcomes. Even the healthiest person can develop a serious illness that early detection can help to optimize treatments.”

This type of care can be provided by primary care physicians and nurse practitioners like Mary Brown, CNP, Primary Care Provider, Holzer Athens. With a nursing background, nurse practitioners provide a

“As a primary care provider, I am honored and privileged to be part of my patient’s health care team. I encourage regular visits and preventive care to help avoid serious health concerns.”

**Mary Brown, CNP**  
Family Practice, Holzer Athens



grounded approach to treating patients utilizing skills stressed in nursing programs such as empathy, listening, and attentive behaviors. Nurse Practitioners are able to treat, refer, prescribe and diagnose patients.

“I encourage all patients to discuss preventive health care with their primary health care provider and work as a team to improve your health and wellness,” shared Brown.

Family history plays a crucial role in determination of preventive health care, especially for early detection of breast and colon cancer, which, if found in early adulthood, can augment outcomes and further longevity.

Maintaining health is an important factor in reducing the cost of health care expenditures in the U.S. For example, osteoporosis can result in increased risks for fractures especially in post-menopausal women and men. Surprisingly, the cost of all major osteoporotic fractures and risks is higher than combined breast cancer, strokes, and heart attacks in our country and estimated to be over \$18 billion dollars by 2025 (Journal for Nurse Practitioners, May 2019).

For more information on preventive health, or to make an appointment at Holzer, contact 1-855-4-HOLZER or visit [www.holzer.org](http://www.holzer.org)

## Adopting Healthy Lifestyle Habits Is Often Best Treatment, Prevention of Disease

By Elizabeth Bentley, MD  
Holzer Family Practice



Elizabeth Bentley, DO

There are many advantages to having a primary care physician (PCP). A family medicine, internal medicine or pediatrics doctor is a patient's first point of contact for medical care. Research shows that individuals that live in communities with more PCPs have improved health outcomes and fewer deaths from cancer, heart disease and stroke. They also tend to live longer.

There are several benefits to having a PCP that lead to improved health outcomes. The most important benefit is continuity of care. This means your doctor is responsible for providing comprehensive care including routine check-ups, medication management, collaborating with other doctors and healthcare professionals, keeping track of all your specialty care, immunizations, age recommended screening exams and preventive care. All of this allows for the building

of a strong relationship over time with a provider that knows you.

This trusted relationship also allows for time and money savings. Common illnesses can sometimes be managed over the phone or with a quick same day appointment. Being familiar with a patient's medical history, health goals, concerns and unique needs helps a PCP effectively choose an appropriate course of action. This often saves the patient from needing to use urgent care or incur a costly visit to the emergency department.

Establishing with and routinely seeing a PCP can undoubtedly benefit you, but not everything can be fixed with a medication. In fact, the best treatment and prevention of disease can be found in the adoption of healthy lifestyle habits. The American College of Lifestyle Medicine refers to these habits as the six pillars of lifestyle medicine.

These include:

**NUTRITION:** Food trumps all. Choose nutritious whole, mostly plant-based foods that are fiber-filled, health-promoting and disease-fighting! Think veggies, fruits, beans, lentils, whole grains, nuts and seeds.

**EXERCISE:** Regular and consistent physical activity that can be maintained on a daily basis (walking, gardening, push-ups and lunges) are essential.

**SLEEP:** Lack of, or poor sleep quality can lead to decreased ability to overcome illness, a strained immune system and chronic disease.

Get a minimum of 7 hours nightly.

**TOBACCO:** Using tobacco increases your risk of many cancers, heart disease and lung disease.

Counseling and medication can help you kick the habit.

**SOCIAL CONNECTION:** Social interaction is essential to emotional



resiliency and overall health. Hint: Social media like Facebook does not count.

**STRESS MANAGEMENT:** Stress can either lead to improved health and productivity or to anxiety, depression, obesity, immune dysfunction and poor health outcomes. Stress reduction techniques including meditation, mindfulness and practicing relaxation can go a long way to improve mind, body, and health.

Your primary care physician can help you lead a longer and healthier life. Please find a PCP today if you don't already have one. It's never too early or too late to take control of your health, and your local family physician is well equipped to help you on your journey.

Elizabeth Bentley, DO, Family Practice, completed her Doctor of Osteopathic Medicine at West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia. She completed a Family Medicine Residency at Holzer Jenkins Memorial Clinic, Holzer Health System in Wellston, Ohio. Dr. Bentley is accepting new patients at Holzer Jenkins Memorial Clinic, located at 140 Jenkins Memorial Road, Wellston, Ohio. To schedule an appointment, call 1-855-446-5937.

## Growing Up: When to Transition from Pediatric Care to Primary Care

Ellie Rose, Ohio University student and intern with Holzer Health System Marketing & Business Development, shares information on the transition from Pediatric Care to Primary Care.

At what point do we find ourselves making the switch from pediatric care to primary care? Is there a specific age or period of time we should complete this transition?

As a college student, I often find myself questioning my ability to find proper care while in this new stage of growth. Sympathy and understanding flood the rooms of pediatric care facilities, and excellent care remains a quality shared by the pediatric care community. However, it is also these providers who are trained in helping you grow and develop until it is time to send you along to the next hands of care. While not all primary care offices are eager to hand us lollipops and cartoon stickers, they are there to give you the best care in your next stage of life.

### SO, HOW DO YOU MAKE THE SWITCH TO PRIMARY CARE?

During the ages of 18-21, when most kids leave home, attend post-secondary education, or start a job, it is the most important time to seek out the next step in health care. However, we understand that this transition can trigger some



anxiety and worry and can have you asking yourself, "do I even know how to make my own appointments?" And while these are incredibly important things to know, it is okay to not know what kind of insurance you have, how to contact your provider, and how to get prescriptions refilled. This part of life is about development from one stage to the next, and learning is the most important aspect of it all.

### WHAT SHOULD YOU KNOW BEFORE SWITCHING CARE PROVIDERS?

Looking for a new provider can be overwhelming; however, it's important to research the type of care you are seeking

and the providers who can give the best care. Understanding the type of insurance the provider accepts, finding facilities that are within reasonable distance, and providers within an organization that provide optimal care are the three most important points to ask yourself before choosing a new doctor.

