January / February 2011

THE TALLAHASSEE MEMORIAL HEART & VASCULAR CENTER

Saving Lives through Heart Disease Education, Prevention and Intervention

While Tallahassee Memorial joins the nation in observing February as Heart Month, its Heart & Vascular Center is a leader — day-in-and-day-out — in the prevention, diagnosis and treatment of cardiovascular disease. According to Catherine Heimbecher, R.N., the program’s administrator, “For more than 25 years, Tallahassee Memorial has offered advanced cardiovascular services to patients with a variety of conditions, including heart attack, coronary artery disease, atrial fibrillation, electrophysiology disorders, valve disease, heart failure and peripheral artery disease.”

The Tallahassee Memorial Heart & Vascular center is committed to educating and building awareness in the fight against heart disease. This awareness begins with knowing what the risk factors are and identifying those factors as early in life as possible. Mrs. Heimbecher noted, “We must start with our youth by encouraging healthy lifestyle choices and focusing on prevention and the risk factors that can be controlled such as: smoking, physical inactivity, obesity, hypertension, stress, elevated cholesterol and diabetes.”

According to the American Heart Association, one in three American adults have one or more types of cardiovascular disease. According to the CDC’s 2009 Youth Risk Behavior Surveillance survey of adolescents in grades nine through 12, over a quarter of students spend three or more hours per day using computers outside of school time (29.1 percent) or watching television (37.5 percent). Lack of exercise places young people and adults at risk for heart disease.

In order to make a difference with controllable risk factors, it is important to “know your numbers.” Therefore, TMH has traditionally offered a wide variety of cardiovascular screenings throughout the community. Now, it has partnered with the Premier Health & Fitness Center, a service of TMH, to introduce the Well Wise Wednesday Program – first Wednesday of each month at Premier – to screen for circulation issues, risk of heart disease and stroke. Space is limited so individuals and businesses should call Premier at 850.431.4835 to make a reservation. Health counselors are available to provide consultation based on screening results.

“People can often modify their lifestyles before it comes to the point where they have disease so screenings are really for anyone,” said Lisa Mullee, Director of cardiovascular labs at TMH.

“Tallahassee Memorial is an accredited Chest Pain Center, which means it has demonstrated expertise and commitment to quality patient care by meeting or exceeding a stringent set of criteria including assessing, diagnosing, and treating chest pain patients rapidly,” noted Wayne D. Batchelor, M.D., F.R.C.P., F.A.C.C. The “Chest Pain Center Accreditation with PCI” (Percutaneous Coronary Intervention) is awarded by the Society of Chest Pain Centers to...
The Big Bend Region Celebrates National Philanthropy Day

TALLAHASSEE MEMORIAL’S Heart of Gold Recipients at National Philanthropy Day

Marcia Deeb Thornberry and Family
Jean and Al McCully, M.D.
Elva and Tom Brady
The Junior League of Tallahassee, Betty Couch and Amanda Clements
Ronald McDonald House Charities of Tallahassee and Ronald McDonald House Charities Global – Kiki Dunton, Kathy Anderson, Jean and Gary Stout
The TMH Auxiliary – Georgeann Hartsfield and June Ragans
Laurie L. Duizer, Jr., M.D., Virginia A. Glass and Joseph Sobodowski
Leon High School
Fred Lindsey, M.D.
Betty Plescia Bender and Dr. Lou Bender
Golden Gala
Martha Anne, Emily and Theo Proctor and “Tee Off for Tots”
Tallahassee Memorial Healthcare Board of Directors

“National Philanthropy Day is set aside each year to recognize and pay tribute to the philanthropic community,” said Sharon Davidson, Director of Development and Communications for Elder Care Services and an officer of the Big Bend Chapter of the Association of Fundraising Professionals (AFP), the lead sponsor of this region’s National Philanthropy Day celebration. “This event places focus on those who give generously as well as the recipient charitable organizations and acknowledges philanthropy’s profound societal impact. It is a privilege to honor the Big Bend’s outstanding donors, volunteers and professionals for their gifts of time, expertise and financial resources,” added Judie Miller, Community Affairs Director for Kids Incorporated of the Big Bend and Big Bend AFP President.

