



THE PHILANTHROPE

Investing in Our Community



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The Foundation
for St. Luke's Hospital™

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PHILANTHROPE is a mid 18th century word from Greek *philanthrōpos*, from *philein* 'to love' + *anthrōpos* 'human being'.

As a small, nonprofit, community-owned hospital in rural Polk County, NC, we survive because of the humanitarian gifts of generous donors—our *philanthropes*.

Through your goodwill, many in our community are able to realize a better life. And for that, we are forever grateful for your selflessness.

ON THE COVER Ben Ellington, Board Chair for The Foundation for St. Luke's Hospital; Linda Greensfelder, Hospital and Foundation Board; Monica Jones and Dale McEntire, Polk County Community Foundation; Laura Baird, Polk County Parks, Recreation, and Maintenance, Michelle Fortune, St. Luke's Hospital CEO, and Amanda Thompson, Executive Director of The Foundation for St. Luke's Hospital, and Vice President of Operations for St. Luke's.



Dear Supporters,

As we enter the season of Gratitude, we pause to thank you for your meaningful support over this past year. This past year has brought about many exciting additions and services at St. Luke's Hospital – that would not have been possible without YOU! We've added world-class physicians to include cardiologist Dr. John Hutto, general surgeon Dr. Joshua Knolhoff, and most recently urologist Dr. J.G. Cargill.

Your support provided our community a top-of-the-line CT scanner that is daily saving LIVES through early cancer detection, identification of heart blockages, quick detection of strokes, and so much more! We have heard countless stories from community members that have shared how thankful they are for this community providing this CT scanner because they had no idea that they had a serious medical condition prior to having the scan. Now they can seek needed treatment here close to home and enjoy another holiday season with their families.

As we approach the end of the year, we ask you to please consider making a thoughtful gift towards some additional needs at our community hospital. The first category is Patient Medical Equipment, which includes items to improve the care provided by our physicians and staff. One item is an ultrasound machine for our orthopedic providers to utilize to detect blood clots and to safely administer injections into joints. Second is a new TEE probe, a test that uses sound waves to create pictures of your heart, as our cardiology program continues to grow. New electric exam tables are needed at Foothills Family Medicine to assist patients in getting on and off the tables. Funds will go towards new ambulation assistance devices for the rehab department and urine analyzers in our growing urology practice. This category totals \$100,000 but we know there will be more equipment needs in the future as healthcare continues to evolve rapidly.

The second category is hospital renovations to continue to enhance our aging facility. The hospital's medical/surgical rooms do not have private showers. Instead, patients use a community shower at the end of the hall. While the shower is cleaned thoroughly between each patient, it appears dingy with outdated yellow tile and too small for a wheelchair to enter. The plan is to combine the 2 small shower rooms into one big shower that is handicap accessible and visually appealing. We will also update the shower on the outpatient cardiology hall to allow us to have two patient shower areas. This category totals \$80,000. Additional funds raised will go towards future renovation projects.

We thank you for utilizing our hospital's services, attending our community health events, and supporting our mission to raise funds in support of St. Luke's Hospital as it provides exemplary healthcare to our community.

With Gratitude,

Ben Ellington
Chair

Amanda Thompson
Executive Director


It's All About Prevention

To unleash the full potential of our talent, St. Luke's has brought online the fastest and most accurate computerized tomography (CT) scanner in the world made possible by hundreds of donors.

St. Luke's Hospital is one of only two hospitals in the greater region to provide 4D imaging through the GE Revolution Apex CT Scanner. CT is a non-invasive method of viewing organs, soft tissues, vascular structures, and bones using a rotating x-ray instrument to produce ultra-high-resolution images of the body.

Our new best-in-class, low-dose CT unlocks images faster and in much greater detail, allowing our doctors to see:

- 99.8% of all heart blockages
- the entire heart, plus blood flow and motion, in a single heartbeat
- the earliest lung cancers in a single low-dose scan
- an entire brain scan in less than a second and a comprehensive 4D stroke analysis in less than five minutes
- detailed bone images

Donor support of this world-class CT scanner is saving lives in our community through earlier cancer detection and by identifying individuals who are at high risk for a future heart attack or stroke. Thank you for making a difference! 



NOV 2022

\$600,000 of an almost \$2 million CT Scanner Raised



MAR 2023

First Cardiac CT and Calcium Scoring Exam



AUG 2023

First lung cancer screenings



SEP 2023

98 Calcium Scoring Exams
75 Cardiac CT scans
12 Lung cancer screenings

FEB 2023

New CT available for patient use



SEP 2023

4,690 CTs performed



Calcium Scoring-What is it?

