

THE CENTENNIAL



Welcome

The Centennial is a quarterly e-newsletter for employees of Russell Medical to keep you in the know. Happy reading!

A Hospital Week for the Ages



Traveling through the Decades

This year’s theme for National Hospital Week celebrations was “100 Years of Care” to honor our Centennial Anniversary. We time-traveled from the 90s all the way back to Russell Medical’s founding decade - the 1920s, and then back to the future by Friday!

80s/90s

Highlights

- Lip-Sync Battle
- Cooling off with some Kona “Ice Ice Baby!”



60s/70s

Highlights

- A groovy photo backdrop
- Gourmet Pork Skins
- Soul Train with Don Cornelious (Ken Jones)



40s/50s

Highlights

- The 1959 Pink Cadillac
- Sockhoppin’ with ELVIS!
- Coke Floats & French Fries



Roaring 20s

Highlights

- Employee PicNc Lunch
- A Roaring Good Time
- Jennifer Sims named 2022 Employee of the year!



Back to the Future

Highlights

- Dressing up as our Future Selves
- BINGO!



Hospital Week Credits

Huge thanks to the following groups for an unforgettable week!

Hospital Week Committee

It takes weeks of planning and preparation to pull off Hospital Week. Shout out to our 2023 Hospital Week Committee members:

- Teryn Brown, 2021 Employee of the Year
- Emily Williams, 2020 Employee of the Year
- Holly Williams
- Susan Foy
- Kat LaFoy
- Teresa Wright
- Candace Brewster
- Corneisha Foster
- Morgan Shephard



Lip Sync Judges

Thank you to Kenny Dean, Courtney Layfield, and Bill McGowan for serving as our judges for the Lip Sync Battle!

Culinary Services

From Brady Brunch to Sockhop Fries & Floats, we were spoiled with delicious treats all week from Chef Kat and our Culinary Services team. We love and appreciate you!

Russell Medical Foundation



We are fortunate to have our Foundation sponsor the company picnic each year during Hospital Week. This year Joe and Connie LaRock joined the Foundation’s meal team in cooking and serving the yummy burgers hot off the enormous new grill they donated to the hospital. Additional Friends of the Foundation lending a spatula and smile were Mike Lucas, Mike Densmore, Wayne Cowhick and David Jackson. THANK YOU...it was delicious!

Nurses Week

We celebrated National Nurses Week May 8-12 with festivities each day to show appreciation for our exceptional Nurses.

- Monday - “Poppin’ Off” Nurse’s Week with Popcorn & Drinks
- Tuesday - “Thanks a Latte!”
- Wednesday - Florence Nightingale Award Ceremony & Refreshments
- Thursday - “We are Muffin without YOU!”
- Friday - “Nursing is My Super Power, Wat-er yours?”



2023 Nightingale Award for Nursing Excellence

On May 10, we held the annual Nightingale Award Ceremony during Nurses Week. Candidates for the Nightingale Award must be full-time RN, LPN or Advanced Practice RN with a minimum of 3 years of service to Russell Medical and demonstrates the following four qualities in nursing excellence:

- Authentic Leadership
- Effective communication
- True Collaboration
- Sound decision making

This year’s nominees for the Nightingale Award included three Russell Medical Registered Nurses who exceed the above criteria:

- Susan Zimmerman, RN | OR
- Stephanie Jones, RN | TCU
- Mandy Wright, RN | Women’s Services

Of the nominees, Third Floor Nurse Mandy Wright was awarded the honor of the 2023 Nightingale Award for Nursing Excellence. “Her smile lightens up our unit and she always leads by example,” her letter read. Mandy’s name was engraved on the Florence Nightingale Statue where it will remain along with the recipients before her.



The Nightingale Award Recipient receives a lamp modeled after the one Nightingale herself held as a guiding light while mending soldiers during the Crimean War.



Chief Nursing Officer Paula Davenport read heartfelt nomination letters written by physicians and colleagues for each nominee expressing why each was deserving of the honor.

