

# McLeod Hosts Free Educational Events on Women & Heart Disease In Recognition of Go Red Day

McLeod Heart and Vascular physicians from around the region helped McLeod celebrate national Go Red for Women day on February 2, a day established by the American Heart Association to raise awareness of the number one killer of women.

More than 545 women attended educational presentations on Women and Heart Disease during free Red Heart Healthy events in Florence, Cheraw, Dillon, Hartsville, Little River, Loris, Manning, Myrtle Beach, and Sumter as well as during a breakfast for the McLeod Angels in Florence.

In **Florence** at the McLeod Medical Plaza, the guest speaker on "Women & Heart Disease" was Dr. Brian Wall with McLeod Cardiology Associates. At the **Hartsville** Country Club, the guest speaker was Dr. Alan Blaker with McLeod Cardiology Associates.

In **Sumter** at Hamptons Restaurant, Dr. Dennis Lang with McLeod Cardiology Associates was the guest speaker for the Red Heart Luncheon and Dr. Ryan Garbalosa with the same practice presented at the **Manning** event at McLeod Medical Plaza Clarendon.

In **Dillon** at McLeod Medical Center Dillon, McLeod Cardiothoracic Surgeon Dr. Robert Messier was the guest speaker and in **Cheraw**, Dr. Eva Rzucidlo with McLeod Vascular Associates spoke at Northeastern Technical College.



Women from across the region dressed in red on February 2 to raise awareness of heart disease, the number one killer of women, in recognition of the American Heart Association's National Go Red for Women Day. Above are participants from McLeod Health Clarendon Go Red.

On the coast, Dr. Anne Everman with McLeod Cardiology Associates spoke at the **Carolina Forest** Recreation Center.

The two remaining events for Go Red Day were breakfast events. One was held at McLeod Seacoast in **Little River** with guest speaker Dr. Joshua Sibille of McLeod Vascular Associates presenting. In addition, Dr. David Bjerken with McLeod Vascular Associates spoke at the event in **Loris** at the McLeod Center for Health & Fitness.

Heart disease is South Carolina's leading killer for women among all racial and ethnic groups. Historically, heart disease was considered a disease only effecting men. Now, through research and education, it is known that heart disease is the number one killer of women over the age of 25. "Heart attacks have beginnings," said Amanda Butler, Associate Vice President with the McLeod Heart & Vascular Institute. "Symptoms can begin about two weeks prior to a major event and may include chest discomfort, shortness of breath and/or arm pain and weakness. We are teaming up with the American Heart Association to educate women about these windows of opportunity to prevent death and minimize heart damage."

According to the American Heart Association, an estimated 43 million women in the United States are affected by heart disease. Ninety percent of women have one or more risk factors for developing heart disease. Statistics show that heart disease causes one in three women's deaths each year, killing approximately one woman every minute.

### Register to Receive Your 2017 Tax Forms Electronically



NOW is the time to register to receive your 2017 tax forms electronically! Instructions for registering are available on the home page of The Compass in the Living Well section. After viewing the instructions, you can complete the process by visiting www.paperlessemployee.com/ mcleodhealth.

Receiving your tax forms online is easy and offers many benefits, including:

- Secure access to your W2, 1095-C Forms, and coming very soon, your pay statements will be located here.
- No need to wait for a mailed copy. Once the W2's have been processed and are made available, you can access the web site and print your W2 immediately. However, if you do not sign up for electronic delivery, your W2 will be mailed to the address that was in Lawson prior to January 8, 2018.

• You can download your forms into a tax preparation software (there are several tax preparation services from which to choose).

The 1095-C form will contain detailed information about health care coverage provided by McLeod Health. If you were enrolled in health care coverage through McLeod Health, worked an average of 30 or more hours per week, or were considered a full-time employee at any point in 2017, then you should receive a 1095-C form. You will need this tax form to complete your 2017 tax return.

We will provide you with an original print of your W2 and one reissue. If you need more prints, there will be a charge of \$5.00 for each additional W2.

#### **COMING SOON:**

Your pay statements will be available on this site as well and all employees (current and terminated) will be able to print their pay statement as necessary. More information will follow in the days ahead. When this change occurs, PAY STATEMENTS WILL ONLY BE AVAILABLE ON THIS SITE, and NOT ON LAWSON.

