LINCOLN HIGH SCHOOL ALLIES WITH THE TMH FOUNDATION TO FIGHT HEART DISEASE

“Battle of the Bands” Successfully Launched
Lincoln Students Raise More Than $7,000

“Friday Night Lights” took on a whole new meaning at Lincoln High School this spring. On April 22, the sports field on the campus of the reigning 4A football champions was illuminated for battle. However, the lights were for a different kind of Friday evening competition – one that involved student bands battling it out in the name of charity; namely, the Tallahassee Memorial Heart & Vascular Center.

Lincoln High School’s inaugural “Battle of the Bands” competition featured 10 bands of high school students sponsored by 38 businesses who gave financial support and set up vendor and service booths around the Jimmy Everett Track while the bands “showcased their stuff” on one of two stages set up on the field.

Before the “Battle” plan was even conceived – the alliance began in the office of Allen Burch, Lincoln High School Principal, when Lisa Mullee, Director of Cardiovascular Labs at TMH and Aaron Kinnon, Director of Community Outreach for the TMH Foundation asked Mr. Burch if he and his army of Trojans would join TMH in the fight against heart disease. “Because heart disease runs in Mr. Burch’s family, and because it’s his business to know what health hazards are facing the students of this generation, we didn’t have to ‘sell’ him on the benefits of this partnership at all,” said Mr. Kinnon.

Not long after that meeting in the Principal’s office, Beth Button, Lincoln High School biology teacher, Student Government Association (SGA) sponsor and event organizer, contacted Ms. Mullee stating that the students would host a “Battle of the Bands.” “Because heart disease is affecting more young people now than ever before [high school athletes with undiagnosed heart issues and the prevalence of fast food and poor eating habits], we didn’t want this event to just include students at Lincoln; we wanted to get all the local high schools involved to promote heart healthy education and raise awareness among all of our peers,” said Danielle Bedard, Lincoln High School Student Body President.


Farhat Khairallah, M.D., Southern Medical Group cardiologist, on behalf of the Tallahassee Memorial Heart & Vascular Center, accepting check from Lincoln High Principal Allen Burch with Lisa Mullee, Director of Cardiovascular Labs at TMH and Aaron Kinnon, Director of Community Outreach for the TMH Foundation.

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"WENT TO A GARDEN PARTY"

at the Tallahassee Memorial Cancer Center

The Tallahassee Memorial Cancer Center and its Healing Garden welcomed over three hundred friends and supporters on May 24 for an old fashioned garden party hosted by the TMH Foundation, the Tallahassee Memorial Cancer Patient and Family Advisory Council and the Healing Garden Party Committee chaired by Kitty Flynn. "Kitty is fully committed to the fight against cancer and it was she, in collaboration with Lisa Caldwell, who introduced the idea for a garden party to showcase the beautiful gardens and to offer guests opportunities to honor or memorialize family and friends with their respective gifts," said Paula Fortunas, President & CEO of the TMH Foundation.

Guests also enjoyed a delicious repast generously donated by A La Provence, Bonefish Grill, Tri-Eagle Sales, the Wine Warehouse, Lisa’s Bartenders, LLC and Farmers and Merchants Bank, along with jazz by the Charles Ferguson Trio and works by artists Randy and Debra Brienen, Dean Giola and the Tallahassee Watercolor Society – Jan Bill-Walker, Lorraine Clark, Rene Lynch, Marge McIntyre, Ken Menke, Yoshiko Murdick, Lynda Pele, Gayle Swedmark Hughes, Cassie Tucker and Gwen Woods. Beautiful donated quilt art by Betsy Bergen, Mimi Douthit, Judy Kern, Ginger Leggett, Katy Sue Lewis and Vicki Mildenberger was also exhibited. Silent Auction donors included Debra and Randy Brienen and the Double Tree Hotel of Palm Beach Gardens.

“It was an honor to chair this Healing Garden event and to share with our community this wonderful Garden in the backyard of our new Cancer Center. Cancer takes a toll on everyone, the patient and their family and friends. This venue offers a beautiful place to reflect, pray and share. I hope everyone in our community comes by sometime soon to enjoy the beauty," said Kitty Flynn as she thanked the program’s donors and sponsors and recognized the Tallahassee Garden Club for adopting the Healing Garden as a special project.

“Tallahassee Garden Club members have worked tirelessly to plant an array of beautiful flowers throughout the grounds as well as continuously maintaining them. I would especially like to recognize Joy Hevey, Laurye Messer, Margaret O’Bryant, Marty Quinn, Maye Walker and the Leon High School Anchor Club.”

