

High Point Medical Center

M A G A Z I N E 2020





Wake Forest Baptist Health - High Point Medical Center

FACILITY

The current facility was constructed in the mid-1980s and occupied on January 8, 1986. The total cost was \$54 million, funded by \$10.2 million raised through a community fund drive, \$30 million in bonds financed through the North Carolina Medical Care Commission, and \$14.5 million from the hospital's funded reserves.

OWNERSHIP

Wake Forest Baptist Health - High Point Medical Center is a 351-bed hospital in High Point, North Carolina that serves the residents of High Point and surrounding areas. High Point Medical Center is part of Wake Forest Baptist Health, a preeminent academic medical center, and offers patients direct access to Wake Forest Baptist's medical experts and other resources. High Point Medical Center provides a wide range of patient- and family-centered care and has six specialty service areas: Congdon Heart & Vascular Center, Hayworth Cancer Center, The Neuroscience Center, The Esther R. Culp Women's Center, The Emergency Center and The Piedmont Joint Replacement Center.

On the Cover: Local spray-paint artist Jenna Rice created this mural in downtown High Point as a tribute to health care workers.

Patients Served (FY 2020 Actual)

49,819 EMERGENCY VISITS

178,367 OUTPATIENT VISITS

14,789 ADULT HOSPITAL STAYS

1,409 BIRTHS

Staff Information

1,839 FULL & PART TIME EMPLOYEES

647 REGISTERED NURSES

425 VOLUNTEERS

A Message from the President

Dear Friends,

It has been two years since you welcomed Wake Forest Baptist Health into your community and your homes while trusting us to care for you and your families. This year has been a wild and challenging time. Since the beginning of the COVID-19 pandemic, we have been tirelessly serving and caring for our community. Now that we have slowly moved back to "normalcy" in the hospital, admission and operating room volumes are back to pre-COVID-19 levels, and we have learned how to function in a COVID-19 environment. COVID-19 is still here, but we are protecting our patients and our community from its effects. I could not be more proud of our leadership, staff, health care providers, and community. Our hard work has paid off and we have been able to meet the needs of the COVID-19 pandemic here in High Point. Many challenges remain, however.

Your hospital is doing well, but many needs remain. Although the Capital Campaign has come to an end, we still have many pledges outstanding, and your support is much appreciated. Through the support of donors we have purchased two new da Vinci surgical systems and an EBUS bronchoscopy machine that have made it possible for lung cancer surgeries to be performed here, giving patients more treatment options than ever before. We have added breast cancer biopsy equipment to create a more unified, seamless breast cancer program. The cancer program has been aided by the creation of a cancer urgent care clinic, and a multispecialty cancer surgery clinic for breast, lung, and gynecological cancer patients. We are in the midst of upfitting our radiation oncology area and plans are underway for renovation of the Infusion Room. Thanks to funds from the High Point Regional Hospital Guild, we will soon start to renovate the hospital lobby and 6th and 7th floor patient rooms. In addition, phase 2 renovations to the Fitness Center are beginning. The facility improvements made possible by a gift from The Ann G. and W. Vann York Foundation include changes to the locker rooms for greater safety and access as well as changes to the front entrance area. We cannot thank you enough for your generosity and support of High Point Medical Center.

The following pages are meant to provide you with a snapshot of not only the advancements of the past year, but also to give a glimpse of our vision for the future. In 1904 the leaders of High Point made a commitment to this community to provide quality, expert and compassionate care to its citizens, and with your help we are committed to continuing that promise.

Sincerely,

James Hoekstra, MD

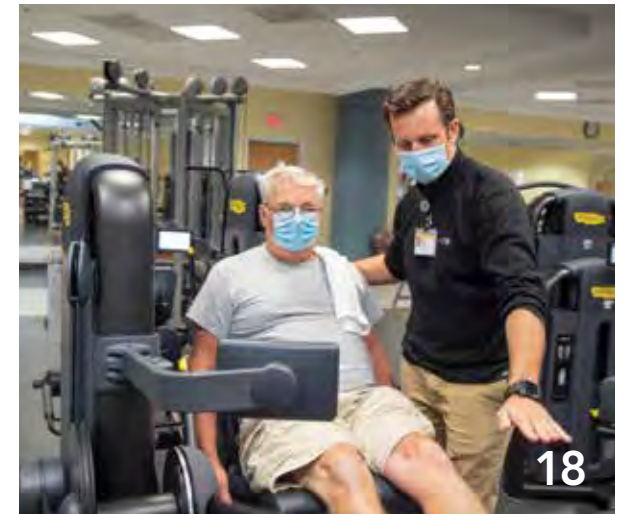
PRESIDENT OF HIGH POINT MEDICAL CENTER



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life-changing
CARE



"We are excited to build the future of health care together here in High Point. Our unique partnership with Atrium Health will allow us to improve the health of all people in our community with increased access to medical experts, technology, research, and innovation. Together, we further position our health system as the leading choice for care in High Point and throughout North Carolina."

— DR. JAMES HOEKSTRA

Wake Forest Baptist Health and Atrium Health Combine, Create Next-Generation Academic Health System

Our leading health systems joined together to enhance care, transform medical education, expand research, and improve countless lives in High Point, North Carolina, and beyond.

A new era of health care was ushered in with Atrium Health, Wake Forest Baptist Health and Wake Forest School of Medicine officially joining together as a single enterprise, Atrium Health. Both health systems are renowned for their clinical expertise and our school of medicine is nationally recognized for its medical education programs and research. Our collective vision to define the next generation of clinical excellence, transform medical education, and expand patient-centered research and innovation becomes a reality.

This new Atrium Health enterprise will revolutionize the way people become and stay healthy, helping to change lives for the better for more than 7 million people across the region who now have access to care from our combined health system. Our system will now have over 70,000 teammates working together to provide leading personalized care for each of the 15 million patient interactions we have each year, fulfill our mission to improve the health of our community, and elevate hope and advanced healing—for all.

Both health systems have spent decades caring for their community and neighbors with a shared commitment of improving the health of people in communities they serve. "We are excited to build the future of health care together here in High Point. Our unique partnership with Atrium Health will allow us to improve the health of all people in our community with increased access to medical experts, technology, research, and innovation. Together, we further position our health system as the leading choice for care in High Point and throughout North Carolina," said Dr. James Hoekstra, President of High Point Medical Center.

"Everything we do will be focused on life changing care, for all, in urban and rural communities alike. And we will create jobs that provide inclusive opportunities to enhance the economic vitality of our entire region" said Eugene A. Woods, president and CEO of the new Atrium Health. "Our health system will provide 50% more Medicaid services than any other provider in North Carolina and is committed to eliminating disparities in care. We provide more than \$5 million each day in charity care and other benefits to the community, making affordable, accessible, quality care available for all."

"Through our combined, nationally recognized clinical centers of excellence, we will also be able to expand our research in signature areas, such as cancer, cardiovascular, regenerative medicine and aging, and target bringing those research breakthroughs to the community in less than half the time of the national average."

— Dr. Julie Freischlag, Chief Academic Officer of Wake Forest Baptist Health

FIRST EPICENTER OF



da Vinci
Robotic
Technology

IN NORTH CAROLINA

Cutting-edge robotic and minimally invasive surgery has grown at High Point Medical Center thanks to the generosity of our community.



Dr. Nik Teppara

Through our capital campaign, the donors and community came together to purchase two new da Vinci XI, an advanced robotic system that allows our expert surgeons to perform traditionally open operations into a minimally invasive procedure. The robotic technology allows our surgeons to make small incisions and very fine movements, allowing for better outcomes for our patients including less tissue trauma, less bleeding and faster return to normal functions.

Dr. Nik Teppara, general and bariatric surgeon at High Point Medical Center is leading the way in da Vinci robotic surgery. His team's expertise has allowed High Point Medical Center to become the first epicenter in North Carolina for this technology, which brings surgical teams from around the country and the world to High Point to observe Dr. Teppara and his team in the operating room. As teachers of this technology, the work we are doing here in High Point will be carried to other health systems and other areas to better health care for all.

"Thanks to the ongoing support of the High Point community, our thoracic and minimally invasive surgery continues to grow here, allowing patients to stay close to home and to receive the most innovative surgical technology and services available in our region."

— Dr. James Hoekstra, President of High Point Medical Center



THE COVID-19
RESPONSE ILLUSTRATES
STRONG COMMUNITY
HOSPITAL CARE

Like many organizations serving on the front-lines of the COVID-19 pandemic, High Point Medical Center is encouraged by the outpouring of support we have received. The messages of gratitude, acts of generosity and words of encouragement are powerful affirmations for our team of dedicated physicians, nurses, clinical and support staff.

