Auxiliary President Shares Highlights from Quarantine

Dear Fellow Auxiliary Volunteers,

What a year we have ALL experienced. Let’s pray a safe and effective vaccine will soon be available to bring the spread of COVID-19 under control and help us resume our volunteer work and other social activities.

I believe some good has actually happened during this pandemic and quarantine period. Many families have grown closer, marriages have been strengthened, and most all of us have a renewed appreciation of the value of our friends, families, work, religious beliefs, freedoms, essential workers, and our normal lives.

Volunteer Services and the Auxiliary have continued to be active with Board and Scholarship meetings and a successful first online Fundraiser. Jean has formed some focus groups to brainstorm ideas of how the Volunteers can contribute in some way to the hospital, staff, and patients during this time. If you have any ideas on what Volunteers could do from home or outside the hospital, they would certainly be welcomed and appreciated.

The hospital staff has expressed appreciation for the ways many of you have already contributed with food, notes, handmade face masks, and other supplies. CHI Memorial has continued to provide outstanding care and has received numerous accolades which you will read about in the following pages.

I wish each of you a safe and happy Thanksgiving, Christmas, Kwanzaa, Hanukkah and New Year’s Day. Let us all include the staff of CHI Memorial and our volunteer cohorts in our prayers.

Please stay safe and healthy,
Judy Hall, Auxiliary President

Quarantine Exercise

Can you find the names of sixteen books of the Bible hidden in this paragraph?

I once made a remark about the hidden books of the Bible (merely a fluke). It kept people looking so hard for the facts, it was a revelation. Some were in a jam, especially since the names of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now.

Answers on page 2.
Hello to you all,

We all are all missing our beloved volunteer assignments. We appreciate being safe and look forward to things returning to normal. We will celebrate that day for sure.

We hope many of you got to participate in our first Virtual Event Sale. One of our favorite vendors, Collective Goods, formally Books Are Fun, hosted this sale. Employees and many others enjoyed shopping on line for favorite items. Gratefully, the sale was at least 60 percent as successful as the last sale they had on site. We are grateful to them. The total sales were $8,237.73, and we received a rebate of $1,201.07.

We want to thank Jean Brown from Human Resources, Karen Sloan from the Foundation and Sonia Moss from Marketing for promoting this sale and giving directions to employees and volunteers on shopping. Also, thanks to Julie Touche' and Jean Payne for organizing the Auxiliary’s part of our first virtual sale. This wouldn't have happened without them.

There was another Virtual Event Sale of Southern Comfort Linens scheduled on November 16 through 20. Hope you were able to shop at your desk or from the comfort of your home with no crowds to battle!

Fondly,

Tish Barlew
Carol McCamish

Humankindness guides us!

In three virtual Town Hall meetings, CommonSpirit Health CEO Lloyd Dean presented the ministry’s vision of the kind of experience we want people to have at CHI Memorial and other CommonSpirit facilities. CommonSpirit Health was formed when Catholic Health Initiatives (CHI) and Dignity Health merged in 2019. Humankindness is what makes us unique.

“We want people to have an experience of humankindness,” Mr. Dean said. “Each of us in CommonSpirit Health needs to put our energy into Humankindness.”

Humankindness is our “brand,” the kind of experience we want everyone to have at CHI Memorial. We want them to associate Humankindness with CommonSpirit Health.

Dean points out that CommonSpirit Health is in its infancy – just over a year old - and we have faced the worst healthcare crisis in centuries along with social justice concerns and concern for our planet. As faith-based healthcare, we feel responsible for the vulnerable and at-risk persons in our community and want healthcare and life to be more equitable for all. Through innovation and partnerships, we can make a difference in addressing problems like opioid addiction, poverty, social injustices.

He praises physicians and staff. “In this pandemic year, you became heroes, we became family, and our healing power is even greater. When the world stopped, you kept going. When hope wavered, your courage was inspired, and when normal returns, you will be a big reason why.”

When people are in the hospital, they are particularly vulnerable, giving up control of their daily schedule, what they eat, and even who they see. “That’s when Humankindness can make a difference,” Dean says. “We are making a commitment to the world that they can expect human kindness in our facilities in every area. People can have only two jobs in healthcare; those who provide direct care and those who make it possible for those caregivers to do their jobs. Everyone is essential.”

Dean spoke about the problem of systemic racism and the need for social justice. “What does it have to do with healthcare?” he asked. “Everything. Racism is a pandemic, too. One that can be made better by Humankindness. When George Floyd was killed, we knew it wasn’t right, and we know it can be changed. We need to be voices of change, to make God’s presence known in many ways to help heal our communities.”

Speaking personally, Dean said, “As a Black man, I have never felt comfortable when driving or on the street. I have always been looking over my shoulder, careful to know where I am. I don’t want my grandchildren to experience the same. There is no vaccine for racism, but each person can control what they do. We can recognize and work on our own personal bias.” And CommonSpirit can help make our communities more equitable for all.

CommonSpirit now has a beautiful Mission Statement, a powerful and important statement of who we are. Our Vision Statement tells where we are going. Our Core Values guide us, and the CommonSpirit Humankindness brand names the experience people should have at CHI Memorial and any CommonSpirit facility.

Praising Humankindness at CHI Memorial

The Kudoboard is a new and great way for families, patients, physicians and staff to thank caregivers.

Recently the sister of a patient wrote: “Thank you so much for the compassion and care you showed my sister during her stay at Memorial. Not only did you take care of her medical needs, you went beyond the realm of nurse. You stayed by her bedside and read the Bible scriptures she requested and prayed with her as she took her last breath. Just knowing you were with her and truly cared made it easier for me . . . How can the family thank you --- I cannot find the words.”
Thanksgiving is upon us, and I think it is safe to say it will be one to remember. That can be said for all of 2020.

On Thanksgiving Day our very large family traditionally gathers together at my brother and his wife’s home, but we won’t all be together in person this year due to COVID. It will be very different, but, we will be all together in spirit.

During this season I always reflect on my many blessings, and this year I need to focus on that with even more emphasis. Because when I stop to count my many blessings I do have, it really does help take the sting away from the disappointments and adversity for me. I am thankful I have such a loving and wonderful family even if we haven’t been able to gather and visit together like we used to. We are all healthy, we have each other and we welcomed two new family additions recently - one niece married a terrific young man and another niece and her husband had a precious and healthy little boy.

I am also so thankful for all of YOU --- our loving and wonderful volunteers. You are greatly missed by your entire Memorial family. It has been so hard not having our volunteers with us on our campuses. We miss your joy and your amazing spirit as well as your terrific ministry. We miss the day-to-day interactions, the smiles and hugs and so much more. I am thankful that we have been able to stay connected through emails, phone calls, text messages, newsletters, and cards. We have so appreciated hearing from you all. Many of you have let me know when you have a doctor’s appointment or a procedure on campus, and we have been able to have some briefs visits and that warms my heart.

