

BEEBE MEDICAL CENTER



# BEACON

JUNE 2007



Beebe Medical Center  
LEWES, DELAWARE

Advanced Cardiac Care  
at Beebe Medical Center



# COMPREHENSIVE CARDIAC CARE

## AT BEEBE MEDICAL CENTER

At the beginning of 2007, Beebe Medical Center moved into a new dimension of healthcare. The not-for-profit, community-owned hospital began two new programs offering cardiac care treatments and procedures never before available in Sussex County.

The new Interventional Cardiology program offers balloon angioplasty and cardiac stents that can open blocked coronary arteries to increase blood flow to the heart. These are non-surgical procedures performed in the Cardiac Catheterization Laboratory by a highly trained physician called a cardiac interventionalist. In addition to caring for patients who are having a heart attack, this program also gives high-risk patients and their cardiologists the opportunity to schedule procedures to help prevent a heart attack. Cardiac interventionalist Stephanie Goodwin, D.O., is the Medical Director of the Interventional Cardiology program. She also is a member of Cardiology Consultants in Lewes.

The new Cardiac Surgery program, through an affiliation with Christiana Care Health System, allows open-heart surgeries, including coronary artery bypass graft surgery and heart valve repair and replacement, to be performed at Beebe Medical Center by skilled cardiac surgeons. Cardiac surgeon



“HEART DISEASE IS THE NATION’S NUMBER-ONE KILLER. WE AT BEEBE MEDICAL CENTER ARE PROUD THAT WE CAN OFFER THE COMMUNITIES THAT WE SERVE CARDIAC INTERVENTION AND CARDIAC SURGERY SERVICES.”

—JEFFREY M. FRIED, PRESIDENT AND CEO OF BEEBE MEDICAL CENTER

Jeffrey M. Fried, FACHE, President and CEO of Beebe Medical Center, left, and Dr. Robert J. Laskowski, President and CEO of Christiana Care Health System, worked together to create the cardiac surgery affiliation.

Fernando Garzia, M.D., is Medical Director of the Cardiac Surgery program. He also is a member of the Christiana Care Cardiac Surgery group.

The establishment of these two programs represents years of careful planning, renovation of facilities, investing in new equipment, and expanding Beebe Medical Center’s team of qualified and experienced professionals to include a cardiac surgery team, critical care and cardiac catheterization nurses, specialized technicians, cardiovascular physicians assistants, perfusionists, cardiac anesthesiologists, and many others who have years of experience in cardiac care.

Until February 2007, any patient who needed a balloon angioplasty, a cardiac stent, or open-heart surgery was forced to travel to a larger medical institution in another community. With the startup of these programs, Beebe officials predict that about 300 cardiac stents or balloon angioplasties and 200 surgeries could be performed here annually.

“Heart disease is the nation’s number-one killer. We at Beebe Medical Center are proud that we can offer the communities that we serve cardiac intervention and cardiac surgery services,” says Jeffrey M. Fried, President and CEO of Beebe Medical Center. “While we have considered bringing these services to Beebe Medical Center for some time, it was not until now that the demand has grown to the point that it can sustain a successful, high-quality cardiac program of this magnitude. We are fortunate to have a dedicated group of cardiologists who had the vision and commitment to help us establish these new programs.”

## BUILDING THE FOUNDATION

Cardiac care is not new to Beebe Medical Center. Non-invasive cardiac diagnostic procedures and cardiac rehabilitation services, under the umbrella of the Hastings HeartCare Program, have been available for more than two decades. Physicians have implanted pacemakers in heart patients at Beebe Medical Center for even longer.

In 2002, as Sussex County continued to experience a population explosion that was not expected to end, Beebe Medical Center’s multidisciplinary leadership group, made up of board members, management, staff, and physicians, formed a task force to explore the feasibility of establishing an open-heart/interventional cardiology program.

By 2004, it was decided that a multifaceted cardiac program was not only important to Beebe Medical Center’s growing and aging population base but



Dr. Guilherme Oliveira, a cardiologist with Henlopen Cardiology, performs an echocardiogram on Mary Loughheed.

also essential to its well-being. That year, a landmark affiliation was started with Christiana Care Health System to begin an open-heart surgery program at Beebe. Christiana Care was considered the perfect partner for Beebe Medical Center in its effort to bring cardiac intervention and surgery to Sussex County.



Tom Nutter Photography, Delaware Today



Speed of treatment is important for patients with chest pain. Always dial 911 in a life-threatening emergency.

“THIS PROGRAM WILL HAVE AN IMPACT ON EVERY DEPARTMENT IN THE HOSPITAL. IT WILL RAISE THE LEVEL OF ACUITY, AND CHANGE THE CULTURE OF BEEBE.”