At High Point Medical Center, we are overwhelmed by the unquestionable strength and character of our community.

FOR US, THIS POSITIVE SUPPORT
HAS A DIRECT CORRELATION TO
EXCELLENCE IN PATIENT CARE

“As an essential clinical staff member, I need to be at work. And yet my elementary age school children are out of school. The support from the COVID-19 Response Fund allowed me to hire a sitter so that I could continue to provide care for my patients.”

In preparation for the anticipated impact on patients, staff and families, many important changes were implemented by the senior leadership at High Point Medical Center, with guidance from our Infectious Disease experts. While many of these were difficult, they were important to the safety of all. The changes included visitor restrictions as well as the cessation of all non-essential services and surgeries.

For friends and family of patients the visitor restrictions were difficult but necessary. For the hospital and staff the reduction of services offered meant reduced hours for staff creating a reduction in pay and loss of revenue for the hospital.

As a result of the financial challenges brought on by COVID-19, Wake Forest Baptist Health, along with High Point Medical Center and the other affiliates, reached out to our communities to ask for your help.



Celebrating our
heroes at work



care for life

THE RESULT WAS THE COVID-19 RESPONSE FUND

The fund was established to offer support for staff, patients and their families due to the pandemic. To date the High Point community has responded with gifts totaling over \$180,000 to the fund. The money has been used to assist front-line staff with child care assistance as schools and child care centers closed, to pay utility bills for co-workers who experienced reduced hours and establish food pantries for cancer and transitional care patients.

For many staff members your support has meant they were able to maintain their places of residence, keep the lights on and support their children during stay-at-home orders. Because of your support when services came back on-line in early May our staff was available to come back to work!

It is with heartfelt gratitude that we offer our collective thanks!



Victory Lane

Our Victory Lane at High Point Medical Center is a space to celebrate our health care providers for the hundreds of patients they have cared for and successfully discharged who were admitted to our facility with COVID-19 since March.

Each ribbon represents a patient and the caring professionals who helped that patient return home. We are so proud of the tremendous work that each of our providers and staff members do each day to protect our patients and our community.

Each ribbon is a victory for our team of health care heroes.



DEMONSTRATIONS OF SUPPORT

In big and small ways the community has supported front-line workers at High Point Medical Center during the COVID-19 pandemic.

The care through thoughtful gifts of food, services and messages offered meant a great deal to staff working to ensure the health and well-being of patients throughout the hospital.

In early April, flowers were delivered to all the nurses stations which added a touch of joy and beauty during an uncertain time. The Rockers supported High Point Medical Center by serving meals to hospital staff while the mascot, Hype, was on hand to bring a smile to all. In addition, Coca-Cola provided beverages, Sweet Old Bill's donated meals for each shift in the ED and the Rotary Club brought in a gelato food truck. Many others brought cakes, cookies and other treats to show support of hospital staff.



The community wrote notes of encouragement, hung banners of support and used sidewalk chalk outside of the staff parking lot saying thank you. Van York Auto Mall provided a free car wash for staff members and complimentary oil changes for frontline workers. There are too many expressions of support to mention here but we are so grateful to you, our community. Thank you.



A SPECIAL MESSAGE FROM



The High Point Rockers thank our entire medical community and health care heroes for their bravery and tireless efforts during this pandemic. We cannot wait to welcome them back to Truist Point for the recognition and praise they deserve, as well as to continue supporting efforts at High Point Medical Center like Heart Strides, Pink Ribbon, LoveLine, and more.

Thank you and #KeepRockin!



Award Winning Heart & Vascular Care:

Close to Home

For more than a century, High Point Medical Center has been providing compassionate, expert cardiovascular care. The Congdon Heart & Vascular Center was built to be unique in our region, providing a wide spectrum of cardiac services in one modern facility staffed by exceptional cardiologists and cardiovascular surgeons. We are proud to provide this facility to our patients, not only from High Point, but surrounding communities as well.

Over the last few years, the Congdon Heart & Vascular Center has grown in many new ways including a well-rounded vascular program, adding a heart failure clinic and providing more cardiothoracic surgeries than ever before.

Combining the skills of our strong team of cardiologists and vascular and cardiothoracic surgeons into a one-stop prevention and treatment enterprise makes it possible for us to offer patients more systematic and effective treatment options.

Thank you for trusting us for your family's heart & vascular care.



U.S. News & World Report High Performer

Heart failure is a condition in which your heart is not pumping blood efficiently. Heart failure does not mean that your heart has stopped or is about to stop working. It means that your heart cannot pump enough blood to meet your body's needs.

Many conditions that damage the heart muscle can cause heart failure, including: coronary artery disease, high blood pressure, diabetes, heart attack among others. Treatment ranges from changes in lifestyle to full heart transplants.

To help patients decide where to receive care, each year the U.S. News & World Report generates hospital rankings by evaluating data on nearly 5,000 hospitals in 16 adult medical specialties, 9 adult medical procedures or conditions and 10 pediatric specialties. U.S. News also evaluates hospitals in certain procedures and conditions and assigns each hospital a rating of high performing, average or below average in each procedure or condition.

We are very proud that High Point Medical Center has been acknowledged multiple times as *High Performing* in two critical treatment areas – COPD and Heart Failure.

American Heart Association

In 2020, High Point Medical Center received the Mission: Lifeline® Gold Plus Receiving Quality Achievement Award and the Mission: Lifeline® NSTEMI Gold Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI), the deadliest type of heart attack, caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it is critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.



The American Heart Association's Mission: Lifeline program's goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call, to EMS transport and continuing through hospital treatment and discharge. The initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.

High Point Medical Center earned the awards by meeting specific criteria and standards of performance for quick and appropriate treatment through emergency procedures to re-establish blood flow to blocked arteries in heart attack patients coming into the hospital directly or by transfer from another facility.

"We commend High Point Medical Center for this award in recognition for following evidence-based guidelines for timely heart attack treatment," said Tim Henry, M.D., Chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee. "We applaud the significant institutional commitment to their critical role in the system of care for quickly and appropriately treating heart attack patients."

High Point Medical Center has been the recipient of Mission Lifeline awards for multiple years.

IBM Watson Health™ Top 50 Cardiovascular Hospitals

High Point Medical Center has been named one of the nation's 50 Top Cardiovascular Hospitals by IBM Watson Health™. The Watson Health 50 Top Cardiovascular Hospitals study uses Medicare Provider Analysis and Review (MedPAR) data, Medicare cost reports and Centers for Medicare & Medicaid Services (CMS) Hospital Compare. Hospitals were scored in key value-based performance areas: risk-adjusted mortality, risk-adjusted complications, percentage of coronary bypass patients with internal mammary artery use, 30-day mortality rates, 30-day readmission rates, severity-adjusted average length of stay, age- and severity-adjusted average cost per case and, new this year, CMS 30-day episode payment measures.

If all cardiovascular providers in the U.S. performed at the level of this year's winners (based on Medicare patients only), results industry-wide could amount to over 10,300 additional lives saved, \$1.8 billion saved, and 2,800 additional bypass and angioplasty patients could be complication-free.

"High Point Medical Center is dedicated to providing optimal care for heart attack patients," said Jason Carter, associate vice president, heart and vascular services at High Point Medical Center. "We are pleased to be recognized for our dedication and achievements in cardiac care with these special awards."

..... EXERCISE FOR THE HEART



.....
NO ONE EXPECTS TO HAVE A HEART ATTACK—
ESPECIALLY SOMEONE LEADING AN ACTIVE LIFE
.....

However, Raymond Hill, a 65 year-old, retired volunteer firefighter recently suffered such an occurrence. An active person, Raymond walked up to four miles a day and enjoyed spending hours working in the yard.

Heart Strides program is a service that provides group exercises and educational sessions, designed to meet the needs and goals of participants recovering from a cardiac or pulmonary incident.



Around midnight on Sunday, March 1, 2020, he experienced his first chest pains and an ambulance was dispatched. At that time there was no evidence of cardiac distress and was therefore not transported to the hospital. The following night, he experienced the same pain and on Wednesday, March 4, he went the hospital following his doctor's recommendation. It was discovered that he had damage to his heart from a heart attack and experienced a second one during his stay there. He had two stents put in and was released on Friday, March 6.