For more information or support on this time-sensitive issue, contact Corporate Payroll Services at 843-777-2593.

See a DOCTOR Anytime, Anywhere.



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for Important McLeod Health Information



# **McLeod Seacoast Offers Ask the Doctor Series**

McLeod Seacoast has partnered with the North Myrtle Beach Aquatic and Fitness Center to offer special physician discussions to keep the public updated on important health matters.

Each month, a McLeod Seacoast physician speaks on different health topics and is available for questions afterwards. The series is held in the classroom at the North Myrtle Beach Aquatic and Fitness Center from 11 a.m. – 12 p.m. on the following dates and is open to the public.

On February 27, Dr. Joshua Sibille, McLeod Vascular Associates, will be discussing "Signs of a Stroke."

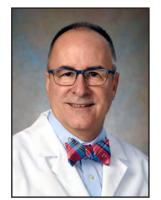
On March 27, Dr. Christopher Walsh, McLeod Orthopaedics Seacoast, will be discussing "Joint Pain: Is a Replacement Right for You."

No registration is required. For more information, please call the McLeod Seacoast Public Information Office at 843-390-8325.



Presented by Joshua Sibille, MD, Vascular Surgeon McLeod Vascular Associates Presented by **Christopher Walsh, MD,** Orthopaedic Surgeon McLeod Orthopaedics Seacoas

### McLeod Welcomes New Physicians



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

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

# McLeod Opens Vein Center in Florence



Now open, the McLeod Vein Center treats all forms of vein disease from cosmetic varicose and spider veins to advanced chronic vein disease. The McLeod Center is one of only two accredited Vein Centers in South Carolina.

The latest technology for the treatment of vein disease is utilized by the highly trained team of McLeod Vascular Surgeons Dr. Carmen Piccolo, Dr. Eva Rzucildo, and Dr. Gabor Winkler.

The center is located at 101 South Ravenel Street, in McLeod Medical Park West, Suite 230, in Florence. For more information, call 843-777-7043. McLeod Health Clarendon Administrator Presents at Chamber Retreat



Rachel Gainey, Administrator of McLeod Health Clarendon, recently spoke about the hospital's investment and commitment to the community at the Clarendon County Chamber Retreat, held in Savannah, Georgia.

Rachel Gainey, Administrator of McLeod Health Clarendon, was recently featured as a guest speaker at the Clarendon County Chamber Retreat held in Savannah, Georgia.

During her presentation, Gainey shared the commitment and investment of McLeod Health in the community, emphasizing the strength and quality of the McLeod Health system.

She also updated attendees on how McLeod Health Clarendon is leading the way for medical excellence in Clarendon County through hospital renovations, increased access to specialists, advanced technology, improved Emergency Department processes, as well as increasing primary care and specialty care physicians in the service area.

# McLeod OB/GYN Dillon Opens New Office



Pictured from left to right are Dr. Marla Hardenbergh, Dr. Melissa Brooks, Dr. Rebecca Craig and Joan Ervin, Administrator of McLeod Dillon.

Community leaders and McLeod employees recently gathered to celebrate the latest addition to the McLeod Medical Center Dillon campus – a new medical office building for McLeod OB/GYN Dillon. During the event, the physicians cut the ribbon officially opening the doors to their new practice located at 706 North 8th Avenue.

Joan Ervin, Administrator of McLeod Dillon, welcomed those in attendance. "This year, marks the 75th year the hospital has served this community, and the 20th year since Dillon joined the McLeod family. What a special time to open the doors to this beautiful new facility."

In her remarks, Dr. Marla Hardenbergh of McLeod OB/GYN Dillon said, "I love being a part of small community, and I am proud to serve our community through this practice and McLeod."

Don Stout, Chair of the McLeod Dillon Community Advisory Board, said, "McLeod OB/GYN Dillon is a growing practice with highly skilled physicians. We are fortunate to have them right here in our community to provide excellent care for women of all ages."

A life-long resident of Dillon County, Johnnie Luehrs, President of the Dillon County Chamber of Commerce, added, "As a resident and a recipient of many McLeod services, I am so pleased to see the opening of this new facility. McLeod's commitment to and investment in the residents of Dillon has not gone unnoticed. Thank you McLeod for your vision and for caring for our community."

Dr. Rebecca Craig of McLeod OB/GYN Dillon closed the ceremony. She praised her colleagues, nurses and office staff. "We are all working together to provide excellent Obstetric and Gynecological care to our community.