I am thankful that we were able to have a small Focus Group Meeting with a few volunteers along with Brad Pope and Janelle Reilly - all masked and socially distanced - in the Community Rooms. There we did some brainstorming to come up with some ideas on how our volunteers can stay better connected and engaged with the Memorial ministry and with staff and each other during the COVID pause. Some great ideas were shared and we are working on trying to implement a few of them so stay tuned and feel free to share any ideas you may have as well.

I am thankful we were able to offer the Drive-By Flu Shot Clinics and we got to see so many of you in person. I never knew a Flu Shot Clinic could be so fun. It was a hoot dressing up in our costumes symbolizing “safety measures” to help prevent the flu, and we loved seeing YOU! We were excited as each car drove up to see those faces we have missed so much.

I am also thankful that we have been able to “rethink” our vendor sales. It involved a learning curve and lots of team work. But it has worked, and we have been able to hold two successful virtual online sales thanks to everyone’s support.

I am sorry to share that we will not be able to hold our annual Christmas Reception. With the surge in COVID cases in our area, that large a gathering indoors just can’t happen, and that is one of the adversities my gratitude spirit has to wrap itself around. I am grateful for promising vaccines in the works and better treatments and safety measures that will help us get through this unprecedented time.

And I am thankful for the knowledge that our day of celebration will come. I know it will, and that will be a wonderful day!

And I am forever thankful for the true meaning of Christmas and for the light you all always shine. COVID can’t take that away!
What’s Happening in Volunteer Services?

Though the volunteers have been home—waiting, hoping, praying to soon be able to go back to their active roles at CHI Memorial, the Volunteer Services Office has been busy. Director Jean Payne, Coordinator Julie Touché and Patient Advocate Betsey Runyan have been doing the work volunteers often do at Patient Information Desks and keeping up with volunteer activities, like the first virtual fund raiser, having zoom board meetings, and arranging drive-by flu shots on the Hixson and Glenwood campuses for all volunteers.

Wish we could have had big celebrations for the milestone work anniversaries of Patient Advocate Stacy Givens and Volunteer Services Director Jean Payne. Stacy celebrated 15 years at CHI Memorial, and Jean celebrated 35.

At a Brainstorming Session of Volunteers, a small group of volunteers met masked and physically distanced to toss around ideas for how the volunteers could continue to be of help to CHI Memorial.

Chief Human Resources Officer Brad Pope passionately told the group, “We want you to understand how much we want our volunteers back. Jean and I are advocating all the time to get approval. But we have to follow certain parameters. CommonSpirit has 1,000 care sites in 21 states with approximately 150,000 employees. They early on determined to make decisions about COVID-19 based on CDC guidelines. At the number of cases goes down to a certain percentage, we can begin to bring you back to help at the front doors. I’ve been pushing further on that, too, because we want you at the desks again. We want you back! I am confident it is safe in the hospital now, but the fewer people in and out, the safer it is, of course.”

CEO Janelle Reilly gave a good report on hospital operations. Volumes are going up, and the hospital is beginning to turn around. “The spirit of caring has never been stronger, and our employee and patient satisfaction scores are both up. Patient satisfaction is at 92%.

She emotionally told the group, “You are the backbone of the hospital. You are the espirit de corps. We want desperately to maintain relationships with you. You are so good for the well-being of our patients and visitors-and staff.”

She suggested that volunteers might do something for family members. “They could use some type of connection since they can’t see their loved ones. Perhaps you can think of something volunteers could do for them.”

Ideas for What Volunteers Might Do

- Do something for families to provide a connection. Call them or make gift bags of inspirational or comforting items for them.
- Greet people coming out of cars and verify they are at the right entrance.
- Have some informational educational sessions for small groups of volunteers to allow them back in the hospital and let them know how much they are wanted.
- Do life-size cutouts of volunteers to stand around the hospital as welcoming and wayfinding markers. Some cutouts could offer a message of thanks.
- Do something for the staff. Adopt a unit. Have a small group come in to write thank you notes.
- Do a video of volunteers saying thank you to the staff.
At the earnest solicitation of the Rev. William Walsh, the Sisters of Charity of Nazareth purchased several acres at East Lake, a suburb of Chattanooga, and on this beautiful site, a 15-bed summer hotel was converted to a hospital by a group of five Sisters. The two-story frame building was reached by a stairway which led to a bridge over the railroad where belt and electric trains offered rapid transit to and from the city every 15 minutes for five cents a trip.

A hydraulic pump supplied pure, cold, and healthful water from a natural spring, and provided electricity to light the house and grounds, which were laid out in walks set with trees, flowers and shrubbery.

On Sunday, December 7, 1890, despite cold and rainy weather, a large group of well-wishers gathered to attend the opening. Father Walsh assured them that all patients would be welcomed irrespective of creed, and physicians would be allowed to make calls at their option. People with weak lungs could come to this institution to obtain the benefits of its genial, stable climate. Many guests at the opening became patrons and received certificates entitling them to one week’s care for each five dollars given. The guests were “highly pleased and greatly edified at the prospects of success for what they considered one of Chattanooga’s noblest, grandest institutions.”

When the United States entered the Spanish-American War in April 1898, Camp George H. Thomas was established in Chickamauga to prepare troops for shipment overseas. In May, three soldiers with pneumonia were brought to the infirmary. Every day new victims of pneumonia and fever arrived until all the rooms and wards were occupied. In some cases the physicians gave little hope for recovery, but a patient said, “The Sisters seemed determined to leave nothing undone to restore health and strength.” Day and night the Sisters were at the bedsides to provide comfort and spiritual hope. Many of the patients had never seen Sisters, and all things Catholic were mysterious to them. “Experiencing the Sister’s watchful tender care, they received a renewal of health and a revelation of the beauties of a religion.” A total of 120 soldiers were nursed in the Infirmary, and many could not be accommodated. The Sisters received many notes of gratitude. One regiment ordered to Puerto Rico had 16 soldiers indebted to the Sisters for a new lease on life.

When Erlanger Hospital opened in 1899, many doctors and patients found it more convenient to stay in the city limits. Then in 1900, an outbreak of typhoid fever plagued the hospital, and the Sisters were unable to find the cause. They closed St. Vincent Infirmary in 1901 and returned to Kentucky.

They had responded to a need and met that need with skill and compassion. When others could meet that need, they moved on and were ready to respond to other needs, including Chattanooga in the 1950s when the Sisters of Charity of Nazareth were called to operate Memorial Hospital.

From the porch of St. Vincent’s, the view included “a pretty lake on the bosom of which row boats cut little waves.” They could see Oxley Zoo and, in the distance, Lookout Mountain.

History taken from material supplied by Karen Frank and Sister Judy Raley. (See p. 6)
Karen Frank, who came to Memorial in 1991 and is now Market Director of Quality, was fascinated when she first heard that the Sisters of Charity of Nazareth (SCN) had operated another hospital in Chattanooga in the 1890s. “I wanted to know more,” Karen says.

