

# HealthLink

[www.madisoncountyhospital.org](http://www.madisoncountyhospital.org)

SPRING / SUMMER 10

## *Protect the SKIN You're In*

Skin Cancer Prevention and One Patient's Story  
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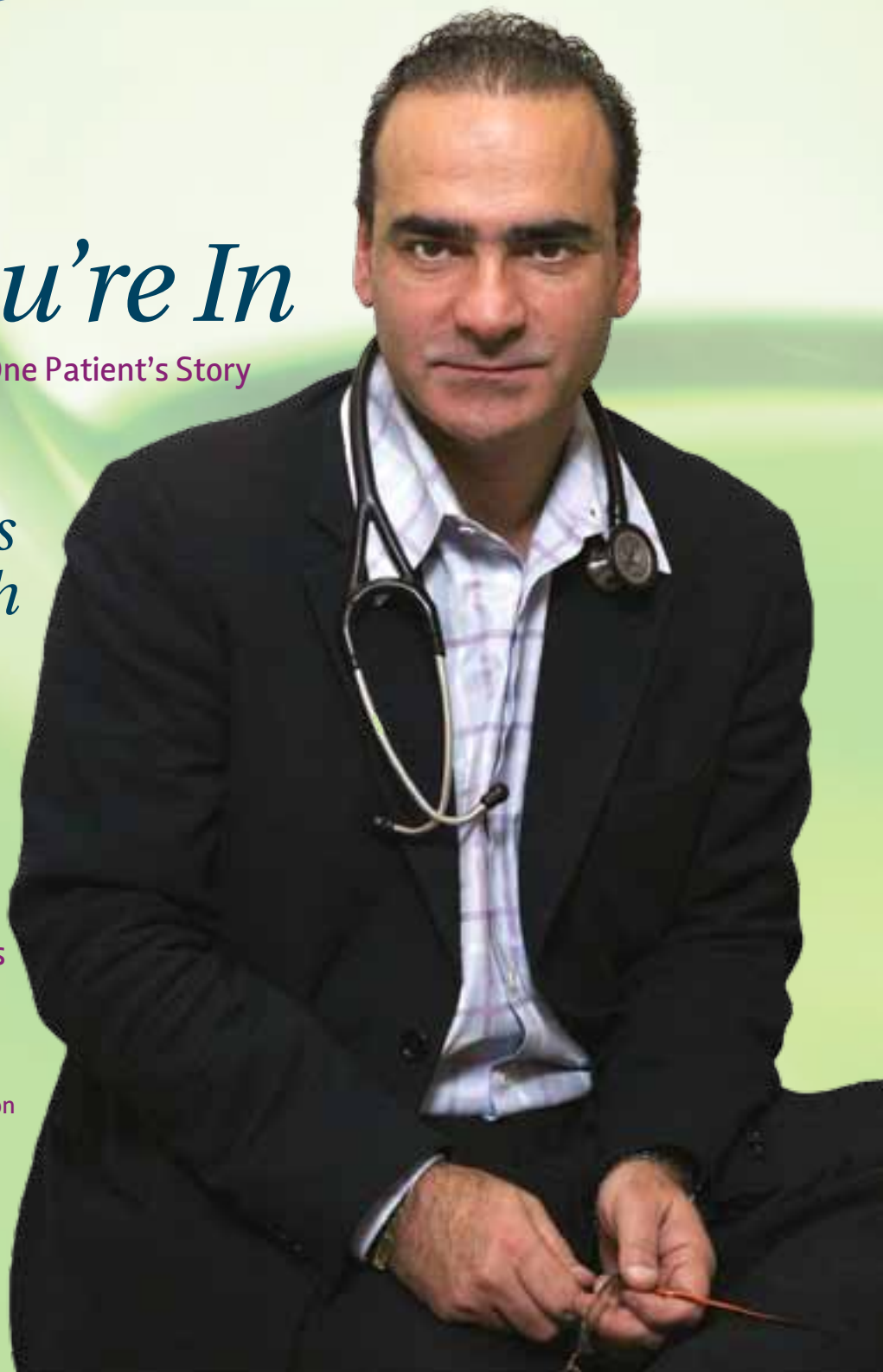
## *10 Simple Steps to Better Health*

