

ADENA HEALTH

FOCUS

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Caregivers, patients, and partners
in the communities we call home.



Meet some of the "Faces of Adena"

Caregivers, patients, and partners in the communities we call home.

Adena Health has had one primary focus for more than 125 years: caring for the health and well-being of the people who call our region home. It's reflected in our mission statement, "called to serve our communities." But that's not the only thing that has remained constant for over a century. It's people who make it all possible -- the people inside our facilities, those who turn to us for care, and our community partners. It's these faces who are at the heart of what we do.

To showcase how caregivers, patients, and community partners all come together to support the health and well-being of our communities, Adena has launched a new campaign, "Faces of Adena." The campaign recognizes the commitment and compassion of these individuals, and shares their heartfelt connections with the communities we serve.

Visit Adena.org/faces to watch videos and read the stories from these and even more people connected to our communities.



Ginny Wettersten
Patient, Adena Regional Medical Center

Despite being a former Adena board of trustees member, it wasn't until Ginny became a patient herself that she truly experienced the compassion and dedication from caregivers who were also her neighbors.



Mary Vickers
Housekeeper, Adena Cancer Center

Wherever Mary goes, she brings kindness, compassion, and a heartwarming smile along with her living each day with purpose and joy.



Holly Torbett
Nurse, Adena Fayette Medical Center

When her father fell seriously ill, Holly stepped up as his caregiver rekindling her childhood ambition of becoming a nurse, where today she brings compassion to patients in their most critical moments.



Trevor Patton
Marketing/communications director, Washington Court House City Schools

Whether leading wellness initiatives or serving on the Adena Fayette Community Foundation Council, Trevor actively partners with Adena to strengthen his hometown.



Beth Harper
Chemo infusion nurse, Adena Fayette Medical Center

After more than 30 years in nursing, Beth has learned small gestures often make the biggest impact making sure patients at Adena Fayette Medical Center always feel cared for.



Amber Frazier
Intensive care unit nurse, Adena Regional Medical Center

Caring for others comes naturally for Amber. Whether she is working in the ICU or spending time outdoors, she puts her whole heart into everything she does.



Steve Clever
Executive director/CEO, YMCA of Ross County

Steve understands that it takes a village to help a community live healthier, more active lives. That's why the YMCA partners with Adena to bring vital programs to our region.



Evadean Crandell
Patient, Adena Fayette Medical Center

When Evadean had a serious spine issue in Florida, she came home to Adena Fayette Medical Center for treatment knowing she'll get the care she needs from people she trusts.

It's the **people** who make it all possible

A breath of relief

As a patient with chronic obstructive pulmonary disease, or COPD, Kim Riffle of Jackson, is no stranger to breathing difficulties.

But when doctors in the Adena Regional Medical Center emergency department found a hole in her right lung, Kim put her trust in thoracic surgeon Kevin Radecki, MD, at the Adena Heart and Vascular Institute, for the care and treatment she needed.

"Dr. Radecki saved my life," she said.

Kim was being treated for a series of significant bacterial infections when she realized her breathing and pain became worse. While in the emergency department, she was diagnosed with sepsis and pneumonia.

The medical team performed a bronchoscopy to get a closer look at her lungs, and that's when they spotted a hole that had been caused by the infections.

She needed surgery immediately because without it the chance of survival was just 20%.

Responding quickly to the situation, Dr. Radecki surgically removed the affected lung the same day. Although she said she was scared, Kim credits the doctor's compassionate bedside manner with putting her more at ease.

"Dr. Radecki is always positive," Kim said. "If you ask him a question, he explains everything in such a way that you understand clearly."

Kim said her entire care team pulled together to make a frightening situation less scary.