As an SCN Associate, Karen is one of a group of lay-people who make a commitment to live out the Mission of the SCNs in their own lives and actively seek to make a difference in the world. Karen visited Nazareth many times during the two-year formation process to join the Sisters of Charity of Nazareth by deepening her spirituality and building community with other Associates and Sisters.

“While visiting there, I searched in the archives at Nazareth, and in a book called Summer Winds by James Maria Spillane, SCN. I found details of how the Sisters were called to Chattanooga in 1890 and how they purchased a 15-bed hotel and turned it into a hospital called St. Vincent’s Infirmary. Thousands visited each year and received compassionate care for disease or for surgery. Many with tuberculosis came to learn how to take care of themselves.”

“Then I spent hours in the Chattanooga Public Library going through their historical archives. I was excited to find the picture of the Summer Hotel in East Lake (which became St. Vincent’s Infirmary) and see one of the Sisters walking down the stairs. I found pictures of the lake and Oxley Zoo, and many maps that detailed the location and layout of the hospital.”

The quotes from the opening ceremony of the dedication of the Infirmary on Sunday, December 7, 1890, were printed in a publication called The Record. An article in the Chattanooga Times, February 19, 1911, was headlined “St. Vincent’s Hospital May Be Purchased in Promotion of City Park Scheme.”

Karen also went to visit East Lake Park and the site of St. Vincent’s Infirmary to see if anything was left to indicate that the Sisters had been there 130 years ago.

“Not much is left of the hotel except some of the foundation stones,” Karen says. “But you can see the elevation where the railroad came through, and the spring is there though the spring house is gone. Some of the stairs that led up the hill to the hospital are still there, and many of the ‘broad-armed magnolias shading the verandas’ are still blooming there.”

“One statement I found said, ‘Now that the ground has been dedicated to the work of benevolence, it will become sacred.’ I felt a great reverence as I walked up the stairs to where the hospital was located and looked out at the view of the lake with Lookout Mountain in the distance. I thought about the Sisters who walked there, of their compassion and service. They are truly impelled by the love of God to respond to the needs of humanity. And when the need is taken care of, they follow the call of God to another place, another need. I am blessed to be part of their legacy at CHI Memorial.”

Karen Frank, Director of Quality at CHI Memorial.
Cancer overwhelms a family, and relaxation is difficult. In 1991, CHI Memorial sought to give respite to cancer patients and planned the first “We Care” Cancer Retreat at Cohutta Springs Conference Center, a lakeside resort in the North Georgia mountains.

The weekend retreat has given 50 to 75 patients and families relaxation and inspiration every year since, thanks in part, to generous support from CHI Memorial Auxiliary to make it affordable.

Then Along Comes 2020 and COVID-19

“This year we knew the risks of having our traditional retreat were too great. We had to keep our patients and staff safe. But we wanted to say “We Care” and celebrate their lives in some way,” says Rhonda Edwards, oncology social worker. “After much discussion, we came up with a plan for a virtual retreat. With the financial assistance of the Auxiliary, we were able to put together an assortment of gifts to encourage relaxation and fun, arrange a Zoom physicians’ panel, and have a celebration of life.”

The Auxiliary, which usually gives $30,000 for housing, meals, and other expenses of a weekend retreat, agreed to help with the virtual retreat up to $5,000. “We only used about a thousand dollars, but we were so grateful to have it,” Rhonda says. “And the patients were very appreciative.”

“One tradition of every weekend has been to plant a dogwood tree and give participants a tree to take home as a symbol of life,” Rhonda says. “Our tree lady Carmen Williams got a white dogwood tree for each patient to plant as a reminder of God’s love and the beauty of life.”

“For the gift bags, we found items similar to what we do for the weekend. We bought adult coloring books and markers for a relaxing activity. For a craft, we found string art kits of crosses, hearts, and snowflakes. Someone donated small crosses that fit in your hand. We got soft blankets for comfort, water bottles for health, and lotions and other things for pampering. We also gave a Happy Feet coupon for a free pair of shoes.”

“For a fun thing, we put in red clown noses and a hat, other traditions from the weekend,” Rhonda says. “We didn’t include food items because of food restrictions. This was strictly a fun gift.”

Zoom Physician Panel Answers Questions

“The Physician Panel has been very popular at the retreat, allowing patients and family members to ask questions of a group of physicians. This year we had six physicians on the panel. The 38 patients who registered were on Zoom, and they asked a slew of questions.”

The doctors included Oncologists John Fortney and Davey Daniel, Breast Surgeon Takela Williams, Urologist Jeff Mullins, Hospice and Palliative Care Physician Greg Phelps, and Pathologist Sanford Sharp.

“The physicians were very helpful, and everyone could see them and each other on the screen. When the physicians signed off, the staff stayed on and answered other questions and gave tips for self care and information about different cancers and about all that CHI Memorial has to offer them,” Rhonda says. “We all felt it was a wonderful session – very rewarding to all of us.”

Later in the afternoon, many of the patients drove by the Cancer Center to pick up their gift bags and a tree.

“We really feel good that we have continued our tradition, and next year we hope we will be able to have our 30th annual “We Care” Weekend Retreat in person at Cohutta Springs Resort.”

Message from a Participating Patient

Thank you all for the goody bag and for allowing me to participate in the We Care weekend. You all are truly amazing, especially my doctors, nurse navigator, etc. Thank you for all you do for your patients. It makes it a lot easier to have support at a time in your life you didn’t expect. I know I can count on you guys even after I am cancer free. I am going to plant my white dogwood tree and hope it lasts forever.
Retired Educator Ready to Get Back to Volunteering at CHI Memorial

Tom McCullough was surprised to find his 43-year career in education in the area gave him an added benefit when he began volunteering at CHI Memorial in 2012.

“Not only am I able to help patients and families, I also have a chance to reacquaint myself with former students or staff members,” Tom says. “I was associated with many fine teachers, supportive parents, and really good students, and I have seen many while volunteering. Brad Pope in Human Resources, for example, was a student at Hixson when I was principal, and his daughters were students when I was at Signal Mountain.”

Born in Chattanooga, Tom went to Red Bank High and received bachelor’s and master’s degrees in math and education at the UTK. He earned a Ph.D. in School Leadership from Vanderbilt.

Tom was introduced to his wife Faye, born in Oak Ridge, by her aunt, a Red Bank teacher, at a picnic just after his graduation. They both went to UTK and started teaching math at East Ridge in 1969. They have been married for 51 years.

Tom was principal of Hixson High from 1982 to 1990, when he moved to Chattanooga State as Dean of Instruction. When a superintendent position opened up in Georgia, Tom welcomed the opportunity for that experience, and the family moved to Summerville for a few years.

Another opportunity brought them back to Chattanooga in 2003. The David Brainerd Christian School, a startup private Christian school, needed a leader. “The school was an alternative for many parents. We were independent of any church, but we were Christian, taught Bible classes and developed a strong academic curriculum for grades six to 12.”

