



# THE PHILANTHROPE

Investing in Our Community



From the Executive Director	2	Men's Health Tune-Up	6
Daisy and BEE Awards	3	Community Events	8
Nursing Scholarship Awarded	3	Welcome Dr. Knolhoff	9
New Benches & Doctor's Day	4	Carolina Foothills Foundation Grant	10
National Hospital Week	5	Dr. Mychak speaks at Tryon Estates	10



## Dear Supporters,

**Wow, it is hard to believe** we are now halfway through 2023, and I'm excited to share with you the continued growth at St. Luke's over the past six months.

In our last newsletter, we shared that because of the generosity of our community, our new world-class CT scanner was completely paid for and on-site. In March 2023, St. Luke's began to offer Coronary Artery Calcium (CAC) scanning and in August we plan to launch low-dose CT preventative lung cancer screenings.

Cardiology continues to grow as Dr. John Hutto joined Foothills Cardiology, located at Foothills Medical Associates, and will provide long-term maintenance and monitoring of implantable cardiac devices, including pacemakers, defibrillators, and loop recorders. Device clinics will be between two vendors, Medtronic and Abbot, every other Friday.

We also welcomed Dr. Joshua Knolhoff, General Surgeon, and many of you were able to meet him at our last Women's Ambassador Group event. Dr. Knolhoff brings new skills to St. Luke's as he is certified in laparoscopic procedures, performs complex colon procedures, and provides burn and wound care.

With the growth in our surgical procedures, we received feedback from community members and hospital staff about the need to modernize the pre-operative rooms. This surgical wing is often the first impression patients and visitors have of St. Luke's Hospital when they come for an elective or emergency surgery. However, over time, the area has become outdated and needs a refresh to reflect better the high-quality surgical care St. Luke's provides. In March, we committed to raising \$135,000 for these 12 patient rooms and the hallway, including paint, wood flooring, wall headboards, door wraps, and other miscellaneous items. As of this publication, we only have \$24,000 left to raise! If you would like to donate a gift towards this project, you can do so online at [www.foundationslh.org/preop](http://www.foundationslh.org/preop) or by mail.

The generosity of our community continues to astound us. We truly appreciate the continued support that allows St. Luke's to continue to grow to serve our community.

With Gratitude,



Ben Ellington  
Chair



Amanda Thompson  
Executive Director

**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.

## Board of Trustees — The Foundation for St. Luke's Hospital

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**HONORING  
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Dedication



Glenna Connor, Tera O'Dell (DAISY Award), Stephanie Postol, Jessica Harris, Michelle Martin (BEE Award)

**On Tuesday May 9, 2003**, a packed boardroom surprised Tera O'Dell, Case Manager RN, with the DAISY Award and Michelle Martin, CNA, the inaugural BEE Award. These two women epitomize all the best traits of St. Luke's. Some words and phrases to describe these ladies from peers and patients were, "kind, devoted, motivator, true, positive, goes above and beyond, exemplary, caring, compassionate, and a blessing."

Both families came to surprise both ladies, bringing them to tears. Everyone celebrated with cinnamon rolls, flowers, and hugs. The DAISY Award started in 1999. The founders of the award stated,

"today, DAISY proudly honors Nurses wherever they practice, in whatever role they serve, and throughout their careers- from nursing student through lifetime achievement. Whereas DAISY focused completely on nursing, The BEE (Being Excellent Everyday) Award recognizes team members outside of nursing for going above and beyond to care for patients, visitors and each other."

Do you have something special to say about a visit with a St. Luke's provider? We would love to hear from you. Please email [Beth.Thomas@slhnc.org](mailto:Beth.Thomas@slhnc.org) with your praise so we can pass it along and share it with his/her peers. 🌀



**This February, Kaitlyn Painter**, a Patient Access Tech Floater at St. Luke's, was awarded the Andra and Patricia Herriott Nursing Scholarship through Polk County Community Foundation. She was ecstatic saying, "I am so excited to start my nursing career at St. Luke's." Kaitlyn started working at SLH in August of 2022.

She said she has always wanted to work in healthcare and now she can begin her dream. She is currently enrolled at Spartanburg Community College in their two-year ADN program.

She will be the first person in her family to work in healthcare and is a first-generation college student along with her brother. A graduate of District One in Spartanburg, she graduated in 2019 just in time for COVID causing her to put her dreams on hold, but when the job opening came open in August, she quickly applied. Her plans are to graduate from SCC, stay in the area, and work for St. Luke's stating, "I love SLH because it is small and has a family feel to it. Why would I leave family?"

