

ADENA HEALTH FOCUS

Volume 4
Issue 2

Care made simpler

New ways to connect,
services close to
home, and a care
experience designed
around you.

TERRESSA REEP
Patient



New one-stop number for easier patient appointments

A simplified way to connect patients with the right care, faster

Adena Health is making it easier for patients to schedule appointments and access the care they need through a new centralized scheduling experience.

Instead of calling different offices for different services, **patients can now call 740-779-FIND (3463)** to reach a dedicated team that helps connect them with care across a wide range of specialties within the Adena Medical Group — including cardiology, orthopedics, pediatrics, primary care, and women's health. In some cases, same-day and next-day appointments may be available, helping patients access care more quickly — when it's needed most.

Call 740-779-FIND (3463)

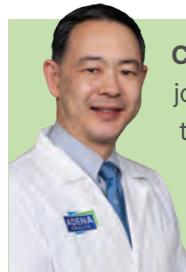
Speak with a scheduling navigator who can:

- **Schedule appointments across a wide range of specialties**
- **Help coordinate referrals**
- **Connect you to the right provider**
- **Assist with possible same-day or next-day appointments**

If you are experiencing a medical emergency, call 9-1-1.

Scheduling navigators guide each call, helping patients quickly connect with the right provider or service and reducing the need for multiple phone calls or transfers. This streamlined scheduling approach also supports referring providers and area businesses by offering a single, consistent point of access to help coordinate patient care.

By simplifying how patients connect with care, Adena continues working to make the health care experience more straightforward and less stressful. This approach is one of several ongoing efforts focused on helping patients get the care they need — quickly and easily.



Cardiothoracic surgeon Peter Lee, MD

joins Adena Health with extensive training in complex heart and lung surgery and a commitment to delivering advanced care close to home.

Dr. Lee completed his medical degree at The Warren Alpert Medical School of Brown University, followed by residency training at the University of California, Los Angeles (UCLA). He went on to complete a fellowship in cardiothoracic surgery at Stanford University, one of the nation's leading programs for advanced surgical training.

His expertise includes a **full range of heart and vascular procedures, with a focus on minimally invasive and high-complexity surgeries** designed to improve outcomes and support recovery.

Conditions and treatments include:

- **Heart bypass surgery** to restore healthy blood flow
- **Valve repair and replacement** to improve heart function
- **Advanced treatment for atrial fibrillation (AFib)** and other rhythm disorders
- Care for **aneurysms** and **complex vascular disease**
- Treatment for **advanced or severe heart conditions**



To learn more or schedule an appointment, call 740-779-FIND (3463) or visit Adena.org/Heart.



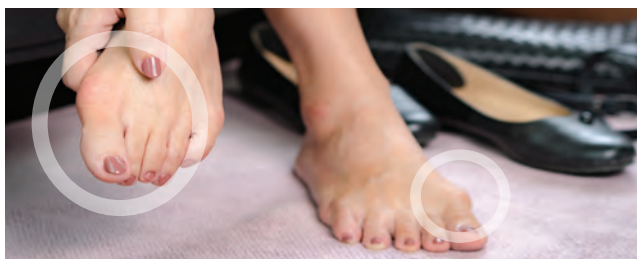
Relief from bunion pain starts with the right care

Whether you are on your feet all day at work, staying active with family, or simply trying to get through daily life comfortably, bunion pain can take a real toll.

A bunion forms when the joint at the base of the big toe shifts out of alignment, creating a painful bump that can make walking and finding comfortable shoes

more comfortable recovery. Many patients are able to begin walking in a protective boot soon after surgery, with recovery varying by individual, but often improving steadily over the following weeks.

You do not have to push through foot pain. To learn more or schedule an appointment, call 740-779-FIND (3463) or visit Adena.org/AOSI.



"Our goal is always to start with non-surgical approaches. But when surgery is the best choice, we're able to offer a minimally invasive technique that allows many patients to be up and walking within just a few days, rather than the weeks or months traditionally associated with bunion surgery."

**Foot and ankle surgeon
Mena Shafiek, DPM**

difficult. While bunions do not go away on their own, early symptoms can often be managed with simple changes. Wearing wider, more supportive shoes, using inserts or spacers, and taking anti-inflammatory medications can help reduce discomfort.

