

CARING. PEOPLE. QUALITY. INTEGRITY.

## McLeod Regional Medical Center Holds Active Shooter Tabletop



Wayne Freeman, a special agent with the South Carolina Law Enforcement Division, and McLeod staff members discuss hospital preparations and training during the Active Shooter Tabletop Exercise at McLeod Regional Medical Center in January.

McLeod Health Emergency Management held an Active Shooter Tabletop Exercise at McLeod Regional Medical Center on January 27, 2017. The tabletop was an opportunity for McLeod staff to interact with local law enforcement and emergency personnel, evaluate our preparation status, and identify areas of improvement in our training and preparation for such an event.

The active shooter tabletop was led by Wayne Freeman, a special agent with the South Carolina Law Enforcement Division. Wayne has trained with personnel from Columbine; the San Ysidro McDonald's Shooting; Virginia Tech; the Greenwood, SC shooting; Trolley Square; Platte Canyon; the Naval Yard shooting; Sandy Hook; Mother Emanuel; and many others.

In addition to McLeod Emergency Management, McLeod Security, and Incident Command staff members, participants also included the Florence Police Department, Florence Fire Department, Federal Bureau of Investigation (FBI), 911 Emergency Dispatch, Florence County EMS, Florence County Coroner, Florence County Emergency Management and Florence County Sheriff's Department.

McLeod Dillon held an Active Shooter Tabletop Exercise in Fall 2016. McLeod Health Emergency Management is also planning to hold this event at McLeod Darlington, McLeod Health Cheraw, McLeod Health Clarendon, McLeod Loris, and McLeod Seacoast in the near future.

# McLeod Health Race Series

## *Excellence Beyond Boundaries*

McLeod Sports Medicine  
Scholarship 5K/10K Run/Walk  
March 18, 2017  
Briggs Elementary School  
Florence, SC

McLeod Health Cheraw  
Fitness Challenge 5K Run/Walk  
April 1, 2017  
Chesterfield Family YMCA  
Chesterfield, SC

McLeod Loris  
Fitness Challenge 5K Run/Walk  
April 22, 2017  
Center for Health & Fitness  
Loris, SC

McLeod Dillon  
Fitness Challenge 5K Run/Walk  
April 29, 2017  
McLeod Dillon Professional Building  
Dillon, SC

Each race in the series will have a race specific t-shirt and finisher medal for all participants. Individual race medals will join together to make one large finisher medal (as shown below).

To register for races, visit  
[www.mcleodraceseries.itsyourrace.com](http://www.mcleodraceseries.itsyourrace.com)

**Each Race:**  
**Pre-registration: \$25**  
**McLeod Employees and Military: \$20**  
**Race Day Registration: \$30**

**Register for all races & get \$10 off!**

**Virtual Races available.**



# McLeod Health Extends Therapy Services to Offer Dry Needling

McLeod Outpatient Rehabilitation and Sports Medicine recently hosted a three-day training for 17 McLeod Physical Therapists to provide dry needling services to their patients. McLeod Health first started providing dry needling services at McLeod Seacoast in Little River in 2016.

In dry needling treatment, a Physical Therapist uses a thin filiform needle to penetrate the skin and stimulate both the peripheral nervous system and underlying sensitive spots in the muscles called myofascial trigger points. Dry needling can be a powerful “reset” tool for the pain cycle when used to treat soft tissue pain and dysfunction. Optimally, dry needling is used in conjunction with a comprehensive therapy plan to include manual techniques and therapeutic exercise.

Dry needling has the capability to quickly reduce pain, improve range-of-motion, and restore function to a patient. In the sports setting, dry needling will be used primarily to treat musculoskeletal dysfunctions such as tendonitis; pain associated with acute/chronic muscle strains; shin splints; and neck, shoulder, and knee pain.

Dry needling services are now offered by McLeod Health in Florence, Darlington, Little River, Manning, and Cheraw. For questions or more information, please contact McLeod Outpatient Rehabilitation & Sports Medicine at (843) 777-2196.



*Coreen Konopka, the McLeod Loris Seacoast Physical Therapy Supervisor, performs Trigger Point Dry Needling to ease a patient's headache and shoulder pain.*

## McLeod Hospice Offers Training for Volunteers in Dillon

McLeod Hospice is offering a new “Hospice Volunteering 101” class in Dillon for persons interested in helping Hospice patients and/or assisting the Hospice support staff.

