ISSUE 14
VOLUME 9

MedWestPress

an employee & physician centered publication of medical west

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A LETTER FROM KEITH PENNINGTON

On Thursday, August 16th, Dr. John Issis, General Surgeon at Medical West, was named the 2018 Doctor of the Year at the Bessemer Chamber's Bessemer Business Awards and First Responders Gala. Dr. Issis was surrounded by friends, family, and Medical West staff as he received this prestigious award.

Dr. Issis has been with Medical West as a board-certified General Surgeon for over twenty-eight years. Originally from Midfield, at the young age of 11 he began working in the butcher shop at his father's grocery store, the 12th Avenue Supermarket. After graduating from Ensley High School, he received his Bachelor of Science in Chemistry and Chemical Engineering from the University of Alabama at Birmingham. He then went on to receive his Medical Degree from the University of Alabama at Birmingham as well. Dr. Issis completed a 2-year residency program with the General Surgery Group at Carraway Methodist Medical Center, and then completed a 4-year surgery residency with Case Western Reserve University at St. Luke's Hospital in Cleveland, OH.

After completing his training, Dr. Issis returned to his hometown and joined the medical staff at Medical West (then Bessemer Carraway Medical Center). Since 1992, Dr. Issis has been an integral part of the Medical West family of physicians, serving on various committees and holding medical staff leadership roles. He is a member of the Alabama and American College of Surgeons, the Jefferson County Medical Association, State of Alabama Medical Association and the Medical West Board of Directors. In addition to receiving several awards including Patients' Choice Award, Top 10 Doctor Award, and recognition for his compassion with patients, Dr. Issis is also active in hospital and community events including health fairs, luncheons and other educational sessions.

Thank you Dr. Issis for your dedication to Medical West and the patients of our community. We are honored to have you as part of our family.

Thank you for all you do,

B Keith Pennington

Keith Pennington
CEO

FARMERS Market

EVERY MONDAY THROUGH SEPTEMBER!

11am - 2pm

Located on Level C near the Cafeteria.

MEDICAL WEST
an affiliate of the UAB HEALTH SYSTEM

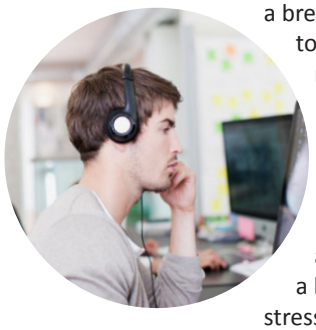
SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Pharmacy Week	4 Nothing Bundt Cakes 11-2	5	6	7	8
9	10 Farmers Market 11-2 E/S Week	11	12	13	14	15
16	17 Farmers Market 11-2 Rehab & Physical Therapy Week	18 Nothing Bundt Cakes 11-2	19	20	21	22
23	24 Farmers Market 11-2	25 September Birthday Breakfast	26	27	28	29

Department Weeks Hospital Events Employee Events

10 SIMPLE WAYS TO RELIEVE STRESS

1. Listen to Music
If you're feeling overwhelmed by a stressful situation, try taking a break and listening to relaxing classical music. Playing calm music has a positive effect on the brain and body, can lower blood pressure, and reduce cortisol, a hormone linked to stress.



2. Call a Friend
If you're feeling overwhelmed, take a break to call a friend and talk about your problems. Good relationships with friends and loved ones are important to any healthy lifestyle, and there's no time that this is more evident than when you're under a lot of stress. A reassuring voice, even for a minute, can put everything in perspective.

3. Talk Yourself Through It
Sometimes calling a friend is not an option. If this is the case, talking calmly to yourself can be the next best thing. Don't worry about seeming crazy—just tell yourself why you're stressed out, what you have to do to complete the task at hand, and most importantly, that everything will be OK (trust us, it will be).

4. Eat Right
Stress levels and a proper diet are closely related. Unfortunately, it's when we have the most work that we forget to eat well and resort to using sugary, fatty snack foods as a pick-me-up. Try to avoid the vending machine and plan ahead. Fruits and vegetables are always good, and fish with high levels of omega-3 fatty acids have been shown to reduce the symptoms of stress. A tuna sandwich really is brain food.

5. Laugh It Off
Laughter releases endorphins that improve mood and decrease levels of the stress-causing hormones cortisol and adrenaline. Laughing tricks your nervous system into making you happy. However, bursting into a fit of giggles at your desk may not be the most appropriate way to deal with stress.