Many patients find relief through conservative treatment, however, persistent pain or worsening deformity may indicate it is time to consider surgical options. The podiatry experts at Adena Orthopedic and Spine Institute offer a minimally invasive approach to bunion surgery designed to reduce pain and support a

Orthopedic injury or new pain?

Get same-day care

Convenient same-day care for recent injuries or orthopedic concerns:

- Recent bone, joint or muscle injury
- Broken bones (including hip and face)
- Sprains and strains
- Injured, painful or swollen joints (including arthritis flare-up)
- Sports related injuries and concussions
- Acute back and neck pain
- Finger dislocations

**Walk-ins welcome.
No appointment necessary.**

**Adena Orthopedic and Spine Institute
Express Clinic
272 Hospital Road, 3rd Floor
Chillicothe, Ohio 45601**

**Monday-Friday
8 a.m. to 3 p.m.**



A smarter, more connected stay

New smart room technology brings more comfort and clarity to hospital stays

Patients at Adena Regional Medical Center now have easier access to real-time care information, entertainment, and hospital resources through new smart room technology designed to make hospital stays more connected and less stressful.

The technology also **helps family members stay informed about care plans, schedules, and expected discharge timing** — making it easier to stay involved and support their loved one throughout the hospital stay.

In each room, the system brings important information together in one place using the room's television and a bedside tablet. Patients can view details about their care team, see upcoming activities like scheduled tests, imaging, or therapy visits, and check their anticipated discharge date — all updated automatically in real time.

In addition to helping patients stay informed about their care, the technology also offers features designed to improve comfort and reduce stress during a hospital stay. **Patients can watch live TV or stream movies, access educational and relaxation content, play games, and find helpful information about the hospital**—all from their room. A bedside tablet provides many of the same features, putting those tools within easy reach.

For care teams, the technology helps improve communication and keeps everyone aligned with up-to-date information displayed inside and outside patient rooms.

By making information easier to access and adding features designed for comfort and convenience, these smart rooms help patients and families feel more informed, supported, and connected throughout their stay.

Smart room benefits



The bedside tablet provides many of the same features as the TV, putting those tools within easy reach.



Your TV helps you stay informed and involved in your care — from your care team and daily schedule to meals and recover progress.

Coordinated care made the difference

On a quiet night at home in Chillicothe, Terressa Reep's life changed in an instant.

After falling down a flight of basement stairs, she suffered a serious fall that left her with a concussion, two broken arms, multiple broken ribs, and other complications that required immediate medical attention.

What followed was a complex, coordinated recovery journey — one that began close to home.

Emergency crews transported her to Adena Regional Medical Center, where care teams quickly assessed her condition, began stabilizing her, and identified a dangerous buildup of toxins in her bloodstream caused by prolonged time immobile after the fall.

"They knew what was happening and were able to stabilize me right away," she said. "It all happened so fast, but every step of the way they were ready." Once stabilized, Terressa was transferred to a trauma center in Columbus, where she spent more than a week continuing treatment.

But her recovery journey brought her back closer to home. After her time in trauma care, Terressa returned to Adena — this time to Adena Greenfield Medical

Center — where she spent nearly a month in inpatient rehabilitation rebuilding strength and independence.

Being close to home also made a meaningful difference for her family, who were able to visit often and stay closely involved in her recovery.

"There was always someone there," Terressa said. "If I needed help, someone came right into the room. It wasn't a delay or a call back — it was immediate care."

Today, Terressa is back home and continuing her recovery, including ongoing therapy to regain strength and mobility following her injuries.

"My care felt connected the entire way through," she said. "Everyone worked together." As she continues to heal, she says her experience reinforced the importance of timely, local care — especially in critical moments.

"When something like this happens, every minute matters," she said. "Having that level of care close by can change everything."

See more of Terressa's story at Adena.org/Faces.

TERRESSA'S CARE JOURNEY



Adena Regional Medical Center
Emergency Department



Trauma center
in Columbus



Adena Greenfield Medical Center
Inpatient Rehabilitation



Recovery continues at home

Urgent care provides the care you need when you need it

When illness or minor injuries happen unexpectedly, knowing where to go matters. With **seven convenient locations**, Adena Urgent Care makes it easy to get the care you need, close to home.