The Healing Garden at the Tallahassee Memorial Cancer Center provides a place of rest, solace and comfort. It combines foliage known for its healing qualities with ambling paths, outdoor seating and soothing water features to provide a natural retreat for patients, family and staff. It has a variety of spaces to accommodate different activities and levels of privacy for groups and solitary contemplation. Many planned activities and events will be featured in the Healing Garden, such as artists-at-work and Tai Chi. However, the essence of the Healing Garden is in the enhancement of the environment and the provision of a beautiful retreat for all.

Naming Opportunities Abound in the Healing Garden

Naming opportunities abound in the Healing Garden and include trees, benches, birdhouses and a wall where donors can honor or memorialize loved ones with engraved bricks. Please contact the TMH Foundation to learn how you can support “cancer care close to home” at the Tallahassee Memorial Cancer Center – Telephone: 850.431.5389; E-mail: foundation@tmh.org; Letter: 1331 East Sixth Avenue, Tallahassee, Florida 32303 or please visit www.tmhfoundation.org to make a secure on-line donation.
In response to the insightful and community-minded decision by the Lincoln students, Ms. Mullee said, “I am so proud and excited that Lincoln High School’s administration, faculty and students have chosen to serve the community by raising awareness of heart disease and directing funds to the Heart & Vascular Center where we specialize in the prevention, diagnosis and treatment of cardiovascular disease.”

The Lincoln students were encouraged to “do your best” and a stretch goal of $5,000 was set before them. That ambitious goal was met and exceeded with $5,000 raised prior to and during the “Battle” with another $2,000 plus in sponsorships received post event for a grand total in excess of $7,000. “This was a victorious fight for the cause which benefits the people in our community – and credit for the ‘win’ goes to our youth – our future leaders. Without question, the benefits of this event and partnership will be far reaching and without boundaries,” said Farhat Khairallah, M.D., Southern Medical Group cardiologist who practices in the Tallahassee Memorial Heart & Vascular Center.

When asked why his students were driven to such success, Mr. Allen Burch stated, “Students at Lincoln are part of a larger body—The Trojan Nation. While here, Lincoln students represent those Trojans who came before them and the expectation is that they strive to reach their potential and build upon the wonderful legacy of excellence for which Lincoln High School is known. In addition to success in academics, athletics and the arts, having students who are civic-minded and involved in the community is a critical piece of being a Trojan. When Lisa and Aaron brought us the idea of supporting TMH, I knew that this was a relationship that would be good for our school and community. I have always wanted to have a “Battle of the Bands” for students and pairing it with a fundraiser for Tallahassee Memorial was a win for us both. I thought this event was a huge success and we are looking forward to the second edition of this event next year. This ‘Battle’ has been won, but the war against heart disease continues, and the Lincoln High School Trojans are already making ‘Battle’ plans for next year, and the bar is set – for success!”

The Band: “4:35 on a Thursday,” featuring Shawn Fassig, Tyler Duncan, Boyce Griffith, E.R. Noche, Jesse Woodall, Dylan Repasky (son of Terri Repasky, RN/Clinical Nurse Specialist at TMH’s Bixler Emergency Center) and Josh Rowland (son of Bob Rowland, M.D. of Southern Medical Group) play against the backdrop of the crowd and festivities at “Battle of the Bands.”

Jack Simmons’ Eagle Scout Project Graces the Healing Garden at the Tallahassee Memorial Cancer Center

Jack Simmons is not your ordinary 16-year old high school student. A student at Maclay School, Jack is a dedicated Boy Scout who recently undertook the rigorous process of becoming an Eagle Scout. As part of his Eagle Scout project, Jack, along with fellow Scouts from Troop 109, worked for six months to build five birdhouses and install them at the Tallahassee Memorial Cancer Center’s Healing Garden. Jack purchased three Redbud trees to be placed on the Cancer Center grounds and a beautiful bird feeder for the Healing Garden. To keep the birds fed, Jack donated a $300 gift certificate for bird seed. Jack said, “My intention with this project was to create an environment to attract birds, which can be enjoyed by patients and their families, as well as the staff at the Cancer Center.” Jack has been officially approved by the Suwannee River Area Board of Review as an Eagle Scout. Congratulations to Jack Simmons and his family on this outstanding achievement.
TALLAHASSEE MEMORIAL CELEBRATES

National Nurses Week 2011
and Honors its Own

The theme of National Nurses Week 2011 is “Nurses Trusted to Care” and that is clearly evident at Tallahassee Memorial where nurses contribute significantly to the hospital’s many successes. “A highly-skilled professional nursing practice has developed at TMH,” said Mark O’Bryant, President & CEO. “Nurses at TMH are compassionate healers, progressive educators, innovative researchers, continuous learners, creative thinkers, valued collaborators, involved decision makers and passionate leaders.”

Traditionally, during the observance of National Nurses Week at Tallahassee Memorial, five nurses and five physicians are selected for special recognition based on the hospital’s ICARE values of Integrity, Compassion, Accountability, Respect and Excellence. “This year, a sixth nursing award – Distinguished Contributor – was created to recognize an individual who makes significant contributions of time, effort, knowledge or other gifts that reach across all of nursing at TMH,” explained Barbara Gill MacArthur, Vice President and Chief Nursing Officer, as she announced the 2011 ICARE Award recipients.

