

YOUR HEALTH

A Sweetwater Hospital Association Publication

EMPLOYEE RECOGNITION

DOCTOR, MIDLEVEL, EMPLOYEE OF THE YEAR &
AWARD OF EXCELLENCE

BONNIE FURROW
2023 SCHOLARSHIP
AWARD WINNERS

**STAY UP TO DATE ON YOUR
IMMUNIZATIONS AND
VACCINES AT SHA!!**

SHA

Sweetwater Hospital Association

304 Wright Street

Phone: +865 213 8200

www.sweetwaterhospital.org

**MEET
INTERIM
CEO ANDREA HENRY**



SHA DAISY and BEE Award Winners

Employee Recognition



Doctor of the Year



Samuel Keenan, DO

Mid-Level of the Year



Sonya Lovingood, FNP

Employee of the Year



Tanya McKee, RN

Award of Excellence



Renee Wood, RRT

SWEETWATER HOSPITAL ASSOCIATION

Sweetwater Hospital Association, (SHA), is a 62-bed, acute care, not-for-profit corporation, chartered by the State of Tennessee in 1936. Sweetwater Hospital Association is located in rural East Tennessee and serves parts of Meigs, McMinn, Rhea, Blount, Polk, Roane, Loudon, and all of Monroe County. It is the only hospital located in Monroe County, which has a population of 47,740, and is accredited by the Joint Commission. Sweetwater Hospital Association is one of the largest employers in Monroe County.

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SHA Appoints Interim Chief Executive Officer

Andrea Henry, BSN

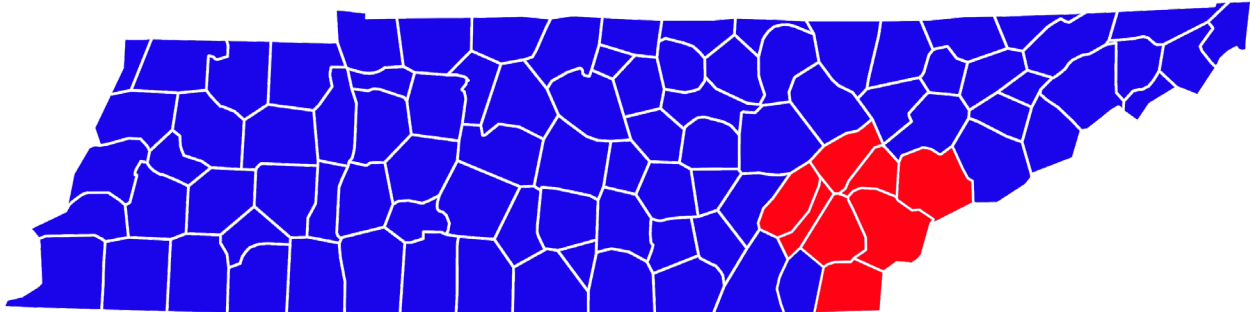


Sweetwater Hospital Association Board of Directors is pleased to announce the appointment of Mrs. Andrea Henry, BSN, as the Interim Chief Executive Officer (CEO). Andrea began her career at Sweetwater Hospital Association in 1989 as a Nursing Assistant and Unit Secretary. After graduating with her RN, she worked in multiple nursing departments and was later promoted to the Obstetrics Department Supervisor. Andrea was then promoted to Assistant Chief Nursing Officer in 1997 where she advanced into the role of Chief Nursing Officer (CNO) in 1999. After years as CNO, Andrea then accepted the role as Chief Physicians' Practice Officer in February 2022. Since that time, she has continued to take on many projects while advancing in her leadership role. We welcome Andrea Henry as the Interim CEO effective July 1, 2023.

OUR IMPACT

CARING FOR EAST TENNESSEANS

Sweetwater Hospital Association provides care in 8 counties in East Tennessee.



Represented Counties:

Blount, Loudon, McMinn, Meigs, Polk, Rhea, Roane, and all of Monroe County

SPECIALTIES

AND ACTIVE MEDICAL STAFF

ANESTHESIOLOGY

Samuel Couillard, CRNA
Edward Gentry, CRNA
Jamie Johnson, CRNA
Charles Hayes, CRNA
James Smith, CRNA

CARDIOLOGY

Stuart Bresee, M.D.
(865) 544-2800
Malcom Foster, M.D.
(865) 392-3400
Jeffrey Hirsh, M.D.
(865) 544-2800
Jeffrey Johnson, M.D.
(865) 544-2800
Robert Martyn, M.D.
(865) 392-2400
Ravi Mehta, M.D.
(865) 392-3400
Benjamin Sheppple, M.D.
(865) 544-2800

EMERGENCY MEDICINE

Robert Dukes, MD
Celia Harrison, MD
Algianon Jeffero, MD
Joshua Murphy, MD
Thomas Bishofberger, MD
Karen Whittaker, MD
Brandon Brooks, PA
Shawn Brunelle, PA
Kate Ebersole, PA
Carl Goins, PA
Amy Hamlin, NP
Brian Hedrick, PA
Jeffrey Longenecker, PA
Mary Kathryn Massaro, PA
Ivy Massengale, PA
Gregory Morgan, PA
Greg Stevens, PA

FAMILY PRACTICE

Tracey Beverley, M.D.
(865) 213-8594
Madisonville, TN
Lacie Gudger, N.P.

