

Premier Pulse

News for Premier Health Physicians

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Physician, Heal Thyself

By Marc Belcastro, DO, chief medical officer, Premier Health Southern Region



“Physician, heal thyself” (Latin: *Medice, cura te ipsum*) is a proverb used in literary texts from at least the 6th century B.C. The moral of the proverb is that physicians should care for

themselves in order to better care for the illnesses of others. Over the past couple of years, I have written about caring for our patients in a deeper and more compassionate way. For 2019, my “passion

for compassion” will continue. If physicians are not only to survive but also flourish in our current health care world, then our physical, mental, emotional, and spiritual well-being must be strengthened and maintained.

Much has been written about physician engagement and burnout, and the literature features a multitude of strategies. I will focus on a single strategy, one that leading experts recognize as a candidate for being the most effective. This approach takes some effort and participation by physicians, and involves coming together in small, medium, or large groups over a common interest or topic. I have no doubt

that many physicians in our system have interest or expertise in various disciplines, such as exercise and nutrition, discipline development, breathing and meditation, emotional intelligence and awareness, spiritual or religious studies, women in medicine, and diversity. Another type of wellness is nurtured when individuals facing similar challenges meet to discuss specific issues and support one another. Examples of the demands facing physicians include sleep deprivation, being on call, dealing with life and death, EMR, lack of control, relentless critical decisions, isolation, malpractice, and poor health.

Continued on next page.



Introducing Self-Referral Program for Premier Health Heart CT

By Robin Rutledge, vice president, service line integration, cardiovascular services



Starting in December, the Heart and Vascular Institute has re-introduced Premier Health Heart CT. This updated program, developed under the guidance of cardiologist Mukul

Chandra, MD, allows patients to self-refer for coronary artery calcium scoring (CACS) in an effort to uncover early or advanced heart disease, sometimes before symptoms develop. Since its launch, the program has tested more than 160 people, with 20 percent of the results to date being high risk and 15 percent of patients seen to date being new to our system.

Coronary artery calcium scoring enhances the assessment and management of patients at risk of vascular disease (cardiac and stroke) beyond that of traditional calculators, which incorporate risk factors only (ASCVD Plus scoring). The re-launch of Premier Health Heart CT comes at a unique and opportune time, as the American Heart Association 2018 guidelines for lipid management have given CACS a central role

for managing patients between the ages of 40 and 75.

Scheduling a Heart CT is simple. Patients can schedule themselves by calling central scheduling at **(855) 887-7364** to be screened for appropriateness. Four board-certified cardiologists – George Broderick, MD; Mukul Chandra, MD; Aaron Kaibas, DO; and Ali Usmani, MD – will sign orders, and their team will inform patients of their results.

Primary care providers listed in EPIC for the self-referred patient will be notified of the results and recommendations. All patients are instructed to follow up with their PCP regarding their results – and are told that it is their responsibility to initiate this appointment.

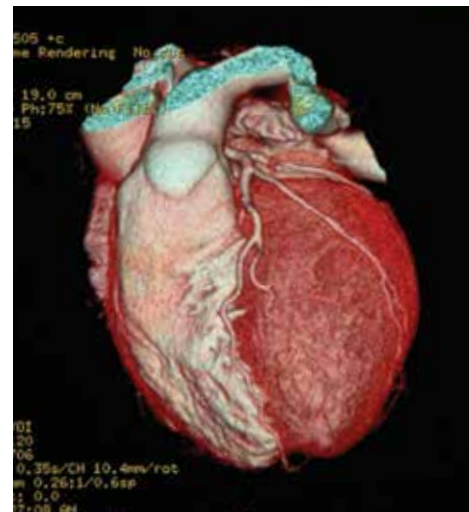
Primary care providers can continue to place CACS orders for their patients using the same process as before. In instances where the PCP is placing the order, the cardiologists will not review results or send out result letters.

Premier Health Heart CT is a self-pay test that costs \$99, payable at the time of the scan. It's fast and easy – taking less than 30 minutes – and involves no needles, dyes, exercise, or even changing clothes. Testing is offered at seven locations across

Butler, Greene, Miami, Montgomery, and Warren counties. A complete list of appointment locations is available online at premierhealth.com/HeartCT.

We have brochures, flyers, and other marketing materials about the program available. Please contact your physician relations manager if you would like any of these materials for use in your office.

