ANNUAL NEWSLETTER
— DECEMBER 2013 —

Smyth County Hospital
HealthTrust
CHANGING LIVES THROUGH GIVING

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When the new hospital was designed in 2009, a group of Smyth County physicians, citizens and administrators formed the first formal development organization of Smyth County Community Hospital. The Smyth County Hospital HealthTrust was conceived with an ambitious mission to raise funds for projects outside the annual budget, and to provide an educational forum to address the community’s health needs and increase medical awareness. Its mission:

“Helping to bring health to life, Smyth County Hospital HealthTrust advances quality health care in our region by linking friends with Smyth County Community Hospital/Mountain States Health Alliance and creating a difference through giving.”

I would like to thank the citizens, businesses, organizations, and volunteers of our community for their commitment and generosity. All donors are listed in the 2013 Mountain States Foundation Annual Report sent earlier this year. Our accumulated revenue exceeds $350,000. All proceeds will stay locally to benefit our patients and community.

The HealthTrust has sponsored a HeartCoach and cardiac rehabilitation equipment, provided equipment for a state-of-the-art oncology unit, supported our Glade Spring neighbors with disaster relief, and partnered with the local Lions Club to provide Pediavision eye screening for Smyth County students. Currently, we are developing a Nutrition Network to address solutions for obesity related diseases in the region. Soon we will celebrate the opening of the After-Hours Urgent Care Clinic in the hospital to offer less emergent services at a lower cost.

As we anticipate the challenges of technology and financial sophistication, you have my firm commitment to keep our hospital a first class institution for the next generation. Thank you again for your continued generosity.

Sincerely,

Eric J. Sacknoff, MD
Chairman, Smyth County Hospital HealthTrust
Since the Regional Cancer Center opened at Smyth County Community Hospital in 2011, cancer patients no longer have to travel long distances for diagnostic oncology services and chemotherapy treatments. The unit also serves patients in need of blood transfusions, helping more Smyth County residents to receive the care they need close to home.

The oncology unit has added new equipment and a state-of-the-art chemotherapy/infusion room where medicine can be prepared and administered in the hospital. This new facility drastically reduces the time and stress of waiting for medicine to be delivered from another facility. Though the mixing room was not in the original plans for the new hospital, funds raised by the Smyth County Hospital HealthTrust provided the new equipment and mixing facility, which has been added to the unit.

Last fall, a Cancer Support Group was established at the hospital, meeting monthly to further support cancer patients.

Raising funds for the mixing room was truly a community effort, with over one thousand donors contributing nearly $300,000, an amount matched by Mountain States Health Alliance. Gifts came from citizens, businesses, industry, and hospital team members. The Smyth County Community Foundation made a generous offer to match gifts raised for the oncology unit up to $100,000. Thanks to the incentive that this match provided and the response from donors, the campaign realized the full extent of the challenge. Special recognition also goes to the extraordinary efforts made by students at nine local schools who raised over $9,000 for the cancer mixing room. Thank you to all donors for your gifts; your thoughtful participation is greatly appreciated.

“As a medical provider at the Regional Cancer Center, I am reminded daily of the generosity of this community. Having the equipment within Smyth County Community Hospital to mix and administer chemotherapy has changed the extent of how we can help cancer patients on a local level. Receiving treatment close to home impacts quality of life dramatically and our patients could not be more grateful for this service.”

Jessica R. Hill, Nurse Practitioner,
Regional Cancer Center
Giving Back to Our Community

Pediavision screenings for kids
Sponsors eye screenings for Smyth County school children
Partnering with the local Lions Club and our school system, the Smyth County Hospital HealthTrust contributed $3,000 towards providing equipment for vision screenings for students. Pediavision equipment utilizes state-of-the-art technology to screen the eye for refractive errors including astigmatism, nearsightedness and farsightedness. It also has features that can help detect an eye turn or a lazy eye. The camera can fully assess a child’s vision in as little as five seconds, which will allow the local schools and Lions Clubs to accurately screen more children in significantly less time. The equipment alerts the examiner if there is an issue. A report is generated to send home with the child recommending they see any eye physician.

Glade Spring tornado, April 2011
Provided needed funds and volunteers
The HealthTrust contributed $2000 to the Glade Spring Fire Department for distribution after the natural disaster struck in April 2011. Smyth County Hospital team members volunteered their time to help with rescue efforts and aid their neighbors in need.

