

HOPEFUL CONNECTIONS

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Winter 2022



WELCOME 2022!

After a rather mild end to 2021, winter temperatures have arrived in eastern North Carolina to start the new year! As we move forward into 2022, the team at the Vidant Health Foundation is excited about what the next few months have in store for us. Although we are unsure as to what lies ahead, we will continue to work to meet the philanthropic needs of Vidant Health and provide resources for our fellow team members and patients. We remain grateful for your continued support and encouragement in helping us fulfill our vision to provide hope to the people of eastern North Carolina.

FEBRUARY IS NATIONAL HEART MONTH

February is National Heart Month. According to the National Heart Association, heart disease affects all ages, genders, and ethnicities. Risk factors include: high blood pressure, high cholesterol, smoking, diabetes, and excessive alcohol use. Start now by taking an active role in keeping your heart healthy by exercising, making healthier food choices, and managing your cholesterol and blood pressure.

Spinach Bean Soup

SERVINGS: 6 PROTEIN: 6G PER SERVING FIBER: 4G PER SERVING

Ingredients

- Cooking spray
- 1 small onion (chopped)
- 2 Tbsp. jarred, minced garlic OR 2 cloves minced, fresh garlic
- 14.5 oz. canned, diced, no-salt-added tomatoes (undrained)
- 14.5 oz. canned, low-sodium chicken or vegetable broth
- 16 oz. canned, low-sodium navy, chickpeas or pinto beans (undrained)
- 1/4 tsp. pepper
- 1 tsp. cumin
- 4 cups fresh spinach, packed (tear or chop large leaves)

Directions

1. Spray a large pot with cooking spray, heat over medium-high heat.
2. Sauté onion and garlic 5 minutes or until onions become translucent.
3. Add tomatoes, chicken broth, beans, pepper and cumin and bring to a boil.
4. Reduce to medium heat, add spinach and cook 10-15 minutes more.



A HEARTFELT THANK YOU

The following letter was sent to the teams on the fourth and fifth floors of the East Carolina Heart Institute at Vidant Medical Center from a very grateful patient:

Dear 4th & 5th Floor Nursing Staff,

I had my “Widow Maker” heart attack on the front walk of my home on February 3. I was airlifted from Washington to your facility and placed in your care on the fourth floor. You are the ones who got me stabilized and recovered in order to have the CABG. I had the surgery on the 10th and finally made it back home on the 15th. The photo here was taken at the 15 mile mark of a 21 mile ride on April 16, after 2 months of recovery. I am in the center. It was my first time on a real bike after the attack and surgery. The guys were great at keeping the pace slower, 16-18 mph as opposed to the usual 19-21, to watch out for me and enable me to stay with the pack.

I am back to riding 4 days a week at 20-30 miles a ride. This morning was a 23 mile ride at a 19-22 mph pace. While I did not get up to the front of the pace line and pull the group, I was able to hang with the others without feeling like my HR was too high. It felt likely in the 90-110 BPM range. It did get higher for the home stretch sprint at 27 mph and it felt good.

I just wanted to express to you my appreciation and gratitude for your help in putting me back together. The staff at the institute is second to none. In general nurses are special. You are the gold. You all are awesome and I am indebted to you for the great care you gave me while I was there. I am not back to 100% quite yet, but I am feeling great and grateful to get back to living life. Thank you from the bottom of my heart! Love you all!

David Clark

David, pictured in center, with a few of his cycling friends.



BRODY AWARDS

The Brody Award was established in 1988 by the Brody family as a way of honoring health care professionals who deliver exceptional care. The award promotes the achievement of a high standard of care at Vidant Medical Center by rewarding a deserving nurse, clinical support team member, and an allied health team member. This year, nearly 165 candidates were considered for the Brody Award. After a VMC internal review committee read each application, the top nine finalists were chosen. In October, in-person interviews for each of the nine finalists were hosted at the foundation to determine the Brody Award recipient for each of the three categories.

Thank you so much to the Brody family for continuing to honor and recognize these outstanding team members! We are thrilled to share the following winners and finalists:

Allied Health Professional of the Year finalists and the winner of a \$2,500 cash prize:

- Tyler Chanas, Pharmacist, Cardiac ICU (Winner)
- Chelse Cudmore, Child Life Specialist, Children's Hospital
- Hannah Leonard, Child Life Specialist, Children's Emergency Department



Tyler Chanas



Amy Mills

Clinical Support Professional of the Year and winner of a \$1,500 cash prize:

- Melanie Kee, Social Work Case Manager, CICU
- Amy Mills, Safety Director, Vidant Wound Healing Center (Winner)
- Darlene Williams, Unit Secretary, Central Staffing Office

Outstanding Nurse of the Year and winner of a \$4,000 cash prize:

- Pam DiMattina, Hospice and Palliative Care (Winner)
- Jeston Gurkins, Pediatric Day Unit
- Jessica Scheller, Maynard Children's Hospital



Pam DiMattina

HAPPY RETIREMENT, LOU!

Lou Flora has given 31 years of service to Vidant Health, nine of which were spent working with us at the Vidant Health Foundation. We are so lucky to have had the opportunity to work with Lou! Dependable, laser-focused, detail-oriented, and most of all kindhearted, Lou supported our entire team often taking care of many behind-the-scenes details to make sure our office ran smoothly. Thank you, Lou, for sharing your gifts and talents with us, notably your best-in-the-world banana pudding and your personalized, birthday party-planning skills! We miss you!



REGIONAL SPOTLIGHT



Vidant Bertie Hospital was recently named one of the top 20 critical access hospitals (CAHs) for Patient Satisfaction in the country. The top 20 CAHs, including Vidant Bertie, scored best among CAHs as determined by the Chartis Center for Rural Health for Patient Satisfaction. The rankings were recently announced by the National Rural Health Association (NRHA).

The top 20 CAHs have achieved success in overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge, and financial efficiency.

“Vidant Bertie is proud of the efforts of the physicians and staff who have contributed to our hospital achieving this designation,” says Brian Harvill, president, Vidant Bertie and Vidant Chowan hospitals. “Our results as a top 20 recipient in patient satisfaction means our community can count on us to deliver the services they need now and in the future.”

Top 20!

Vidant Bertie has been named a 2021 Top 20 Critical Access Hospital in the Nation in Patient Satisfaction.



For the most up-to-date COVID-19 vaccine and testing location information, please visit www.vidanthealth.com/covid-19.



www.VidantHealthFoundation.com