Premier Health Insurance Plan members are eligible for 100 Healthy Living wellness incentive points for participation.



Continued from front

Physician, Heal Thyself

My vision is to facilitate the development of these various groups of physicians throughout our system: north, central, and south. Meeting sites could be the hospitals, physician homes, restaurants, or coffee shops. The frequency of the meetings would be determined by each group and could vary from weekly to monthly or quarterly. I will be sharing this model with various

physician groups over the next few months, and I am willing to launch one or more of these meetings with your help. If you have any interest or ideas and would like to participate, please email or call me with your thoughts. If you have a particular skill set and would be willing to lead a group, please contact me. Your base hospital does not matter. What does matter is that you

are not just interested but committed. We can all be part of our journey to wholeness and healing. Please come alongside me. I am reachable at mrbelcastr@premierhealth.com or **(937) 974-9314**.

Premier Health Ostomy Clinic is Unique to Region



The certified ostomy nurses at Premier Health's Ostomy Clinic regularly see patients who believe they must live with their daily discomfort. "I have seen countless ostomates who don't go out any more due to fear of having an accident," says Advance Practice Registered Nurse Gregory Sanchez. "They often don't even tell their doctors. One of the most satisfying parts of our work here at the Ostomy Clinic is helping these patients to get their lives back."

Without the Ostomy Clinic at Miami Valley Hospital – the only one of its kind in the region – patients would be forced to travel as far as Columbus or Cincinnati for complex ostomy and fistula care. The clinic provides relief for patients suffering from itching, pain, odor, frequent leakage, and skin problems. "Patients with an ostomy are relieved to find someone who understands their issues," Sanchez says. "We often see patients who are amazed that the rash they have had under their ostomy wafer is easily treatable or that the leakage they have every few days can be fixed by finding a better ostomy appliance and applying it in a different way."

The clinic's advanced practice registered nurses – all certified in wound and ostomy care – provide invaluable assistance to physicians throughout the region, helping with their patients' ostomy care as well as proper fit and function. "Most in the medical profession, including many physicians, do not have the experience or the time to put into the details of ostomy care," says James Ouellette, DO, of Premier Surgical Oncology. "They address patient fears and know how to fix the minor details that really disrupt people's lives. This begins in the pre-op area with marking the best place for a stoma and carries over to teaching after surgery."

After meeting with clinic staff, patients come away with a much better understanding of what to expect. "This results in an easier transition and possibly a shorter hospital stay," says Kathryn Haught, MSN, RN, a Premier Health oncology nurse navigator for gastrointestinal cancers.

Sanchez adds that recent research has shown that preoperative education can decrease length of stay and readmissions: "We have found that preoperative education

makes the transition from the hospital to home much easier," he says. "There is so much going on during a hospital stay, we have found it's beneficial for patients to get a head start on how to care for their ostomy."

In addition to improved quality of life, patients can also experience considerable financial relief. "We can place the patients with the right equipment and decrease their cost as well, so they are not using up too many supplies at once," explains APRN Deanna Boyd.

The Ostomy Clinic shares clinic space with the Miami Valley Regional Hospital Burn Center and Wound Care Center. "It often takes a team," Sanchez says. "For instance, our ostomy nurses specialize in using wound VACs to isolate fistulas within a wound."

Ostomy Clinic staff derive a sense of fulfillment from improving the daily quality of life for both outpatients and inpatients. "Believe me, if you are having troubles with an ostomy, you need a specialist," Boyd says. "It can be a life changer!"

Premier Health Achieves First System-Wide Magnet® Recognition



All Premier Health hospitals have earned Magnet® Recognition from the American Nurses Credentialing Center (ANCC), a subsidiary of the American Nurses Association. Nationally recognized as the highest standard for excellence in patient care, only 8 percent of U.S. hospitals hold the esteemed four-year designation – and only 20 other U.S. health care organizations have achieved the honor as a system.

Premier Health hospitals are the only Dayton-area adult hospitals recognized as Magnet® hospitals.

“I am so grateful that our colleagues at Magnet were able to come on site and see and witness and honor in this fashion the excellence, the compassion, and the heart that you bring every day – that is amazing,” said Jennifer Hauler, DO, Premier Health system chief medical officer, during an announcement celebration at Miami Valley Hospital. “On behalf of all of the physicians across the system, congratulations. Thank you for what you do every day.”

