

Health Matters

The Magazine of Augusta Health

Special Deliveries

Updates in labor and delivery provide support, comfort and safety / 12

Augusta
Health

Winter 2023–24

B.E. F.A.S.T.

Spot the warning signs of stroke
Page 4

Vision Innovation

New procedure for eye cancer
Page 8

Getting Your Life Back

Post-acute care recovery
Page 16



MY THOUGHTS

Celebrating 30 Years

Welcome to the Winter 2023–24 issue of *Health Matters*! In this issue, we give you a closer look at our excellent care with specific insights from both Augusta Health providers and patients. We look forward to sharing our

focus on innovation and how it is driving care to better serve our communities.

On pages 6–7, learn about the Hercules Patient Repositioner beds we acquired through generous donations to the Augusta Health Foundation. We are excited to share how

the inventive technology has positively impacted patient comfort, enhanced the safety of our clinical team, and improved nursing efficiency.

In our cover story, meet Macy Surface. Her mother, Megan, shares her positive birthing experience at Augusta Health. We are thrilled to report on the obstetric and neonate facility updates we are implementing to bring the highest level of care to families in our communities.

Don't miss the other feature stories on post-acute care and our mobile clinic. On pages 16–17, patient Donna Lawson recounts how she's recovered from numerous health crises thanks to our post-acute care services. Our team at Augusta Health is proud to have helped Donna regain her health and return to doing the things she loves. We're inspired by her story of resilience and grace.

On pages 18–19, you'll find out more about how our mobile clinics remove barriers to accessing needed services, impacting the ability of our community members to seek high-quality care.

Also, in this issue, we take a look at Augusta Health's past, present and future in honor of our upcoming 30th anniversary in the new year. We're proud of our progress and look forward to continuing to strengthen the health and well-being of all people in the communities we serve.

Thank you for reading,

Mary N. Mannix, FACHE
President and Chief Executive Officer,
Augusta Health

We're proud of our progress and look forward to continuing to strengthen the health and well-being of all people in the communities we serve.

Health Matters

The Magazine of Augusta Health

THE MAGAZINE OF AUGUSTA HEALTH

Serving the cities of Staunton and Waynesboro, and Augusta County and its surrounding communities.

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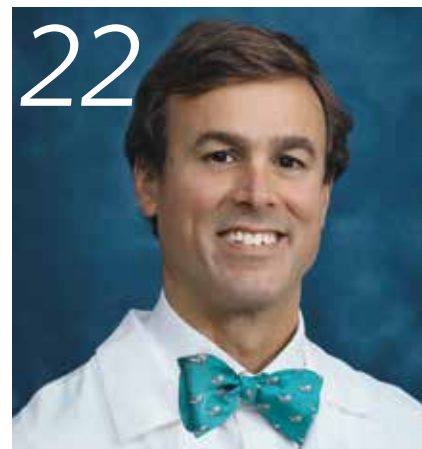
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INSIDE



For more information or questions about services at Augusta Health, visit our website at augustahealth.com.

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The information contained herein is not a substitute for professional medical care or advice. If you have medical concerns, seek the guidance of a healthcare professional. Health Matters aims to connect the community with healthcare experts within Augusta Health to learn more about issues that may be affecting your health. If you are not receiving Health Matters, you can view it or request to be added to the mailing list at augustahealth.com/health-matters.

DEPARTMENTS

Your Health Matters	4
Food Matters	10
Giving Matters	20
Say Hello	22
Good News	24
Directory	26

FEATURES

Special Deliveries	12
Getting Your Life Back	16
Positive Change	18

Learn to B.E. F.A.S.T.

Stroke Awareness

A ccording to the American Stroke Association, strokes are the No. 5 cause of death and a leading cause of disability in the United States. Every year, more than 795,000 people have a stroke. One in 5 women will have a stroke in their lifetime. That's 55,000 more women than men per year.

What is a stroke? A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or ruptures.

One of the biggest misconceptions about strokes surrounds age. "Strokes are no longer a disease of just the elderly," says Amy Markham, MSN, RN, SCRNP, Quality Coordinator of Neurology & Emergency Medicine at Augusta Health. "We're seeing a lot more young people, even ages 30-40, having strokes."

Symptoms of stroke include confusion, dizziness, numbness, severe headache, trouble speaking or walking, vision changes and muscle weakness. One or more of these symptoms may happen suddenly, or patients may wake up experiencing these symptoms.

Risk factors include race, gender, age, family history, stress, smoking, high blood pressure or cholesterol, diabetes, sleep apnea and irregular heart rate (atrial fibrillation).

Eighty percent of all strokes are preventable by living a healthy lifestyle and controlling your risk factors! Remember to B.E. F.A.S.T. when noticing the warning signs and getting help.

Every **40** seconds, someone suffers a stroke.

Time matters! If you or a loved one is experiencing ANY of these symptoms, call 911 immediately. Every minute that passes without stroke treatment equals 1.9 million brain cells lost.

Augusta Health™



HOW TO SPOT A STROKE



Balance

Watch for sudden loss of balance



Eyes

Check for vision loss



Face

Look for an uneven smile



Arms

Check if one arm is weak



Speech

Listen for slurred speech



Time

Call 9-1-1 right away

B.E. F.A.S.T! Call 9-1-1 at the first sign of stroke.

Visit augustahealth.com/stroke or stroke.org for more information.



