



Heart of the Community Walk to Benefit All

Lace up your walking shoes, and plan on participating in the 3rd annual Heart of the Community Walk. The walk will be held Saturday, February 26th and kicks off at 10 a.m. with pre-walk festivities beginning at 9:30 a.m. at Citizen's First Bank. The walk, previously benefiting the American Heart Association, is now for the third year raising proceeds for the Heart of the Community Foundation, a local non-profit organization that invests in heart related projects in the Rome and Floyd County community. Proceeds raised in 2011 walk will be used to purchase exercise equipment for the North Floyd Recreation Center, educational seminars and other heart related projects.

Redmond is the premier sponsor for the event and event sponsorships are available for \$500. Additional information on sponsorships and the event can be found on RedmondRegional.com under [news and events](#).



Pictured left to right: Mckale Waddell, Brandon Waddell, Keylan Waddell in the picture frame, Sorren Waddell, Summer Waddell

This year's honoree is the Waddell Family. The Waddell family has seen heart disease in the faces of their three children, losing a son, Keylan, to the disease in 2007. The two girls, Sorren and Mckale, are survivors of Congenital Heart Defects, the #1 birth defect and cause of birth defect related deaths, and are doing well at ages 7 and 1.

Summer Waddell, the mother of McKale, Keylan and Sorren says, "Our purpose is to raise awareness about congenital heart defects. They are much more common than people realize and understanding the impact and reach of this disease is so important."

"The walk is an excellent way to remind people to consider their heart health and to take active steps to a healthier life style," says Heart of the Community Walk Co-Chair P.J. Miller, Executive Administrative Assistant at Redmond. "Participating in the fundraising and the walk is one way Redmond is able to give back to the community, remember those who suffered from heart disease and inspire others to take conscious steps to protect themselves from the disease."

While there is no entry fee to



participate in the walk, participants are encouraged to raise funds prior to the walk and turn in all proceeds at the event. Participants are encouraged to get creative with fundraising. Redmond holds bake sales, Valentine's Day gifts for sale, lunches and raffles.

In addition to raising money for the community, the walk also raises awareness for heart disease and honors survivors. Fruit and water will be provided at the event for all participants. The walk is approximately three miles and shorter routes are available.

For more information about the walk and sponsorship opportunities, contact Lisa Brown at Elizabeth.Brown1@HCAHealthcare.com or 706-802-3732 or PJ Miller at Pamela.Miller@HCAHealthcare.com or 706-802-3012 or visit www.RedmondRegional.com and click on [news and events](#).

RESEARCH ROCKS!



*The research team at Redmond, Butch Garrison and
Connie Morris*

Redmond's Research Program is off to a fast start for 2011 with seven clinical trials underway, and number eight being rolled-out to the launching pad! Connie Morris and Butch Garrison are coordinating the studies that combine the talents and resources of Redmond Regional Medical Center, The Harbin Clinic cardiologists, and Sarah Cannon Research Institute.

Here are two of the newest and most exciting studies underway. If you hear these names, you will know that "Research Is Rocking!" in your neighborhood!

CHAMPION PHOENIX: A study comparing IV Cangrelor vs. PO thienopyridines (clopidogrel or prasugrel) for antiplatelet therapy in patients undergoing PCI with drug-eluting stents. Cangrelor has a rapid onset and a very short half-life vs. thienopyridines; providing greater flexibility for dealing with surgical candidates and those with other complications. Dr. Hector Picon is the Principal Investigator for this study, and Connie Morris is the clinical coordinator.

TRIGGER-PCI: This study compares the efficacy of prasugrel (trade name – Effient) with that of clopidogrel (trade name – Plavix) for antiplatelet therapy in PCI /drug-eluting stent patients who are hypo-responsive to Plavix. By using a cutting-edge serum assay device, the patient's responsiveness to Plavix can be tested almost bedside, and the patient can be randomized and blinded to either a Plavix or an Effient group. Dr. Chris Merritt is the Principal Investigator, and Butch Garrison is the clinical coordinator.

You have to admit that these study names are cool too! If you have any questions about research, don't hesitate to call Connie at extension 3261, or Butch at extension 3139.

*Submitted by Butch Garrison, RN, MS
Sarah Cannon Research Institute (SCRI)
Clinical Research Coordinator*

The Frist Humanitarian Awards

For nearly 40 years HCA has celebrated and commended individuals for their achievements and contributions to their communities and our organization through the Frist Humanitarian Awards. The Frist Humanitarian Award is the highest honor bestowed on an individual in our hospital and nominations are now being accepted for employees and volunteers that you feel is deserving of such an honor.

To be eligible an employee must work 32 hours or more weekly and a volunteer must have at least 8 hours of service per month. Additionally a worthy nominee must have qualities that:

- Demonstrate a level of commitment to community service *beyond the daily operation of the facility* that parallels their involvement to quality patient care
- Has contributions that may have been overshadowed due to *personal modesty* and genuine humility
- Makes this world a better place and inspires others to get involved by caring for the community and others in need

If you know an associate or volunteer that fits this description, please submit a nomination no later than February 23rd to Freda Gipson in Human Resources. If you need assistance in preparing your nomination, any member of the Employee Activities Committee is available to help you.

Nomination forms are available in Human Resources. The celebration for our award recipients will be held Friday, March 4th at 2 pm in the Classrooms.



Heart Month

Heart Month is here! As the Heart Hospital for Northwest Georgia, Redmond has activities going on all month to celebrate, educate and make a difference in our community for heart. Check out the events we have on schedule and make plans now to get involved!