Several hundred Premier Health employees participated in simultaneous announcement celebrations at facilities across the system after receiving the news via conference call from the chair of the Commission on Magnet Recognition.

“I am so proud of the nurses in this organization and every single person that not only provides direct care for our patients but supports that direct caregiving,”

Peggy Mark, system chief nursing officer for Premier Health, said during the announcement celebration at Miami Valley Hospital. “This could not be accomplished without every single one of you and your dedication and your passion and your commitment to our patients. This is about all of you.”

A wide body of research has shown that Magnet-designated hospitals provide a safer environment with better outcomes for patients, including fewer complications and injuries, as well as lower mortality rates.

Appraisers who visited Atrium Medical Center, Miami Valley Hospital, Miami Valley Hospital North, Miami Valley Hospital South, and Upper Valley Medical Center during a weeklong site visit in November toured 79 departments and units, and met with 546 clinical nurses, along with many hospital leaders, physicians, essential partners, and community stakeholders. The Magnet Recognition Program evaluates hospitals based on empowerment and autonomy of nurses, collaborative work environments, nurse and patient satisfaction, nurse education and research, patient outcomes that exceed national benchmarks, and more.

As part of Premier Health’s first-ever system Magnet designation, Miami Valley Hospital has achieved its fourth Magnet® designation since 2004. With its latest designation, the hospital in Dayton joins an elite group of only 58 U.S. health care





organizations – fewer than 1 percent of hospitals in the nation – to have earned four Magnet designations, according to the ANCC.

Miami Valley Hospital is the fifth-longest sustaining Magnet-designated hospital in

Ohio. Atrium Medical Center and Upper Valley Medical Center join 30 other hospitals in Ohio with Magnet status and only 481 Magnet-designated facilities in the world.



New Local Option for Patients with Complex Head and Neck Cancer



For years, patients with complex head and neck cancers have had to make the drive to Columbus or Cincinnati for treatment. Now, however, Premier Health offers a comprehensive

head and neck cancer program that can treat all levels of disease right here in Dayton and the surrounding region.

The area's only comprehensive head and neck cancer program is led by Sameep Kadakia, MD, a surgeon who is fellowship trained in head and neck cancer and facial plastic and reconstructive surgery. Dr. Kadakia's subspecialized training is unique to the Dayton region, and allows Premier

Health to offer treatment for the most complex head and neck cancers.

Multidisciplinary Program

This multidisciplinary program works collaboratively to treat all benign and malignant tumors of the head and neck. The program includes a full complement of services, such as medical oncology, radiation oncology, head and neck surgery, plastic and reconstructive surgery, speech and swallow support, feeding tube placement, wound care and hyperbaric oxygen treatment, medical imaging, endocrinology and internal medicine, neurosurgical collaboration, dental support, and more.

Variety of Cancers Treated

The head and neck cancer program can treat cancers of the larynx, oral cavity, oral pharynx, sinonasal, nasal pharynx, salivary gland, hypopharynx, neck/lymph node, thyroid, parathyroid, skin cancer of the

scalp, ear, and temporal bone, and more. The program also works collaboratively to co-manage patients with cancers of the eye, skull base tumors, and cervical esophageal cancers.

Services Available Across the System

Due to the multidisciplinary nature of this program, services for patients with head and neck cancers are available across the Premier Health system.

HOW TO MAKE A REFERRAL

To make a referral to the comprehensive head and neck cancer program, call Dr. Kadakia at Premier ENT Associates at **(513) 420-4678** or choose Premier ENT Associates or Kadakia in the "order search" box in EPIC.

New Coagulation Normal Ranges, Heparin Protocol for APTT, and Critical Values

The Miami Valley Hospital laboratory system – Miami Valley Hospital, Miami Valley Hospital South, Miami Valley Hospital North, Jamestown Emergency Center, and Austin Emergency Center – will be going live with new coagulation instrumentation January 30, 2019.

Through a large group effort including collaboration with pharmacy, we have studied the normal ranges for PT, APTT, Fibrinogen, and D-dimer testing. The laboratory has also studied very closely the Heparin Protocol for APTT. Based on these studies and the change in instrument method, new normal and critical ranges are required. Please see new normal and critical value ranges below.