### HOW TO CARE FOR YOURSELF?

Learning how to care for yourself is a very important part of moving into the next stage of your life. Making sure you're scheduling the proper well-checks and fostering a good relationship with your provider is crucial to maintain a happy and healthy life.

### HOW CAN HOLZER HELP YOU MAKE THIS TRANSITION?

As a leading health care system in the area, Holzer fosters many avenues to ensure easy and optimal health care. You can begin the switch from pediatric care to primary care, by visiting the Holzer patient portal, [www.myholzer.com](http://www.myholzer.com), or call 1-855-4-HOLZER (1-855-446-5937) to set up an appointment.

Remember research is key, don't be afraid to consult friends and family, and most importantly, don't be nervous to make this transition.



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# Welcome to Holzer



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Joint Replacement*  
Holzer Gallipolis



**Matthew Comeau, DO**  
*Internal Medicine*  
Holzer Athens



**Alexander Curtis, MD**  
*Family Medicine  
Resident*  
Holzer Sycamore



**Ed Dachowski, MD**  
*Psychiatry*  
Holzer Gallipolis



**Isis Holloway, DO**  
*Family Medicine  
Resident*  
Holzer Sycamore



**Cynthia Jefferson, CNM**  
*Obstetrics/  
Gynecology*  
Holzer Gallipolis



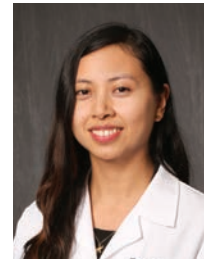
**Paul Ramey, DO**  
*Family Medicine  
Resident*  
Holzer Jackson



**Randi Slone, NP**  
*Internal Medicine*  
Holzer Gallipolis



**Kristin Stump, Au.D., CCC-A**  
*Audiology*  
Holzer Gallipolis



**Karen Wong, DO**  
*Family Medicine  
Resident*  
Holzer Jackson

Holzer is proud to announce new physicians and providers have joined our team of highly skilled professionals. Holzer is a multi-discipline healthcare system of over 160 Providers administering care in more than 30 areas of expertise in multiple clinical locations throughout Southeastern Ohio and Western West Virginia. Holzer is committed to providing the best and brightest medical professionals in our health system, and are proud to welcome our new providers as part of the Holzer family.

**To schedule an appointment, please call 1-855-4-HOLZER (446.5937). To learn more about our providers, or to find a provider, go to [www.holzer.org/find-a-doctor](http://www.holzer.org/find-a-doctor).**



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## Fred Williams Nominated for Ohio Hospital Association Health Care Worker of the Year

Fred Williams, ThB, MA, PhD, Director, Holzer Chaplaincy Department, was recently recognized as Holzer Health System nominee for Health Care Worker of the Year Award, sponsored by the Ohio Hospital Association (OHA).

The following is a summary of the nomination that was shared with the OHA: “Most times when people think of healthcare the first thought might not lead to a chaplain — but Holzer’s chaplain, simply doesn’t compare. He is affectionately called ‘Pastor Fred’ by patients and staff. Pastor Fred has spent his entire professional life in the Christian ministry, first serving as an educational pastor at First Baptist Church and as the administrator of Ohio Valley Christian School for 28 years. He joined Holzer Health System in 2009 to continue his support of our community as Director of Chaplaincy Services for the Health System. Over the past decade, Dr. Williams has tirelessly served our patient base and our staff in crisis, celebration, and consternation.

Pastor Fred represents healthcare inside the system and in the community with outreach, coordination of a volunteer chaplaincy program of services, an active member of his local parish and a constant contributor to Holzer Heritage Foundation and fundraising efforts. Pastor Fred makes himself available to the system 24 hours a day responding to calls from our local emergency departments to counsel and grieve with our friends and neighbors in the most trying of times. Never does Pastor Fred have a hesitation to respond with our Code Blue team, receive a page from ICU, respond to a fatal crash or simply pray for serenity in our garden of hope with a newly diagnosed cancer patient. It takes a special soul to understand and engage sorrow, anger, and misunderstanding on a daily basis and provide reassurance, patience, and understanding for all who may need a hand. Pastor Fred serves every patient, family and employee in need of a prescription of mental faith and comfort. He lives the system’s mission, ‘Friendly visits, excellent care; every patient, every



Shown pictured from left to right: Michael Canady, MD, Chief Executive Officer, Holzer Health System, G. Scott Davis, MD, Chief Medical Information Officer, Holzer Health System, Todd Fowler, Executive Vice President, Chief Operating Officer, Stephen Doyle, RN, MSN, Executive Vice President, Chief Nursing Officer, Fred Williams ThB, MA, PhD, Director, Holzer Chaplaincy Department, Brent Saunders, Chairman of the Board, Holzer Health System, Lisa Detty, BSN, RN, Vice President of Nursing Services, Chief Nursing Officer, Holzer Health System, John Cunningham, Executive Vice President, Lisa Halley, Executive Vice President, Chief Administrative Officer, and Troy Miller, Executive Vice President, Chief Strategy Officer, at the Ohio Hospital Association Recognition Dinner.

time’ by embracing the entire community directly through his role as our chaplain.”

The Ohio Hospital Association recognized Pastor Fred and other candidates from hospitals throughout the state for being named their facility’s Health Care Worker of the Year at a special dinner in Columbus, Ohio, where several Ohio caregivers were presented awards, including the Albert E. Dyckes Health Care Worker of the Year Award. OHA asked that nominee criteria include great leader qualities, goes beyond the call of duty, reflects the mission and values of the organization, and gives back to the community.

“I am overwhelmed at being chosen for this honor,” shared Pastor Fred. “My job is an affirmation that I am able to do what God planned for my life. This is my life’s mission, to merge God’s call to serve humanity and help others when it is needed most.”

Pastor Fred completed his college

education at Piedmont Bible College/ International University in Winston-Salem, North Carolina, and received his Masters and Doctorate from Bob Jones University, Greenville, South Carolina. He is the proud father to four sons, Andrew (Mandy) in Noblesville, Indiana, Nathan in Dayton, Ohio, Michael (Kellie) in Columbus, Ohio, and Christopher (Richelle) in Gallipolis, Ohio, and the proud grandfather to Ben, Lily, Jack, and Leah.