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Tarek A. Chidiac, MD, FACP, oncologist on  
staff at Madison County Hospital



# HealthLink

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We hope you enjoy *HealthLink*, and we welcome your comments. Despite our sincere efforts, errors sometimes do occur. If your name was inadvertently omitted or misspelled, please accept our apology and contact us so we can correct our records. Call the marketing department at (740) 845-7050 or e-mail [ltaylor@mch-ohio.org](mailto:ltaylor@mch-ohio.org).

Mona Flax, DEVELOPMENT AND MARKETING  
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Cover photography provided by Mike Munden



## A Message from the President *Dear Friends,*

Welcome to this issue of *HealthLink*, in which we highlight many of the services Madison County Hospital provides to help ensure good health and promote an active lifestyle—including digital mammography (below) and leading-edge joint replacement (page 3). In addition, we are pleased

to offer information we hope you will use every day in developing or sustaining healthy habits for life.

On page 4, Dr. Katherine Binns provides a “top 10” list of steps each of us can take for better health, from exercising regularly to undergoing routine screenings. To learn more about decoding food labels to make healthy dietary selections, turn to page 5.

Finally, just in time for your spring or summer vacation, the feature on pages 6 and 7 takes aim at skin cancer by arming you with tips for preventing this serious health threat. It also provides a glimpse into the story of one local resident who—thanks to encouragement from a loyal friend and cancer survivor—made the fortunate decision to have a suspicious skin lesion examined and is now cancer-free.

*Wishing you a lifetime of good health,*

Fred L. Kolb

*Chief Executive Officer*

## The Digital Difference

At Madison County Hospital, our caring staff is committed to providing patients with the best mammograms possible in a warm and comfortable environment. The new GE Healthcare Senographe Essential digital mammography and stereotactic biopsy system allows patients to be examined more comfortably and thoroughly, thanks to its leading-edge, full-field digital platform.

The large detector can accommodate patients of all sizes and results in shorter screening times. The system also includes flexible paddles to enhance patient comfort during the exam.

Viewing crystal clear digital images on a computer screen provides radiologists and surgeons with excellent diagnostic capabilities. Being able to immediately send digital images to other specialists for a consultation is also an advantage for patients.

To schedule a mammogram, call the Battelle Breast Care Center at (740) 845-7100 or visit [www.madisoncountyhospital.org](http://www.madisoncountyhospital.org). No physician referral is necessary for an annual screening.





Robert Mueller, MD

# Here for Healthy Joints

Your joints are responsible for linking your bones together. Made up of ligaments and cartilage, these areas may once have healed easily, but if you've started to notice more aches, pains, and pops, it may be time to consult an orthopedic specialist at Madison County Hospital.

Orthopedic surgeons at MCH perform joint replacements on a variety of joints, including knees, hips, and shoulders.

"Many people's joints are not mechanically structured to function for as long as we are living these days," says Robert Mueller, MD, orthopedic surgeon at MCH. "For those who experience significant joint pain, replacement procedures may help to extend their mobility by as many as 20 years."

## A Hip Solution

Over time, joint replacement procedures have improved in both technology and technique. In particular, Dr. Mueller has recently studied a new approach to hip replacement procedures, and the results are offering patients the ability to return to everyday life faster than ever before.

For traditional hip replacement surgeries, a surgeon makes incisions in the posterior (back) region of the hip. This means that following surgery, the patient must sit on the incisions that were made to replace the hip, which can make sitting painful and healing more difficult during the recovery period.

However, Dr. Mueller is now taking a different approach for hip replacement surgeries: the anterior approach, which involves making a small incision to the front of the hip instead of the back.

"Using this approach, patients experience less postoperative pain and a faster return to normal function," Dr. Mueller says. "As an added benefit, leg lengths can be more easily matched during this operation, which can be a challenge using the posterior approach."