Sigrid Johnson, M.D.
(423) 351-7000
Dawn Frerichs, N.P.

Ben Coffey, D.O.
(865) 213-8595
Olga Lutsyk, D.O.
(865) 657-3755
Loudon, TN

GENERAL SURGERY

Terry Adams, M.D.
(865) 218 7470
Nicholas Ballay, M.D.
(423) 745-2344
Zachary Bryant, M.D.
(865) 213-8592
Thomas Layman, M.D.
(423)745-2344
Ashley Pinette, M.D.
(865) 213-8592

FAMILY AND INDUSTRIAL MEDICINE

Vonore & Sweetwater
Sonya Lovingood, FNP

INTERNAL MEDICINE

Laurence James, M.D.
(865) 213-8595
Kristina Grimes, N.P.
(865) 213-8585
Samuel Keenan, D.O.
(865) 213-8595
Eric Poston, M.D.
(865) 213-8595
Chris Shamblin, M.D.
(865) 213-8595

GASTRO/INTERNAL MEDICINE

Ken Kozawa, M.D.
(865) 213-8590
Renea Cagle, N.P.
Kellie Gallaher, N.P.
Michelle Davis, N.P.
Thomas Vance, N.P.

NEPHROLOGY

Yaqub Ali, M.D.
(865) 988-6575

OB/GYN

Laura Miller, M.D.
(865)-213-8592
Ashlin Paz, D.O.
(865)-213-8592
Candace Benoit -Pinette, M.D.
(865) 213-8592

ONCOLOGY

Tracy Dobbs, M.D.
(865) 934-5800

ORTHOPEDIC SURGERY

Chris Bowman, M.D.
(865) 213-8595

OTOLARYNGOLOGY

Drue Manning, M.D.
(865)777-1727

PEDIATRICS

Sangeeta Krishen, M.D.
(865) 213-8593
Wendy Saint Robbins, M.D.
(865) 213-8593
Bill Dawson, P.A.
Kristie Gregory, P.A.

PODIATRY

Alexander Green, D.P.M.
(865) 482-1788

PULMONOLOGY

Ronald Cherry, M.D.
Inpatients Only

RADIOLOGY

Lynda Rogers, M.D.
(865) 213-8565
David Norris, M.D.
(865) 213-8565
Tina James, M.D.
(865) 213-8565

URGENT CARE

FastTrak
(423) 884-2133
Vonore

UROLOGY

James Bienvenu, M.D.
(865) 305-9254
Adam Shrewsberry,
M.D.
(865) 647-1876

SHA
Sweetwater Hospital Association
Your Health...Our Mission.

2023 BOARD SUMMIT

Sweetwater Hospital Association

On Saturday April 8, 2023, Sweetwater Hospital Association hosted their annual Board of Directors Summit at the Capitol Theatre in Maryville, TN. Speakers Jim Edmondson, CEO of Hardin Medical Center in Savannah, Tennessee and Dan Wolf, President at SC|24 Partners in Traverse City, Michigan spent the day discussing various important healthcare topics including healthcare culture, strategy, financials, and adaptation to a post-pandemic environment.



LEGISLATORS VISIT SHA



March 3, 2023, Congressman Chuck Fleischmann, Director for Senator Bill Hagerty's office, Joe Bailey, and Tennessee State Representative Lowell Russell visited Sweetwater Hospital Association. They were given a tour of the facility and spent time learning about the history and future initiatives from SHA. This visit was an opportunity to showcase our community's need for healthcare close to home. SHA appreciates the continued advocacy from our legislators.



DON'T WAIT TO VACCINATE

Protect yourself and *your loved ones.*

The Flu and COVID can be more dangerous if you are over the age of 65, have an existing health problem, are pregnant, a care giver, or a child.

Ask your SHA physician how you can make sure you are up to date.

Has your child been vaccinated?

- Hepatitis C
- Rotovirus
- Flu
- Polio
- COVID
- Measles, Mumps, Rubella
- Chickenpox
- Hepatitis A
- HPV

Have you been vaccinated?

- Flu
- COVID
- Shingles
- HPV
- Hepatitis B

SHA Retirees

Lucretia Allen

SHA pays tribute to Lucretia Allen, Chief Human Resource Officer retiree of 39 years. Lucretia began her career in 1983 as an Administrative Secretary, working until 1989, when she was promoted to Human Resource Director. In 2021, she was promoted to Chief Human Resource Officer, assuming responsibility for Physician Recruitment, Industrial Medicine, Urgent Care, Dietary Services, Environmental Services, Gift Shop Services, Credentialing, and Risk Management. Lucretia was also Secretary to the Sweetwater Hospital Association Board of Directors from 1983 - 2021. She has been a member of the East Tennessee Society of Healthcare Human Resource Association (ETSHHRA) and the Tennessee Society of Healthcare Human Resource Association (TSHHRA) since 1991. Lucretia says her number one objective is to spend more quality time with her grandchildren and to work with



her sister in their new venture of starting a menswear store.