The volunteer training program will be held on **Saturday, March 25**, from 9:00 a.m. until 1:00 p.m. at McLeod Medical Center Dillon, 301 E. Jackson Street, Dillon. The training will be held in the private dining room.

Volunteers play a vital role in McLeod Hospice. Volunteers may make deliveries to patients' homes or provide companionship by visiting patients either in their homes or at the McLeod Hospice House. They may also provide massage therapy, pet therapy or play the piano or another instrument for patients. Volunteers perform clerical work (serving as a receptionist for the Hospice House, putting together charts or filing), bake or sew for patients/families or provide gardening skills in the McLeod Hospice Sensory Garden.

A life-limiting illness can be devastating and have far-reaching effects. Patients and their families need a solid support system during this time of crisis. McLeod Hospice provides that support.

The caring spirit and helping hands of hospice volunteers reach out to people in the community. As a hospice volunteer, individuals can choose to work directly with patients and families or help in a hundred other ways – making a difference in someone's life.

McLeod Hospice serves Florence, Darlington, Dillon, Horry, Lee, Marion, Clarendon and Williamsburg counties. Attendees must register in advance if they plan to participate in the training.

For more information or to register, please call Courtney Sullivan, Volunteer Coordinator for McLeod Hospice, at (843) 777-5667.



DOCTORS DEVOTE A LIFETIME  
TO A CHILDHOOD DREAM OF TAKING CARE  
OF PEOPLE IN NEED.



*Behind every successful physician are loved ones supporting and inspiring them every day. The happy faces smiling above are children of McLeod medical staff members from throughout the communities we serve: Amelia Turbeville (Loris/Seacoast), Lily and Gerhard Ghorra (Cheraw), Mills, Hayes and Finley Wallace (Dillon), Julian Duncan (Florence), and Zachary Cornor (Clarendon).*

## ON DOCTORS' DAY TAKE A MINUTE TO SHARE YOUR APPRECIATION.

If you have a McLeod Health doctor whose care has left a wonderful impression on you or your loved one, please share your thanks in celebration of ***Doctors' Day March 30, 2017.***

Please join us as we salute the more than 750 physicians whose commitment to exceptional medical care defines why McLeod Health is known as the center for medical excellence.

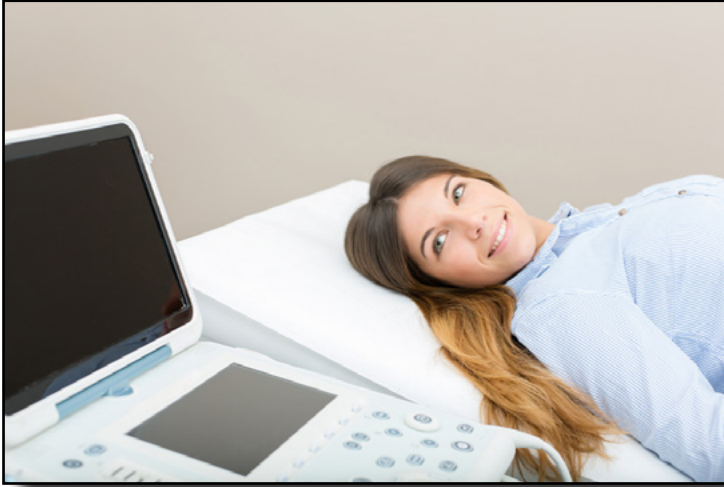
Post a thank you at [Facebook.com/McLeodHealth](https://www.facebook.com/McLeodHealth) or online at [McLeodDocDay.org](http://McLeodDocDay.org).

Send a thank you note to **Doctors' Day Tribute**  
McLeod Health Public Information Office, P.O. Box 100551, Florence, SC 29502

# McLeod Health

FLORENCE | CHERAW | CLARENDON | DILLON | DARLINGTON | LORIS | SEACOAST

## McLeod Dillon Works with Community Partners to Prevent Teen Pregnancy



McLeod Dillon has collaborated with CareSouth Carolina, the Dillon County Boys and Girls Youth Center and Dillon School District 4 to prevent teen pregnancy and sexually transmitted infections in Dillon County.

Teen pregnancy prevention programming is an effective way to reduce teen pregnancy, yet the programming is usually not made available for a variety of reasons. Often, public support is a factor when it comes to health education programming in schools.

While South Carolina's teen pregnancy rate has declined over the last few years, Dillon County ranks 11th in the state for teen pregnancies. Nearly a third of births by teen mothers is a repeat birth.