“Holzer has a wonderful multi-disciplinary team, providing integrative care for our communities,” continued Pastor Fred. “We are a unique rural care complex providing a holistic approach to healing. I am blessed to be a part of the ‘Holzer family’ and delighted to represent our system at the OHA Albert E. Dyckes Healthcare Worker of the Year reception.”

Holzer is proud to have nominated Pastor Fred for this honor and ask our communities to congratulate him on this achievement.

# Local Businessmen Installed to Association of Ohio Commodores

Two local businessmen were recently installed to the Association of Ohio Commodores. Brent Saunders, Chairman of the Board, Holzer Health System, and Tom Wiseman, President and CEO, Ohio Valley Bank and Ohio Valley Bank Corp, Board of Directors, Holzer Health System, were made members during the Annual Winter Induction and General Meeting in December.

The Association of Ohio Commodores has a purpose of to assist the State of Ohio in her advancement in all areas contributing to the growth and development of the State and greater prosperity of her citizens. The group is recognized by the Governor of Ohio with the state's most distinguished honor, The Executive Order of the Ohio Commodore. Each year outstanding Ohioans are recognized for their business accomplishment, acumen, and leadership with this prestigious honor.

Mr. Saunders is a native of Gallipolis, Ohio, and has served as Chairmen of the Board of Directors, Holzer Health System, since March 2012. Previously he was President and CEO of Holzer Consolidated Health Systems. He has participated on the Holzer Medical Center - Gallipolis and Holzer Medical Center - Jackson Board of Directors for over 20 years. Mr. Saunders has practiced law in Gallia County since 1983 with the law firm of Halliday, Sheets, and Saunders. He has held several public positions, including four terms as Gallia County Prosecuting Attorney and two terms as Gallipolis City Solicitor. He continues to be very active in the communities Holzer serves.

Mr. Saunders holds a Bachelor of Business degree from Marshall University and Juris Doctorate degree from Capital University Law School. He and his wife, Shawn, reside in Gallipolis, Ohio, and have two grown children and four grandchildren.

Mr. Wiseman, a lifetime resident of Gallipolis, Ohio, was elected to the Ohio Valley Bank Board of Directors in October of 1992. At the time, he was president of The Wiseman Agency, representing the



Shown pictured from left to right: Grand Commodore Sam Covelli, Governor Mike DeWine, Brent Saunders, Chairman of the Board, Holzer Health System, and Past Grand Commodore Alan Stockmeister.



Shown pictured from left to right: Grand Commodore Sam Covelli, Governor Mike DeWine, Thomas E. Wiseman, and Past Grand Commodore Alan Stockmeister.

third generation operating the multi-line independent insurance agency started by his grandfather in 1928. Throughout his insurance career, he received many state and national honors. Mr. Wiseman's role at Ohio Valley Bank grew when he accepted the role of the Board's Lead Independent Director in 2005. He accepted the position of President and Chief Operating Officer in 2010 and currently serves as President and CEO of the community bank with over \$1 billion in assets. His anthem of putting "Community First" has inspired the next generation of bankers.

Mr. Wiseman and his wife, Libby, have three adult children and three grandchildren. He is a graduate of Gallia Academy High School and attended Marshall University and the University of Cincinnati.

Governor James A. Rhodes formed the Association of Ohio Commodores in 1966 for the purpose of assisting the

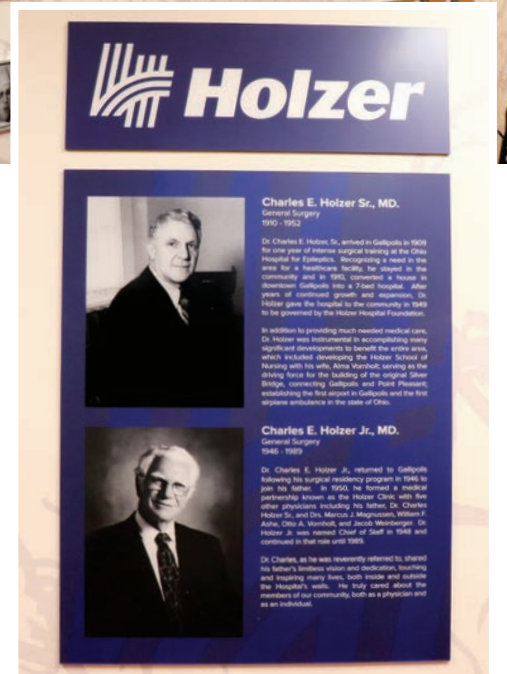
state of Ohio in advancement in all areas contributing to the growth of and the development of the state and greater prosperity of its citizens. The association was incorporated under the laws of the state of Ohio in 1971 as a non-profit organization and now its esteemed members are primarily involved with supporting the Office of the Governor and Lieutenant Governor.

The association is a nonpartisan organization that currently boasts a diverse and dedicated members of more than 400 men and women. Members include government officials, distinguished university presidents and administrators; banking and legal professionals; leaders of trade organizations; chambers and economic development organization's; and senior management executives of large, medium and small manufacturer's from across Ohio in a wide variety of industries.



## Holzer Wall of Fame

Holzer recently celebrated the unveiling of the Holzer Wall of Fame at the Gallipolis facility during a reception with staff and physicians and their families. The wall features plaques of each physician who has retired with 25 or more years of service at Holzer. The wall is located along the first floor hallway near the Cardiopulmonary waiting area and is open to the public for viewing.



## Ticks and Tick Bites: What You Should Know

By Renuka Kandula, MD  
Holzer Urgent Care



Renuka Kandula,  
MD

Some of the most prevalent injuries that occur this time of year include sports injuries (such as sprains, strains, and fractures), head injuries, insect and animal bites, rashes from poison ivy, oak and sumac, heatstroke and dehydration, burns (including sunburns) and food poisoning. These types of conditions can be treated quickly and effectively in an urgent care setting.

In our service areas, we are seeing an increase in tick bites. The following is information to educate our communities on tick bites and when to seek treatment from either an urgent care or primary care provider.

