

YOUR HEALTH

May 2024

**SHA APPOINTS
NEW CEO
ANDREA HENRY, BSN**

**SHA OPENS NEW
WOUND CARE CLINIC**



**NEW Employee
Pharmacy Opened**



**APRIL AUTISM AWARENESS MONTH
SHA ROCKS THEIR SOCKS FOR AUTISM AWARENESS
CASA MONROE SUPERHERO 5K AND WALK**

Executive Team



Andrea Henry
Chief Executive Officer
(865) 213-8526



Melissa Harris
Chief Operating Officer
(865) 213-8399



Beth Makowski
Chief Human Resource Officer
(865) 213-8269



Brandalyn Steele
Executive Assistant
(865) 213-8526



Ashley Votruba
Chief Financial Officer
(865) 213-8582



Gretchan Williams
Chief Nursing Officer
(865) 213-8534

Sweetwater Hospital Association Patient Advocate

The Sweetwater Hospital Association Patient Advocate is a patient representative who works hard to ensure an outstanding patient experience.

Don't hesitate to contact Faith Varvel at faith.varvel@sweetwaterhospital.org or at (865) 213-8670 with any questions or concerns about yours or your family's care.



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Directory

Appointment Line: (865) 213-8200

Home Health: (865) 213-8508

Infusion Center Scheduling: (865) 213-8374

Medical Records Release of Information: (865) 213-8273

Mammography Scheduling: (865) 213-8577

Physical Therapy Scheduling: (865) 213-8753

Radiology Scheduling: (865) 213-8427

Respiratory Therapy Scheduling: (865) 213-8565

Sleep Lab Scheduling: (865) 213-8455

Wound Care Clinic Scheduling: (865) 213-8759

Outpatient Infusion Center



In March of 2024, Sweetwater Hospital Association opened the Outpatient Infusion Therapy Center. Our new location is more spacious and very comfortable for your convenience. Sweetwater Hospital Association Outpatient Therapy Center offers IV infusions for conditions such as Anemia, Crohn's Disease, Psoriasis, Arthritis, Osteoporosis, High Cholesterol, Schizophrenia, Bipolar Disorder, Skin and Bone Infections, Asthma, Migraines, Drug/Alcohol Dependence and Vitamin D Deficiency.

SHA offers a shuttle to bring patients to our entrance. However, we are conveniently located on High Street near the rear entrance to the hospital on the basement floor. We are currently only serving the patients of our SHA Providers, (see pages 12-13 for a list of providers). Our physicians can refer you for infusion services that may benefit your health. To learn more about the SHA Outpatient Therapy Center, visit www.sweetwaterhospital.org.

Hours:
Monday-Friday 7:00am-3:00pm
Phone: (865) 213-8374
Fax: (865) 213-8336
Building H - Basement Floor - High Street Entrance



JOIN OUR

Volunteer Program

Are you interested in making a difference in your community? Join us now! Visit www.sweetwaterhospital.org to find out how!



SHA Announces New CEO

The Sweetwater Hospital Association (SHA) Board of Directors is pleased to announce the appointment of Andrea Henry, BSN as our new Chief Executive Officer (CEO). Andrea grew up in Sweetwater, TN, where she also raised her two sons, Tanner and Tyler, with her husband, Greg



Henry. After high school, Andrea started her career at SHA as a Unit Clerk until she transferred to nursing as a Certified Nursing Assistant. While working at SHA, Andrea attended Cleveland State Community College, where she obtained her license as a Registered Nurse. In 1996, while working in Labor and Delivery, Andrea became the Obstetrical Supervisor. In 1997, Andrea was named the Assistant Director of Nursing and Clinical Information Technology Supervisor, where she worked until 1999 when she was then named the Chief Nursing Officer. Andrea graduated with her Bachelor in Nursing from the University of Tennessee Chattanooga in 2016. Andrea later moved into the Chief Physician Practice Manager role until becoming the interim CEO in 2023. Andrea is community driven and stays active within her community by being a member of the Tennessee Healthcare Association and the Cora

Veal Center Board of Directors, serving senior citizens; she also serves on the Cleveland State Community College and Pellissippi Community College Nursing Boards. After many years of experience in the industry, Andrea is well known for her strategies and innovative approach, which she has adopted over time. She is committed to excellence in patient care for our community. We warmly welcome Andrea Henry, BSN, to the CEO role at Sweetwater Hospital Association.

SHA Phone Nurse

At SHA we provide a phone nurse for our patients. A phone nurse is a licensed nurse that assists patients over the phone with health information and healthcare assessments, and coordinates care when the patient is not able to meet with their doctor. At SHA we want to make sure all of our patient's care comes first.