Congratulations to Mandy and fellow nominees, Susan and Stephanie. We salute you on this well-deserved recognition and are proud that Russell Medical is home to so many outstanding nurses!

Employee of the Year

Each year we recognize through a nomination and selection process 4 employees as Employees of the Quarter. These employees are recognized and celebrated for their outstanding performance and for going above and beyond to serve our patients and each other.

In 2022, our employees of the quarter were: Jennifer Hodge, Medical Park Family Care, Jennifer Sims, Human Resources, Craig Smith, Security, and Miranda Wyckoff, Surgery.

These four winners are then in the running for Employee of the Year. It is always difficult for the committee to narrow down the selection for Employee of the Year from four such outstanding employees to just one.

This year’s winner was selected on the basis of their contributions to not just their own department, but also in recognition of their excellent customer service to the entire hospital, their dependability, exceptional customer service, and outstanding, team-oriented attitude.

[Congratulations to our 2022 Employee of the Year, Jennifer Sims!](#)



Employee of the Quarter



Representing the fine folks in the laboratory, Kierra Greene was named Employee of the Quarter during a recent afternoon reception. Kierra joined RM in 2020 at the beginning of the Covid-19 pandemic. She was an instrumental team member assisting with screening, registration, and drive-thru covid testing for the community.

The co-worker who nominated her offered these sentiments in her nomination letter: *“I hear her speaking to patients during the registration process when I walk back and forth with new hires to the Lab. She has a consistently positive attitude and provides good customer service. I believe that she makes our patients feel comfortable and welcome during a time that can be nerve racking. I have even heard her offering someone a pack of crackers from her drawer when they mentioned being hungry with low blood sugar from not eating. I am proud to have her working here with us a Russell Medical.”*

Congratulations Kierra! You are a bright star and example of our mission statement: Being the best because, we care.

Russell Medical Awarded Hospital Accreditation from the Joint Commission

Russell Medical has once again earned The Joint Commission’s Gold Seal of Approval® for Hospital Accreditation by demonstrating continuous compliance with our performance standards. The Gold Seal is a symbol of quality that reflects a health care organization’s commitment to providing safe and quality patient care.

Every three years we invite The Joint Commission to conduct a voluntary survey. In late January our organization underwent a rigorous, unannounced onsite review. During the visit, a team of Joint Commission reviewers evaluated compliance with hospital standards spanning several areas including environment of care, infection prevention and control, leadership, medication management, and other quality indicators. The organization shined throughout the evaluation process and received the official letter of accreditation in early May. Way to go, team! Russell Medical has been accredited by The Joint Commission since 1959.

Jim Peace, President and CEO is very proud of this highly desired recognition and emphasizes that staff stay ‘Joint Commission ready’ every day. “We are pleased to receive accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation,” states Peace. “Staff from across the organization work together daily to develop and implement approaches and processes aimed at improving care for the patients in our community.”

“As a healthcare accreditor, The Joint Commission works with health care organizations across settings to help improve patient safety and quality of care through our expert resources and tools, innovative solutions and rigorous standards,” says Deborah Ryan, MS, RN, interim executive vice president, Accreditation and Certification Operations, The Joint Commission. “We commend Russell Medical for its commitment to advance safety and quality for all patients.”



Hospital Receives Safety Grant



Inspirien, as manager of the Healthcare Workers’ Compensation Fund, recently awarded the 2023 HWCF Grant Program Recipients for projects aimed at improving employee safety and reducing workers’ compensation exposures at their facilities. Russell Medical was one of five Alabama hospitals who collectively received over \$94K in grant dollars.

The HWCF grants are awarded to help decrease the number and severity of workers’ compensation claims while also improving employee and patient safety.

Kimberly Carter, Manager of Business and Physician Development, accepted the grant on behalf of the hospital. During the presentation Russell was identified as having shown the commitment to creating a safer work environment for our employees as our safety team identified the need to improve communication for the safety of team members and patients. This grant will be used to purchase and install a Motorola VHS Repeater radio, Motorola portable analog and digital radio, as well as add video security cameras/hard drives in unmonitored areas. The overall goal is to increase communication, even during severe events, and a 10% reduction in hazard-specific relative risk and a 1% decrease in technology-related risk in communication failure.

