

New Board Members

SRMC's Board of Directors welcomed three new members as of July 1, 2017: **Terry Criss**; **Denise Harlan, CPA**; and **Nelson Witmer**.



Terry Criss

With strong ties to the Sebring-Beloit area, **Terry Criss** is the Vice President of Sales for Apex Control Systems, which designs and builds controls for manufacturing, power generation and transportation industries. Located in the Sebring Industrial Park, Terry's company has been an active supporter of the local economy since the business was founded in 1992.

Terry also has an ongoing legacy of community service in the West Branch area as a member and past president of the West Branch Board of Education, Smith Township Trustee, and representative of the Smith Township Police and Fire Departments. He also serves on the Executive Council of the Beloit Ruritans; and has been a past coach for Sebring-West Branch soccer, basketball and baseball teams. Terry and his wife, Caroline, live in Beloit and have 3 children.

Denise Harlan is a Certified Public Accountant and a Principal at Schroedel, Scullin and Bestic, LLC in Canfield; with over 26 years of public accounting experience. Her areas of professional expertise include consulting, financial and tax services for a variety of industries, as well as employee benefit plan audits and mergers and acquisitions. Denise earned a Bachelor of Science degree in Business Administration from Youngstown State University, and she is a member of the American Institute of Certified Public Accountants (AICPA) and the Ohio Society of Certified Public Accountants (OSCPA).

Denise is also an active member of the region's business community, including the Youngstown/Warren Regional Chamber and the Salem Area Chamber of Commerce. She and her husband, Jack, live in Canfield.



Denise Harlan

Following the recent sale of his family's longstanding agricultural equipment dealership, Witmer's Inc. in Salem; **Nelson Witmer** is focusing on expanding Witmer's Construction Inc.; which specializes in pre-engineered steel and wood frame buildings. His company serves the industrial, commercial and agricultural markets within a 75-mile radius of Columbiana. In addition, Nelson is a partner in the Evergreen Investment Group and Witmer Land Development, and a shareholder in the Dutch Village Inn.

Nelson has a long history of community involvement in many organizations affiliated with the South Range School District, including the South Range Baseball Association and South Range Athletic Boosters; and he is a current member of the South Range Stadium Committee. Nelson also currently serves on the Kiko Auction Company's Board of Directors. He and his wife, Kristine, have 3 children and live in Salem.



Nelson Witmer



SRMC's health care team makes a difference in the lives of our patients every day, and our patients often ask how they can express their gratitude for the excellent care they or a family member received. For those patients looking for a way to show their appreciation, SRMC's Grateful Patient Program (GPP) offers a meaningful opportunity to make a lasting difference that will help others receive outstanding care.

How the Program Works

Grateful patients are invited to complete the GPP form online at www.salemregional.com/foundation or return it in the mail, and include the name of the physician and/or staff member they want to recognize as making a difference during their visit to SRMC. Patients have the option of sharing a written message about their experience and/or making a donation in honor of a specific physician or staff member. SRMC physicians and staff honored through the patient's gift will receive a special recognition message and ID badge emblem.

How the Gifts are Used

Gifts from grateful patients help SRMC achieve our mission while improving the health of our communities by:

- Enhancing our programs, services and facilities
- Underwriting the cost of new equipment and technology

"Gifts of appreciation to the Grateful Patient Program help the SRMC Foundation invest in our region's health through its support of our state-of-the-art services, technologies and facilities for our patients."

*~Amy Manolio,
SRMC Director of Development*

For more information about our Grateful Patient Program, contact the Development Department at ext. 2883 or email foundation@salemregional.com.



A Message from Our President/CEO

Anita Hackstedde, M.D.

Football season has started, and no matter who your favorite team is, having a winning season depends on each teammate working together to reach a common goal. Whether a player is in a leadership role, like the quarterback; or one of the supportive roles, like a tackle or guard, each must execute the team's game plan with strength and critical thinking to reach the championship game at the end of the season.

In football, communication from the coaches to the players is paramount to the team members' ability to work together on the field and score a touchdown. In addition, players must be able to think critically and creatively mid-play, if they want to move toward the goal line. To do this, they must trust their fellow teammates, know each other's strengths and abilities, and accept the challenge to change the game plan when needed.