2nd Floor Phone Nurse: (423) 836-7778
Email: phonenurse2@sweetwaterhospital.org

3rd Floor Phone Nurse: (423) 836-7520
Email: phonenurse3@sweetwaterhospital.org

Ben Coffey, DO
Laurence James, MD
*Kristina Grimes, FNP
Samuel Keenan, DO
Sangeeta Krishen, MD
Laura Miller, MD
*Jamey Cathey, FNP

Ashlin Paz, DO
Wendy Saint Robbins, MD
*Bill Dawson, PA-C
*Kristie Gregory, PA
Christopher Shamblin, MD
*Sonya Lovingood, FNP

CLINICAL NURSE EDUCATOR

Andrew Bivens, RN, Clinical Nurse Educator

Sweetwater Hospital Association has named Andrew Bivens, RN, as the new Clinical Nurse Educator. Andrew began his healthcare career in 2012 as an EMT-IV, in Monroe County. He later obtained his paramedic's license and began working at Sweetwater Hospital Association as a paramedic in the Emergency Room. While working in the Emergency Room, Andrew prepared himself to return to school to study nursing. While attending Pellissippi State Community College he transitioned to working in the Operating Room where he assisted with sterile processing and surgical cases. Andrew received his Registered Nurse degree in 2023 and has now been accepted into Western Governors University to continue his education towards obtaining a Master's degree in Nursing Education. Andrew also holds an American Heart Association Instructor's license from the University of Tennessee Medical Center in multiple classes, including CPR, Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), and Pediatric Emergency Assessment Recognition and Stabilization (PEARS). He states that his goal for the staff at SHA is to be educated to perform the best care possible for their patients.



Performance Improvement Coordinator

Chris McConkey, LPN, Infection Control Specialist and Performance Improvement Coordinator

Chris McConkey, Infection Control Specialist, has accepted a new role as the new Performance Improvement Coordinator and Health Equity Officer. Chris began his healthcare journey in 2014 as an orderly at Sweetwater Hospital while pursuing his degree in nursing. After graduating as a Licensed Practical Nurse, Chris started his nursing career at Sweetwater Hospital Association where he worked for several years before briefly joining the Tennessee Department of Health (TNDOH) for the COVID response. He then worked at NHC Farragut where he gained more experience in infection control while completing the American Health Care Association and Infection Prevention Control Officer certifications as an acting Infections Preventionist. He later rejoined Sweetwater Hospital Association as an Infection Control specialist. Chris is now transitioning into his new role as the Performance Improvement Coordinator and Health Equity Officer. He will maintain the role as Infection Control Specialist as well. Chris plans furthering his education in the pursuit of a bachelor's degree in Healthcare Administration and later a Master's in Public Health.



Community Outreach Coordinator

Shannon Anthony, RN, Director of Industrial Medicine and Employee Health, and Community Outreach Coordinator

Sweetwater Hospital Association is excited to announce Shannon Anthony, Director of Industrial Medicine and Employee Health, as the new Community Outreach Coordinator. Shannon has been a registered nurse (RN) at Sweetwater Hospital for over 30 years. Early in her career, she worked in the Medical-Surgical Department and the Intensive Care Unit before transferring to the Home Health Department, where she served as the director for eight years.



In 1996, she transferred back to the main hospital, where she served as the Infection Control and Education Director for many years. She is certified in Infection Control (CIC) and is a Certified Cardiopulmonary Resuscitation Instructor (CPR) through the American Heart Association. Shannon has managed Industrial Medicine, the Employee Health Department, and the Sweetwater Hospital Association Vonore Industrial Medicine and Urgent Care Clinic for the past four years. As a lifelong resident of Monroe County, she is very excited to accept this role and to be more active in the community.

Physician Clinic Medication Manager

Tammie Ewing, PharmD, Physician Clinic Medication Manager and Pharmacist

Sweetwater Hospital would like to welcome Tammie Ewing, PharmD, as the new Physician Clinic Medication Manager and a Pharmacist in the SHA Pharmacy. Tammie was born and raised in Maryville, TN, and worked in retail pharmacy for 21 years, with experience in community pharmacy as a Certified Pharmacy Technician and Pharmacist. Tammie attended South College School of Pharmacy, graduating in 2023 with a Doctorate in Pharmacy (PharmD). Tammie resides with her husband and two daughters in Maryville, Tennessee. During her downtime, Tammie enjoys baking, reading, traveling, and helping friends plan vacations.



Family Nurse Practitioner

Jamey Cathey, FNP



Sweetwater Hospital Association would like to welcome Jamie Cathey, FNP, to Sweetwater Hospital Association Women's Health, where she will practice with Dr. Laura Miller. Jamie Cathey was born and raised in Monroe County, where she has worked at SHA for 20 years of her nursing career. Starting at Sweetwater Hospital Association in 2001 as a Certified Nursing Assistant, Jamie entered nursing school to pursue her nursing degree. In 2004, she graduated from Tennessee Wesleyan University with her bachelor's in nursing. Jamie then completed her Master in Nursing (MSN APRN) as a Family Nurse Practitioner and obtained her ANCC board certification in November 2023. Jamie has worked throughout the hospital during her career and has shared her nursing experience with patients in the Intensive Care Unit (ICU), Emergency Department (ED), and Surgery.