Pass the Purse: Look for the physician with the red purse walking around Redmond! Our docs will be asking you to fill their purse with donations throughout the month and the doc who raises the MOST for Heart of the Community Walk wins. This starts February 1.

Feb. 4: National Wear Red Day: Make sure to wear red next Friday to show your support for heart health. All who wear red will receive a complimentary goodie in the cafeteria. The Employee Activity Committee will be at Chick-fil-a sharing information and goodies about heart health and Redmond and we will be broadcasting live on Q102. Come by if your schedule allows and show off your red!

Feb 9: Heart Games: Join the EAC outside of the cafeteria for fun and prizes!

Feb 12: Free CPR Courses: Call Medline to sign-up at 706-368-8480! EMS is heading this up and offering free CPR classes at the local colleges for heart month.

Feb 16-20: Stairwell Scavenger Hunt Contest: Pick up your scavenger hunt sheet in Employee Health. All who successfully complete the hunt will win a pedometer and be entered into a drawing for a bike!



Feb. 25: Get Movin' Game Day: Come to the lower level at 1:30 p.m. for tricycle races, potato sack races and a hoola-hoop contest. Gift cards will be awarded to winners! Look for sign-up sheets at the time clock to compete or just come and watch. Refreshments will be served.

Feb. 26: Heart of the Community Walk: Starts at 9:30 a.m. behind Citizens First Bank. All participants will receive a t-shirt while supplies last and be entered in a raffle for fantastic prizes. Get your teams and fundraisers organized and going. We want a fantastic turnout!

A Moment With Missy...

Healthcare is a challenging field. Redmond Associates have many roles to play throughout the day from new patients to charts to communicating with family members. We do this well and have numerous awards and accolades to prove it. This is what our patients have come to expect at Redmond-excellent healthcare. However, this is just the framework for what we aim to provide. Above and beyond clinical expertise, we are here to provide personal touches, go the extra mile and not just healthcare, but *heartcare*.

Patients choose a hospital based on the way they are treated as a person. They don't want to be thought of as "the patient in 402 with pneumonia". They want to be respected, listened to, and cared about as well as cared for.

Every time we come in contact with someone – a patient, family member, coworker – we are there to make a difference in their experience. Our approach is to not only care for your aches, pains and ailments, but also touch your heart and ease your nerves, then and only then have we done our job.

*-Missy Ragland, BS, PHR
Service Excellence Coordinator*

Wellness Works 2011 Upcoming Classes...

Healthy Choices

March 8, 5:30 p.m., Redmond Lower Level Classrooms

This dynamic program teaches participants how to lead a healthy & long life with simple steps. Look at your day to day choices in a new light and hear how you can start to live well each day.

How to Ace your Physical

April 12, 5:30 p.m. Redmond Lower Level Classrooms

Learn straight from a family doctor how you can naturally manage your cholesterol, blood pressure and diabetes so you can walk away from you next physical with an A+!

Call 706-368-8480 to sign up!



Births

Congratulations to Nolan and Emily Larson on the birth of their daughter Collins. Emily is the

daughter of Toni Puckett.

Announcements

- Best wishes to Dr. Ed Brewster. After 35 years of service as a radiologist, he has retired. Redmond commends his devotion and wishes him well!

Condolences:



Sympathy is extended to the following:

- Condolences to Ava Brown on the loss of her mother-in-law, Mary Brown.
- Clay Callaway on the loss of his mother.
- Latisha Thompson on the loss of her grandmother.
- Andy Allen on the loss of his grandmother.
- Shaun Willingham of respiratory therapy on the loss of her aunt.

Buy, Sell, or Trade:

- **For Sale:** 2006 Kawasaki Prairie 360 4x4 \$3,000. Negotiable. Under 100 hrs. In good condition. Would possibly trade for nice used car. Call Ralph at 770-548-8177.
- **For Sale:** Like New 2008 Polaris Sportsman 800, \$7000. Negotiable. Has very low hours and second person seating. Call Ralph at 770-548-8177.
- **For Sale:** Children's bedroom furniture. Oak bunk beds, dresser, chest of drawers and night stand. Mattresses included if you want them. \$200 for entire set. Call 706-936-0105.

Weddings:

Congratulations to the following:



- Megan Lindsey, RN, 4th floor on her upcoming marriage to Morgan Morris on 3-12-11.
- Congrats to Cody Johnson of the ER on his recent engagement to Alyssa Allred. Cody is the son of Darlene Johnson, RN, of 4th floor.

Want more stories and more pictures?



Be our Facebook Fan!!

Just search
"Redmond Regional"

You can also, visit www.RedmondRegional.com and click on news and events!

Save the Dates...



- Feb 4- Wear Red Day
- Feb 7- Cancer Support Group, 6 p.m.
- Feb 9- Heart Games, Outside of the Café 9: 30 a.m.—2 p.m.
- Feb. 10- Compassionate Friends 7 p.m.
- Feb 11- AngioScreens, Front Parking Lot
- Feb 12- CPR Courses 8 a.m.—1 p.m. Redmond Classrooms
Call 706-368-8480 to sign-up
- Feb 14- Bosom Buddies 6 p.m.
- Feb 25- Get Movin' Game Day 1 :30 p.m. Lower Level
- Feb 26- Heart Walk! 9:30 a.m. Citizens First Bank

The Redmond News is published monthly by the Marketing Department.

Lisa Brown, Editor