

Cooper appointed to Board



Frederick E. Cooper, Chairman of Cooper Capital, LLC, an investment firm, has

been appointed to serve a three-year term on the MCG Health, Inc. Board of Directors. He has been a member of the Board of Regents of the University System of Georgia since August 2009.

Before forming Cooper Capital in 1998, Cooper served as Vice Chairman and President of Flowers Industries, Inc., a Fortune 500 baked foods company, and as Chairman and Chief Executive Officer and majority shareholder of CooperSmith, Inc., an Atlanta-based producer and distributor of baked goods, primarily under the Sunbeam trademark.

Cooper serves on the Boards of Trustees of the Georgia Research Alliance, Washington

and Lee University and the University of Georgia Arch Foundation. He served as Chairman of the 2004 G8 Summit Host Committee and previously served on the Boards of the Georgia State Chamber of Commerce and the Metropolitan Atlanta Chamber of Commerce.

Cooper earned his bachelor's degree from Washington and Lee University and a law degree from the University of Georgia. ♦

Puttin' on the Ritz



Each Thursday morning, Dr. Bernard Maria, Medical Director of the MCGHealth Children's Medical Center, and his two chief residents visit a few of his patients and

their families, usually those cases that have been presented during Morning Report. His purpose is to use the personal touch to ensure that the patients and families are getting the best treatment and service possible. He asks how the staff is doing, but equally important, he asks the names of those the family would like to thank, those who have been of special service.

"This serves a couple of purposes," Dr. Maria said. "I get a firsthand account of how we are treating our patients and families, I get to demonstrate the Ritz-Carlton touch to our residents as part of their learning experience and I get the opportunity to recognize those members of our team who are pulling out the stops to give good service."

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Is it a cold or the flu?

Cold and flu are both viral infections and share a lot of the same symptoms, but in general the flu makes anyone feel a whole lot worse. A cold usually consists of a runny nose, mild cough, sneezing, scratchy throat and often a fever in young children. It generally lasts a few days to a couple of weeks. Typically, the fever is not severe, maybe 102 degrees Fahrenheit or so, lasting two to three days at the beginning of the illness.

In addition to the runny nose, dry cough, sneezing and other cold symptoms, the flu is usually characterized by a higher fever (104 degrees Fahrenheit is not uncommon), headaches, body aches and fatigue. The fever can easily last more than three days. Also, it is more common to have nausea, vomiting and diarrhea with the flu than with a cold. Another clue to the illness being the flu instead of a cold is when the whole family is sick with the same illness and the parents also run a high fever just like the children; adults rarely have fever with a routine cold.

A cold or flu infection could lead to an ear

infection, lymph node infection or pneumonia a few days after the onset of the first symptoms. And other illnesses that are not really influenza at all may have a “flu-like” appearance. People who should be checked by a physician include those who seem to have the flu and have:

- Difficulty breathing (not just nasal congestion, but a heaving chest or flaring nostrils).
- Excessive vomiting, poor fluid intake and very little urine production.
- Fever more than five days.
- A severe headache and a stiff neck.
- Chest pain and thick yellow mucus is coughed up.
- Severe abdominal pain.
- A reddish-purple rash that spreads rapidly.

In these cases, it is more likely that there is some sort of complication. Children who are very young (under 2 years old, and especially under three months old) or who have a chronic medical condition should be examined when you think they may have the flu. ♦

LaRussa named Nurse of the Year



Krista LaRussa was recently selected as Georgia's Perianesthesia Nurse of the Year at the Georgia Association of PeriAnesthesia Nurses state conference. The Pre-op RN received \$1,000 from the Georgia Society of Anesthesiologists to continue her education. ♦

Cast your vote now

Between now and October 16, 2009, go to xbox.childrensmiracenetwork.org to vote for the MCGHealth Children's Medical Center to become one of three children's hospitals to win a Microsoft Xbox 360. You can vote up to 10 times a day. ♦

Dugger called "best of the best"



Sharon Dugger has been named Family Medicine Employee of the Quarter. The medical records transcriptionist is a "true professional and dedicated to her work." She is described as having a positive attitude and work ethic, which make her one of a kind. She has been employed at MCGHealth for 28 years. ♦

Walkers give from the heart



Members of the MCGHealth team braved the rain to raise nearly \$12,000 to support the American Heart Association during the organization's annual Heart Walk. This is a very worthwhile investment when you consider that the American Heart Association is funding research at the Medical College of Georgia to the tune of \$6.1 million. ♦

Women have an evening of wine and wisdom



A capacity crowd packed the first in a series of seminars aimed at educating women about their health. "An Evening of Wine, Chocolate and Aspirin," featured a talk by Cardiologist Dr.



Mindy Gentry about how some of the things women love can help or hinder their heart health. The invitation-only event was attended by nearly 100 women. ♦

Employee contributors thanked



An event was recently held to say thank you to the employees who contributed to

the first Employee Giving Campaign. The Employee Campaign Appreciation Event featured sweet treats such as strawberry shortcake, and each attendee received an “I Make a Difference” lapel pin. Gold

donors (a donation equivalent to 1.25 hours of their pay per month) also received a \$30 gift certificate to the MCGHealth gift shops and a ceramic tumbler. Silver donors (1 hour equivalent) received a \$15 gift card and bronze donors (30 minutes equivalent) received a tumbler. Approximately 60 employees gathered to hear a heartfelt thank you from Don Snell, President and CEO. ♦

Walk4Hearing slated

The local chapter of the Hearing Loss Association of America is 52 percent of the way toward achieving its 2009 fundraising goal of \$30,000, but the organization still needs your help.

