



Redmond to Kick-off 2011 Giving Campaigns

October is here! With a new year just around the corner, plans for 2011 are underway in our own lives as well as in each business and organization. Here at Redmond, we know with October comes our annual United Way campaign. Each year, the Redmond family joins together to raise money for the Rome and Floyd County United Way. This money goes to support 16 agencies around town that help children, the homeless, victims of abuse, people with disabilities and senior adults. This year, we are doubling our gratuitous efforts and kicking off the HCA Hope Fund Campaign this month as well.

This year's United Way campaign theme is "Live United" expressing the choice to give of ones self physically as well as financially is the most effective way to better the conditions of our community. The countywide goal is \$1,000,000. Jumping on board, Redmond has set its

goal at \$100,000. This is 10% of the entire goal. Also, 100% of what you give stays in the county you designate – and 87% of each dollar goes to meet the needs of our community.

The HCA Hope Fund is a program that provides for families within our company that experience personal tragedy such as flood or fire. The Hope Fund assists in providing monetary support for basic life needs such as rent/ mortgage payments and utility bills. Just this year, two of our own Redmond associates benefited from the Hope Fund.

With resources being especially tight for everyone these days, those who are less fortunate than us are feeling the impact of this even more. Even a small gift can make the world of difference to those in need. All we ask is that you give what you can.

Through payroll deduction or a one-time donation, you can support either or both of these campaigns and enrich the lives of those in need in our community and in our HCA family. As healthcare professionals, we take pride in our dedication to the community. This is one more, important way to give back. Please take the time to consider what you would like to give in this year's United Way and Hope Fund. Your giving guarantees promising rewards.



Agencies Sponsored by the Rome & Floyd County United Way

- American Red Cross
- Boy Scouts
- Boys & Girls Club
- Cave Springs Day Care
- Family Resource Center
- Girl Scouts
- Hospitality House
- House of the Children Academy
- Mercy Senior Care
- Network Associates
- Open Door Home
- Rebecca Blaylock Nursery
- Salvation Army
- Senior Adult Recreation Center
- Star House
- YMCA

Donation Options	Thank You Prizes
Any Donation Any one-time monetary donation	Keychain Wallet
Pacesetter Donation of 2.50 per pay period	Plastic Lidded Tumbler
Trend Setter Donation of 5.00 per pay period	Car Visor Organizer
Fair Share Donation of 1/2 hour of pay per pay period	Redmond Hoodie
Leadership Circle Donation of 1 hour of pay per pay period	Coffee Thermos and Mugs



Peace of Mind

for 49



In order to encourage all women to take proactive steps to care for themselves and preserve their health, the Women's Center at Redmond, Rome's Breast Center of Excellence, will be offering digital mammograms at a special rate in October through the end of the year. Digital mammograms will be offered at \$49, down from the regular rate of \$149.

"This special rate meets the need for affordable mammography screenings in our community which is an important factor in overall women's health." says Redmond Interim CEO Carlton Ulmer. "We are excited to offer this opportunity to the women of our community."

The chance of developing invasive breast cancer at

Welcome New Hires!



some time in a woman's life is approximately 1 in 8. Breast cancer is the second most common type of cancer in women and the second leading cause of cancer death in women. There are currently about 2.5 million breast cancer survivors in the United States.

All mammograms at Redmond are performed on state-of-the-art digital mammography equipment. The key to mammography screening is that it be done routinely--once is not enough. Women should have their baseline mammogram at age 35 and annual screening mammograms after the age of 40. A separate physician fee does apply for digital mammograms. To schedule your special rate mammogram call 800-242-5662.

Welcome Hospitalist Dr. Melissa Kehl!



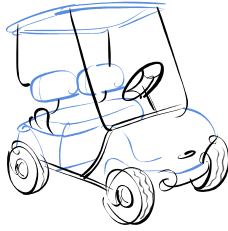
Dr. Kehl, an Internal Medicine physician obtained her medical degree from the University of Illinois at Chicago College of Medicine. She completed her internship and residency at Loyola University Medical Center in Illinois.

Dr. Kehl practiced with Harbin Clinic over 2 years prior to practicing as a hospitalist at Cartersville Medical Center. She returned to Rome to practice and joined the Redmond team in June 2010. Dr. Kehl lives in Rome and enjoys gardening and needlework.

HOC Golf Tournament

Friday, October 29, 2010

Save the date for Redmond's annual Heart of the Community Golf Tournament. The tournament will be held at Stonebridge Golf Course and will begin with a boxed lunch at 11 a.m. and a shotgun start at 12 noon.



For more information or to sign up, simply fill out a registration form that can be found at RedmondRegional.com under news and events or call Lisa Brown at 706-802-3732.

Coming Up...

The Truth About Pregnancy and Your Heart: Tuesday, October 19th, 6 p.m. Magretta Hall. Learn about what cardiac risks are involved with pregnancy, how to identify these and how to prevent them. Call 800-242-5662 for reservations.

Journey Through the Artery Explorer: Friday, October 22nd, front parking lot of Redmond. Take a 3-D virtual tour in this mobile motion simulator to learn about the silent disease, atherosclerosis.