6. Try Tea
A large dose of caffeine causes a short-term spike in blood pressure and may cause your hypothalamic-pituitary-adrenal axis to go into overdrive. Instead of coffee or energy drinks, try green tea. It has less than half the caffeine of coffee and contains healthy antioxidants, as well as theanine, an amino acid that has a calming and soothing effect on the nervous system.

7. Exercise
Exercise doesn't necessarily mean power lifting at the gym or training for a marathon. A short walk around the office or simply standing up to stretch during a break at work can offer immediate relief in a stressful situation. Getting your blood moving releases endorphins and can improve your mood almost instantaneously.

8. Be Mindful
While most of the tips we've suggested provide immediate relief, there are also many lifestyle changes that can be more effective in the long run. The concept of "mindfulness" is a large part of meditative and somatic approaches to mental health and has become en vogue in psychotherapy. From yoga and tai chi to meditation and Pilates, these systems of mindfulness incorporate physical and mental exercises that prevent stress from becoming a problem in the first place. Try joining a class—many are free to try on the first day.

9. Sleep Better
Everyone knows stress can cause you to lose sleep. Unfortunately, lack of sleep is also a key cause of stress. This vicious cycle causes the brain and body to get out of whack and only gets worse with time. Make it a point to get the doctor-recommended seven to eight hours of sleep. Turn the TV off earlier, manage your time, and do your best to get into bed. It may be the most effective stress buster on our list.

10. Breathe Easy
The advice "take a deep breath" may seem like a cliché, but it holds true when it comes to stress. For centuries, Buddhist monks have been conscious of deliberate breathing during meditation. For an easy three- to five-minute exercise, sit up in your chair with your feet flat on the floor and hands on top of your knees. Breathe in and out slowly and deeply, concentrating on your lungs as they expand fully in your chest. While shallow breathing causes stress, deep breathing oxygenates your blood, helps center your body, and clears your mind.

source: http://healthline.com

HOOVER NATIONAL NIGHT OUT

On Tuesday, August 7th, Medical West participated in Hoover's National Night Out, hosted by the Hoover Police Department. Members of the community were invited to interact with the city's police and fire departments as well local businesses in the area. National Night Out is designed to heighten crime and drug prevention awareness, generate support for and encourage participation in local anti-crime programs and strengthen neighborhood spirit and police/community partnerships.

DR. CONGRESS' *MIRACLES & MILESTONES* BOOK SIGNING

On Wednesday, August 8th, **Dr. Alisha Thompson Congress** held a book signing of her new book, *Miracles & Milestones*. The book discusses the journey of her and her son, Langston Miles - a former 23 weeker micropreemie. To learn more about her book and her journey, visit www.miraclesandmilestones2016.com

MEDICAL WEST BACCUS & BACCUS HEALTH CENTER RIBBON CUTTING

On Thursday, August 9th, we welcomed our newest providers and their clinic to the Medical West family, **Dr. Ansley Baccus**, Family Medicine, **Dr. Jonathon Tyler Baccus**, Internal Medicine, and **Lea Freeman**, CRNP, Internal Medicine. To schedule an appointment at the Medical West Baccus & Baccus Health Center, call (205) 481-8664.

AUGUST SENIOR CARE LUNCHEON

Medical West hosted a Senior Care Luncheon on Friday, August 10th at the Bessemer Civic Center. A special thanks to **Dr. Ansley Baccus** and **Dr. Jonathon Tyler Baccus** for being our guest speakers! Dr. Ansley and Jonathon Tyler Baccus spoke to members of our senior community about fitness for seniors and advanced care planning. Attendees also received information from our Case Managament Department about advanced care planning. Thank you to Dr. Baccus and Dr. Baccus, our Food Services staff, our Case Managers and the Medical West Volunteers for all of your help!

HOOVER AREA CHAMBER OF COMMERCE GOLF TOURNAMENT

On Monday, August 27th, Medical West sponsored the 23rd annual Hoover Area Chamber of Commerce golf tournament at the Riverchase Country Club. Golfers were given Medical West goodies while they enjoyed a beauitful day of golf.

CONGRATULATIONS DR. ISSIS!

A special congratulations to **Dr. John Issis**, Medical West General Surgeon, for being recognized as the 2017 Doctor of the Year by the Bessemer Area Chamber of Commerce. Dr. Issis was recognized at the 27th Annual Bessemer Business Awards & First Responders Gala along with other outstanding first responders in our community. Congratulations Dr. Issis on this prestigious award and thank you for all you do for Medical West, our patients and our community.