The group will hold its Walk4Hearing, Saturday, October 20 at Savannah Rapids

Pavilion, 3300 Evans to Locks Rd, Martinez. Registration starts at 9 a.m. and the walk begins at 10 a.m.

You can walk as an individual, start a team or join a team. For further information, go to walk4hearing.org and click on the link to the Martinez walk. ♦

Puttin' on the Ritz

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The MCGHealth Children's Medical Center was recently ranked first in the nation in select quality indicators. Dr. Maria's goal is for the pediatric hospital to achieve a number of other firsts. “We are on the site of the first Children's Hospital in the South, and we are now ranked first nationally in quality and safety. We need to be first in service to the children and families we serve. As the saying goes at the Ritz, the answer is ‘Yes, now what is the question?’” said Dr. Maria. ♦

Concert to benefit Transplant

Tickets for the Zac Brown Band concert are now on sale at crsatix.com and at the box office for \$100, \$35, \$30 and \$25. The concert is November 12, 2009, at 8 p.m. at the

Bell Auditorium. “The Beat Goes On” will benefit the Georgia Transplant Foundation, which is a major supporter of the MCGHealth Transplant Program. ♦

Pratt promoted to Assistant Vice President



Angeline (Missy) Pratt, RN, CNOR, MHA, has been promoted to Assistant

Vice President of Perioperative Services.

Before joining MCG Health, Inc. in 2002, Pratt was Director of the Surgical

Services Division at the Mount Sinai Medical Center and Miami Heart Institute in Miami Beach, Fla. Prior to that, she was Director of Ambulatory/Surgical Services at St. Catherine Hospital in Garden City, Kan. Her previous experience also includes sales and marketing and home health services.

Pratt earned an AA degree in Nursing from Manatee

Community College in Bradenton, Fla., and bachelor's and master's degrees in Health Administration from the College of St. Francis in Joliet, Ill.

Pratt is a member of the Association of Operating Room Nurses and the University HealthSystem Consortium Perioperative Council. ♦

Patient advisor to build strategy for the chronically ill

One of our patient advisors recently received a very important appointment from the American Board of Internal Medicine and the American Academy of Nursing. Donna Adams has been tapped to serve on the Steering Committee and Advisory Panel of the

Initiative to Advance Team-Based Care for the Chronically Ill: Building a Strategy to Accelerate Adoption. The task force will develop a strategic plan to accelerate adoption of team-based care for the chronically ill. ♦

2009 holiday schedule

Thanksgiving Day

November 26, 2009

Christmas Eve

December 24, 2009

Day After Thanksgiving

November 27, 2009

Christmas Day

December 25, 2009

Freeman selected for parking spot



Mary Freeman of Food Services wins the reserved parking spot in the 15th Street Deck for October. Her name was drawn from among those who contributed to the first employee fundraising campaign. One name will be drawn each month until July 2010. ♦

Welcome new team members

Patricia Armstrong, *Desk Operations*

Mary Carter, *O/P Pediatrics*

Tricia Carter, *Financial Quality Specialist*

Carolyn Czapala, *Operating Room*

Jennifer Evans, *6 South Telemetry*

Sarah Franklin, *3 South Adult Psych*

Chandra Gilchrist, *Sleep Lab*

Sally Kaney, *6 South Telemetry*

Johnny Lambert Sr., *Environmental Services*

Elizabeth Rhett, *Environmental Services*

Myrna Sullivan, *Adult Hemodynamic Lab*

Caroline Tallent, *HIMS*

Sellous Thomas, *Environmental Services*

Hattie Williams, *Dietary*

Renee Willis, *Central Sterile Repository*

Melissa Yawn, *Adult Hemodynamic Lab* ♦

Gilmore wins essay contest



Barbara Gilmore recently became one of three winners of an essay contest sponsored by the Georgia Chapter of the International Transplant Nurses Society. For her 500-word essay on how her work in transplantation has enhanced her nursing practice, the Nurse Coordinator won free registration to the 2nd Annual Southeastern ITNS Conference. ♦

Get in step with Neuro and the EMG Lab

The MCG Shockers are looking for your help as they Walk to Defeat ALS, Saturday, October 24, 2009, from 10 a.m. to noon at the Augusta Riverwalk. For more information, contact team captain Michelle Coleman at 706-721-2681 or visit alsaga.org. ♦

A"maze"ing fun and eggs-tra funds

Kackleberry Farm in Louisville invites you to get lost in the corn as it presents its annual maze. Now through November 8, this year's corn maze pays tribute to Millard Fuller, the founder of Habitat for Humanity, and also includes the MCGHealth

logo, among others. Again this year, the MCGHealth Children's Medical Center is a beneficiary of the proceeds.

The seven-acre family egg farm offers games, rides and other agri-entertainment attractions from 10 a.m. to 10 p.m. Saturdays and 1 p.m.

to 6 p.m. Sundays. Admission is \$11 for those age 3 to 64 and \$8 for those 65 and older. Medical personnel, military and law enforcement pay \$9 with ID. Check kackleberryfarm.com for a \$1 off coupon. ♦