Following his surgery, he reports that he felt great, but having witnessed a friend go through a heart attack and neglect his fitness and health afterwards to his own detriment, Raymond knew he did not want that for himself.

He was familiar with High Point Medical Center's Heart Strides program because his mother had completed the program after having open heart surgery years before. High Point Medical Center's Heart Strides program is a service that provides

group exercises and educational sessions, designed to meet the needs and goals of participants recovering from a cardiac or pulmonary incident. He began classes on April 1 and after thirty-six sessions, graduated on June 18. When he began, he was only able to complete seventeen laps around the Fitness Center track. At the end of his thirty-six sessions, he was able to comfortably complete twenty-four. "I would encourage anybody to go through Heart Strides. It's a great thing to do... to build yourself back up," he said. Dr. Steven C. Rohrbeck, FACC, director of the program for the last fifteen years says, "The Heart Strides program is truly something we can all be proud of here in High Point."

Raymond is hoping to continue his progress as a member of the Fitness Center and continues to work on his diet.

FOR ADDITIONAL INFORMATION ON HEART STRIDES, CALL THE FITNESS CENTER AT HIGH POINT AT 336-878-6914.

HEART STRIDES IS FUNDED THROUGH DIRECT GIFTS AND PROCEEDS FROM THE HEART & SOLE 5K AND CHARITY WALK. TO MAKE A GIFT TO SUPPORT HEART STRIDES CONTACT ERIN GIBSON AT HIGH POINT REGIONAL HEALTH FOUNDATION BY EMAIL AT EGIBSON@WAKEHEALTH.EDU OR BY PHONE AT 336-878-6011.

Prints of Peace

One woman's inspiring story
of faith, hope and love

BY JIMMY TOMLIN | HIGH POINT ENTERPRISE STAFF WRITER



The mysterious handprints began appearing at the hospital several weeks ago.

Employees noticed them on the large plate-glass windows on either side of the entrance to The Fitness Center, at the rear of High Point Medical Center. The prints were all the more mysterious because this particular entrance had been closed to the public since mid-March, a preventive measure taken to limit entry into the hospital during the COVID-19 pandemic.

They weren't the usual smudges or individual fingerprints or even partial handprints that are so common to glass entrances. They were complete, distinct handprints—right down to the creases in the palms—like a small child might give his mom on Mother's Day.

"Full palm, fingers spread wide open," says Fitness Center coordinator Rodney Simpson, one of the first hospital workers to notice the handprints. Then he noticed something curious—the handprints were multiplying. Upon closer inspection, the peculiar prints appeared to have been made with some sort of substance that made them more visible. "They looked intentional," Simpson says, "like they were put there with a purpose." The question was, who was leaving the mysterious handprints? And why?

Simpson got his answer.

It was early evening and Simpson had just finished work for the day when he spotted a woman outside The Fitness Center entrance who appeared to be peering through the glass. He unlocked the door and walked outside. "Can I help you?" he asked. The woman wore casual clothes and a protective mask over her face. She shook her head no. "Are you lost?" No. "Is there something wrong?" No.

Simpson eyed the woman a moment and noticed she was holding a Bible to her chest with her left hand. Her right hand lay flat against the window, even as they talked, as if she couldn't or didn't want to remove it. "I realized right then what she was doing," Simpson says. "She was praying." The woman's eyes welled with tears. Yes, she told him, she's the one who's been leaving handprints on the glass. "My husband's upstairs on a ventilator, and I can't go in and see him," she said softly. "I don't know what else to do other than pray for him."

The explanation broke Simpson's heart. Though deeply moved, Simpson couldn't hug the woman or even pat her on the shoulder—not in these days of social distancing—so just like her, he did the only thing he knew to do. "Can I pray with you?" he asked.

She accepted his offer—provided he stay six feet away from her—and she began to pray aloud. With his head bowed, Simpson listened in awe to the woman's words—so moving, so uplifting, so genuine. "It was a really powerful moment," Simpson says. "I was waiting for the ground to start shaking."

When the woman grew quiet, Simpson prayed, too. Afterwards, he wished her well, promised he would continue praying for her husband and then headed home, knowing he would never look at those handprints the same way again.

Melissa Baker remembers the moment well, when that stranger walked out of The Fitness Center and prayed with her. She thought God must've sent him. "I felt like he was an angel," she says.

Baker, of High Point, is the woman behind the hospital's mysterious handprints. As she told Simpson, the prints reflect her need to pray for her husband. A month and a half ago, Rory Baker—husband, father of seven children, and pastor of Fruit of the Spirit Ministries in Greensboro—was diagnosed with COVID-19. When his fever and chills progressed to fatigue and shortness of breath, Melissa drove her husband to the emergency department at High Point Medical Center for treatment.

"I'm thinking he's going to be in there a couple of days and come home," she recalls. "He's only 54, and he has no underlying health issues." Day by day, though, as she talked to Rory on FaceTime, she could see his breathing was worsening. After three days, on the evening of April 5, a doctor told her Rory would need to be put on a ventilator to allow his lungs to heal. "That was scary," Melissa says. "I was so upset, I went to the hospital just to be close to him, to have some type of peace."

At the hospital, she felt led to walk all the way around the medical facility and pray, not only for her husband, but for other COVID-19 patients as well. For the doctors and nurses. For the volunteers. For everyone inside those hospital walls. At one point, Melissa stopped at the patient entrance and placed her right hand flat against the glass adjacent to the automatic doors. Clutching her Bible with her left hand, she prayed specifically for Rory to be healed. It was late at night, so she didn't think anyone had seen her.

"It was a really powerful moment"





Nearly three months after Rory Baker was diagnosed with COVID-19, the 54-year-old High Point pastor did something doctors once thought he might never do. He went home.

Every day Melissa returned to repeat her prayer walk around the hospital and then place her right hand on the glass to pray for Rory. "In my mind, it's as if I'm laying my hands on him," she explains. "That's what we would do for each other at home. If I was sick, he would use anointing oil and lay hands on me to pray for me."

The practice dates back to biblical times, when holy anointing oil was used to heal the sick. Its use is not as widespread today, though there are Christians such as the Bakers who routinely make it a part of their faith. The family buys olive oil, prays over it for several days, and then has it on hand for whenever someone is sick or injured.

Likewise, when Melissa places her hand on the glass at the hospital, she puts anointing oil on it first. That's why her handprints were so visible to staff members, but she wasn't doing it for their benefit. "I left (the prints) there intentionally," she says. "I felt like I was showing God that I have faith. I'm putting my hand on this window, and He's answering my prayers. It gives me peace."

More than two dozen family members and church supporters cheered boisterously as a nurse wheeled Baker through the front doors of the Hayworth Cancer Center at High Point Medical Center. Baker blinked back tears as he basked in the warm welcome, accepting long embraces from his parents, Horace and Bettye Baker, and hugs from his teary-eyed children.

"Praise the Lord!" Bettye Baker shouted with upraised arms. "Thank you, Jesus!" Rory lifted a hand heavenward, too, and the small crowd cheered again. Some held up celebratory balloons and "Welcome Home" signs, while others captured the emotional moment on their cellphones. They sang an impromptu verse of "Amazing Grace."



Nurses basked in the moment, too, smiling and wiping away tears as they watched their patient's joyous departure. "The journey has been long and it's been hard, but I thank God," said Rory, who pastors Fruit of the Spirit Ministries in Greensboro. "At one time, the doctors had given me a less than 10-percent chance to live, so I just thank God for all of the health care workers." As Rory was wheeled out of the cancer center, he rested a hand on the Bible in his lap—his wife Melissa's Bible.

Tucked in the Bible was a single sheet of paper with a picture of what she'd been praying for the past three months for her husband—a healthy set of lungs. "I have an amazing wife who refused to give up on me," Rory said. "She refused to allow me to die." By now, the Bakers' inspiring story is well-known at High Point Medical Center and throughout the community.

Rodney Simpson, coordinator of The Fitness Center at the hospital—who discovered Melissa praying one day and joined her—came to the cancer center Tuesday to join the festive farewell. "I'm just so moved by this miraculous healing that has taken place," Simpson said, nodding toward Rory. "What a message of hope and healing, and if there was ever a time that we need both of those, there's a living example right there."



Although Rory was rolled into the cancer center parking lot in a wheelchair, he got out of the wheelchair and used a walker to walk the final 15 feet or so to his waiting vehicle, an encouraging testament to the strength he has begun to regain after his lengthy hospitalization. The recovery will continue at home, with the assistance of a home health nurse who will visit three times a week to work with him. "I'm 54 and wasn't on any medications—I didn't even take aspirin—and then my whole world turned upside-down," Rory said. "So it's been a journey, and I've got a little bit further to go, but I'm getting stronger every single day."