MEDICAL WEST
WELLNESS CENTER
an affiliate of the UAB HEALTH SYSTEM
WE'RE TAKING WELLNESS TO THE NEXT LEVEL.
NEW HOURS!!
HOURS
OF OPERATION
24/7 BADGE ACCESS FOR EMPLOYEE MEMBERS!
MEMBERSHIPS
Only $10 a month for Medical West employees!
MEMBERSHIPS ARE PAYROLL DEDUCTED
Call us TODAY to schedule a tour!
205.481.7474

MEET YOUR CO-WORKER

TONYA TRONCALLI, REGISTERED NURSE

Tonya Troncalli is a Registered Nurse in the Women's Center and has been with Medical West for 20 years. Tonya is from Hueytown, AL and received her Bachelors of Science in Nursing degree from Shelton State Community College.

Fun Facts About Tonya Troncalli:

1. I am a member of St. Aloysius Catholic Chuch in Bessemer.
2. I love to read.
3. I have been married for almost 20 years.
4. I have two kids, ages 15 and 10.
5. I love the beach.
6. I enjoy spending time with my family at the river.
7. My favorite sport is baseball and my favorite team is the Atlanta Braves.
8. I enjoy watching movies.
9. I am an Auburn fan.

YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

Medical West Welcomes the Newest Members of Our Family!

August 13, 2018 Oritentation

Shamyia Armstead, ER
Shamyia will be joining the Medical West team as a PCT. She is a native of Bessemer, AL, and has one four-month-old daughter. She enjoys anything involving nursing and has a heart for volunteering!

Brandon Boyd, FED
Brandon will be joining the FED as a Housekeeper. He is from McCalla, AL, and is an only child with two wonderful parents. He enjoys sewing, hiking and being with family in his spare time.

Margo Fields, Radiology
Margo, originally from Cincinnati, OH, will be joining the Medical West team as a Radiology Tech. She and her husband Paul have one son who plans to attend Auburn University. She enjoys biking, reading, and spending time with family.

Felicia Gibson-Crutchfield, 4N
Felicia will be joining 4N as a PCT. She is from Tuscaloosa, AL, and is married with two children. In her spare time, she enjoys being with family!

Lorrie Harrison, ICU
Lorrie will be joining the ICU as an RN. She is from Alabaster, AL, and has two sons – Aidan and Joshua. In her free time, she loves to travel and hike.

Teleah Holloway, Baccus & Baccus Health Center
Teleah will be joining the Baccus & Baccus Health Center as a Certified Medical Assistant. She is from Ensley, AL, and has a beautiful 6-year-old daughter. She enjoys shopping, reading and singing in her spare time.

Quinette Johnson, Central Supply
Quinette will be joining the Medical West team as a Linen Clerk. She is from Birmingham, AL, and has three children. She enjoys reading and playing volleyball and softball in her free time.

Tim Jones, Plant Ops
Tim is from Forestdale, AL, and will be joining the Medical West team as a Telecommunications Tech. He is married and has two sons. In his spare time, he enjoys listening to music, playing and watching sports, as well as spending time with family.

Hayle Kendrick, Women's Center
Hayle will be joining the Women's Center as an OB Tech. She is from Woodstock, AL, and is expecting a daughter in December! She enjoys working, purchasing new bows for her daughter, and loving her family.

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YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

(continued from previous page)

Helen Kimani, 4N
Helen is from Kimende, Kenya, and will be joining 4N as an RN. She enjoys doing yoga in her spare time!

Tyneesha Lucas, ER
Tyneesha is from Tuscaloosa, AL, and will be joining the ER as a PCT. She has a one-year-old daughter named Ma'liyah, and in her free time she enjoys sleeping and watching TV!

Aeyesha Montgomery, Rehab
Aeyesha will be joining Rehab as an RN. She is from Birmingham, AL, and enjoys shopping, reading, and traveling in her spare time.

Chakira Odneal, Food Services
Chakira will be joining Food Services as a Food Service Supervisor. She is from Pleasant Grove, AL, and is the oldest of her four siblings. She enjoys traveling and cooking in her free time.

Jazmyn Oliver, EVS
Jazmyn will be joining EVS as an EVS Assistant. She is from Michigan and is a mother of three. She enjoys reading and playing with her kids in her spare time!

