

Living Well



Dancing can be good for your health

SEE PAGE 7 FOR INFORMATION ON FRYE'S SUCCESSFUL DAY OF DANCE

HEART ATTACK CARE | WINNING THE RACE! SEE PAGE 2.

Letter from the CEO



Michael Blackburn, CEO

What an exciting year for Frye! We have begun the celebration of 100 years of service to our community. Our cardiac surgery program has been recognized as the No. 1 cardiac surgery program in North Carolina by HealthGrades. And we recently received 5-star recognition for excellence among Tenet hospitals.

All these exciting events and honors point to the outstanding dedication and commitment of our employees at Frye. And their commitment is not limited to the services and quality we provide in our medical center but extends to our community through our employee giving campaign to our local United Way.

We are proud to hear that our 2010 campaign at Frye won our employees the Campaign Best Practices Spotlight by the United Way of North Carolina. This means that our employees more than doubled their giving and lifted their individual pledges to our Catawba County United Way during our 2010 campaign. This happens at a time when the communities served by our United Way most need our help on account of the current economic and humanitarian crisis.

Our organization is proud to be a part of this community, and our governing board and administration salute our employees for once again rising to the needs of our neighbors through their commitment at work and with their hearts and dollars through giving.

Congratulations for a great 2010 to all our dedicated employees!

Sincerely,

Michael Blackburn, CEO
Frye Regional Medical Center

HEART ATTACK CARE

FRMC participates in statewide program

A program designed to speed up heart attack care has led to significant improvement in the quality of care for heart attack patients after it was extended across North Carolina last year, according to researchers at Duke University Medical Center. Frye Regional Medical Center is currently the only acute care hospital in Burke, Caldwell, Catawba, Iredell, Lincoln and Watauga counties to participate.

The program, RACE-ER (which stands for Reperfusion of Acute Myocardial Infarction in Carolina Emergency Departments – Emergency Response) builds on the successful RACE project. The initial project involved emergency services personnel, physicians, nurses and administrators working together to reduce the time between occurrence of heart attack and initial treatment. RACE-ER expands the program to all 119 hospitals and all emergency medical services systems throughout North Carolina and focuses on early diagnosis, early treatment and optimizing performance at every point of care.

Speedy treatment saves lives

The RACE-ER results mark a notable decrease in hospital death rates from 7.5 percent in the 2006 RACE study to below 6 percent now.

“This program results in many more patients getting lifesaving care quickly,” says Christopher Granger, MD, director of the Cardiac Care Unit at the Duke Clinical Research Institute and co-director of RACE. “Before launching RACE-ER, ambulances and community hospitals were not working in integrated regional systems and patients were suffering with delays in care much longer than recommended in the guidelines. Now, almost all ambulances are obtaining EKGs, patients

are being brought directly to the best-equipped hospitals, and we are experiencing some of the most rapid treatment in North Carolina that has ever been achieved.”

The findings were presented last November at the American Heart Association’s Scientific Sessions 2010 in Chicago.

Guidelines by the American College of Cardiology and the American Heart Association state that patients with heart attacks caused by blocked arteries should receive clot-busting medical therapy within 30 minutes or artery-opening therapy within 90 minutes.

The RACE-ER study consisted of 6,841 patients with a specific type of heart attack, called STEMI (ST-elevation myocardial infarction), which can be treated successfully with prompt artery-opening care or angioplasty.

Each extension of the RACE program has brought added success and a deeper, more collaborative look at providing the best quality of care.

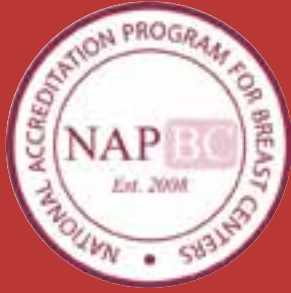
Together for better care

“We have expanded what we know as door-to-balloon (or arrival at hospital to treatment) to really look at the time between the moment the patient accesses the emergency system to when we can offer them treatment,” says Mayme Lou Roettig, RN, MSN, executive director of RACE.

With the RACE and RACE-ER



Front cover: Dancers from Rhythmic Essence Belly Dance Studio. Photo courtesy of Frye Cardiac Nurse Anne Hunt, RN.



