

GRACE & GRATITUDE

A NEWSLETTER FOR FRIENDS OF THE CTMC FOUNDATION

He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor. – Proverbs 22:9

Mark Your Calendar

For more information about any of these upcoming CTMC events, please call the CTMC Foundation Office directly at 512-753-3687.

- May 7 FREE Glucose Check/Diabetes Risk Assessment
- May 7 Healthy Cooking Demo
- May 15 Women's Council Grant Awards Ceremony
- June 4 FREE Glucose Check/Diabetes Risk Assessment
- June 4 FREE Balance Screening
- June 7-9 Camp HeartSong
- June 12-13 CampHeartSong, Too!
- July 2 FREE Glucose Check/Diabetes Risk Assessment
- July 27 5th Annual BabyFest
- August 6 FREE Glucose Check/Diabetes Risk Assessment
- Sept. 3 FREE Glucose Check/Diabetes Risk Assessment
- Sept. 4 Women's Council Annual Dinner



Giving Trees Fundraiser

CTMC will once again celebrate the holiday season with its Giving Trees fundraiser. It's not too early to start planning for your unique decorated tree! Call the CTMC Foundation Office at (512) 753-3687 or email ctmfoundation@ahss.org for details.

CTMC celebrates heart healthy living

Thanks to all who helped CTMC celebrate heart health during the month of February. Activities kicked off with a special "Wear Red For Women" heart-shaped photo.

Other heart-healthy events included screening opportunities for CTMC's CREATION HealthCheck event, the Have A Heart for Hospice Luncheon, a free heart-healthy cooking demo, the second annual Gear Up 10 mile run, the CTMC Senior Dance and the hospital's free monthly glucose checks and diabetes risk assessments.

The month closed out with the Fashion From The Heart event, which featured two fashion shows from prominent community women and Texas State's FashionNation group. Embassy suites presented the event, and \$3,570 was raised for CTMC's Cardiac Services. More than 100 people attended and were provided with a heart-healthy lunch, quick fashion fixes for the audience and an informational presentation from CTMC Cardiologist Faisal Syed.



Walk with a Cardiologist each week

CTMC invites you to join us each week for a "Walk With A Cardiologist." The event takes place every Saturday at 9 a.m. at the CTMC CREATION Health Walking Trail that encircles the hospital.

Participants should meet in the parking lot in front of the Women's Center. The weekly event provides an opportunity for

activity as well as a chance to ask a doctor questions about your health without going to the doctor's office. Anyone is welcome.

For more information about "Walk With A Cardiologist" please contact CTMC Cardiac Rehab Coordinator Karen Plankers at (512) 753-3770 or email karen.plankers@ahss.org.

From Our Chairperson

Please join us in congratulating Celena McGill, the first woman elected as chairperson of the CTMC Foundation Board since it was formed in 1982.



Celena McGill

As I sit down to write this message, the CTMC Foundation has just concluded one of its most successful fundraising years to date. We are awed and humbled by the dedication to our mission demonstrated by so many of you.

On behalf of the Foundation Board, CTMC and all those our efforts serve, I want to thank each and every one of you who gave your time, financial donations and/or in-kind services or merchandise to help us meet our goals in 2013. Without your generosity and involvement, we could not have reached the success we have.

In this issue you will read about a number of exciting developments and initiatives underway at CTMC. We are excited to share this good news with you and hope that you will avail yourself of these programs and services that your generosity has helped to bring about.

You can also learn more about ways to continue supporting our ministry by visiting ctmc.org and clicking on "Join Our Ministry."

Celena McGill

CTMC receives recognition in Hays County

Thank you for helping to make CTMC the Best Hospital in Hays County for the fourth consecutive year in the San Marcos Daily Record's "Best of Hays" competition.

CTMC's Velinda Pope was also recognized in the contest as the best massage therapist runner up. Dr. Greg Moore, a physician on CTMC's medical staff, was voted best physician in Hays County.



Additionally, the Kyle Chamber of Commerce recognized CTMC Hospice Care as 2013 Organization of the Year at its annual gala this past February. The honor recognizes a Kyle Chamber member organization that demonstrates exceptional commitment and involvement in Chamber events and programs

throughout the year while exhibiting the highest levels of honesty and integrity in all of its community activities.

CTMC leads the region in da Vinci surgery

In just two years since obtaining a da Vinci® robotic-assisted surgical suite, CTMC has helped nearly 700 patients experience less invasive surgeries, shorter hospital stays and faster healing times. Several patients have had a virtually scarless experience with single-site procedures.

CTMC offers da Vinci® surgery for urological, gynecological and general surgical procedures. The

hospital will soon introduce bariatric (weight loss) surgery to its list of da Vinci® services.

In addition, CTMC's \$2 million investment in the da Vinci® robot is now fully funded, which means a second device may not be far behind.

Thanks to all who attended our 2012 and 2013 Galas in support of the da Vinci® system and to the patients who came to CTMC to benefit from it.

What's new at CTMC

Have A Heart for Hospice Luncheon benefiting Inpatient Hospice Unit

The February Have A Heart For Hospice Luncheon raised around \$15,000, which will go toward CTMC's new Inpatient Hospice



Unit and other hospice programs. The new unit is in development on the second floor of the Women's Center wing. Once complete, features will include private, homelike rooms, 24-7 access for loved ones, a family counseling room and a family living room where families can gather and seek respite. The CTMC Inpatient Hospice Unit will be the first of its kind between Austin and San Antonio.

CTMC expands digital reach

With its second free smart phone application launch, CTMC Connect, which is available for download on Android and Apple devices, CTMC continues to improve access for those we serve. Additionally, ctmc.org now features quicker and easier access to patient lab results, discharge instructions, medication records, online bill paying capabilities and more right from the home page through the Patient Account Center.