Dr. Ronald Cherry

Dr. Ronald Cherry, a native of Bowling Green, Kentucky, joined the Medical Staff of Sweetwater Hospital Association in the year 2000 as a specialist in Pulmonology. Dr. Cherry received his premedical education at David Lipscomb University in Nashville, Tennessee and was awarded his Medical Degree from the Medical College of Virginia, Richmond. He then completed an Internship in Internal Medicine at the University of Louisville, Kentucky where afterwards, he completed a residency in Internal Medicine at the University of Louisville and Vanderbilt University in Nashville, Tennessee. In addition to being Board Certified in Pulmonary Medicine, Dr. Cherry was also Board Certified in Internal Medicine, Sleep Medicine, and Critical Care Medicine. Sweetwater Hospital Association congratulates Dr. Cherry on his retirement from his office practice. He continues to consult on inpatient care on a part time basis.



SHA Retirees

Dr. Ian McFadden

Dr. McFadden, who has served as Chief Executive Officer at Sweetwater Hospital Association for two-and-a-half years, has moved into an advisory role as Chief Liaison Officer and Strategic Advisor to the Board of Directors. Dr. McFadden was appointed Chief Executive Officer of SHA on January 4, 2021.

Under Dr. McFadden's leadership, Sweetwater Hospital Association opened several new facilities and added new technology for SHA. Dr. McFadden also recruited 12 new providers to SHA.

The Sweetwater Hospital Association Board of Directors expresses their appreciation for Dr. McFadden's service to the hospital and looks forward to his transition to his new role. Chairman of the Board of Directors, Doug Warren states, "I would like to sincerely thank the community for your continued support of Sweetwater Hospital Association. With your support, we will continue to deliver superior healthcare services and positively impact the lives of our patients. The Board of Directors has begun the search for a new Chief Executive Officer. We are committed to finding a leader who can build on to the foundation laid by Dr. McFadden and take Sweetwater Hospital Association to new heights."

Dr. McFadden retired with over 40-years of experience operating hospitals and health systems throughout the United States and abroad. He states, "I am grateful to have been a part of the family at Sweetwater Hospital Association. SHA is a great organization and is surrounded by a great community. There is indeed a great future for Sweetwater Hospital Association." He and his wife, Angela, will remain in Monroe County and continue to serve the Sweetwater and surrounding community.



Dr. Ian McFadden, D.Sc., FACHE

DID YOU KNOW?

Joint Commission

SHA is accredited by the Joint Commission.



One of the Largest

SHA is one of the largest employers in Monroe County.

SHA Offers Many Locations

SHA has expanded to 8 locations throughout their service area.

SHA Services 8 Counties

SHA services parts of Meigs, McMinn, Roane, Loudon, Rhea, Blount, Polk and all of Monroe County.

SHA Retirees

Wanda Lovingood, RN



Fifty-seven years ago, on July 25th, Mrs. Wanda Lovingood, RN, started at SHA. Little did she know she would become such an inspiration and leader to many departments and employees at Sweetwater Hospital Association (SHA). Wanda began her career as a nursing assistant in July 1966. When talking about those earlier years of her career, she thinks back to the nurses that trained her with gratitude. “I had no experience in patient care at all,” she said. “I had only been at the University of Tennessee performing EKGs for 18 months before coming to Sweetwater Hospital Association. From 1966 until 1985, Wanda worked in surgery. During that time, she earned her LPN license and then earned her RN from Cleveland State Community College in 1984. “I very much enjoyed that time in my career. When the operating room wasn’t very busy, I liked helping the floor nurses and getting to know the patients. The nurses here trained me and taught me what it means to be a nurse and how to care for people.” Although Wanda enjoyed working in surgery, she knew she was ready to take the next big step in her career. In 1985, she

was promoted to Director of Nursing. For 14 years, Wanda enthusiastically embraced her leadership role, becoming instrumental in the partnership with local vocational schools, which would send their nursing students to SHA for clinicals. She also served on several boards and committees, including the board responsible for establishing Sweetwater Hospital Association’s Home Health Agency. Wanda’s long career spanned some of medicine’s most significant challenges, including the COVID-19 pandemic. Though she is not finished caring for others, she is ready to take time to care for herself. Wanda states, “After much prayer and discussion with my family, I decided it was time to retire and focus on my family and my health.” Although it is difficult to imagine SHA without her strong presence and caring smile, Wanda knows that the hospital’s future is bright, and she will forever be a part of its legacy. “Sweetwater Hospital Association will always have my love and support,” she said. “It will always be home to me.”



SHA

Sweetwater Hospital Association

Your Health... Our Mission.



Sweetwater Hospital Association (SHA) hosted a Rural Trauma Team Development Seminar provided by the University of Tennessee Trauma Team in February 2023. Rural Trauma Team Development courses help improve the quality of care in rural communities. Improvement of emergent care is made through developing a timely response to trauma by organizing a strategy of care for trauma patients through a team approach and stabilizing the injured trauma patient. Some special topics discussed included teamwork and communication, circulation, exposure and environment, pediatric, geriatric, and pregnancy trauma.