Almost half of the babies born to teen mothers live in poverty, and most births are funded by Medicaid. Teen pregnancy costs South Carolina taxpayers an estimated \$166 million annually.

Led by McLeod Dillon, community effort remains committed to preventing teen pregnancy and sexually transmitted infections while improving access to care and improved health among this population.

## McLeod Welcomes New Physicians



Please click on the image above to learn more about Dr. Sutton Boyd and other new physicians at McLeod.

For optimal viewing, please open the Flickr album in Google Chrome or Mozilla Firefox.

## McLeod Spa March Special

*(Applies to McLeod Regional Medical Center Concourse location only.)*



**20% off Nail Services during the month of March.**

Please call 777-3203 (Concourse) or 777-3200 (Health & Fitness Center) to schedule an appointment.

### **Tuesdays are Employee Days**

Present your employee ID badge for  
15% off any service or product.

*(Not valid on gift certificate purchases.)*

**Visit:** [www.mcleodhealthfitness.org](http://www.mcleodhealthfitness.org) for a menu of services.

# Important Dates

## Safe Kids

### Safe Sleep Education Class

**McLeod Medical Plaza Classroom**

**March 9, 6:00 p.m.**

Pre-registration is required, and space is limited.  
To pre-register, please call McLeod Reservations & Scheduling at (843) 777-2005.

### Free Car Seat Education Class

**Florence County Library**

**March 16, 5:30 p.m.**

Pre-registration is required, and space is limited.  
To pre-register, please call McLeod Safe Kids at (843) 777-5021.

### Car Seat Check

**McLeod Pediatrics Cheraw**

**April 7, 5:00 p.m.**

Pre-registration is required, and space is limited.  
To pre-register, please call McLeod Reservations & Scheduling at (843) 777-2005.



## Upcoming Mobile Mammography Visits



<b>March</b>	<b>10</b>	Carver Elementary School, Florence
	<b>16</b>	McLeod Family Medicine Johnsonville

*To schedule an appointment, please call McLeod Reservations and Scheduling at (843) 777-2095.*

## Ostomy Support Group

**McLeod Regional Medical Center**

**McLeod Pavilion Conference Center**

**March 12, 3:00 p.m.**

For more information, please call Sondra Moseley at (843) 777-5207.

## Mended Hearts Support Group

**McLeod Health Clarendon**

**Cypress Center**

**March 16, 5:00 p.m.**

Please call (803) 435-5203 for more information.

## In Her Words

**McLeod Mission Gallery**

**March 22, 12:30 p.m.**

**Speaker:** Debbie Locklair,  
Senior Vice President and  
Regional Administrator



## March Special

### McLeod Resource Center

**March Special:**  
Enjoy 10% off  
all Maternity Bras





# Making Rounds

## McLeod Regional Medical Center

### Switchboard

- Congratulations to **Charmaine Ross** on her marriage to Brian James.

### Child Development Center

- Congratulations to **DeAnna Williamson, Tamika McCants** and **Francesca Leach** on the recent completion of their bachelor degrees.

### Employee Assistance Program

- Welcome to **Felicia Rouse**, the new office manager for the McLeod Health Employee Assistance Program. She has served in various roles within the McLeod Health system since 1998. She comes to EAP from McLeod Hospice (Seacoast) where she served as the Volunteer Coordinator.
- Also, congratulations to **Janet Belew**, our previous office manager, who now serves as the office manager for McLeod Endocrinology Associates

### Oncology

- Congratulations to **Cyrice Bing** on passing her nursing boards..

### Emergency Department

- Our condolences to **Kristen Tindal** on the death of her grandmother and to **Jakara Hyman** on the death of her grandmother.
- Congratulations to **Legare Miller** and **Rebecca Brown** on their recent marriage.
- Congratulations to **Dr. Jamie Kenney-Kalbuneh** and her husband **Laith** on the birth of their daughter **Claire**.
- Congratulations to all of our TNCC participants on passing their certification.

### Real Estate Development

- Congratulations to **Ashley Puglia**, Interiors Coordinator, and her husband **Alan** on the birth of their baby boy, **Roman Paul**, on November 3. Roman weighed 5 pounds, 4 ounces.
- Congratulations to **Patrick Putnam** and his fiancée, **Morgan McElveen**, on their March 10 wedding.

### Information Systems

- Congratulations to **Michael T. Andrews, M.Sc**, Senior Analyst Programmer, Integration Team, for completing HL7.org's HL7 Fundamentals Course certification. This course includes standard HL7 messaging, Clinical Documents and new messaging technologies such as Fast Healthcare Interoperability Resource (FHIR).