—LYNN AMEY, DIRECTOR OF CARDIOVASCULAR SERVICES



Dr. Kenneth Sunnergren, cardiologist, and Joseph “Whitey” Russell

The Center for Heart & Vascular Health at Christiana Hospital is ranked No. 1 in Delaware for cardiac services and in the top 10 percent of hospitals in the nation for cardiac surgery by HealthGrades. As part of the agreement, Christiana Care cardiac surgeons would be based at Beebe Medical Center and Christiana Care would train Beebe Medical Center team members who would be involved in cardiac care.

The affiliation opened the floodgates for concurrent efforts to expand facilities, upgrade systems and invest in new equipment, develop and implement new protocols and procedures, and build a team of qualified, highly skilled professionals.

Renovations were completed for two operating rooms large enough to house open-heart surgery, and remodeling made way for the expansion of the Cardiac Rehabilitation Department. New systems were installed and new equipment was purchased to transform the Diagnostic Cath Lab into an Interventional Cardiac Cath Lab, which now performs balloon angioplasty and stent procedures. A new inpatient unit, called the Cardiovascular Step Down Unit, was identified and equipped for heart patients. And state-of-the-art equipment, such as the heart/lung machine used for open-heart surgery and specialized instrumentation, was obtained.

Patients who have had a cardiac interventional procedure, such as angioplasty or open-heart surgery, receive extra care in Beebe’s Step Down Unit after they are transferred from the CCU. Dawn Horn, R.N., BSN, nurses a recovering patient. Kathy Cannatelli, R.N., foreground, is Nurse Manager of the Cardiovascular Step Down Unit, the CCU, and the Chest Pain Observation Unit.



## BEEBE'S CARDIOLOGISTS

- |   |  |
|---|--|
| 1. SAMER KOTTIECH, M.D.<br>CARDIOVASCULAR DISEASE         | 6. RAJINDER PRASAD, M.D.<br>CARDIOVASCULAR DISEASE     |
| 2. STEPHANIE GOODWIN, D.O.<br>INTERVENTIONAL CARDIOLOGIST | 7. ALBERTO ROSA, M.D.<br>CARDIOVASCULAR DISEASE        |
| 3. PRAVIN O. GOHEL, M.D.<br>CARDIOVASCULAR DISEASE        | 8. KENNETH SUNNERGREN, M.D.<br>CARDIOVASCULAR DISEASE  |
| 4. HABIB BOLOURCHI, M.D.<br>CARDIOVASCULAR DISEASE        | 9. GEORGES DAHR, M.D.<br>CARDIOVASCULAR DISEASE        |
| 5. ALI DELBAKSH, M.D.<br>CARDIOVASCULAR DISEASE           | 10. GUILHERME OLIVEIRA, M.D.<br>CARDIOVASCULAR DISEASE |



**Donna Stretzky, Vice President of Operations, and Lynn Amey, Director of Cardiovascular Services, work together to plan Beebe's expanded cardiac surgery and cardiovascular services.**

Stretzky, Vice President of Operations, worked closely over the last few years to lead the cardiovascular task force as it raised the quality of care to its current level.

“We worked with people from every department in the hospital. This has been a true team effort,” says Mrs. Amey. “There have been teams and sub-teams putting together the foundation for this cardiac program. We’ve trained our staff and brought in specialists in their fields. We have a well-oiled machine where people are trained to recognize and understand the patient care needs and the implications of cardiac surgery and non-surgical cardiac interventional procedures.”



**Cardiologist Dr. Pravin Gohel observes Michelle Beckett-Danilenko's heart activity during a stress test while Judy Swiegart, R.N., monitors her blood pressure.**

## PEOPLE MAKE THE DIFFERENCE

More than 30 Beebe team members received training at Christiana Care. They included registered nurses and cardiovascular technicians from the Cardiac Cath Lab, registered nurses from the operating room, registered nurses who will care for cardiac patients in critical care units, and respiratory therapists.

Kathy Cannatelli, R.N., BSN, Nurse Manager of the Critical Care Unit, the Cardiovascular Step Down Unit, and Chest Pain Observation Unit, says that the critical care nursing staff has been preparing five years for the day Beebe Medical Center would perform open-heart surgery. Many of her staff went through the training program at Christiana as well as continuing education programs. “We’ve brought in new technologies and honed our clinical skills,” she says.

Two years ago, Lynn Amey, Director of Cardiovascular Services at Beebe Medical Center, predicted that “this program will have an impact on every department in the hospital. It will raise the level of acuity and change the culture of Beebe.”

Today, her prediction rings true as some patients are treated for heart attacks and others are scheduled for open-heart surgeries. She and Donna



## IT TAKES A TEAM TO CARE FOR YOUR HEART!

HEART SURGEONS • INTERVENTIONAL AND DIAGNOSTIC CARDIOLOGISTS  
 CARDIOLOGY NURSES • SKILLED TECHNICIANS  
 ANESTHESIOLOGISTS • CARDIAC REHABILITATION THERAPISTS  
 SPECIALLY TRAINED SUPPORT STAFF



**Kay Cumber, R.N., and Brian McCarthy, PA-C, integral parts of Beebe's open-heart surgery team, prepare for an operation in one of Beebe's cardiac surgery suites.**

**Dr. Alberto Rosa performs a cardiac catheterization in Beebe's cath lab with technologist Jeremy Nolan.**



The number of attendees at the task force meetings grew as 37 new, specially trained cardiac care medical professionals were hired. Many of them became actively involved in the planning process. New team members included two cardiovascular technicians and two registered nurses to work in the Cardiac Cath Lab, seven registered nurses and two cardiovascular physician assistants for the surgery program, and two clinical specialists in cardiovascular services.