The school was named for David Brainerd, an American missionary to Native Americans in New Jersey. His ministry and teachings were a source of inspiration across the nation. He never came to Chattanooga, but the Brainerd Mission was named for him.

When David Brainerd Christian School closed in 2009, Tom became principal at Signal Mountain, where he retired in 2012.

Tom and Faye have two children. Their son Zac McCullough is Assistant Police Chief in Chattanooga. Their daughter Alison is a nurse practitioner in Chattanooga. “We have four grandchildren ranging in age from 13-18, and we are blessed to have them close.”

The family has always enjoyed travel. “We went to the beach every summer and traveled out West and to many places in the states. Being teachers, Faye and I were chaperones of a group of 20 students to Europe one year and were able to take Zac and Alison. We toured for three weeks, a valuable experience.

Volunteering After Retirement

Retirement was an adjustment, and Tom found satisfaction volunteering.

1. At CHI Memorial, Tom enjoys helping patients and visitors and the social interaction of the team that worked at the Information Desk at the Main Entrance.

2. At Silverdale Workhouse, Tom leads Bible studies once a week through Prison Prevention Ministry.

“We go to a particular unit, and while there is some turnover among the inmates who attend, I see a core group regularly. Most of the guys have been in a church. They have made mistakes, and many are addicted, but they want to do better. It has been very rewarding to work with them. That closed down in March, too, but we are hoping to begin again in February,” Tom says. “When they close the downtown jail, Silverdale will be expanded. They have some Federal prisoners, too.”

3. As a member of First Baptist Church, Tom has gotten involved in the English as a Second Language (ESL) program. “I drive the bus to pick up people who want to attend the class and take them home again. Most of the students are women whose husbands pick up the language at their workplace. The women also want to learn, and I’m happy to be part of the pool of people who give them opportunity.”

When the city shut down in March to help control the spread of COVID-19, all these volunteer activities were paused, which again required some adjustment. Tennis has been one answer – providing exercise and social activity. “I play with a group of guys three times a week and keep up with their families. Faye also plays tennis.”

“I am looking forward to coming back to Memorial and other volunteer activities soon.”
CHATS - November 2020

Nola Finds Beauty and Friends Wherever She Goes, But She’s Never Found Another Nola

Born in Kalamazoo, Nola Brumit left home at 18 shortly after high school graduation. “I took a Civil Service Test and applied for a job at the Air Force Base in Wichita Falls, Texas,” Nola says. “One day I looked up from typing, and a good-looking Airman was sparking his eyes at me. That was the beginning of a lifelong friendship.”

Jim Brumit was soon reassigned to England, and Nola flew to meet him in London. They had a wedding in the Registrar’s Office and went to Buckingham Palace for the changing of the Queen’s Guard for what she says was their honeymoon.

Her family was a little dubious about her marrying someone they had never met. Nola says, “It was fun a few years later to take a husband and two beautiful little girls home to meet my parents, four brothers and one sister.”

Married to a career military man, Nola did a lot of traveling and moved a lot – two bases in Texas, one in Bangor, Maine, England, and finally - after Jim’s retirement - to Chattanooga, chosen as halfway between his parents in Georgia and hers in Michigan.

“Every place I’ve been has been the most beautiful place ever,” Nola says. “I don’t know how that is.”

A son was born in Chattanooga, and when the children were all in school full-time, Nola went to college, getting an associate degree from Chattanooga State and a bachelor’s in psychology and a master’s at UTC in Industrial Organizational Psychology. “It’s basically human resources, the same degree Brad Pope has. I didn’t know if I would ever use it,” Nola says.

“But after being bored at home for a year, I applied for a temporary job with Hamilton County. They called me back and said, ‘Boy! Have we got a job for you!’”

“They were putting together the 9-1-1 system. I was Coordinator, at first, then Executive Director. We got the cooperation of all police and fire departments in Hamilton County, and I got to help design and supervise construction of the 9-1-1 Communications Center on Amnicola – a lot of stuff I had never done before.”

“I worked for a Board that met once a month. Other than that, I was pretty much on my own. We hired super-skilled people to answer the calls and handle the emergencies, and I just made sure everything was running right. It was exciting to see it all come together and know that there would be people calling who would not make it without getting the help we could give.”

“That was my favorite job until I became a volunteer at Memorial Hixson. Now I see everything was leading up to that,” Nola exclaims. “When people come in not knowing where to go, nervous and scared, I can take them where they can be taken care of. Working there has been an eye-opener. I found out what specialized, caring and empathetic people work there and I’ve seen it get better and better.”

Nola says the best thing about volunteering is the beautiful people you meet. “Sister Celine was one of the finest people I’ve ever met. Such a kind and caring little lady, and yet when faced with a problem, she would say, ‘We’ll take care of it.’ She was a powerful force.”

Nola’s oldest daughter Teresa is a nurse in Cleveland. She was married October 31 in Nashville, and Nola was delighted the family could attend the wedding. Teresa has four sons.

Her second daughter Jamie has a doctorate in health education and works for the CDC in Atlanta. They have been overwhelmed with work on COVID-19. Jamie has two sons.

Nola’s son Jon has a master’s degree in Fine Arts and has taught in Detroit and Chicago. He is married and has an 11-year-old son, the seventh grandson.

Nola really misses volunteering, but she keeps in touch with good friends she has made. “We encourage each other to be careful. We have ordered take-out and eaten outside together. Sometimes I meet my grandsons and daughter, and we eat in the park. My son did take me to Michigan one weekend to celebrate birthdays with my sister and my only remaining brother.”

“I’m grateful for texting and face-timing to keep in touch with my family and friends and want everyone to stay well so we can be together soon.”
From The Foundation

by Jennifer Nicely, Foundation President

We miss our volunteers! I don’t know how many of you saw our annual report, but it highlights how much you accomplished in fiscal year 2020 even though the program was paused for several months. Over 396 volunteers donated a total of 44,551 hours in service in 80 different areas. Amazing!

Volunteers were also essential in our historic transition to EPIC. You funded our first Clinical Pastoral Education Program, which has been a special blessing during the pandemic. You sponsored the “We Care” Weekend Retreat (see page 8), and you continued to serve from home after the program paused in March. Thank you!

The community, too, has overwhelmed us with support and appreciation for our CHI Memorial front line staff, which continues to work tirelessly and heroically to care for our patients and their families. Friends of CHI Memorial are focusing on our Healthcare Heroes Fund, which helps support the Caregivers Resiliency Program (see page 15) and an emergency fund, which recently allowed us to buy pulse oximeters to monitor oxygen concentrations of patients in our Primary Care Offices.