[Frye Breast Center approved by the NAPBC]

Each extension of the RACE program has brought added success and a deeper, more collaborative look at providing the best quality of care.

projects, once a patient calls 911 the timer starts. Rather than just improving the speed of care once a patient reaches the hospital, the project takes the task out of the hospital doors to the emergency vehicle.

The result, Roettig says, is that multiple competing healthcare systems are now working together with their EMS agencies to provide the highest quality of care for heart attack patients.

“We developed protocols that paramedics follow when they have a patient with a STEMI—that empower them to make decisions,” she says. “They know to bypass a smaller emergency department and take the patient directly to a hospital that offers interventional angioplasty. And they know to call ahead so that the center is prepared when they arrive.”

What does it mean?

The results show a substantial change in urban areas with more people calling 911 and more patients going directly to specialty centers. There has also been improvement among smaller hospitals, which transfer patients to specialty centers, in reducing their door-in to door-out times.

“We’ve seen the impact a program like this can have simply by getting paramedics, emergency medicine and hospitals to work in an integrated way. The next steps are to help other states achieve the same success, and to use similar regional

systems to improve the care of other cardiac emergencies like cardiac arrest,” Granger said.

The RACE and RACE-ER project leadership also includes James G. Jollis, MD, medical co-director of RACE, and Lisa Monk, RN, MSN, state project leader of RACE-ER.

A history of excellence

Frye Regional Medical Center qualified earlier in 2010 for the American Heart Association’s Mission: Lifeline Bronze Performance Achievement Award. The award recognizes Frye’s commitment and success in implementing a higher standard of care for heart attack patients that effectively improves the survival and care of STEMI patients.

Frye was named No. 1 in the state and recognized for being in the top 5 percent in the nation for cardiac surgery for 2011 and was recognized for being in the top 5 percent in the nation for patient safety last summer by HealthGrades, the leading independent healthcare ratings company in the nation.

In fall 2010 Frye was also recognized for service excellence under the J.D. Power and Associates Distinguished Hospital Program for outstanding inpatient experience. Frye Regional Medical Center was previously recognized in 2005, 2006 and 2008.

Want to learn more? For further information, log on to www.fryemedctr.com/Heart.

Frye Regional Medical Center has been granted a three-year/full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is given only to centers that have voluntarily committed to providing the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance. During the survey process, a center must demonstrate compliance with standards established by the NAPBC. The standards include proficiency in the areas of center leadership, clinical management, research, community outreach, professional education and quality improvement.

The NAPBC is a consortium of professional organizations dedicated to the improvement of the quality of care and monitoring of outcomes of patients with diseases of the breast. This mission is pursued through standard-setting, scientific validation, and patient and professional education. Its board membership includes professionals from 15 national organizations.

Almost 1 in 8 women in the United States will get breast cancer at some point in their lives, according to the American Cancer Society. The estimate for 2010 was 207,090 cases. In addition, hundreds of thousands of women who deal with benign breast disease this year will require medical evaluation for treatment options.

Receiving care at an NAPBC-accredited center ensures that a patient will have access to:

- » Comprehensive care, including a full range of state-of-the-art services
- » A multidisciplinary team approach to coordinate the best treatment options
- » Information about ongoing clinical trials and new treatment options

Most importantly, the patient will receive quality breast care close to home.

For more information about the National Accreditation Program for Breast Centers, visit www.accreditedbreastcenters.org. For information on Frye Regional Medical Center or for physician referral, call 828-315-3391 or go to www.fryemedctr.com.

Centennial celebration

Objects from Frye's rich history were unveiled Dec. 16 and 17 at a special preview of the hospital's exhibit at the Hickory History Center.

More than 100 invited guests attended the centennial celebration opening, which included music by the Corelli Quartet and the Belfast Boys, refreshments, and remarks from some of the key members of Frye's past and present. A central part of the evening was the presentation of *Exceptional Care, a Century Strong: A Mission of Mercy and Healing*. Written by Michael Barrick, journalist, published author and Frye's Emergency Preparedness Coordinator, this book tells the stories of Drs. Richard Baker, Jacob Shuford and Glenn R. Frye, who strengthened the community through the building and expansion of Richard Baker Hospital.

➔ The book can be purchased in the Frye gift shop in the main lobby of the hospital. All proceeds benefit the Frye Regional Medical Center Volunteer Auxiliary and the Hospitality House. For more information, visit www.fryeregionalhistory.com.