Stacy Paige, 6B
Stacy will be joining 6B as an RN. She is from Tuscaloosa, AL, and is married with a 4-year-old daughter named Marly. She enjoys shopping and doing DIY projects in her free time!

Chawayne Prince Jr., EVS
Chawayne will be joining the Medical West team as a Floor Tech. He is from Center Point, AL, and enjoys spending his free time with family and friends.

LaPressa Rhoden, 6B
LaPressa is from Fairfield, AL, and will be joining 6B as an RN. She has four children and six grandchildren, and in her free time she enjoys singing, reading, and being with family.

Aletha Smith-Acoff, 6B
Aletha is from Pleasant Grove, AL, and will be joining 6B as a Mental Health Tech. She has two teenage boys and enjoys reading in her spare time.

Alex Torbert, ER
Alex will be joining the ER as a PCT. He is from Birmingham, AL, and enjoys being outside with his dog in his free time!

Ebony White, 4N
Ebony will be joining the Medical West team as an RN. She is from Brighton, AL, and has two sons – Peyton and Eli. She enjoys crafting, cooking, and decorating in her spare time.

Gena Wood, Clinic Services
Gena will be joining the Medical West team as a Certified Medical Assistant. She is from Bessemer, AL, and has three children as well as 5 dachshunds. In her free time, she enjoys embroidery and vinyl design.

YOUR FAMILY

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Medical West Welcomes the Newest Members of Our Family!

August 27, 2018 Oritentation

Brandon Abrams, ICU
Brandon will be joining the ICU as an RN. He is from Alabaster, AL, and enjoys spending his free time with family and friends.

Lauren Acton, Ultrasound
Lauren will be joining Ultrasound as an Ultrasound Tech. She is from Chelsea, AL, and enjoys spending her free time with family and friends.

Celine Andre, ICU
Celine will be joining the ICU as an RN. She is from Atlanta, GA, and is a recent Samford graduate. She loves to cook and spend time outside!

Shona Bailey, Rehab
Shona will be joining Rehab as an RN. She is from Columbiana, AL, and has two grandchildren as well as one on the way. She enjoys going to the beach in her spare time!

Breanna Blackmon, 4N
Breanna will be joining 4N as a PCT. She is a native to Bessemer, AL, and in her free time, she is also a lash technician.

Lan Burnette, Physical Therapy
Lan, a native of Birmingham, AL, will be joining the Medical West team as an Occupational Therapist. She is married, and in her free time, she enjoys reading Nicholas Sparks books and watching The University of Alabama play football with her cat.

Paula Butler, Rehab
Paula will be joining Rehab as a PCT. She is from Crossville, AL, and is married with two children. She enjoys reading and writing in her free time!

Ashley Campbell, 4N
Ashley is from McCalla, AL, and will be joining 4N as an RN. She enjoys spending her free time with family and friends!

Gabrielle Carter, 6E
Gabrielle, a native of California, will be joining the Medical West team as an RN. She is a fan of Alabama football and is engaged, as well as has a 4 year-old son. She enjoys cooking, crafting, and being with family in her spare time.

Robert Claridy, FED
Robert will be joining the FED as a Respiratory Therapist. He is originally from Akron, OH, and has three children and five grandchildren.

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YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

(continued from previous page)

Tommy Dill, Plant Ops
Tommy will be joining Plant Ops as a General Mechanic. He is a native of Birmingham, AL, and enjoys spending time with family and friends.

Teronica Dixon-Smith, E/S
Teronica will be joining the Medical West team as an E/S assistant. She enjoys spending her free time with family and friends!

Ryon Dodd, OR
Ryon will be joining the OR as a Scrub Tech. She is originally from Lynn, AL, and comes from a small family consisting of her mom, dad, and brother, whom she enjoys spending her free time with.

Sergio Galloway, ICU
Sergio will be joining the ICU as an RN. He is originally from Columbia, MS, and is married. In his free time, he enjoys playing golf, fishing, and spending time with his wife and family.

Jacob Humphries, Radiology
Jacob will be joining Radiology as a Transporter. He is from Hueytown, AL, and has a girlfriend and two dogs. He enjoys debating in his spare time!

Jonvon Mazique, E/S
Jonvon will be joining the Medical West team as a Floortech. He is from Pleasant Grove, AL, and enjoys playing basketball in his spare time!

Nadia Sellers, 4N
Nadia will be joining 4N as a PCT. She is from Birmingham, AL, and has two dogs named Pablo and Rambo. She enjoys shopping and traveling in her spare time.