### WHAT SHOULD I KNOW ABOUT TICKS?

Ticks are part of the arachnid family, which also includes mites, spiders, and scorpions. A tick attaches itself to the skin of an animal and sucks blood. Ticks are found in the grass and on shrubs, and can attach to people walking by. One type of tick can spread Lyme disease, however it has to stay attached for a while to the host before it can give you the infection. If you are bitten by a tick, gently remove the tick from your skin using tweezers. For identification purposes, you can save the tick by sealing it in a piece of clear tape. If you cannot save it, try to remember its color and size. This identification information can assist your healthcare providers determine if it is the type of tick that transmits Lyme disease.

Call your primary care provider if:

- You cannot remove a tick from yourself or your child
- You get a fever or rash within the next few weeks following the tick bite
- You think you have had a tick attached for at least 36 hours (a day and a half)

Your healthcare provider can then decide if you need to take a dose of an antibiotic to help prevent Lyme Disease. Doctors only recommend antibiotics to prevent Lyme disease in some situations. It depends on your age, where you live, what kind of tick bit you, and how long it was attached.



According to the Centers for Disease Control and Prevention (CDC), the following tips are good guidelines for protection.

- **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- **Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.
- **Use Environmental Protection Agency (EPA) registered insect repellents** containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful search tool can help you find the product that best suits your needs. It is important to always follow product instructions.
- **Do not use** insect repellent on babies younger than 2 months old.
- **Do not use** products containing OLE or PMD on children under 3 years old.
- **Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found

should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

- **Examine gear and pets.** Ticks can ride into the home on clothing and pets, then attach to a person later. Carefully examine pets, coats, and daypacks.
- **Shower soon after being outdoors.** Showering within two hours of coming indoors reduces your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and is an opportunity to do a tick check.
- **Check your body for ticks after being outdoors.** Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of the body for ticks:
  - » Under the arms
  - » In and around the ears
  - » Inside belly button
  - » Back of the knees
  - » In and around the hair

- » Between the legs
- » Around the waist

### WHAT IS LYME DISEASE?

Lyme disease is an illness that can make you feel like you have the flu. It can also cause a rash, fever, or nerve, joint, or heart problems.

People can get Lyme disease after being bitten by a tick. When a certain type of tick bites you, it can transmit the germ that causes Lyme disease from its body to yours but a tick can infect you only if it stays attached for at least a 36 hours.

### WHAT ARE THE SYMPTOMS OF LYME DISEASE?

Symptoms can start days or weeks after a tick bite and can include:

- Appearance of a rash where the tick bite was. This usually appears within a month of being bit. The rash will be red, however the center can be the color of your skin. It might increase in size over a few days. To some, it looks like a "bull's eye" pattern.
- Fever
- Tiredness
- Body aches and pains
- Heart problems such as a reduced heart rate
- Headache and stiff neck
- Feelings of pain, weakness, or numbness

If a person is not treated, further symptoms can occur months to years after a tick bite. These can include:

- Pain and swelling of joints, such as your knees
- Trouble with your memory and thinking
- Skin problems, such as skin swelling or thinning (this occurs mostly in Europe)

### SHOULD I SEE A DOCTOR OR NURSE IF I HAVE SYMPTOMS OF LYME DISEASE?

Yes. If you have symptoms of Lyme disease, see a doctor or nurse as soon as possible. Some people don't know that they were bitten by a tick or they might not remember having a rash or other early symptoms.

Dr. Kandula is an Urgent Care provider at Holzer Jackson Clinic. She is Board Certified by the American Board of Internal Medicine. Holzer Urgent Care in Jackson provides care from 9 a.m. to 8 p.m. Monday through Friday and 11 a.m. to 6 p.m. on weekends and holidays.

For more information on Holzer urgent care services, visit [www.holzer.org](http://www.holzer.org).

## Walk With a Doc Program Continues

Holzer Health System continues its "Walk With a Doc" walking program on every second Saturday of each month from 11 a.m. to Noon. Walkers enjoy a refreshing and rejuvenating walk that begins at the Holzer Therapy and Wellness Center, located at 735 Second Avenue, Gallipolis, Ohio, and continues around the Gallipolis City Park. The walk features a Holzer physician and other healthcare professionals who provide support to the walkers and answer questions during the walk.

Holzer encourages anyone in the community to join the walk. This is a FREE program and pre-registration is not required. The monthly walks are planned and are announced via the Walk with a Doc website, [www.walkwithadoc.org](http://www.walkwithadoc.org), as well as at [www.holzer.org](http://www.holzer.org) and Holzer's social media channels. In case of inclement weather, the event will be held inside the Wellness Center.

Walk with a Doc is a national nonprofit organization whose mission is to encourage healthy physical activity



in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. Gallipolis joins a growing list of communities nationwide that have created local Walk with a Doc (WWAD) programs. For more information about the Walk with a Doc program, contact 740-446-5850 or email [info@holzer.org](mailto:info@holzer.org).

**ABOUT WALK WITH A DOC:** WWAD was created by Dr. David Sabgir, a cardiologist who practices at Mount Carmel Health Systems in Columbus, OH and he has been walking every weekend since 2005. The expansion and support of the program is thanks to Anthem Blue Cross/Blue Shield. To learn more, go to [www.walkwithadoc.org](http://www.walkwithadoc.org).



Shown pictured is the featured provider, Morgan Efaw, DO, Family Practice/Primary Care Resident, and several others who participated in Walk With a Doc in June 2019. During the program, Dr. Efaw discussed the risks of high blood pressure and ways to stay healthy.

# In the Community



**ABOVE Photos:** Arthur Huntley, DO, Family Medicine Resident, presented students with safety tips and information about ticks and tick bites during Gallia County Ag Day.



Holzer partnered with Live Healthy Appalachia for their Hike It Out! event at Strouds Run State Park. Amy Howard and Kyle Klein from Holzer Physical Therapy in Athens led a discussion on the benefits of physical activity for joint health.



**LEFT and ABOVE Photos:** Holzer was proud to be a part of The Hoop Project 2019! Holzer Sports Medicine staff the Wellness trailer were on-site throughout the event.



