



75
YEARS of *living*
1948 - 2023



ADMISSIONS

31,190

EMERGENCY & URGENT CARE
CENTER VISITS

137,012

SURGERIES

18,050

BIRTHS

3,369

COLLEAGUES
(FULL TIME EQUIVALENT)

4,655

VOLUNTEERS

639

VOLUNTEER HOURS

10,452

MUSIC THERAPY SESSIONS

4,809

ANIMAL THERAPY SESSIONS

2,645

TMH FOUNDATION DONORS

2,818

GIFTS GIVEN THROUGH
TMH FOUNDATION

\$2.47 MILLION

THIS IS OUR WHY



We've grown a lot since Tallahassee Memorial HealthCare (TMH) was established 75 years ago. Once a small city-owned hospital, TMH is now a pillar in the region with a sprawling campus in the center of the city and growing every day.

In June 2022, Florida State University and TMH announced a partnership to build a new facility that will offer advanced medical training and translational research opportunities as an academic health center of the future. The building, funded by \$125 million from the Florida Legislature, will be on the TMH campus and will include educational, medical and research laboratory space while drawing on the knowledge and expertise of TMH clinicians and faculty from the FSU College of Medicine and College of Nursing.

This partnership will not only provide improved healthcare services to our patients but will have a substantial economic impact. The academic health center alone is expected to add more than \$217 million annually to our local economy and support more than 1,500 direct and high-paying jobs. In addition, roughly 1,200 jobs will be created during the three-year construction phase.

And we're not just growing in Tallahassee. TMH and Calhoun Liberty Hospital Association, Inc. (CLHA), for example, have created a formal partnership to enhance services and improve care for the citizens of Calhoun and Liberty counties. The relationship will help ensure CLHA is equipped to

keep up with the clinical, technical and strategic innovations needed in a rural environment and secure access to timely care closer to home.

We recognize that TMH is a community asset that drives the health of our population more than any other organization in our region. We all serve as stewards of this crucial asset.

G. Mark O'Bryant
President and CEO

As the population in the Panhandle increases, TMH has identified a substantial need to expand healthcare services further to the west. TMH has built a reputation for excellent, compassionate and local care and is proud to now offer our services to Panama City Beach communities. In 2022, we celebrated the opening of our first primary care practice in Bay County, TMH Physician Partners – Primary Care, and broke ground on an 80,000-square-foot medical office building



scheduled to be completed in 2024. This building will house TMH Physician Partners – Primary Care, Tallahassee Memorial Urgent Care Center, an ambulatory surgery center, as well as cardiology and orthopedic services.

This same site in Panama City Beach will ultimately include a 100-bed hospital, coming in 2027. Growing our presence in these areas in partnership with FSU and the St. Joe Company will strengthen our referral populations for many of the tertiary and quaternary services offered here at TMH, especially as we expand our academic health center footprint.

Like healthcare organizations throughout the country, we continued to face financial challenges in the 2022 fiscal year due to the residual impact of COVID-19. While our COVID cases have stabilized, we are still navigating several of the lasting effects such as supply chain shortages, significant increases in supply and drugs costs, and staffing challenges in some key positions. As a result, most healthcare organizations, including TMH, experienced operating losses during the 2022 fiscal year. We are, however, optimistic about our efforts to stabilize TMH's financial performance, which is vital to maintaining our commitment to quality for our patients and a trustworthy environment for our colleagues.

At TMH, we strive to provide every patient the care and respect we would hope to have as patients ourselves. This is why we are building strategic partnerships throughout the region. This is why we

invest in the most advanced lifesaving technology. This is why we are building the best-in-class healthcare system you – our colleagues, patients and community – deserve.

At the heart of everything we do, we want all our colleagues, patients and their families to feel supported by us and engaged with us. This is our why.

No matter why you choose TMH as your hospital for life, we are honored to continue to serve you and your families.