This "two second" heart CT scan detects the amount of calcium in your coronary arteries. The value of the screening is that it helps to determine if you need preventative treatment to ward off a heart attack or stroke. This test at St. Luke's provides much greater detail and accuracy and is most helpful to guide treatment for people who have a low to moderate risk of heart disease. Please discuss this test with your primary care provider to determine if it may be valuable to managing your health. The Foundation for St. Luke's Hospital has received grant funding from Carolina Foothills Foundation to provide free calcium scoring exams for Polk or Rutherford County uninsured residents. You just need your primary care provider to send the hospital an order for the exam and inform the hospital scheduler that you qualify for the free exam.

Lung Cancer Screening

Typically, lung cancer is diagnosed when symptoms become evident, making it more challenging to manage effectively. However, a lung cancer screening offers the opportunity to detect the disease in its nascent stages before symptoms manifest. This screening is available to individuals who meet specific criteria, which include:

- Age between 50 and 77 years.
- Current or former smokers within the past fifteen years.
- A history of smoking equivalent to 20 pack-years or more.

For more information, visit StLukesNC.org/calcium and StLukesNC.org/lung-screen 

Raising Funds for Preop Room Renovations



BEFORE

The passage of time has taken its toll, leaving pre-op rooms in need of revitalization.

In August, The Foundation celebrated that the goal for the preoperative (preop) room renovations had been successfully achieved. In a mere four months, the community rallied together to contribute over \$135,000 to this project, a testament to their unwavering support.

Many have inquired about the rationale behind renovating the preop rooms. The answer lies in the fact that these surgical facilities serve as the initial point of contact for patients and visitors at St. Luke's Hospital, whether they are seeking elective or emergency surgical care. Unfortunately, the passage of time has taken its toll, leaving this area in need

of revitalization to align with the exceptional standard of surgical care that St. Luke's consistently delivers.

The funds allocated for this purpose will be channeled into the renovation of 12 patient rooms, offices, and the connecting hallway. This comprehensive update will encompass various aspects, including new paint, wood flooring, wall headboards, door wraps, and miscellaneous enhancements. The aim is to transform this vital space into a welcoming and contemporary environment that mirrors the high-quality care St. Luke's Hospital is renowned for.



AFTER

Comprehensive updates encompass new paint, wood flooring, wall headboards, door wraps, and other enhancements.

The Foundation
for St. Luke's Hospital™

FoundationSLH.org

St. Luke's Grateful Patient Recipients



Dr. John Binford, St. Luke's Emergency Department

Have you and your family experienced extraordinary care at St. Luke's Hospital? Show your appreciation and recognize your caregivers with an Everyday Angel Award donation. It's a special way to give back to the hospital and acknowledge the individuals who made a difference in your stay. Your caregiver(s) will receive a certificate, acknowledgment letter, and special lapel pin. Give a gift in their honor and help make St. Luke's care even better! <https://www.foundationslh.org/grateful>

Congratulations to Dr. John Binford, Colden O'Dell NP, and Dr. Evans Kemp for being recognized by their patients with a donation made in their honor. Thank you for providing exceptional patient care! 🙏



Colden O'Dell, FNP, Foothills Medical Associates, Dr. Evans Kemp St. Luke's Cardiology at Foothills Medical Associates



Tom Raymond Memorial Fitness Trail **Renovation Ribbon-Cutting**



Teammates from St. Luke's Cancer and Infusion Center



Dr. George Azar and Ian Smathers of St. Luke's Orthopedic and Sports Medicine



A community member test drives an exercise station



Laura Baird, Polk County Parks, Recreation, and Maintenance

The Tom Raymond Fitness Trail officially reopened on September 9, 2023, with a ribbon-cutting ceremony. The trail was renovated with funds from the Ann Jacob Toms Fund at Polk County Community Foundation. The trailhead is located behind the St. Luke’s Emergency Department parking lot next to EMS. You can also access the trail from the ICC trailhead located behind Polk County Libraries. The trail’s central location, easy difficulty level, and length make it ideal for community members of all ages and abilities to enjoy.

This important project was a partnership between St. Luke’s Hospital, The Foundation for St. Luke’s Hospital, Polk County Parks, Recreation and Maintenance Department, and the Polk County Community Foundation. The half-mile fitness loop was completely renovated and now boasts eight new fitness stations, with plans for further improvements over the next decade to include a new covered sitting area, benches, and resurfacing of the trail. Funding will also support the regular maintenance of the trail provided by Polk County Parks, Recreation and Maintenance Department.



Savannah Hightower, Cancer & Infusion, and Dawn Ward, Human Resources

Over 70 community members attended the ribbon cutting event. Walkers enjoyed learning various health and wellness tips from multiple St. Luke’s hospital departments and demonstrations of the new fitness equipment. Breakfast was provided by Java Up.

Michelle Fortune, St. Luke’s CEO, expressed her gratitude for the generosity of the Ann Jacob Toms Fund in making the renovation possible. She also shared her excitement about the trail’s revitalization, which had fallen into disrepair. This trail provides the community and hospital staff a unique way to be active outdoors.