If you are interested in providing scholarship opportunities to St. Luke's staff, please email [amanda.thompson@slhnc.org](mailto:amanda.thompson@slhnc.org) for more information. 🌀

# New Benches Beautify St. Luke's



If you have not been to SLH recently, then come and see our new outdoor seating provided through a matching grant through Polk County Appearance Commission. Prior, there was no outdoor seating for patients and families at the front entrance of the hospital.

Handmade by expert Amish artisans at Foothills Amish Furniture in Landrum, these sturdy benches are built from maintenance-free poly lumber to withstand the elements for many years. 🌿



Dr. Jeffrey Viar



Janet Howell, PA



Colden O'Dell, FNP

**On National Doctor's Day**, The Foundation surprised not only St. Luke's physicians, physician assistants, and nurse practitioners with a special breakfast from Huckleberry's but all community providers as well.

Recognizing providers gave the Foundation a special opportunity to thank those who selflessly serve our community day in and day out, even through the challenges of the pandemic. To further show appreciation, each provider received a handwritten thank you note from our Board expressing gratitude for being a part of the SLH family. We love our doctors! 🌿

# Hospital Week Comes to St. Luke's Staff



John Scheer, Meghan Young, and Cheryl Spencer



Tom Trobaugh, Foundation Board Member



Ed Spencer, Foundation Board Member

The Foundation kicked off Hospital Week festively on May 8, 2023, with a Nacho Bar served by the Foundation's Board Members. Our generous board made sure that all staff were fed, including the night shift, and thanked all for the wonderful care they provide for our community.

The festivities didn't stop there, as St. Luke's continued to spread the love and appreciation by catering a Chick-fil-A meal, providing a Popcorn Day, and hosting a Carnival Day with popcorn, snow cones, and corn hole competition. Also, thank you to all the many businesses and individuals that donated door prizes to give away to St. Luke's staff each day! 🌈



Nikki Laughter—St. Luke's Pain Center



Jason Nussbaum—St. Luke's Athletic Training,  
Shana Williams & Taylor Rochester—St. Luke's Rehab

# The Second Annual **Men's Health Tune-Up**



**BEST CAR:** Howard Bryant and his 1957 Chevrolet Bel Air. The Winner received \$100 Gift Certificate to Durand's Mobile Detail, and plaque donated by Yetees Design Screenprint.



**BEST TRUCK:** James Campbell and his 1969 Chevrolet C-10. The Winner received \$100 Gift Certificate to Durand's Mobile Detail, and plaque donated by Yetees Design Screenprint.



Kim Adams and Linda Greensfelder, Foundation Board Members



Lacy Rainey, Savannah Hightower, and Dr. Joe Stephenson—St. Luke's Cancer & Infusion

## By the Numbers:

- 65 volunteers
- 80 vehicles
- 137 health fair participants
- 162 free labs



**BEST BIKE:** Chris Gilman and his 1970 Moto Guzzi 750 Ambassador. The Winner received \$100 Gift Certificate to Green River Cycles, and plaque donated by Yetees Design Screenprint

On a perfect, sunny, breezy Saturday, St. Luke's Hospital, and the Foundation for St. Luke's Hospital, came together to offer two exciting free events in honor of National Men's Health Month-A Men's Health Fair and Car, Truck & Bike Show made possible by the Ann Jacob Toms Fund at Polk County Community Foundation. On June 17th, men and women came to vote on their favorite vehicle and to have many of their healthcare questions answered.

The morning was filled with a delicious free breakfast from Manzolina's Eatery. While the smell of fresh baked burritos drifted through the air tempting guests, individuals visited over 15 tables staffed by healthcare providers providing education on a range of topics from diabetes prevention, skin cancer checks, blood pressure screening and free lab work, all the while being regaled by dance music by our DJ, Aaron Greene.

Health fair participants were entered to win over \$1000 worth of door prizes provided by Food Lion Columbus, Advance Auto, Tractor Supply, European Market, O'Reilly Auto Parts, Biazzo Deli, Landrum Armory, Pro-Chem Inc., and Green River Tavern.