Hospital Trustees Recognized for Achievement



Steve Forehand Ralph Frohsin, Jr. Randy Haynes Hugh Neighbors, III Thomas Radney Jennifer Steele, EdD, RN, CNE

Six Russell Medical Trustees were recognized for their achievement in becoming Certified Hospital Trustees during the Alabama Hospital Association’s 2023 Healthcare Leadership Summit. Board members recognized were Steve Forehand, Ralph Frohsin, Jr., Randy Haynes, Hugh Neighbors, III, Thomas Radney, and Jennifer Steele, EdD, RN, CNE.

The certification program was established by AlaHA, in conjunction with the Alabama Council of Hospital Trustees, to encourage continued leadership development and knowledge of the healthcare system among hospital board members. Trustees who enroll in the certification program must fulfill a set of requirements on an annual basis that measure participation, basic knowledge, continuing education, and other skill sets vital to effective governance. We are proud of our proactive leaders dedicated to understanding their roles and responsibilities and being prepared to respond to the ever-changing healthcare environment.

Wound Care Center Awarded for Excellence



For the 7th year, Russell Medical Wound Care & Hyperbaric Medicine has achieved Center of Distinction. With patient satisfaction greater than 92%, a wound adjusted comprehensive healing rate greater than 75% and outliers (those wounds that do not heal in 14 weeks) less than 16%. Congratulations to Dr. Phillips and team for earning this distinguished recognition!



Dr. Regina Phillips was awarded Healogics’ most prestigious President’s Circle Award for the 2nd year. She is 1 of only 3 providers in the country to receive this accomplishment that recognizes physicians who achieve Gold or Platinum level on the Calcutta annual report tied to clinical and operational metrics. Way to go, Dr. Phillips, on an honor well-deserved!

Staff Recognition

Total Fitness

- Congratulations to Rehab Tech and Fitness Attendant, Christianna Young! Christianna has been accepted into the Doctor of Physical Therapy Program at South College-Atlanta beginning in June.
- Congratulations to Torlandria “DREE” Jones, LPTA, on completing a clinical Internship at Russell Medical! She will receive her Doctorate in Physical Therapy from South College – Knoxville this summer.

Fiscal Services

- Congratulations to Shandalo “Shun” Drake on 4 years of service and Kim Fuller for 6 Years service at Russell Medical!
- Happy Birthday to Leeta McGill (April 15th) and Happy Anniversary to Leeta and her husband Steve as they celebrated 26 years of marriage in May!

Radiology

- Congratulations to our two Radiologic Technologists who graduated from Southern Union and passed the ARRT registry, Bailey Underwood and Piper Sherrer! Bailey will continue to work with us full time, and is cross-training in CT. Piper will also continue working with us PRN in Diagnostic Radiology and Mammography.
- Congratulations to our newest team member, Cassidy Gilliland, on her upcoming graduation from Trenholm in August with a degree in Ultrasound!

Administration

- Congratulations to our Chief Nursing Officer, Paula Davenport, on graduating from Leadership Lake Martin in May!
- We’re excited to have A.J. Jarman as our new Administrative Fellow as of June 5. Welcome, A.J.!
- Congratulations to Charles Dalton on the near completion of his Administrative Fellowship. Thank you for all of your hard work, Charles!

Nursing

- Congratulations to Jennifer Shurette on receiving the 2023 AWHONN Conference Scholarship!

Remembering Dr. B.B. Sellers



Well Done, Doctor B.B.

Russell Medical mourned the loss of one of our most beloved physicians, Dr. Billy (B.B.) Sellers, who passed away on March 29, 2023.