St. Luke’s plans to host quarterly trail events called “Wellness Walk & Talk” to promote health and education throughout the year. These events will be free to the public, and attendees can get valuable time with a knowledgeable healthcare provider to learn about improving their health and wellness.

The trail is open to the public. Stay updated on the next “Wellness Walk and Talk” on our website or social media. 🌿

(continued on page 12)

Volunteerism is Our Lifeblood

Between July 1st and September 30th, a total of 282 volunteer hours were generously contributed to various community events. During this trimester, the dedication and compassion exhibited by the St. Luke's staff and board members were truly remarkable.

Regardless of adverse weather conditions, weekends, or scorching heat, our volunteers remained unwavering in their commitment. Notably, volunteers were observed providing relief from the summer heat at TIEC by distributing fans while representing St. Luke's. This gesture was particularly appreciated by those attending the events each Saturday in July.

A notable highlight was St. Luke's sponsorship of Coon Dog Day in Saluda, which brought joy and laughter to our board members and staff as they witnessed the exciting dog races and competitions.

Our volunteers displayed compassion by spending time at Polk Middle School, disseminating information about free passes for students to participate in Ache Around the Lake and distributing free school supplies.

St. Luke's attended the Landrum and Columbus Farmer's Market and provided tote bags for carrying produce. Looking ahead, we are excited to expand our presence to Saluda Farmer's Market and anticipate more collaborative opportunities in the future.

In summary, it was an eventful 3 months for St. Luke's, where we demonstrated our ability to make a meaningful impact while enjoying ourselves along the way. 🌀



St. Luke's teammates deliver donated food to support the Foothills Chamber of Commerce food drive: Debra Hill, Amanda Thompson, Tera Littlejohn, Kathryn Lowrie, Jessica Harris, Will Taunton, Rachel Wood, John O'Donnell, Gina Durand



Saluda Coon Dog Days



Women's Ambassador Gathering



Tryon International Equestrian Center



Polk Middle School

Amanda Thompson Selected 40 Under 40



Congratulations to Amanda Thompson, VP of Operations & Executive Director of The Foundation for St. Luke's Hospital, for being recognized as one of the 2023 Association of Healthcare Philanthropy (AHP) 40 Under 40 award-winners! This award recognizes healthcare philanthropy professionals who have demonstrated impressive career achievements, deep community involvement, and exceptional leadership. Amanda was honored in Orlando on September 21st at AHP's Annual International Conference, the world's largest gathering of healthcare philanthropy professionals.

Amanda's passion is ensuring that our locally owned hospital can serve our rural community for many years. With 152 hospitals closing their doors since 2010, according to UNC Sheps Center, and North Carolina being number three in the country for most rural hospital closures, Amanda remains devoted to ensuring that our hospital and its quality healthcare will remain accessible to our community.

We're so proud to have Amanda on our team and salute her continued hard work and dedication. 🌸

Palmer & Jervey Recognition

This year, we've changed our approach to celebrate and appreciate our Palmer & Jervey donors. Instead of the traditional gala, we're hosting VIP Tours based on feedback from a survey of our donors. Tours will be held on October 24th. This event will begin in the hospital with heavy appetizers and conclude with tours provided by hospital leadership to showcase areas improved by your donations, such as the new CT scanner, 3D mammogram technology, and room renovations.

Members of the Palmer and Jervey Society contribute annually at least \$1,000. For more details on how you can become a member or to donate, visit foundationslh.org and click on "Ways to Give." Your support makes a significant impact! 🌸

I Scream, You Scream, We All Scream for Ice Cream

We scream for ice cream here at St. Luke's Hospital because **WE ARE FAMILY!** Working hard and having fun are essential here.

This delightful end-of-summer celebration included dancing, singing, and ice cream sundaes served by our very own Foundation Board members. Staff members indulged in fudgy caramel goodness, all while capturing memories with pictures in the spirit of Jimmy Buffet. This allowed everyone to unwind and alleviate stress.

Thank you to the Foundation's Board for serving and supporting our Team! 🍷



Early Detection is Key to the Cure



On August 23rd, Dr. Joe Stephenson, and Nurse Practitioner Savannah Hightower, representing St. Luke's Cancer and Infusion Center, provided important community health education at Tryon Estates. Their primary objective was to enlighten residents about the significance of preventive measures against breast, lung, and colon cancers.

One of the highlights of their presentation was the introduction of St. Luke's groundbreaking Low Dose CT Lung Cancer Screening Program.

In Savannah's oncology career, she has never encountered someone having lower than a Stage 3 cancer diagnosis due to the majority of people are not diagnosed until they have symptoms. However, now with the new CT, individuals with zero symptoms are being identified at a much lower stage while the cancer is very treatable. This technology is saving lives!