← Catawba County Commission Chairperson Kitty Barnes and her husband, Dan, listen to anecdotes by former hospital leaders.



↑ Pathologist Dr. James Parker and allergist Dr. Joseph Inglefield listen to the presentation.

➔ Dr. Hugo Deaton (left), son-in-law of Dr. Frye; Ruth Deaton (right), a daughter of Dr. Frye; and their daughter, Barbara McManus (center), were among the guests.



← Frye CEO Michael Blackburn (right) converses with Charles Snipes, an original governing board member and community leader.

begins at the museum



↑ From left, Eric Millsaps, publisher, *Hickory Daily Record*; Becky Hart; Charles Snipes; and Dr. Bob Hart are a rapt audience.



← July 14, 1974, Jean Settlemyre, a longtime nurse at the hospital, was named the first—and only—female administrator in the history of the hospital.



↑ Hickory native Dr. Allen Huffman was born at Richard Baker Hospital. In 1975, he joined the staff of the recently renamed Glenn R. Frye Memorial Hospital and delivered thousands of babies in the hospital.



↑ Dr. Ron Gardner (left) talks with Julie Packer, director of professional relations at Palliative CareCenter and Hospice of Catawba Valley. Dr. Gardner joined the staff of Richard Baker Hospital in the last years of Dr. Frye's life, practiced for 30 years and served on the governing board for five years.



← In 1966, Dr. Glenn R. Frye delegated day-to-day management of the then Richard Baker Hospital to his first administrator, Don Beaver, who served in the capacity until 1972, when he formed his own nursing company.

→ Author Michael Barrick (right) talks with Beverly "Bunny" White, the granddaughter of hospital founder Dr. Jacob Shuford, before discussing the journey of writing *Exceptional Care, a Century Strong: A Mission of Mercy and Healing*.



↑ Terry Taylor, local attorney and 2010 Governing Board Chairperson, was a hospital volunteer at Frye in 1984.

Frye and Hickory Foundation YMCA hold Senior Wellness Fair

More than 100 visitors attended our first Senior Wellness Fair, held Jan. 25 in conjunction with the Hickory Foundation YMCA. Participants had the opportunity to take advantage of health screenings, such as bone density heel scans, clinical breast exams, stroke quizzes, sleep assessments and paraffin hand treatments in addition to a heart-health screening with an EKG (electrocardiogram). Those who came to the event were also given hands-on CPR instruction with the help of Lenoir-Rhyne University nursing students and Frye Heart Center staff.



Day of Dance[®]

FOR YOUR HEALTH

More than 200 women joined Frye Feb. 12 for the hospital's Spirit of Women Day of Dance celebration at Lake Hickory Country Club. Area dance groups demonstrated a wide range of styles, including jazz, tap, Zumba, tai chi, belly dancing and more. Day of Dance is an event to celebrate women's heart health and to show how dancing is a fun form of exercise.

➔ **For more information, call 877-31-WOMEN or log on to www.fryemedctr.com/spirit.**



PREGNANCY AFTER 35

Ready for baby

STEPS HOPEFUL MOMS-TO-BE CAN TAKE NOW TO PREPARE

Sometimes they choose the timing; other times things just work out that way. But the fact is that many women are waiting until their mid-30s or later to start a family.

If that's the case for you, you're probably excited and also a little nervous. After all, you may know that there's a greater risk for pregnancy complications after age 35.

But you don't need to be overly anxious, says Diane Ashton, MD, MPH, deputy medical director of the March of Dimes.

Many of the risks that increase with a woman's age can be effectively managed with good prenatal care. "Most women in their 30s and 40s have normal pregnancies and healthy babies," Dr. Ashton says.

Planning ahead and adopting healthy habits before pregnancy can help a lot, she says.

Start today

The March of Dimes and the American College of Obstetricians and Gynecologists offer the following six steps for getting off to the healthiest start possible.

1 See your doctor now for a pre-pregnancy checkup.

A physician can go over your health history, make sure your immunizations are up-to-date and help you reduce any risks you might have. For example, a doctor can help you manage chronic conditions—such as high blood pressure, diabetes and asthma—that could affect your pregnancy. Talk to the doctor about any medications you take, including over-the-counter ones and supplements.

A healthy start: Call to schedule a pre-pregnancy checkup with your doctor.