Dr. B.B., as he was lovingly called, was an Alexander City native and long-standing member of the Russell Medical family. For 42 years, Dr. Sellers enjoyed a robust pediatric practice, treating generations of patients from birth through their adolescent years. He was an active member of the hospital’s medical staff and was recognized by Children’s of Alabama as a Master Pediatrician. In recent years he took an active role in promoting the cancer support group at UAB Medicine – Russell Medical Cancer Center.

He touched many lives with his big heart and love for all children, and will be greatly missed.



You’re Invited!

Join us for Russell Medical’s Birthday Party on July 17th.

All employees are encouraged to wear your “100 Years of Care” T-Shirt on Monday, July 17.

We will gather out front for a hospital-wide group photo at 1:50 p.m. followed by a Birthday Party in the Cafeteria at 2:00 p.m. Birthday Party Festivities to Include:

- Cake & ice cream
- Ten \$100 cash prizes
- \$300 worth of gift card giveaways
- Party games
- & more!

Reminder!



HealthStream assignments are due June 30th.

For questions or to report a problem regarding HealthStream, please contact Allyson Garrett at agarrett@russellmedcenter.com.

Wound Care Awareness

The wound care team continues to share the importance of early wound identification. Timely detection of any wound can prevent complications such as infection, hospitalization and amputation.

Dr. Regina Phillips will be providing a lunch and learn on Wednesday, July 12th at Noon in the PDR on the Management and Treatment of Burns.

All clinical team members are encouraged to attend and to learn how together we can treat burn victims in our community.

Employee Wellness Exams

If you have Russell Medical Blue Cross Health Insurance, be sure to attend the Wellness Clinic to receive your 2024 discount for employee and spouse!

Wellness Clinic Information

Located within the POB Lobby Ground Floor near Total Fitness.

Dates

- Monday, July 10 – Thursday, July 13
- Monday, July 17 – Thursday, July 20

Times

- 7:00 am - 10:00 a.m. daily during week 1
- 7:00 am - 9:00 a.m. daily during week 2
- 4:00pm - 6:00 p.m. Thursday afternoons for both weeks

No appointment necessary.

Important Note

Fasting is important to obtain accurate results. DO NOT eat or drink anything other than water for 8-12 hours prior to your screening.

Diabetic Fitness Class

Total Fitness is proud to be offering a new exercise program designed for Diabetics! Cost is \$5/class for members and non-members. The June class on Wednesdays at 11 a.m. filled up quickly due to demand and limited space. We are adding an additional class on Fridays for the month of July and are now accepting registrations!

The diabetic class offers supervision of the chronic illness and monitors blood sugar. Participants exercise at their own pace and exercise programs are specialized to meet their individual needs. For additional information and to register, contact Cara Tidwell, *Fitness & Wellness Coordinator*, at 256-329-7624.

Speech & Language Therapy

Lizzie McIntyre joined our OT team as our new fulltime speech language pathologist earlier this Spring. Lizzie, a South Caroline native, moved to Alabama to pursue an education from Auburn University in Communication Disorders in 2011. She graduated with her undergraduate degree and further earned her Master’s in Communication Disorders from Auburn in 2017. Lizzie has five+ years experience working with adults in the rehabilitation and skilled nursing settings. Lizzie’s passion is assisting adults in the areas of communication, cognition, voice and swallowing, and she looks forward to making many new connections with healthcare co-workers as she strives to enhance the quality of life for our patients. In her spare time, Lizzie enjoys drinking coffee with her dog, reading, watching The Golden Girls, and teaching swim lessons. Welcome aboard, Lizzie!

Lizzie is located in Total Fitness and can be reached at 7138 for more information on Speech and Language Therapy services.



Lizzie McIntyre,
Speech & Language Pathologist
emcintyre@russellmedcenter.com
256-329-7138

Meditech Expanse

The hospital is still busy preparing for the migration of our electronic health record system to Meditech Expanse. Our folks have overwhelmed us with their willingness to take ownership of their pieces of the system and with their eagerness to give their time and expertise to make sure the various pieces and parts are built and put together so that we will have the best system we can for our hospital.