G. Mark O'Bryant
President and CEO



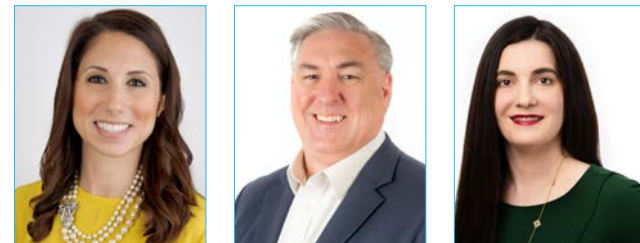
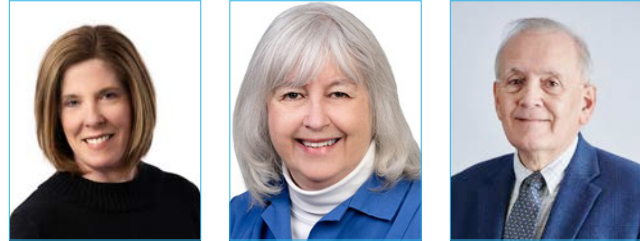
TALLAHASSEE MEMORIAL HEALTHCARE

2022 LEADERSHIP

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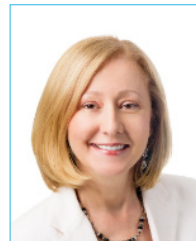
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As a nonprofit hospital founded by local civic leaders, Tallahassee Memorial HealthCare's mission has always been defined and driven by a desire to serve our community. Today, TMH continues to be guided by a volunteer Board of Directors who give their time to advance healthcare in the Big Bend by providing financial, administrative and quality-of-care oversight.

BOARD OF DIRECTORS



EXECUTIVE TEAM



EXECUTIVE TEAM

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WE WILL BE KNOWN

as the Most Engaged and Supportive Organization in America.



YOU Are the Heart of Everything We Do!

For 75 years, TMH has been a part of your family, and you've been part of ours. As we look to the next 75 years and beyond, we're dedicated to a strategic plan and vision that will ensure we remain a strong, secure healthcare safety net for our region.

Our Vision

Adopted in 2022, our vision statement is a big, aspirational goal that will require everyone at TMH to put our ICARE values of **Integrity**, **Compassion**, **Accountability**, **Respect** and **Excellence** into practice. Let's break down what our new vision means:

“To be known as”

It's not good enough for us to be engaged and supportive. We must be known for being engaged and supportive. Our colleagues, patients and community need to experience it and then tell others about our culture and reputation. This requires consistency.

“The Most Engaged and Supportive”

Our leaders and colleagues decided these two words were the most important to them and how they wanted TMH to be known.

“Organization”

If we're going to pursue a big goal, we should compare ourselves to every organization, not just healthcare providers.

“In America”

If we're going to be the best, why settle for being the best in Tallahassee, Florida, or even the Southeast? We want to be an organization that is written about nationally as a benchmark for engagement and support.

To help unite colleagues, we've identified **Culture Champions** who are advocates for our vision. They are working with key groups of colleagues to identify actions and behaviors that will contribute to engagement and support and improve the experience for patients, colleagues and anyone who interacts on any level with TMH.

TMH has nearly 6,000 colleagues who serve in a variety of clinical and support roles. As we all seek to become more engaged and supportive, our organization – and the patients and community we serve – will reap the benefits.

We identified seven pillars of focus for our plan:

1.

**QUALITY, SAFETY
AND RELIABILITY**

2.

CULTURE

3.

**FINANCE AND
OPERATIONS**

4.

**PHYSICIAN
STRUCTURES**

5.

**ACADEMIC
HEALTH CENTER**

6.

**STRATEGIC
PARTNERSHIPS**

7.

**SERVICE
LINE GROWTH**

Scan the QR code to learn more
about the seven pillars or visit TMH.ORG/StrategicPlan



Growth

Taking Excellent Care West

TMH Physician Partners – Primary Care in Panama City Beach opened with **Dr. John Woltz** and later added **Dr. Laura Yauch**. The practice signified the start of a long-term commitment to transforming healthcare in the Panhandle.



New Hospital on the Horizon

With partners **Florida State University** and the **St. Joe Company**, TMH broke ground on an 80,000-square-foot medical office building in Panama City Beach. Scheduled to be complete in 2024, the building will be home to TMH Physician Partners – Primary Care, Tallahassee Memorial Urgent Care Center, an ambulatory surgery center, and cardiology and orthopedic services. Plans also include a 100-bed hospital to be complete in 2027.



We're not just developing a healthcare delivery system. It's healthcare with research and education, all of which drives positive outcomes for our patients and the community. The best healthcare is locally driven by the people who receive care.

