A Pathway to Good Health

FIGHTING FATIGUE

Time to Plan for FLU SEASON

Step Forward
Be a Foster Parent
When a Sprained Ankle ISN’T JUST A SPRAINED ANKLE

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
Having grown up in this community, I certainly recognize that health care has changed since I was a kid. The new national standard is to collaborate with other health organizations, further advance technology and above all, ensure quality care while being as efficient as possible. It’s a fine balance, but Baptist Health Care is doing what it takes to meet our Mission and ensure good quality of life for our Gulf Coast friends and neighbors.

This summer we celebrate the one-year anniversary of our membership in the Mayo Clinic Care Network. The collaboration has been a tremendous value to our Baptist physicians and patients (page 4-5), allowing us to increase the number of difficult cases we can resolve without the need for patients to leave the area for that care.

In today’s new world of health care, physicians working together is important. From our urgent care centers to our primary care and specialty practices, our physician network (Baptist Medical Group) assures patients that they receive comprehensive care from a dedicated team.

Couple that peace of mind with advances in technology, and you have a seamless health care experience.

For example, access to your health information is a big piece of the emerging health care picture (page 13). Innovation is giving patients more control of their health information on the patient portal.

The opportunities are boundless during this time in the health care industry. I feel blessed to be a part of an organization that is devoted to moving through this era of change to best serve our community.

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care
HEALTHY HABITS

MAKE THE MOST OF SUMMER TIME
The team at Healthy Lives™ wants to help you get on the right track.

Grow – Gardening provides exercise, a vitamin D boost from the sun and leads to tasty meals. Potted vegetables and herbs add a decorative touch to a porch or balcony.

Organize – A neat pantry stocked with a few key items such as chicken broth, canned diced tomatoes and brown rice make it easy to skip the takeout and enjoy healthier meals.

Plan – Schedule the dates of your local farmers markets so you can regularly purchase fresh produce.

Pack – Be ready for an impromptu day at the beach, hiking in the woods or biking at the park. Grab your pre-packed gear bag and get outside!

Call 850.469.6903 to learn about membership in Healthy Lives.

REACH FOR THE SKY
Is your summer vacation not coming soon enough?

Until it’s your time for some dedicated R&R, you can relieve stress with a good stretching routine. Stretch your entire upper torso with this simple move – any place and any time.

ENJOY THE SIMPLE PLEASURE OF CUCUMBER WATER
Stay hydrated with the fresh flavor of cucumbers:

1 medium cucumber, clean well
2 quarts spring water

DIRECTIONS:
Trim cucumber and discard ends. Halve cucumber lengthwise; cut into half-inch slices. Combine cucumber and water in large pitcher. Steep for 1 hour and serve over ice.

GRAB A GIRLFRIEND AND HEAD OUT TO THE SHOW
There’s nothing better for your health than a night out with your girlfriends enjoying great food, a few laughs and high fashion. The Stepping Out in Style fashion show will bring the glitz and glamour of New York, Paris and Milan to Pensacola. Make plans to enjoy a runway show, silent and live auctions, hors d’oeuvres and a cash bar. Proceeds from the event support the Mission of Baptist Health Care – to improve the quality of life for our community. Learn more by calling 850.469.7419 or emailing heather.moorer@bhcpns.org.

PREVENT EYE INJURIES FROM FIREWORKS
Don’t be one of the thousands of people who get injured using fireworks around the Fourth of July. If you can’t leave the fireworks to the professionals, and you do become injured, these tips may help save your sight:

• Do not rub your eye. This may increase bleeding or worsen the injury.
• Do not rinse out your eye. This can cause more damage than rubbing.
• Do not apply pressure. Tape a foam cup to the injured eye to keep hands away.
• Do not stop for medicine. Go to the emergency room immediately. Over-the-counter pain relievers will not do much to relieve pain and ibuprofen can thin the blood, increasing bleeding.
• Do not apply ointment. It may not be sterile and makes the area around the eye slippery and harder for the doctor to examine.

Visit eBaptistHealthCare.org for an urgent care or emergency room location near you.

Stepping Out in Style
Oct. 16, 2014
New World Landing • 600 S. Palafox St.
5:30 p.m. Cocktails, Silent Auction and Hors D’oeuvres
6:30 p.m. Program and Live Auction
7 p.m. Fashion Show
Sponsored by the Women’s Board of Baptist Health Care Foundation

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.
Local Physicians Speak Up about the Mayo Clinic Care Network

It’s been one year since Baptist Health Care announced its membership in the Mayo Clinic Care Network. Spanning the past 12 months, Baptist physicians have had an opportunity to collaborate with the world-renowned organization and clinical team to help ensure high-quality care on some difficult cases. So, what has impressed them the most? Read on.