- System readiness assessments are being completed for all areas by Meditech to make sure all is built so that the patient information will flow through the various modules as expected.
- An integrated test of the system from beginning to end will be completed the week of June 5th to confirm our readiness.
- We will all work to implement changes identified by the readiness assessments and the integration tests.
- A Mock LIVE test will be executed the week of July 17th.
- Training for hundreds of users is in process and will continue throughout June, July and August.

We are over half way to the finish line!



Wound Care Receives MolecuLight Device

Due in large part to Dr. Phillips and her team being awarded the 2022 Center of Distinction and President’s Circle for outstanding clinical outcomes, the Wound Care Center was awarded a \$20,000 MolecuLight device. This distinguishes Wound Care & Hyperbaric Medicine at Russell Medical as the first facility in Alabama to incorporate this technology into clinical practice. The device scans the wounds for elevated bacterial levels and highlights areas in wounds where infection may exist. This helps guide therapies and allows for earlier intervention into the plan of care and to heal wounds quicker.

Russell Medical Recognized as an Age-Friendly Facility

Did you know?

- More than 10,000 people turn 65 every day in the US
- For the first time in history, older adults are projected to outnumber children by 2035.
- Neighboring Coosa County has the oldest population in Alabama, with a median age of nearly 50, which means exactly half of the residents of Coosa are now 50 or older.

What is an Age- Friendly Health System?

Age-Friendly Health Systems is an initiative by the John A Hardford foundation and the Institute for Health Care Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Healthcare Association of the United States (CHA). In 2017, they set a bold vision to build a social movement so that all care with older adults is age-friendly care. According to their definition, age-friendly care: (1) Follows an essential set of evidence-based practices; (2) Causes no harm; and (3) Aligns with What Matters to the older adult and their family or other caregivers.

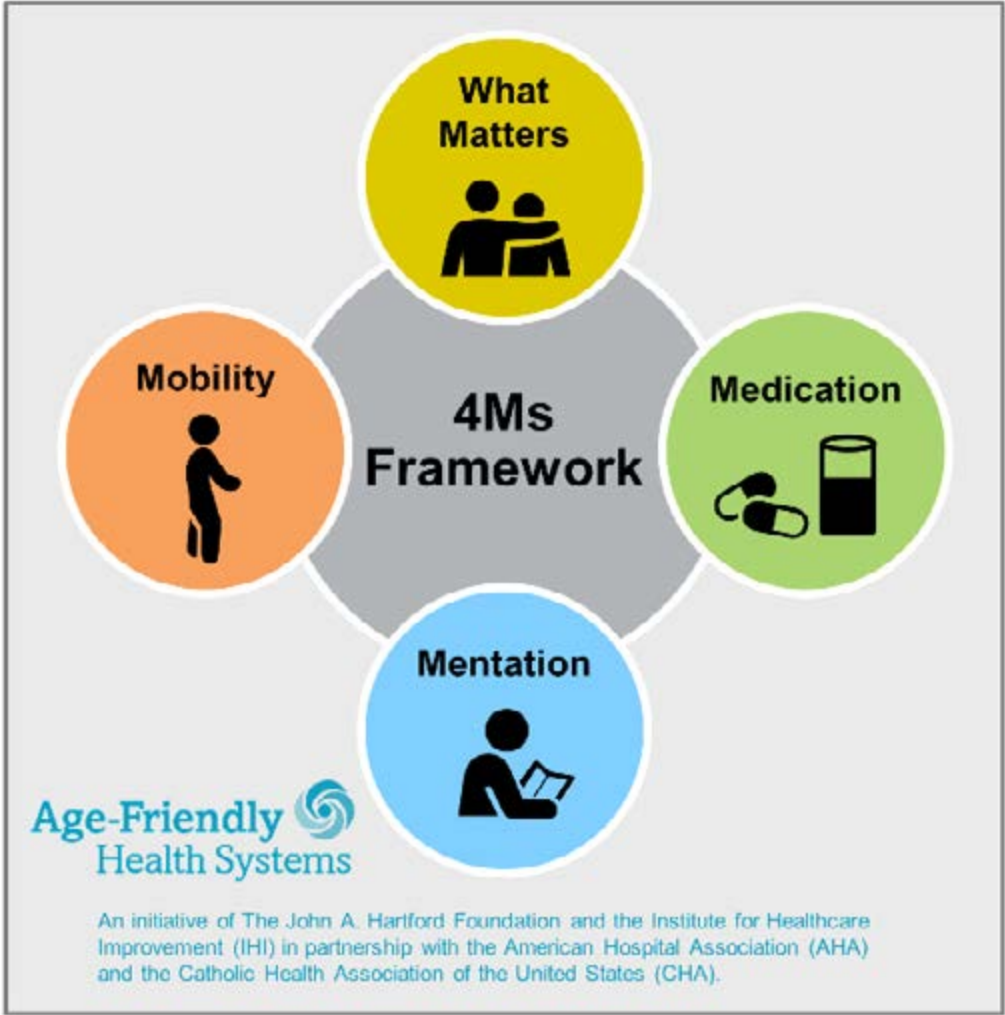
Becoming an Age-Friendly Health System entails reliably providing a set of four evidence-based elements of high-quality care, known as the “4Ms,” to all older adults in our hospital. When implemented together, the 4Ms represent a broad shift by health systems to focus on the needs of older adults