That's the model we're bringing to Panama City Beach."

– Mark O'Bryant, President & CEO

Helicopter Expands Access to Care

TMH and **Survival Flight, Inc.** are bringing faster critical care to patients within 120 miles of the hospital with a dedicated helicopter medical crew. The helicopter took its first flights in February 2022. The crew is based at TMH and transports patients to the region's only Level II Trauma Center.



Cancer Center Expansion Meets Growing Need for Care

The **Tallahassee Memorial Cancer Center** added 13 exam rooms and space for infusion therapy and lab services. The expansion allows TMH to care for more patients, expedite cancer treatment and create space for future specialty clinics.



Region's First Cardio-Oncology Program

TMH, in partnership with **TMH Physician Partners, Services by Southern Medical Group**, established the region's first Cardio-Oncology Program, providing patients specialized care to prevent, treat and sometimes even reverse heart complications caused by life-saving cancer treatment. Led by highly skilled cardiologists and cardiac imaging specialists **Hussein Rayatzadeh, MD** and **Gregory Hartlage, MD**, the Cardio-Oncology Program expands Tallahassee Memorial's complex Heart & Vascular Program – one of the top in the Southeast.





Urology Doubles in Size

TMH Physician Partners – Urology added two board-certified urologists, **James Farrell, DO** and **Anthony Vara, MD**, who joined **Francisco Carpio, MD** and **Charles Yowell, MD**.

The practice also moved into a larger space at 2619 Centennial Blvd., Suite 102, which has room for two additional urologists to meet a growing need for advanced urologic care.

Strategic Partnerships: The Future of Healthcare

As TMH prepares for meeting the future healthcare needs of our region, developing partnerships remains a significant focus. TMH and Radiology Associates of Tallahassee formed Southeast Radiology Partners, a member managed limited liability company, that allows both entities to combine outpatient diagnostic imaging assets and resources. In addition, TMH created a formal partnership to enhance service capabilities and resources available to Calhoun Liberty Hospital.

Premier Health & Fitness Opens New Studio

TMH's **Premier Health & Fitness Center**, Tallahassee's largest and best full-service gym, got a major upgrade with the new **Mind and Body Studio**. The serene space was designed to evoke a relaxing atmosphere for members to practice mindfulness-based classes.



FSU, TMH Announce New Academic Health Center

Florida State University and TMH announced a partnership to create the **FSU Health – Academic Health Center**, which will offer advanced medical training and research. Funded by \$125 million from the Florida Legislature, the center will be on the TMH campus.



Mammography Clinic Upgrades to 3D Imaging

The **Sharon Ewing Walker Mammography Clinic** began offering 3D mammograms. The technology detects up to 65% more cancers than traditional mammograms, improves detection in dense breast tissue and reduces the need for follow-up imaging. The upgrade was made possible by generous community support given through the **TMH Foundation**.

Quality

One of The Top 25 Hospitals in Florida

TMH is one of two facilities in the Panhandle to make U.S. News & World Report's top 25 hospitals, and the Big Bend region's only facility named a Best Hospital.



Celebrating a Successful Survey by The Joint Commission

TMH earned a positive survey by **The Joint Commission**, the hospital's accrediting organization. Many units and departments had zero findings, and there were positive comments by the surveyors about TMH's pleasant and engaged colleagues, as well as collaboration among departments, and overall quality of care.

Ranked as Florida's
21st Best Hospital
2022 – 2023

Seven areas of care rated
High Performing
2022 – 2023

- Chronic obstructive pulmonary disease (COPD)
- Colon cancer surgery
- Diabetes
- Heart attack
- Heart failure
- Kidney failure
- Stroke





National Accreditation in Bariatric Surgery, Obesity Medicine

Obesity affects nearly half of the U.S. population and is linked to other conditions such as diabetes, high blood pressure and cancer. Thankfully, patients in our region have access to one of the best programs in the Southeast for bariatric surgery and obesity medicine. TMH earned accreditation by the [Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program \(MBSAQIP®\)](#), a joint Quality Program of the [American College of Surgeons](#) and the [American Society for Metabolic and Bariatric Surgery](#). In addition, Tallahassee Memorial's Metabolic Health Center received the highest designation possible and is one of only four [Comprehensive Centers with Obesity Medicine Qualifications](#) in Florida from MBSAQIP®. Bariatric surgery patients at TMH receive multidisciplinary medical care, which improves patient outcomes and long-term success.