**Expertise**

“It’s been personal experience working with Mayo Clinic on several transplant cases, and it’s been outstanding. We’re collaborating on some complicated cases here locally, so that my patients don’t have to travel out of the area for care. That means a lot to me, and it certainly means a lot to my patients and their families.”

— G. Ramon Aycock, Jr., M.D., FACC
Interventional Cardiology

**Patient-Centered**

“It is very satisfying to help our patients feel good, enhance their quality of health and ultimately their life. We listen to our patients and together we make decisions about their health care. We are inspired by our patients and very thankful for the opportunity to serve them. Our colleagues at Mayo Clinic help us tackle some of the most difficult cancer cases and bring peace of mind to our patients and families every day.”

— Nutan DeJoubner, M.D.
Hematology/Oncology
Quality Care

“Baptist Health Care is the only locally owned and nationally connected health care system in the Gulf Coast area. Together, Baptist Health Care and Mayo Clinic are collaborating to ensure innovative health care solutions. Physicians work together on the most complex cases without patients having to leave the area. Our Mission holds us accountable to our community for improving quality of life, because every family deserves high quality health care, served by compassionate people, right in their hometown.”

— Mark T. Faulkner, President and CEO
Baptist Health Care

Evidence-Based Care and Research

“AskMayoExpert is a resource provided by Mayo Clinic that allows us to query information on hundreds of medical conditions. I use it three to four times a day. It’s also perfect for helping my patients understand difficult health topics. It’s available in my clinic and it’s quick and easy to use.”

— Richard S. Matthews, M.D., FAAFP
Family Medicine

Collaboration

“Using the electronic consultation system, I can obtain input from a Mayo Clinic specialist on difficult or unusual cases within two business days. This effectively brings world-class Mayo Clinic expertise directly to the care of my patient without the need for long-distance travel.”

— James L. Lonquist, M.D., FACS
Cardiothoracic Surgery

Baptist physicians have access to the latest Mayo Clinic expertise through the use of information-sharing tools that include:

• AskMayoExpert, a state-of-the-art online medical reference tool created by Mayo Clinic. It offers Mayo-vetted knowledge in disease management, clinical care guidelines, treatment recommendations and educational materials available to physicians at the point of care.

• eConsults that serve to connect Baptist physicians with Mayo Clinic experts in order to acquire additional input regarding a patient’s care.

Encountering a medical diagnosis can suddenly make your life more stressful. Remaining close to the stability of family, friends and your trusted physician is an important piece of your care.

Now, two expert medical teams work together to consult on your behalf and keep your care right at home. Baptist Health Care is looking forward to finding new and exciting ways to help patients using the resources of the Mayo Clinic Care Network.

Visit eBaptistHealthCare.org/Mayo. Or to make an appointment with a Baptist physician, visit BaptistMedicalGroup.org.
A PATHWAY TO Good Health

Women have big responsibilities when it comes to family health care, and that role grows when you start a family. Sustaining good health is critical if we are to balance a career, motherhood and good quality of life. Learn three simple tips that can help ensure you remain on a pathway to good health.

Visit BaptistMedicalGroup.org today and read the physician profiles for some of the best women’s care in the region.
Relationships

It's good to build a long-term relationship with an OB/Gyn to ensure your physician knows your medical background and understands what's important to you. Consider whether or not you're more comfortable with a male or a female physician. Discussing female health is a very personal experience that you deserve to feel comfortable talking about with your doctor. Baptist Medical Group – Ladies First OB/Gyn is the only all-female OB/Gyn practice in the area. “We welcome the opportunity to care for women of all ages and care for pregnancies of both normal and high-risk patients,” says Leslie Sanders, M.D. “And you are always welcome to bring a spouse, friend, family member or caregiver with you to your appointment.”

Convenience

One less “thing” to remember is helpful too. If you’re balancing a busy schedule, the ability to schedule online appointments can make your life a lot easier. Be sure to look for doctors who welcome online appointment requests as well as a patient portal for an easy way to communicate and receive diagnostic results. An e-Reminder also can be a useful tool. A simple reminder delivered to your email inbox can ensure you stay on a schedule with important screenings. You can manage your health from the comfort of your home or during the day while on-the-go.