(continued on page 11)

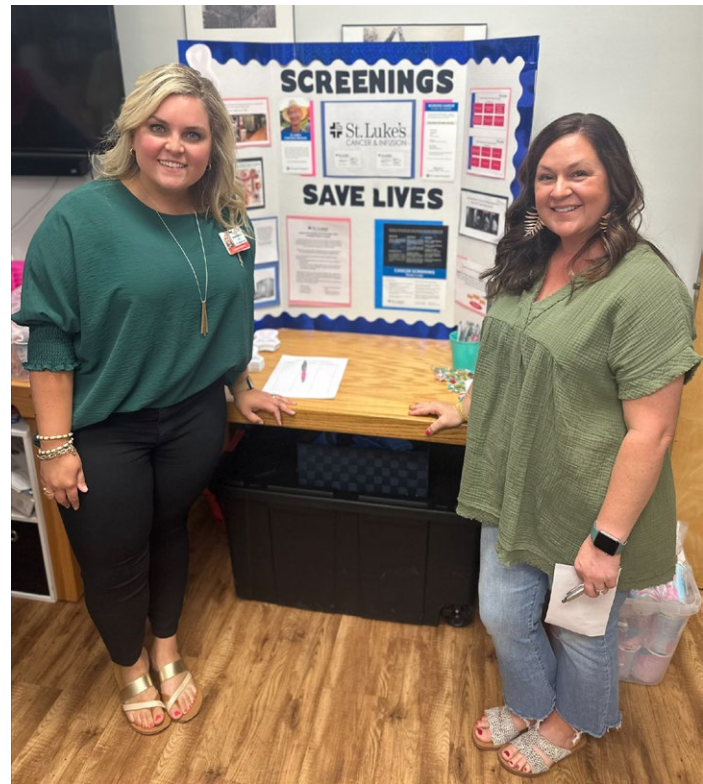
# Community Health Events

Starting on March 30, 2023, St. Luke's welcomed spring by offering free community health events. At all three events, St. Luke's staff presented on a variety of different health and wellness topics and provided free screenings thanks to funding from The Duke Endowment.

At the monthly Saluda Living in Place's gathering, Dr. Kemp presented on heart health and the advancements at St. Luke's to include world-class CT, top-of-the-line echocardiogram testing, and calcium scoring exams. Saluda Family Medicine was present to provide blood pressure screenings. Thank you to Thompson's Deli for providing a heart healthy lunch!

At the Stand By Me Polk event at Polk County High School, St. Luke's Senior Life Solutions and the Pain Center helped raise awareness about mental health and substance misuse.

St. Luke's held a free community health event at The Meeting Place on May 5th. Thank you, St. Luke's Cancer and Infusion Center, Lab, Radiology, Respiratory, Urology, Volunteer Services, Foothills Medical Associates, Saluda Family Medicine, and Senior Life Solutions for providing free health education and screenings. Thank you, BiazzoDeli for providing a delicious dinner and all our volunteers for making this event possible! 🌸



Savannah Hightower, NP, Lacy Rainey from the St. Luke's Cancer & Infusion Center



Juli Haynie, Linda Schutter, Foundation Board Members



Laurey Senn, Mammogram Tech



Door Prize Winner

# Welcome Dr. Knolhoff



**The Foundation** hosted a wonderful gathering of the Women's Ambassador Group at Tryon International Equestrian Center & Resort on March 22, 2023. This amazing group of women gathered to meet St. Luke's newest surgeon, Dr. Joshua Knolhoff, who spoke on colon health and heard exciting hospital updates from Michelle Fortune, St. Luke's CEO.

March was Colon Cancer Awareness Month, and Dr. Knolhoff shared about the importance of colon cancer screenings. He

also shared about the advanced surgical procedures he will be performing and his desire to offer the highest quality surgical care to our community. The group was excited to hear that St. Luke's Hospital continues to grow to meet the needs of our community.

To set up your colon screening, call (828) 894-5627 or to learn more go to [stlukesnc.org/surgery](https://stlukesnc.org/surgery)



Linda Schutter, Linda Greensfelder, Amanda Thompson

## Pre-op Room Renovation Campaign

On May 4, 2023, The Foundation for St. Luke's Hospital hosted the pre-concert reception for Tryon Concert Association. Decked out in 1920's party clothes, board members served attendees while also sharing information on our new campaign to renovate the pre-operative patient rooms and hall. Board members had fun meeting our community members and hearing them share stories of how they have experienced the excellent care provided by St Luke's Hospital.