A Family Affair

THE ESTHER R. CULP WOMEN'S CENTER TIES GENERATIONS TOGETHER

The first cries of newborn babies and the playing of Brahms's lullaby have been echoing in the halls of High Point Medical Center for decades.

For many in this community, there are multiple generations who have met their newest family member at The Esther R. Culp Women's Center. The nurses, physicians and even the facility itself have embraced new moms and dads as they held their little ones for the first time.

For Natalie Flowers, RN, the generational connection to labor and delivery goes beyond the birth of four generations of her family. Natalie, who was born at High Point Medical Center herself, has been a labor and delivery nurse in The Esther R. Culp's Women's Center since 2012.

Her family's story and connection to High Point Medical Center began in December 1943 with the arrival of her grandmother, Rachel Green's birth at Burriss Memorial Hospital. Rachel, the youngest of five siblings, was the first to be born outside the home. Her family has been coming to High Point Medical Center since.

Not long after Rachel's birth, Burriss Memorial became High Point Memorial. Over the years there have been other name changes but the connection and trust between the community and those who serve new families has never wavered.

"Labor and delivery feels like home and we strive to maintain that feeling for our new moms in order to make them more comfortable. There is something special about a hospital that provides expert care while treating you like family."



Above: Newborn Natalie Flowers in 1988 was being cared for by the same nurses who would train her 24 years later to become a labor and delivery nurse at High Point Medical Center. RNs Vickie Private (L) and Ann Hager (R).



Above: Four generations Rachel Green, Ginger Moore, Natalie and Madlyne Flowers



Below: Tom Moore, Father of Natalie Flowers



Our Family Tree



Both Natalie's mother and father were born at High Point Medical Center as were aunts, uncles, cousins and siblings along the way. Natalie's own children Madlyne (9) and A.J. (5) were both born at High Point Medical Center. At the time of her daughter's birth, Natalie was already working as a nurse at High Point but not in labor and delivery. It was her experience and the caring offered by the nurses such as Dawn Beane who has served in labor and delivery for over 20 years, that encouraged Natalie to pursue a new direction in her nursing career.

"Labor and delivery and working with new moms and babies is in your blood. It is in your bones. It is just who you are and I can't imagine doing anything different. The wonderful experience I had with the birth of my children, makes me work that much harder to ensure other mom's and families have the same experience."

From the care provided to Rachel on her birth to Natalie offering the same compassionate and expert care, the story comes full circle. In many ways, that is the story of the Esther R. Culp Women's Center—family caring for family.



A New Opportunity to Care for Each Other

BY CHAPLAIN BROOKS JOHNSON

MERRIAM WEBSTER'S FIRST DEFINITION OF COMMUNITY:
a unified body of individuals.

When the COVID-19 pandemic began to have local impact, the Spiritual Care Department at High Point Medical Center explored ways to strengthen our community through supporting staff and each other while dealing with the unknowns related to COVID.

A first step, beginning on March 25 was to offer mid-day reflections for staff to consider. The reflection that day centered on the word community broken down into the prefix *com* meaning *with*, together, jointly as well as the word *unity* meaning *oneness*. The point was to emphasize our need to work for each other as much as for the patients and families we care for.

It was and remains from that foundation that all who serve at High Point Medical Center do so because they are people of integrity. It is with

integrity we recognize our small part in something bigger. A commitment to serve others contributes to the greater good of all people—the community. Therefore we must start with the care of one another as staff. As a Spiritual Care Department, we have and continue to take initiative in how we as staff are caring for one another, setting the tone for our care of patients and community members. We believe this is paramount to what this hospital stands for in the way of healing and how this hospital can extend this healing to the community in this time of need.

While social distancing is recommended to keep the community safe, we have not lost sight of the importance of being connected. Midday Reflections paved the way for another opportunity to strengthen one another called **Prayer on the Pad**. This has occurred since April 13. The suggestion came from

Paula Corrêa, DNP, RN, CEN, NE-BC, Chief Nursing Officer and has come to be a focal point for many. The practice begins with those who can and choose to participate, meet on the helicopter pad in front of the hospital's main entrance. We pause and we pray for each other, for our community, for all the lives that intersect with others at this time. It is not unusual for me to receive an instant message, email or voicemail saying; "While unable to be there I was grateful to see everyone when I looked out the window." Or "Thanks for continuing this, it means so much to me personally even when I cannot come my spirit is lifted knowing you are out there."

Pictured above: The first day of Prayer on the Pad, April 13, 2020

Another offering of support comes in the practice called, "The Blessing of Hands". This is a ritual that acknowledges the dedication and commitment to caring for people through anointing the palms of health care worker's hands. I first did this as a Chaplain Resident at Wake Forest Baptist Health in Winston Salem during my first unit of Clinical Pastoral Education in 2008. It immediately resonated with me being a simple yet intimate act. At a time when physical spacing is vital, offering this to all staff has been like a healing balm.

Due to the changes in visitation during the pandemic the waiting rooms have been closed since March. In consultation with High Point Medical Center's Infection Prevention team, it became apparent that waiting rooms provided the ideal place to set up a calm tranquil inviting space to bless participants' hands with access to a sink enabling for best practice in the way of cleanliness. As I explain to all, I use a seashell to hold the essential oils I use to prayerfully bless one's palms. The seashell is a wonderful symbolic reminder that we are an ongoing part of creation. Wherever this is done, all are welcome. We have had the widest range of employees receiving a blessing from Environmental Service staff to an ICU physician.

The goal of so many trained and educated practitioners in a hospital is the well-being and health of the patients we serve. However, on another level all people who serve in a hospital have the capacity to contribute to something bigger. While COVID-19 has proven difficult in many aspects it has offered new understandings and opportunities to care for each other and that is a gift. We learn to care for each other to offer each other strength during this time so that we are best equipped to foster the hope and healing not merely of patients and families but to the greater community and beyond. At a time of such uncertainty, together this is how we can have the greatest impact.

AT A TIME OF SUCH UNCERTAINTY,
*Together this is how
we can have the
greatest impact.*



Pictured above: Blessing of Hands during COVID-19, taking place one afternoon in the Waiting Room on 6 South.



HAYWORTH CANCER CENTER FOOD PANTRY DONATIONS HELPING CANCER PATIENTS AND THEIR FAMILIES

Facing a cancer diagnosis and treatment protocols can be very difficult; emotionally, physically and spiritually. For patients and families it can be a stressful time in the best of circumstances. Facing cancer at this time with the presence of the COVID-19 pandemic adds another layer of complication and worry.

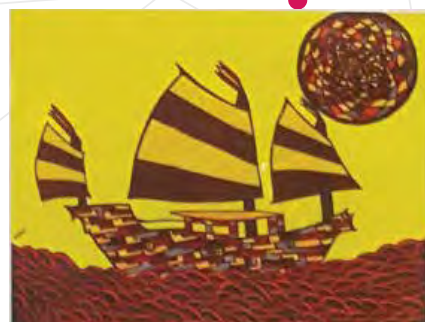
For many patients, cancer treatment may mean missed days at work or inability to perform daily tasks while receiving chemotherapy or radiation therapy. There are many patient programs that with the community's financial support, have been able to assist patients with food cards, utility payments and other non-medical needs that may arise. Programs such as LoveLine and Pink Ribbon have been and continue to be an important resource for many.

But 2020, as you know is not a normal year and requires creatively looking at the needs of our community and finding new ways to meet those needs. COVID-19 is difficult for us all but for cancer patients it can create even greater hardship. The

challenges in general for many of our patients and their families are considerable, but as COVID-19 restrictions continue, many of our patients cannot easily obtain groceries. In addition, they are also immunocompromised, and should not be out in public if it can be prevented.

In response to this growing need, The Hayworth Cancer Center Food Pantry was established through community support of the COVID-19 Response Fund and a gift from High Point Friends Meeting. As we begin to offer this service and work to grow it over time, patients can visit the pantry while they are at Hayworth Cancer Center for a treatment or physician appointment to select for healthy food items for themselves and their families.

IF YOUR FAITH COMMUNITY, CIVIC ORGANIZATION, OR OTHER GROUP WOULD LIKE MORE INFORMATION ON HOW TO SUPPORT THE HAYWORTH CANCER FOOD PANTRY, PLEASE CONTACT LEIGH ANN VENABLE, DIRECTOR, HIGH POINT REGIONAL HEALTH FOUNDATION AT 336-878-6780.