Screenings

It’s important to make time for a discussion with your physician about recommended screenings right for your age and health history. Using our checklist, work with your doctor to develop a screening schedule that’s best for you.

- Mammogram
- Pap smear
- Colorectal cancer screening
- Glucose blood sugar
- Blood pressure
- Cholesterol
- Body Mass Index (BMI)

Talk to your physician about signs of depression such as feeling down, sad or hopeless at any time.

An OB/Gyn who understands your goals and health history can help you remain on a path to good health before you have children, when you start a family and as you age. Keep your spirits high and energy flowing by knowing that the whole family is well – including you!

If you find yourself exceptionally tired, read the next page to learn about ways you can combat fatigue before it has a lasting effect on your health.

Call 850.432.7310 to schedule an appointment over the phone or simply make one online.
Fighting Fatigue

Fatigue is defined as extreme tiredness, typically resulting from mental or physical exertion or illness. Some of us experience this feeling often, typically after a long day or after lack of sleep finally catches up with us. Fortunately, we can make small changes to conserve and maximize our precious energy.

HOW TO FIGHT FATIGUE

1. **Take a moment for yourself.** Even if you only have 10 to 15 minutes to spare – use them wisely. Meditate. Read an inspiring passage from your favorite book. Enjoy a cup of tea. Do anything that rejuvenates you!

2. **Double check your vitamin intake.** Low energy can be caused by a Vitamin D deficit. A little sun during the day can boost your energy by allowing your body to soak up Vitamin D.

3. **Nap.** According to MayoClinic.org, the benefits of napping include relaxation, reduced fatigue, increased alertness and improved mood. Try to keep your naps short, though, so you don’t affect your nighttime sleep.

4. **Make sure to keep moving.** Exercise, though it seems like it would take energy, actually produces energy and gets your blood moving. A good workout produces feel-good endorphins to elevate your mood for hours afterwards.

5. **Ask for help.** Delegate tasks. You do not have to do it all. Accepting and asking for help is the greatest way to allow for some downtime.

WHEN IT’S MORE THAN BEING TIRED:

When your fatigue becomes a chronic problem that inhibits your day-to-day functioning and hinders your quality of life, it could be more serious.

“Women can experience chronic fatigue and brush it off assuming it is just part of life,” explains Jennifer Driscoll, M.D., family medicine, Baptist Medical Group. “Sometimes persistent or extreme fatigue, however, could signal something more serious like anemia or depression. If your fatigue seems excessive, call your doctor. It is important to stay in tune with your needs while you are balancing career and family.”

Request an appointment with your doctor if your fatigue has continued for two or more weeks despite making efforts to change your daily habits.
Step Forward
Be a Foster Parent

Imagine moving five times in 12 months; starting over in your last year of high school; or having to leave your home, school, and friends to be placed in a residence in another part of the state. Unfortunately, for too many teens in foster care in Northwest Florida these types of situations are a reality.

Jerry moved from state to state, foster home to foster home, group home to group home. Mary missed out on her senior year of high school. Chelsea lived in fear of being separated from her sister and the place she knew to be home. These youths know they missed out on a typical childhood. Due to the lack of stable local homes, these teens lost friends, could not compete in sports or other extracurricular activities, and missed growing up in a loving family home.

For the 166 teens ages 13 to 17 currently placed in the foster care system because of neglect, abuse or the lack of an able parent or guardian, one of the most important things to provide these children is stability. Because of the urgent need for families to help these teens, FamiliesFirst Network is collaborating with the National Resource Center for Diligent Recruitment at AdoptUSKids to create a plan and find appropriate local families willing to open their homes to teens.

All it takes is one step forward to make a difference in a child’s life. That’s why FamiliesFirst of Lakeview recently launched the “Step Forward” campaign.

“We want to make our community aware of the help these children need,” said Werner, Foster Home Development Team Manager. “Currently, nearly one in three teens is placed out of the Northwest Florida area because we don’t have enough foster parents here in our area.”

FamiliesFirst has partnered with several Northwest Florida leaders such as Sandy Sansing, owner, Sandy Sansing Auto Dealerships; Mayor of Pensacola Ashton Haywood; and Judy Bense, Ph.D., president University of West Florida. These community leaders want to give a voice to local foster children and urge members of the community to “Step forward. Be a foster parent.”

Watch Jerry, Mary and Chelsea’s stories online at FamiliesFirstNetwork.org.