Betsy Frederick, R.N., BSN, MS, CCRN, a registered nurse with 27 years experience in critical care and emergency nursing, was hired in April 2006 to become Director of the Critical Care Unit, the new Cardiovascular Step Down Unit, and the new Chest Pain Observation Unit, where low-risk cardiac patients with chest pain who arrive in the Emergency Department can be thoroughly evaluated and tested without being admitted to the hospital.

Brian McCarthy, PA-C, took over as Chief Physician Assistant for Cardiovascular Surgery. Mr. McCarthy has more than a decade of experience in assisting cardiac surgeons before, during, and after open-heart surgery. He also assists with endoscopic vein harvesting—a procedure in which blood vessels are removed from the legs of a patient through small incisions and then used in bypass surgery.

Brad Chafin, CCP, a board-certified clinical perfusionist with nearly nine years of experience working in the cardiac surgery operating room, was brought on board to run the heart/lung machine. That machine takes over the work of the heart and the lungs during open-heart surgery, when the heart has been temporarily relaxed and the lungs stop working on their own.

Mr. Chafin and Mr. McCarthy joined operating room leaders such as Kay Cumber, R.N., Cardiac Team Leader for the Cardiac Operating Rooms; Michael Danz, Director of Surgical Services; and Margery White, Ph.D., Vice President of Patient Care Services, in making sure that the operating



**Betsy Frederick, R.N., is the Director of Beebe's CCU, Cardiovascular Step Down Unit, and Cardiology Chest Pain Observation Unit. Donna Chaplinski, R.N. (left), and Claudia Horsey, C.N.A., care for a patient who is undergoing cardiac diagnostic procedures.**

“I AM EXCITED ABOUT THE OPPORTUNITY TO WORK WITH BEEBE MEDICAL CENTER TO RAISE THE LEVEL OF CARDIAC CARE THAT IS OFFERED HERE.”

—DR. STEPHANIE GOODWIN, MEDICAL DIRECTOR OF INTERVENTIONAL CARDIOLOGY

rooms were prepared to accommodate open-heart surgery.

Two cardiovascular clinical specialists were hired in 2006 to help develop protocols in patient care, quality, and patient education. Lynn Toth, R.N., MSN, NP-C, a family nurse practitioner with 15 years experience in the field of cardiovascular medicine, has several years experience in disease management, such as heart failure and stroke. Ms. Toth’s work at Beebe Medical Center includes the development of protocols to improve care for stroke patients. She also has implemented several initiatives aimed at providing education for heart patients and solid documentation of the care and education they need to receive. She has a master’s degree in Adult Health and a postgraduate nurse practitioner degree. Registered nurse Beth Richardson, R.N., MSN, MPH, has an extensive background in critical care and medical informatics, working in the area of national quality measures, evidence-based clinical practice guidelines, and benchmarking. She holds two master’s degrees from Johns Hopkins University, one in Nursing and another in Public Health. She has worked with the multidisciplinary team to develop protocols for cardiac intervention and open-heart surgery.

### THE INTERVENTIONAL CARDIOLOGIST ARRIVES

The drive to get the interventional cardiology program under way took off when Stephanie Goodwin, D.O., arrived at Beebe Medical Center in the fall of 2006 to take over as Medical Director of Interventional Cardiology. Already experienced with starting a cardiac intervention program at another medical institution, Dr. Goodwin worked with Rita Jackson, Supervisor of Invasive Cardiology, and cath lab nurses Lynne Higginbotham and Carol Ziegler to transform the Cardiac Cath Lab into a facility that was prepared to care for patients suffering a heart attack and to perform balloon angioplasties and stent insertions when needed to unblock clogged coronary arteries.

Dr. Goodwin came to Beebe Medical Center from Sentara Williamsburg Community Hospital in Virginia. As that hospital’s first interventional cardiologist, she was instrumental in the startup of the Interventional Cardiology program there. She also served as Director of the Catheterization Lab at Sentara Williamsburg Regional Medical Center.

Dr. Goodwin has more than 10 years experience as an interventionalist, as well as having held hospital leadership positions in several organizations. Before joining Sentara, she served as Interim Director of the Catheterization Lab at Bassett Healthcare in Cooperstown, New York. She also began the Women’s Healthy Heart Center at the Guthrie Clinic, Robert Packer Hospital in Sayre, Pennsylvania, in 1999, and served as its director for three years.