“Just today (November 7), we received a gift from friends of a patient who sadly passed away from COVID in our hospital. The patient’s wife and daughter came to present a check of the funds they raised to buy more iPads so more patients in our COVID units can communicate with their loved ones who are not able to be at the bedside. . . . The kind words and the unbelievable gesture by this family and their community has given a huge boost to our front-line staff, who are, quite frankly, really worn down.” - Jenny Nicely

In May, thanks to the generosity of our donors, we awarded a total of $21,500 in scholarships to seven healthcare professionals specializing in nursing and to four students. Student Volunteer Scholarships were given to Ohene Boateng and Megan Long (see page 14).

Our 29th annual golf invitational was the one event we had in person, because we could keep it entirely outside with safety precautions. The golf carts had plexiglass dividers, and the staff wore masks the entire time. Instead of setting up a shopping mall for golfers, we gave them gift cards to use later, and instead of the Awards Dinner, we sent everyone home with dinner for two. It was a beautiful day, and everyone enjoyed being out and having some normalcy.

We raised over $66,000, which, while a little lower than typical years, will be used in support of cardiac services. We are so thankful to all our sponsors and participants, who have raised more than $2,250,000 over the past 29 years. Hopefully, everything will be back to normal for a big 30th anniversary tournament next year.

CHI Memorial Receives Tennessee CARES Grant

The CHI Memorial Foundation was thrilled to receive a grant of just under a million dollars to assist with COVID-19 care. As part of the Federal Cares Act, Tennessee had $26 million to give to non-profits in the 11 counties around Chattanooga.

The $26 million was distributed between 70 non-profit organizations, including LaPaz, which gives direct help to people affected, and the Theatre Center for touchless ticketing and fencing to hold outdoor performances. Organizations had to apply and explain how they would use the funding. We are extremely grateful for the grant.

We have used some funds to reimburse the hospital for the additional staffing and personal protective equipment (PPE). We are also investing in equipment that enhances our telemedicine program for our physicians and tele-sitter equipment for our COVID-19 units that allows staff to carefully monitor multiple patients without having to put on all new PPE to go in and check vitals and then throw it away when they come out. It also allows a specialist to check the patient, and it will have other long-term uses.
“First, we postponed it from Mother’s Day weekend to August 15,” says Christine Willingham. “Then, when safety concerns were still high, we decided to convert to a virtual run, and encourage participants to walk or run on their own any time between August 9 and August 22. We had 115 participants sign up for the 5K Run or 5K Walk or the Mile Fun Walk.

“Instead of providing high-energy snacks at the event, we decided to arrange a carb-loading pasta dinner people could pick up with their race packet and t-shirt the day before the event. New York Pizza Department in Hixson prepared generous servings of spaghetti, salad, and breadsticks for a single order or for a family of four, and we were truly surprised at how many people ordered and responded favorably.”

An exclusive trophy in honor of our mascot “Shady the Mole” was offered employees in two competitions. The one for the largest team was won by the Center for Cancer Support Team “Stomp on Melanoma,” and Todd Reeves, the personal trainer in the Employee Fitness Center, won the trophy for raising the most money.

Participants were encouraged to walk or run on their favorite trail, in the gym, or in their neighborhood and send in their results along with a picture.

The 9th annual Elizabeth’s Outrun Melanoma 5K Run/Walk will be April 24, 2021.

Elizabeth’s Story and History of the Race to Outrun Melanoma

The Smith family was vacationing at Niagara Falls in 1989 when Elizabeth first noticed a strange spot on her shoulder. It had changed shape and color, and her shoulder hurt. The diagnosis was melanoma, a potentially deadly cancer, but she was lucky it was found early. The surgeon said, “We got it all.”

In 2009, she had problems with her hip. The melanoma had reappeared and was spread throughout her body. She died on Mother’s Day. Don, her husband of 45 years, and her children were devastated.

In her memory and to help prevent this from happening to others, the family started annual fundraisers to spread the word about the dangers of melanoma. In 2012, they joined with CHI Memorial to help fund a Center of Excellence, and in 2018, the hospital received the Melanoma Hope Network Center of Excellence designation, recognizing the exceptional care, knowledge, and compassion offered to melanoma patients.
**Important Happenings in Georgia**

The independent imaging center that opened in August on Battlefield Parkway is still the big news from CHI MemorialGeorgia, according to Administrator Angie Stiggins.

“CHI Memorial Parkway is actually the first independent center opened in the Southeast Division of CommonSpirit, the first that can compete with other outpatient centers,” Angie says. “We offer highly competitive pricing, and the community is so glad to have these services close to home. Our volumes are going up. We have been meeting anticipated volumes since we opened, and in November we should exceed what was expected. The community has missed having these services available in the area.”

“In addition to a full range of advanced technology in imaging services, we have the MaryEllen Locher Breast Center with specialized imaging capabilities and the all-inclusive care that is offered at all our locations,” Angie adds. “If a woman has an abnormality on a mammogram, we can give her a complete diagnosis in one appointment for her peace of mind. The MaryEllen Locher Centers have the region’s only fellowship-trained breast surgeons, all female.”

“At the hospital in Fort Oglethorpe, we resumed surgery and volumes are building up. Again, this is something people do appreciate.

“Our new Sleep Center is on schedule to open in November, and we are excited about that. We have never before been able to offer sleep services to the North Georgia community. The Sleep Lab with overnight testing will be at the hospital, and the clinic for initial evaluation of sleep problems will be on the Parkway. Sleep is so imperative to good health, this will be a blessing to residents. Many diseases are linked to the lack of a good rest. Your overall health is affected.”

“Our plans for a new hospital in Georgia are still high on our priority list, though they have slowed down because of COVID-19. The new hospital will be located on Battlefield Parkway in Ringgold, near the Imaging Center. We are still working with the architects and engineers on the planning.”

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**Frontline ER, COVID Workers Recognized**

Arts Coordinator Chyela Rowe and Mission Leader Betsy Kammerdiener held special well-being sessions for ER staff at Georgia, Hixson, and Glenwood. The staff appreciated the break from the work environment, refreshments, music, a chance to talk, and gifts of art. The posters represented all kinds of diversity in healthcare, and many found messages that appealed to them.

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A few years ago, volunteers established a scholarship for student volunteers through the Foundation for just such a student at Megan Long. For two summers Megan, a student at CSAS, served with excellence at CHI Memorial’s busy information desks.

“Megan did an amazing job,” says Betsey Runyan, who was Guest Services Manager. “When she was on duty, we knew our patients and guests were in excellent hands. We appreciated her initiative, her intellect, work ethic, her positive attitude, and her teamwork mentality. She was the perfect candidate to receive this scholarship.”

“I enjoyed greeting people and helping them find where they needed to be,” Megan says. “I realized many of them were nervous or scared, and I tried to make them feel welcome and cared for.”

Now at Belmont University in Nashville, Megan is grateful for the scholarship, which helped give her the opportunity to follow her dreams wherever they take her at a private Christian school, where she hopes to also use her musical talents.

She has been active with First Baptist Church in Chattanooga, working with their music and arts camps introducing children to a variety of visual and performing arts. She has also been on mission trips to St. Louis and Washington, D.C. and three mission trips to Puerto Rico.