More Helping Hands in the Community

Did you know The Dave Thomas Foundation for Adoption selected FamiliesFirst Network of Lakeview to become a Wendy’s Wonderful Kids agency? The grant program funds a specially trained recruiter to find forever families for children who have been waiting in foster care the longest. Many of these children have special needs. Mary Culbertson was hired as the Wendy’s Wonderful Kids recruiter in March. If you are interested in adoption, contact FamiliesFirst Network at 850.426.9565.

Call FamiliesFirst Network at 850.453.7777 to learn how you can take the first step to become a foster parent.
BELIEVE IT OR NOT...

NOW IS THE TIME TO PLAN FOR FLU SEASON

So pull out your calendar and make your plan for avoiding the flu this year. The team from Healthy Lives™ Powered by Baptist Health Care can keep you on track.

For two years now, Healthy Lives has been helping members in the community become and stay healthy. A key component to staying healthy is preparing for flu season early by keeping your immune system strong and getting your flu shot. The team advises everyone, young, old and in-between, to get a flu shot as soon as the vaccine is available. That way it has time to take effect before you’re exposed to germs. The goal is to protect yourself as well as to protect others. If you have been around someone with the virus, you have the potential to spread it to others, including the elderly and infants who may have weaker immune systems.

If you need a flu shot, we encourage you to see a Baptist Medical Group primary care physician at one of their many locations throughout the Gulf Coast. Some offices even welcome walk-ins and may be able to provide vaccinations without a scheduled appointment, including at the Baptist Urgent Care office at 9400 University Parkway in Pensacola and Baptist Medical Group Family Medicine & Walk-in Care office at 8888 Navarre Parkway in Navarre. Go ahead and mark your calendar to be sure you are protected.

A few more tips to keep well:
• Fortify your immune system with plenty of sleep.
• Eat a healthy diet.
• Start a regular exercise routine while the weather is warm.

Lean on the Healthy Lives team. They can offer health coaching to members of the community seeking a wellness plan that will help stave off illness. Call 850.469.6903 or visit eBaptistHealthCare.org/HealthyLives to learn how you can join this popular wellness program before flu season descends once again.
When a Sprained Ankle

ISN’T JUST
a Sprained Ankle

Just about everyone older than the age of 5 has experienced a sprained ankle and “walked it off” or rested it for a few hours before putting it back into action. However, an unattended sprain can go on to cause permanent damage if not properly treated.

If you can’t walk immediately after the injury or if there is excessive swelling and bruising, especially if it extends above the ankle or to the inside area of the ankle, it’s a good idea to seek a professional evaluation.

“You may be suffering from a high ankle sprain, which is more severe than a standard sprain and if treated inadequately can cause persistent disability,” said Daniel Murawski, M.D., foot and ankle surgeon at the Andrews Institute Foot & Ankle Center. “Improperly treated high ankle sprains such as this can lead to arthritis of the ankle. In fact, the most common cause of ankle arthritis is trauma.”

If you think a past sprain is lingering a little too long, or if you already are experiencing chronic pain in your ankle or foot, consider making an appointment with an orthopaedic foot and ankle specialist. Using a highly specific knowledge base, Andrews Institute specialists work alongside nurses, physical therapists, pedorthists (to address orthotic needs) and other physicians to keep patients healthy, strong and on their feet.

A foot has 26 bones, 33 joints and more than 100 tendons, muscles and ligaments. Most people will take thousands of steps daily and subject their feet to forces of two to three times their body weight. Taking that into consideration, injuries are probable.

Arthritis in the Foot and Ankle

**Fusion**, which is technically called arthrodesis, consists of removing the bad cartilage and fusing the two bones together, eliminating the joint and motion.

**Joint replacement** used to have low success rates, but due to improvements in technology, particular biomaterials and techniques, joint replacement now is an option regularly considered by surgeons.

To learn more or to make an appointment, call 850.916.8700 or visit AndrewsInstitute.com.

Dr. Murawski is an independent member of the medical staff of the Andrews Institute for Orthopaedics & Sports Medicine. He is not an employee or agent of the Andrews Institute.
Taking it to the Limit

Introducing Rebecca J. Hall, DNP, FNP-BC

Meet Rebecca Hall, an advanced practice registered nurse with many initials after her name, most importantly, FNP-BC for board certified family nurse practitioner and DNP for doctorate in nursing practice. She’s taken the academics of nursing practice as far as one can, and is now serving patients in the Perdido Key area. Hall, who prefers to be called Becky, is a provider at the new Baptist Medical Group primary care office in Perdido and is passionate about developing long-term relationships with her patients.