The four essential elements (4 Ms) of an Age-Friendly Health System are:

1. What Matters: Know and align care with each older adult’s specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.
2. Medication: If medication is necessary, use Age-Friendly medications that do not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.
3. Mentation: Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.
4. Mobility: Ensure that older adults move safely every day in order to maintain function and do What Matters.

Age-Friendly Milestones:

- Russell Medical was recognized as an Age-Friendly Health Systems participant on 7/11/2022.
- On 11/21/22 we were recognized as an Age-Friendly Health Systems Committed to Care Excellence for Older Adults. We are only the 5th hospital in Alabama to acheive this recognition!
- In March of 2023 Stephanie M. Jones, TCU Coordinator presented our teamwork to IHI nationally at their Friendly of Age-Friendly Spring meeting
- Stephanie is currently working with Meditech Expanse on ways to keep surveillance going on Age-Friendly related items and hopeful to create our own Age-Friendly Tracker with this information. This will be similar to the ACE Tracker that UAB uses.



Foundation / Auxiliary

Foundation Fundraiser Exceeds \$250,000

This year’s Spring Foundation fundraiser was titled Grapes, Galleries and Getaways and enthusiastic bidders vied for superior wines, exceptional art from local artists and extravagant vacations.

Over 250 people attended the event at the beautiful South Ridge home of Matthew Meehan and Rod Hilderbrant and raised more than just a toast....they raised over \$250,000!

Proceeds will benefit our Transitional Care Unit and Total Fitness Physical Therapy.



The Foundation Events Committee joined hosts Rod Hilderbrant (far left) and Matthew Meehan (far right) on the steps of their breathtaking lake home, Longview Manor.

Wharf Casual Seafood Gives to Cancer Center

Alexander City is now home to a wonderful new eatery, Wharf Casual Seafood! If you haven't had the opportunity to eat there yet, put that on your "To Do" list because the food is fantastic! And speaking of fantastic, Wharf owners Noah and Pam Griggs are such wonderful friends of our hospital and foundation. The founder of Wharf Casual Seafood passed away a few years ago from a brain tumor, and since that time a donation to the National Brain Tumor Society has been given in his memory at the opening of a new restaurant. Because of the relationship they have with Russell Medical, they made a donation to our Cancer Center during the ribbon cutting ceremony. Hats off to the Wharf, and bon appétit!



Cheers for Volunteers!

The Auxiliary is excited to announce that the volunteers have now been reinstated full-time at the front lobby desk. They are always ready, willing, and able to help where there is a need. Our faithful volunteers can be seen each morning in surgery waiting as well as regular ambassadors in outpatient registration and the cancer center. WE LOVE OUR VOLUNTEERS!