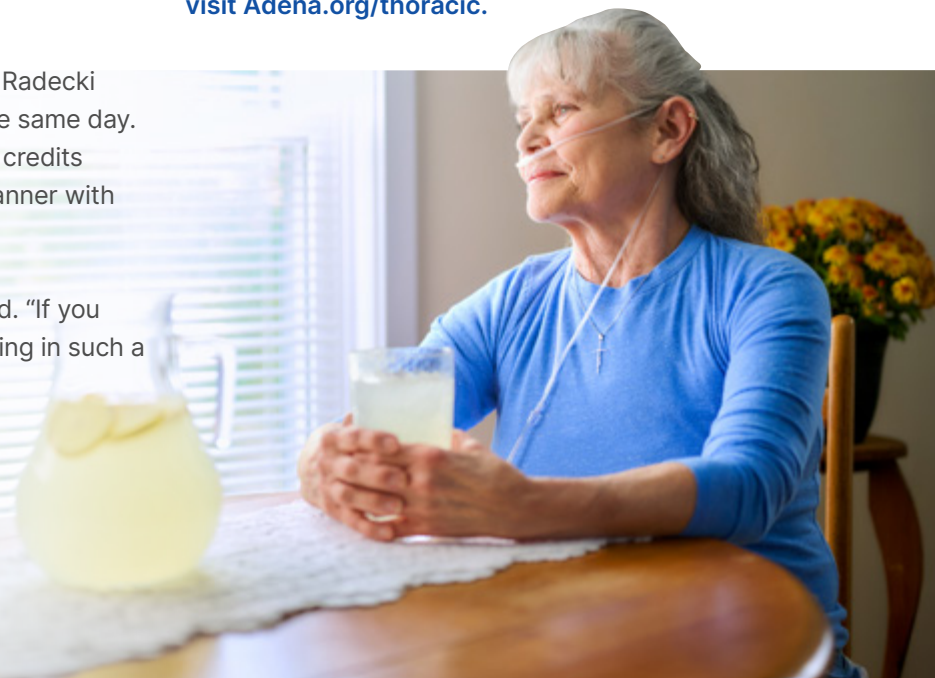
"Anybody I've ever met at Adena has been friendly, forthcoming, helpful, and just kind," she said. "They've been there when I needed them."

Following the procedure, Kim worked with a physical therapist to build her strength so she could get back outside to do the things she loves, like playing with her dog and watching the birds that gather in her yard.

"I have goals and I'm determined," Kim said when beginning her recovery. "I will end up not having to use a walker and I'd like to have my lungs strong enough so that I won't need my oxygen supply."

"Dr. Radecki is all heart and gave me my future back," she said. "I have dreams and will not just sit and waste away. I can't do that."

For more about the Adena Heart and Vascular Institute, its providers and full range of services, visit Adena.org/thoracic.



Four steps to a healthier heart

Valentine's Day is not the only reason to think about hearts in February. It's also American Heart Health Month. But what does it take to have a healthy heart? A lot depends on your family history and risk factors, and the experts at the Adena Heart and Vascular Institute remind us that simple changes can make a big impact.

1. Take steps to control your stress and anxiety.

When your body is under constant stress, it releases a hormone known as cortisol designed to aid in the body's short-term response to stress and danger. Over long periods of stress and anxiety, however, it can lead to high blood pressure and high cholesterol, both contributing factors to heart disease. Identifying and attempting to eliminate stressors, learning breathing exercises, and meditation can all naturally help with stress and anxiety control.

2. Take your nutrition seriously. By controlling portion sizes, reducing unhealthy fats and processed meats, and eating more fruits, vegetables, and fiber, you can improve your overall health and control your weight. These habits also reduce your risk of developing heart disease.

3. Get moving. Taking even a short time away from the stresses of everyday life for moderate exercise such as a brisk walk or swimming can pay huge dividends. The American Heart Association recommends at least 150 minutes each week of such exercise, or just 30 minutes a day five days a week.

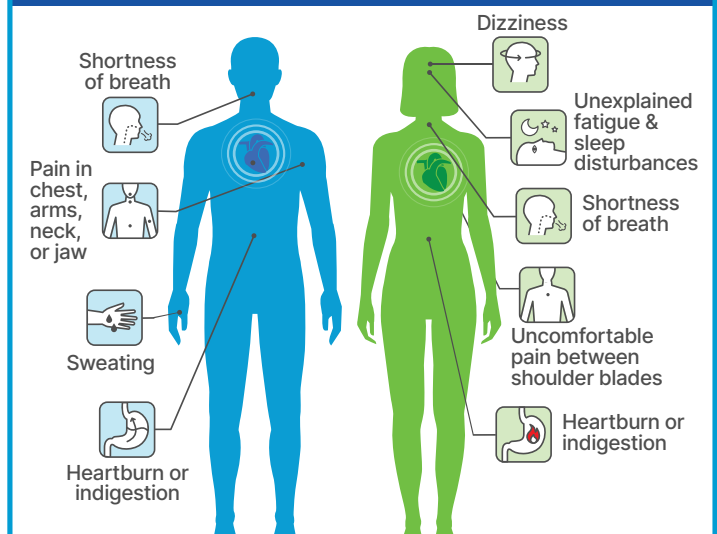
4. Don't smoke. If you smoke, you increase your risk of developing heart disease. If you are having trouble quitting and wish to do so, speak with your primary care physician about how the Adena Quit Clinic may be able to help.