## Bringing Exceptional Care to You

If the anterior technique provides great results for patients, why isn't it used more commonly? The answer lies in the intricacy of the surgery. In the anterior approach, muscles and tissues are left intact as the surgeon works to reach the hip, unlike traditional posterior procedures. This requires advanced technology as well as a great deal of skill, practice, and precision on the part of the surgeon.

"The anterior approach represents the leading edge of hip replacement surgeries," Dr. Mueller says. "I'm proud to bring this state-of-the-art technique to our area."

*To contact an orthopedic surgeon, visit [www.madisoncountyhospital.org](http://www.madisoncountyhospital.org).*





Katherine Binns, DO

# Taking 10 Steps to a Healthier You

As medicine advances, physicians typically have greater success in treating illness. However, the best way to protect and ensure your future health is to prevent disease before it develops.

“Some people have genetic predispositions for certain conditions,” says Katherine Binns, DO, family medicine physician associated with Madison County Hospital. “There may be certain risk factors you can’t change, but you can advocate for your health by making healthy choices.”

Dr. Binns recommends the following guidelines to help you take control of your health:

**10 If you smoke, stop.** According to the American Cancer Society, tobacco smoke causes more than 443,000 deaths each year — meaning it’s responsible for nearly one in five deaths and kills more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined. It is the single most preventable cause of death.

**9 Vaccinate.** Although the media sometimes highlight vaccination risks, according to Dr. Binns, most people’s immune systems respond well to vaccines.

**8 Keep your weight under control.** People who are overweight or obese are more likely to develop health complications such as diabetes, cardiovascular disease, and arthritis, among others.

**7 Maintain a healthy diet.** Pay close attention to portion sizes and aim for a diet low in sugar, high in fiber, and filled with fresh fruits and vegetables. In addition, consider replacing sodas with water to potentially eliminate hundreds of empty calories per day.

**6 Exercise.** You don’t need a gym membership or expensive equipment to be physically active. Dance around your living room, jog outside, or simply walk. Don’t forget that any exercise is better than no exercise, so not having a full 30 minutes to devote each day is no excuse to skip it. Break your routine down into 10-minute intervals to fit exercise into a busy schedule.

**5 Practice good hygiene.** Wash your hands frequently and avoid touching your eyes, nose, and mouth.

**4 Examine your mental health.** According to Dr. Binns, people often overlook the importance of mental health. Don’t be ashamed to consult your physician if you think something’s wrong.

**3 Undergo preventive cancer screenings.** Pap tests, mammograms, prostate exams, derma scans, and colonoscopies can help detect cancer in its earliest stages, making treatment more successful and improving cancer survival rates.

**2 Take medications as prescribed.** Whether you’re taking antibiotics, antidepressants, or other medications, take them as your doctor recommends. If you experience a problem with a medication, consult your physician before you stop taking it.

**1 Get regular checkups.** According to Dr. Binns, many people have conditions such as high cholesterol and diabetes and don’t even know it. Yearly physical exams allow physicians to check your blood pressure, cholesterol, and blood sugar to detect potential health threats.

*To find a physician at MCH, visit [www.madisoncountyhospital.org](http://www.madisoncountyhospital.org), place your cursor over “Physicians,” and click “Find a physician.”*



# FOOD *for Thought*

**“I want to choose healthy foods when I shop, but I don’t know what the food labels mean.” Does this dilemma sound familiar?**

It’s no secret that a healthy diet is important to overall well-being, but selecting the right foods is sometimes easier said than done. Food labels can help you construct a healthy diet, but only if you know how to read them properly.

“Food labels are powerful tools if used correctly,” says Darren Renz, registered and licensed dietitian at Madison County Hospital. “When I ask people why they avoid using them, they usually cite a lack of knowledge about how to interpret them.”

To rectify this situation, many supermarkets—as well as the U.S. Food and Drug Administration (FDA)—have instituted ratings programs to make it easier for consumers to identify healthy items. The Smart Choices™ program, the FDA’s invention, debuted last summer and places a check mark, number of calories per serving, and number of servings on the front of healthy food packages. Renz, however, urges

caution when using such programs.