"Whatever role we fulfill, we must do our very best to lead or support our co-workers for the good of our patients."

~ Dr. Hackstedde

The characteristics of players on a winning team are similar, no matter what the team's "work" is. Communication, collaboration, critical thinking, creativity, and trust and respect for our fellow team members are as important in health care as they are on the football field. As Hospital team members, we may be leaders within our own departments, or called upon to work with other departments to solve a problem or start a new program. Whatever role we fulfill, we must do our very best to lead or support our co-workers for the good of our patients.

The stakes are much higher in health care than they are in sports. Our patients' health and well-being is dependent on our ability to function on their health care team. Whatever your job is, give it your all! You are an important member of Team SRMC, and our patients are counting on you.

SRMC Welcomes New Physicians



L. Austin Fredrickson, M.D.
Internal Medicine

Dr. Fredrickson is a Summa Cum Laude graduate of Youngstown State University and Northeast Ohio Medical University. He completed his internal medicine residency at Akron City Hospital, Summa Health System.

"I am excited and humbled to return to my hometown and provide care to the people I know," Dr. Fredrickson said. "As a Salem High School graduate, it's great to start giving back to the community where I was raised and making a positive difference in treating disease and promoting good health."

Dr. Fredrickson is a member of the American College of Physicians, Alpha Omega Alpha Honor Society and the Gold Humanism Honor Society.



Erin N. Newton, M.D.
Internal Medicine

A Summa Cum Laude graduate of the University of Akron, Dr. Newton received her medical degree from Northeast Ohio Medical University, and she completed her residency training at Akron City Hospital, Summa Health System.

"I'm excited to be practicing in Salem where Dr. Fredrickson and I are offering a full range of services to patients 16 and older," Dr. Newton explained. "These services include the diagnosis and treatment of acute and chronic illnesses; disease management and prevention; immunizations; wellness visits; and health education."

Dr. Newton is a member of the American College of Physicians, Alpha Omega Alpha Honor Society and the Gold Humanism Honor Society.

For more information or to schedule an appointment with Drs. Fredrickson or Newton, contact **SRMC Internal Medicine Center, 2020 East State Street, Suite C, in Salem at 330-332-7807.**



Terrence E. Zipfel, M.D.
Otolaryngology

Dr. Zipfel earned his Bachelor of Science in Pharmacy and Medical Degree from the University of Pittsburgh. He then completed his medical internship and residency training at the Penn State Geisinger Healthcare System, where he was appointed Chief Resident. Prior to joining SRMC's Medical Staff, Dr. Zipfel served as an Otolaryngologist in the East Liverpool area for the past 18 years.

"I'm impressed with SRMC's commitment to providing the highest level of care to the region," Dr. Zipfel said, "and I'm glad to be part of its mission by bringing a comprehensive range of ENT services to the area, including allergy testing and management; nasal and sinus procedures; ear surgeries; removal of masses and facial skin lesions; and treatments for voice, swallowing and throat disorders."

Dr. Zipfel is joined at the practice by Board-Certified Audiologist Barbara J. Thornberry, Au.D. Dr. Thornberry will provide specialized audiology services, such as hearing loss evaluations; hearing aids; and assessment of ringing in the ears, dizziness and balance disorders.

For more information or to schedule an appointment, contact **Dr. Zipfel's office in the Columbiana Medical Center, 750 East Park Avenue, in Columbiana at 330-892-0442.**

Director of Development



Amy Manolio

Amy Manolio has been selected to lead SRMC's Development Department. In this position, she will work in tandem with the SRMC Foundation to oversee its fundraising efforts, along with directing the hospital's volunteer services.

Amy received her Bachelor of Arts and Science in English from the University of Kentucky at Lexington, and obtained her wealth strategist certification in 2012. She has over 28 years of experience in the financial industry, with a proven record of achievement as a private bank and wealth management officer and business development manager. Amy was most recently a Vice President and Private Bank Officer for the Mahoning Valley at Cortland Bank.

Community service is important to Amy. She has been actively involved in local fundraising and event planning for the Animal Charity Humane Society of Mahoning County as its Board Vice President, the American Heart Association as a past HeartWalk team chairperson, and a member of Akron Children's Hospital Mahoning Valley Community Executive Leadership Council.