“I am excited about the opportunity to work with Beebe Medical Center to raise the level of cardiac care that is offered here,” says Dr. Goodwin. “We will institute a program that meets the standard set by the American College



Dr. Stephanie Goodwin, Medical Director of Interventional Cardiology



“THE FOCUS IS TO IMPROVE PATIENT CARE AND TO MAKE THE EXPERIENCE EASIER ON THE PATIENT. CARDIAC SURGERY IS COMPLEX, AND WE WANT TO SIMPLIFY IT WHEN WE CAN.”

—DR. FERNANDO GARZIA, MEDICAL DIRECTOR OF CARDIAC SURGERY

of Cardiology, and one that cuts down on the time between a heart attack and medical treatment. This will allow us to improve the long-term outcomes of our patients.”

Dr. Goodwin also points out that having a high level of cardiac care not only helps the patients, but also the family members, who no longer will have to travel long distances when their loved ones are taken to medical centers in distant communities.

Dr. Goodwin earned an undergraduate degree from the Albany College of Pharmacy. She earned her medical degree from New York College of Osteopathic Medicine and completed a residency in internal medicine and a fellowship in cardiovascular disease at Robert Packer Hospital, Sayre, Pennsylvania.

Dr. Goodwin is board certified in cardiovascular disease and interventional cardiology and is a member of the American Osteopathic Association, the American College of Physicians, and the American Medical Association. She is a fellow of the American College of Cardiology.

#### THE CARDIAC SURGEON ARRIVES

Cardiac Surgeon Fernando Garzia, M.D., arrived in January 2007 to lead a team that was enthusiastic and ready to work with him. He also met with members of the cardiovascular task force, making sure that procedures and protocols were being implemented. Dr. Garzia had been recruited by Christiana Care Health System to establish the Cardiac Surgery program at Beebe Medical Center and to serve as its Medical Director. Dr. Garzia says that not only was he intrigued to be the Medical Director of the first open-heart surgery program in Sussex County, which would bring a much-needed healthcare service to the community, but also that he and his wife “fell in love with the area.”

Dr. Garzia, who has 14 years experience as a cardiothoracic surgeon, came from Lehigh Valley Hospital–Muhlenberg, Bethlehem, Pennsylvania, where he started the hospital’s open-heart surgery program in 2002 and served as Associate Chief of Cardiothoracic Surgery for the past four years.

With Dr. Garzia at the helm, the Muhlenberg campus instituted a program focused on excellent outcomes and high patient satisfaction. He helped design a new and dedicated open-heart operating room and assisted in the design and implementation of a new universal care open-heart and thoracic unit that was inaugurated in 2005.

Dr. Garzia already has begun to introduce several initiatives to Beebe Medical Center that were used in his Lehigh Valley hospital program, including collaborative rounding and the use of less-invasive surgical techniques such as endoscopic vein harvesting and stentless heart valve replacements. The use of less-invasive techniques shortens the time a patient needs to recover.

In collaborative rounding, a multidisciplinary team that includes the surgeon,

**Dr. Fernando Garzia, Medical Director of the new Beebe Cardiac Surgery program**

**Ernest Zinser, of Rehoboth Beach, strengthens his heart muscle in Beebe's Cardiac Rehabilitation Department. His blood pressure is monitored by cardiac rehab nurse Linda Lassen, R.N.**



a physician assistant, a nurse, a pharmacist, a respiratory therapist, and, oftentimes, a caseworker and a home health representative visits each cardiac surgical patient every morning. The patient also becomes a member of this team, taking part in discussions and having the opportunity to ask questions. This team approach improves communication and supports Beebe Medical Center's focus on quality care.

"The focus is to improve patient care and to make the experience easier on the patient," says Dr. Garzia. "Cardiac surgery is complex, and we want to simplify it when we can."

This team approach already has been well received by Beebe's staff of clinical professionals.

"I think that this process is phenomenal," says Mrs. Cannatelli. "It's better coordination of care for the nurses and much more efficient. We are able to get all the information we need at one time."

## THE TOTAL PATIENT

The Beebe Medical Center team focuses on the continuum of care, from pre-admission testing and education to the patient's return home and recuperation period. Representatives from Physical Therapy, Occupational Therapy, Case Management, and Home Health meet the patient the first day, attend the collaborative rounding meetings, and make sure they understand each patient's needs. Kathy Podbesek,

R.N., Director of Home Health and Adult Care Services, emphasizes that in addition to her team of nurses, physical therapists and others are ready to care for cardiac patients once they return home.

Mrs. Amey also emphasizes the important role that teamwork has played as Beebe Medical Center has expanded its cardiovascular services. She points out that the staff at Christiana Care was extremely helpful in putting the program together. "They helped us with anything we wanted—policies, resources training. They've been wonderful."

The medical professionals she refers to include Penny Vigneau, Vice President, Center for Heart & Vascular Health; Medical Director Timothy J. Gardner, M.D.; Christiana Care cardiac surgeon Ray Blackwell, M.D.; and Kristen Koechert, Staff Development Specialist for Cardiovascular Surgery.