Where Mammograms **Matter**

Breast Care

Getting a mammogram, in general, is stressful. That's why Augusta Health's new Outpatient Pavilion's Breast Center was designed to alleviate many of the irksome details these appointments can bring. Shannon Tierney, MD, a breast surgeon, and Jesse Johnson, MBA, RT(R), (CT), CRA, administrative director of medical imaging at Augusta Health, share why the new clinic has made a lasting impact on patients.

Spa-like Atmosphere

"We've gone to great lengths to make it as comfortable as possible for patients coming in for mammograms, since breast exams can be scary and make you feel vulnerable," Dr. Tierney says. "Our goal was to create an environment where patients feel taken care of."

Being taken care of means arriving at a private waiting area with a private dressing booth, a locker for belongings, a robe and a shared seating area to unwind before the appointment.

"Our waiting areas have been designed to provide a spa-like experience complete with infused water, snacks and chocolates," says Johnson.

Smooth Operations

Sometimes, the most stressful part of an appointment is getting there. Patients often worry about where to park, getting lost in the hospital and long wait times. Now, patients can park at the front door and walk directly into the Breast Center's private lobby, instead of walking through the hospital.

Impressive Technology and Faculty

Updated technology is vital for providing the best care. Our new tech includes a prone stereotactic biopsy table, a biopsy acquisition system and an additional ultrasound unit for diagnostic breast ultrasounds.

The people using the technology are just as important. "Our breast imagers are fellowship-trained, which means that the radiologists who provide breast imaging interpretations are specialists in the field of breast imaging," Johnson says.



Shannon Tierney, MD
Breast surgeon

To schedule your annual mammogram, call (833) AHC-HLTH.

Our team members and students are “Hercules Strong.”



Check out **pages 20–21** for more ways community donations enhance our services.

Safety Boost

Hospice Care

Thanks to funding from Augusta Health Foundation, Shenandoah House acquired four Hercules Patient Repositioner beds in November 2022. These

beds, which allow caregivers to boost patients into more comfortable positions without added assistance, have proven to be invaluable for patients and staff alike.

In response, the Foundation recently funded an additional 42 units for medical, ICU and skilled nursing. “The initial implementation within the hospice house demonstrated the ability of this device to save valuable nursing time, eliminate back injury due to boosting and increase patient comfort and satisfaction,” says Vickie Taylor, RN, DNP, assistant vice president of nursing & ACNO at Augusta Health. “On average, boosting a patient up in bed is completed about eight times per shift, takes about seven minutes to accomplish and always requires two caregivers. The use of Hercules allows one caregiver to boost a patient with the push of a button, taking less than 10 seconds total.”

Repositioning is crucial for the health of those confined to beds for long periods of time. In addition to eliminating the dangers of boosting for staff—the No. 1 risk of injury in nursing—the beds also improve the patient experience. Taylor says the repositioners provide greater dignity, fewer disruptions and improved patient comfort.

Funding for the new Hercules Patient Repositioners came from gifts given to Augusta Health Foundation. One nurse, who suffered a back injury during a boost, made a personal donation to the fund in hopes that further injury among her colleagues could be avoided in the future. That generosity fuels the hope for acquiring even more Hercules beds.

“Gifts really make a difference in the patient experience and how we deliver care,” says Shirley Carter, Augusta Health Foundation executive director and vice president of philanthropy. “Augusta Health is one of five remaining community-owned health systems in Virginia. Support from donors and friends of Augusta Health enables us to fund patient care spaces, programs, services and new



Hercules Repositioner beds safely boost patients with the push of a button.

Over the past year, the Shenandoah House staff monitored the benefits of the Hercules beds and shared their overwhelmingly positive findings, which include:

- Improvement in patient comfort, satisfaction and dignity
- 100% elimination of boosting injuries
- 50% reduction in infection exposure for staff
- Decreased nurse physical workload, resulting in reduction of soreness and pain experienced with job
- Improved nursing efficiency, saving at least one hour per caregiver per shift

technology that would not be available otherwise. Items like Hercules beds would be unaffordable without the generous support of community members who partner with the Foundation.”

Taylor agrees. “Our nursing team members and leadership are so grateful to our community and the Foundation for investing in these devices to improve the work environment and patient care.”

Our Hercules beds were acquired with funding from Augusta Health Foundation. To donate, visit augustahealth.com/foundation/give.

Vision **Innovation**

Ophthalmology/Oncology

When most people hear the word “melanoma,” they think about skin cancer—and perhaps a mole or other discoloration they should get checked out. But melanoma can also occur in an unexpected location: the eye. Just like it occurs in the body, this form of cancer arises in the cells that produce melanin, but this time, it’s found in a structure of the eye called the uvea.

Eugene Shildkrot, MD, an ocular oncologist with RetinaCare of Virginia and Augusta Health, evaluates and treats cancers of the eye. Uveal melanomas are rare, but there are some risk factors that patients have in common. “Most of the time, it’s spontaneous and sporadic,” he says. “People of Northern European extraction, with fair-colored hair, tend to be at higher risk for melanomas. But uveal melanomas are not directly associated with ultraviolet or sun exposure. The majority of the patients do not have a family history

of uveal melanoma, but there are some rare mutations in the BRCA-associated peptide (BAP) gene.” This gene is often implicated in breast, pancreatic and other cancers.

Patients can be referred to Dr. Shildkrot if their physician sees something suspicious during an eye exam.