Neurologist

William Allred, MD



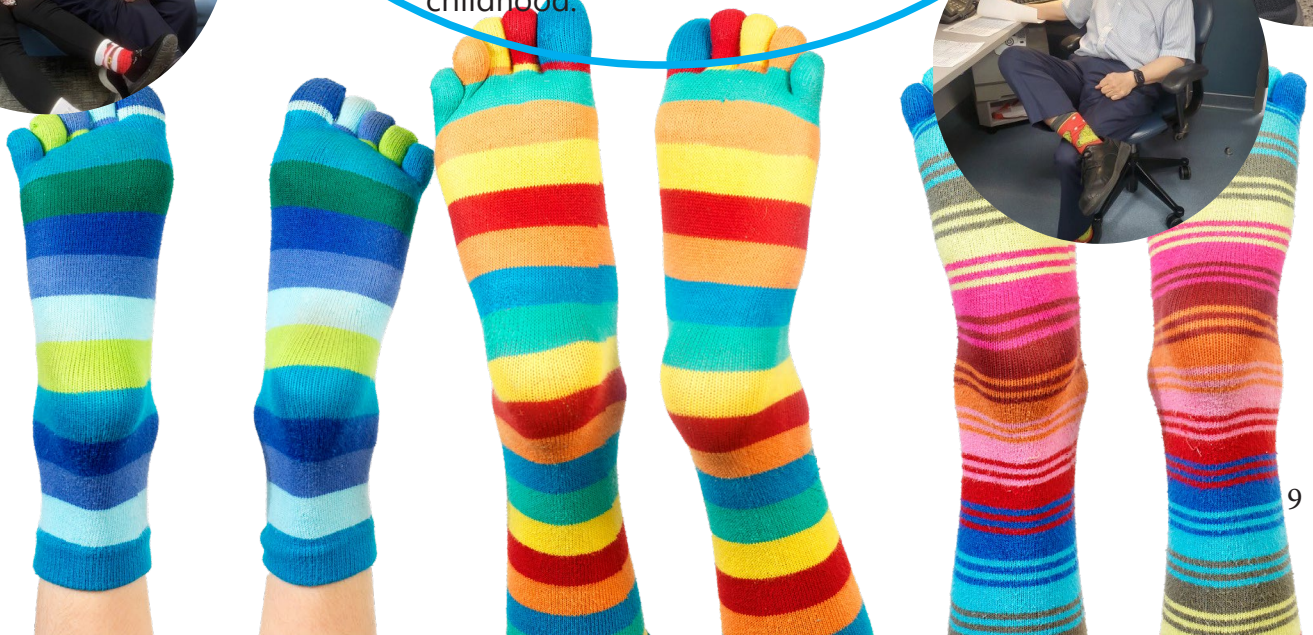
Dr. Allred is originally from a small town near Augusta, Georgia. At the age of 17, he joined the Army and is a Desert Storm veteran. While in the Army, he served as a computer technician. He then spent several years in Germany as an operating room nurse after completing nursing school there. After returning home to Georgia, he graduated summa cum laude with a degree in Biology at Augusta State University and was accepted to the Medical College of Georgia. Before beginning the medical school program, he joined the Air Force as a second lieutenant. He completed his residency in Neurology at the National Capital Consortium in Washington, DC.

He later served as the Department Chief of Neurology and Sleep Medicine at the United States Air Force Academy. He resigned from the Air Force at the rank of major in 2012. Since then, he has assisted many different locations as a board-certified Neurologist and Sleep Medicine specialist. He joined the EMG Clinic A&W EMG Muscle and Nerve in 2022. Dr. Allred currently sees patients at Sweetwater Hospital Association. For an appointment, call (423) 273-5520 or visit emg@etcoe.com.

Autism Awareness Month

SWEETWATER HOSPITAL ASSOCIATION ROCKS THEIR SOCKS FOR APRIL'S AUTISM AWARENESS MONTH

Autism Spectrum Disorder (ASD) has the potential to touch just about anyone. The World Health Organization estimates that one in 160 children across the globe has ASD, while some well-controlled studies have reported that figures are substantially higher than that. ASD affects all ethnic and socioeconomic groups, meaning just about any family can be affected. In 2018, the Centers for Disease Control and Prevention released its biennial update of autism's estimated prevalence among the nation's children. The update was based on analysis of medical records, and where available, educational records of eight-year-old children from 11 monitoring sites across the United States. In a two-year period, the new estimate indicated a 15 percent increase in ASD prevalence. Understandably, anyone who has been affected by ASD wants to learn more about what individuals can do to advocate for high quality services for those with ASD. The autism information group Autism Speaks says more work is needed to understand the increased prevalence and the complex medical needs that often accompany ASD. There are many different and effective ways to become more involved in the autism community. Many schools have integrated classrooms where children who have ASD work alongside their peers. Others may have specialized programs for those who need one-on-one support. Either way, the goal is to introduce children to ASD when they are young, as many have friends or classmates with ASD. Helping to dispel myths about ASD and encouraging support and compassion can improve relationships during childhood.