2010 National Philanthropy Day Honorees

Julie Montanaro
Outstanding Media Personality... is committed to publicizing and promoting not-for-profit services in Leon and the surrounding counties. A member of the WCTV news team since 1989, Julie has been an active member of the greater Tallahassee community. She has generously donated her time and talents to charitable causes such as hosting the Jerry Lewis Muscular Dystrophy Telethon for more than a decade. She has served on the young Actors Theatre Community Advisory Board and on Catholic Charities of NW Florida’s Regional Board of Directors. “There is no telling how much money Julie has helped raise or how many volunteers she has helped solicit for organizations in her twenty years of community involvement in the Tallahassee-Thomasville area,” said Anna Johnson, Julie’s predecessor at WCTV and Philanthropy Day mistress of ceremonies.

O Ambassadors of Oakridge Elementary School
Outstanding Youth in Philanthropy... is a school-based program created by Oprah’s Angel Network and Free the Children to inspire young people to become active, compassionate and knowledgeable global citizens. The O Ambassadors’ philanthropic endeavors include an annual “Penny Harvest” – collecting pennies for several weeks and donating them to the Capital City Youth Services, The Alzheimer’s Project and to a local homeless shelter. As a group, the O Ambassadors focus on sustainable development, with emphasis on activities for Earth Day. “Whew! It’s hard to believe these are elementary school students. It’s truly amazing how much has been accomplished in just two years,” says Kristen Tope, O Ambassador Instructor, Oakridge Elementary School.
Kiwanis of the Big Bend

Outstanding Volunteer Philanthropic Organization... works toward enhancing the quality of life for members of the community including those with disabilities. “Kiwanis of the Big Bend, led by Jim Wylie, raised approximately $200,000 in funding for the Miracle Field and the Miracle Sports Program,” said Stephanie Rehberg, Miracle Sports program coordinator. Additionally, Kiwanis of the Big Bend supports other area agencies through financial and volunteer activities: Ability First, Ronald McDonald House, Meals on Wheels, ECHO, FSU School of Music Scholarships, Turn About, Salvation Army, Big Bend Hospice’s Tree of Remembrance and Lifeline among others.

Tallahassee Memorial HealthCare Foundation

Outstanding Professional Philanthropic Organization... is the entity designated by Tallahassee Memorial HealthCare to secure charitable support on its behalf. In this pivotal time of history-making change and challenge for the health care industry, TMH continues to perform well on both operational and clinical measures and has gained national recognition as a leader in performance improvement. “Prominent among the reasons Tallahassee Memorial remains a viable and secure health care organization is the TMH Foundation’s remarkable fund-raising success under the leadership of Paula Fortunas,” said Talbot “Sandy” D’Alember, FSU President Emeritus, who presented the TMH Foundation’s award. Mrs. Fortunas countered, “The heart of our work resides within the hospital’s community of donors and it beats through the dedicated service of each and everyone associated with TMH. In the final analysis, each of us is inspired because we know, in no uncertain terms, that every dollar raised translates and transfers to the life-saving work of TMH.”

Chuck and Patty Mitchell

Philanthropists of the Year and Recipients of the U.S. President’s Volunteer Service Award... have dedicated their lives and resources to volunteer service. “The Mitchells have a ‘mile-long’ list of volunteer organizations that they support, among them the TMH Foundation, Big Bend Homeless Coalition – Hope Community, Leon County Adult Literary Program and Companions for Therapy which involves them in every aspect of animal-assisted therapy in this region – from health care facilities to the schools and the courts of the Second Judicial Circuit. The Mitchells were instrumental in developing the Miccosukee Land Co-Op. “We are humbled, we are honored and we are overwhelmed,” said Patty Mitchell as the awards were presented by Rick Kearney, the 2009 Philanthropist of the Year, and Dave Ramsey, retired SunTrust banker and long-time friend of the Mitchells. “Thank you for recognizing us for doing something we truly love with all our hearts,” concluded Chuck Mitchell.
Tallahassee Memorial HealthCare and its Foundation Salute the 2010 Cards for a Cure Sponsors and Donors

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George and Lindi Simmons
Abby Smith
Thomas Howell Ferguson P.A.
Dr. Bill and Ida Thompson
J.R. and Nicole Walker

A Special Tribute of Thanks to the Students, Faculty, Staff, and Administration of Leon High School
The Junior League of Tallahassee Pediatric Unit Waiting Room was dedicated at Tallahassee Memorial on November 2, 2010. Mike and Christy Askari of Express Rent A Car, Sara and Brewser Brown, Carpet Studio, General Sheet Metal, Gulf Winds Track Club, DOCS, Keith McNeill Plumbing, North Florida Pediatrics Associates, Almena and Brooks Pettit, Zachary and Selena Richardson, Scott-Burnett, Dr. and Mrs. Stan Sheppard and Sun Coast Electric joined with the Junior League to donate funding for a total renovation of the former family waiting area.