A Special Thank You To:

The University of Tennessee Medical Center
Trauma Team

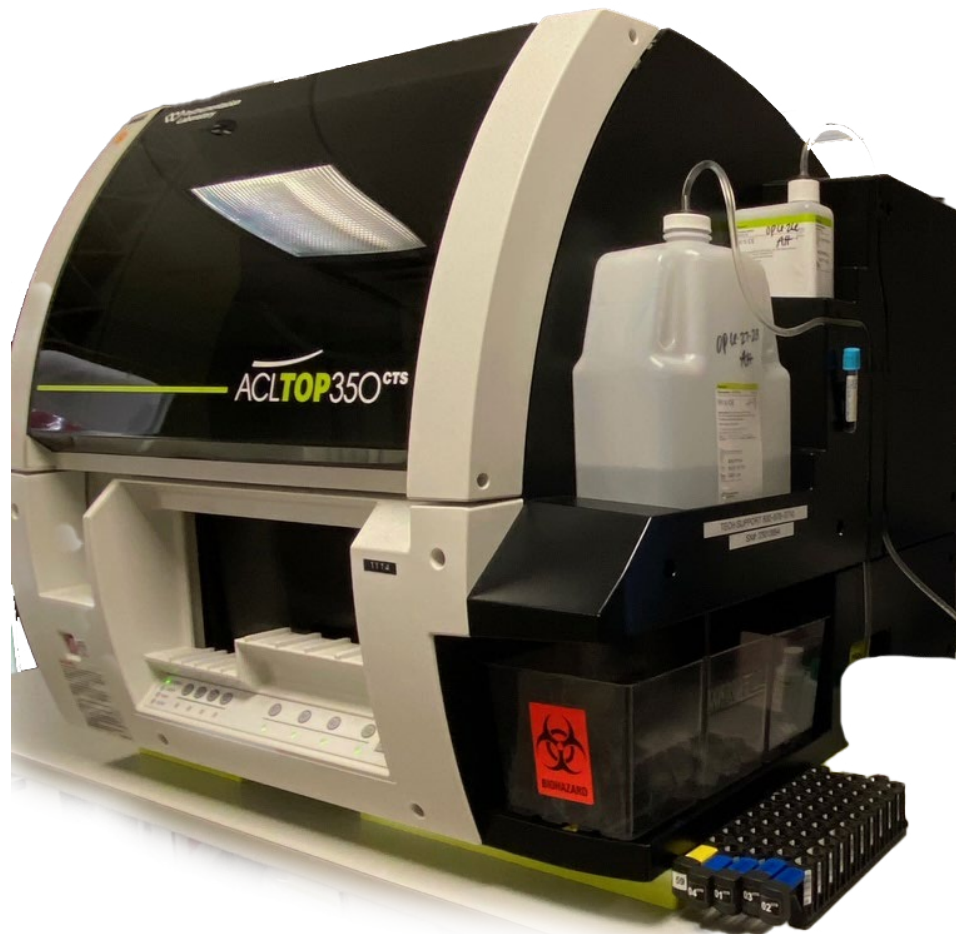
Sarah Dills, RN
Ji-Ming Yune, MD
John Griepentrog, MD

Gigi Taylor, RN
Kyle Lange MD
Brian Daley, MD

A Breakthrough in Hemostasis Testing

SHA Installs a New Clinical Laboratory Coagulation Analyzer

Sweetwater Hospital Association is pleased to announce the recent purchase and installation of a new clinical laboratory coagulation analyzer, the ACL TOP 350. This is a compact instrument that creates a breakthrough in hemostasis testing, offering the most advanced automation and quality management for routine to specialty assays. This instrument provides superior performance across the entire testing process, including automated preanalytical sample integrity checks, advanced quality and accreditation support, and an enhanced system security, which ensures quality results and lab efficiency. This results in a very accurate and timely assessment of our patient's blood coagulation state, enhancing the diagnostic ability for preventing and/or treating coagulation disorders. The recent purchase of this instrument, and the subsequent training of our laboratory personnel provides for minimized interruption of service during routine maintenance, and knowledgeable personnel able to analyze samples and troubleshoot any unforeseen issues. This instrument will be utilized in the performance of a PTT, PT, fibrinogen, and D-dimer testing.





Amber Hawk, SHA Medical Lab Technician, demonstrates how the ACLTOP 350 works.

The aPTT (activated Partial Thromboplastin Time) blood test is a measurement of how effective and timely the blood clots. It is typically ordered as a first option blood test when a patient presents with unexplained or uncontrolled bleeding. Unlike other blood tests that measure clotting, the aPTT blood test is able to evaluate multiple clotting factors at once. It may also be ordered with a PT blood test and a fibrinogen blood test for a complete look at all clotting factors. The PT or pro time test evaluates Prothrombin which is a protein produced by your liver. It is one of many factors in your blood that help it to clot appropriately. Fibrinogen is produced in the liver and circulates in the blood. During tissue and

vascular injury, it is converted to fibrin which forms a blood clot to stop bleeding. Reduced and/or dysfunctional fibrinogens occur in various congenital and acquired human disorders that represent a group of rare conditions in which individuals may present with episodes of bleeding or clotting. Fibrinogen levels may rise in response to systemic inflammation, tissue injury, and certain other events. D-dimer is a fibrin degradation product (or FDP), a small protein fragment present in the blood after a blood clot is degraded. D-dimer concentration may be ordered to help diagnose clotting. A negative result helps to rule out a clot. D-dimer levels are used as a marker for the blood

disorder, disseminated intravascular coagulation and in coagulation disorders associated with COVID-19 infection. This new instrument keeps Sweetwater Hospital Association on the cutting edge of medical technology assisting in achieving the highest quality patient care.