Pearl Serenity Garden Dedication Ceremony

The long-anticipated dedication ceremony for the Pearl Serenity Garden was held on May 3. Bro. Mike Densmore blessed the garden with a touching service, declaring it Holy ground. The garden's impact was realized just 2 days later when a message was received by Mr. & Mrs. Woltosz who generously financed the garden project. The message stated: *"My family was able to spend time in the garden yesterday after making the difficult decision to transition my father to hospice care. It was such a peaceful place to reflect and be together after a very hard and sad decision."* We pray that the Pearl Serenity Garden continues to serve as a refuge offering peace and comfort to many patients, families, and staff.

100-Year Legacy Wall

In celebration of Russell medical's 100th anniversary, Russell Medical Foundation has established the 100 Year Scholarship Legacy Society. The foundation is currently soliciting local individuals and businesses and looking for 100 pledges towards our Foundation Scholarship Fund. These 100 donors will be recognized on a wall dedicated exclusively to this legacy group. 100 pledges of \$10,000 each will enable us to endow our scholarship program into the next century. If you or your family are interested in learning more about how to make a pledge for this legacy, please contact Tammy Jackson, tjackson@russellmedcenter.com; or 256-749-4541.

Scholarships



Russell Medical Foundation proudly awarded 19 scholarships to well-deserving high school seniors from area high schools this year. Additionally, the foundation has awarded 6 healthcare scholarships to date this year. For applications or additional information, please contact Judy Wood in Administration, #7152.



Our History

History of Russell Medical Chapter 1: 1923-1960

Our beloved hometown hospital has a rich history that spans a century which we are excited to share in celebration of Russell Medical's 100th Anniversary. Chapter 1 is dedicated to the early years of 1923-1960 with Chapters 2 and 3 to follow in later editions of The Centennial. We hope this historical series is educational, entertaining, and facilitates a sense of pride for being part of Russell Medical!

Founded by Benjamin C. Russell, a prominent industrialist and philanthropist in Alexander City, Russell Hospital opened its doors on Wednesday, July 17, 1923. The original hospital was built on Lee Street (the current site of the Alexander City Board of Education) and was established with the initial purpose of caring for the employees of the Russell Corporation textile manufacturing company. The colonial style structure housed three levels, 55 beds, an east wing containing private rooms and a ward within the west wing. Russell hospital initially provided general medical, surgical and obstetrical services and offered a training school for nurses under the direction of Hospital Superintendent, Miss Maysie McWilliams.



Benjamin C. Russell

In 1941 an annex consisting of five private rooms and a nursery was added to the rear of the first floor of Russell Hospital. In that same year, Mrs. Elisabeth Russell (Mrs. J.C.) Alison, the only daughter of Mr. And Mrs. Benjamin Russell, was elected a vice president of Russell Manufacturing Company and President and Chairman of the Board of Russell Hospital. She supervised the management of the hospital and served as President and Chairman of the Board until her death in 1970.

In 1948 another expansion project resulted in the addition of a new delivery room, lying-in room, a ward, additional private room and sterilizing room. The nursery was enlarged and a pediatrics ward was opened in the central structure. In addition, an annex extending from the east wing was completed containing seven rooms for medical and surgical patients. A free clinic for Russell employees and their families was also moved to the basement of the new addition.

By 1952 nurses lived on the grounds of the hospital in a 10-bedroom house complete with living room and kitchen. Although the hospital has always been opened to the public, it was maintained by Russell Manufacturing Company (which later became Russell Corporation, an international textile manufacturing company) throughout the first decades. Mr. J.C. Thornton served as the first business manager.

Stay tuned for Chapter 2 in the next edition of The Centennial!



The original Russell Hospital



Mrs. Elisabeth Russell Alison



Russell Mills



Dr. Cameron administers the first Polio vaccine in Tallapoosa County to his son in 1955.



A patient room and the nursery within the original Russell Hospital.