SHA WOUND CARE CLINIC

Sweetwater, TN, (03-08-2024) – Sweetwater Hospital Association Wound Care Clinic located at 304 Wright Street in Sweetwater, TN in POB-B on the third floor is now open to offer advanced wound care for people living with chronic, non-healing wounds. Sweetwater Hospital Association has partnered with Healogics, the nation’s leading provider of advanced, chronic wound care services. It is estimated that chronic wounds affect 6.7 million people in the U.S. and that number is rising, fueled by an aging population and increasing rates of conditions such as diabetes, obesity, and the late effects of radiation therapy. If left untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.



Sweetwater Hospital Association offers an evidence-based, systematic approach to advanced wound care. A patient’s individualized treatment plan may include specialized wound dressings, debridement, compression therapy, advanced cellular products and topical growth factors, edema management and/or non-invasive vascular assessment. These treatments are the result of a team approach between the Clinic’s physicians, nurses, and the referring physician. A treatment plan is developed and scheduled based on the patient’s needs. Once treatment is complete, the patient will return to their primary physician to continue routine care.

Additionally, Sweetwater Hospital Association Wound Care Clinic will be equipped with Healogics newest technologies: Clinical OptimizationSM and Decision SupportSM. These applications on Healogics’ WoundSuiteSM platform, enable the critical connection between people living with chronic wounds and their multi-disciplinary healthcare team for collaborative, evidence-based, patient-centered care.

Likely candidates for treatment at the clinic are those suffering from diabetic ulcers, pressure ulcers, infections, compromised skin grafts and flaps, and wounds that haven’t healed within a reasonable time frame. People with wounds that have not improved with traditional methods of treatment may benefit from a visit to Sweetwater Hospital Association Wound Care Clinic. No referral is needed, so call today 865-213-8759.

Monday - Friday 8:00am-4:30pm
Phone: (865) 213-8759
Fax: (865) 213-8356
Physician Office Building B Floor 3
Wright Street Entrance

SHA *Your Health.....Our Mission*
Sweetwater Hospital Wound Care Clinic
Healogics® *Wound Care with the Power to Heal.*

Common Chronic Wounds

As nearly 7 million Americans are living with a chronic or non-healing wound, it brings to the forefront how much wound care matters. The longer a chronic wound goes without proper treatment, the greater the risk of infection, hospitalization, and possible amputation. Unfortunately, during the pandemic there was a significant increase in amputations observed due to the impact on patient treatment schedules reinforcing the importance of wound care.

People most at-risk for developing a non-healing wound are:

- People living with diabetes
- People with peripheral artery disease
- People living with heart disease or other vascular disorders



Dr. Samuel Keenan congratulates one of the first SHA Wound Care Clinic patients after he was able to achieve healing and leave his care wound free!



Samuel Keenan, DO
Medical Director



Shawanna Loy, RN, BSN
Clinical Program Director



Alyssa Burgess, RN, BSN
Wound Care Nurse



Sherry Alstrom, F.N.P.
Industrial Medicine &
Wound Care Clinic

One in four families has a family member with a chronic wound. We can help.

We are the experts providing world-class wound care treatments. Any non-healing wound can lead to severe complications and, in some cases, amputations.

Don't let a chronic wound limit your quality of life. Come heal with us.



Sweetwater Hospital Association Physician Group

Largest Multispecialty Group Between Knoxville and Chattanooga



Sherry Alstrom, F.N.P.
Industrial Medicine &
Wound Care Clinic



Tracey Beverley, M.D.
Family Practice &
Women's Health



Chris Bowman, M.D.
Orthopedic Surgery



Renea Cagle, F.N.P.
Dr. Ken Kozawa



Jamie Cathey, F.N.P.
Dr. Laura Miller



Kellie Gallaher, F.N.P.
Dr. Ken Kozawa



Kristin Gregory, PA-C
Dr. Wendy Saint Robbins



Kristy Grimes, F.N.P.
Dr. Laurence James



Lacie Gudger, F.N.P.
Dr. Tracey Beverley



Laurence James, M.D.
Internal Medicine



Olga Lutsyk, D.O.
Family Practice &
Women's Health



Laura Miller, M.D.
Obstetrics and
Gynecology



Ashlin Paz, D.O.
Obstetrics and
Gynecology



Eric Poston, M.D.
Internal Medicine



**Wendy Saint
Robbins, M.D.**
Pediatrics



Ben Coffey, D.O.
Family Practice



Michelle Davis, F.N.P.
Dr. Ken Kozawa



Bill Dawson, PA-C
Dr. Wendy Saint Robbins



Dawn Frerichs, F.N.P.
Dr. Ken Kozawa



Jacob Gallaher, PA-C
Dr. Ken Kozawa



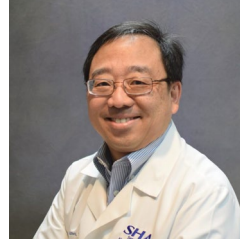
Samuel Keenan, D.O.
Internal Medicine



**Sangetta
Krishen, M.D.**
Pediatrics



Caitlin Kile, DNP,
FNP-C
Dr. Tracey Beverley



Ken Kozawa, M.D.
Gastroenterology &
Internal Medicine



Sonya Lovingood, F.N.P.
Dr. Chris Shamblin



Chris Shamblin, M.D.
Internal Medicine



Thomas Vance, F.N.P.
Dr. Ken Kozawa



VISIT ONE OF OUR 6 LOCATIONS

Family Medicine,
Women's Health, and
Surgical Services
901 Grove Street
Loudon, TN 37774
(865) 657-3755