### Loris

### Infection Prevention

- Congratulations to **Shannon Christmas** and to **George Christmas** (Respiratory Therapy) on the birth of their daughter, **Catherine**.

## McLeod Health & Fitness Center



### March Special

**Join now and pay no dues in March.**  
**Offer cannot be combined with other offers,**  
**and enrollment fees apply.**

**Offer ends Friday, March 31, 2017.**

*Based on a 24-month agreement.*

The McLeod Health & Fitness Center also offers special rates to McLeod employees.

Call (843) 777-3000 to speak with a membership representative or to schedule a tour. For more information, please visit [www.McLeodHealthFitness.org](http://www.McLeodHealthFitness.org).

# Merit Award

## MRMC



**Myra Allen**  
Rehab Services  
February 2017



**Dr. Jeniqua Duncan**  
Onsite Health  
February 2017



**Kenya Grant-Jackson**  
OR  
January 2017

## Darlington



**Elaine Stone**  
Medical/Surgical Unit  
February 2017

## Clarendon



**Dr. Catherine Rabon**  
Chief Medical Officer  
February 2017



**Brian Maney**  
Physical Therapy  
February 2017



**James Coe**  
Environmental Services  
February 2017

**Steven Scurry**  
Emergency Department  
February 2017

## Loris Seacoast



**Dana Tyree, RN**  
McLeod Seacoast Outpatient Services  
February 2017

**Bradley Ramsey**  
McLeod Seacoast Laboratory  
February 2017



**Leeanna Williams**  
McLeod Loris Environmental Services  
pictured with Frank Danzy, Director



**Nicole Pickens**  
McLeod Loris Pharmacy  
pictured with Price Todd, Director



# Chi Chi Chi Chia! This Super Seed Becomes a Popular Super Food

*by Kitty Finklea, Lifestyle Coach, Registered Dietician and Personal Trainer*

In the past decade chia seeds have become a popular superfood. These tiny black seeds originated in Mexico and South America and were part of Aztec and Mayan cultures. The word chia means strength and these small black seeds were used as a source of sustainable energy for long distance runs and also during battles.

Chia seeds might be tiny but they are filled with nutrients including fiber, B vitamins, calcium, magnesium, phosphorus, and omega 3 fatty acids. Compared with flaxseed, chia seeds provide more omega-3s, calcium, phosphorus, and fiber. One tablespoon of chia seeds contains approximately 70 calories, 5 grams of fiber and 2 grams of protein.

When chia seeds are placed in water a gel forms around each seed. This gel is soluble fiber and can help keep your digestive tract regular, lower blood cholesterol levels and keep you full longer which is helpful for those trying to lose weight. In following Mayan and Aztec history some long distance runners still use chia seeds in their food regimens for endurance. Chia seeds also supports healthy skin as well as bone health.

If using chia seeds for regularity, start with 1 teaspoon per day and go up to 1 to 3 tablespoons as an upper limit and be sure to drink plenty of water. It can take up to three weeks to see daily results. Since chia seeds can absorb up to 27 times their weight in water, they can cause bloating. They are also a contraindication for people with swallowing issues and may cause trouble in those who have had colon surgery therefore, flaxseed or psyllium husk may be a better alternative. There is one documented case of an esophageal obstruction when a man consumed a large number of dry seeds. If you have any medical issues, talk to your doctor before consuming chia seeds.

Chia seeds are easy to use and have a slight nutty flavor. Here are a few suggestions on how to incorporate them into your diet:

- Sprinkle on cereal, yogurt, oatmeal
- Add to smoothies – remember the seeds will form a gel if left alone so if you don't drink your smoothie quickly, you may need a spoon.



- Add to baked goods such as muffins, bars and quick breads
- Chia seeds can replace eggs in vegan recipes. To use them as an egg substitute in baking, mix 1 tablespoon of chia seeds with 3 tablespoons of water, then let sit for a few minutes. The chia gel makes a great egg substitute.
- For an energy sustaining snack, spread nut butter over fruit (banana or apple) and sprinkle on some chia.
- Overnight chia pudding – do a search on the web and you'll find a ton of recipes.

*For more information on adopting healthier lifestyle changes, contact Kitty Finklea, lifestyle coach, registered dietitian and personal trainer at McLeod Health and Fitness Center, (843) 777-3000.*