- 2** Eat right—start boosting your nutritional status with a variety of healthy foods.
- 3** Take a daily vitamin with 400 micrograms of folic acid, which can help prevent certain serious birth defects.
- 4** Weigh in. It's best to start pregnancy at a healthy weight. Your doctor can help determine what is right for you.
- 5** Make exercise a habit. Regular physical activity during pregnancy may help lessen discomfort and fatigue.
- 6** Stop the use of any harmful substance. If you smoke, ask your doctor for help to quit. Don't drink alcohol or use drugs.

You're expecting!

Once you're pregnant, be sure to continue seeing your doctor. Early and regular prenatal care can help both you and your baby stay healthy throughout pregnancy.

[Seek advice on fertility questions]


Many couples who wait until their 30s or 40s to have children find that they have difficulty conceiving.

Fertility is often a factor for women after age 35. But other factors also may play a role. A woman or her partner may have physical problems that prevent conception, or there may be other medical conditions that interfere.

Many times, a doctor can help. The first step is visiting a physician and discussing your concerns.

Various tests can help determine what the problem might be. For example, a physician may order tests that evaluate a woman's fallopian tubes, cervix and uterus. And her partner may have a semen analysis.

Depending on the cause of the problem, treatment options may include medications, surgery or other fertility treatments.

 **For information on New Mom Moments: Planning for Pregnancy and When Hope is Not Enough, call 877-31-WOMEN.**

Source: American Society for Reproductive Medicine

 **For more on having a healthy pregnancy, go to www.marchofdimes.com.**



HEALTHY BEGINNINGS

Preventing obesity in children starts before they're born

It's never too early to start your baby on the road to a healthy weight.

According to the U.S. surgeon general, the risks for childhood obesity actually begin during pregnancy. If you gain too much weight or smoke while pregnant, you put your baby at risk for becoming obese as a child. And obese children are at greater risk for many health problems, including high blood pressure, bone and joint problems, and sleep apnea.

However, by not smoking and by keeping your pregnancy weight within the limits recommended by your doctor, you can help your baby get a healthy start in life.

Ideal first food. After your baby is born, try to breastfeed for at least six months. Breast milk provides the highest-quality nutrition, and babies who are breastfed have a lower risk of becoming obese later in life than babies who are formula-fed.

Breast milk has other benefits too. Among other things, breast milk can help protect babies from developing ear infections, stomach viruses, diarrhea, asthma and even sudden infant death syndrome (SIDS).

Ask your doctor about how you and your baby can stay on the road to good health both during and after your pregnancy.



FryeCare
offers new extended hours for screening mammograms:

Saturdays, 9 a.m. to noon

➔ For additional information or to schedule an appointment for a screening mammogram, please call **828-315-3390**.



Frye governing board members Charles Snipes (left), Don Coleman (fourth from left) and governing board chairwoman Terry Taylor (right) honored outgoing governing board member Bonnie Mitchell (center) and governing board member emeritus Earl Roberts (second from left) in December.

Welcome, new doctors



James A. Benson, MD **Internist**

Frye Regional Medical Center welcomes internist James A. Benson, MD, to its medical staff and to its hospitalist group, FryeCare Physician Associates LLC.

Dr. Benson graduated summa cum laude with a Bachelor of Arts degree from Boston University College of Arts and Sciences. He received

his medical degree from the Boston University School of Medicine. Dr. Benson completed his internship and residency at Hartford Hospital in Connecticut. He is board-certified in internal medicine.



Karen R. Kingry, MD **Urgent Care physician**

Frye Regional Medical Center welcomes physician Karen Kingry, MD, to its medical staff.

Dr. Kingry received her medical degree at the University of Maryland and completed her postgraduate training at Johns Hopkins Hospital and Georgetown University Hospital.

Dr. Kingry is a member of the American Academy of Pediatrics and the Urgent Care Association.



Christine Lomboy, MD **Internist**

Frye Regional Medical Center welcomes internist Christine Lomboy, MD, to its medical staff.

Dr. Lomboy completed her undergraduate education at St. Joseph's University in Philadelphia. She received her medical degree at St. George's University School of Medicine in

Grenada, West Indies. Dr. Lomboy completed her residency at St. Michael's Medical Center in Newark, N.J.

Dr. Lomboy is board-certified by the American Board of Internal Medicine. She received the Physician Recognition Award by the American Medical Association between 1999 and 2002.