"We are grateful to see this very important program between Beebe Medical Center and Christiana Care Health System come to fruition," says Robert J. Laskowski, M.D., President and CEO of Christiana Care Health Systems. "We see this affiliation as a health bridge serving our neighbors at both ends of the state. By sharing our cardiac surgeons' expertise, more of our Delaware neighbors will have greater access to high-quality heart care closer to home." ■



**System rounding is a quality feature of Beebe's cardiac care program, in which key members of the cardiac care team meet to discuss overall patient care. Similarly, collaborative rounding, specific to the individual patient's case, occurs daily at each patient's bedside.**



# A Healthy Heart for Every *Woman*

## Are *you* at risk?

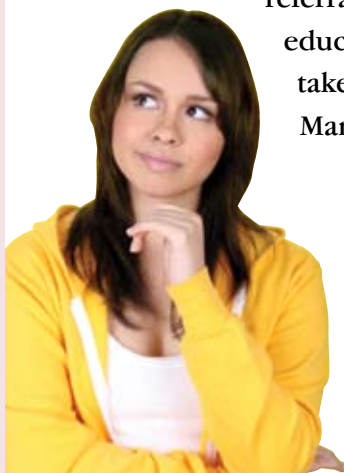
The American Heart Association lists risk factors for heart disease as:

- Increasing age
- Heredity (including race). People with family history of the disease have greater risk. So do African-Americans, Mexican-Americans, Native Americans, Native Hawaiians, and some Asian-Americans.
- Smoking
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Obesity and overweight
- Diabetes

It was once believed that heart disease was a man's disease, and that women were not prone to heart attacks. In fact, women have a higher risk of dying of a heart attack than men. Heart disease is the leading cause of death of women; it kills six times more women than breast cancer.

To help women prevent cardiovascular disease, as well as to encourage them to seek emergency medical care at the first sign of a heart attack, Beebe Medical Center joins the American Heart Association in ongoing education efforts. Besides supporting the American Heart Association's many programs, Beebe Medical Center offers free screenings for cholesterol and blood pressure and provides educational materials through its community outreach efforts.

Women with diabetes are at a higher risk of heart disease. Through physician referrals, Beebe Medical Center also offers a self-management education program for people with diabetes. This program takes place at the outpatient Wound Care Services/Diabetic Management Center located on Long Neck Road.

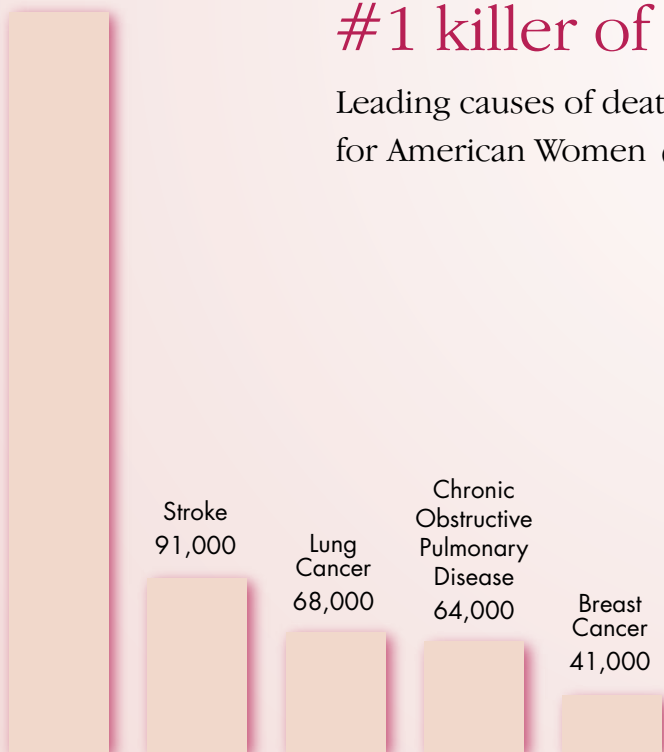


The Cardiac Rehabilitation Department is available for women who have experienced a cardiac event. It includes a telemetry-monitored exercise program staffed by cardiac rehab nurses. Education is another focus of this program, including classes and individual consultations on nutrition, stress reduction, lifestyle modification, smoking cessation, and exercise. A physician referral is required.

Heart  
Disease  
332,000

# Heart Disease is the #1 killer of women.

Leading causes of death  
for American Women (2004)



Source: National Institute for Health, National Heart, Lung and Blood Institute (2006).  
To learn more, visit [www.hearttruth.gov](http://www.hearttruth.gov).  
\*Numbers of deaths are rounded to the nearest thousand.



Beebe Medical Center also urges women to learn the risk factors for cardiovascular disease, which include smoking, high blood pressure, high cholesterol, obesity, diabetes, and physical inactivity. Those who have any of these risk factors, or who think they do, should visit a physician for further evaluation. Because high blood pressure and high cholesterol often have no symptoms, regular medical checkups are key.