**ABOVE Photo:** Dr. Mittra Esmeaili, Holzer Family Practice Physician, provided screenings to those who stopped by the Holzer booth at the Lawrence County Senior Citizens event.



Holzer Health System was proud to participate at JMS Positive Day at Jackson Middle School.



Students from Gallia Academy Middle School tour Holzer visiting various departments throughout the facility.



**ABOVE Photos:** Holzer employees and their families participated in the annual Gallipolis Fourth of July parade.



**ABOVE Photos:** Several residents and staff participated in events to celebrate Nursing Home Week at Holzer Senior Care.



Holzer Center for Cancer Care received a generous donation from Christian Life Academy (CLA) in Jackson, Ohio. The CLA Health Council hosts a weekly lemonade sale throughout the school year and donated the profits to cancer patients. The group compiled 24 bags of items, each included a \$25 gas card for patients to utilize. Shown pictured are representatives from CLA, left to right: Natalie Talbert, Jackie Bragg, Mandy Boggs, Sarah Harrigan, MSN, MA, RN, OCN, Oncology Service Line Director, Holzer Center for Cancer Care, Gabby Hitchcock, Liv Sheward, and Kendra Stevens, Christian Life Academy Health Council Administrator.



Brian Torski, DO, Holzer Gastroenterology, discussed the importance of early detection, screening, and prevention of colorectal cancer during the Colon Cancer Awareness Seminar at Ohio University Inn & Conference Center in Athens, Ohio.

## SHARING YOUR STORY

# Patient Benefits from Swing Bed Program at Holzer Medical Center - Jackson

“Holzer Swing Bed Program was here when I needed them,” shared Linda Shewalter, recent Holzer Medical Center – Jackson patient.

In March 2019, Shewalter fell playing pickleball, a paddle sport that combines elements of badminton, tennis, and table tennis, at the Jackson YMCA and broke her femur in three places. Following surgery, Shewalter required a rehab hospital stay, and was able to utilize the Swing Bed Program at Holzer Medical Center – Jackson for her care.

“Everyone was great,” said Shewalter. “The staff were knowledgeable and provided excellent care. I didn’t realize the hospital offered this type of service, but I am fortunate to have been able to utilize it.”

A swing bed program is a short-stay program designed to serve individuals who are in a transition phase of illness or recovery and no longer require acute care services. Holzer Medical Center Jackson offers an accredited Swing Bed program, which allows Medicare patients to remain at our facility following discharge for rehabilitation.

Holzer’s Swing Bed program provides:

- Personalized nursing care
- Individualized treatment delivered by a team of skilled professionals
- Quiet setting to help you heal
- All private rooms

Medicare has established coverage for “Swing Bed” programs to help meet the needs of rural hospitals and communities. Swing Bed is the term Medicare uses to describe a hospital room that can switch from acute care status to skilled care status.

“Following my fall, I couldn’t walk. Now, I have graduated to walking with a cane and continue to do my therapy exercises to strengthen my leg. I would encourage anyone who could use the swing bed service to take advantage of the program.”

*Linda Shewalter,  
Holzer Swing Bed Patient*



**TOP Photo:** Shown pictured from left to right: Teresa Coon, RN, Care Management, HD Crabtree, RPh, Pharmacist, Lori Barnes, RN, Swing Bed Coordinator, Cassie McCune, RN, Linda Shewalter, Holzer Swing Bed Patient, Tiffany Pentz, RN, and Crytsal Goins, PTA.

**ABOVE Photo:** Shown pictured from left to right: Camille Lloyd, RN, Linda Shewalter, and Dorothy Eggers, LPN.

The actual bed/room does not change; what changes is the level of care that the patient in that room receives. In order for Medicare to pay for the Swing Bed Program, specific qualifying medical criteria must be met. Following a hospital stay of at least three days, an individual must require either skilled nursing or skilled therapy services. Admission criteria are not necessarily based on the diagnosis but rather on the skilled need(s), which may differ from patient to patient depending on the patient’s: medical history, co-morbidities, age, physical stamina, pre-morbid condition, and/or discharge plan.

“Following my fall, I couldn’t walk. Now, I have graduated to walking with a cane and continue to do my therapy exercises to strengthen my leg,” shared Shewalter. “I would encourage anyone who could use the swing bed service to take advantage of the program.”

Shewalter resides in Jackson and enjoys staying active in her community, working in her yard, and selling real estate for Kelly Wiley Realty.

For more information visit [www.holzer.org](http://www.holzer.org) or call 740-395-8452.

# Holzer Wound Care Center Receives Award

Holzer Wound Care Center physicians, leaders, and clinicians are proud to announce that the Center has received the Robert A. Warriner III, M.D., Center of Excellence Award.

This Center has achieved patient satisfaction rates higher than 92 percent and a healing rate of at least 91 percent in less than 30 median days to heal, for a minimum of two consecutive years by Healogics, Inc., the nation’s largest provider of advanced wound care services.

Holzer Wound Care Center is staffed with a unique team of doctors, nurses, and therapists, all dedicated to healing chronic wounds. The causes of wounds are complex, and our team offers expertise in all areas needed to handle your wound circumstances.

The Wound Care Center® is a member of the Healogics network of nearly 800 Centers, with access to benchmarking data and proven experience treating approximately 2.5 million chronic wounds. The Wound Care Center offers highly specialized wound care to patients suffering



Holzer Wound Care Center staff shown pictured left to right: Hannah Bachtel, RN, Clinical Nurse Manager, Rachel Kearns, Program Director, Amy Ervin, Front Office Coordinator, Kelli Jenkins, RN, Abby Smith, RN, Tiffany Fizer, LPN, Mandy Ousley, LPN, and Glenn Fisher, MD, Medical Director, Holzer Wound Care Center.

from diabetic ulcers, pressure ulcers, infections and other chronic wounds, which have not healed in a reasonable amount of time. Some of the leading-edge treatments offered at the Wound Care Center include negative pressure wound therapy, debridement, application of cellular-based tissue or skin substitutes to the wound, offloading or total contact casts and hyperbaric oxygen therapy.