Interested in learning more about our fundraising campaign? Visit [foundationslh.org/preop](https://foundationslh.org/preop)

# Foundation receives grant from Carolina Foothills Foundation



On June 28th, The Foundation for St. Luke’s Hospital received a grant from Carolina Foothills Foundation for \$19,965 for “Creating Access to Preventative Cardiac Disease Detection to reduce heart attacks and strokes in rural Polk and Rutherford County.”

Cardiac disease is the number one cause of death in Polk and Rutherford counties. With the addition of world-class cardiologist, Dr. Kemp, and the purchase of our top-of-the-line CT scanner, SLH is now equipped to provide the highest quality cardiac care close to home. SLH desires to prevent cardiac deaths by creating access to free Coronary Artery Calcium (CAC) scanning using CT technology for uninsured Polk and Rutherford residents.

CAC is a proven screening tool for early detection of atherosclerotic cardiovascular disease (ASCVD) which is caused by plaque buildup in arterial walls. Heart attacks occur every 40 seconds, often resulting in death. Even scarier, nearly 70% occur in people who have never been diagnosed with heart disease. CAC scan detects plaque build-up before a person begins to experience symptoms. The overall CAC score determines the level of plaque/calcium in the arteries which translates into a risk score for ASCVD events. Using this score, medical providers and their patients can make informed decisions about risk factor management, the introduction of statin medications, and the need for further evaluation including stress testing.

American College of Cardiology guidelines recommend CAC for adults 40-75 years with one or more risk factors of heart disease but aren’t experiencing symptoms. The chance of having a heart attack is very low over the following 2-5 years with a negative scan. A positive scan means CAD is present with a greater likelihood of a heart attack in the next few years. With early intervention the 10-year risk for heart attack and stroke will be reduced a significant amount.

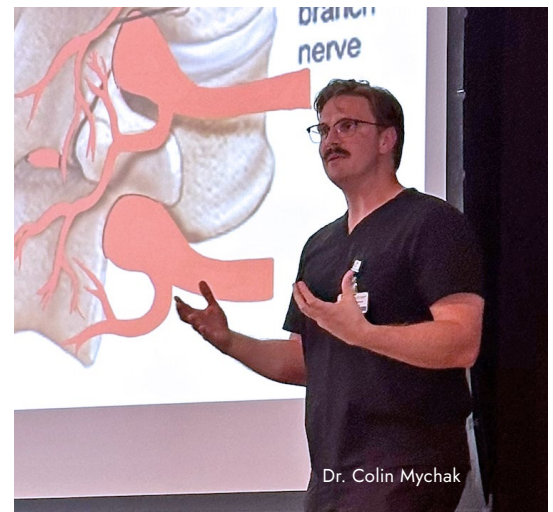
If you meet the criteria for the free exam, have your primary care provider send an order for a Coronary Artery Calcium CT exam and call 828-894-3311 to schedule.

CAC scans are also available to anyone for at a \$99 cash price. All you need is a provider’s order sent to St. Luke’s Hospital. ↻

**“Nothing kills the enjoyment of life more than chronic pain, but you need not live that way.”**

This was the opening statement as Dr. Colin Mychak spoke to over 50 residents at Tryon Estates on June 29th. He explained to everyone that the team of pain specialists at St. Luke’s Pain Center delivers the most innovative pain treatment options available today. They offer interventional pain therapies without high-dose opioids using a multidisciplinary and ethical approach. He discussed innovative treatments using spinal cord stimulator leads and new pain management for diabetic patients with neuropathy. Technology that used be considered science fiction even in 1990 is now available, cutting down the need for opioids.

If you have pain that is new or have had it for years, do not suffer one more day. Make an appointment by calling 828-894-0978 or visit [stlukesnc.org/pain](http://stlukesnc.org/pain). ↻



## Men's Health Tune-Up (continued on page 11)

As people left with a smile, they received a trunk organizer and peace of mind with their healthcare questions answered and full bellies. It was an amazing morning at Harmon Field thanks to our 65 volunteers that made putting on this event possible, our car show participants, and all that attended. 🌀



Dr. John Hutto and Sherri Emory



Michael Crater, EMS



## Raising funds to renovate 12 Pre-Op Patient Rooms

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



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**Open to All Runners, Walkers, Strollers,  
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**Benefitting The Foundation for St. Luke's Hospital**

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at the Polk County Community Foundation



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