Melanomas of the skin can be deadly, and the same is true for uveal melanomas. Fortunately, Dr. Shildkrot has brought an advanced brachytherapy technique for treating this cancer to Augusta Health. Dr. Shildkrot and radiation oncologists Robert Kyler, MD, and Aaron Reed, MD, in collaboration with Sarah Scarborough, PhD, DABR, a medical physicist, design a small delivery system called a plaque customized to the affected eye. The plaque is made of a thin piece of metal, shielded with gold and seeded with radioactive material. The plaque is sewn to the eye against the melanoma and is left in place for four to seven days.

Before treatment, precise measurements are taken of the eye and melanoma to ensure the plaque fits correctly and the appropriate amount of radioactive iodine-125 is used. “If you think of the eye as a sphere, melanomas arise inside of the eye, extending from the base inwards toward the center of the eye—sort of like a pyramid,” says Dr. Kyler. “The plaque is placed right at the base of this pyramid, and we deliver a specified dose of radiation that’s much higher at the base of the plaque where it contacts the eye, and becomes less intense as it extends away from it.”

After treatment, any vision loss in the affected eye will depend on the location of the melanoma. “Our first priority is to destroy the cancer,” Dr. Shildkrot says. “We do everything possible to save the eye, and then whatever vision we preserve, that’s a bonus.”

While the brachytherapy treatment is absolutely critical, preparation and evaluation are just as important. Dr. Shildkrot says that workup can take a full day, including ocular examination, ultrasound, photos, systemic imaging and a targeted CT scan of the eye to be used for treatment planning. This all aims to confirm the clinical diagnosis of uveal melanoma, while also ruling out cancer



Eugene Shildkrot, MD
Ocular oncologist

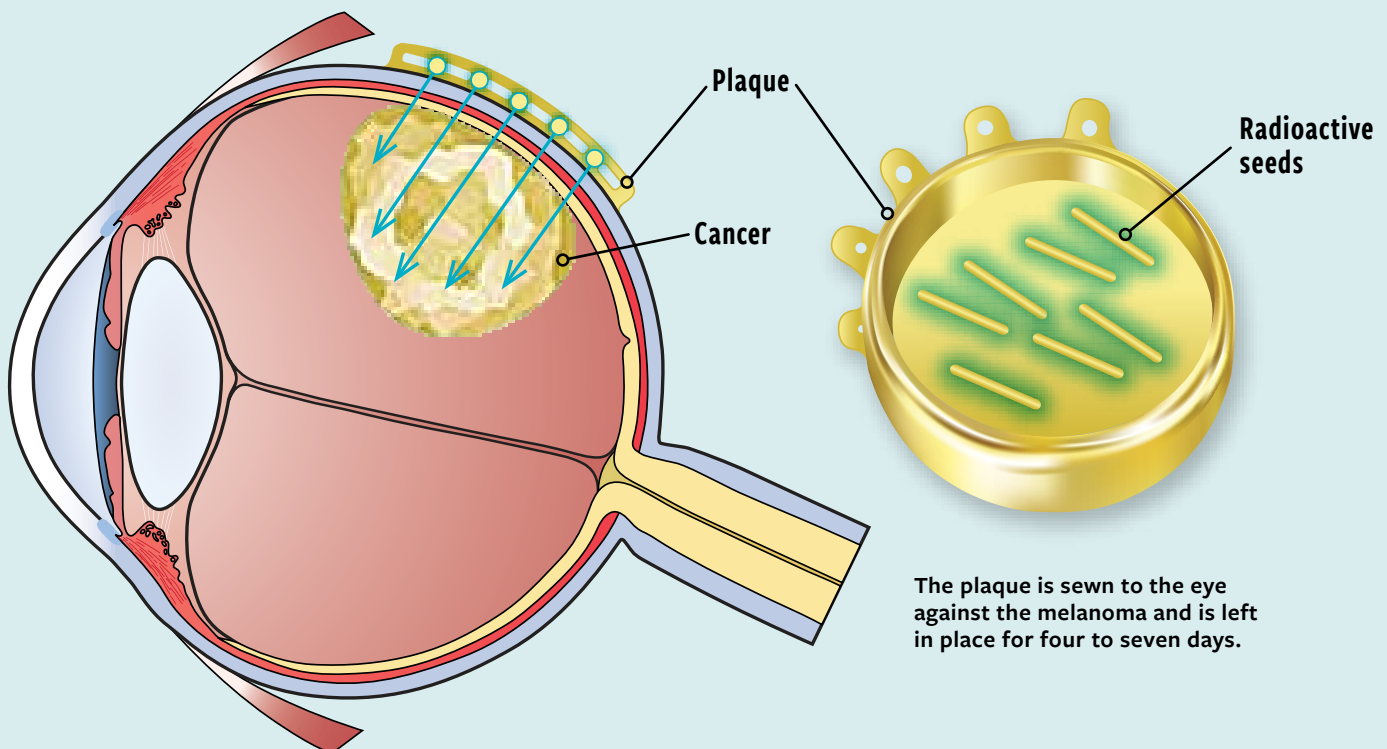


Robert Kyler, MD
Radiation oncologist

“The majority of the patients do not have a family history of uveal melanoma, but there are some rare mutations in the BRCA-associated peptide gene.”

Eugene Shildkrot, MD

Plaque Radiotherapy of the Eye



elsewhere. “We take imaging of the chest, abdomen and pelvis to make sure that nothing else is going on, because sometimes, a metastasis can show up in the eye before the patient is aware of the primary cancer. For example, I’ve diagnosed patients with lung cancer when they’ve come in for an eye lesion. Many patients will travel hours for this, so we try to optimize their time here.”

Because Augusta Health is the only facility in Virginia

offering this life-saving procedure, doctors Shildkrot and Kyler expect to treat 35 to 50 people per year from the state and surrounding region.