ER renovation complete

The Emergency Room covered drop-off/pick-up driveway was recently completed, wrapping CTMC's ER renovation.





STARS of Texas GALA

22nd annual Stars of Texas Gala will honor CTMC volunteers

Save the date for the 2014 Stars of Texas Gala, which will take place on Oct. 5. Please note that the gala will fall on the first Sunday in October this year, as opposed to the second Sunday like in previous years.

This year, Country Singer Lee Ann Womack will return to the stage for the first time since 2009.

Honorary guests at the event will be The CTMC Auxiliary for their years of services to the hospital. The volunteers served 33,778 hours in 2013 and sponsored six fundraisers to raise money for CTMC.

The CTMC Auxiliary is listed as the largest donor on the CTMC Donor Recognition Wall with a total of \$616,000 given since 1991.



Why I volunteer at CTMC

Betty Champagne arrives at CTMC every Wednesday at 5:45 a.m. "That's when a lot of patients are arriving for surgery, and I don't think they should arrive at a cold house," she said.

Betty has been serving at CTMC for 53 years. She began volunteering for the hospital in 1960, just months after the previous location opened on IH-35.

Why did you start volunteering at CTMC?

Because I wanted San Marcos to have a larger hospital that could do more.

Have you done other volunteer work?

Yes, I delivered meals to home-bound people, served on the first Home Health Advisory Board in Hays County and also served on the Senior Citizens Advisory Board.



Betty Champagne

Why have you stayed at CTMC for so long?

Because of the people. I just felt a part of things and thought I should actively be here.

What do you enjoy most about volunteering?

Greeting people at the Volunteer Desk. I think it makes them feel like they're not alone.

What do you like to do in your spare time?

I enjoy working in my yard and greenhouse, cooking and baking.

Tell us about your family life.

My husband and I have three daughters, three great-granddaughters and one great-granddaughter.

Do you plan on staying at CTMC for a while?

I have no plans of leaving, but I don't think I'll last as long as Ralph (Former 101-year-old volunteer).

CREATION Health guides CTMC's wellness efforts

For more than a year, CTMC has been incorporating the CREATION Health principles into its wellness efforts. CREATION Health is a faith-based wellness philosophy that is unique to Adventist Health System, CTMC's parent. The 8 guiding concepts are outlined in the graphic to the right. If you would like to learn more about CREATION Health, visit ctmc.org and click the CREATION Health banner on the home page.

CREATION Health at a glance

- C CHOICE
- R REST
- E ENVIRONMENT
- A ACTIVITY
- T TRUST IN A HIGHER POWER
- I INTERPERSONAL RELATIONSHIPS
- O OUTLOOK
- N NUTRITION



Women's Council making a difference

Since founded in 2010, the CTMC Women's Council has provided \$53,000 in funding to non-profits serving women and children in Hays County. Joining the Women's Council is quick and easy. Join or renew your annual membership online at ctmc.org/giving/womens-council. We hope you will join us for the 2014 Women's Council Grant Awards Ceremony, which will take place on May 15 from 5:30 to 7 p.m. in the CTMC Healing Garden (weather permitting).

Dr. Michael Blair gives relief to allergy sufferers and more

Dr. Michael Blair is the face of the Sinus and Allergy Center at Live Oak Health Partners.



Raised in Lafayette, Louisiana, Dr. Blair attended Louisiana State University for his undergraduate degree. He received his medical degree from Kansas City University of Medicine and Biological Sciences and com-

pleted his residency in otolaryngology and facial plastic surgery at the Ohio University Medical Training Site at Affinity Medical Center in Massillon, OH.

Dr. Blair loves living in Central Texas with his wife and three children. In his spare time, he enjoys running, camping, all water sports, snowboarding, travel and music.

Board Certified in Otolaryngology - Ear/Nose/Throat

Affiliations:

- American Academy of Otolaryngology - Head/Neck Surgery
- American Osteopathic Colleges of Ophthalmology and Otolaryngology- Head & Neck Surgery
- The Tri-County Medical Society
- Texas Osteopathic Medical Association
- The American Academy of Otolaryngic Allergy
- The American Academy of Facial Plastic and Reconstructive Surgery

Specializing in:

- Pediatric Ear, Nose and Throat
- Allergy and Sinus
- Sleep Apnea
- Hearing and Balance Disorders
- Facial Plastic/Reconstructive Surgery
- Thyroid and Parathyroid surgery
- Salivary Gland Disorders
- Voice and Swallowing Disorders

Wimberley Medical Plaza slated to begin operations in May

The Wimberley Medical Plaza, which will serve the health care needs of the growing Wimberley valley communities through one convenient location, is on track for a May opening.

The new medical facilities are located at the corner of Old Kyle Road and FM 3237 in Wimberley.

Live Oak Health Partners (LOHP), CTMC's primary and specialty care physicians group, will anchor the buildings along with CTMC Lab and X-ray Express services.



Dr. Eric Price, a primary care physician with Live Oak, will relocate his existing Wimberley-based practice to the new location, and several additional LOHP specialists plan to rotate through additional offices in the Plaza to bring more specialty care directly to the community as well.

Plans for a grand opening event are in the works. Get the latest updates as they unfold at ctmc.org.

CTMC Foundation • P.O. Box 912, San Marcos, TX 78667
(512) 753-3687 or (512) 753-3822

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Expiration Date _____

Signature _____

Please help us update our records.

As we prepare to offer an electronic version of the newsletter, we need your email address. Please help us by completing the form here and send to the CTMC Foundation, P.O. Box 912, San Marcos, TX 7866.

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Please check one of the following. I prefer:

Printed Materials Mailed Both

No preference Emails

You may also call (512) 753-3687 or send an email to jerilyn.miller@hass.org.

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