“Holzer Medical Center – Jackson has an outstanding wound care program in place and receiving the Center of Distinction further demonstrates this fact,” stated

Rachel Kearns, Program Director, Holzer Wound Care Center. “We are proud to offer an excellent panel of physicians and clinical staff dedicated to the needs of our patients who come to us with their non-healing wounds.”

Holzer Wound Care Center offers hyperbaric oxygen therapy, negative pressure wound therapy, bio-engineered skin substitutes, biological and biosynthetic dressings and growth factor therapies.

For more information on the Center, or any other services available through Holzer Health System, please call 1-855-4-HOLZER.

## SHARING YOUR STORY

# Wound Care a ‘Lifesaver’ for Patient

“Holzer Wound Care Center has been a lifesaver,” shared Claudia Babcock, recent Holzer patient.

Babcock completed treatments at Holzer Wound Care Center in Jackson due to her charcot foot condition, caused by diabetes.

“I was diagnosed with diabetes in 2001 and have had multiple surgeries. The last time surgery was suggested, I explored other options and was pleased to find Wound Care treatment. I am so grateful for the service and experience I have had with Holzer Wound Care Center.”

Charcot foot is a condition causing weakening of the bones in the foot that can occur in people who have significant nerve damage (neuropathy).

Babcock received hyperbaric oxygen treatments under the supervision of Dr. Seth Kearney, Holzer Podiatrist. “The care has been wonderful. My care plan was explained and made so much sense to me. I consider myself fortunate to have found the Holzer Wound Care Center.”

She is no stranger to Holzer, receiving Holzer Home Health services following her procedures.

“Everyone has been wonderful,” she shared. “I have become friends with the staff. They are very caring and remarkable healthcare service providers.”

Babcock originally hails from New York City, where she was employed in investment banking. Currently, she resides in Gallipolis



and enjoys reading and following politics. She has one daughter, Gamble Fanizzi, who is in New Jersey, three grandchildren, and three great grandchildren.



## Holzer Physicians Provide Medical Services During Mission Trip to Peru

Holzer physicians, Julie Lew, MD, Ophthalmology, Jessica James, DO, Pediatrics, and Mathew Cosenza, MD, ENT, recently attended a mission trip in Lima, Peru. Individuals were able to provide much needed services for residents of the Comas neighborhood, one of the poorest in the area. During the trip, approximately 450 pairs of eyeglasses were distributed to adults and children. Several hundred patients received necessary medications and healthy lifestyle education throughout the event.

Participants were involved in "Brigades" or teams with CEDEINFA to provide medical care, conduct research and teach preventive health education in villages near Lima, Peru. CEDEINFA (Center for the Complete Development of Children and their Families) is a non-government, volunteer organization dedicated to providing medical, nutritional and educational care for children and families living in poverty in San Salvador, El Salvador and Lima, Peru.

Drs. Cosenza, Lew and James were honored to be a part of the mission!



Shown pictured from left to right: Jessica James, DO, Pediatrics, Mathew Cosenza, MD, ENT, and Julie Lew, MD, Ophthalmology.

## Community, Holzer Staff Congratulate Dr. Doug Jones On Retirement

Congratulations to Dr. Doug Jones, DO, for his recent retirement from Holzer after 35 years. Dr. Jones was instrumental in establishing the first Holzer Family Practice Physician Residency program in Jackson County at the Holzer Jenkins facility in Wellston, Ohio in 2015. Dr. Jones served as Associate Director and Core Faculty member of the residency program. Thank you for your hard work and dedication to Holzer Health System!



## Holzer Hosts Luncheon to Honor Volunteers

Holzer recently celebrated National Healthcare Volunteer Week with a luncheon that honored volunteers at Holzer.

"We currently we have 130 volunteers serving throughout the Holzer Health System in 20 departments," states Linda Jeffers-Lester, Manager, Holzer Heritage Foundation and Volunteer Services.

President Richard Nixon established National Volunteer Week with an executive order in 1974 as a way to recognize and celebrate the efforts of volunteers. Every sitting U.S. President since Nixon has issued a proclamation for National Volunteer Week (as have many community mayors and state governors).

Since then, the original emphasis on celebration has widened; the week has become a nationwide effort to urge people to get out and volunteer in their communities. Every April, charities, hospitals, and communities recognize volunteers and foster a culture of service.

Volunteering has a long and distinguished history at Holzer. The American Red Cross Gray Ladies served the Holzer Hospital Cedar Street location, which opened in 1917 with 25-beds, delivering mail for our patients. Holzer Medical Center - Gallipolis opened in 1972 with five separate groups involved in the total volunteer program: the HMC Volunteer Service League, the Red Cross Gray Ladies, RSVP members, Foster Grandparent Program, and Volunteers.



Since those early beginnings, Holzer volunteers have contributed thousands of hours of service. In addition, they have been instrumental in many other endeavors including the Lifeline Program, a personal emergency response system for people of all ages that began with seed money through Holzer Heritage Foundation.

Holzer is proud to be a part of a generous community filled with individuals willing to give time to the patients we serve.

For more information about volunteering, contact Jeffers-Lester, 740-446-5217 or ljeffers@holzer.org.



# Patient Shares Cancer Treatment Journey

"I am fortunate to have received such wonderful care at Holzer Center for Cancer Care," shared Mike Conkle, recent Holzer patient.

In February 2019, Conkle was diagnosed with prostate cancer. His provider, Dr. Nicolette Jones, Holzer Urology, referred him to a specialist. He met with Dr. Divya Arora, Radiation Oncologist, Holzer Center for Cancer Care, to discuss treatment options. There he learned about Holzer's TrueBeam system, the latest in non-invasive radiation treatment from Varian Medical Systems.



**Divya Arora, MD**  
Radiation Oncology



Shown pictured is Mike Conkle.

**“When you receive the news that you have cancer, you feel like your world is crumbling. To have this level of care here is amazing. We are so fortunate to have Holzer Center for Cancer Care and its wonderful team of care providers. It was awesome to receive care this close to home.”**

*Mike Conkle,  
Holzer Center for Cancer Care Patient*

more. With enhanced delivery of radiation, TrueBeam can personalize each patient's cancer treatment.