To make an appointment with an ophthalmologist, call (833) AHC-HLTH.

Barley Mushroom Chicken Soup

Stay warm and healthy this winter with this chicken soup. Mushrooms are high in vitamin D and beta-glucans, a fiber that helps lower cholesterol.



Serves 6

PER SERVING:

Calories **166**

Protein **12g**

Carbohydrate **21g**
(5g fiber)

Fat **5g** (1g sat,
3g mono/poly)

Sodium **291mg**

Ingredients

- | | |
|------------------------------------|---|
| 1 tablespoon olive oil | 1 cup cooked chicken, shredded |
| 1 medium onion, diced | $\frac{1}{2}$ cup hulled or pearled barley |
| 1 cup red bell pepper, diced | 2 cups mixed greens, such as spinach, beet greens or Swiss chard, chopped |
| 4 garlic cloves, minced | $\frac{1}{2}$ teaspoon each salt, pepper and dried thyme |
| 2 cups mushrooms, bite-size pieces | |
| 2 cups chicken broth | |
| 6 cups water | |

Directions

1. Heat oil on medium heat in a large pot. Sauté onion, pepper, garlic and mushrooms until soft (about 5 minutes).
2. Add chicken broth and water to onion mixture. Bring to a boil, then reduce heat to medium low. Stir in chicken and barley.
3. Simmer until barley is tender (about 30 minutes for pearled barley or 60 minutes for hulled).
4. Stir in mixed greens and seasonings in final 10 minutes of cooking.



This new life is a
part of you, and
so it's a part of us.

We're here for all of the
moments that make a lifetime.

Augusta
Health™



CARE MATTERS

Macy was the first baby born at Augusta Health after we acquired Shenandoah Women's Healthcare.



Special Deliveries

“As a new mom, I was very grateful for all of the support and advice from many nurses and the lactation consultant.”

Megan Surface



Megan gave birth in August 2023.

Updates in labor and delivery provide support, comfort and safety

Obstetrics

For many people, the first time they use hospital services is during childbirth. Augusta Health has been making several enhancements in the obstetrics department to improve safety and comfort for women and their infants—making that first hospital experience a good one.

Facility and Treatment Updates

The improvements have come in phases, according to Vickie Taylor, RN, DNP, assistant vice president of nursing & ACNO at Augusta Health. “Over the past 18 months, we updated and provided a fresh new look to each labor and postpartum room, and most recently, we completed Phase 1 of the renovations, which included adding two

triage rooms equipped with full fetal monitoring,” she says.

Both Phase 2 and Phase 3 are slated to begin in the first quarter of 2024. Phase 2 includes refurbishing the reception area and expanding space for the nursing staff and providers.

Phase 3 will cover renovating the level II neonatal intensive care unit (NICU). Plans for that area include eight private bays for newborns, giving parents, nurses and providers more privacy during bedside visits. The expansion of this area also provides

Our level II NICU is
staffed with neonatal
and pediatric specialists.





“We are delivering about 50% more babies with the addition of Shenandoah Women’s Healthcare from Harrisonburg.” **Liz Persaud**

private bonding time for families and the opportunity for centralized cardiopulmonary monitoring—and the obvious goal of keeping mothers and babies together during recovery.

These updates are happening at just the right time, as Augusta Health is experiencing an increase in the number of women needing birthing services, says Liz Persaud, director of obstetrics. “We are delivering about 50% more babies with the addition of Shenandoah Women’s Healthcare from Harrisonburg,” she says.

Treatment options are expanding as well. “We are bringing back nitrous oxide for pain management, which helps moms who want low intervention, and we are also introducing a TENS unit in the department,” says Persaud. TENS, or transcutaneous electrical nerve stimulation, is another nonpharmacological pain reduction method safe for laboring women and their babies.

Our focus remains unwavering in the desire to provide families in our communities with an excellent experience, post-birth skin-to-skin care with both mom and a support person as desired, and the education needed to make the transition home a smooth one. However, it does not end there. We desire to provide care tailored to your condition and the health of your infant, and

we commit to honesty and a genuine relationship with you being an integral part of the healthcare system.

Experience of a Lifetime

Megan Surface was the first mom to deliver after Augusta Health acquired Shenandoah Women’s Healthcare. Megan was scheduled to be induced on Aug. 1, 2023. “My husband, Luke, and I got there at 7 a.m. on the dot, and they had us back in a room within two minutes,” she says. “I was definitely nervous because this was my first child, but everyone kept me laughing, and they were just so accommodating. At least every 20 minutes somebody came in to check on me to see if I needed anything. What a great experience.”

The labor and delivery room the Surfaces used had a mini fridge stocked with water and snacks and a pull-out bed where Luke was able to sleep. The following morning, Megan delivered a baby girl named Macy. The new parents were able to get some rest while the nurses took Macy in for 24-hour testing. “They brought her back and she was all bundled up with a new little hat on and everything,” says Megan. “As a new mom, I was very grateful for all of the support and advice from many nurses and the lactation consultant.”

Check out [augustahealth.com/service/birthing-suite](https://www.augustahealth.com/service/birthing-suite) to learn about our special labor and delivery accommodations, or visit [augustahealth.com/service/childbirth-prenatal-classes](https://www.augustahealth.com/service/childbirth-prenatal-classes) to schedule a class or tour.

Getting Your Life Back

Post-acute care helps patients recover from a variety of health crises

Donna proudly displays her hand-made wood crafts.

