



**William Barron**

Past Patient, Community  
Emergency Response Team

“I am Living Well by  
teaching my neighbors  
not to be disaster  
victims.”

Photo by Frank Atara

# On the Path TO Living Well

South Bay Hospital  
Caring for You

| 4016 Sun City Center Blvd. | Sun City Center, FL 33573

# TO LIVING WELL



Photo by: Frank Atura

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“Nothing is more rewarding than to be able to help others.”

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In 2001, William Barron decided to join his wife Mary Beth, a Sun City Center Emergency Squad Volunteer EMT, for a state meeting of the Community Emergency Response Team (CERT). He was inspired by the organizations message and realized that he could make an impact with the group in Sun City Center.

“CERT trains citizens on what to do in advance of and during an emergency situation,” says Mr. Barron. “We are able to help ourselves and our neighbors through basic fire and first aid training as well as basic response and organizational skills during an emergency.”

The Sun City Center CERT can be called to action for a variety of situations. The county has asked for SCC CERT assistance in response to Silver Alerts, to help locate missing individuals suffering from dementia-related illnesses, as well as during disaster situations such as hurricanes. The local community has also called upon the services of SCC CERT during

public gatherings such as the annual golf cart parade. “As a large pool of trained individuals, we are able to supply immediate man power. During public gatherings, we position ourselves at various locations so we can act quickly if someone needs help. We can be there to lend assistance until the Emergency Squad is able to arrive.”

Another role of the Community Emergency Response Team is to help community residents with disaster planning and emergency preparedness. “In the case of an emergency, the state has a plan, the county has a plan and local organizations such as the community associations and South Bay Hospital have a plan. There is continual planning, information sharing and preparedness exercises. However, every citizen should be prepared in case of emergency. Everyone should know how to help themselves and their loved ones until professional help can arrive.”



## Dear Neighbors

August finds us in the middle of Hurricane Season, are you prepared? Each year, South Bay Hospital completes hurricane preparedness planning and

training. We are here to serve the healthcare needs of our community, even during a storm. However, please remember that we are first and foremost, an acute care facility providing healthcare for patients. Our employees and

resources are committed to those who need them most, we are not equipped to act as a general shelter. If you feel you need a Special Needs Shelter during a storm or major disaster, please plan ahead and contact the Hillsborough County Health Department at (813) 307-8063 to reserve space before you need a shelter.

If you would like to receive a Hurricane Preparedness Guide with information from developing a plan to important contact information, call our Consult-A-Nurse line at 1-877-442-2362. When you call, be sure to register for a free keychain flashlight that can be picked up in our

Mr. Barron provides emergency and disaster information for community residents on his website at [www.w1wab.com](http://www.w1wab.com). From what you should include in your disaster kit to links to the National Hurricane Center, there is an abundance of important information. "We should all be prepared, but remember that if we have an emergency, have confidence that there is a plan and there are experienced people ready to help."

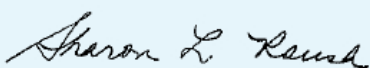
### About the Sun City Center Community Emergency Response Team

- Established in 1995
- Part of a national program sponsored by Homeland Security and FEMA
- Approximately 150 members
- One of 13 CERTs in Hillsborough County
- Training direction is provided by Hillsborough County Fire Rescue
- Meets monthly for refresher training on topics such as:
  - o How to properly operate a chainsaw
  - o Fire Extinguisher hands-on practice
  - o Utilizing a generator
  - o How to use amateur radio in an emergency
- For more information about Sun City Center CERT and volunteer opportunities, contact **William Barron at 813-642-9079 or email [W1WAB@arri.net](mailto:W1WAB@arri.net).**

Outpatient Rehab Center.

Remember, be safe, be prepared, and be on the path to living well.

Thank you and Live Well,



**Sharon Roush**

CEO - South Bay Hospital



## Be Prepared

With a keychain flashlight. The first 100 callers to 1-877-442-2362 that mention On The Path to Living Well will receive a FREE keychain flashlight. Once you have registered, the flashlight can be picked up at the South Bay Hospital Outpatient Center.