For questions or concerns, please call Catherine Hoesl, MT, system technical director of hematology and coagulation, at **(937) 297-8209**.

NEW NORMAL RANGES

PT (Partial Thromboplastin Time) = 11.7-13.9 seconds

APTT (Activated Partial Thromboplastin Time) = 24.5-35.2 seconds

FIBRINOGEN = 208-491 mg/dl

D-DIMER = <0.50 ug/ml FEU cut-off. This will be a unit of measure change for Miami Valley Hospital North only.

HEPARIN PROTOCOL FOR APTT (Therapeutic Range) = 74.0-110.0 seconds

NEW CRITICAL VALUES

INR > 5.0

APTT (Activated Partial Thromboplastin Time) > 60.0 seconds

FIBRINOGEN < 75 mg/dl

HEPARIN PROTOCOL FOR APTT < 74.0 or > 110.0 seconds

Provider Praise

Premier Health patients submit thousands of comments each year acknowledging physicians across our health system for providing excellent care. Here is a random sampling of appreciation received in recent months:

Dr. Adam did a terrific job with my nasal surgery, and I would recommend him to anyone in need of the same procedure.

I always feel comfortable with **Dr. Avery** and staff.

Dr. Bemby is an excellent doctor and goes above and beyond to make sure my health is his #1 priority. He is one-of-a-kind, and Premier Health is lucky to have him.

Dr. Butman is excellent, we need more doctors like him.

I am very pleased with **Dr. Elshoff** and the staff.

Dr. Eppley is the best family physician I've ever had in 59 years!

Really appreciate **Dr. Garland's** prompt responses on MyChart.

I have been a patient of **Dr. Joffe** for 40 years, and I have received nothing but excellent care and would definitely recommend him to anyone.

I have a lot of faith in **Dr. Khouzam**. He is calming.

Dr. Kravitz is a very kind and caring doctor. Always relaxed and concerned. Answers any questions and offers advice. Great doctor. You have my permission to let Dr. Kravitz know how much we like him and appreciate him. He is a very caring doctor. He never is in a rush to move on.

Dr. Leithold recognized a squishy feeling between shoulder blades needed a stress

test, and that ultimately led to a double bypass within five days.

Dr. Lowry was wonderful. He went out of his way to be sure my questions were answered and to be sure I got the best care. He consulted with MD Anderson Cancer Center Network® and several other doctors, which gave me peace of mind.

I am totally satisfied with **Dr. Reitz**. When she moved from Good Sam North to Miami Valley South, I gladly went with her.

Great office and care. **Dr. Ruff** is outstanding! This office/staff always exceeds our expectations. Well managed group.

We love **Dr. Taylor!**

Don't let **Dr. Trevino** get away.

Orthopedic Surgeon Enjoys Grilling and Country Music



Mark Zunkiewicz, MD, sees patients at Premier Orthopedics–UVMC.

What is your clinical specialty?
Orthopedic surgery

Where did you go to school?

Undergraduate – Ohio Wesleyan University
Medical school – University of Toledo
Internship and residency – Allegheny General Hospital
Fellowship – Mississippi Sports Medicine and Orthopedic Center

What brought you to Premier Health?

The opportunity to join an established, successful practice while at the same time offering an additional skill set to the people of Miami County and Southwest Ohio. My wife and I also wanted to start a family close to where we grew up.

Why did you choose medicine as a career?

I had the opportunity to shadow professionals in numerous fields in grade school and high school. Medicine won my heart after I was involved in a water sports accident as a junior in high school. Afterward, I met some good physicians and some not-so-good physicians. I promised myself I would become one of the good ones.

Who are the people who influenced and/or mentored you?

Anthony Frogameni, MD
Paul Fenton, MD
Larry Field, MD
Walter Shelton, MD

What is one thing most people don't know about you?

I have one younger sister (former Navy nurse) and one younger brother (financial planner). I am an uncle to triplets (one nephew, two nieces).

Where is your hometown?

Findlay, Ohio

What, if any, sports team(s) do you cheer for?

Notre Dame football and basketball
Pittsburgh Steelers football

What is the last book you read?

“The Sports Gene: Inside the Science of Extraordinary Athletic Performance” by David Epstein
“The Reckoning” by John Grisham

What is your favorite song in your playlist?