Rehab

Recovering from a health emergency is often complicated. Once the critical phase calms down, it's time to begin the extensive process of rehabilitation to return to your best possible life. The name for this phase is Post-acute Care.

Stephanie Mims, administrative director of post acute care and rehabilitation services, leads the post-acute program at Augusta Health. Her department covers the full continuum of care, beginning with the acute

stage through skilled nursing, inpatient therapies, outpatient services and home-based care.

“Our goal is to return each patient to the highest level of independence they are capable of achieving,” Mims says. “We are fully equipped to treat patients with a variety of illnesses, such as stroke, spinal cord or brain injury, major trauma or movement disorders.”

Close to Home

At Augusta Health, we focus on enabling patients and their families to receive compassionate, excellent care within our network for all the care they need. Keeping all care close to home reduces the time and hassle of traveling long distances for necessary therapies and services.

Each patient has their own case manager to guide them through the process, saving them the stress, frustration and grief of mapping out a recovery path. Our inpatient rehab facilities are located on the first floor of the Fishersville hospital, a convenient spot for patients and their visitors. Those coming in for outpatient therapy receive care across the street in our wellness building.

Donna Lawson of Verona speaks glowingly of the help she received through the post-acute programs after several separate health crises. About five years ago, she had a stroke that took out her whole left side. At rehab, she worked with Amy Prochaska, a physical therapist. “I don’t know what I would have done otherwise,” says Donna. “Amy worked hard with me: exercising to get my legs moving, occupational therapy on my arm to get it working the way I needed, and speech therapy so I could talk clearly again.”

Not long after her stroke, Donna needed a left knee replacement, and no sooner had she recovered from that when she fell and broke her leg. Throughout this series of unfortunate events, Donna showed grace and resilience with the help of her physical therapist.

Donna is an example of how our continuum of care process works. When a physician determines a patient will benefit from post-acute care, the patient is referred to Mims’s department, where a specialized plan is developed and implemented.

Unique Needs

Designing a customized path forward begins with a comprehensive evaluation of the patient’s needs and setting goals.



“Amy worked hard with me: exercising to get my legs moving, occupational therapy on my arm to get it working the way I needed, and speech therapy so I could talk clearly again.”

Donna Lawson

Without the expert, personalized care Donna received through the post-acute program at Augusta Health, any of the physical crises she faced in the past few years could have left her bedridden for the rest of her life. Instead, she is able to get around on her own and is constantly improving. She’s looking forward to getting back to her woodshop and creating new works of art.

We offer a wide range of both outpatient and inpatient on-site services, including physical, occupational, speech and cognitive therapies, as well as support groups.

At the hospital, patients have access to a well-appointed therapy gym, an aquatic therapy pool, a mock apartment for practicing skills they need for independent living, and even a patio for practicing hobbies and recreational skills, like gardening. Other benefits include innovative education programs and animal-assisted therapy.

At-home Care

When they are ready to return home, patients will receive an outline of what they need to transition successfully, including durable medical equipment. Donna remembers when professionals came to her home before she was released to make sure she could enter the front door (needed a ramp) and use the bathroom (needed safety equipment). They even supplied her with the tools she needed to put on her own socks!

For more information on Post-acute Care, visit [augustahealth.com/service/continuing-care-services](https://www.augustahealth.com/service/continuing-care-services).



“This is a beautiful enhancement to our church program, and it offers an extensive array of services we could not supply alone.”

Kevyn Burn, RN

Augusta Health’s Mobile Clinic program continues to grow.

Currently, clinics are hosted at Allen Chapel, Central United Methodist Church, Craigsville Town Hall, Disciples Kitchen, Elizabeth Miller Gardens, Embrace Center, Grottoes Fire Department, Gypsy Hill House, LGBTQ Center, Plaza Apartments and the Verona Community Center. For information about the sites and dates visit [augustahealth.com/clinic-sched](https://www.augustahealth.com/clinic-sched).

Kevyn enjoys welcoming newcomers to the Allen Chapel mobile clinic site.



Positive Change

Our mobile clinic program provides healthcare for underserved people in the community

Mobile Clinic

“**D**uring the COVID-19 pandemic, the gap in health disparities was very evident,” says Isaac Izzillo, RN, MSN, director of public and primary care services at Augusta Medical Group. “We identified that improving the health of our community requires us to take our care on the road at times in hopes of overcoming personal and social barriers to care.” And so, the Augusta Health Mobile Clinic was born.

We realized that countless underserved people had no access to primary care for a variety of reasons, including a lack of insurance or transportation, language barriers or citizenship issues. They need basic medical care, such as vaccinations and access to preventive screenings for conditions like hypertension, diabetes and cancer. If diagnosed, patients need proper care to manage their long-term health problems.

For many patients, healthcare needs are part of a big picture issue. Our mobile clinic program addresses those problems individually, through financial aid and Medicaid programs, addiction screenings, Every Woman’s Life cancer screening referrals, harm reduction education and Narcan dispensing, in addition to providing meals and dietitian referrals.

Fulfilling a Need

“When I joined the church, it was due to a call to serve healthcare,” says Kevyn Burn, RN, director of the Health Commission at the Allen Chapel A.M.E. Church in Staunton. “We had two very successful COVID-19 vaccine clinics here, leading to us becoming one of the Augusta Health Mobile Clinic sites. “This is a beautiful enhancement to our church program, and it offers an extensive array of services we could not supply alone.”