“Some of these programs are helpful, but others can be misleading in the nutrition information they present,” he says. “Many factors go into nutritional needs. The bottom line is that more research needs to be done to determine these programs’ true value.”

Consider the following food label interpretations from the American Heart Association:

- If the label says “calorie free,” one serving of the product has fewer than five calories.
- “Sugar free” means one serving has fewer than 0.5 grams of sugar.
- “Fat free” means one serving has fewer than 0.5 grams of fat.
- “Cholesterol free” means one serving has fewer than two milligrams of cholesterol and two or fewer grams of saturated fat.
- “High fiber” means one serving has five or more grams of fiber.



When reading nutrition facts labels, always check the number of servings per container and the calorie content. In general, try to look for foods lower in calories, fat, cholesterol, sodium, and sugar and high in dietary fiber, vitamins, and other nutrients.

*To schedule a nutrition consultation at MCH, call (740) 845-7527. No physician referral is needed. For more information about using nutrition labels to make healthy choices, visit [www.fda.gov](http://www.fda.gov) and search for “How to Understand and Use the Nutrition Facts Label.”*

## Setting a Healthy Example

When it comes to healthy food choices, we practice what we preach at Madison County Hospital. Darren Renz, our registered and licensed dietitian, tirelessly extols the virtues of eating healthfully, and we provide patients, visitors, and staff the opportunity to do so by offering turkey burgers, vegetable plates, whole-grain breads, fruits, and trans fat-free meals in our café.

“We want our patients to have healthy options but also be satisfied with their meals,” says Pam Stanforth, director of food and nutrition services at MCH. “We believe we accomplish both goals. When the wife of one of our patients recently arrived at the café just before closing, our staff cooked her what she deemed the best turkey burger she’d ever eaten, and she proclaimed, ‘If only my husband was well enough to eat some of your wonderful cooking, I know he would feel better!’”



Darren Renz, the hospital’s dietitian

*“In the event that a patient requires advanced treatment for skin cancer, Madison County Hospital has an excellent team of oncology physicians and has been teaming up with Dr. Tarek Chidiac and the Zangmeister Center since 1998 to provide the best in skin cancer care to Madison County residents.”*

—Don Hura, MD, general surgeon on staff at MCH

# Back to the Skin Sa

Skin cancer is the most common form of cancer in the United States. In fact, more cases of skin cancer are diagnosed every year than breast, prostate, lung, and colon cancers combined—making it more important than ever to protect your skin.

While most people are familiar with the dangers of melanoma, many remain in the dark about other potentially deadly and more frequently diagnosed forms of skin cancer called squamous cell carcinoma and basal cell carcinoma. As with melanoma, the risks for these types of cancer increase with age and sun exposure. While melanomas usually begin as moles, basal and squamous cell carcinomas often appear as small, pale lumps or red scaly areas in places that receive frequent sun exposure, such as the head, face, neck, hands, and arms.

Although spending too much time in the sun can be harmful, the sun provides numerous health benefits—including the production of vitamin D in the body—and shouldn't be avoided altogether. However, you can limit your exposure to damaging ultraviolet (UV) rays by following a few practical steps.

#### Cover Up

The first step in protecting yourself from the sun is to wear comfortable, protective clothing

year-round. If you can see light through the fabric, it is likely that UV rays can travel through the fabric as well. A wide-brimmed hat also can be worn to shield your face, and sunglasses with UV protection help prevent damage to your eyes.

“When you are out in the sun, wear as much clothing as possible to protect your skin,” says Tarek A. Chidiac, MD, FACP, oncologist on staff at Madison County Hospital. “But be aware that covering up doesn't block out all UV rays, as a typical light T-shirt worn in the summer protects the skin less than a sunscreen that has a sun protection factor [SPF] of 15 or higher.”

#### Wear Sunscreen

Because it's not feasible to cover every inch of your body during the summer months, apply sunscreen frequently to protect exposed skin. Experts recommend a broad-spectrum sunscreen with an SPF of at least 15, which means that you receive the equivalent of one minute of UVB rays for every 15 minutes you spend in the sun. So, for example, one hour of sun exposure while wearing a sunscreen with an SPF of 15 is comparable to spending four minutes in the sun without sunscreen.