Nursing Supervisor

SRMC's nursing management team welcomed Shayna Glista, RN, BSN, MSN, as a nursing supervisor. In this role, she will serve as the primary resource for the nursing staff during her designated shift; conduct patient rounds; monitor admissions and discharges; and assist with staffing.

Shayna earned her Bachelor of Science in Nursing degree from Ohio University and a Master's degree in Nursing from Cleveland State University. She most recently managed the Sexual Assault Nurse Examiner Program at Mercy Health in Youngstown, and has also served as a Pre-Op/Recovery Room nurse.



Shayna Glista

Cafeteria Offers Healthy Eating Options

SRMC plays a vital role in improving the health and well-being of the people we serve. Part of this responsibility includes modeling positive lifestyle choices for our patients and staff, which includes making healthy food choices available in our cafeteria.

Why it's Important

"Healthy eating can help reduce the risk of chronic conditions like obesity, heart disease and diabetes; and may even have an impact on energy and work performance," said Carlie Peshek, Director of Food and Nutrition. "About 750 employees and guests rely on our cafeteria for meals every day, and we want to be a partner in their health by increasing the healthy food options available."

Cafeteria Changes

According to Carlie, simple changes in the cafeteria have included transitioning many of the breakfast pastries, bagels and muffins to lower-calorie varieties. Other modifications have focused on the way foods are prepared and healthier menu options.

"We've introduced special days such as 'Meatless Mondays' and 'No-Fry Fridays;' and are incorporating a wider variety of whole grains into our recipes, like couscous and brown rice," she explained. "Many baked goods are now made-from-scratch and are provided in smaller portion sizes. We have also replaced potato chips and other high-calorie snacks with baked or healthier versions."

Promoting Healthy Choices

SRMC has taken a leadership role in implementing Columbiana County's Health Improvement Program, which has targeted obesity prevention as one of the county's three highest health priorities. As a best practice, the Ohio Hospital Association's "Good4You" initiative has been launched, which is designed to educate visitors and staff about the importance of a healthy diet and change the way a hospital prepares and promotes food products on its menus.

"With diet and nutrition playing such a critical role in public health, it only makes sense that hospitals should lead the way on promoting healthy food choices," Carlie added. "In the coming weeks, we plan to introduce other healthy eating strategies, like identifying some of the healthy food items as 'Good4You.' This will not only help our customers make informed decisions, but will also remind them that they are choosing an item that can have a positive impact on their overall health."

Food & the Workplace

**Each year on average,
a full-time employee
makes 113 meal choices
in the workplace.**





Banquet of Salem

Our "SRMC Family" served approximately 150 meals at the Banquet of Salem.



Golf Classic

Winners of the SRMC Foundation's 4th Annual Golf Classic were (l-r) Michael Murphy, Frank Santisi, Mark Butch and Joey DeAbate from Team Kennsington.

Water Walkers

This summer, members of the East Palestine Water Walkers Program collectively walked the distance to Jacksonville, Florida.



Congratulations!

SRMC's Laboratory Department has been nationally recognized for service excellence following the successful completion of its biennial accreditation survey by the College of American Pathologists.



Coming Events



SCC Women's Night Out

Wednesday, September 27th
4 – 8 p.m.

Salem Community Center

Visit SRMC's displays in the Vendors' Marketplace and meet our new physicians. Call SCC at 330-332-5885 for ticket information.



Sebring Community Food & Fellowship Dinner

Monday, October 23rd
5 – 7 p.m.

B.L. Miller Elementary School,
Sebring

Help serve this community outreach dinner. Call ext. 7227 to volunteer.



Blood Drives:

- Wednesday, November 8th
9 a.m. – 2 p.m.

SRMC Tower Conf. Room

Call ext. 7227 for an appt.

- Friday, December 29th
1 – 7 p.m.

Salem Community Center

Call 1-800-RED-CROSS for an appt.



Christmas Parades:

- Friday, November 17th
6:30 p.m.

Downtown Columbiana

- Thursday, November 30th
6:30 p.m.

Downtown Salem

- Saturday, December 2nd
1 p.m.

Downtown East Palestine

- Saturday, December 2nd
4 p.m.

Downtown New Waterford

Volunteers are needed to help pass out giveaways and greet spectators along the parade routes. Call ext. 7227 to sign up.