SHA DAISY AWARD RECIPIENTS

CONGRATULATIONS SHA DAISY AWARD WINNERS

Here's how Patrick's father, Mark Barnes, describes the reason DAISY was created:

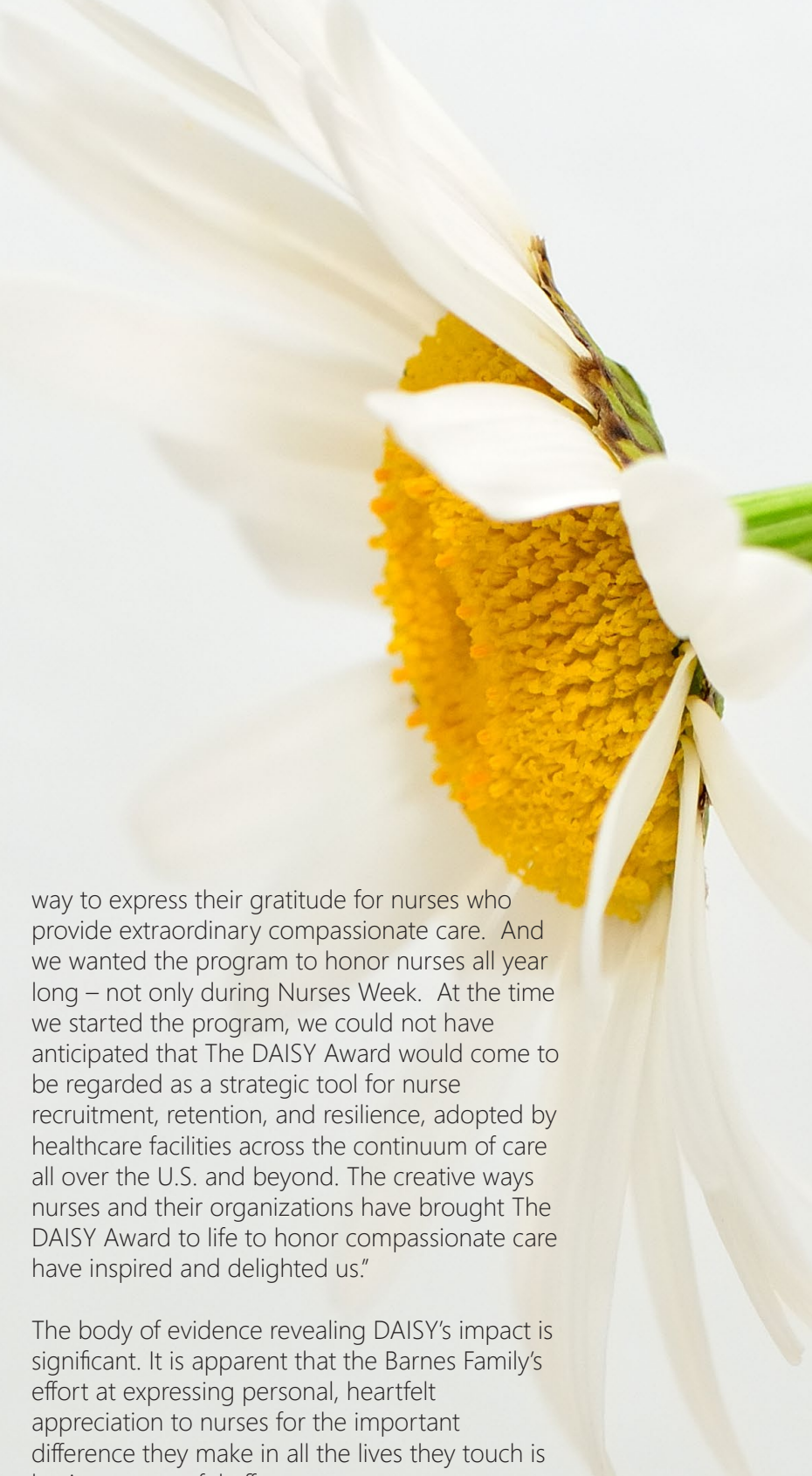
"Bonnie (Patrick's stepmother) and I are so fortunate that we were able to spend the eight weeks of Patrick's hospitalization with him. During those weeks, we experienced the best of Nursing. We were there to witness his nurses' clinical skill that dealt with his very complex medical situation, their fast thinking that saved his life more than once, and the nursing excellence that took them years to hone to the best of the profession. But frankly, as a patient's family, we rather expected that Patrick would have great clinical care. What we did not expect was the kindness and compassion they showed Patrick and all of us in his family every day. We were awed by the way the nurses touched him and spoke with him, even when he was totally sedated. The way they informed and educated us eased our minds, and their sensitivity to what we were going through made a great difference in our experience in the hospital. They truly helped us through the darkest hours of our lives, with soft voices of hope and strong loving hugs that to this day, we still feel. Just days after he died, we began talking about what we would do to help fill the giant hole in our hearts that Patrick's passing had left. His wife, Tena, came up with the acronym, DAISY, standing for Diseases Attacking the Immune System, and we filed our papers to become a 501(c)3 not-for-profit organization. As Bonnie, Tena, and I discussed what to do in Patrick's memory, we knew that first and foremost, we needed to say thank you for the gifts nurses give their patients and families every day, just as we had experienced. We created The DAISY Award® for Extraordinary Nurses and piloted the program at the Seattle Cancer Care Alliance at the University of Washington Medical Center. It was their nurses who cared for Patrick during the last weeks of his life. We wanted to give patients, families, and co-workers an easy