***Limit one per caller.***

## GOING GREEN

If you would prefer to receive On The Path to Living Well via [www.southbayhospital.com](http://www.southbayhospital.com), sent to your email address, or if you do not wish to receive this publication, please contact the Community Relations Department at South Bay Hospital at 813-634-0172.

# August

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Alcoholics Anonymous	2 Joint Replacement Class	3 Free Blood Pressure Screening	4 Stroke Support Group	5 Free Blood Pressure Screening	6	7
8 Alcoholics Anonymous	9 Diabetics Support Group	10 Free Blood Pressure Screening	11 NEW Heart Failure Support Group	12 Are You at Risk for Breast Cancer? Free Blood Pressure Screening	13	14
15 Alcoholics Anonymous	16 Joint Replacement Class	17 Free Blood Pressure Screening	18	19 Free Blood Pressure Screening	20	21
22 Alcoholics Anonymous	23	24 Free Blood Pressure Screening	25	26 The Spine! Better Breathers Club Free Blood Pressure Screening	27	28 Peripheral Artery Disease Screening
29 Alcoholics Anonymous	30	31 Free Blood Pressure Screening	<p><b>For more information or to make a reservation for an event, please call 1-877-442-2362.</b></p>			

# Classes & Screenings

## **Are You at Risk For Breast Cancer?**

Thursday, August 12; 4 – 5 pm;

Call 1-877-442-2362 to RSVP.

Held at Aston Gardens, 1311 Aston Gardens Court, Sun City Center

## **The Spine!**

presented by Donna Saatman, MD, Neurosurgery

Thursday, August 26; 10 – 11 am;

Call 1-877-442-2362 to RSVP. Held at Sun Towers, 101 Trinity Lakes Drive, Sun City Center

## **Free Blood Pressure Screenings**

Held every Tuesday and Thursday from 10 am – Noon; No registration needed. Held at the Outpatient Rehab and Diagnostic Center, 4051 Upper Creek Drive, Suite 103, Sun City Center.

## **Joint Replacement Class**

August 2nd and August 16th at South Bay Hospital.

Learn more about your hip or knee replacement procedure and openly discuss pre/post operative concerns. Meetings are held the 2nd and 4th Monday of each month in the boardroom starting at 2pm. Reservations are required.

Call 1-877-442-2362 to RSVP.

## **Peripheral Artery Disease Screening**

August 28th; 9:00 AM – Noon; South Bay Hospital Outpatient Diagnostic & Rehab Center. Reservations are required. Call 1-877-442-2362 to RSVP.

# Support Groups

## **Alcoholics Anonymous**

August 1, 8, 15, 22, 29; South Bay Hospital Medical Auditorium-1901 Haverford Plaza, Suite 106 (behind South Bay Hospital). Meetings are held each Sunday at 7:30am

## **Diabetes Support Group**

August 9th; 10 am at the Redeemer Lutheran Church; Meetings are held the 2nd Monday of each month.

## **Stroke Support Group**

“Therapies, Staying Safe and Increasing Your Endurance” Wednesday, August 4th at 1 pm in the East/West Social Rooms at Kings Point clubhouse. Nutritional health, rehabilitation and medical updates provided by professionals. Meetings are held on the 1st Wednesday of the month. Contact Kim McKell (813) 634-0249 for more information.

## **Better Breathers Club**

Thursday, August 26 at 12:00 noon – 1:30pm; 1901 Haverford Plaza, Suite 106 – Behind South Bay Hospital. Meetings held the 4th Thursday of the month. Contact Sabina at 633-7777 for reservations and information.

## **NEW Heart Failure Support Group**

Beginning August 11th – 10:30-11:30am; 1901 Haverford Plaza, Suite 106 – Behind South Bay Hospital. Meetings held the 2nd Wednesday of the month. Contact Kim McKell at 634-0249 for reservations and information.