HeartCoach and Cardiac Rehabilitation Equipment
Supports Prevention and Recovery
Funding from the HealthTrust helps to sponsor the HeartCoach, which travels throughout Southwest Virginia and Northeast Tennessee. The HeartCoach offers a preventive approach to health through screenings to identify an individual’s risk for heart/vascular disease and stroke. Over 100 Smyth County citizens took advantage of funds available through the HealthTrust to cover the cost of HeartCoach screenings. Purchased with funds from the HealthTrust, essential cardiac rehabilitation equipment aids in the physical therapy regimen of hospital heart and stroke patients.

Smyth County Community Hospital Team Members Incentive Award
Each year team members at SCCH participate in an annual fundraising program sponsored by the Mountain States Foundation. This year the Team Member Campaign donated the $10,000 Incentive Award to the HealthTrust for its use in various projects. Thank you Team Members for this show of support for the work of the HealthTrust.
The HealthTrust, through the Nutrition Summit, is exploring the challenging national issues of nutrition and obesity. By developing a local collaboration of sponsors and agencies who grapple with the issues of poverty, hunger, and lack of knowledge, the HealthTrust is committed to serve as a catalyst to educate the community on the consequences of obesity, resulting in Diabetes, Hypertension, High Cholesterol, and Heart Disease.

Some of the multifactorial causes of the obesity problem include lack of nutrition education, financial skills, cooking techniques, and access to healthy foods. A combined community action team of resources is underway to create a Nutrition Network to address the poverty and the widespread use of inexpensive, processed foods which contribute to the obesity risk.

The solution to obesity and its related diseases does not require high tech treatment or cutting edge medications. It may be accomplished with the daily decisions we make. A collaborative Nutrition Network of representatives from grocery stores, farmers markets, physicians, Virginia Department of Health, Virginia Tech, local schools, and charity organizations seems to be a logical place to start.

**Nutrition Network Participants**

- Lori Baxley, Manager, Food City
- Nicole Dyer, Director, Abingdon Farmers Market
- Lucy Grubb, Clinical Dietician, Francis Marion Manor
- Lori Hamilton, Director, Healthy Initiatives, K-VA-T Food Stores
- Amy Harden, MD, Pediatrician, Mountain View Pediatrics
- Kathy Hosig, Ph.D., Assoc. Prof., VA Tech Population Health Sciences
- Caroline Jackson, Occupational Health & Wellness Coordinator, VA Dept. of Health, Mt. Rogers District
- Susan Kilby, Teacher, Chilhowie Elementary School
- Kyle King, Partner, Farm Food, Abingdon
- Jenny Martin, Regional Grants Admin., VA Foundation for Healthy Youth
- Damon Mazoff, Dir. Support Services, Smyth Co. Schools
- Mary Riggins, Clinical Dietician, Smyth Co. Community Hospital
- Mike Robinson, Superintendent, Smyth Co. Schools
- Eric J. Sacknoff, MD, Chief of Urological Services, Smyth County Community Hospital
- Amy Smith, Ph.D., Instructor, VA Tech, Population Health Sciences
- Travis Staton, Chief Executive Officer, United Way Virginia Highlands
- Bo Wilkes, Planning Manager/Governance Excellence Coordinator, Mountain States Health Alliance
- Roland Williams, Executive Director, Mel Leaman Free Clinic of Smyth Co.

All HealthTrust Members are part of the Nutrition Network.
Soon the Emergency Room at Smyth County Community Hospital will no longer be the only option for after hours urgent care for our county residents. Recently the HealthTrust introduced plans to raise funds to establish and equip an After-Hours Urgent Care Clinic at the hospital.

This urgent care clinic will be conveniently located at the hospital to provide non-emergency health care at a lower cost than emergency room fees. If the situation warrants emergency care, the SCCH Emergency Room will be just a few steps away. Hours for the new clinic will be 4 - 8 p.m. on weekdays and from 10 a.m. – 6 p.m. on weekends.

The HealthTrust is committed to raising funds for the clinic, which will be matched by Mountain States Health Alliance. The organization is asking for the support of citizens, businesses, and service groups for their support in improving health care services in Smyth County through the creation of an After-Hours Urgent Care Clinic.

Save the date and make plans to attend the annual HealthTrust Gala – Mardi Gras Casino Night on Saturday, March 1, 2014. Proceeds will benefit the new After-Hours Urgent Care Clinic.

For information about the urgent care clinic project, to make a donation or reservation for the Mardi Gras Gala, please contact HealthTrust board members Gary Peacock at 276-356-2145 or Carol Sacknoff at 276-783-2247.
Smyth County Hospital HealthTrust

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