Just about any Zach Brown Band song; and “Tennessee Whiskey” by Chris Stapleton

What is your favorite food?

Steak – medium rare

What are your favorite hobbies?

Scuba diving, boating, running, golfing

What is your favorite animal, and why?

Dog – very loyal, always glad to see me

Where is your favorite vacation spot, and why?

Tie between Aruba and Turks & Caicos Islands – beautiful beaches, clear water, rarely a rainy day

Describe something for which you are especially thankful:

My son, Luke. Watching him grow and guiding him during the past 29 months has been an honor and a pleasure.

Pick a side

iPhone or Android?

iPhone

Early bird or night owl?

Variable

Beach bum or mountain hiker?

Beach

Dress shoes or tennis shoes?

Clogs

Paperback or e-reader?

iPad

Coffee or tea?

Coffee

Cooking or baking?

Neither – grilling

Sweet or salty?

Sweet



Greetings from New President of Miami Valley Hospital Medical Staff

By Tarek Sabagh, MD, medical staff president, Miami Valley Hospital



My name is Tarek Sabagh. I am a medical oncologist in private practice with Dayton Physicians. I'm honored to be the 47th president of the medical staff of Miami Valley Hospital for the

next two years. I first came to Miami Valley Hospital as a second-year internal medicine resident in 1990. I recognized in no time that the hospital was the best in the region, and physicians were proud to work here. The phrase "the region's leader" was heard often, and was accurate.

After residency, I completed a three-year fellowship at the Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute in Columbus. Coming back to Dayton to practice was a dream – and to do so at Miami Valley Hospital was

a bonus. I had privileges at Miami Valley Hospital, but the bulk of my practice was at Stouder Memorial Hospital in Troy, which is now part of Upper Valley Medical Center. I was in solo practice for two years but quickly recognized its challenges, so I decided to join a large group in town with an affiliation with a national physician management company. After a few years, I joined my current practice – a private cancer multispecialty group that enjoys an excellent working relationship with all Premier Health hospitals.

With the rapid pace and uncertainties that health care currently faces, I learned that change is the one reality I must accept, and that as a physician I cannot have it all. Private practice, though with a nice salary, came with the headaches of management. While the management company could not match the private practice income or the flexibility of a solo practice, it did shield me from the burnout. Each one of us chooses the model that best suits our own needs and priorities. While I believe that we are

blessed with significant choices in medicine, I also understand how difficult the new changes have made practicing medicine. Despite this, I chose to welcome the opportunities and challenges.

On a personal level, I am married and have three daughters. In my spare time, I enjoy running and have completed five marathons, as well as an ultramarathon. I like to go backpacking and climb mountains with colleagues and friends on the medical staff. This past July, we summited a 20,000-foot mountain in Bolivia, which was very challenging but enjoyable to tackle and complete.

I am looking forward to working with you and maintaining Miami Valley Hospital as the region's health care leader.



Open Houses, Awards, Employee Giving, and More



Atrium Medical Center

Nearly 300 people attended a community open house and 78 people celebrated a ribbon cutting December 6 for Premier Health's new \$4.5 million medical office building in Monroe. The 19,300-square-foot Premier Health Monroe Medical Center Office Building at 35 Overbrook Blvd. has space for eight Premier Physician Network primary care providers and will offer specialty services, marking yet another step in our regional growth. Relocating to the site is a practice that includes Drs. Dyrk Van Valkenburg, MD; Maurice Swanson, MD; Joe Burghard, MD; and Christopher Eppley, MD, and nurse practitioner Tricia Neu. Also at the Monroe site, Premier Orthopedics will open a satellite location that will include Richard Davis II, MD, who is fellowship trained in hip and knee replacements. When fully staffed, the Monroe location will have more than 20 employees with six of those positions being new.

It was announced to employees in December that the Diabetes Wellness Center in Middletown would close in 2019 as Atrium works to streamline patient care. Beginning February 15, patients of the Diabetes Wellness Center at 4218 Grand Avenue will be able to receive education and support from within Premier Physician

Network practices and Premier Health's Perinatal Partners locations in Middletown and Mason. Offering diabetes services within physician practices is part of Premier Health's effort to streamline health care for patients and a part of a broader strategy to optimize the configuration of the health system to best meet the communities' health care needs in the future.