Redmond Yard Sale: Saturday October 23rd, 7 a.m. First come, first serve and no cost to enter.

The Heart of a Healthy Life Style: Tuesday, October 26th, 6 p.m. What lifestyle choices can you make to decrease your risk for cardiac disease? Come find out! Call 800-242-5662 for reservations.

Employee Benefits Fair: November 2, CR A and B

Indisputable Fact # 8

Redmond began performing interventional cardiology in 1986.

www.factsdontlie.com

Holiday Craft Fair

When: Nov. 15, 7 a.m. - 4 p.m.
Where: Classrooms A/B

Mark your calendars for the craft fair! If you are a craft lover or someone who likes to avoid the Christmas shopping crowds, this event is for you! Come get your Christmas shopping done early while helping out a great cause. Ten percent of the proceeds from the sale go towards the Hope Fund.



The Heart of a Healthy Lifestyle

Tuesday, October 26th
6:00 - 7:30 p.m

Lower level classrooms at
Redmond Regional

You are invited to attend this seminar in our Wellness Works series to learn how you can enhance your heart health through everyday choices. This seminar, led by Leeon Rhodes, M.D., of Redmond Family Care at Lindale, will cover risk factors for Cardiovascular Disease and what lifestyle changes you can make to decrease your risk. Come learn how to lead a happy, healthy life while minimizing the worry of heart disease.

Each participant will receive a free gift.

For more information or to register free of charge,

call 800-242-5662 by
Thursday, October 21st.

Or visit us online at

RedmondRegional.com



Healthy Refreshments
will be served.

 **Redmond**
Regional Medical Center
Wellness Works

Weddings & Anniversaries:



- Congrats to Rodney and April Givens who will be celebrating their 4th Wedding Anniversary on October 31st.
- Stanley and Mimi Thompson who celebrated their 25th wedding anniversary on June 21.

Condolences:

Sympathy is extended to:



- Sandra Bishop on the loss of her grandmother.
- Robyn Williams on the loss of her father.

ACCOMPLISHMENTS

- Katie Stanfield on being accepted in the National Honor Society at Armuchee High School. Katie is the daughter of Tina Autry and the niece of Traci Ray.
- Leah Early for being nominated to represent the freshman class on homecoming court at Coosa High School! Leah is the daughter of Melanie Early, RN, OPS
- Redmond Dietary Team on a job well done at both 9/11 events memorializing the September 11 tragedy. Rescue workers received complimentary meals and appreciated the gesture greatly.
- Sally Cohran, RN and City of Rome Wellness Coach, who recently published a book titled *A Lily of Love*. The Redmond family commends Sally on her great accomplishment.

Kidz Corner



- Redmond EMS and Safe Kids participated in the Chattooga County Public Safety day on September 11. They passed out helmets and raffled off six bicycles to participants to promote health and safety. Way to go!
- Neely Carter, Daughter of Christy Carter in OPS, who recently made the Cedartown Middle School Girls Fast Pitch Softball Team

Buy, Sell, or Trade:

- For Sale: Browning Bold Action 300 Magnum Rifle. 3x10 Scope \$800 firm; Weatherby 300 Magnum. Walnut and Composite stock with Leveold Varix 3 Scope \$1500 firm Call 706-676-2669 or 706-266-0206 leave message if no answer.
- For Sale: 2005 Dodge Stratus GXT 4 door/white with black cloth interior. A/C, power windows, power door locks CD player/radio, am/fm stereo, abs brakes, cruise control, rear defroster, automatic transmission, alloy wheels, power steering. Average 21/28 mpg. 92,000 miles. Great condition. Asking \$5,500. Call 706-766-1828.
- For sale: Antique oak square table with four chairs, \$75. Please call Vicky at 706-844-2611
- For Sale: House in Silver Creek, 3 Grayfield Dr, Silver Creek, GA. 3BR, 2BA, hardwood floors, tile in bathrooms, berber carpet in the bedrooms, pool. \$129,900. Contact Leah at 706-766-5212. Please no calls after 9 PM.
- Wanted: Good used freezer. Call Kay at 706-234-7254 or 706-767-2972.
- For Sale: Super Black Eagle 2 Shotgun. Solid black. Includes chokes, hard case & camo soft case. Shot one time. \$1300. 2003 Honda ES 450 Foreman 4x4. Olive green. 2000 lb Warn winch & trailer included. Like new. \$4500. Call Jason at 706-766-3282.
- For sale: Dora the Explorer kitchen set. Very good condition. \$30. Call 706-802-8724.
- For Sale: Ford Explorer Sport Track top. Opens from front and back, fits 2002 model. \$300. Call 404-277-2363 before 9 p.m.
- For Sale: Armstrong silver plated flute in good condition. Perfect for the beginning band student. \$150. Call Sandy 770-378-7609
- For Sale: Motorcycle helmet - Brand New - Never Worn - HJC-CL-15 Full-face, size XL White with Red & Black Accents, \$99; Black Leather pursuit gloves, brand new, I-Con Brand, size L, \$39 Buy both helmet & gloves for \$129. Call Butch at 678-551-9332.

The Redmond News is published monthly by the Marketing Department.

Lisa Brown, Editor