Spine Surgery Distinction

Blue Cross and Blue Shield Association (BCBSA) has selected TMH as a [Blue Distinction Center+ for Spine Surgery](#), as part of the Blue Distinction Specialty Care program. [Blue Distinction Centers®](#) for Spine Surgery demonstrate expertise in cervical and lumbar fusion, cervical laminectomy and lumbar laminectomy/discectomy procedures, resulting in fewer patient complications and readmissions compared to other facilities.

Our Colleagues

Investing In the Next Generation of Leaders

The first-ever **Leadership TMH** class was selected in 2021 and graduated in April 2022, signifying an important step in our commitment to developing and retaining colleagues. Each year, 25 participants are chosen to complete the nine-month training program focused on **values and ethics, care, innovation, ownership, teamwork, communication** and **responsibility**.



2022 ICARE Caring Hands Award Winner:

Eleonore Mensah-Mamfo, RN, Diabetes Medical Care Unit

In August, a patient in Eleonore's care passed away. His 83-year-old wife was devastated and didn't know what to do. She told Eleonore she would be unable to drive herself back to Valdosta where they lived. She said she had no family and no children. Eleonore made the decision that after work, she would drive the patient's wife back to her home in Valdosta in the patient's car. Eleonore transported the wife to her home safely while Eleonore's own family member followed them to get Eleonore back to Tallahassee. This was such a selfless act of kindness and the very essence of who Eleonore is. Eleonore's actions embody our ICARE Values, which is why she was awarded TMH's highest ICARE Values honor.

Recognizing Caring Hands & Hearts

The **TMH ICARE Awards** recognize colleagues each month who demonstrate the values of **Integrity, Compassion, Accountability, Respect** and **Excellence**. The ICARE Promise Banquet is an annual celebration that recognizes and celebrates all the ICARE award winners. An anonymous committee of representatives from various departments then meets to select the year's five overall **ICARE Value Winners** and the top award, the **ICARE Caring Hands Winner**. The winners are announced at the **ICARE Promise Banquet**.

Community

Community Health Needs Assessment

As a nonprofit, TMH routinely conducts the **Community Health Needs Assessment** to collect valuable data needed to determine how to improve the health and wellbeing of the community. The committee gathered data from residents of Leon, Gadsden, Jefferson and Wakulla counties to identify local health needs and priorities. TMH's **Population Health** team discussed needs and priorities with local health officials through a series of meetings. The findings were used to create the **2022 CHNA Report and 2023–25 CHNA Implementation Strategy**, which are available as a community resource on [TMH.ORG/CHNA](https://tmh.org/chna).



Giving Back Through Sponsorships & Events

As a nonprofit healthcare system, TMH is dedicated to giving back to the community. In 2022, TMH sponsored **more than 130 causes and organizations** that share in our mission of creating healthy outcomes for our community.



Trauma Services

ACTION, TEAMWORK SAVE ADDISON BETHEA Following Shark Attack



With grit and determination, along with the help of a multidisciplinary care team at Tallahassee Memorial HealthCare (TMH), Addison Bethea, 17, is thriving as she continues to recover following a vicious shark attack over the summer.

But as she was rushed to TMH on the last day of June 2022, her parents weren't sure she would survive.

"You don't know if your daughter is going to make it or not at that point," Addison's mother, Michelle Murphy, says through tears. "And you're just praying that when you get there, everything's good."

Addison and her brother, Rhett Willingham, were scalloping off the Keaton Beach coast when Addison thought she felt Rhett bump into her leg.

"The next thing I know I'm being attacked by a shark," says Addison, a senior at Taylor County High School in Perry, Florida. "I started grabbing its gills and its eyeballs and tried to pry it off me. I was also screaming for help and getting dragged under the water."

Rhett came to her aid, and they fought off the 9-foot shark before Rhett swam Addison to safety.

"Then I went into shock, and all I remember was being thrown into a boat," she says.

Nearby good Samaritans helped them get to shore, and Addison was airlifted to the Tallahassee Memorial Bixler Trauma & Emergency Center, the region's only Level II Trauma Center. Bixler is a 53-bed emergency center, equipped with four trauma bays. There are more than 137,000 visits to TMH's emergency and urgent care centers each year.