Connections in the Midst of Difficulty

It is amazing how a cancer diagnosis, while difficult, creates connections between patients, providers and survivors.

The life and work of Asheboro resident, Michael Nixon is exemplary of that. A veteran of Vietnam and retired Postmaster, Michael was diagnosed with colon cancer and began treatment at High Point Medical Center's Hayworth Cancer Center under the care of Dr. Kalsoom Khan.

Known as a quiet, reserved man, he possessed a unique passion for painting which was described as complex and intentional. He discovered this passion at an early age and described his involvement with his art as balancing and a way to combat the difficulties and stressors in his life. During his treatment at Hayworth Cancer Center, his art was displayed throughout the facility as part of an art installation focused on the healing powers of art. Being a compassionate and humble man, he later donated these pieces to raise money in support of the LoveLine Fund, a fund established to aid patients undergoing treatment with non-medical related needs such as transportation and groceries.

Unfortunately, in July 2020 Michael Nixon passed unexpectedly at the age of 71. And while he is no longer physically present, his art continues to impact many. Dr. Bernard Chinnasami, medical director of Hayworth Cancer Center, along with other staff have lovingly shared Michael's art with other patients and their families as a way to offer comfort and show ongoing support and connection during a difficult time.

Brooks Johnson, clinical chaplain, shared how he believes these connections are born of the need for community while navigating difficulties such as a frightening diagnosis. He believes Michael understood that need better than anyone and used his art as a way of working through his fears and sharing his gifts with those in a similar situation. With the sharing of his art, Michael shared a bit himself.

But that is not at all surprising from Michael or from the staff at Hayworth Cancer Center who work to care for the entire person. "This is the story of this Cancer Center—people become connected to each other and to their physicians, nurses and staff during their treatment because of the length of their treatment," said Donna Anthony, LCSW, oncology social worker.

This is the story of this Cancer Center—people become connected to each other and to their physicians, nurses and staff during their treatment because of the length of their treatment.

IF YOU WOULD LIKE MORE INFORMATION OR TO SUPPORT THE LOVELINE FUND WITH A DONATION, CONTACT THE HIGH POINT REGIONAL HEALTH FOUNDATION AT 336-878-6011.

YOU MAY ALSO JOIN HIGH POINT MEDICAL CENTER FOR A SPECIAL, VIRTUAL LOVELINE PROGRAM ON DECEMBER 8, 2020. FOR MORE DETAILS, CONTACT ERIN GIBSON AT EGIBSON@WAKEHEALTH.EDU OR 336-878-6293.



Hayworth Cancer Center

at High Point Medical Center

The Hayworth Cancer Center at High Point Medical Center has had a special focus on patient safety during the COVID-19 pandemic. Cancer is a scary diagnosis by itself, but when one has to be separated from loved ones during cancer treatment and doctor visits, it can prove to be much more difficult.

At the Hayworth Cancer Center, our team is very sensitive to this and they are working hard to keep our patients safe. Everyone who enters the facility is required to wear a mask, observe social distancing and follow hand washing protocols. Cancer patients have always followed these tenants, even before COVID-19, as they keep immunocompromised patients safe. For new patients, we currently allow them to have an advocate, family member or caregiver, so they do not feel alone. Our patients and their family members always feel safe and taken care from the moment they are greeted by our valets Charles, Tammy and Tim who know almost every patient by name.

There are many exciting projects coming to the Hayworth Cancer Center thanks to the generous gifts from our community. A state-of-the-art oncology pharmacy is near completion on the third floor and will increase the volume of patients we can serve. The planning process is underway for a third floor oncology infusion center which will give our patients additional safety, space and comfort. We are reorganizing our oncology urgent care center as well. In addition, a group of oncology sub specialty clinics on the 3rd floor has been developed including Gynecology Oncology, High Risk Breast Cancer, Genetics, Surgical Breast Clinic, and a Multi-disciplinary Thoracic Oncology Clinic which includes a pulmonology and thoracic surgeon.

COVID-19 has not slowed the Hayworth Cancer Center down, it has in fact caused us to work even harder to serve our community. Thank you to each and every one of our donors who has supported the Hayworth Cancer Center.



ATHLETIC TRAINING PARTNERSHIP EXPANDS IN HIGH POINT



Photo taken Pre-COVID

WAKE FOREST BAPTIST HEALTH - HIGH POINT MEDICAL CENTER'S ATHLETIC TRAINING PROGRAM PROVIDES LOCAL HIGH SCHOOLS WITH DEDICATED CERTIFIED ATHLETIC TRAINERS.

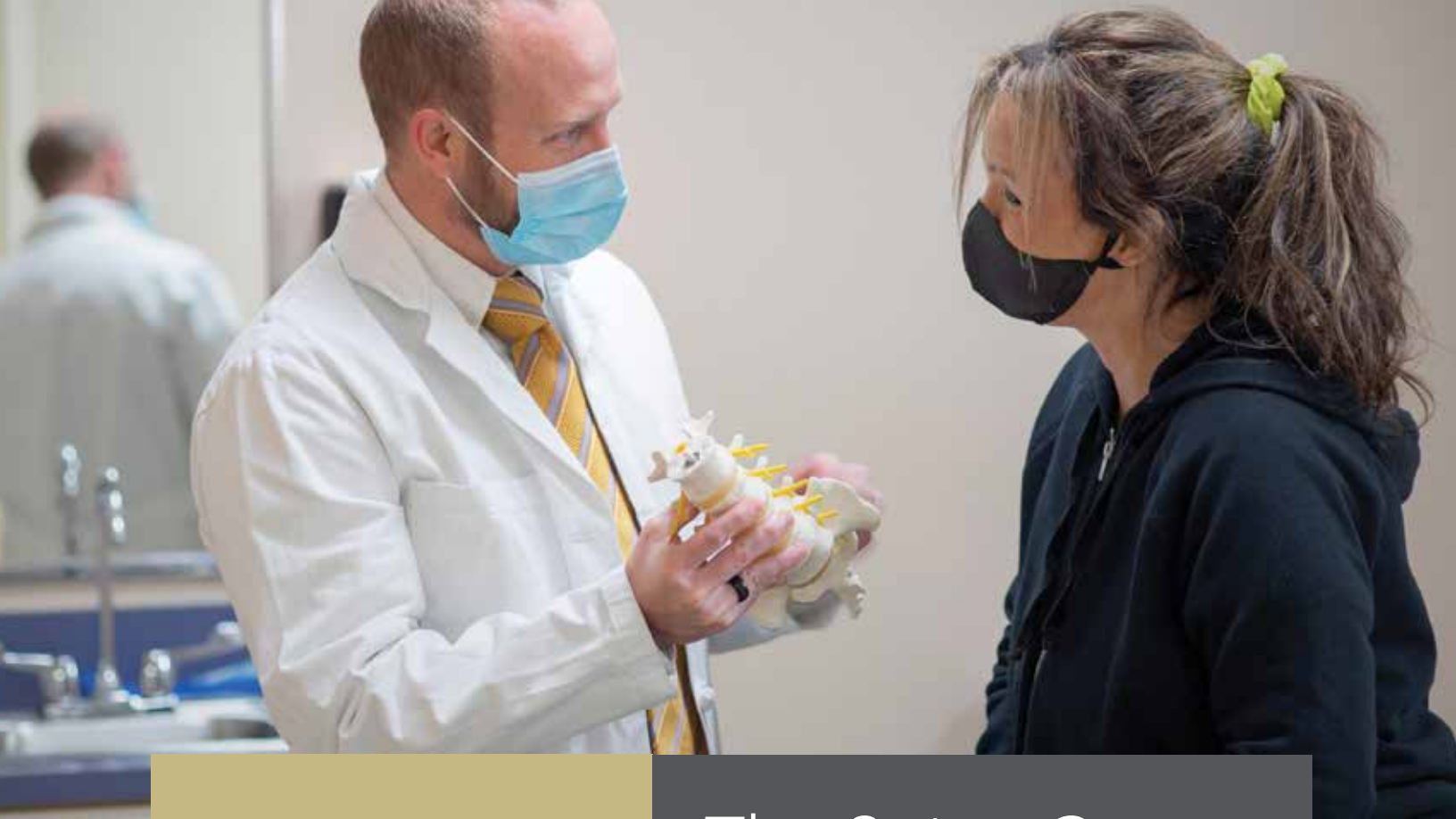
Athletic Trainers work with the student athletes, coaching staff, parents, and our Sports Medicine specialists to provide expert level care both on the sidelines of each game and practice, as well as off the field. They act as the eyes and ears of our sports medicine team and help to prevent injury, treat and rehabilitate injuries, evaluate concussions, offer nutritional counseling, and manage emergency action plans when serious injuries occur.