“On each of these trips, we did community service projects, including hurricane relief cleanup and work on a coffee bean farm. I also led a music and art camp for inner city children and sang to nursing home residents,” Megan says, having gained a knowledge of a new culture and great needs.

Here in Chattanooga, Megan also had the opportunity to volunteer at the Community Kitchen and finding other ways to serve the homeless in our own area. “Megan has a big heart and understands the importance and benefits of serving others,” Volunteer Services Director Jean Payne observed.

Megan was born in Chattanooga and attended CSAS from kindergarten through high school, and excelled in her time there. When she was in the sixth grade, she joined the school orchestra and served as the viola section leader. She was also a member of the softball and cross-country teams and participated in the State Cross Country Meet her senior year.

Megan’s father, David Long, is choral conductor at Grace Episcopal Church and her mother Karen works in the marketing department at CHI Memorial. She has a younger brother and sister at CSAS. Jacob is a sophomore; and Cassidy is in the eighth grade.

The entire family enjoys time together working on puzzles or having a movie night at home. They also like getting outside and hiking or exploring. “Fall Creek Falls is one of our favorite places to go,” Megan says. “We also go to North Carolina often to visit extended family, and it is beautiful there.”

Time is a precious commodity, and Megan has demonstrated that she can balance giving back to the community with the responsibilities of work, school, and family.

Meet Megan Long

The Scholarship Committee headed by Auxiliary Board Vice President Jim O’Connell met with applicants in November and were faced with a difficult challenge.

“We had eight outstanding applicants and had to decide how to divide the scholarship funding among them,” Jim says. “We wanted to help them all for the first semester of 2021.”

Three applicants are returning students and all have been featured in previous newsletters. They are Ohene Boateng, Anna Qualey, and Kersten Hicks. Five applicants are employees who are working toward completion of a specialized undergraduate program in a healthcare related field. They are Regina Collins, Samantha Lowenthal, Brittaney Lawton, Amanda Marino, and Emily Wells.

“I had the pleasure of calling to tell them they had been approved for a scholarship, and they were all so grateful, really excited about it,” Jim says. “This was my first time in this role, and I think it is a great thing the Auxiliary does.”
Mission Leader Betsy Kammerdiener is pleased to announce that Chyela Rowe is now the full-time “Arts Therapies and Well-Being Program Coordinator.” She will work with Betsy and Dr. Lee Jackson (see p. 20) to develop creative strategies that address emotional needs of the clinical staff. Chyela will also continue to guide arts programs to enhance our healing environment, partnering with local artists and organizations, including UTC Music Therapy, Chattanooga Ballet, and the AIM Center.

“I appreciate the experience and passion Chyela brings to everything she does,” Betsy says. “She recognizes the high risk of burnout and stress for physicians and clinical staff - especially during this pandemic when they are dealing with more uncertainty and more death and grieving. Many are experiencing compassion fatigue.”

Chyela has Master’s in Mental Health Counseling and Expressive Therapy and is completing research for a Ph.D. in Expressive Therapies and Healthcare, giving her many tools to bring to the table for this program.

“We are looking at evidence-based programs at Harvard and other major medical facilities to learn how to empower the staff to deal with traumatic events and give them time and space to process their emotions,” Chyela says. “We know music, art, movement, and expressive writing can have a powerful effect on emotional health.”

A “Recharge Room” is being created where staff can take a break, relax, and have access to resources to strengthen resiliency and emotional health.

**Special Events for COVID Units and ERs**

Because of the increase in stress in COVID Units and ERs, the committee has planned special events for the staff in those areas, as managers suggested.

“In August we had two events for the COVID units overlapping two shifts. We created a space away from the work environment with specially selected music, refreshments, and spiritual care and art projects.

The first evening we laughed and relaxed, had fun and talked about feelings,” Chyela remembers. “A local artist created wire crowns as gifts to honor the value of the caregivers and their work. The nurses took great joy in helping each other pick out the perfect crown and decorate it with appropriate charms. The crowns acknowledge the worth of their work with patients.”

“A code in the COVID unit interrupted the second event, and reality broke into the relaxation period. A patient had died. Several had to leave, and Betsy was asked to talk to the family as chaplain. The atmosphere was very different,” Chyela says. “But several were then able to talk about the intensity of their work and express authentic, acute feelings.”

Betsy says, “Though both nights were different, the right people came, and I believe God helped people get what they needed.”

Dr. Matt Kodsi, Vice President of Medical Affairs, asked them to go to the Emergency Departments at all three hospitals where the staff is on the front lines and have similar events to be recharged.
Sympathy looks in and says, "I'm sorry."  
Compassion goes in and says, "I'm with you."  
Sympathy looks in and says, "I would like to help."  
Compassion goes in and says, "I am here to help."  
Sympathy says, "I wish I could carry your burden."  
Compassion says, "Cast your burden on me."  
Sympathy often irritates with many words.  
Compassion helps and hears in quietness and understanding.  

-Author Unknown

I have been presenting devotionals at Board Meeting each month and taking a deep dive into the core values one at a time to see what that value would look like in action at CHI Memorial and in your personal life.

Around here we might say that Sympathy recognizes when someone is lost and stops to give them directions. Compassion walks with them to help them get to where they are going.

Compassion is something you can develop with practice. It involves two things: intention and action. Intention is simply opening your heart to others, and action is what you do about it.

Looking for a place to start practicing compassion? How about with yourself?

The Golden Rule says, “Love your neighbor as you love yourself.” If that is true, then how can we begin to love our neighbor if we don’t first love ourselves? It’s the old oxygen mask philosophy…you can’t help someone else with their oxygen mask if you haven’t put your own mask on first.

Think of someone you work with, someone that you care about, someone that if they asked you to do something for them, you’d do it without hesitation, knowing that they have a good reason for asking. You trust them to be honest about their needs. You care about them. Do you have someone in mind?

Now, what would it take for you to care for yourself as much as you care for that other person?

Compassion starts with us learning to actively care for ourselves and then grows to us caring for others in truly meaningful ways.

Imagine what CHI Memorial would be like if we all were compassionate like that.

Now, go practice! AMEN

Hold on to Love

There is a place for sadness.  
Hold on to love.

There is a season of gladness.  
Hold on to love.

Where hope is found, hold on to love.  
Where joy abounds, hold on to love.

Where grace and mercy’s overflowing,  
hold on to love.

Where pain and confusion seem  
endless, hold on to love.

We cultivate healing through kindness.  
Hold onto love.

When terror and fear overwhelm us,  
hold on to love.

Courage and faith will sustain us.  
Hold on to love.

When violence seeks to destroy us,  
hold on to love.

Acts of compassion restore us.  
Hold on to love. Hold on to love.

When hatred is used to divide us,  
hold on to love.

Wisdom and truth reunite us.  
Hold on to love. Hold on to love.

Dignity means “all are welcome!”  
Hold onto love. Hold onto love.