# McLeod Nurses Receive DAISY Nursing Awards



Tony Derrick, Chief Nursing Officer for McLeod Regional Medical Center, presents the first DAISY Nursing Award to Jennifer Morris, RN. Brandi Rogers, at right, nominated Jennifer for the award.

Registered Nurses Jennifer Morris and Nikki Horne were recently named the first two DAISY Award Recipients for McLeod Regional Medical Center.

Jennifer was the first recipient of the award, presented on December 21, 2017. A nurse on the Labor & Delivery Unit, Jennifer was nominated by patient, Brandi Rogers.

During her fourth month of pregnancy, Brandi received the news that her baby had a confirmed diagnosis of anencephaly, a serious, fatal birth defect. She and her husband knew that carrying their daughter Emersyn to full term was the right choice for their family. One of their wishes was that the staff be apprised of their situation before the day of delivery. Jennifer volunteered to be there for the birth of Emersyn.

"I have no doubt Jennifer was called to be a nurse," said Brandi. "Almost every keepsake I have of Emmy's is because of Jennifer. From a lock of hair to copies of her footprints is all thanks to Jennifer. And, when I didn't have the strength to give Emmy her first bath, Jennifer stepped in to help.

"I will be forever grateful for the care we received. I am thankful Jennifer was there for Emmy's first and last breath. Jennifer is the kind of person and nurse unlike any other. She is passionate about what she does. There is no one I believe more deserving to be the first recipient of the DAISY Award then Jennifer. She is the true definition of an incredible nurse," added Brandi.

Registered Nurse Nikki Horne was named the January DAISY Award Recipient for McLeod Regional Medical Center on January 23, 2018. Nikki, the Assistant Director of Nursing for the Operating Room, was nominated by her brother, Paden Capps,



Nikki Horne is presented with the second DAISY Nursing Award at McLeod Regional Medical Center on January 23, 2018.

a Business Manager for the Finance Analytics/Optimization Department at McLeod. Paden nominated Nikki for the role she played in saving Jimmy McGee's life after a near fatal accident on I-77 last October. Nikki was traveling with her family on I-77 near Columbia when they came upon the accident. Nikki witnessed a man crawling out from a vehicle that appeared to have rolled over multiple times. Instead of driving by and assuming that help was already on the way, she insisted that her husband stop the car for her to help. When she reached the gentleman she could see his arm was severely injured. With more than 16 years of nursing experience including serving on a trauma team -- Nikki had the skills to handle such a situation.

McGee was losing a significant amount of blood. Nikki yelled out to her husband, Evan, that she needed something to make a tourniquet and he brought her his belt. She used a bystander's towel to wrap around McGee's arm and utilized the belt as a tourniquet. McGee kept saying that he was getting dizzy, but Nikki continued talking to him to keep him alert until EMS arrived on the scene.

"Some people work just to get a paycheck, but I know nursing is more than that to Nikki," said McGee. "She was my guardian angel that day. If she had not stopped I wouldn't be here today to thank her. She has even inspired me, now if I drive by an accident myself I stop to see what I can do to help."

For more information on the Daisy Award, please visit: https://www.mcleodhealth.org/mcleod-nursing-overview/.

# McLeod Health Opens Medical Park in Hartsville



McLeod Medical Park Hartsville

McLeod Health recently opened a Medical Park in Hartsville, located at 1319 South Fourth Street. Services at this location include McLeod Orthopedics, McLeod Cardiology Associates, McLeod Vascular Associates, McLeod Sports Medicine, and McLeod Rehabilitation Services.

The physicians of McLeod Orthopaedics Hartsville include Rodney Alan, MD; Barry Clark, DO; Patrick Denton, MD; and Jason O'Dell, MD. Physical Therapy services for McLeod Rehabilitation and Sports Medicine are provided by Karen Hammer, PT.

The physicians of McLeod Cardiology Associates include Cardiologist John Patton, MD; and Electrophysiologist Prabal Guha, MD. Vascular Surgeon Eva Rzucidlo, MD, serves as the physician for McLeod Vascular Associates.

McLeod Medical Park Hartsville welcomes new patients. Appointments can be made by calling:

Orthopedics: 843-777-7900 Sports Medicine & Physical Therapy: 843-777-3199 Cardiology/Electrophysiology: 800-299-5689 Vascular: 843-777-7043

Physician and self-referrals are welcome.