Best of all, this machine offers state-of-the-art Stereotactic Body Radiation (SBRT) and Radiosurgery (SRS) treatments, delivering pinpoint radiation. These treatments are similar to surgery but without cutting or hospital recovery time. Patients can now receive the best and fastest cancer treatment close to home.

Conkle finished his treatments in June.

"When you receive the news that you have cancer, you feel like your world is crumbling. To have this level of care here is amazing. We are

so fortunate to have Holzer Center for Cancer Care and its wonderful team of care providers. It was awesome to receive care this close to home."

Conkle is an active Cheshire Township Trustee, where he has served for the past 42 years, and retired from Gavin Power Plant and MPW Industrial. He and his wife, Deborah, reside in Cheshire and have three grown children: Michelle (Rob) Gilmore, Heather (Joey) Edwards, and Michael (Melissa) Conkle, and eight grandchildren. He enjoys racing, participating in outdoor activities (hunting/fishing/etc), and spending time with his family, especially watching his grandchildren in various sports activities.

Holzer Center for Cancer Care (HCCC) is dedicated to providing state-of-the-art treatment for all cancer sites with gentle, competent, and individualized care. Medical oncology services include an infusion area for chemotherapy with 12 bays and 2 private bays for treatment. Radiation Oncology services are provided with advance technology in a relaxed and friendly setting.

For more information call 1-855-4-HOLZER or visit [www.holzer.org](http://www.holzer.org)



# CAMP COURAGE



## Camp Activities Help Children Grieve, Heal, Grow

Holzer Hospice recently hosted Camp Courage, its annual bereavement camp for children who have suffered a loss. This year's camp was held July 12 at Canter's Cave in Jackson, Ohio.

According to national statistics, childhood bereavement is more common than many realize. In fact, 1 in 20 children will experience loss before the age of 15. This loss can branch from loss of a parent, sibling, or close family member, to divorce, health changes, and many other instances that impact a child.

Camp Courage was created to help these children learn how to process, deal, and grow from grief. Campers will take part in a variety of fun activities, exercises, and dialogue that will allow individuals to learn new ways of coping and dealing with loss.

"Camp Courage is a fun camp. Our goal is to provide a safe place for children to manage the complex and difficult emotions they feel when they experience a loss. A place to allow children to understand the concept of grief and develop healthy coping skills for life. Camp Courage is a place to grieve, heal and grow," shared Shelly Ranegar, LSW Camp Courage Director.

Camp Courage is always looking for volunteers to assist with camp activities, donations, and connect with campers. This camp is completely free, as it is annually



funded by the generous contributions of local community members and organizations and grants.

To contact Holzer Hospice for more information about Camp Courage, call 740-446-5074 or 1-800-500-4850.

# Celebrating Service

Holzer Health System recently recognized employees for their service anniversaries of 20+ years during the Annual Holzer Employee Recognition Celebration.



20 Years



25 Years



30 Years



35 Years



40 Years



45 Years

## • Holzer Honors Legacy Legends •



Employees who achieved the Holzer Legacy Legend Award for going above and beyond in their everyday roles and serving as role models throughout Holzer Health System and the community were also recognized during the Annual Holzer Employee Recognition Celebration. The 2018 Legacy Legends are (listed in alphabetical order): Samantha Berkley, Audrey Burris, Lori Caldwell, Tracey Chaney, Beth Cremeans, Tonya Estep-McGuire, Amy Howard, Rebekah Matthews, Jessica Meade, Morgan Saunders, Lisa Stepp, Dawn Stevens, Christopher Thomas, and Tammy Williams.

*Thank you for your loyal & dedicated service!*

### 20 Years

Erika Bing  
Dr. David Blevins  
Elaine Brown  
Dawn Browning  
Carol Bush  
Tracey Chaney  
Tonya Cox  
Kimberly "Kim" Crabtree  
Dr. Lyndon Gaines  
Karen Gibbs  
Molly Greenlee  
Heather Harmon  
Susan Hatten  
Carrie Jeffers  
Dr. Nicolette "Nikki" Jones  
Dr. Pradeep Kandula  
Dr. Renuka Kandula  
Shari Kehler  
Darryl Martin  
Kimberly "Kim" Martinez  
Amy McKean  
Victoria "Vicki" Nottingham

John "Johnny" Nuce  
Sarah O'Brien  
Cherie Plese  
Barbara "Barb" Ruhl  
Robin Shriver  
Stephanie Staten  
Kristin Tucker  
Jeffrey "Jeff" Watson  
Jeffrey "Jeff" Whaley  
Tammy Williams  
Brent Williamson  
Melody Wiseman

Brenda Seagraves  
Shelby Terry  
Jean Webb

### 30 Years

Mary Adams  
Teddy "Ted" Adams  
Kathy Arrington  
Deborah "Debbie" Elliott  
Nikita Hasseman  
Abby Hussell  
Amy McGuire

### 35 Years

Lana Grimm  
Michael "Mike" Stout  
Sandy Lee "Sandy" Watson



2019 Healthcare Worker of the Year

Fred Williams, PhD, Holzer's Ohio Hospital Association Worker of the Year Nominee, center, was honored during the Holzer Employee Recognition Celebration. Shown pictured from left to right: Michael Canady, MD, MBA, CPE, FACS, Chief Executive Officer, Sharon Kight, and Brent Saunders, Chair, Board of Directors, Holzer Health System.

### 40 Years

Bonnie Arnold  
Anita Chevalier  
Donna Grymes  
Bonnie Handley  
Bobbi Hill  
Cathy Icard  
Beth Mooney - Retiree  
Kathy Newell

### 45 Years

Randy Syrus  
Jacqueline "Jackie" Woodward  
Susan Morgan  
Densil Osborne

# Holzer Recognizes National Rehabilitation Awareness Week with Annual Rehab Reunion

Holzer Health System is joining the National Rehabilitation Awareness Foundation, sponsor of National Rehabilitation Awareness Celebration, and more than 6,500 facilities nationwide in observing the occasion throughout the week of September 15-21.

National Rehabilitation Awareness week is designed to promote the value of rehabilitation; highlight the capabilities of people with disabilities; salute the professionals who provide service to people with disabilities; and increase awareness of the value and impact of rehabilitation.