Addison's injury to her upper right leg was devastating. She lost her quadriceps, the four muscles in the front of the thigh that work together to keep the kneecap stable and allow for lower leg extension, and suffered massive tissue, vascular and nerve

"Because of their quick thinking in the OR that night, they provided her with a better life going forward."



damage. She also suffered wounds to her hands and arms in her struggle to fight off the shark.

While shark attacks are rare, complex trauma surgery at TMH is not. TMH surgeons see traumas routinely and were immediately prepared to provide life-saving treatment to Addison.

TMH's trauma team worked to stabilize her. Surgeons then began working to save as much of Addison's leg as possible to optimize her long-term function and mobility. Their initial focus was to re-establish blood flow to her lower right leg, which would make subsequent reconstruction of her upper leg possible.

Using veins from her left leg, surgeons restored blood flow to her lower right leg, which helped them preserve the tissue below her wound. That quick-thinking made it possible to use tissue from the lower leg to wrap around Addison's femur at the amputation site.

"Many other ERs would have cut Addison's leg off at the hip, and she likely never would have walked again," says Chris DeRosier, MD, plastic surgeon and a member of TMH's Trauma Team. "We have one of the most advanced soft tissue management programs in the Southeast here at TMH. The commitment we made eight years ago to building this incredible program – including developing extensive processes, systems and physician and nurse training – gave our team the resources, experience and confidence to save her upper leg."

The decisions made by nurses and surgeons her first night in the hospital ensured that Addison would be able to use a prosthesis just below the knee following amputation, rather than losing her entire leg at the hip. Addison's parents credit her surgeons with creating a better quality of life for their daughter.

"Because of their quick thinking in the OR that night, they provided her with a better life going forward." Murphy says. "That's just given her so much more than what could have happened if she was amputated at the hip."

Robert Brumberg, DO, vascular surgeon; Chris DeRosier, MD, plastic surgeon; John Dortch III, MD, trauma surgeon and Hank Hutchinson, MD, orthopedic surgeon worked together to ensure the best possible outcome for Addison and helped guide her parents through possible treatment options.



Something one of the surgeons told Addison's father helped her parents make the best decision for their daughter.

"He said, 'We can take muscles from the other leg, the abdomen or the latissimus muscle, but it's still not going to be a functional leg,'" Shane Bethea says. "He told us, 'I have a 14-year-old and if this was my daughter, there's no way I would do that to try to keep a leg that's not going to be functional.' So we agreed with that, and I was ecstatic that she still could get a prosthesis."

Addison's care at TMH didn't stop with medical and surgical care. Following one of her early surgeries, Addison returned to her room on the pediatric floor to find notes of encouragement from her nurses. TMH's Animal Therapy and Music Therapy teams also made frequent visits with Addison to help keep her spirits up.

Being in a hospital was a new experience for Addison, but she found her interaction with her care team to be comforting and warm.

"I had never been [a patient] in a hospital before, so when I received all of this attention and everyone asked what I wanted, it was kind of nice," Addison says with a smile. "It's a different experience, but everyone was nice and very supportive. Even nurses who weren't on their shift would just come in and talk to me."

Support from Addison's nurses and TMH colleagues made an impact on her parents as well.

"She's had excellent care here," Murphy says. "I can't say enough about everybody at this hospital. The nurses have been so loving with her and with us."

Following her injury, people from across the world began to rally around Addison. She received social media messages from overseas and gift cards from local businesses. She received enough "Get Well Soon" cards to cover her hospital bed entirely.

Following her surgeries, Addison began inpatient physical therapy in the Main Hospital, and as she made her way around the TMH campus, the support continued.

"The first day she went outside, the first person that passed us said, 'You're my hero!'" Shane says.

After 20 days, five surgeries and hours of inpatient physical therapy, Addison was discharged from the Main Hospital and admitted to the Tallahassee Memorial Rehabilitation Center (TMRC), where her therapy team expected her to be



for four weeks or longer. TMRC, a 5-star rated rehabilitation center by the Centers for Medicare & Medicaid Services, has 51 patient rooms, three gyms and two occupational therapy suites. There, a team of physicians, nurses, therapists and other healthcare professionals provide a rehabilitation plan designed specifically to meet each patient's recovery goals.