Family Medicine
and Women's Health
321 Tellico S St
Madisonville, TN 37354
(423) 442-9711

Physical Therapy
155 Grand Vista
Vonore, TN 37885
(865) 213-8753

Physical Therapy
412 Hunt St
Tellico Plains, TN 37385
(865) 213-8753

Surgical and Primary Care
719 Cook Drive
Athens, TN 37303
(423) 745-2344

Sweetwater Hospital Association
304 Wright Street
Sweetwater, TN 37874
(865) 213-8200

DAISY AWARD WINNER



Diane Merrill, RN

Diane has worked the entirety of her nursing career of 29 years at Sweetwater Hospital Association. She started as a nurse in the Med/Surg Department, where she worked for three years. Diane then transferred to the Intensive Care Unit and has been there for 26 years. Congratulations, Diane, and thank you for all that you do!

The DAISY Foundation was established in 1999 by members of the family of Patrick Barnes. He was 33 years old and passed away from complications of a rare autoimmune disease. The Barnes family wanted to do something positive to honor Patrick. The DAISY Foundation expresses gratitude to nurses with programs recognizing them for the outstanding, skillful, compassionate care they provide patients and families.

BEE AWARD WINNER



Nick Tate, Orderly Supervisor

Nick Tate, Orderly Supervisor, is the winner of our quarterly BEE Award. Nick has worked for SHA for over 30-years! Congratulations Nick!!

The BEE Award honors the extraordinary care provided by those who go above and beyond to make an impact outside of their daily duties. Just as the DAISY cannot survive without the BEE, our team cannot survive without your support! Thank you, Nick, for always going above and beyond to support your team and for providing excellent care to our patients here at Sweetwater Hospital Association.



Allergy Season

Seasonal allergies crop up at certain times each year, particularly in spring and fall. In 2021, approximately 81 million people in the United States were diagnosed with seasonal allergic rhinitis, according to the Asthma and Allergy Foundation of America. The Canadian Allergy, Asthma and Immunology Foundation says between 20 and 25 percent of Canadians suffer from allergic rhinitis.

Tree and grass pollen are notable contributors to allergies, as is mold. Very well Health says allergies can be worse in certain areas. In the U.S., certain areas of the East Coast have high rates of allergies, while cities on the West Coast tend to be less harsh on those with allergies. Since allergies can make life uncomfortable, people want to know all they can do to overcome seasonal allergies. These strategies can help.

- Know the pollen count. Information is key, and knowing when pollen or mold counts are particularly high can help people take certain steps to avoid allergic reactions.
- Close the windows. When pollen levels are high, closing windows to prevent breezes that can bring pollen inside a home can be an effective strategy. You also can utilize a HEPA filter on the home's air conditioning system.
- Remove clothes worn outdoors and shower to rinse pollen off of skin and hair.
- While it can reduce energy usage, hanging clothing to line dry during high pollen counts can cause pollen to stick to freshly laundered items.
- Avoid gardening or other outdoor activities when pollen is high. If you must be outdoors, wear a mask.
- Allergies can be troublesome. However, various strategies can help to diminish the often unpleasant effects of seasonal allergies.

340B Employee Pharmacy



Sweetwater Hospital Association opened their new 340B Pharmacy for employees in February 2024. Once receiving approval to participate in the 340B pricing program, SHA began construction. The 340B pricing program will benefit current and future employees as well as their families that are seen by SHA providers.

SHA Retirees

Sigrid Johnson, MD, retired from her full range family medicine practice in Sweetwater TN on January 31 2024. She moved to Sweetwater in July 1996, joining the staff of Sweetwater Hospital at that time.