The Allen Chapel hosts clinics on the first Tuesday of each month from 10 a.m. to 2 p.m. While the population at each clinic varies, they primarily serve seniors and people who have chronic health conditions, including heart disease and diabetes.

After checking in with the receptionist, patients meet the nurse and medical professional on site that day (at some clinics, it’s a doctor; at Allen Chapel, it’s typically a nurse practitioner).

Our physicians show compassion and understanding as patients describe their health concerns, undergo necessary medical tests and are examined in the serenity of the church’s sanctuary.

Patients who need follow-up or specialty care before the next clinic will receive referrals to other mobile clinic sites or the specific resources they need.

Growing Into the Future

“We have lots of engaged community partners that have expressed interest in our mobile clinic joining their location,” Izzillo says. “The team has prioritized locations based on the demand of our community, and we hope to have at least four clinics per week by the beginning of 2024.”

Donations in Action

Philanthropy

Financial support from donors provides excellent care to the community—from the Outpatient Pavilion to the Mobile Clinic.



Augusta Health President and Chief Executive Officer Mary N. Mannix, left, celebrates the naming of our newly built Breast Center at the Augusta Health Outpatient Pavilion with the family of Mary Louise (Coiner) Fisher.



Mary Louise Fisher Breast Center

Thanks to a generous gift from Fisher Auto Parts in Staunton, the Breast Center at the Augusta Health Outpatient Pavilion has been named in memory of Mary Louise Fisher. The new name honors the longest serving board director for Fisher Auto Parts, Mary Louise (Coiner) Fisher, who passed away in 2018 after a battle with breast cancer.

Opened in early 2023, the Pavilion meets the growing need of the community for surgical and

diagnostic services close to home. The Outpatient Pavilion includes a Surgery Center, Imaging Center and the newly named Mary Louise Fisher Breast Center.

The Breast Center provides comprehensive local care for the prevention, diagnosis and treatment of breast cancer to benefit countless others who share Mary Louise Fisher's experience. Breast care services include MRI, mammography, ultrasound and biopsy performed by surgeons and radiologists, with the support of highly trained care teams.

Mobile Clinic

Augusta Health established a Mobile Clinic in September 2022 to serve communities with limited or no access to healthcare services. Regardless of barriers such as income, insurance coverage and citizenship status, the Mobile Clinic aims to tackle health disparities and improve health outcomes for local underserved communities.

Powered by a team of doctors, nurses, pharmacists, social and community health workers, Spanish language interpreters and other support teams, the Mobile Clinic cares for more than 1,400 residents in 13 locations.

Primary care services offered include:

- Managing chronic diseases
- Administering vaccines
- Medication support
- Health screenings
- Health education
- Maternal and child health
- Mental health and addiction screenings



The Mobile Clinic offers routine vaccinations.

Generous donations from individuals and organizations help provide the medications, vaccines, preventive screenings, medical supplies and equipment required to meet the needs of Mobile Clinic patients.



Planned Giving

For those interested in creating a legacy to benefit the greater community, Planned Giving is an ideal way to give the gift of health to friends and neighbors into the future. “Augusta Health Foundation’s values-based estate planning program helps donors imagine the possibilities their generosity can create for the health and well-being of others long-term,” says Shirley Carter, Augusta Health Foundation executive director and vice president of philanthropy.

If you are creating your will or estate plan for the first time, or need to update an existing one, consider taking advantage of the confidential planning program the Foundation offers at no cost to you. This program helps you imagine how your plan can reflect your values, benefit your heirs and support causes that are important to you. You can also involve your legal and/or financial professional in your planning.