While TMRC therapists hadn't worked with a victim of a shark attack before, they had extensive experience with patients who'd received amputations – meaning they were ready to work with Addison.

As Addison began rehabilitation, one of her goals was to walk across the field during her high school's senior Homecoming celebration – just a little over three months following her amputation.

Addison's physical and occupational therapists' focus was on mobility, safety and range of motion to strengthen muscles for future prosthesis use. For more than two weeks, Addison and her team worked on walking on level and unlevel surfaces with crutches, as well as climbing stairs, ramps and curbs.



Her therapists also worked with her on managing routine tasks, such as opening and closing doors while balancing on her crutches and safely picking up items from the floor.

With their help, and Addison's resilience and perseverance, she was discharged and went home after just 17 days. Following her discharge, Addison completed occupational therapy through Tallahassee Memorial Home Health Care, where she focused on completing daily living activities independently.

Addison received her prosthesis in Orlando in late August. By the end of her first fitting and a rehabilitation session with her new prosthesis, she walked out of her session on her own.

In early October, just 99 days after the shark attack that ultimately cost Addison her leg, she walked across the field

to cheers from the crowd at Dorsett Stadium as part of Taylor County High School's Homecoming Court.

Addison's continuing recovery isn't attributed to one department or one surgeon. It's thanks to her determination and dozens of healthcare specialists all working together to heal a child and help guide a family going through something they never expected.

TMH stands ready to respond to trauma and emergencies in the region 24/7.

To learn more visit [TMH.ORG/Emergency](https://www.tmh.org/emergency).

Interdisciplinary Care

A TALLAHASSEE MOM GROWS HER FAMILY and Battles Heart Disease

Cassie Lewis



Cassie Lewis always knew she'd need heart surgery. She just didn't know when.

Cassie was born at Tallahassee Memorial HealthCare (TMH) with a bicuspid aortic valve; an integral piece of her heart meant to have three leaflets had only two. Since then, TMH has been the common thread woven through every stage of Cassie's life, from her own birth and her children's high-risk deliveries to multiple complex heart procedures.

Like others born with her condition, Cassie's symptoms didn't present until adulthood. At 29 years old, she began experiencing debilitating shortness of breath. An echocardiogram (echo) revealed she'd need her aortic valve replaced.

"I had two months to process that I needed open heart surgery," Cassie recalls. "I got a few opinions, and at Shands, the doctor said, 'I don't know why you're here – you have an amazing cardiac surgeon in Tallahassee.'"

Cassie had already met with David Saint, MD, cardiothoracic surgeon at TMH; she remembered loving his bedside manner. This recommendation sealed the deal.

Together, they decided on an open-heart bovine valve replacement. Cassie had one son, Gage, but wanted more kids. While a temporary solution, the bovine valve gave her the best chance at the fewest pregnancy complications later.


The surgery was a success. "A month later," Cassie laughs, "I met the man I would marry."

After tying the knot in 2016, Cassie and Patrick tried for three and a half years to get pregnant, while closely monitoring her heart. When an echo in 2019 showed her condition was worsening, Cassie's cardiologist recommended she hold off on having more children.

One week later, she learned she was pregnant.

Cassie was immediately referred to the Valve Clinic at TMH Physician Partners, Services by Southern Medical Group, who closely monitored her condition.

"Our Valve Clinic is where we plan and streamline care for patients in our Structural Heart Program," says Dr. Thomas Noel, MD, interventional cardiologist and Co-Chair of TMH's Structural Heart Program – the only one of its kind in the region. "Our interventional cardiologists and heart surgeons work together to evaluate patients' unique needs and determine the best plan of care."

A young boy with light brown hair, wearing a dark grey t-shirt, is holding a newborn baby. The baby is wearing a white onesie with a colorful floral pattern and a pink headband with a bow. The boy is looking down at the baby with a gentle expression. The background is slightly blurred, showing a checkered blanket.

"I've been through so much medically. TMH has been my saving grace every time and will always hold a special place in my heart."



At first, Cassie had no symptoms, but eventually, the shortness of breath returned with a vengeance. She and her obstetrician, David Dixon, DO, decided to induce her labor three weeks early to avoid stress on her heart.

"I couldn't walk without feeling like I couldn't breathe. I couldn't lay on my back. At one point, even sitting upright was hard," Cassie says.