Jennifer McNabb, RN



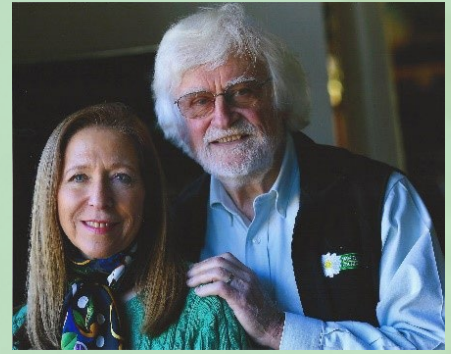
Kim Pike, LPN



way to express their gratitude for nurses who provide extraordinary compassionate care. And we wanted the program to honor nurses all year long – not only during Nurses Week. At the time we started the program, we could not have anticipated that The DAISY Award would come to be regarded as a strategic tool for nurse recruitment, retention, and resilience, adopted by healthcare facilities across the continuum of care all over the U.S. and beyond. The creative ways nurses and their organizations have brought The DAISY Award to life to honor compassionate care have inspired and delighted us.”

The body of evidence revealing DAISY’s impact is significant. It is apparent that the Barnes Family’s effort at expressing personal, heartfelt appreciation to nurses for the important difference they make in all the lives they touch is having a powerful effect.

To learn more about the DAISY award, visit isyfoundation.org/daisy-award



Mark and Bonnie Barnes, Father and Step-Mother of Patrick Barnes



SHA DAISY Award Winner, Jennifer McNabb, RN



Patrick and Tena Barnes. Tena is the Vice President and Co-Founder of the Daisy Foundation.

THE DAISY
AWARD
for extraordinary nurses



BONNIE



The name Bonnie Furrow was well known throughout the Sweetwater, Tennessee area. After graduating from nursing school in 1946, Bonnie joined Sweetwater Hospital Association (SHA), where she quickly advanced in her career. Ultimately, she became the Director of Nursing, where she served for the next 27 years. In 1977, Bonnie was again promoted into an administrative position where she helped establish the SHA Home Health Department, also serving as it's director. Bonnie was responsible for recruiting new physicians to SHA, marketing, and public relations. In 1977, Bonnie started the popular newsletter known as The Gauzette. The Gauzette was a Sweetwater Hospital Association publication distributed quarterly to hospital employees and the community. Working to create a newsletter that allowed the community to look into the windows of the hospital, she compiled photos, stories, and

health information that would inform and benefit readers. Each story was special, and Bonnie continued showing compassion through her commitment to her readers for years to come. On September 21, 2009, after 63 years of service, Bonnie Furrow passed, but her love for SHA is still in every heart she touched, every hallway she walked, and every word she printed.



FURROW

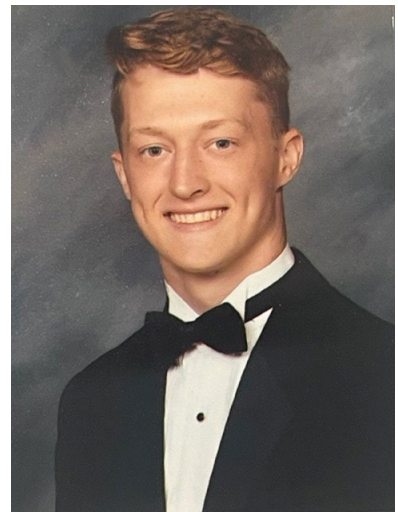
Her dedication to SHA continues to inspire the youth and future healthcare leaders of tomorrow. SHA established the Bonnie Furrow Scholarship Fund in honor of Bonnie and her accomplishments. The 2023 scholarships were awarded to Elizabeth Camp of Sweetwater High School, Shelby Hopper of Sequoyah High School, and Benjamin Hunt of Sequoyah High School. Each Senior student was described as a future community leader who is enthusiastic in their studies and community involvement. Serving as an example to their classmates, each recipient was highly recommended by their educators, leaders, and peers within the community.



Elizabeth Camp
Sweetwater High School



Shelby Hopper
Sequoyah High School



Benjamin Hunt
Sequoyah High School

Bonnie's Favorite Verse

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as Eagles, they shall run and not be weary; and they shall walk, and not faint."

Isaiah 40:31

SHA Appoints New Chief Operations Officer

Melissa Harris, MSN



Sweetwater Hospital Association Board of Directors is pleased to announce the appointment of Ms. Melissa Harris, MSN as Chief Operating Officer. Melissa began her career at Sweetwater Hospital Association in 1999 as the Joint Commission and Performance Improvement Coordinator. Since that time, she has assumed leadership responsibility of a variety of clinical and non-clinical departments. In 2021, she was appointed the Chief Clinical Officer and has continued to be instrumental in making key advancements for SHA. We are excited to welcome Melissa as the new Chief Operating Officer effective July 10th, 2023.

SHA Appoints New Chief Human Resource Officer

Beth Makowski

Sweetwater Hospital Association Board of Directors is pleased to announce the appointment of Mrs. Beth Makowski as the new Chief Human Resource Officer effective June 29, 2023. Beth started her employment at SHA in 2015 as a registration clerk and in this same year was promoted as the Credentialing Coordinator. In 2017, Beth was appointed the Human Resource Coordinator. Beth is a great addition to our leadership team and we are proud to have her in this role. As always, she has an open door policy and will continue to work hard for the organization.