High Point Medical Center has recently partnered with High Point Andrews High School for the 2020-2021 school year. High Point Andrews joins our existing group of nearly 30 high schools throughout the region, including High Point Central, Southwest Guilford, Wesleyan Christian Academy, High Point Christian Academy, and Ragsdale.

Although high school athletics currently look different due to COVID-19 and the subsequent safety guidelines, our athletic trainers continue to work closely with these student athletes to help ensure their health and wellness.

In addition to normal athletic training duties, Wake Forest Baptist certified trainers have also been assisting schools with implementation of safety protocols and policies in response to COVID-19 such as assisting in student wellness screenings, temperature checks, and more.

High Point Medical Center is excited to continue this great relationship with our school partners and work as a team to maintain a healthy and supportive environment for all student athletes.



Orthopaedic Legacy Gift



Thanks to Bill Schafer's generosity, patients will benefit for years to come.

When you live your life in service to others, in a manner that seeks to benefit those around you, it is not surprising that you make plans for that to continue beyond your physical life. Earl William Schafer III lived such a life.

James Hoekstra, MD, President of High Point Medical Center, said of the gift, "I am humbled and honored for High Point Medical Center to be the recipient of this gift. We will pay tribute to Bill in a manner that offers the greatest benefit for our patients."

Bill, as he was known, passed away in October 2019. He spent much of his adult life caring for those around him, including his mother and father, Dr. Earl William, II and Margaret Lee Schafer. Many in this community will remember Dr. Schafer who served as the first medical director for orthopaedics at High Point Medical Center from 1950–1980. The Schafer family lived in High Point, with their children attending High Point schools and being involved in the community. Work and business commitments required a move to Charlotte but Bill returned to High Point in the 1990's to care for his aging parents.

Following much discussion among leadership, it was determined that the most vital need involved spinal surgery. Through his generosity we are able to purchase an O-Arm Surgical Imaging System. The O-arm Surgical Imaging System is a surgical imaging platform designed for use in spine, cranial, orthopaedic and trauma-related surgeries. It provides real-time, intra-operative imaging of a patient's anatomy with high quality images and a large field-of-view in both two and three dimensions. The benefits to the patient are tremendous, including greater accuracy of spinal instruments for improved outcomes, shorter time in surgery, and less radiation exposure.

It was not surprising to David, Bill's brother, that he would look for ways to give back to the community and to honor his parents and their service to the High Point community. Several months before his passing, Bill and David met to discuss his wishes.

To honor his father, Bill designated the gift from his estate to be used to purchase needed equipment related to orthopaedics.



Earl "Bill" William Schafer, MD

As a living legacy to Bill and his family, his generous gift will benefit patients and families of this community for years.

THANK YOU.

"Bill was very concerned with other people. He cared for our dad, following a lung cancer diagnosis and later our mother. He truly wanted to benefit those organizations that could offer the most support to others. High Point Medical Center was an obvious choice."

— David Schafer, brother of Bill Schafer

The Spine Center



Welcome Dr. McAllister

DR. MCALLISTER IS ACCEPTING NEW PATIENTS. TO LEARN MORE OR MAKE AN APPOINTMENT, CALL 336-905-6100 OR VISIT WAKEHEALTH.EDU/ORTHOPAEDICS.

Dr. Beck McAllister has joined our orthopaedic team in High Point and will lead our spine surgery services at The Spine Center, located within Orthopaedics & Sports Medicine - High Point at 611 Lindsay Street.

Dr. McAllister has been with Wake Forest Baptist Health since 2016, and now brings his expertise to our community with the most cutting-edge minimally invasive spine surgery and non-surgical options in our region.

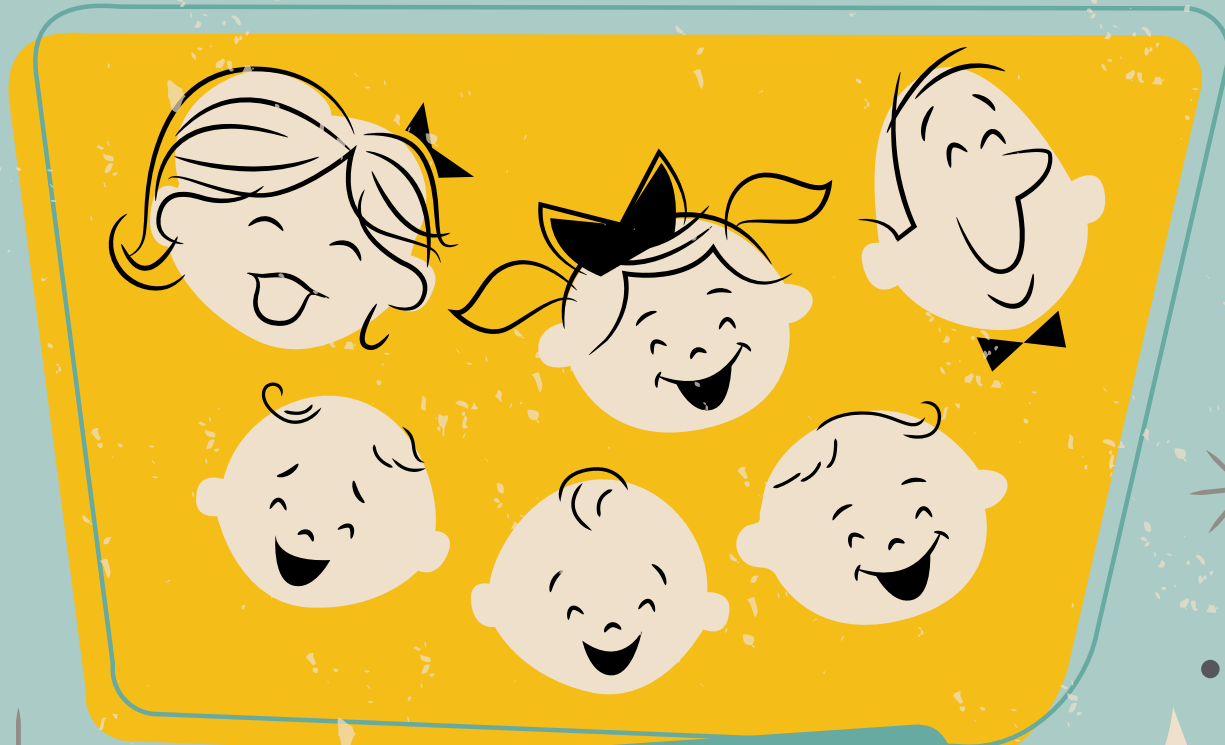
Dr. McAllister and his team are at the forefront of spine, back, and neck care by offering non-operative spine treatments side by side with physical therapy and advanced surgical options. This expertise allows patients to get back to their life by relieving pain and shortening their recovery time.

We are excited to have Dr. McAllister as part of our expert orthopaedic team and to offer advanced orthopaedic spine services to our High Point family.

The Spine Center

Orthopaedics & Sports Medicine - High Point

611 Lindsay Street \ High Point, NC



THREE

TIMES

the JOY

WE CELEBRATE ALL THE BABIES BORN AT HIGH POINT MEDICAL CENTER AS WE LOOK BACK ON THE CONNECTION BETWEEN THE HOSPITAL AND THE NEW FAMILIES WHO TRUST US WITH YOUR MOST PRECIOUS GIFT, A NEW CHILD.

In June of 1961 Margaret White arrived at High Point Memorial Hospital to deliver her second child two months before her due date. The early arrival marked the first of many surprises waiting for Margaret and her husband Edwin.

At 1:58 pm Martha White made her appearance weighing four pounds and two ounces followed a minute later by sister, Ann, weighing three pounds and nine ounces. For just a moment, the Whites adjusted to the arrival of their twin girls. With big sister Kim (4) at home to meet her two new sisters, the Whites were overjoyed to know their young family was complete. And then, the big surprise! The third little girl, Susan, made her debut at 2 pm.



Martha, Ann and Susan were some of the first triplets born at High Point Medical Center. Just as the new parents were surprised, so were Drs. A.R. and R. V. Cross, nurses and other staff involved in their birth. It was 1961, after all, and technology was much more limited. The team of clinical staff did what you would expect, they took care of the girls and Margaret and offered the support necessary to assist the three tiny babies in their care.