Kaylin Sims, E/S
Kaylin will be joining E/S as an E/S Assistant. She is from Birmingham, AL, and has two daughters, whom she loves spending her free time with.

Amanda Steward, FED
Amanda will be joining the FED as a CT Scan Tech. She is from Centreville, AL, and enjoys spending time with friends!

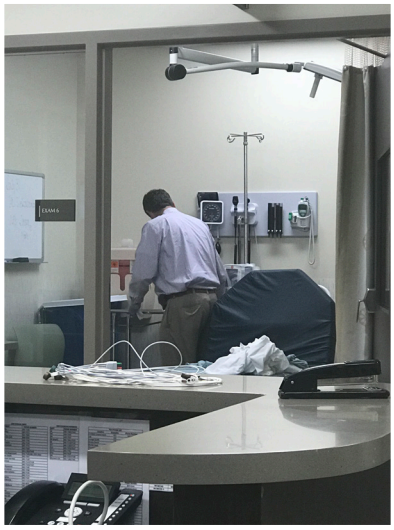
Whitney Stippler, Physical Therapy
Whitney will be joining Physical Therapy as an Occupational Therapist. She is from Auburn, AL, and is married to her husband, Gabe. They have one Boykin Spaniel named Bentley, and in her spare time, she enjoys traveling and reading!

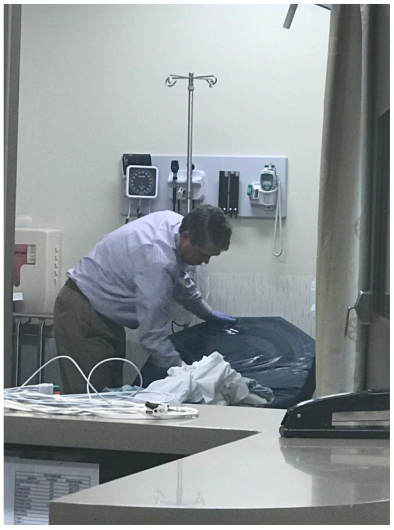
JaToya Ware, Ultrasound
JaToya will be joining Ultrasound as an Ultrasound Tech. She is a native of Birmingham, AL, and is the oldest of three siblings. She enjoys doing just about anything fun in her spare time, especially listening to music and shopping!

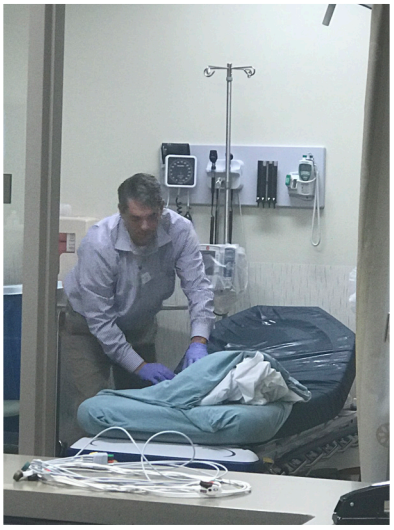
Emily Worthy, Wound Care
Emily will be joining Wound Care as an RN. She is a native of Hoover, AL, and has four children – a set of twins, Ethan and Eyan, as well as Evan (2) and Elise (1). In her free time, she enjoys doing makeup and listening to music.

PAT ON THE BACK

Shout out to **Monty Gooch, Director of Emergency Services,** for going above and beyond on a daily basis. On this particular day, Monty took it upon himself to clean patient beds between visits. Way to go Monty! Thank you for for making a difference and for serving on the front line along with your staff. We appreciate you!







**Photos submitted by FED Staff*

STAY CONNECTED,

follow Medical West on social media!

Medical West Hospital

medicalwesthospital

YOUR FAMILY

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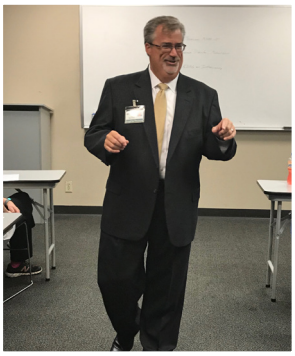
PROFESSOR LEE MORRISON

On Wednesday, August 22nd, **Lee Morrison, Medical West Imaging Services Director,** spoke to students at Virginia College currently enrolled in the Diagnostic Medical Sonography and Surgical Tech programs. Thanks Lee for being a great representation of Medical West!