Rajesh Mathew, MD **Infectious diseases physician**

Frye Regional Medical Center welcomes infectious diseases physician Rajesh Mathew, MD, to its medical staff. Dr. Mathew will work closely with other physicians in the prevention and treatment of infectious diseases. Such diseases include H1N1 influenza, seasonal influenza, HIV/AIDS and MRSA.

Infectious diseases is the medical specialty concerned with the diagnosis and treatment of a variety of infectious problems, both acute and chronic. They include viral diseases; sexually transmitted infections; mononucleosis; chronic bone and joint infections; endocarditis; urinary tract infections; and infections occurring with diabetes mellitus, immunosuppression, cancer and organ transplantation.

As a medical specialty, infectious diseases can include the following:

- » Hospital-based consultation—specialized treatment for patients who are hospitalized with infections or who contract infections while hospitalized for other reasons
- » Outpatient infectious disease consultation—specialized evaluations for patients referred by their physicians for the evaluation and management of suspected or proven infections
- » HIV clinic—specialized treatment for patients who have been exposed to or diagnosed with HIV or AIDS
- » Travel and tropical medicine clinic—education and immunization for people traveling to foreign countries and treatment for patients returning from a foreign country with symptoms of infection

Dr. Mathew received his medical degree at Sri Ramachandra Medical College and Research Institute in India. He completed his internship at the New York Medical College, his internal medicine residency at St. Vincent Mercy Medical Center in Ohio and his fellowship in infectious disease at the University of Kansas Medical Center. He is board-certified in internal medicine and infectious diseases.

Dr. Mathew is a member of the American College of Physicians, a member-in-training of the Infectious Diseases Society of America and a member of the HIV Medicine Association. He was a member of the Antibiotic Subcommittee at University of Kansas Medical Center, the American Medical Association and the American Society for Microbiology.



Al J. Schiebel, MD **Anesthesiologist**

Frye Regional Medical Center welcomes anesthesiologist Al J. Schiebel, MD, to its medical staff.

Dr. Schiebel received his medical degree from West Virginia University School of Medicine. He completed his residency in anesthesiology at the University of Kentucky Medical Center, where he was chief resident of anesthesiology.



Kinjal B. Sohagia, MD **Family physician**

Frye Regional Medical Center welcomes family physician Kinjal Sohagia, MD, to its medical staff.

Dr. Sohagia received his medical degree at B.J. Medical College in India and completed an internship at New Civil Hospital and Mid-Hudson Family Institute in New York. He continued at Mid-Hudson Family Health Institute

in New York to complete his residency in family medicine. He then completed his fellowship in primary care sports medicine at the University of Utah.

Dr. Sohagia is a member of the American Medical Society of Sports Medicine and the American Academy of Family Physicians.



For more information, contact the Frye physician referral line at **1-800-339-8758**.



Frye Regional Medical Center is proud to provide these classes and community events as part of our service to you. To register or for more information, call **888-545-6977** unless otherwise indicated or visit www.fryemedctr.com.



BETTER HEALTH

BLADE Fitness Program

Eight-week program designed to help those 18 and older fight obesity.

Diabetes—Comprehensive Training

Incorporates an interdisciplinary approach to teaching diabetes management.

Instructors include a registered nurse, registered dietitian, exercise physiologist and pharmacist.

Diabetes—Insulin Pump Training

Insulin pumps can be used instead of administering insulin by injection.

Freshstart

Mondays, June 6, Sept. 12, Dec. 5, 1 to 3 p.m., FRMC 4 North Cancer Center Resource Room

To register, call **828-315-3391**. Additional or private Freshstart classes can be scheduled upon request. Call **828-315-3596** for information or to schedule a class.

Metabolic Syndrome

For people with three of these five criteria: elevated fasting glucose, high blood pressure, high triglycerides, low (good) HDL cholesterol, or a waist circumference greater than 40 inches for men or greater than 35 inches for women.