A MINUTE OF HEALTH

with **SHA**
Sweetwater Hospital Association



A MINUTE OF HEALTH

WITH SWEETWATER HOSPITAL ASSOCIATION

Do you want an inside look at what's happening at SHA, learn about our providers, and get tips on how to live a happier, healthier life? If so, be sure to catch "A Minute of Health with Sweetwater Hospital" on your favorite hometown radio station, Oldies 98.3 WMTY!

A MINUTE OF HEALTH WITH SHA

FEATURING DR. ASHLEY PINETTE, GENERAL SURGERY



When discussing Gallbladder disease with Dr. Pinette, he offers insights on biliary colic, gallstones, and cholecystitis. “If patients know what to look for, they know when to visit the hospital.”

One of the most common surgically treated diseases is gallbladder disease. Gallbladder disease can start with biliary colic, a manifestation of gallstones impacted into the bladder neck. This impaction can present as a right upper quadrant or epigastric pain in moderate or severe intensity. This pain can last from 30 minutes to 24 hours. When suffering from gallbladder disease, one can have constant pain that may radiate to the back or right shoulder; this is not associated with heartburn and will typically cause patients to stop all activities. There can also be reoccurring pain that ranges from hours to years. Patients may also experience nonspecific abdominal pain or chest pain resulting from gallstones forming inside the gallbladder.

The formation of gallstones is called Cholelithiasis. Many factors contribute to gallbladder diseases, such as obesity, age, sex, rapid weight loss, increased estrogen due to pregnancy, hormone therapy, or use of estrogen-containing forms of contraception. Each factor raises the bile’s cholesterol levels and promotes gallbladder hypomotility, resulting in gallstones. Once gallbladder disease is discovered, there are various treatment options. Asymptomatic or incidentally found Cholelithiasis does not require intervention, and conservative management is recommended. However, in some instances, surgical therapy may be favored.

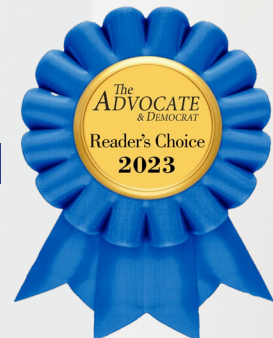
“If you are experiencing pain and have questions about gallbladder disease, please feel free to call my office, and we will take great care of you.”

To schedule an appointment, you can reach the office of Dr. Ashley Pinette at (865) 213-8592.

YOUR 5-STAR HOME HEALTH CARE

SWEETWATER HOSPITAL ASSOCIATION HOME HEALTH

When a health condition makes it difficult for you to leave home, Sweetwater Hospital Home Health brings our services to you!



Skip the salt, but keep the flavor...



The human body needs salt to survive. Sodium chloride is required in a nominal amount to conduct nerve impulses, contract and relax muscles, and maintain a proper balance of water and minerals. The Harvard T.H. Chan School of Public Health says it's estimated people need 500 mg of sodium per day to perform these vital functions. Too often, however, people consume much more salt in their diets than is necessary, which can lead to a host of medical issues. The average person eats 3,400 mg of sodium daily, and that can contribute to high blood pressure, heart disease, and even loss of calcium in bones. Salt is already added to many prepared foods as a preservative and flavor enhancer, so it's not necessary to add salt to these meals. However, when cooking from scratch at home and flavoring foods, it may be tempting to reach for the salt because of the way it can enhance flavor. Fortunately, there are many salt substitutes that can impart flavor without adversely affecting your overall health.

- **Potassium chloride:** Potassium chloride can provide a salty flavor without all of the sodium that is in regular table salt, which is sodium chloride. Potassium chloride typically is mixed with a ratio of sodium chloride in light or low-sodium salt options and salt substitute products. It can slash sodium by up to 50 percent in some instances, says Consumer Reports.
- **Acid:** Food scientist and blogger Nik Sharma says that people can cut down on salt in recipes if they increase the acid. This includes lemon juice or vinegar added at the end of the cooking process. It can replicate that bite that salt often provides.
- **Sea ingredients:** Kelp, alternative seaweeds or pureed anchovies can impart a salty flavor without the added sodium. While sea water creatures may taste salty, they do not transfer the same amount of sodium to the body as regular salt. These ingredients add the "umami" flavor profile, also known as the "fifth taste."
- **Garlic:** Pungent and strong, this spice can boost flavor easily without increasing the need for sodium. Double the amount of garlic in recipes when cutting out salt.
- **Black pepper:** Similarly, Healthline suggests reaching for black pepper to spice up foods over salt. Black pepper is a good addition to savory dishes, and can help decrease inflammation in the body.
- **MSG:** Monosodium glutamate contains two-thirds less sodium than table salt, so adding a little can increase the flavor of foods, says Taylor Wallace, Ph.D., an adjunct professor of food and nutrition studies at George Mason University.
- **Nutritional yeast:** Nutritional yeast offers a nutty, salty, cheesy flavor, and is a popular choice among vegans who want to get a parmesan cheese taste without actually consuming dairy. The yeast adds flavor and is often fortified with B vitamins, making it a healthy addition to diets.
- **Ginger:** Ginger can be peppery and bold in dishes, and it works well in both sweet and savory foods.
- **Liquid aminos:** This is a liquid seasoning made by treating soybeans with an acidic solution to break them into amino acids, says Consumer Reports. It also can be made from fermenting coconut sap with water. The result is another umami flavoring. And though there is still sodium content, it is less than table salt.
- **Smoked paprika:** The smoky, spicy taste of this paprika may make it easy to skip the salt in some foods. Salt is necessary in small amounts, but too often people consume it to excess. Small changes can help individuals reduce their sodium intake.