When the day arrived on August 27, 2020, Cassie's heart was under such strain, her heart team worried childbirth could put her into a crisis. With her obstetrical team, they decided to deliver her daughter Harper in the operating room, in case Cassie needed emergency surgery.

"I'd come to grips with what may happen. I trusted the care team I had lined up. They coordinated so well together," Cassie remembers.

One key member of that team was Joanna Fato, RN, BSN, Assistant Nurse Manager of TMH's High-Risk Labor & Delivery Unit.

"I cannot tell you how amazing she was," Cassie shares. "She sat there the whole time, closely watching me, keeping me focused. I knew if I needed something, she was there looking at me to cue her."

After just three pushes, Harper was born. Weighing a healthy 7 pounds and 2 ounces, she was everything Cassie imagined and more. They started skin-to-skin contact right away.

Then Patrick came into the OR to hold his daughter for the first time while the doctors tended to Cassie.

Moments later, Cassie recalls, "I looked up at Joanna and said, 'I can't breathe.'" The delivery had put her heart into further distress. Her care team stabilized her. She would still need another heart surgery, but not yet; the priority was letting her body heal.

When Cassie and her mom took Harper to the pediatrician a week later, Cassie couldn't make it to the door. She was scheduled for a transcatheter aortic valve replacement (TAVR) the next day.

"My heart had worked so hard during the delivery, it was too enlarged for another open-heart surgery," Cassie recalls. "I completely trusted Dr. Noel. If anyone did it, I wanted it to be him."

TMH's Structural Heart Team performs more TAVRs than anywhere else in Northwest Florida. "With TAVR, we deliver a small, stent-like valve to the heart using a catheter inserted through a tiny hole in the groin," explains Dr. Noel. "TAVR lets us replace the valve without ever opening the chest."

That was a relief for Cassie. The procedure went perfectly and almost instantaneously her symptoms were gone.

"It was incredible," she remembers. "As soon as they opened the valve, I could finally breathe again."

The next day, Cassie was back home with Harper, Gage and Patrick. She felt better than she had in years, and she credits every member of her care team at TMH with getting her there.

To learn more about the advanced, interdisciplinary care available at Tallahassee Memorial, visit [TMH.ORG](https://www.tmh.org).

Cardiovascular Services

FSU TENNIS PLAYER RETURNS TO THE COURT After Pulmonary Embolism

Alice Amendola



In early 2021, Alice Amendola, sophomore tennis star at Florida State University, suddenly found herself with chest pain, blurred vision and difficulty breathing. At Tallahassee Memorial HealthCare's (TMH) Bixler Trauma & Emergency Center, Alice learned the root of her symptoms. She had a pulmonary embolism, a blood clot that had traveled from her leg to her lungs. This came as a complete shock to Alice, who was just 20 years old and otherwise healthy.

In Alice's case, a combination of seemingly innocuous risk factors caused the clot to form – birth control pills and several holiday plane rides to and from her native country of Italy. She would need to have it removed immediately.

Alice had never experienced an invasive medical procedure and her entire family was in Italy. She wouldn't be able to practice or play tennis for months. She was understandably shocked and scared.

Luckily, Alice was in right place for the highest level of care. She found both comfort and medical expertise from Pablo Rengifo-Moreno, MD, interventional cardiologist at TMH and Southern Medical Group. They bonded over Alice's Italian roots – Dr. Rengifo's wife is from the country too.

"He made me feel very comfortable," Alice shares.

Together with TMH's exceptional Cardiac Cath Lab team, Dr. Rengifo used the new Inari FlowTriever mechanical thrombectomy system to remove clots from both of Alice's lungs. The year prior, TMH became one of the first facilities in Florida to offer the innovative procedure, which uses a tiny catheter inserted into the groin to remove the clot while minimizing blood loss.

Immediately after the procedure, Alice felt relief from her symptoms. "It was like a release," she says.

With her family thousands of miles away, Alice says, "The nurses were so helpful and my team was so supportive. My coach and boyfriend were at the hospital with me the whole time."

After being discharged, Alice worked hard in physical therapy to get her lungs back in shape to return to the sport she loves.

Today, Alice is fully recovered and back on the court with the Seminoles for the 2022–23 tennis season.



Learn more about the advanced care our heart team provides, at [TMH.ORG/Heart](https://www.tmh.org/heart).