Cardiologist Binnie Desai, MD says that above all else, talk to your doctor if you have symptoms that are out of the ordinary or cause you worry. "This is particularly important if you have high risk factors such as a family history, diabetes, high cholesterol, or smoking. The only way to truly know is to be evaluated."

The team at Adena Heart and Vascular Institute provide comprehensive services focused on your heart health. With screenings that are easier on the patient and more capable of detecting signs of heart disease at an earlier stage, patients don't have to drive to the big cities to find advanced levels of technology and care.

Visit Adena.org/heart to learn more or to make an appointment call 740-779-4570.

Heart attack symptoms Men vs. Women



*2024, American Heart Association

Care on the move

Soon you'll be seeing new wheels on the road. But you might be surprised what these new vehicles mean for patient care.

In January, Adena Health announced its new emergency medical services (EMS) transport service. But what does that mean? Having its own ambulance fleet will allow Adena to efficiently transport patients between its facilities and area nursing homes, supplementing the efforts of the private transport service with which it contracts. The new Adena EMS was created through a grant from the Appalachian Regional Commission with additional support from the Adena Health Foundation.

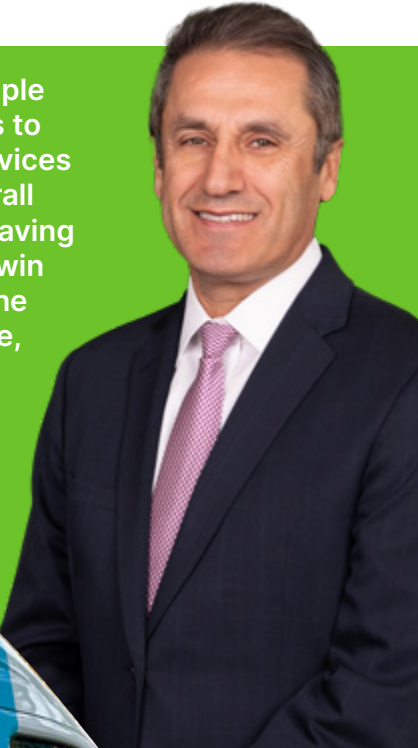
The two-ambulance fleet will not be used to respond to 911 calls or transport patients to hospitals outside of the Adena system.

In addition to the creation of more than 30 new jobs, the transportation expansion carries other benefits, including:

- Shorter wait times for patients requiring transport from one Adena facility to another.
- Increased availability of rooms in Adena's emergency departments and inpatient units.
- Improved operational efficiencies for providers and staff.

"This is another example of our ongoing efforts to expand access to services and enhance our overall patient experience. Having our own EMS is a big win for our patients and the communities we serve, as well as for our physicians and staff."

Shaheed Koury, MD
chief clinical officer



New year, new career

Have a passion for caring for others? Looking for a new and exciting career for 2025?

By joining Adena Health, you'll be making a difference in people's lives and in the communities we serve. We foster a collaborative culture where every employee's contributions matter and where your growth is important to us.

"I've wanted to be nurse since I was a child. At Adena, we're encouraged to better ourselves and further our education if that is something you want to do. I'm currently pursuing my bachelor's degree by taking advantage of Adena's tuition reimbursement program. I know if I want to go on for my master's degree or other education that I'll be supported and have that opportunity here at Adena."

"Being in the emergency department, I can be present during the worst day of someone's life and to know that I can make some sort of difference or bring some sort of comfort to that situation, it lives up to every expectation that I had of being a nurse."

Makenna Riley, RN
Emergency Department



Adena Health has been recognized as a Best-in-Class Employer in Gallagher's 2024 U.S. Benefits Strategy & Benchmarking Survey. This recognition underscores Adena's excellence in implementing effective strategies for managing people, benefits and human resources programs.

"Adena Health is proud to invest in our caregiver experience, providing outstanding benefits, competitive compensation, and abundant career development opportunities to our employees. When our employees thrive, it is not only our organization that benefits, but all of the communities we serve as well."

Heather Sprague, chief
human resources officer

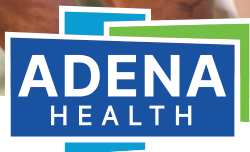


Find the perfect career for you at Adena.org/careers and apply today.



We care for your heart with all of ours.

ANGIE A.
Cardiac patient



If you've ever met Angie, you know she loves a good laugh. However, her annual lung screening revealed something serious — dangerous blockages in her heart. At Adena Heart and Vascular Institute, Angie received a personalized care plan from her team of experienced specialists and board-certified physicians, all close to home. After life-saving open-heart surgery, Angie is thriving, back to enjoying her family, and bringing a smile to everyone around her.

Learn more at Adena.org/Heart.