DR. ASHLIN PAZ

Appointed to the Tennessee Department of Health Perinatal Advisory Committee



Dr. Ashlin Paz has been appointed to the Tennessee Department of Health's Perinatal Advisory Committee (PAC). The PAC is made up of approximately 20 obstetric and neonatal intensive care providers throughout the state. The committee's purpose is to serve as a consultative body to advise the Tennessee Department of Health on maternal and fetal safety measures. Dr. Paz was nominated for this career-long position by Dr. Cecil Nelson, East Tennessee's Regional Perinatal Director. Dr. Paz is honored to be one of the few physicians chosen from a rural hospital and looks forward to serving the women of Tennessee by consulting on this committee.



YOU ARE THE CHAMPIONS



Your Health Our Mission



SHA BEE AWARD RECIPIENTS



Glenda Kirkland, CNA



Austin Mongrut, Orderly

The BEE award was established in 2016 by the nurses at Jewish Hospital to recognize the members of the team that go Beyond Exceptional Expectations. The nursing staff wanted to show appreciation and acknowledgement of exceptional professionals within the organization. The BEE award is presented throughout the year to honor the extraordinary care provided by those that go above and beyond to make an impact outside their daily duties. The support of other care providers is the foundation upon which a patient's healthcare team can maintain phenomenal care and advocacy. Just as the Daisy cannot survive without the Bee, the nurses cannot survive without the outstanding teamwork provided by other healthcare professionals.

WHO IS ELIGIBLE?

The BEE award recipients exemplify quality service and extraordinary care to the patients and their families creating a great experience. These professionals consistently demonstrate the mission statement of SHA Hospital by promoting wellness, healing, and hope to all. Those eligible for the BEE award include Certified Nursing Assistants, Nursing Assistants, Orderlies, and Unit Secretaries.

HOW TO NOMINATE AN EXCEPTIONAL TEAM MEMBER?

Any patient, visitor, or employee at SHA Hospital may nominate a deserving member of our team. The BEE nomination forms are located online at www.sweetwaterhospital.org and in the cafeteria. After filling out the form, you may place it in the nomination box, hand it to a member of the management team, or submit online.

Sweetwater Hospital Association Physicians Group

Largest Multispecialty Group between Knoxville and Chattanooga



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



Chris Bowman, M.D.
Orthopedic Surgery



Zachary Bryant, M.D.
General Surgery



Renea Cagle, F.N.P.
Internal Medicine



Ben Coffey, D.O.
Family Practice



Michelle Davis, F.N.P.
Internal Medicine



Bill Dawson, PA-C
Pediatrics



Jacob Gallaher, PA-C
Internal Medicine



Kellie Gallaher, F.N.P.
Internal Medicine



Kristin Gregory, PA-C
Pediatrics



Kristy Grimes, F.N.P.
Internal Medicine



Lacie Gudger, F.N.P.
Family Practice



Laurence James, M.D.
Internal Medicine



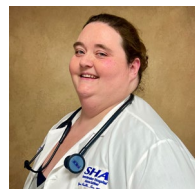
Samuel Keenan, D.O.
Internal Medicine



Sangetta Krishen, M.D.
Pediatrics



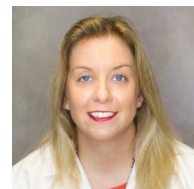
Ken Kozawa, M.D.
Gastroenterology &
Internal Medicine



Sonya Lovingood, F.N.P.
Industrial Medicine &
Internal Medicine



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



Laura Miller, M.D.
Obstetrics and
Gynecology



Ashlin Paz, M.D.
Obstetrics and
Gynecology



Eric Poston, M.D.
Internal Medicine



Ashley Pinette, M.D.
General Surgery



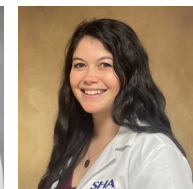
**Candace Benoit-
Pinette**
Obstetrics and
Gynecology



Wendy Saint Robbins, M.D.
Pediatrics



Chris Shamblin, M.D.
Internal Medicine



Stephanie Smith, N.P.
Urgent Care



Thomas Vance, F.N.P.
Internal Medicine

VISIT ONE OF OUR 8 LOCATIONS

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

Physical Therapy
Tellico Plains
412 Hunt St
Tellico Plains, TN 37385
(423) 253-6532

Physical Therapy
155 Grand Vista
Vonore, TN 37885
(423) 884-2374

Surgical and Primary Care
Etowah Office
250 Grady Rd.
Etowah, TN 37331

Surgical and Primary Care
Athens Office
719 Cook Drive
Athens, TN 37303
(865) 657-3755

Fast Trak Urgent Care
2075 Hwy 411 North
Vonore, TN 37885
(423)884-2133

Family Medicine
and Women's Health, and
Surgical Services
Loudon Office
901 Grove Street

Family Medicine
and Women's Health
Madisonville
321 Tellico S St
Madisonville, TN 37354