The City of Middletown's council on January 8 voted to approve a rezoning request from Kettering Health Network that clears the way for the health system to add inpatient beds across the street from Atrium.



Miami Valley Hospital

The American Association of Critical-Care Nurses (AACN) has recognized the Heart and Vascular Intensive Care

Unit at Miami Valley Hospital with a third consecutive Beacon Award for Excellence. The hospital's Heart and Vascular ICU remains the only unit in Dayton to earn this national three-year award with gold, silver, and bronze designations. The unit, which first received the award in 2012, is also the

only cardiovascular ICU in Ohio to earn a Beacon Award for Excellence, and one of only 30 cardiovascular ICUs in the country to earn a silver Beacon Award for Excellence. The Beacon Award for Excellence recognizes unit caregivers who successfully improve patient outcomes and align practices with the AACN's six Healthy Work Environment Standards, according to the association. Units that achieve this award meet national criteria consistent with Magnet recognition and other national quality awards. Miami Valley Hospital first earned Magnet status for nursing excellence in 2004 and recently received its fourth designation. With its latest designation, the hospital in Dayton joins an elite group of only 58 U.S. health care organizations – fewer than 1 percent of hospitals in the nation – to have earned four Magnet designations, according to the ANCC. Miami Valley Hospital is the fifth-longest sustaining Magnet-designated hospital in Ohio.

Miami Valley Hospital South opened the doors of a major expansion to keep pace with growing demand for its services. With a series of weekend events in December, officials with Premier Health and Miami Valley Hospital South gathered to officially launch the \$60 million expansion on its campus in Centerville. A joint and spine center is the cornerstone of the project, which features expanded sports medicine, sports performance, and pain center services. Other expanded services will be emergency medicine, cardiology, and



primary care. The expanded hospital will for the first time have a cardiac catheterization lab, as well as enough medical office space for dozens of additional physicians. Six operating rooms have been added, bringing the site's total to 16. The expansion also includes 20 additional inpatient beds. As part of the activities, officials hosted an employee and physician private open house, a Miami Valley Hospital Foundation reception for donors, a ribbon cutting event, and a community open house.

The results of two important fundraising projects were presented to the Miami Valley Hospital Foundation Board of Trustees on December 10. This year, the individual giving campaigns at each Premier Health hospital transitioned to the Premier Health Employee Giving Campaign. More than 700 donors gave more than \$164,000 to programs benefitting employees, patients, and volunteers. Donations funded the Employee Catastrophic Emergency Relief Fund, which provided \$19,000 in assistance to employees in 2018. Also in 2018, 168 dependent children of MVH employees received \$500 Mueller Youth Scholarships. Since 1990, the Mueller Society, now part of the Premier Health Employee Giving Campaign, has raised more than \$3 million for employee programs, with just over one third of that total funding more than 2,368 scholarships. Additionally, proceeds from the 2018 Champions of Hope event totaled more than \$58,000. Champions of Hope annually salutes and celebrates four extraordinary people in the fight against cancer. Proceeds from Champions of Hope enhance and expand integrative therapies for Miami Valley Hospital oncology patients, and also fund a snack cart and a discretionary fund for patients who face unanticipated expenses associated with their treatment.

The Becker's Hospital Review weekly online column titled "Question of the Week" featured Miami Valley Hospital North Chief Operating Officer Mary Garman. She addressed how Premier Health thanks employees during the holiday season.

The quarterly Miami Valley Hospital Premier Proud Partnership Award was awarded to the Miami Valley Hospital Ambulatory Treatment Area/EAU, Miami Valley Hospital South Physical and Occupational Therapy, and the Miami Valley Hospital PICC Team. This award recognizes exceptional teams that consistently work together to improve results for Premier Health.



Miami Valley Hospital South welcomed the first baby to be born in Montgomery County in 2019. Jamie William Burns Jr. entered the world at 12:01 a.m. to parents Jamie William Burns and Laniya Gresham, who told local news that they will never grow tired of telling him his birth story. Not only did nurses encourage Gresham to hold off a moment to have the baby on January 1 – the date is also the couple's anniversary.