How do you characterize your role as an advanced practitioner?

My job is to help my patients attain the highest level of wellness that they can. I have a huge focus on education and wellness. What I really look for is that they become an active partner with me in their health care and in their decisions. That way we are both fully vested in the holistic and preventive health care process.

How is your role a result of the changing health care industry?

With the Affordable Care Act we’re going to see an influx of patients into the insurance system who do not have primary care providers. Providers such as myself are trained to deliver primary health care and are ready to accept these new patients.

If you have a doctorate does that mean patients can refer to you as “doctor”?

Yes, they can, but one thing I make very clear is that I’m not a medical doctor. I’m a nurse practitioner with a doctorate degree. Some feel using the term “doctor” is difficult because it muddies the waters, but I disagree. I worked incredibly hard to earn my doctorate degree, but I give all of my patients the choice as to how they would like to address me. I am comfortable with Dr. Hall, Rebecca or Becky.

Tell us a bit more about your experience prior to joining Baptist Medical Group.

I have many years of experience providing care to patients of all ages. I most recently joined Baptist Medical Group after working in a family practice setting with the Cleveland Clinic in Ohio. I have excellent collaborative relationships with physicians who are available to offer their guidance and advice on difficult cases as needed, but for the most part, my advanced training allows me to function as my patients’ main health care provider.

What might an APRN practice offer that’s different from a physician practice?

When you look at the medical model, traditionally it’s about diagnosis and treatment. The nursing model encompasses a holistic approach to patient care, focusing more on primary prevention, wellness and education. This doesn’t mean that one is better than the other. As health care providers we are a team whose goal is to provide quality primary health care to all Americans.

What would you tell someone who’s interested in entering the nursing field?

Advanced practice registered nurses are poised to make a big impact on patients and are very qualified to do it. If you are interested in working in health care, you might consider the opportunities in this field right now. I’m really excited about the growth we’ll see in the next couple of years.

What kind of services do you now offer people in the Perdido area?

My staff and I provide great care to our patients and see individuals for all types of general health needs — from cold and allergies to hypertension and on-going preventive health management. We also welcome walk-ins without an appointment to ensure we’re able to provide convenient care to our community. Our office space is brand new, very clean and inviting.
Getting the most out of YOUR PATIENT PORTAL

Managing Your Health Information
Have you thought about taking greater control of your health information? Patient portals provide access to health information transactions that are important in managing your health. Read on to learn how you can benefit from this new technology.

ACCESSING the Patient Portal
Physicians and hospitals throughout our country are going online through patient portals. Gaining access is very easy. Typically you will need an email address, username and pin or password. Be sure to keep your password or pin in a safe place to keep your medical information secure.

MANAGING Health Information
Patient portals make it easy and convenient to manage your health. You can log on to the portal to schedule appointments, refill prescriptions, and send messages to your physician. Another benefit of this technology is that it allows you to manage health care information for your loved ones even if you live in a different state or country. Whether an elderly parent or sick family member delegates access to their portal account to you, or you’re keeping track of your child’s health records, managing another’s care is as easy as logging on to the portal.

REMEMBERING Vital Information
Within minutes you can access a clear picture of your health simply by logging on to your portal. Patient portals can help in the event you need to visit an emergency department or an urgent care center. You can access and share your medication list, allergies, and other key pieces of your medical history such as the date of your last mammogram. If you find you have questions about your care, you can securely send follow-up questions about your care through the portal to your physician. Many Baptist Medical Group and Cardiology Consultants practices provide free access to a patient portal that can be used to manage your health information from your personal computer at any time from any location.

Call Baptist Medical Group at 850.437.8600 or visit BaptistMedicalGroup.org to find out how you can start managing your care on a patient portal.
BHC RECEIVES STELLAR MOODY’S AND FITCH RATINGS
After a thorough review of Baptist Health Care’s (BHC) operational performance and strategic direction, two of the world’s premier bond rating agencies – Moody’s and Fitch – upgraded the organization’s ratings. Baptist Health Care’s bond rating is important because it determines credit quality, which impacts Baptist’s ability to invest and improve facilities and the services that the organization provides.