Originally, she worked with FPA and was expertly mentored by Dr Josh Gettinger and Dr Barbara Levin, working with them and the Women's Wellness and Maternity Center. She moved to a practice at Sweetwater Hospital, and then finally opened and operated her own office, Sweetwater Family Medicine, in a civil war era house across from the hospital. The building was renovated and converted into a medical office with the expert and kind help of any of her patients. In her 28 years of practice, Dr Johnson delivered hundreds of babies, culminating in delivering children to 3 women who she delivered when she first moved to the county- who she fondly called her 'grand-children.' Dr Johnson was raised in Canada, and graduated from McGill University in Montreal with bachelor of science degree in Anatomy, followed by a masters of Anatomy degree at Western University in Ontario Canada. During her masters research she studied causes of fertility and infertility, and created the technique for successfully performing ovary transplants in sterile mice who had

received bone marrow transplants. She furthered her studies by obtaining her medical degree at the University of South Florida in Tampa, developing a program to take medical students to rural remote areas in Colombia, South America to do early mission work. Her residency in family medicine was at East Tennessee State University, where she also was given a certificate created for her in operative obstetrics. She further obtained her fellowship degree from the American Academy of Family Physicians. Dr Johnson enjoyed teaching and worked full time for 2 years, then part time for 17 years, in the Dept of Family Medicine at UT Knoxville, where she held an associate professor position teaching residents. She wrote a monograph on personality disorders while at UT. She also was adjunct professor faculty for LMU DCOM, and taught medical students in her office as well as in their Knoxville campus. She often took medical students and family practice residents on rounds through Sweetwater Hospital over the years. Dr Johnson fell in love with Sweetwater, and devoted her career to promoting healthy families in Monroe County, helping raise her patients as she raised her own children- the youngest who was born at Sweetwater Hospital. She had one of the first electronic medical record systems in the county- starting in 1998. She was also able to focus time during the recent covid pandemic o create televisits in Sweetwater, as well as drive through medical care in her office. She was on the state task force for helping with critical access for ventilators and care during the pandemic, representing Sweetwater Hospital and promoting access for patients of rural hospitals. She also served on many SHA hospital committees during her tenure there, and continues to strongly support the excellent medical care provided by our local hospital. In her spare time, Dr Johnson could be seen sailing, hiking and beekeeping- all three of which she expects to pursue more in her retirement.

WHY SHOULD YOU???

JOIN A DEDICATED TEAM

Now Recruiting



Submit your application and resume in person, on-line at www.sweetwaterhospital.org, or by email to SHA@sweetwaterhospital.org.

BENEFITS OF WORKING AT SHA

- DISCOUNTED HEALTH CARE FROM SHA BASED PROVIDERS (HOPD) AND SERVICES AT SHA (See Page 12&13 for list of participating providers)
- EMPLOYEE PHARMACY (A Fraction of normal medication costs)
- 401K PLAN (4% Match)
- EDUCATIONAL ASSISTANCE PROGRAM
- PAID TIME OFF
- RETENTION BONUSES
- SIGN ON BONUSES (Qualifying Positions)
- 10% NIGHT AND 10% WEEKEND SHIFT DIFFERENTIAL ALL POSITIONS
- JOB SECURITY
- HEALTH, DENTAL, VISION, CANCER, LIFE AND ACCIDENT INSURANCE
- SHORT AND LONG TERM DISABILITY COVERAGE OPTIONS
- ENTRY LEVEL ON THE JOB TRAINING
- GROWTH OPPORTUNITIES
- FLEXIBLE SCHEDULING AVAILABLE

PHYSICAL THERAPY TO SUPPORT YOUR ACTIVE LIFESTYLE

We take an individualized approach to identifying the root cause of your condition and developing a treatment plan for lasting relief, restored function, and improved wellness.

- Sports Injuries • Workplace Injuries • Surgical Recovery • Hydro Therapy • Dry Needling • ASTYM (Soft Tissue Manipulation)



Now Seeing Patients at 3 Locations

SWEETWATER LOCATION
202 N High Street
Sweetwater, TN 37874
Phone: (865) 213-8753
Hours: M-Th 7:30AM – 6PM
& Friday 7:30AM – 4PM.

VONORE LOCATION
155 Grand Vista
Vonore, TN 37885
Phone: (865) 213-8753
Hours: Mon - Fri
8:00AM – 4:00PM

TELLICO PLAINS LOCATION
412 Hunt Street
Tellico Plains, TN 37385
Phone: (423) 253-6532
Hours: Mon - Fri
8:00AM – 4:00PM



www.sweetwaterhospital.org

SHA Retirees Cont'd

Susan Peterson, RRT

Sweetwater Hospital Association celebrated the retirement of Susan Peterson, RRT. Susan was a dedicated employee at SHA with 45 years of service. Susan was born and raised in Sweetwater, Tennessee. Her mother was also an employee of SHA! Her first job at SHA was as a Phlebotomist in the lab, where she started in February 1979. After working in the lab for a few years, Susan transferred to Respiratory as she continued her education to become a Registered Respiratory Therapist with the help of SHA. She later became the Director of Respiratory Therapy, where she worked until she was ready to retire. Susan says she will never forget her time as SHA.



Thank you, Susan, for your commitment to SHA and your compassion for our patients at Sweetwater Hospital Association.

Emergency Preparedness

Sweetwater Hospital Association recently attended a two day emergency disaster training in Knoxville with the Knox East Tennessee Healthcare Coalition. SHA is always preparing for emergency situations whether it is a man-made or a natural disaster. Preparation involves conducting drills every year to educate staff members. Large scale, community-based drills are conducted in collaboration with the Knox/East Tennessee Healthcare Coalition (which includes members from thirteen surrounding counties).