Congratulations to our 1 & 5 Year Employees!

Congratulations to the following employees for reaching milestones of dedication and service to Medical West. We appreciate you!

1 Year Employees

Alexander Anderson
Michelle Bates
Teena Brasher
Ruby Butler
Dominque Dunning
Heather Nold
Shakera Snelling
Clayton Becker
Shenika Tartt
Betsy Chesney
Laura Kendrick
Bayleigh Lowe
Cynthia Ericson

5 Year Employees

Donna Buckner
Jared Travis
Tianna Pope
Amber Deadwyler
Tim Ferlisi
Janie Robinson

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MEDICAL WEST
congratulates our
AUGUST 2018

EMPLOYEE OF THE MONTH

Annette Escott

ICT

CONGRATULATIONS TO ANNETTE ESCOTT FOR RECEIVING OUR AUGUST EMPLOYEE OF THE MONTH AWARD. ANNETTE EXHIBITS EACH OF THE MEDICAL WEST VALUES AND WE ARE HONORED TO HAVE HER AS PART OF OUR TEAM. THANK YOU ANNETTE FOR YOUR OUTSTANDING PERFORMANCE AND COMMITMENT TO MEDICAL WEST!

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Know someone who should be our next Employee of the Month?

Nominate your outstanding co-worker by completing an Employee of the Month nomination form that can be found in HR or Marketing.

YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

September 1: William Crumpton, Amber Hundley, Teri Stevens, Toni Thrasher; **September 2:** Andrea Shirey, MD; **September 3:** Mary Hall, Lou Hickey, James Martin, Grace Muriuki, Rodney Overstreet; **September 4:** Taylor Donaldson, Jonvon Mazique, Sandra Richardson, Mary Rooney, Carl Woolridge; **September 5:** Jaquese Douglas, Jo Lucas, Rosa Salvago, David Tidwell; **September 6:** Sheila Cannon, Kary Morrison, Leon Terry, Justin Waller, Jakari Wormely; **September 7:** Ansley Baccus, MD, Taniel McMickens, Rebecca Rouse, Joel Thomas, Alexander Wilkins; **September 8:** Serta Bibbs, Nancy Hill, Harrielen Smith; **September 9:** Sherri Carroll, Martha Herring, Brittany Kilpatrick, Lee Morrison, Paige Pruet; **September 10:** SarahAnn Calvin, Susan Lambert, Marsha Morris, LaToria Payne, Sharron Starnes, Priscilla Williams; **September 11:** Krystal Hildreth, Michelle Humphries, Amber Sharp, Kimberly York; **September 13:** Monica Jones, Joseph Knighten, Matthew McClain, Jessica Parker; **September 14:** Felicia Bryant, Melody Fisher, Jennifer Garcia, Rebecca Herring, Hannah Wilson; **September 15:** Keiaira Bland, Paula Bolinger, Sharon Burroughs, Kristen Michael, MD; **September 16:** Tawanna Canty; **September 17:** Naomi Billingsley, Cameron Bostick, Nancy Brochu, Heather Early, Caniaya Johnson, Theodora Kent; **September 18:** Willie Baskin, LaFonda Cobble, Theresa Monte; **September 19:** Erica Christian, Kaytee Fadlevich, Donnecia Hall, Sara Hicks, Johann Johnson, Elizabeth Stamps; **September 20:** Kandius Russell, Kimberly Upson; **September 21:** Rebekah Brown, Tiffini Deyampert, Janice George, Jaime Martinez, Janette Pratt, Rebecca Sokari, Anna Wimberly; **September 22:** Karen Bowens, Quinette Johnson, Helen Kimani; **September 23:** Tonya Collins, Caleb Grayson, Kayla Hutto, Byron Williams; **September 24:** Ashley Atkinson; **September 25:** Heather Klein, Amanda Mann, Alicia White; **September 26:** Denise Bertram, Ira Holt, MD, Cameron McKinstry; **September 27:** Cynthia Chesser; **September 28:** Debbie Combs, Doreen Henderson, Candice McGuire, Melissa Xenos; **September 29:** John Burton, Amberly Day, Stacy Phillips, David Reese; **September 30:** Robin Cox, Dominga Taylor, Kimberly Vega

Thanks for reading this issue of Med West Press!

If you have a Pat on the Back or a special feature you would like to see in our next issue, please email it to **caroline.dahlen@uabmw.org.**