“It was a way for our family to give back, as we are very grateful to TMH.”

– Christy Askari

In response to the dedicatory remarks by Paula Fortunas, president and CEO of the TMH Foundation, Betsy Couch, Junior League of Tallahassee President, explained, “It is our mission to create, fund and support programs that directly improve the lives of women and children. The Junior League of Tallahassee was very pleased to provide funding for the waiting room.” Mike Askari commented further, “It was a pleasure to help Tallahassee Memorial Pediatric Services renovate the waiting room.” Christy Askari added, “It was important to support this project because our children received such wonderful care at TMH. It was a way for our family to give back, as we are very grateful to TMH.”

“This total ‘makeover’ is a blessing for the families and friends of our pediatric patients,” said Ann McClean, RN, BSN, MSHSA, Nurse Manager of the Pediatric Unit. “The space is transformed with new furniture and flooring, flat screen television, artwork, cabinetry and an under-counter refrigerator.”

Since January 2010, the Pediatric Unit Fund-Raising Steering Committee, headed by Chair Sara Brown, worked with TMH Foundation Annual Fund Officer Judi Taber to help raise funds for the project. Kathy Waleko, RN, PhD, Service Line Administrator for Women’s and Children’s Services at TMH, expressed her gratitude, “It is wonderful to see individuals and organizations in the community come together to provide more comfortable surroundings for the families and friends of hospitalized children at Tallahassee Memorial.” Ms. Taber further complimented the committee, “It has been a joy to work with the committee on this important renovation project and, what’s more, we are already planning another facility enhancement for Pediatric Services.”

Tallahassee Memorial Pediatric Services is focused on providing superior care to children from newborns to adolescents in a 16-county region in North Florida and South Georgia. The Pediatric Unit has 23-beds with private rooms where those children with a wide variety of conditions and those recovering from surgical procedures receive care. The Pediatric Intensive Care Unit is the only hospital unit within a 100-mile radius equipped to care for critically ill children. Pediatric Services also include the Kid’s Korner, a 4-bed unit for outpatient care. There is also a certified child life specialist to help children effectively cope with hospitalization and a playroom open twice daily with toys and interactive games.
facilities who use PCI as one of the primary intervention strategies for chest pain. PCI is commonly known as angioplasty, a procedure to treat narrowed coronary arteries.

The Diagnostic & Interventional Suite (Cath Lab) is the hub of activity at the Heart & Vascular Center where the anatomy of the heart is studied and life-saving diagnostic procedures take place. It includes an Electrophysiology Lab that focuses on the diagnosis and treatment of problems associated with the electrical system of the heart. When patients need pacemakers and defibrillators, a majority are implanted in the EP Lab.

In the Cardiovascular Lab more than 50,000 procedures are performed annually by TMH’s staff of credentialed sonographers, ACLS certified RNs, and highly skilled EKG technicians. The Cardiovascular Lab is accredited in adult Echo and Transesophageal Echo (TEE). TMH’s experienced team of cardiothoracic and vascular surgeons annually performs more than 9,000 surgeries and procedures in the hospital’s Main Operating Room and in Specials/Vascular Labs from the moderately routine to more complex procedures. For further information regarding procedures and services performed at the Tallahassee Memorial Heart & Vascular Center, call 850.431.2727 or visit www.tmh.org/heart.

“Tallahassee Memorial’s Heart & Vascular Center is committed to serving the community with a focus on wellness and prevention along with ‘recognized world class’ treatment,” said Aaron Kinnon, Director of Community Outreach for the TMH Foundation and lead fundraiser for the Heart & Vascular Center. For information on ways you can benefit the Center, please either call 850.431.5698 or e-mail aaron.kinnon@tmh.org or visit www.tmhfoundation.org.

Protocols for Philanthropy will return in the March-April issue of Tallahassee Magazine.

Tallahassee Memorial is exceedingly grateful to you — its community of donors and friends — for the generous outpouring of charitable gifts at the close of 2010. You recognized and, rightfully so, that your gifts are more important now than ever. Thank you for your expressions of confidence in TMH — Your Hospital for Life.

G. Mark O’Bryant
President & CEO
Tallahassee Memorial HealthCare

Paula S. Fortunas
President & CEO
Tallahassee Memorial HealthCare Foundation

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