Upper Valley Medical Center



A retirement reception was hosted December 13 in the UVMC Cafeteria to honor cardiologist **Cass Cullis, MD**, who retired from practice in December. UVMC physicians,

employees, retirees, and volunteers attended the event to express appreciation to Dr. Cullis for his many years of dedicated service to UVMC and his patients.

An Appreciation Breakfast was held December 3 in the UVMC Cafeteria to thank everyone for their hard work and dedication throughout the year. All employees, medical

staff, and volunteers were invited to enjoy a complimentary breakfast served by UVMC executives and members of Management Forum.

A special holiday celebration was hosted for the UVMC family and hospital visitors the morning of December 15 in the hospital main lobby. The event, attended by more than 100 employees and their families, featured visits with Santa, photos in front of the majestic Christmas tree, refreshments, and holiday music.

The Miami Valley Today's "Year in Review" publication published December 31 featured a column by Tom Parker, UVMC president, along with highlights of major UVMC accomplishments in 2018. Other special media coverage included human interest features on Elvira Gendler, Dr. Irina Gendler's sister-in-law, who participated in the UVMC Delay the Disease program while visiting from California; on Bill Beck, a grateful recipient of care provided via the expanded UVMC Cardiac Catheterization Lab; and on UVMC's "singing housekeeper," Randy Graham.

UVMC Future Leaders in December teamed up with the Lincoln Community Center in Troy to host a gift card holiday drive to benefit children in the center's after-school program. UVMC employees donated food gift cards for more than 70 local children in need.

Among other community partnership activities, UVMC sponsored the Main Street Piqua Holly Jolly 5K/10K Run on December 8 on the Piqua Bike Path; was a table sponsor for the Tipp City Chamber Annual Holiday Gala on December 5 at the Crystal Room in Troy; participated with speakers at Medical Careers Academy Career Week on December 6 at the Upper Valley Career Center in Piqua; and provided booths and speakers at the Women in STEM program December 7 at Edison Community College in Piqua. In addition, the UVMC management team hosted and staffed the Piqua Salvation Army Red Kettle at the Piqua Kroger store December 12.

SAVE THE DATE

Miami Valley Hospital Wellness Run/Walk

Early registration is open for the Miami Valley Hospital Wellness Run/Walk this spring. The Miami Valley Hospital Physician Wellness Committee has planned the event for 10 a.m. Saturday, April 13, at Island Metro Park, 101 E. Helena St., in Dayton. Proceeds benefit the Miami Valley Hospital Wellness Fund.

The run/walk will feature 5K and 10K lengths, as well as a 1-mile Fun Run for children. There will also be a pre-event yoga session offered at 9 a.m. Leashed pets are welcome.

Participants can register online at RunSignUp.com by entering Miami Valley Hospital in the "Find a race" search field. Early registration, available through March 26, is \$27 and comes with a shirt, post-run snacks, and beverages. Registration received between March 27 and April 11 is \$30 and also comes with post-run snacks and beverages, but a shirt is not guaranteed. Registration closes at 11:59 p.m. April 11.

Participants can earn Premier Healthy Living points – 50 points for the 5K or 100 points for the 10K.



For more information, contact Kelsey Skidmore at (937) 208-4808 or kaskidmore@premierhealth.com or

Dana Mackert at (937) 208-4548 or dlmackert@premierhealth.com.

SAVE THE DATE

Annual Medical-Spirituality Conference to Focus on Addiction Recovery

Registration is now open for the 2019 Medical-Spirituality conference sponsored by Wright State University Boonshoft School of Medicine, Premier Health, and Ohio's Hospice. It will take place at the Sinclair Community College Conference Center, Building 12, on Thursday, April 11, from 8:45 a.m. to 4:30 p.m. The cost for physicians is \$150 before March 11 or \$175 after March 11.

This year's conference, titled "Addiction. Healing.Hope: Integrating Science and Spirituality to Support Recovery," will feature four keynote speakers from the Hazelden Betty Ford Foundation, a national leader in addiction treatment and recovery. Marvin Seppala, MD, and Stephen Delisi, MD, will present on the epidemiology and neurobiology of addiction, as well as the role of spirituality in treatment and recovery.

Cheri Walter, LICDC, and Michael Tkach, Psy.D., will discuss recovery management applications and how spiritual engagement can support long-term recovery.

Information is forthcoming regarding continuing medical education credits. For more information and to register, visit medicine.wright.edu/med-spirit.

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