Betsy Kammerdiener recently attended a virtual Join the Journey luncheon. She sang with a choir by filming herself singing while listening to a sound track. Others in different parts of the world did the same. They sang “Hold on to Love.” The words are here. You can listen and watch the virtual choir at https://vimeo.com/460208199

Mission Leader Betsy Kammerdiener Reflects on Compassion - One of Our Core Values

Compassion, the Flu, and COVID-19

Both the flu and COVID-19 are contagious respiratory illnesses caused by viruses. Both spread through tiny droplets made when infected people cough, talk, sneeze, or sing. Those infected may unknowingly spread the disease to others before they have symptoms. Wearing masks can help protect you and others from being infected with the flu or COVID-19.

Since it is possible to have both at the same time, it very important to have the flu shot this year to decrease the likelihood of having both together.

The mortality rate is higher with COVID-19 than the flu. During the 2019-2020 flu season in the U.S., about 22,000 people died of the flu. Since January, nearly 250,000 people have died from COVID-19.

Though most people recover quickly, the potentially long-lasting problems make it even more important to reduce the spread of the disease by following precautions such as wearing masks, avoiding crowds, and keeping hands clean.

(Based on information from the Mayo Clinic and the Center for Disease Control)
Patsy Shields Schwall was newly widowed when she got her Lifeline medical alert system six years ago. Now happily married again, she still highly recommends it to help a person feel secure wherever they are.

“Lifeline is local,” she points out. “You can call Lonnie (McCallister) or Tessa (Long) if you ever have a problem, and they will take care of it. They become friends who really care about you.”

Patsy was a librarian and teacher of American history, Tennessee and world geography in Chattanooga for 35 years, starting at Chattanooga High School and spending a few years at Chattanooga School for Arts and Sciences. When she moved with her first husband to his farm off Highway 58, she had a long drive every day and was happy when an opportunity opened at Ooltewah Middle School. “When I retired, I was given a book of everything an old person needs to know. I glanced through it and stuck it away,” Patsy says. “When my husband died, I remembered a section in that book on what to do if you lost a spouse, got it out, and read it. I found out about a support group for widows and widowers at First Centenary United Methodist Church. I began attending and became a facilitator.”

At one of the support meetings, Lonnie gave a demonstration of Lifeline, and Patsy knew it was the medical alert system she needed. “I was living alone, and the farm is a quarter mile or more from Highway 58. I realized if anything happened to me it could be a long time before I got help. Even coming from my garage after dark involved some risk because it is a separate building.”

The GoSafe medical alert system was best for Patsy, who was often out taking care of chores on the farm. GoSafe gave her 24/7/365 emergency assistance anywhere in the country, along with AutoAlert in case she fell and could not push the button herself.

A Call Button For Your Needs

Lonnie set up her system and gave her a pendant to wear around her neck. That became a problem. “I kept setting off the alarm by accident, bumping it when I was chopping wood or carrying wood to my house,” Patsy remembers. “I called Lonnie to see if there was something we could do, and he brought me a call button I wear on my wrist where I am not as likely to bump it by mistake.”

When Jim Schwall’s wife died a few years ago, a friend recommended FORWARD, the grief support group at First Centenary. Patsy just happened to be facilitator of the meetings he attended. They became friends and married almost two years ago. They now split their time between his house in North Chattanooga and Patsy’s farm. “When I’m in town, I can wear the pendant, and on the farm, I wear the wrist call button, but I wouldn’t be without Lifeline,” Patsy says. “It gives me assurance that I can always call for help if I need it.”

In addition to coordinating Lifeline, Tessa Long has been working three days a week in the GI Lab at Hixson, which has always relied heavily on volunteers. “Tessa is amazing.” says Brandon Martenn, Director of Surgical Services. “Since the pandemic, the job has gotten harder. She picks up patients at the ER, brings them back to the Lab, and then takes them back to their car. On busy days Tessa makes 50 trips and is always gracious. We couldn’t do what we do without her.”

CFO Michael Sutton and Volunteer Services Director Jean Payne nominated Tessa for the Caring Spirit Award. Both praised her for embracing CHI values every day. She models a beautiful caring spirit in all she does every day.”
Every year the Chattanooga Times Free Press invites nominations of extraordinary healthcare professionals for recognition. A panel of judges from each major hospital and the medical society selects winners, a challenge this year with 283 pages of nominations of heroes on the frontlines.

CHI Memorial honors three of the champions.

**Brad Pope - Administrative Excellence Award**

Brad Pope looks out for 16,000 employees during a time when healthcare professionals are under great pressure.

“The most important part of my job is listening,” Brad says. “People, employees, and volunteers want to be heard.”

Brad came to Human Resources at CHI Memorial (where he was born) in 2002, and he loves walking the halls and talking to everyone he meets. Though more difficult now with masks and physical distancing, his friendliness and willingness to listen is still evident.

In 2019, when Catholic Health Initiatives and Dignity Health merged to form CommonSpirit, Brad was given responsibility for all the employees in the largest division of CommonSpirit.

Brad’s career in human resources began when he was in business school at Lipscomb University in Nashville and realized he was much more interested in psychology classes than accounting. He decided to merge business and psychology and earned his master’s in Industrial and Organizational Psychology at UTC, where he also met his wife Becky. They have three daughters.

**Jim Pesnell - Healthcare Volunteer Award**

Jim Pesnell brought a lifetime of marketing and management expertise to his volunteer work on the CHI Memorial Foundation and Hospital Boards and has helped guide almost two decades of growth. This includes the seven-story Guerry Heart and Vascular Center, the MaryEllen Locher Breast Center, the Rees Skillern Cancer Institute, and CHI Memorial Georgia.

Jim attributes Memorial’s growth and success to a service-oriented attitude that permeates the institution.

“When I go out into the hospital, one of the things I notice most is the passion and caring of our employees and volunteers looking after our patients.”

He has also been impressed by the community’s love of CHI Memorial. “Their generosity has been a blessing to this ministry. Many families in Chattanooga have done well and give back to the city in many ways.”

Jim is confident that “the faith that fuels the institution will see it through the crisis of the pandemic. With the people we have here, it’s always going to be a true winner. I’m blessed to be part of this ministry.”

Surprisingly, Jim’s career after graduation from Samford University in Birmingham, started in sales with International Harvester. “They put me in a truck that had 13 gears, and I don’t think I ever got past fourth. I lasted four months.”

Jim then went to work for Provident Life Insurance, and came to Chattanooga as a top executive.

“It was a good ride. I enjoyed my career.” Jim lives with his wife Pat on the side of Signal Mountain.

**Rob Headrick - Individual Healthcare Innovation Award**

Dr. Headrick has made it his mission to prove that lung cancer doesn’t have to be a death sentence. The innovative mobile program for early detection and treatment he and his team developed has received national recognition.