Rehabilitation is a medical specialty that helps restore those who are affected by a potentially disabling disease or traumatic injury to good health and functional, productive lives, in addition to minimize physical or cognitive disabilities. It often centers on an interdisciplinary team approach to care by physiatrists (physicians specializing in rehabilitation); physical, occupational, respiratory and recreational therapists; speech and language pathologists; rehabilitation nurses; and other professionals who work with patients to restore the greatest level of function or independence. The rehab team helps individuals overcome obstacles and accomplish normal tasks of daily living.

Most Americans will require at least one rehabilitation service at some point in their lives. Rehabilitation is individualized so that each patient can progress at his or her own ability level. Statistics show that medical rehabilitation improves lives and saves money. For every \$1 spent on rehab care, it is estimated that \$11 are saved on long-term disability costs. People participating in rehabilitation programs of care are able to regain productivity and return to work, school and independent living.

The Holzer Health System - Gallipolis Medical Center Inpatient Rehab is located on the Fifth Floor of the hospital at 100 Jackson Pike, Gallipolis, and has provided services since 1991. The primary purpose of the Rehab Unit is to assist patients and their families with the transition from an

## A Rehab Reunion Gathering



Shown pictured is Front row from left to right: Ellen Gibson, Dana Saunders, Anita Chevalier, Sharon Stout; Back row from left to right: Eugenia Moore, Stephanie Snyder, Dan Black, Lia Barte. These individuals were there in the beginning of the Holzer Inpatient Rehabilitation days. Holzer is still "opening new doors" of opportunity for our patients and staff.

In 1991 Dr. Black had a vision to offer In Patient Rehabilitation for our community. Lola (McKinney) Smith was tasked to provide training for both nursing staff and therapy staff because she was the only one who had any experience. We were "Opening New Doors" for patients in our community with the philosophy to put the patient first and treat them as if they were our own family member. Through the years many staff have come and went but that same philosophy continues on the Unit. Through this common bond, long-term friendships have developed and when Ellen Gibson (retired Social Worker) returns to visit from Scotland, the group makes an effort to gather together and reminisce.

acute hospital setting to home. Patients participate in a comprehensive rehab program consisting of at least three hours of therapy a day, five days a week.

The Inpatient Rehab will recognize the week with the 27th Annual Rehab Reunion on Wednesday, September 25, from Noon to 2 p.m. in the Hospital's French 500 Room. Former rehab patients and members of the community are invited for lunch, live entertainment is provided, and many door prizes will be available. A variety of other events are planned for the week as well.

Holzer's Inpatient Rehab Unit features a remodeled therapy area and LiteGait® equipment, the only one available in the

area. The LiteGait® is an innovative gait-training device that enhances our services during the recovery process. Appropriate for use with a wide range of impairments, LiteGait® provides proper posture, reduces weight-bearing, eliminates the risk and fear of falling, and helps coordinate lower-extremity movement. Its unique harness design not only permits unilateral or bilateral support that allows progression of the weight-bearing load from non to full weight-bearing, but it also frees the therapist to observe gait patterns and make manual corrections in limb placement, weight shift and step timing.

For more information, call (740) 446-5902 or email [info@holzer.org](mailto:info@holzer.org).



## Ceremony Held to Commemorate Flag Presented to Dr. Daniel Black at Holzer Inpatient Rehabilitation Unit

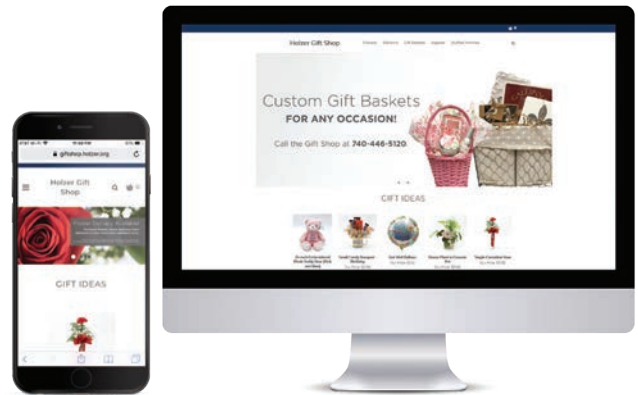
Holzer Inpatient Rehabilitation Unit recently held a ceremony to commemorate a flag gifted to Dr. Daniel Black, Medical Director, Inpatient Rehab Unit, by SPC James Neesmith, US Army National Guard - WV. The flag was flown in the Middle East under USA military presence. SPC Neesmith has returned from deployment to Jordan, Kuwait and Syria and presented the flag to Dr. Black. His wife, Elissa, works on Holzer's Inpatient Rehab Unit as a medical scribe. Holzer Rehab inpatients, Richard Roberts and John Priddy, who are veterans and were engaged in the ceremony. Veterans shown pictured include, left to right: Bradley Cline, US Navy, Holzer employee, Robert Merrill, US Navy, Holzer employee, Betty Campbell, US Army Reserves, Holzer employee, SPC Neesmith, and Dr. Black, US Navy/Medic 72-76, Holzer physician. Holzer is proud to have Gallipolis VFW #4464 present during the ceremony to honor these veterans for their service.

The flag has been framed and is on the Inpatient Rehab Unit with a commemorative plaque to honor our military individuals. Holzer wishes to express our appreciation to all those who serve in the military, both current and past, for their service and dedication to our country.



# Holzer Introduces Online Gift Shop

Holzer is proud to introduce the Gift Shop online! Employees, patients, and families can now purchase a wide variety of goods from the online store. Merchandise includes Holzer-branded apparel, custom gift baskets, flower arrangements, and more! To view the merchant page, visit [www.holzer.org](http://www.holzer.org) and follow the link titled 'Gift Shop.'



DATE  
**September 14, 2019**

TIME  
**Cocktail Hour:**  
5:30 p.m. to 6:30 p.m.  
**Dinner: 6:30 p.m.**

THEME  
 ATTIRE:  
Costume examples  
could include:  
"Bewitched,"  
"Gilligan's Island",  
"I Love Lucy,"  
and etc.

LOCATION  
**Rio Ridge Venue**  
63 Indian Creek • Rio Grande, Ohio

CONTACT  
Call Amee Rees at  
740-446-5056.