## UNIFORMS HELP PATIENTS IDENTIFY CAREGIVERS AT SOUTH BAY HOSPITAL



In order to improve our patients' experience, South Bay Hospital is implementing an employee uniform program. The uniforms will be color-coded by profession, allowing patients to quickly and easily identify their caregivers. The first to transition to uniforms will be Nurses, Certified Nursing Assistants (CNA), Paramedics, Monitor Technicians and Laboratory employees.

"Our employees already wear name badges that identify who they are and what they do within the hospital, and that will continue," says Sharon Roush, Chief Executive Officer at South Bay Hospital. "Color-coded uniforms make identifying who is in your room even easier."

The nurses will be recognized by their classic white scrubs or a white scrub top with blue scrub pants. CNAs, Paramedics and Monitor Technicians will wear all blue scrubs, and Laboratory employees will wear purple scrubs or a purple polo with khaki pants. Various departments throughout the hospital will be transitioning to uniforms over the course of the next year.

"The decision to transition to caregiver uniforms was based on patient feedback and industry research," says Roush. "It is a part of our continuing efforts to provide quality care while improving our patients' experience."

## 2009 First Employee

# HUMANITARIAN AWARD

presented to Cindy Smith, RN



**South Bay Hospital** presented its 2009 Frist Employee Humanitarian Award to Cindy Smith, RN. Cindy works in the Intensive Care Unit (ICU) and has been at South Bay Hospital since November of 2007. She is known by her patients for her quick smile and pleasant demeanor, the staff knows her for her clinical nursing expertise, and for being a positive role model.

Cindy became a Licensed Practical Nurse when her daughter, Maria, finished high school in 1992. Three years later she became a Registered Nurse after completing the Licensed Practical Nurse to Registered Nurse program. In 2005, she received her Bachelor of Science in Nursing and is currently working on her Master in Nursing Science education.

Cindy has no limits and her dedication to volunteerism has positioned her as an exemplary member of our community. She volunteers for Sun City Center Security which includes patrolling the community evenings and nights to make sure all is safe and quiet. She volunteers her time to drive her neighbors to physician and outpatient appointments. She is a member of the Florida Medical Reserved Corp which consists of approximately 700 volunteers who volunteer during medical emergencies. Her first volunteer event was staffing the 1st aid tent at the 2009 Super Bowl here in Tampa. Also in 2009, she volunteered with the Florida Railroad Museum assisting with train rides and other events.

Most recently, Cindy was called to assist Haitian patients flown into Tampa, where she treated and stabilized those who were in need of more advanced medical and surgical care. Currently, Cindy is on call as needed for any emergency with the Medical Reserved Corp.

"Caring for people is important to me and volunteering is part of caring," says Smith. Her dedication, loyalty and devotion both at South Bay Hospital and with the community, exemplifies what it means to be a humanitarian.

# h2U

HEALTH TO YOU<sup>SM</sup>

## NEW H2U Members Benefits!

These are just a few of our newest exciting benefits available to our h2u members. Through partnerships with national companies, the H2U program offers valuable discounts on products and services you can really use. If you would like more information about joining H2U or are already a member and have any questions please contact Paula Hange Volunteer/H2U Manager at 813-634-0187

### Red Roof Inn

With 350 hotels coast-to-coast, Red Roof believes in giving their guests great rates and quality rooms that won't break the bank. H2U members can receive an additional 20% off best available room rates by applying the H2U member discount number. Book online or make reservations at the hotel calling directly.

### Corporate Shopping Discount

This is a "online" shopping discount only. The Corporate Shopping Company uses a private internet portal to connect members to over 200 of the world's most popular internet retailers and brands - all offering exclusive online discounts and promotions.

# VOLUNTEER SPOTLIGHT

Hazel Wegrich



Part of being a great volunteer is loving what you're doing. Finding that something that you're passionate about, or something that inspires you, and then finding that need in your community - you just need to find the one that feels right. Our Volunteers at South Bay

Hospital have found that fit. They are passionate about serving the needs of our patients and assisting our employees with numerous daily tasks. Our volunteers epitomize the spirit of service excellence that we all aspire to at South Bay Hospital.