From Chillicothe and Circleville to Hillsboro, Jackson, Washington Court House, and Waverly, Adena Urgent Care and Walk-In clinics are designed to provide quick, reliable care for non-life-threatening conditions. Whether it's a sprain, flu symptoms, earache or minor cut, patients have access to trusted care — **without the need for an appointment**.

Adena urgent care offers walk-in visits or the option to reserve a spot online, helping reduce time in the waiting room. With extended evening and weekend hours, care is available when and where it's most convenient.

Choosing urgent care instead of the emergency department, when appropriate, can also mean

shorter wait times and lower costs, while still receiving high-quality care from experienced providers.

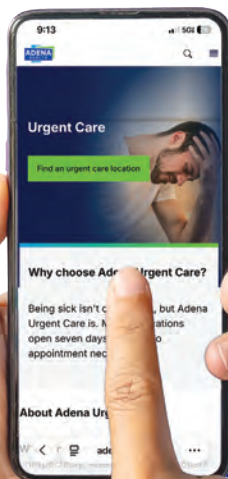
No matter which location you visit, patients can expect the same commitment to compassionate, efficient care. **It's all part of Adena's mission to bring care closer to the communities we serve, making it easier to feel better, faster.**

Conditions treated include:

- Allergies and sinus
- Abdominal pain (mild)
- Bronchitis
- Cold and flu
- Ear infections
- Eye injury or illness
- Fevers
- Skin issues
- RSV
- Strep throat
- Urinary tract infections
- Vomiting and diarrhea



Adena Urgent Care locations



Find the location nearest you, check hours, or reserve your spot online by visiting Adena Urgent Care at **Adena.org/Urgentcare**.



Training tomorrow's caregivers, right here at home

For many in southern Ohio, pursuing a career in health care has often meant leaving home to study, and sometimes not returning.

A partnership between Adena Health and Shawnee State University is changing that, creating new opportunities for students to learn, train, and build meaningful careers.

Through this collaboration, Shawnee State offers a range of programs at the PACCAR Medical Education Center at Adena Regional Medical Center in Chillicothe, blending classroom learning with hands-on clinical experience.



Students can pursue health care-focused programs such as radiologic technology and nursing, as well as a Master of Business Administration and general education courses.

"This isn't just about launching programs, it's about building a pipeline that allows students to move seamlessly from education to practice," said Adena President and CEO Kathi Edrington. **"When we educate and retain health care professionals locally, we strengthen our workforce, our economy, and the health of the people we serve."** Graduates who train here are more likely to stay here, helping ensure access to high-quality care for years to come."

The partnership also opens doors for current Adena employees, offering opportunities to continue their education and advance their careers.

With a national shortage of nurses and other health care professionals, **partnerships like this help prepare the next generation of caregivers who are skilled, ready, and committed to serving the people and places they know best.** Adena and Shawnee State are helping shape a stronger future for health care, right here at home.



Explore education and career opportunities at Shawnee.edu/Adena.



"We want to provide opportunities and resources so we can have healthier families, job opportunities, and keep talent in southern Ohio."

Eric Braun, JD, EdD, Shawnee State University president

A woman with blonde hair, wearing a light blue top and dark blue jeans, is sitting on a pile of hay. Next to her is a young boy with short brown hair, wearing a red and blue plaid shirt and dark blue jeans. They are both smiling and holding a white goat with a brown head. The goat has a tag on its ear that says "0006". They are in a barn with green metal railings in the background.

For Megan, hard work runs in the family.

The Adena Health logo consists of the word "ADENA" in white capital letters above the word "HEALTH" in white capital letters, all contained within a blue rectangular box with a green border on the right side.

ADENA
HEALTH

Megan's father got her started raising and showing livestock when she was a child — an experience that taught her the value of responsibility, hard work, and pride in a job well done. Those same lessons have helped her keep patient care running smoothly as manager of Adena Health's Internal Medicine program for 14 years. Now, her oldest son Luke is carrying on the family tradition, winning first place in Market Goat Beginner Showmanship at the Ross County Fair. Megan is one of the many faces of our caregivers in the community we call home.

See their story and more at Adena.org/Faces.