Furthermore, the healthcare providers emphasized the importance of knowing one's GAIL score following an annual screening mammogram. This score is instrumental in identifying women at high risk of developing breast cancer. The screening mammography process involves a series of questions that help assess risk factors, a procedure known as the Gail Model Risk Assessment. The Gail Model is a well-established and respected tool for predicting breast cancer risk.

The Gail Model considers various factors, including age, age at first menstrual period, age at first live birth, the number of breast biopsies, family history of first-degree relatives with breast cancer, hormone usage, and age at menopause. Your individual answers to these questions are used to quantify your risk of developing breast cancer. If your score falls below 1.67%, your five-year risk is considered low; however, scores above 1.67% indicate a high risk.

For those with a high Gail score, Dr. Stephenson recommends considering St. Luke's high-risk breast cancer prevention program, which explores risk reduction options tailored to the individual.

Understanding genetics, lifestyle, and environment, can influence cancer risk, the healthcare providers also underscored the potential impact of lifestyle choices. Regular exercise and a healthy diet can serve as protective measures against certain types of cancer.

For individuals at a higher risk of developing breast cancer, one option that may be discussed is low-dose tamoxifen. Dr. Stephenson expressed enthusiasm about this development, citing research indicating that low-dose tamoxifen (5mg daily for three years) can reduce the risk of developing breast cancer by up to fifty percent with minimal or no side effects. Notably, this preventive dose is just one-fourth of the dosage used in the treatment of actual breast cancer.

To determine if you qualify for these vital screening and prevention programs, please visit stlukesnc.org/cancer, or contact the Cancer and Infusion Center at 828-894-0111. Your health and well-being are of paramount importance, and these initiatives aim to provide you with the best tools and information for early detection and risk reduction in the fight against cancer. 🌸

Dr. Joe Stephenson and Savannah Hightower, AGAC-NP





Linda Schutter and Michelle Fortune study an exercise station



Ella Thompson demonstrates the incline and step station



We had a very nice turnout for the ribbon-cutting



Thank You to Our Sponsors

Made possible by the Ann Jacob Toms Fund
at Polk County Community Foundation



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Let's TACO about St. Luke's!

Women's Ambassadors Gather at TIEC



Linda Greensfelder, Nancy Holland, Amanda Thompson, Linda Schutter

On September 18th, over 70 community women from various backgrounds came together at the Tryon International Equestrian Center for "Let's TACO about St. Luke's" to learn about the latest updates on osteoporosis and orthopedic care from St. Luke's Orthopedics and Sports Medicine. The Women's Ambassadors Group gathers twice a year to provide health and wellness education, information about services at St. Luke's Hospital, and ways to support the Foundation's efforts. The ambassadors then share information learned throughout the community.

Susanne Wise, PA shared information on the prevention of osteoporosis, detection through bone density scans, and current treatments available to include injections provided at our St. Luke's Cancer and Infusion Center.

Dr. George Azar shared about the latest orthopedic procedures he is performing at St. Luke's Hospital to include anterior hip replacement, as well as knee and shoulder replacement. He also discussed performing sports medicine procedures to help both athletes and non-athletes get back to enjoying daily activities.

Door prizes were provided by Chile Rojo Mexican Restaurant in Landrum, SC, and Kylie Burns, Owner of Wild West Beauty Bar located inside Main Street Salon in Landrum. Guests had a great

time enjoying a delicious taco spread and drinks while music played softly in the background, and mini sombreros were worn, making it an unforgettable evening.

If you have a topic you would like to learn about at our Spring Women's Ambassadors Group event, please email beth.thomas@slhnc.org







Please consider making an
End of Year Gift to support
your community hospital!

Use this QR code
to donate online:



Donations may be mailed to:
The Foundation for St. Luke's Hospital
89 W Mills Street, Suite B
Columbus, NC 28722

NATIONAL LUNG CANCER SCREENING DAY

Saturday, November 11, 2023 — 9 AM - 1 PM

A TEN-MINUTE INVESTMENT OF TIME
can save your life



Lung cancer is the leading cause of cancer deaths in America. More than 84% of women and 90% of men with a new lung cancer diagnosis are smokers or former smokers. Lung cancer screenings can find cancer before symptoms appear.

Candidates for Screening

- Patients 50 to 77
- Current or former smoker within the last fifteen years
- Have smoked 20 pack-years* or more

The screening involves a painless, low-dose CT scan of your chest. No IV or oral contrast medications are needed. This scan uses up to 70% less radiation than a regular CT scan.

* For more information, visit StLukesNC.org/lung-screen or scan the QR code.



A referral from your doctor and an appointment is required.

CALL FOR AN APPOINTMENT

(828) 894-0990
StLukesNC.org/lung-screen