MOTHER, ARE YOU GOING TO BRING ANOTHER BABY BACK?



Due to their arrival two months early and their birth weight, the triplets were transported to Wake Forest Baptist Health where the girls remained until they were released into the care of their adoring parents.

Over 11 days, one-by-one the girls came home. Mr. and Mrs. White took three trips to Winston and on each return home they brought with them a new baby. This prompted four-year old sister Kim to say when Martha left the house for a doctor's visit, "Mother, are you going to bring ANOTHER baby back?"

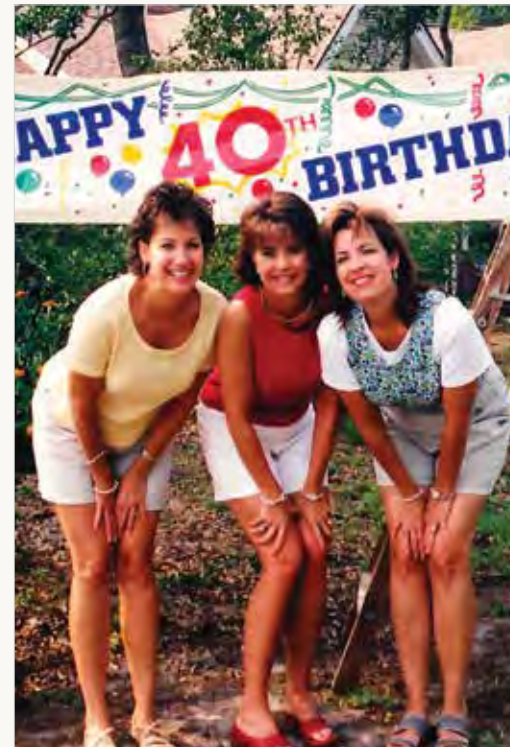
The first few years were certainly an adjustment for the White family learning to do everything times three. Three high chairs, changing diapers and feeding for three was certainly a new experience but Margaret and Edwin embraced the challenge and their family of four girls.

Almost sixty years ago Margaret and Edwin White, with the help of High Point Medical Center, welcomed Martha, Ann and Susan to the world. Supported by Wake Forest Baptist Health, the triplets thrived then and now.



"THIS STORY SHOWS THE IMPORTANT CONNECTION HIGH POINT MEDICAL CENTER AND WAKE FOREST BAPTIST HEALTH HAVE HAD FOR DECADES IN WORKING TOGETHER TO CARE FOR EVEN OUR SMALLEST PATIENTS."

JUDY PIETSCH, RN
DIRECTOR OF LABOR & DELIVERY
AT HIGH POINT MEDICAL CENTER



Hard Hats are a Welcome Sight

AT HIGH POINT MEDICAL CENTER

IN THIS SEASON OF SOCIAL DISTANCING AND MASK WEARING, THERE IS ANOTHER ACCESSORY THAT YOU MAY NOTICE WHEN ON THE CAMPUS OF HIGH POINT MEDICAL CENTER: HARD HATS.

To be clear, hard hats have nothing to do with the response to the COVID-19 pandemic but they are an indication that High Point Medical Center continues to look to the future needs of our patients and their families. To meet the needs this community offered \$34 million in support to assist with future facility, technology and equipment needs.

You may remember the crane outside the Emergency Department as a new Day Hospital was being built or the opening of the state-of-the-art Hayworth Infusion Pharmacy, or the purchase of two da Vinci robots or the new Congdon Heart & Vascular Center as signs of the growth made possible through the capital campaign.

But we are not finished! Beginning in August 2020, the next phase of projects funded through the community got underway. There are three major projects, the renovation of Radiation Oncology, the Main Entrance Lobby and patient rooms on the 6th and 7th floors as well as updates to the Fitness Center at High Point Medical Center.



MAIN LOBBY RENOVATIONS

In 2020, the High Point Regional Hospital Guild made a very generous final gift to High Point Regional Health Foundation of \$2 million for the renovation of the main lobby and patient rooms on the 6th and 7th floors. It is so exciting to see construction schedules finalized and progress beginning. The renovation of the lobby and adjacent corridors will occur in several congruent phases in order to reduce inconvenience to patients and their families.

The new space will include an updated and inviting look while offering comfort to all using the space. New flooring, lighting and furniture will be added as well as an updated front desk area. The renovation, while embracing the current technology needs of visitors with the addition of two new charging stations for devices and a digital informational screen, does so while honoring the past—the grand piano remains central.

The 6th and 7th floors are in the final planning phases with several patient rooms being mocked-up to allow for input. High Point Medical Center is so excited to start these projects and so grateful to the Guild for their many years of support!



"We are so excited to see the renovations get underway on the lobby and patient rooms on 6th and 7th floors. They will serve as a legacy to all those who faithfully served the guild to serve our hospital."

— BETTY CADICK



THE FITNESS CENTER AT HIGH POINT MEDICAL CENTER



In late September 2020, Phase II of the renovation project of the Fitness Center at High Point Medical Center began. Through funding provided by the York Family, Phase I was completed in 2017 which included flooring upgrades and equipment purchases.

Phase II will build on previous improvements by providing members with increased access, convenience, and an enhanced overall fitness experience. The renovation includes new layouts in both women's and men's locker rooms to include full-length lockers for greater accessibility, a reconfigured point of entry and a gated parking area to improve availability of parking for members. Infection control is paramount in providing a safe, healthy place for individuals to work-out. Many of the improvements in Phase II address this issue. These include removal and replacement of carpet and old furniture with newer more antimicrobial surfaces and fabrics. The renovation also includes new exercise equipment a state-of-the-art audio system and larger televisions.

"Daily exercise was an essential part of my father's life. Later in life he so looked forward to being in the Fitness Center on an elliptical machine or lifting weights with Rodney. He would be so proud of the current renovations and the impact the new cardiac equipment is having in our community. He hoped our family gift would inspire others to pursue a healthy lifestyle that included daily exercise."

— GREG YORK



RADIATION ONCOLOGY

The \$1 million renovation project began at the end August 2020. It will include important facility upgrades that include new nursing, physician and dosimetry spaces, updated wheelchair accessibility and changing rooms and an additional patient waiting area. For patients and their families this will provide easier access to those areas essential for treatment and increase their comfort while waiting. For clinical staff, the improvements provide for upgraded spaces and facilities that allow for the expert care provided to continue for many years to come.



"A sincere thank you to our community for their financial support. We are grateful that each new space supports our Patient and Family Promise. The Radiation Oncology Renovation Project will allow us to better serve the needs of our patients through improved access, increased effectiveness, and enhanced privacy and security measures."

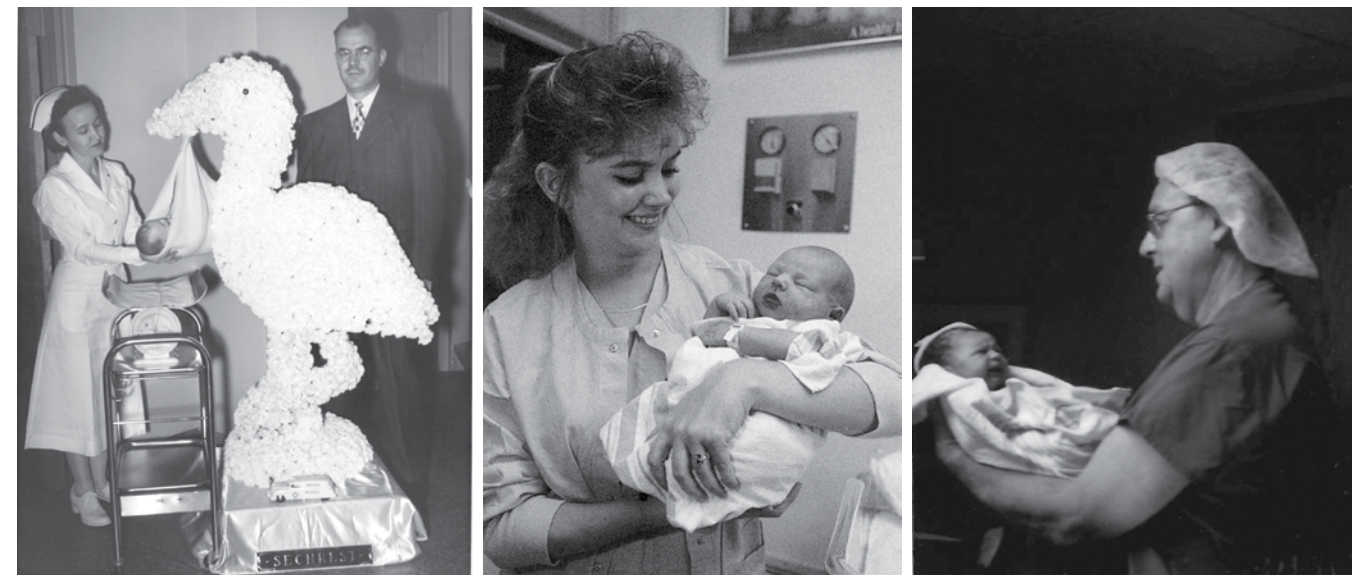
— JENNIFER BREWER
MANAGER, RADIATION ONCOLOGY
HAYWORTH CANCER CENTER





Helping Families Grow for More Than a Century

Esther R. Culp Women's Center and Services Improvements



Helping welcome new life to the world has always been an integral part of High Point Medical Center.