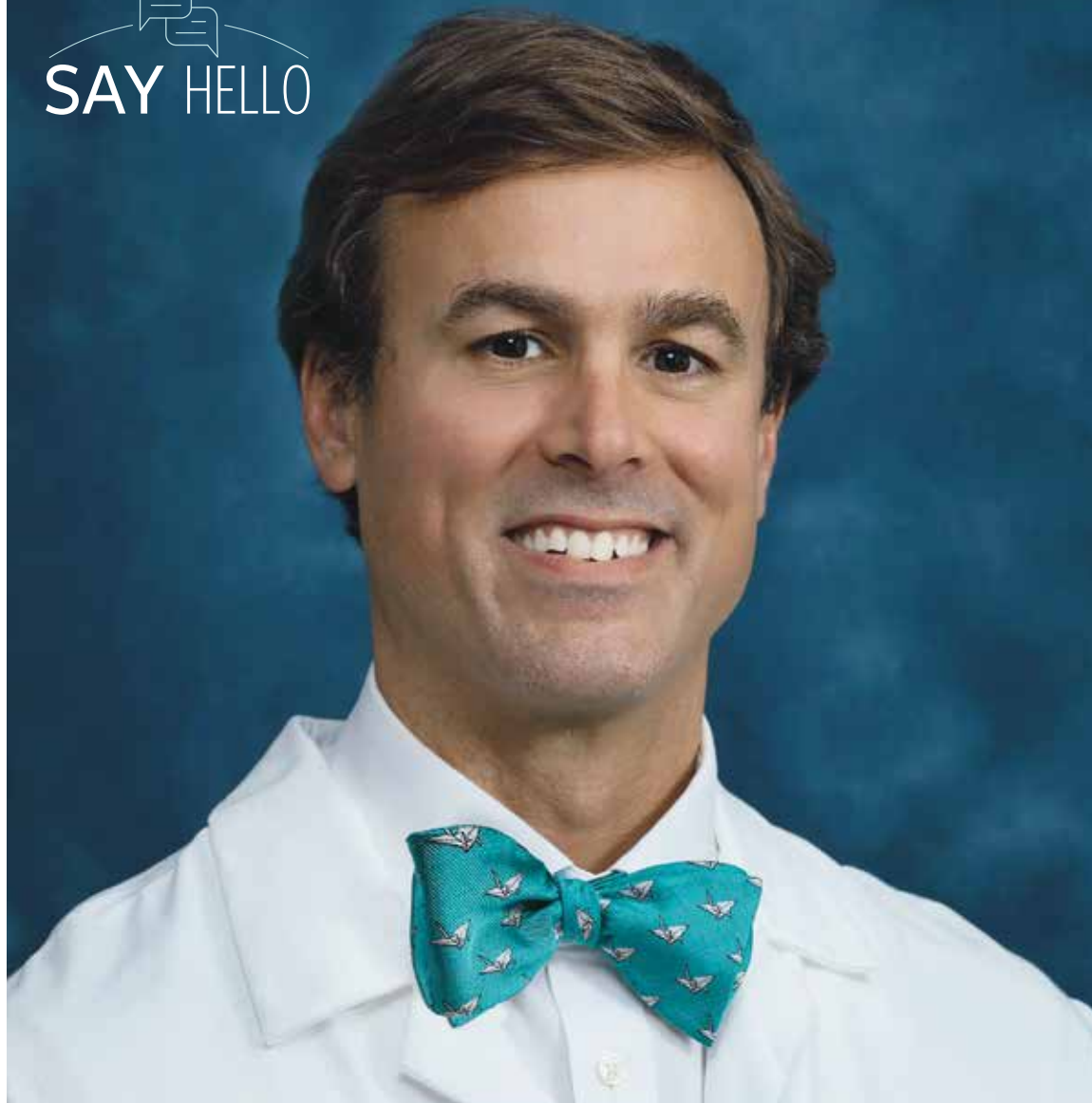
iStock.com/Steppeua

Check out **pages 6–7** to read how new Hercules beds funded by community donations will improve care for patients and safety of caregivers.

Through generous donations, 30 active funds are available at Augusta Health Foundation to support patient care programs and services. To donate, visit [augustahealth.com/foundation/give](https://www.augustahealth.com/foundation/give).



UROLOGY



Brian Stisser, MD

Get to know the Augusta Health Urology Department's medical director and head urologist

When Brian Stisser, MD, was an undergraduate at Washington and Lee University in Lexington, VA, he didn't know that one day, he'd be the medical director of the Augusta Health Urology Department just a car ride away. But he drove past the hospital often on his way to and from a family friend's farm, where he sometimes studied for exams.

Originally from the New York-Connecticut area, Dr. Stisser knew he wanted to be a physician from

a young age. "When my good friend's father was treated for prostate cancer, I was first introduced to the field of urology," he says. "As I learned more about that as a specialty, I discovered that it aligned with a lot of my goals and interests. Urology is a unique balance between life-saving and lifestyle-saving treatment."

After finishing his bachelor's degree, he headed back north and contributed to medical research at Columbia University for a couple years before completing his medical education and training

Q&A

Dr. Stisser answers your burning questions about Urology:

“Urology is a unique balance between life-saving and lifestyle-saving treatment.”

Brian Stisser, MD



Dr. Stisser reminds patients that urological issues are common and there are lots of solutions.

at Georgetown University in Washington, D.C. In 2012, he began looking for a place to start his career and decided to return to the Shenandoah Valley, where he has been ever since.

Dr. Stisser appreciates that Augusta Health invests in the community. “Augusta Health provides advanced surgical and medical therapies, community education and mobile clinic access, and that makes it a very sophisticated community hospital,” he says.

To schedule a prostate cancer screening, call (833) AHC-HLTH.

When do I need to see a urologist?

One of the most common issues people see a urologist for is kidney stones, which can cause blockage and pain. Some patients we help fight cancer. Prostate is one of the most common, but we also treat bladder and kidney cancer. More generally, we help people with quality-of-life issues that can cause embarrassment, discomfort or trouble leading life the way they’d like to, such as problems emptying their bladder or even intimacy concerns. Urology is about pulling back the curtain on things that may not have been openly talked about in the past and helping people understand that their issues are common and there are lots of solutions.

How can I stay on top of my urological health?

Almost all patients, when they reach their 40s to 50s, will start to have routine urine analyses with their family doctor or primary care provider. That testing can be revelatory about the health of their kidneys, but taking basic histories from patients about what’s bothering them can be helpful, too. Patients often have the best insight into their bodies and can help their physician identify issues by speaking up when they notice a change from what is normal. Maintaining a healthy body weight through healthy nutrition, consistent exercise and avoiding bad habits are a must for good urological health.

When should I begin screening for urologic diseases?

For men between the ages of 55 and 70, who are in good health, we usually recommend prostate-specific antigen (PSA) blood testing to screen for prostate cancer. Tests, a physical exam and their health history can help us determine if we should look for cancer. Earlier or extended testing is appropriate for men with higher risk factors, such as family members with prostate or breast cancer, as well as men of African American descent.

WE'RE
CELEBRATING

30
YEARS!


Augusta
Health™

In 2024, Augusta Health celebrates 30 years of providing extraordinary healthcare to the Staunton, Augusta and Waynesboro communities.

Now is the perfect time to recognize the remarkable accomplishments of those years and explore dreams for the future.