Photographed below are staff from SHA. From left to right: Renee Wood, Brooks Veal, Beverly Holley, Angie Thomas, Chris McConkey, and Andrew Bivens



Continuing Education

Sweetwater Hospital Association recently opened a new simulation room that will aid in the continuing education of our staff. The SHA simulation room is stocked with training equipment, adult and pediatric patient simulators and will provide an area for classes and skills labs. The simulation room has great space allowing for staff to practice their skills safely and in compliance with up-to-date medial standards. Information about future classes that are provided to staff are located on the board outside of the simulation room along with a 4 month calendar that will assist with planning for future learning opportunities for our SHA staff.

COMM



UNITY

Sweetwater Hospital Association enjoys staying connected with friends and families within our community. By sponsoring and attending community events, the SHA family gets to spend time outside of the hospital with our patients and their families while giving back to the community needs.

This year, the Sweetwater Hospital Association Physical Therapy Department volunteered to staff the first aid booth at the CASA Monroe Superhero 5K and Walk. This annual race is in support of Child Appointed Special Advocates (CASA) who work to raise awareness about child abuse.



Shannon Anthony, Director of Industrial Medicine and Employee Health and Community Outreach Coordinator of SHA, joins Andrew Bivens, Clinical Nurse Educator at SHA, in visiting Cleveland State Community College during their annual career fair. It was a fun day sharing information about the many different medical career options with students. Healthcare in 2024 offers many different roles and a wide range of opportunities. With the changing technology, personalized medicine, and the opening of new roles, the U.S. Bureau of Labor Statistics states, "The demand for healthcare jobs is projected to increase 13% by 2031". The type of career you are looking for can depend on your skills, your professional interest in healthcare, and the availability of the job. Familiarizing yourself with the many occupations in healthcare can help you identify the role that best suits you. At Sweetwater Hospital Association, we offer many job opportunities with the potential to expand your career by encouraging internal mobility and growth. Many SHA departments are continually hiring to meet the needs

of our patients and our community. Dietary, Environmental Services, Laboratory, Medical Records, Nursing, Radiology, Registration and Respiratory Care are just a few of the employment opportunities at SHA. Sweetwater Hospital Association is always excited to welcome new team members with the talent to make our hospital the best for our patients. To learn more about your future career with SHA, visit us at www.sweetwaterhospital.org and click on "Join Our Team".



BE MORE INVOLVED IN YOUR HEALTHCARE

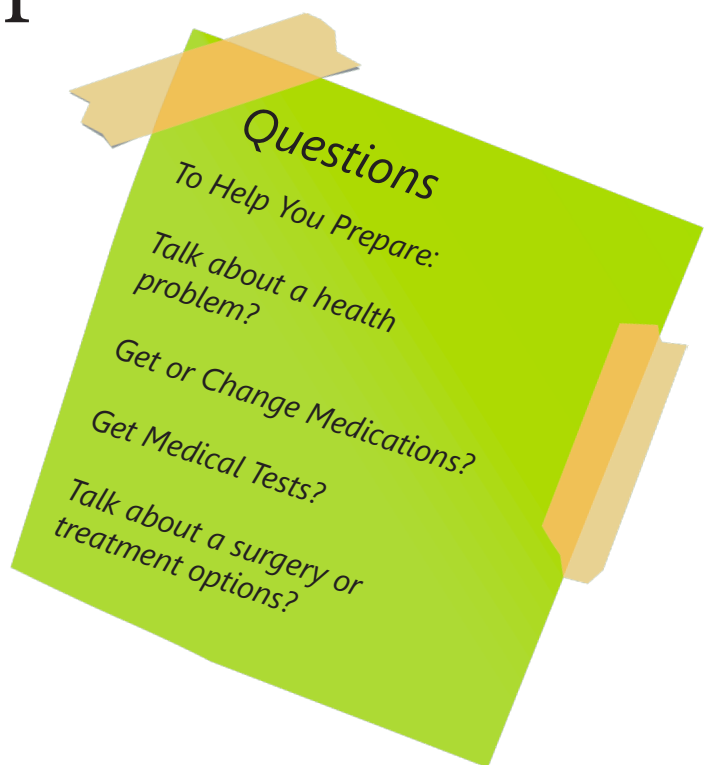
This infographic gives you tips to use before, during, and after your medical appointment to make sure you get the best possible care.

One way you can make sure you get good quality healthcare is to be an active member of your healthcare team.

Patients who talk with their doctors tend to be happier with their care and have better medical results.