This month's Volunteer Spotlight is Hazel Wegrich. Hazel came to South Bay Hospital to volunteer in June of 1998. She wanted to volunteer because she wanted to help the patients and the employees that she came to love while visiting and caring for her husband, who was a patient at South Bay Hospital's then (TCU) Transitional Care Unit. Hazel states that "When my husband died, I realized I needed daily time with people, so my life at South Bay began - it has been the answer all these years." Due to her husband's work of putting citric acid plants in foreign countries, Hazel has lived in Haifa, Israel and climbed the Masada with no elevator. She also lived in Cuernavaca, Mexico for two years and Guadalajara for one year. She graduated college with a degree as a dietitian and raised a wonderful son and daughter and currently has a beautiful granddaughter.

Since volunteering at South Bay Hospital she has worked as a Station-aid on all the Nursing Units, Front Desk Information Receptionist, Out-Patient Diagnostic & Rehab Registration Receptionist and has even helped out in Volunteer Transportation when needed. Hazel touches the lives of all she meets with her smile and positive attitude about life.

In April of 2000, she was voted Outstanding Volunteer of the Year by her peers. She is always ready when ever any one asks her to help even if it is a natural disaster. Hazel was an active member of the Volunteer Disaster Team and in 2004 when Hurricane Charley miraculously missed Tampa Bay at the last minute, it was Hazel who set up and then stayed in the children's entertainment center in Brower Hall, with many family members in attendance from infant to teens. Hazel assured that each child was kept entertained and safe. It is the dedication and passion to help others that empowers our Volunteers at South Bay Hospital to make a difference in their community.

## ROTARY CLUB OF SUN CITY CENTER



The Rotary Club of Sun City Center was formed in 1963 and currently has 55 very active members. Members enjoy being with friends and fellowship while experiencing personal growth, leadership opportunities, continuing education, community involvement, good food and fun.

Rotary was formed in 1905 as the world's first service organization and now has over 1.4 million members in 33,000 clubs in more than 160 countries. Rotary International is best known for Polio Plus, with the goal of eradicating polio throughout the world. Rotary also supports Group Study Exchange Programs, disaster relief and other humanitarian programs.

The Rotary Club of Sun City Center has several fund raisers each year to support college scholarships, high school Career Day and dictionaries for grade school students. Rotarians spearhead the very successful "Kids Against Hunger" campaign each year to provide over 60,000 packaged meals to the disadvantaged families in south Hillsborough County.

### **The Rotary Club of Sun City Center Meets Weekly.**

**Every Tuesday at Noon  
Freedom Plaza Clubhouse, 3932  
Upper Creek Drive, in SCC.**

**"We are always looking to grow our Club, and I encourage interested individuals, men or women, working or retired, to talk with me or other club members about joining Rotary."**

**For more information, contact Membership Committee Chair, Jim Wilmouth at 813-634-8001.**



# HURRICANES CROSSWORD PUZZLE

T M F S T O R M S U R G E J C G Z P D O  
O S E U J R V Z C A R I B B E A N V Q D  
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V E N W P M J N I B U G R E M R X P N L  
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R I W N V D C B M L E S S J U M E E H D  
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O R O E E S B H C D K R I U D J E U R Y  
X P D T J I Z R E W W S T T Z P R D F M  
Y L D H L O V U U O I O E Z O R K G Z D  
H A S L L N Y L D K S S V M N C S V X X  
Y N J R P Z Y S A N E U G Y E T A Z E G  
I W R P B Q T S I L K C E H C G W U B H

- Africa
- Caribbean
- Checklist
- Counter Clockwise
- Depression
- Disaster Plan
- Evacuation Route
- Eyewall
- Flood Zone
- Food
- Fresh Water
- June
- Medication
- November
- Pets
- Prepare
- Satellite
- Shelters
- Storm Surge
- Typhoons
- Warning

# STAY HYDRATED

## To Help Prevent Kidney Stones

Kidney stones are a painful but common medical condition. Decrease your risk of developing them by drinking plenty of fluids.