Women are encouraged to follow a healthy lifestyle that includes regular exercise and a low-fat diet. Studies have revealed again and again that a healthy lifestyle can decrease the risk of heart disease and can increase survival rates for heart attack.

Unfortunately, because the symptoms experienced by women often are different from those that men experience—and don't always include chest pain—women may not recognize they are having an attack until it is too late. Often, heart attack symptoms start slowly and are mild at the beginning, making it easier to ignore the underlying health problem. Please carefully review the "Symptoms for Women" sidebar.

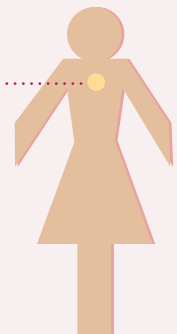
Beebe Medical Center joins the American Heart Association and the National Heart, Lung and Blood Institute in a campaign to urge people who are having these symptoms to wait no more than five minutes before calling 911 because emergency personnel can begin critical treatments prior to arriving at the hospital. Today, heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past, but they work best if given quickly. **Calling 911 can save your heart and your life. ■**

## Symptoms for *Women*

Women are less likely than men to believe they're having a heart attack and more likely to delay seeking emergency treatment.

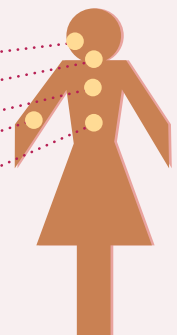
They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Pain or discomfort in  
the center of the chest



Pain or discomfort in  
other areas of the upper  
body, including:

jaw  
neck  
back  
arms  
stomach



Other symptoms:

- weakness and fatigue
- light-headedness
- shortness of breath
- nausea/vomiting
- palpitations and indigestion
- breaking out in a cold sweat

# 1 out of 3 Women will be diagnosed with heart disease.



# COMFORT AND SUPPORT

## FIRST TOWN MENDED HEARTS

*“I want people to know that there is life after heart surgery.”*

—Gloria M. Dill

Ted Russiano knows the intense fear that emerges when one learns that he or she must have open-heart surgery. He vividly recalls his own fear in 2004 when his cardiologist told him he had three blockages and needed immediate bypass surgery. His memory of the long ambulance ride is as clear as if it were yesterday.

“I did not hear anything else the doctor said after he told me that,” says Mr. Russiano. These days, Mr. Russiano feels great. He goes to the gym three times a week, volunteers at the Cardiac Rehabilitation Department at Beebe Medical Center, and enjoys life with his wife, Pat.

Mr. and Mrs. Russiano are among 15 people involved in the new support group at Beebe Medical Center called First Town Mended Hearts. The group is Chapter 344 of The Mended Hearts Inc., a volunteer group affiliated with the American Heart Association that is dedicated to helping those patients who have experienced a heart event, such as a heart attack and/or open-heart surgery. Their message is that they have walked the same path, and that they can help by sharing their experiences and how they overcame their fears on the road to recovery.

“I want people to know that there is life after heart surgery,” says Gloria M. Dill, 80, who was elected president of the new group. Mrs. Dill had triple bypass surgery about four years ago and another surgical procedure two years later. Today, she, too, is up and around and involved in activities at her church, Bethel United Methodist Church in Lewes. “I have something to do every day of my life.”

Mr. Russiano credits Linda Lassen, R.N., a registered nurse who works in the

Beebe volunteers begin a Mended Hearts program, which is a support group for heart patients and their families. Back row (l-r), Bob Oggenfuss, Kay Rotach, Pat Russiano, Gloria Dill, Ted Russiano, and Andy Stasny. Front row (l-r), Judith Miller, Helen Schnoebelen, and Linda Lassen, R.N.

Cardiac Rehabilitation Department at Beebe Medical Center for the establishment of the program. The Cardiac Rehabilitation Department is where those who have experienced a cardiac event go to exercise and strengthen their heart under close monitoring of cardiac rehab nurses. They also learn about nutrition, stress reduction, and other lifestyle modifications. Ms. Lassen brought information to cardiac rehab patients and encouraged them to start the program, Mr. Russiano says. Ms. Lassen is the liaison between Beebe Medical Center and the support group.

With Ms. Lassen's assistance, Mr. Russiano co-founded the group with Lewes resident and heart patient Helen Schnoebelen.

"Linda has worked extremely hard on this," says Ms. Schnoebelen, who was excited to have a group in Lewes. "I don't know what we would have done without her."

Ms. Schnoebelen, who just over a year ago had quadruple bypass surgery, says they started the program because Beebe Medical Center had started its Cardiac Surgery program in February 2007 and they wanted a place for patients and their families to be able to turn. "When you get to talk to other heart patients and hear what they are experiencing, you know that you are going to be okay," she says.

Ms. Schnoebelen says that people are different after heart surgery, although she cannot pinpoint why. "You think about things you never thought of before. You don't know how far to push yourself. You are afraid at first. You get depressed."