In the early 1990s, leaders of Kings Daughters and Waynesboro Community Hospitals discovered that by merging, they could create a superior community hospital in Fishersville that would better meet regional health needs. “It was a difficult decision for the community,” says Mark LaRosa, vice president of business development and chief strategy officer at Augusta Health. “The vision for Augusta Health was governed by a board of community members who would truly reflect the values and needs of the communities Augusta Health would serve.”

Adhering to the values expressed by that board, it was determined that except for constructing the hospital, Augusta Health would be a good steward of community assets, and today, we are proudly debt-free. Because



“Going forward, we’re starting to lean into innovation and transformation and think more creatively on how we deliver care.”

Mark LaRosa

of our independence and financial stability, when COVID-19 vaccines became available, the board, without hesitation, granted Augusta Health \$3 million to use for clinics. The journey to be a national model for community-based healthcare continues in many ways. Knowledge gained at those clinics led to the creation of our Mobile Clinic, which now helps underserved communities in 12 locations. The farm at Augusta Health supports good health through nutrition, and our new 60,000-square-foot Outpatient Pavilion provides state-of-the-art outpatient breast care, imaging and surgery services. In addition, Augusta Health is now a clinical partner with the Mayo Clinic, allowing professional consultations at no cost to patients.

Looking to the future, LaRosa says, “Augusta Health is fortunate to have the support of the community, a dedicated board and caring team members to continue growing our services. Going forward, we’re starting to lean into innovation and transformation and think more creatively on how we deliver care.”

Learn more about the healthcare professionals and services at Augusta Health at augustahealth.com.



Community Giving for Community Healthcare

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**At Augusta Health Foundation, we promise
to ensure 100% of your donation goes to the
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- Unrestricted Patient Care Fund (greatest need)
- Hospice Care
- Hercules Repositioners for patient beds
- Scholarships for Medical Laboratory Science students
- Cancer Services Bridge Fund
- Mobile Clinic
- John B. Davis Scholarships
(for high school students pursuing healthcare careers)
- Patient Transportation
- The Gardens at Augusta Health
- Professional Development for Caregivers
- Graduate Medical Education

augustahealth.com/foundation

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Charlottesville, VA 22903

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Staunton, VA 24401

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Suite 100
Stuarts Draft, VA 24477

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201 Lew Dewitt Blvd., Suite A
Waynesboro, VA 22980

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1140 Keezletown Road
Weyers Cave, VA 24486

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Fishersville, VA 22939

Center for Cancer & Blood Disorders

(540) 332-5960

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Fishersville, VA 22939

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(540) 245-7180

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(540) 261-1315

2054 Sycamore Ave.
Buena Vista, VA 24416

Family Practice, Churchville

(540) 213-9260

3881 Churchville Ave.
Churchville, VA 24421

Primary Care, Crozet

(434) 823-7896

540 Radford Lane, Suite 250
Charlottesville, VA 22903

Internal Medicine, Fishersville

(540) 213-2630

22 N. Medical Park Drive
Fishersville, VA 22939

Primary Care, Fishersville

(540) 332-5687

53 S. Medical Park Drive
Fishersville, VA 22939

Primary Care, Harrisonburg

(540) 214-5682

644 University Blvd.
Harrisonburg, VA 22801

Primary Care, Lexington

(540) 463-3381

55 Comfort Way, Suite 1
Lexington, VA 24450

Family Practice, Maury River

(540) 258-1700

730 McCullouch St.
Glasgow, VA 24555

Staunton Medical Associates

(540) 245-7725

42 Lambert St., Suite 511
Staunton, VA 24401

Primary Care, Stuarts Draft

(540) 245-7870

2570 Stuarts Draft Highway,
Suite 101
Stuarts Draft, VA 24477

Family Practice, Verona

(540) 245-7425

1 Green Hills Drive
Verona, VA 24482

Primary Care, Waynesboro

(540) 245-7950

201 Lew Dewitt Blvd., Suite B
Waynesboro, VA 22980



Gastroenterology

(540) 245-7350

70 Medical Center Circle,
Suite 302
Fishersville, VA 22939

Infectious Disease

(540) 245-7030

70 Medical Center Circle,
Suite 107
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**Metabolic Weight
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Fishersville, VA 22939

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(540) 464-3465

30 Greenhouse Road
Lexington, VA 24450

Neurology

(540) 332-5878

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Fishersville, VA 22939

OB-GYN, Fishersville

(540) 213-7750

39 Beam Lane
Fishersville, VA 22939

OB-GYN, Harrisonburg

(540) 438-1314

240 Lucy Drive
Harrisonburg, VA 22801

OB-GYN, Lexington

(540) 332-5575

110 Houston St., Suite C
Lexington, VA 24450

**Occupational/Employee
Health**

(540) 245-7520

57 N. Medical Park Drive, Suite 101
Fishersville, VA 22939

Otolaryngology (ENT)

(540) 245-7010

70 Medical Center Circle,
Suite 211
Fishersville, VA 22939

Outpatient Behavioral Health

(540) 213-2544

79 N. Medical Park Drive
Fishersville, VA 22939

Pain Management

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Fishersville, VA 22939

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(540) 245-7400

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(540) 213-2810

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Surgery, Breast

(540) 332-4650

23 N. Campus Drive, Suite 102
Fishersville, VA 22939

Surgery, General/Vascular

(540) 245-7705

70 Medical Center Circle, Suite 213
Fishersville, VA 22939

Urology

(540) 332-5631

70 Medical Center Circle, Suite 107
Fishersville, VA 22939

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(540) 245-7230

78 Medical Center Drive
Fishersville, VA 22939



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