Surgical Weight Loss Seminar

Third Thursday of April, July and October, Gateway Hotel & Conference Center, Hickory, no charge

Call for additional dates and locations

FAMILY CLASSES

Breastfeeding Classes

First and second Thursday of each month, 7 to 9 p.m., FRMC, registration required, no charge

Condensed Prepared Childbirth

One-day class, Sunday afternoons once a month, Frye Wellness and Education Center, no charge

Early Pregnancy and Cesarean Section Class

No charge

Expectant Parents Tour

Second and third Monday of each month, 7:30 p.m., FRMC main lobby, no charge

Prepared Childbirth

Tuesdays, 7 p.m., Frye Wellness and Education Center, no charge

SUPPORT GROUPS

Better Breathers Club

First Tuesday of each month (except July and December), noon, FRMC cardiopulmonary rehab at the YMCA, no charge

Breastfeeding Support Group

Second Wednesday of each month, 11:30 a.m. to 1:30 p.m., Frye Wellness and Education Center.

Breast Friends

Second Monday of each month, 6 p.m., FryeCare

Offers support to women fighting and surviving breast cancer.

Catawba County Wig Bank

437 Main Ave. SW, Hickory

Diabetes Management Support Group

Third Monday of April, July and October, 6:30 p.m., FryeCare Outpatient Imaging, no charge

Refreshments will be served.

Life Goes On

Third Monday of each month, 6 to 8 p.m., 1501 Tate Blvd. SE, Hickory, no charge

A support group for anyone fighting or surviving cancer. Call **828-315-3596** for more details.

Look Good...Feel Better

Second Monday of June, August, October and December, 1 p.m., Cancer Resource Center, no charge

Sponsored by the American Cancer Society

Program for women undergoing cancer treatment, offering beauty techniques to enhance self-confidence and foster a positive self-image. Call **828-315-3391** to register.

Man 2 Man

Prostate Cancer Support Group

Every other month, 2406 Century Place SE, Hickory (just off McDonald Parkway), no charge

Facilitated by Hani Nasser. Call **828-326-0266** for more information.

New Beginnings Yoga

Tuesdays, 6 p.m., FryeCare, no charge

For breast cancer survivors.

Spinal Cord Injury

Support Group

Second Tuesday of every other month, 5:30 p.m., Outpatient lobby, FRMC, no charge

For those with spinal cord injuries and for family and friends.

Stroke Support

Third Thursday of each month, 5:30 p.m., Outpatient lobby, FRMC

Open to stroke survivors, family and friends.

Surgical Weight Loss

Support Group

Third Thursday of each month, 6:30 p.m., Gateway Hotel & Conference Center, Hickory, no charge

Pre-op patients are welcome.

SAVE THE DATE!

Friday, May 13

7th annual Hospitality House Golf Tournament

Catawba Springs

Call **828-324-6896**

or **828-324-4544**

to register.



LIVING WELL is published as a community service for the friends and patrons of FRYE REGIONAL MEDICAL CENTER, 420 N. Center St., Hickory, NC 28601, 828-315-5000, www.fryemedctr.com.

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Frye CEO Michael Blackburn receives ESGR Patriot Award certificate of appreciation

On Jan. 5, a representative of the Employer Support of the Guard and Reserve (ESGR) presented Frye CEO Michael Blackburn with the Patriot Award certificate of appreciation.

ESGR awards this certificate and a Patriot lapel pin on behalf of the U.S. Department of Defense. This awards program is designed to recognize employers for employment policies and practices that are supportive of their employees' participation in the National Guard and Reserve. All members of the National Guard and Reserve forces are eligible to nominate their employers for the Patriot Award certificate.

Blackburn was nominated by Frye's chief operating officer Rich Ellis, a commander in the U.S. Coast Guard Reserve who had been recalled to duty to assist with Operation Deepwater Horizon Response last May.

"My recall to active duty went well due in large part to the clear and strong



support that my family and I received from Michael Blackburn, Frye Regional Medical Center and Tenet Healthcare," Ellis said. "Mr. Blackburn immediately offered his full support to me and my family for the recall, and he and his wife, Deanne, checked on me and my family frequently during the recall period. Mr. Blackburn went so far as to take my kids fishing while I was gone. The kids had a great time, and I appreciate that act of kindness very much."

Frye Regional Medical Center is now eligible to be considered for the next level of recognition, the Above and Beyond Award, when the awards board convenes

in October. Given in limited numbers by state and territory ESGR committees and presented at the ESGR's annual employer recognition banquet, this award recognizes employers at the state and local levels who have gone above the legal requirements for granting leave and providing support for military service performed by their employees.

"I am honored to be recognized, but I think it is more important that we support those who serve our country, especially when they are our employees," Blackburn says. "Without their sacrifices, we wouldn't have the liberties we do have in this great nation."