Members have been meeting monthly since the fall of 2006. They also will be taking part in a Mended Hearts training program that prepares them for their role as supporters of other patients. In this visitor program, Ms. Schnoebelen says that group members adhere to federal confidentiality rules. They do not approach a patient at Beebe Medical Center unless the patient has agreed to meet with Mended Hearts representatives, and they never talk

about one patient to another patient.

Caregivers can be members of Mended Hearts, although they can only mentor other caregivers and family members, not the patients. The first caregiver to join First Town Mended Hearts was

Pat Russiano. Mrs. Russiano says that the group is important for caregivers, too, and that she also sees her role as an important one.

"I come from the other side, and I can give the caregiver aspect," she says. "Family members don't know what to expect. They don't know about the fear and depression."

First Town Mended Hearts meets at 1:30 p.m. on the third Wednesday of every month at St. Peter's Episcopal Church in Lewes. A person does not have to be involved in the visitation aspect of Mended Hearts to come to the meetings. Meetings involve a speaker, a group business discussion, and end with a support group discussion. Those who would like to visit other heart patients as part of the program must join and follow the regulations of the Beebe Medical Center Volunteer Program. For more information about the support group, please call Beebe Medical Center Cardiac Rehab at (302) 645-3514. For information on the national organization, visit their website at [www.mendedhearts.org](http://www.mendedhearts.org). ■



**First Town Mended Hearts was inspired by cardiac rehab nurse Linda Lassen, R.N. Ted Russiano and Helen Schnoebelen enthusiastically joined Linda's team.**

## First Town Mended Hearts Facts

- First Town Mended Hearts is Chapter 344 of The Mended Hearts Inc.
- Mended Hearts, affiliated with the American Heart Association, is a national nonprofit organization offering hope to heart patients, their families, and caregivers for more than 50 years.
- First Town Mended Hearts meets on the third Wednesday of every month at 1:30 p.m. at St. Peter's Episcopal Church in Lewes.
- For information call Beebe Medical Center Cardiac Rehab Department at (302) 645-3514.

“IT’S ONE WONDERFUL EXPERIENCE AFTER ANOTHER.” —KATHY HARTMAN



## 20th Anniversary of Gull House

**B**ob Hartman plays the harmonica when he gets together with a group of his friends at Gull House, the adult care center in Rehoboth Beach that is operated by Beebe Medical Center. He plays the songs of bygone days, such as “Let Me Call You Sweetheart” and “My Wild Irish Rose,” as his friends play their own favorite instruments in harmony.

Mr. Hartman is 75 and suffers from Alzheimer’s disease. According to his wife, Kathy Hartman, his days at Gull House have brought new joy and excitement into his life, even as his memory diminishes and he can no longer do the things he used to do.

“Bob has so much more energy now,” Mrs. Hartman says. “It’s one wonderful experience after another. And the staff is so caring and compassionate.”

Kathy Podbesek, R.N., Director of Home Health and Adult Care Services, says that the dedicated staff members of Gull House enjoy keeping their clients busy with scheduled activities. The activities, while entertaining, also are therapeutic, designed to keep clients mentally stimulated and happy. Many of the clients suffer from Alzheimer’s and other forms of dementia.

**Patients at Gull House sing along with fellow patient Bob Hartman’s informal harmonica entertainment. His wife, Katherine, seated next to him, enjoys Bob’s spirited performance.**

“The goal is to keep people in their homes longer. They not only are more active, but their caregivers get respite as well as support from other caregivers,” says Mrs. Podbesek.

Gull House has a staff of eight that includes activity and program specialists and a nurse. Planning the day’s busy schedule can be challenging for the team. Some of the adult clients are physically impaired but mentally alert and want activities different from those designed for patients with dementia. Therefore, the program is mixed to meet a wide range of needs and interests.

Gull House is open Monday through Friday from 7:45 a.m. until 3:45 p.m. Between 38 to 48 clients attend each day. Those who arrive early get breakfast. Those who arrive a little later get coffee in the living room and participate in discussions about news and events. By 9 a.m. the list of scheduled activities begins. It could be music on Monday or horseshoes on Thursday. Each day there are arts and crafts in the dining area. There is a puzzle table, a computer for solitaire, or the pool table around the corner in another room. Every day there is some kind of exercise regime and bingo, one of the favorite activities. Musical activities come in several forms.

Gull House also focuses on the needs of the caregivers, offering a support group that meets each month with written information and videos from a variety of resources.

“Gull House has been a blessing for both of us,” says Ann Chambers, whose husband, George Chambers, has been a client for two years. “I know that George is well taken care of, and that he is enjoying himself.”

Mr. Chambers, who suffers from Parkinson’s disease and dementia, slept a lot before he started going to Gull House, his wife recalls. After taking part in Gull House activities, he became much more animated and even started discussing the day’s events with her.

“He even will recognize and say hello to people



in the supermarket that he met at Gull House,” Mrs. Chambers says. “They will be people I have never met.”