Before Your Appointment

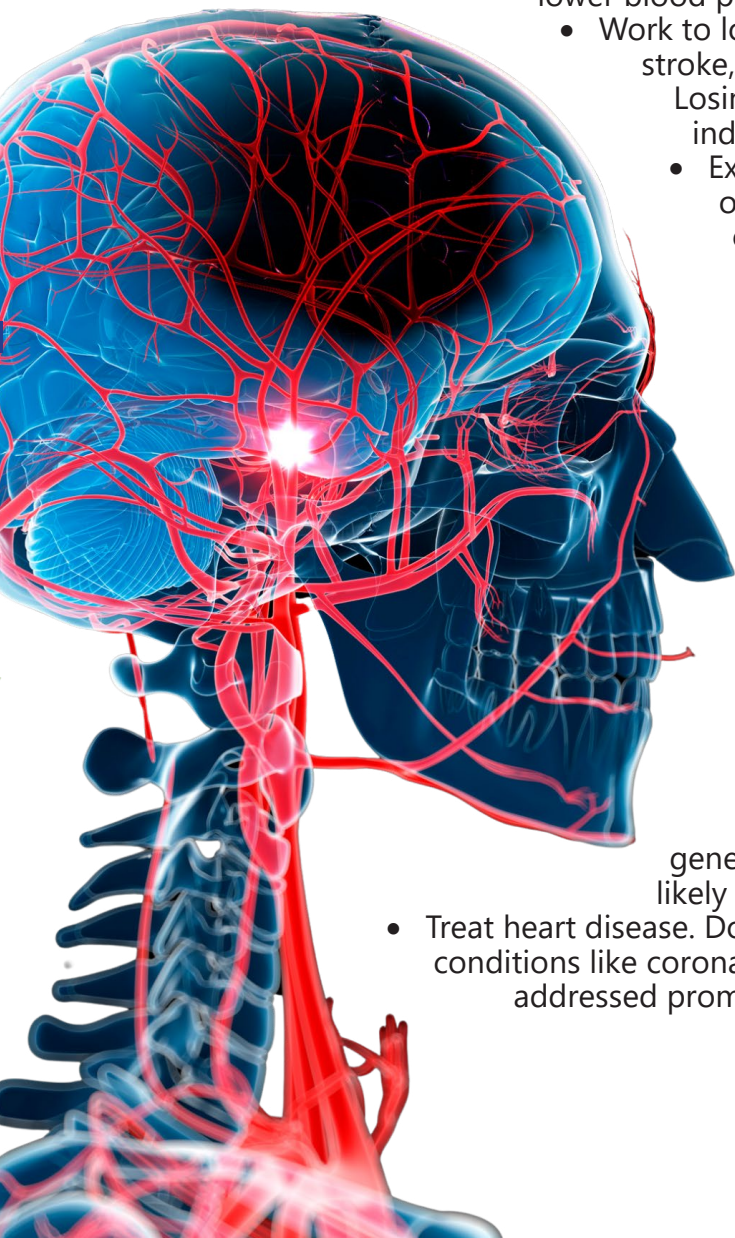
- Bring a list of all of the medications that you take to your appointments.
This includes:
 - Prescription medications
 - Non-Prescription medications such as Aspirin or antacids
 - Vitamins
- Write down the questions you have for your visit
- Know your current medical conditions, past surgeries, and illness
- Ask someone to go to your appointment with you to help you understand and remember answers to your questions.



Stroke Awareness

May is National Stroke Awareness Month. During this month take the time to get informed about strokes. Strokes have been described as a brain attack. A Stroke occurs when blood flow to a part of the brain becomes blocked or when a blood vessel in the brain breaks, which can damage or kill brain cells. The Office of Disease Prevention and Health Promotion says stroke is a leading cause of death and long-term disability in adults. It also can cause irreversible damage to the brain. Individuals who experience stroke may end up with memory problems or experience difficulty thinking or forming words. Mobility issues like difficulty walking or paralysis and weakness may occur. Some individuals also may experience incontinence and other issues resulting from neurological damage. Although stroke can come out of the blue and is not always preventable, there are several steps people can take to help reduce their risk for stroke.

- Reduce blood pressure numbers. High blood pressure, also known as hypertension, is a significant risk factor for stroke, says Harvard Health. Doctors may advise patients to work to lower blood pressure to between 140/90 to 120/80.
 - Work to lower BMI. Overweight or obesity increases risk for stroke, says the Centers for Disease Control and Prevention. Losing weight and maintaining a healthy body mass index can help lower stroke risk.
 - Exercise more often. Routine physical activity can not only help a person lose weight, but also lower cholesterol and blood pressure levels and all of which are risk factors for stroke. The U.S. Surgeon General recommends individuals get a minimum of two hours and 20 minutes of moderate-intensity aerobic activity each week.
 - Get a cholesterol check. High cholesterol can increase risk of stroke, which makes routine cholesterol checks important. The Office for the Assistant Secretary of Health says people should get their cholesterol checked at least every four to six years, with some needing to get it checked more frequently.
 - Drink only in moderation. Alcohol can increase risk of high blood pressure. Individuals should reduce their alcohol intake, with one drink or less for women and two drinks or less for men per day. Know your family health history. Knowing one's family health history may illustrate a risk for genetic health conditions that can make a person more likely to experience stroke.
- Treat heart disease. Do not delay medical treatment for heart disease. Heart conditions like coronary artery disease or atrial fibrillation should be addressed promptly to prevent stroke.



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