# Basics of Safety



Charles "Skeeter" Johnson and Dee Maggied, a registered nurse at MCH, are pictured here with the derma scan.

## Reapply Often

Applying sunscreen 20 to 30 minutes before you go outside allows your skin enough time to absorb the protective chemicals. However, it's important to reapply sunscreen often, especially during warm months when sweating, swimming, or playing sports can decrease its effectiveness.

## Get Checked

Having a risk factor for skin cancer does not guarantee that you will be diagnosed with the condition, but it greatly increases the likelihood. To detect potential concerns early, frequently examine your skin for abnormalities or changes in appearance, especially if you have any of the following risk factors:

- actinic keratosis
- chronic skin inflammation or skin ulcers
- exposure to arsenic
- fair complexion (blond or red hair, fair skin, green or blue eyes, or history of freckling)
- frequent exposure to natural or artificial sunlight
- immunosuppressive drug therapy
- radiation treatment
- scars or burns on the skin

While most skin lesions are not skin cancer, it's important to talk with your doctor if you notice any suspicious changes in your skin, as a physician trained in the diagnosis and treatment of skin cancers can decide what course of treatment best

suits the patient and whether or not removal of a lesion is necessary.

"Treatment of skin cancers has not changed dramatically over the past 20 years, as surgical removal remains the most effective option when lesions are detected early," says Don Hura, MD, general surgeon on staff at MCH. "MCH has physicians trained in the detection of all skin cancers and is equipped to provide necessary treatment to help patients heal quickly."

## MCH Oncology Services

Under the direction of Dr. Chidiac, MCH's oncology services department provides comprehensive diagnostic, surgical, and chemotherapy services for various cancers including malignancies of the skin. Dr. Chidiac, who is board certified in both oncology and hematology, also offers treatments for blood disorders such as anemia, hemophilia, and sickle cell anemia. Through MCH's partnership with the Mount Carmel Health System, the hospital continues to expand cancer care services and offers community residents access to the latest developments, including clinical trials.

*If you feel you may be at risk for skin cancer, have suspicious areas checked out by one of Madison County Hospital's specialists. Visit [www.madisoncountyhospital.org](http://www.madisoncountyhospital.org) to find a specialist who can examine your skin.*

## A Happy Outcome

In the summer of 2009, the Columbus Zangmeister Center held a presentation on skin cancer in West Jefferson at the Hurt/Battelle Memorial Library and invited Madison County Hospital to participate. Charles "Skeeter" Johnson attended with a friend, a cancer survivor who had become concerned about some spots on Skeeter's nose.

At the presentation, Skeeter received a derma scan from Dee Maggied, a registered nurse at MCH. Maggied was concerned about what she saw and suggested he visit his family doctor as soon as possible to have the spots further investigated. Two weeks later, Skeeter had the spots removed from his nose, and a biopsy confirmed he had basal cell carcinoma.

Grateful that the hospital was able to provide this screening, Skeeter says, "I've never been religious about wearing a hat in the sun and probably wouldn't have had the spots checked if my friend hadn't encouraged me to do it. I cannot say enough about the importance of talking with your doctor if you notice something new, different, or unusual about your skin."



New members were recognized at the 2009 Keystone Recognition dinner: (left to right) Amy and Dr. Don Hura, Lori and Patrick Baker, Jeanne Joseph and her father Gene Keel, and Bonnie and Charles Stump.

## Madison County Hospital Foundation Keystone Society Members

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George and Diane Byers © 卐  
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Dr. and Mrs. William T. Bacon © \*

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Helen Williams 卐  
Tim Wilson 卐  
Bill and Betty Young

\* Deceased  
卐 Pillar Member  
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♥ H.E.A.R.T.S. Member

## Legacy Circle

The Legacy Circle honors those thoughtful individuals and families who include a gift to Madison County Hospital in their wills and estate plans.