What started in a small home in 1904 has grown into what you see today at Esther R. Culp Women's Center at High Point Medical Center. Our current women's floor was built in 1986 and was named through the Esther R. Culp family's generous donation made in her memory in 2007. Also, thanks to the tremendous support from our community, High Point Medical Center has been able to create the Outpatient Women's Imaging Center, a newborn nursery, a surgical oncology gynecologic clinic, and the purchase of robotic surgical equipment. This continued support along with our partnership with Wake Forest Baptist Health has provided us with the ability to grow outstanding women's services right here in High Point. We cannot thank you enough for your historic support allowing for these new facilities, technologies and programs to benefit our community.

Moving forward, it is time to look closely at what we can do to further expand women's services at High Point Medical Center, to better the patient experience, to increase specializations and to provide the highest levels of care to women and children in our community.

Pictured Above: Historical and family photos of High Point maternity wards over the years.



Where are we now?

Over the past 30 years, we have averaged approximately 1,700 new births per year. We currently have three triage rooms, six child birth rooms, a surgical suite, and a mother baby unit with six pediatric beds and 24 OB/GYN beds. We have specially trained nurses and providers who are both trained in surgery and labor to allow for continuity of care. This means that if a mother needs a C-section, our nurses can stay with the mother throughout the whole process. We also have a GYN team of over 10 providers, new minimally-invasive robotic equipment, a level two nursery, pediatric care from newborn to 18 years of age, lactation consultants, family centered care, support and education programs, as well as a new breast cancer and gynecologic cancer program.

Pictured Below: State-of-the-art operating room for C-sections. Our specially trained nurses and providers are skilled in both surgery and labor, allowing for continuity of care.



What's next?

When it comes to mother and baby services at High Point Medical Center, our providers, programs, and experience are top of the line. The feedback we receive from our patients are that they love the people and the service, but it is time to give the facilities a facelift. While we have state-of-the-art technology in our rooms, the current rooms do have some limitations from a square footage perspective.

We know that now more than ever, women have many choices of where they would like to give birth. It is about providing a good experience and creating an environment where mothers feel comfortable giving birth. To do this we are looking to renovate our Women's Center floor by creating more, and larger, birthing and operating rooms, with improved equipment and décor, similar to that of our Wake Forest Baptist Health Birth Center location in Winston Salem. This modern and spacious design has set the precedent for what labor and delivery should be and what we can bring to High Point.

We will also be focusing on improving our Maternal Fetal Medicine specialization. This will help those mothers who generally have complex problems with things like diabetes, twins/triplets, early delivery, or genetic problems. We have great general OB/GYNs but need to incorporate Maternal Fetal Medicine specialists that allow us to do more here for mothers and give them the comfort that we can handle all of their needs here in High Point with dedicated expert providers.

We are so proud of our Women's Center at High Point Medical Center, and we look forward to the opportunity to grow for the future with the continued help and generosity of our community and donors. We cannot do the amazing work that we do every day without your support.



Applauding Heroism & Compassion

While eating at a restaurant on Sullivan's Island, parents began yelling that their young child looked like she was falling asleep and just stopped breathing.

Claudia Franklin, a nurse at High Point Medical Center was luckily in the right place at the right time and quickly jumped to the child's aid. The parents told her that the child was not choking so she began CPR. Claudia started compressions while the girl's father helped with the breathing.

As a minute and a half went by the child was still laying there, so she yelled for someone to please pray. She then checked the pulse and the girl had one. Claudia continued to care for the child until first responders arrived. Since then, the child's mother has confirmed that her daughter is doing well and is being treated by her doctors.

High Point Medical Center and The Town of Sullivan's Island both extend thanks for Claudia's courageous act.



At the September 8th meeting of Sullivan's Island Town Council, the Town honored Nurse Claudia Franklin with a Resolution so her actions will be memorialized in the Town records.

“My entire life, I've wanted to be a nurse. I truly believe that I was meant to be in the restaurant that day. From start to finish, I had to quickly take action and make decisions. I was so thankful that everyone trusted me to take care of the situation and that the young girl is doing well now.”

— Claudia Franklin



Nurse Claudia Franklin and her family.



34TH ANNUAL HEART & SOLE 5K

For the past 33 years, High Point Medical Center and High Point Regional Health Foundation has hosted a race to benefit cardiac and pulmonary services in the hospital. Over the years, the race has seen growth and change, but one constant has always been the impact on the patients it serves through scholarship support. Since it began thirty three years ago, the race has raised almost \$375,000.

For the first time, the Heart & Sole 5K and Charity Walk was held virtually in response to COVID-19 to keep participants and volunteers safe. Runners and walkers completed a 5K route on their own using a personal timing device during the week of October 24 through October 31, 2020 and submitted their finishing times for placement and prizes. All proceeds raised will go to support the Heart Strides Program.

SHOWN ABOVE: RUNNERS FROM THE 2019 HEART & SOLE 5K

This year, High Point Regional Health Foundation is grateful for the support of our sponsors and in-kind supporters, which include Carolina Kia and Hyundai of High Point, Graphic Connections, Inc. and many more.

TO LEARN HOW YOU CAN SUPPORT HEART STRIDES, PLEASE CALL 336-878-6293.

FOUNDATION EVENTS

Due to COVID-19, we unfortunately have been unable to hold our traditional fundraising events. However, we will continue many of our events virtually in the foreseeable future as the safety of our community, patients, and donors are our highest priority.



LoveLine *Celebration of Life*

The LoveLine Fund is supported through the generous donations of members of our community who understand the financial burden that a cancer diagnosis can create. The LoveLine Fund offers assistance with transportation to and from appointments, food cards to sustain healthy nutrition, and help with essential needs. Everyday needs and expenses do not diminish during treatment, and can add significant burdens during an already difficult time.

SAVE THE DATE

All cancer patients, survivors, family and friends who have been affected by cancer are invited to join us for a special virtual celebration of life, hope and encouragement.

Tuesday, December 8, 2020

PLEASE CALL FOR MORE INFORMATION OR TO RSVP TO THIS EVENT AT 336-878-6011.



Sun & Stars

SIGNATURE EVENT

For 9 years Sun & Stars Signature Event has offered a great night of entertainment and food all while supporting different programs and services at High Point Medical Center. In that time, more than 1 million dollars has been raised through the generous support for this event.

Unfortunately, we were not able to host Sun & Stars this year. Planning is all ready well underway for the next Sun & Stars Signature Event.

SAVE THE DATE

September 17, 2021
The Nitty Gritty Dirt Band

PLEASE CALL FOR MORE INFORMATION ABOUT THIS EVENT TO 336-878-6011.

the pink ribbon

The Pink Ribbon Luncheon benefits the Pink Ribbon Fund, which supports a variety of services through High Point Medical Center's Hayworth Cancer Center for newly diagnosed cancer patients. Gifts to this fund support educational and recreational resources, as well as comfort items for those patients.

High Point Regional Health Foundation is grateful for the support. Thank you to Pink Ribbon Luncheon committee members, sponsors and guests who made it possible to provide more than \$67,000 in contributions last year to those patients in need.

SAVE THE DATE

Join us on May 8, 2021 for the 19th Annual Pink Ribbon Luncheon





LOCATION: 601 N Elm St | High Point, NC 27262

MAILING: PO Box HP-5 | High Point, NC 27261

336-878-6888

WakeHealth.edu/HighPoint