Mrs. Hartman has the same story to tell about her husband, who has made friendships at Gull House. “He will ask me on Saturday morning whether the guys are waiting for him.”

Mr. Hartman is not only more engaged now when he is with his wife, but she is free to enjoy activities that recharge her, such as her quilting group and her sewing group. “I do take him bowling, though. He likes that,” she says.

Mrs. Podbesek points out how much the adult care center has grown since it was established 20 years ago. It started with two employees and a handful of clients. Today it is a buzz of activity, with lots of music and laughter. Friendships are made. Meals are enjoyed together.

Gull House is a member of the Delaware Coalition for Adult Day Services, which is made up of five centers that are sanctioned by the state. Gull House is a not-for-profit, community-based program partially funded through Delaware’s Division of Services For Aging and Adults with Physical Disabilities and federal money from the Older Americans Act. ■

**George Chambers, of Milton, gets a goodbye kiss for the day from his wife, Ann, at Gull House Adult Day Care Center.**

# BEEBE MEDICAL CENTER WILL BECOME "TOBACCO FREE" ON JULY 1, 2007

## BEEBE MEDICAL FOUNDATION NAMES NEW EXECUTIVE DIRECTOR

The Board of Directors of the Beebe Medical Foundation welcomes Alex Sydnor as Executive Director of the Beebe Medical Foundation.

Sydnor assumes overall responsibility for all operations of the Foundation, which includes events such as the Art Auction, Thanksgiving Ball, and Holiday of Lights Tree Lighting; the Beebe Annual Fund; planned giving and programmatic fundraising; and any future capital campaigns.

Sydnor has more than 22 years experience as a development professional. He has most recently served as the Director for Development at Winterthur Museum and Country Estate in Wilmington, Delaware, where he has been responsible for major individual gifts, corporate sponsorship, foundation grants, and membership. Winterthur, the 19th-century, former home of Henry Francis du Pont, receives more than \$5 million each year in philanthropic support for its operations and ongoing capital needs. Sydnor served at Winterthur from 2001 until the present. While at Winterthur, he became actively involved in the Delaware community.



## BEEBE MEDICAL CENTER'S BOARD OF DIRECTORS

Starting in the back row, (l-r), Jacquelyn O. Wilson, Ed.D.; Robert J. White; James D. Barr; Stephen M. Fanto, M.D.; The Honorable Joseph W. Booth; Joseph R. Hudson; Paul H. Mylander, Treasurer; Thomas L. King; Halsey G. Knapp; Anis Saliba, M.D.; The Honorable Eugene D. Bookhammer; James Beebe, Jr., M.D.; Janet B. McCarty, Chair; Jeffrey M. Fried, FACHE, Secretary and President & CEO; The Honorable William Swain Lee, Vice Chairperson; Patricia D. Shreeve; Jose A. Pando, M.D.; Esthelda R. Parker-Selby. Not pictured: Steven D. Berlin, M.D.; William L. Berry, CPA; Robert H. Moore



### Our Mission

Our mission is to encourage healthy living, prevent illness, and restore optimal health with the people residing, working, or visiting the communities we serve.

### Our Vision

Beebe Medical Center will be a community-based healthcare system committed to providing high-quality, cost-effective healthcare.

### Our Values

Safety • Respect for the individual • Patient/Customer satisfaction • Commitment to quality  
Personal responsibility • Financial responsibility • Teamwork • Integrity

## BEEBE MEDICAL CENTER PHONE DIRECTORY

General Information .....	645-3300
Admitting Office .....	645-3214
<b>Beebe Health Campus</b>	
Baylis Rehabilitation Center .....	645-3010
• Physical Therapy • Speech Therapy • Occupational Therapy	
Bookhammer Outpatient Center .....	645-3010
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<b>Beebe Imaging &amp; Lab Express</b>	
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—Georgetown .....	856-9729
—Long Neck (lab only) .....	947-1202
—Millsboro .....	934-9039
—Millville .....	539-8749
—Milton (lab only) .....	684-8579
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Community Health Department .....	645-3337
Diagnostic Imaging .....	645-3275
<b>Emergency Services</b>	
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—Millville (summer only) .....	539-8450
Gull House Adult Activities Center .....	226-2160
Hastings HeartCare Center .....	645-3258
• Cardiac Catheterization • Cardiac Rehabilitation • EKG • Stress Testing	
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Human Resources .....	645-3336
Integrative Health .....	645-3528
Lewes Convalescent Center .....	645-3030
Medical Records .....	645-3282
Patient Advocate .....	645-3547
Patient Financial Services .....	645-3546
Physician Referral Service .....	645-3332
Pulmonary Services .....	645-3298
School of Nursing .....	645-3251
Sleep Disorders Center .....	645-3186
<b>Tunnell Cancer Center at Beebe Health Campus</b>	
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—Radiation Oncology .....	645-3775
Vascular Lab .....	645-3710
Women's Health Pavilion .....	645-3726
Wound Care Services/Diabetes Management .....	947-2500

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