**ICARE AWARD NURSES**

**Integrity**
Tsige Tadesse, RN

“Florence Nightingale in disguise” is how a colleague at the Tallahassee Memorial Family Medicine Residency Program describes Tsige Tadesse, RN, the 2011 Integrity designee. “Tsige is a brilliant, dependable, knowledgeable and devoted nurse who never says ‘I can’t’ or ‘I’m too busy.’ Instead, she accepts every challenge and accomplishes the goal. On a daily basis, Tsige dispenses comfort, compassion, trust, honesty and caring without a prescription.”

**Compassion**
William (Joe) Rinehart, RN

As an RN on the Cardiac Progressive Care Unit, William (Joe) Rinehart exudes compassion in all he does – whether the job is large or small. “Joe has received more cards and letters of recognition than any other nurse I know,” according to a colleague. “His patients come back to TMH years later not only remembering him, but still singing his praises and requesting Joe as their nurse! Not only do the patients clamor for Joe, but the staff does as well: we know if Joe is working with us our day is going to go smoother and better. He is extraordinary!”

**Accountability**
Leanne Barden, RN, BSN, PCCN

As an assistant nurse manager with direct patient care duties, Leanne demonstrates accountability in many ways. Achieving professional certification as a Progressive Care Certified RN, Leanne has set the standard for the RNs in the Intermediate Care Unit as she interacts with patients and their families. In the words of a coworker, “Leanne is even-tempered, fair, smart and never asks someone to complete a task she wouldn’t do herself. In the midst of a 12 hour shift, caring for a patient nearing the end of life, not once did she indicate how tired or hungry she might have been.”

**Respect**
Megan Wetzel, RN

As a float pool nurse, Megan’s ability to adapt to multiple clinical settings and numerous patient and family needs illustrates the respect she gives to all. Megan also serves as a nursing supervisor, and in this role, demonstrates her willingness to analyze a situation and develop a practical solution to benefit the entire organization. In the words of one of the TMH nurses, “Megan was the supervisor on duty and she was extremely busy. The hospital was full and our unit was rapidly getting new admissions with many orders and labor-intensive problems. Megan stayed in touch with our unit all day, making sure that the patients’ needs were being met. Throughout this stressful day, Megan remained calm and compassionate. Her concern for patients and TMH colleagues was the bright spot of the day.”
Excellence
Stacey Etheridge, RN
As a new member of the Anesthesia department, Stacey Etheridge, RN, is the recipient of the 2011 ICARE Nursing Award for Excellence. Her organizational skills include team building with the Anesthesia staff, streamlining the supply process and establishing systems for procedures resulting in cost savings and revenue building. According to her fellow colleagues, “Her dedication and attention to detail in the Anesthesia department qualifies her for the ICARE Award for Excellence.” Stacey is so excellent at her job that she was recently promoted to the assistant nurse manager position in Anesthesia.

DISTINGUISHED CONTRIBUTOR AWARD
Becky Burnett, RN
In addition to her leadership role as the assistant nurse manager on our Postoperative Care Unit, Becky coordinates the effort to continuously update nursing policies and procedures and assure that they reflect evidence-based practice, regulatory requirements, and ease of application for the practicing nurse. The primary beneficiaries of this enormous effort are the nurses who are supported by the policy guidelines and the patients who receive the highest standards of care. Becky receives input from nurses on the Shared Governance Councils, the scientific nursing literature, and published national guidelines. She then configures all of this into TMH formats and distributes for review and approval. She is the ‘go to person’ for policy and procedure assistance from all clinical departments throughout our organization. Clearly, a most distinguished contribution!

ICARE AWARDS – PHYSICIANS

INTEGRITY
THOMAS E. NOEL, MD
Cardiology

COMPASSION
THOMAS L. TRUMAN, MD
Pediatric Critical Care Medicine

ACCOUNTABILITY
ANGELA S. SPENCER, MD
Neurology

RESPECT
SANDEEP R. RAHANGDALE, MD
Internal Medicine

EXCELLENCE
SARMED G. ASHOO, MD
Emergency Medicine
Golden Gala XXVIII
Benefiting Tallahassee Memorial HealthCare
SCRAPBOOK

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To our Donors and Supporters:
The positive influence of your gifts is evidenced throughout the hospital. Thank you very much for all you have done and continue to do on behalf of TMH.

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

Paula S. Fortunas
President & CEO
Tallahassee Memorial HealthCare Foundation

To Make a Secure On Line Donation:
Please go to www.tmhfoundation.org. Click on Make a Donation, and then click on Secure Credit Card Donation.

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