Realizing that early detection was the key, Dr. Headrick first thought offering to screen everyone was the answer, but people didn’t come for a test that could save their lives. While visiting his wife’s hometown in rural Mississippi, he saw how difficult it was for many to access healthcare.

He and his colleagues began designing a mobile program that could travel over rough roads and hills to take a CT scan screening to the people at most risk for lung cancer. The “Breathe Easy” bus began in 2018 and traveled to 104 sites in 10 months, screening 548 patients. Significant pulmonary findings were seen in 51 patients, five lung cancers were identified, and four of them were early stage. Other conditions were also found for early treatment.

During the COVID-19 crisis, the bus continues to perform lung screenings in rural Tennessee. A second bus is under construction with a more advanced CT scanner and coronary calcium scoring capabilities.

CHI Memorial Honors Three Champions of Healthcare
Linda Thompson, CHI Memorial volunteer, has served in the Hamilton County Election Office since 2011, helping with early voting and on the Absentee Ballot Board.

“Anytime there is an election in Tennessee, I worked at the polls for early voting, and on election day, I go to the Office to count the absentee ballots,” Linda says. “This year was especially emotional because of the virus, which is a greater risk for African Americans. To be safe, I wasn’t going to work and sent for my absentee ballot. Then Becky Bumgardner (Absentee Voting Specialist) told me they needed me and they would keep me safe. I couldn’t say no.”

A friend got Linda started needing someone to take her place for early voting. “She was having major surgery and thought she’d be back by the next election. She changed her mind, and I kept working.”

Linda always enjoys helping people, and this year, more people than ever needed help. “We had over 18,000 absentee ballots to run through the counting machine on Election Day, which means we sent out that many applications and ballots. When ballots come in, we verify every one and lock them up until counting time.” In 2019, Hamilton County had just over 3,000 absentee ballots.

“I got a few angry calls. One gentleman was very upset because he had not received his application. I apologized and promised to check on it and follow up and call him back. I assured him I would make sure he got his absentee ballot. As we talked, I found out he was caregiver for his wife, who had dementia, and I shared my experience with my mother. I knew he was going through something. Friends in Volunteer Services helped me get through a similar process with my mother, and maybe I helped him.”

Linda tells of another couple she was able to help, and when they brought their ballots in, they gave her a bouquet of yellow carnations. “I cried, I was so overwhelmed. I try to treat everyone like family, just like my dad did.”

Her last day of work in the Election Office was November 13. “The ballots from all the precincts are brought to the office and we have to get them secured away. I have been impressed with all the security checks in the system. Everyone I work with is dedicated to helping people and making sure the count is accurate. We took ballots to people in the hospital and in prison, and health department officials came over in protective gear to accept ballots from nearly 100 people who had COVID and drove by to vote.”

Linda Thompson helps Shirley Shelton with early voting in 2011, Linda’s first year as an election officer. (Photo from newspaper)
Vascular surgery focuses on the treatment of problems that can occur in a person’s blood vessels: (1) narrowing from a buildup of plaque or (2) enlargement that develops from degeneration of the vessel wall. This can occur in blood vessels throughout the body, including the neck, extremities, abdomen, and chest, putting an individual at risk for stroke, blood clots, or aneurysms (ruptured vessels).

With the addition of these three vascular specialists, the Chattanooga Heart Institute at CHI Memorial provides a full spectrum of services for heart disease and vascular disease, which are closely related.

At the Chattanooga Heart Institute, the vascular surgeons will work in collaboration with cardiologists and be aided by the latest technology to diagnose heart problems and provide advanced interventional procedures. If you would like to schedule an appointment, please call (423) 697-3700.

The Chattanooga Heart Institute has now 27 highly-trained cardiologists - including specialists in interventional procedures, electrophysiology, imaging, and vascular disease - three cardiothoracic surgeons, and three vascular surgeons on staff. This practice offers a comprehensive multi-disciplinary approach to cardiac care with a team of physicians providing recommendations on specific areas of treatment.

Weight Management Is Center of Excellence

CHI Memorial’s Weight Management Center has met the clinical qualifications to be designated an Optum Bariatric Center of Excellence by Optum Health.

Obesity is the second leading cause of preventable death in the United States, affecting more than a third of Americans. Bariatric surgery is an effective solution to obesity for many people. The surgery can also improve many types of cancer, diabetes, hypertension and sleep apnea.

By choosing a Center of Excellence, patients can be assured of excellent care and support to help them achieve long-term success. To learn more, visit memorial.org/weight or call 495.2245. The Diabetes/Nutrition and Weight Management Centers are relocating to Suite W473.
Thanks to all our wonderful physicians, nurses, and hospital staff, who are dedicated to providing care in a compassionate way every day.
The 2020 Cam Busch Arts for Health Series was scheduled in March at the Hunter Museum of American Art when everything shut down.

“We thought of postponing it to September,” says Chyela Rowe, Arts Coordinator at CHI Memorial. “Instead, we are creating a video that will honor the artists and arts organizations in the area that have been supportive of the hospital’s arts program. We felt it would be living the spirit of the event, but focusing on local individuals and groups who have contributed so much to CHI Memorial.” The video will be available soon for viewing online.

In 2021, CHI Memorial Arts in Healthcare is thrilled to bring world renowned speaker, educator, and artist Eric Booth as presenter for this event, which will be the 20th annual Cam Busch Arts for Health Series in partnership with the Hunter Museum. It is tentatively planned as an in-person event on March 18, 2021, at the Hunter.

Eric Booth began as an actor, playing over 23 Shakespearean roles and winning “Best Actor” awards on both coasts. As a businessman, he started Alert Publishing, analyzing research on trends in American lifestyle and publishing newsletters, books, and reports. He sold his company to work full time on passion projects in arts learning.

As an author, his seventh book is Tending the Perennials: The Art and Spirit of a Personal Religion, which focuses on the way art and spirituality overlap in everyday life.

In arts education, he taught at Juilliard for 12 years, Tanglewood and Lincoln Center Education (40 years) and The Kennedy Center (20 years) and was faculty chair of the largest arts-in-education project in America.

He is widely referred to as one of the nation’s most creative teachers and as “the father of the teaching artist profession.”

Red Wolves ‘Pink Out’ Benefits Breast Cancer

At their sold-out season finale, the Chattanooga Red Wolves soccer club raised $2,820 for the MaryEllen Locher Breast Center.

“One of the longstanding goals we have with CHI Memorial is the ongoing fight against breast cancer,” says Red Wolves President Sean McDaniel.

“Having an annual Pink Out game is a priority for the Red Wolves and CHI Memorial Stadium.”

During the pandemic, cancer screenings like mammograms have been down as much as 90%, which is tragic as early detection is the key to successful treatment. Staff at the MaryEllen Locher Breast Center are quick to assure everyone that keeping patients and staff safe is a high priority.

Many fans wore pink and 500 received a Pink rally towel. There were specialty pink drinks, the mobile mammogram screening bus, and other contributions.

The 2021 schedule begins in July. Discount tickets will be available.