Dr. William T. Bacon \*  
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### Auxiliary Supports Hospital Year-Round

Most people are familiar with Madison County Hospital Auxiliary projects like the Bake-Nic and Lights of Love, but many don't know that the hospital gift shop is also a project of the Auxiliary. All proceeds from the operation of the gift shop are used to purchase equipment and furnishings for Madison County Hospital.

Gift shop profits are maximized by the use of an all-volunteer staff and management. Edie Tolley is the volunteer manager of the shop, and she depends on a group of dedicated

volunteers to staff the shop every day.

Shown here, Madison County Hospital CEO Fred Kolb accepts a check from Edie. Standing beside them are gift shop volunteers (left to right) Jane Widen, Pam Farlow, Beverly Dhume, Marilyn Eberhart, Marge Berchtold, and Vi Carter. In 2009, the gift shop netted \$16,000 for the Auxiliary.

*For more information about the Madison County Hospital Auxiliary or to become a hospital volunteer, contact the MCH Development Office at (740) 845-7056.*

### Save the Dates!

Mark your calendar for these upcoming events:

Friday, April 23—Bake-Nic

Monday, May 17—Geranium Sale

Wednesday and Thursday, August 11 and 12—

County Classic Golf Outing

Friday, September 17—Mum Sale

Monday, November 29—Lights of Love

Saturday, December 4—Heartfelt Holidays



# Rejoice & Remember

June 1, 2009, through November 30, 2009

Individuals who made gifts to the Madison County Hospital Foundation are listed below the name of the person they have chosen to remember or honor.

## Gifts to Madison County Hospital

*In Memory of:*

### **Helen Bartee**

Chaney and Thomas Insurance  
Mr. and Mrs. Lowell Dillion  
Donna J. Hundley  
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## Gifts to Madison County Hospital Home Health & Hospice

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### **Martha Caplinger**

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### **Bob Eitel, Sr.**

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Keely Carabin

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Mr. and Mrs. Donald E. Ransburgh

### **Ruth Patridge**

Mr. and Mrs. George M. Wendel

### **Thurman Lambert, Jr.**

London Class of 1956

# An Evening of Giving

Thanks to sponsors, auction donors, volunteers, and participants, the 2009 Heartfelt Holidays raised \$35,000 to provide care for local hospice and cancer patients who cannot afford services. Held each year the first Saturday of December, the event is organized by a team of volunteers led by co-chairs Al and Angie Wilderman. Al and Angie have been active with the Madison County Hospital Foundation and Heartfelt Holidays since 2003. In 2009, they welcomed Dan and Patti Blazer as chairs-elect. Thank you to all those in the community who made the event a success!



MCH Foundation Board President Randy Crisp, Zahid Siddiqi, Hospital CEO Fred Kolb, and Marv Bernhardt



Jerry Petric and Brad Reardon say "hello."



2009 Heartfelt Holidays co-chairs Al and Angie Wilderman stand with Patti and Dan Blazer, chairs-elect.



Dr. Katherine Binns and husband Craig Gregonis



Tonya Crager was the high bidder for a week in Hawaii.



Amy and Dr. Don Hura



Sheri Spahn, Ginger Kronk, and Danielle Campbell



## Madison County Hospital

An affiliate of the OSU/Mount Carmel Health Alliance

Madison County Hospital, Inc.  
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[www.madisoncountyhospital.org](http://www.madisoncountyhospital.org)

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## Take the Hospital with You

The lines of communication are open. Stay connected with Madison County Hospital through your smart phone by accessing our Facebook® page or subscribing to our Twitter™ feed to find the information you need at your fingertips.

By visiting [www.madisoncountyhospital.org](http://www.madisoncountyhospital.org), you can send gifts or e-mails to friends and loved ones at MCH, as well as find a variety of tools to help you maintain your best health. Some of these services include:

- access to information about dietitian services
- health and wellness information through My Health Library
- *HealthLink* online
- online physician directory

MCH is proud to provide the information you need to take care of your family.

*Visit our online resources for information about health topics, community events, and hospital services.*

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