Clear liquids such as water, lemon-lime soft drinks, and ginger ale should be preferred by those who are susceptible to forming kidney stones. Beverages that contain caffeine – coffee, tea, and some soft drinks – can cause dehydration and contribute to the formation of kidney stones. Lemonade is a good option because it contains citrate, which helps keep stones from forming.

### Food for Thought

In addition to staying properly hydrated, diet plays a part in whether or not your body forms kidney stones. While fruits and vegetables are good for you, they can contribute to risk for kidney stones if you are not properly hydrated. Animal protein can also be a dietary factor for kidney stones, so moderation in consumption of meat is key.

If proper hydration and diet are not enough to keep kidney stones from forming, medical treatment is available. Your physician can offer medications and minimally invasive procedures to help break up the stones and remove them.

*Note: Reprinted from Healthy Living Fall 2009*



“Pain from kidney stones typically radiates up the side of the body and the abdomen. It will ease off then repeat. The Southeast is nicknamed the ‘Kidney Stone Belt’ because of the prevalence of the condition in the region, which is believed to be due in part to the hot temperatures and dehydration that follows.”

*Mark B. Baker, MD,  
Urologist on staff at  
South Bay Hospital*

## SUN CITY CENTER EMERGENCY SQUAD'S CHIEF JACKSON'S HURRICANE EMERGENCY UPDATE

Hurricane season began on June 1st and so far we have had two named storms come ashore in Mexico. The Sun City Center Emergency Squad's procedures for hurricane preparedness state that

when winds reach a sustained 35 mph, operations will cease until the storm has passed. For the protection of our Squad members, personnel will be sent home to wait out the storm. After the storm passes, the duty day team and its sister team will report to Squad headquarters.

The Squad may be asked by Hillsborough County Fire Rescue to lend mutual aid in case of an emergency, and if so, two ambulances with crews will be placed at their disposal. The Squad

will co-operate with Hillsborough County Fire Rescue to the fullest extent possible while continuing to provide our community with necessary emergency medical services.



*Hurricane Kit: Batteries, Radio, Water, Candles, Canned Food, Flashlight, Etc.*



# From the Kitchen of:

**Marian Crowe, Volunteer**

## Chocolate **Delight Bars**

### **STEP 1:**

#### **Ingredients:**

- ½ Cups butter
- 1 egg yolk 2 T. water
- 1 ¼ c flour (sifted)
- 1 tsp sugar
- 1 tsp baking powder
- 1 (12 oz.) pkg (2 c.) Chocolate Morsels

#### **Directions:**

Beat butter, egg yolk and water. Add sifted flour, sugar and baking powder. Press into greased 13x9x2 inch pan. Bake 350 for 10 minutes. Sprinkle at once with chocolate morsels and return to oven 1 minute remove, spread chocolate over top.

### **STEP 2:**

#### **Ingredients:**

- 2 eggs
- 6 T. butter melted
- ¾ C. sugar
- 2 tsp vanilla
- 2 C. nuts (finally cut)

#### **Directions:**

Beat eggs till thick beat in sugar. Stir in butter, vanilla and add nuts. Spread over top. Bake 350 30 to 35 minutes. Cut into 1 ½ squares. Makes 4 dozen



# South Bay Hospital

*Caring for You*

4016 Sun City Center Blvd.  
Sun City Center, FL 33573

(813) 634-3301

www.southbayhospital.com

## Consult-A-Nurse®

Consult-A-Nurse® is a FREE community service from South Bay Hospital, available any time to help you find the doctor who fits your specific needs.

### 1-877-4-HCA-DOCS

(1-877-442-2362 toll free)

**Consult-A-Nurse® can provide you with FREE healthcare information on a variety of subjects, including:**

- Breast Care
- Cardiac Services
- Diabetes Care
- Gastroenterology
- Health Screenings & Fairs
- Men's Health
- Neurology/Stroke
- Orthopedics
- Rehabilitation Services
- Surgical Procedures
- Vascular disease
- Wellness Seminars
- Women's Health
- ...and more



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