HOSPITALISTS JOIN BHC PALLIATIVE CARE PROGRAM
Baptist Health Care has added four physicians to its palliative care program – John Sullivan, M.D.; Peter Millington, M.D.; John Boden, M.D.; and Mark Strauss, M.D. These physicians currently serve as Baptist Medical Group hospitalists, exclusively providing care in the hospital setting. Because of their interest and additional training in this specialized area of treatment, they are now serving patients as members of the palliative care team. Palliative care focuses on providing comfort to patients with serious illnesses to improve quality of life for both the patient and family.

Happy Anniversary!
Thank you for serving the families in our community for many years!
Atmore Community Hospital celebrates 85 years in July 2014.

NEW ADMINISTRATOR AT BAPTIST MEDICAL PARK – NINE MILE
Baptist Health Care has selected Clint Lohr as the new administrator for Baptist Medical Park – Nine Mile. Lohr joined Baptist Health Care in 2001 as a physical therapist after serving in the U.S. Navy. His community involvements include committee chair of the Gulf Coast Council, Habitat for Humanity and United Way - Day of Caring.

BAPTIST AND GULF BREEZE HOSPITALS OFFER NEW PAYMENT OPTION
Regardless of insurance coverage or employment history, the CarePayment® program provides interest-free financing and minimum monthly payments of 4 percent of the highest balance or $25, whichever is greater.

Learn more by visiting eBaptistHealthCare.org/BHC/FinancialAssistance, or to inquire about the program, call 850.469.2000.

BAPTIST HEALTH CARE FIRST IN PANHANDLE AREA TO OFFER
• Single-Site da Vinci Program for Women
• Revolutionary TAVR Procedure
• Robotic Sleeve Gastrectomy
Go online to our news section to read more at eBaptistHealthCare.org/BHC/NewsEvents.

BAPTIST MEDICAL GROUP WELCOMES NEW PHYSICIANS SERVING THE GULF COAST:
• Mark Benton, M.D., Family Medicine & Walk-In Care, Navarre
• Marta Jacenyik, M.D., Family Medicine, Gulf Breeze
• Scott Moore, M.D., Family Medicine, Century
• Bascom Raney, M.D, Family Medicine, Pensacola
To learn more or to find a doctor near you, visit BaptistMedicalGroup.org.
We are fortunate to have in our community generous souls who embrace opportunities to help others through difficulties, distress or discomfort. They do so out of genuine concern and compassion for those around them, never asking what’s in it for them and often going unrecognized. At Baptist Health Care (BHC), we call these people Baptist Legends. Each year BHC asks employees to nominate co-workers who extend exemplary kindness and care that far surpasses the requirements of their job descriptions. Read these true stories about our very own local heroes by visiting eBaptistHealthCare.org/BHCLegends. You are sure to be inspired.

In the Spirit of Servant Leadership

Each year the Baptist Health Care Foundation selects members of the community who embody the spirit of servant leadership and recognizes them with the Hollinger Award. The award is named after Pick and Alberta Hollinger, two individuals who tirelessly worked to improve the quality of life in our community. This year’s recipients truly embrace the standards of generosity and service set by the Hollingers.

2013 HOLLINGER AWARD RECIPIENTS:

LIFETIME ACHIEVEMENT
Donald Winslett, Ed.D., Baptist Health Care Pastoral Services

PHYSICIAN OF THE YEAR
Thabet Alsheikh, M.D., FACC, FHRS, Cardiology Consultants

WOMEN’S BOARD VOLUNTEER
Dona Usry, Baptist Health Care Women’s Board

VOLUNTEER OF THE YEAR
Doris Naile, Baptist Health Care volunteer

From left: Donald Winslett, Ed.D.; Thabet Alsheikh, M.D., FACC, FHRS; Dona Usry; and Doris Naile

To learn more, visit eBaptistHealthCare.org.
Mayo Clinic is celebrating 150 years of service. To commemorate this tremendous milestone, the organization has commissioned an interactive 1,000-square-foot mobile exhibit that is traveling the country to share their story.

Mayo Clinic Care Network member Baptist Health Care will host the exhibit at its Baptist Hospital campus. Make plans to join us and learn about this powerful legacy of care and how Baptist Health Care and Mayo Clinic are working together for you. Visit ebaptisthealthcare.org/Mayo for information about the display that is making its way to Pensacola.

Thursday, October 9 • 8 a.m. – 4 p.m.
Baptist Hospital • 1000 West Moreno Street • Pensacola, Fla.

850.434.4080 / ebaptisthealthcare.org/mayo