### Sports Medicine Offers Annual Run/Walk

The annual McLeod Sports Medicine Scholarship Run will be held Saturday, March 17, 2018. The races begin at 9:00 a.m. and includes a 5K Run/Walk, 10K Run, and 1-Mile Fun Run. The races will take place at McLeod Sports Medicine, located at 2439 Willwood Drive in Florence (behind the McLeod Health & Fitness Center).



Race-day registration will be available from 7:30 a.m. until 8:30 a.m. Scholarship recognition and awards will be held at 10:30 a.m.

In recognition of St. Patrick's Day, runners are encouraged to wear green or dress in costume. Following the race, there will be food, music, and activities for the entire family.

The cost to participate is \$25 if pre-registering and \$20 for McLeod Employees, Military Personnel, Track, Cross Country and Florence Track Club Members. Registration cost on the day of the event is \$30. The cost of the 5K and 10K includes a Run/Walk T-shirt. The Fun Run cost is \$5 for an individual and \$10 for a family.

During the early 1990's, McLeod Sports Medicine established the McLeod Sports Medicine Heart Challenge. A Florence area, community-based, and USATF certified 5K and 10K run/walk for improving participants' health. The Heart Challenge was also established to raise money for the McLeod Athletic Excellence Award. The award was soon renamed the Geoffrey Kier Memorial Athletic Excellence Scholarship to honor the memory of a former McLeod Sports Medicine employee who died of meningitis in 1998. Today, this race continues the tradition of raising money for deserving student-athletes in our community. Geoffrey's mother, Sally, continues to participate in the race each year and also donates to the scholarship fund in honor of her son.

# **Merit Awards**

### **MRMC**



Lori Barfield **OB-GYN** January 2018



Mark Chapman January 2018



**Diane Movsky** Corporate Administration Real Estate Development January 2018

**MPA** 

### Clarendon



Trudy Richbourg Patient Registration January 2018



Angel Touchberry Medical Surgical December 2017



Lisa Bullard, LPN (second from left) McLeod Pediatric Associates of Florence January 2018

Chris Hurst (center) **Primary Care Services** McLeod Physician Associates January 2018

### Loris Seacoast



Dr. David Bjerken McLeod Vascular Associates December 2017

### **Special Recognition**



C. Richard Alexander, MD, FAAFP Medical Plaza Family Medicine McLeod Foundation Employee Campaign Physician Champion Award Presented in recognition of his steadfast support and encouragement of medical provider participation of the McLeod Foundation.

### **Retirees**

#### Jim Canup

**Employee Assistance Program Department** MRMC 21 years

#### **Helen Harker** IT Clinical Informatics

MRMC 32 years

### Virginia McFadden

Information Services McLeod Health Clarendon 26 years



# **February Specials**

### **McLeod Spa February Special**



#### Specially–Priced Packages for February

#### From the Heart Ritual: \$235 (normally \$280)

- 80-minute Nirvana Stress Relief Massage
- Pure Results Facial
- McLeod Signature Pedicure
- McLeod Signature Manicure

#### With Love Ritual: \$185 (normally \$215)

- 50-minute Nirvana Stress Relief Massage
- Body Bliss
- McLeod Signature Pedicure

#### Red Ritual: \$90 (normally \$110)

- Express Massage or Express Facial
- Spa Manicure & Pedicure

#### Also, take 20% off of facials during the month of February.

#### Gift certificates are also available!

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

#### Don't forget 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 for a menu of services.

### **McLeod Resource Center**



February Special: PersonalFit Connectors

### **McLeod Health & Fitness Center**



February Special All for One Joining Fee: Friends and Family split the \$25 joining fee. Based on a 2-year contract.

In an effort to better serve you, McLeod Health & Fitness Center is now open at **5:00 a.m.** Monday through Friday.

#### Hours of Operation:

Monday – Thursday: 5:00 a.m. – 10:00 p.m Friday: 5:00 a.m. – 8:00 p.m. Saturday: 7:00 a.m. – 7:00 p.m Sunday: 1:00 p.m. – 7:00 p.m. www.McLeodHealthFitness.org.

# **Upcoming Events**



For a complete list of upcoming events, please click **here** to view the McLeod Health calendar.