Gynecologic Oncology

A NEW LEASE ON LIFE

How Maria Romero Overcame Cancer

Maria Romero

When Maria Romero experienced vaginal bleeding after she had been through menopause, she immediately knew something wasn't right.

"I was 58 at the time, and I was bleeding," she says.

After consulting with her primary care provider, Maria was diagnosed with endometrial cancer in June of 2021 and quickly turned to the gynecologic cancer specialists at Tallahassee Memorial HealthCare (TMH). Like many patients diagnosed with cancer, she was blindsided by her diagnosis.

"Women's health comes with many issues," Maria says. "We have to get checked every year. I've done many tests and never had any issues, but when I'm bleeding and I'm 58 years old, you say, 'That's not normal.'"

Nobody is ever prepared for a cancer diagnosis, but Maria says she was ready to fight it.

"With the word cancer, you think, 'I'm going to die,'" Maria says. "But I was ready to fight this and do what I have to do."

Originally from Miami, Maria had moved to Tallahassee to be closer to family, but she considered going back to South Florida for treatment following her diagnosis.

After weighing her options, Maria made the decision to stay in Tallahassee for treatment.

"In Miami, there are several good hospitals, and I was thinking about going back," she says. "However, I spoke with many people here, and they explained to me that the Tallahassee Memorial Cancer Center is one of the best."

"It was a great decision," Maria says through smiles and tears.

Maria received treatment from Christine Fitzsimmons, DO, of TMH Physician Partners – Gynecologic Oncology at the Tallahassee Memorial Cancer Center. Dr. Fitzsimmons, alongside fellow gynecologic oncologists Amanda Stephens, DO, and Jay Allard, MD, make up the region's largest gynecologic cancer team. They begin caring for patients shortly after a gynecologic cancer diagnosis or when patients have a suspected case of gynecologic cancer.

With no standard screening for endometrial cancer, and multiple other forms of gynecologic cancer, it's extremely important to pay attention to the signs and symptoms.

Endometrial cancer symptoms include:

- Abnormal vaginal bleeding or discharge unrelated to periods
- Postmenopausal vaginal bleeding
- Difficulty urinating or painful urination
- Pain during sexual intercourse
- Pelvic pain





Abnormal vaginal bleeding may be the most telltale sign of the disease. More than 90% of women diagnosed with endometrial cancer experience abnormal bleeding, which is why Dr. Fitzsimmons says all vaginal bleeding after menopause should be checked out immediately.

“There are other causes, but it’s important to rule out cancer as one of them,” she says. “A lot of women may brush off one episode of vaginal bleeding, but any vaginal bleeding after you’ve gone through menopause is not normal and should be evaluated by a physician.”

Upon her first appointment, Maria told Dr. Fitzsimmons she wanted to schedule her surgery as soon as possible. Within two weeks, Maria was set to undergo surgery at TMH’s M.T. Mustian Center.

Expediting the time from diagnosis to surgery is vitally important to successful cancer treatment, and it’s a priority of Dr. Fitzsimmons and the team at TMH Physician Partners – Gynecologic Oncology.

“If it was our family member who was diagnosed with cancer, we would want them to be seen immediately and we take that to heart,” Dr. Fitzsimmons says. “So, we get patients in and try to get our treatment started as quickly as possible. That’s how we would want our loved ones cared for, so that’s how we care for you.”

Following successful surgery and follow-up care from Dr. Fitzsimmons, Maria didn’t show any signs of cancer. Within two months of her surgery, her life was returning to normal. She was back to work and already going back to the gym.

“I started going back to the gym slowly,” Maria says. “But now I’m back to 100%.”

While no one wishes for a cancer diagnosis and Maria is happy to have her cancer diagnosis in the rear-view mirror, she says the experience opened her eyes to how precious life is.

“Life is important, and you only have one,” she says. “And I have a second chance.”

A second chance that’s, in large part, due to the life-saving services of physicians at the Tallahassee Memorial Cancer Center.

If you suffer from symptoms of gynecologic cancer, speak with your primary care provider immediately. TMH Physician Partners – Gynecologic Oncology is the region’s largest gynecologic cancer team, with more than 75 years of combined experience in gynecologic cancer medicine.

**Learn more about TMH's
advanced treatment options**
at TMH.ORG/GynCancer.

Rehabilitation Services

TMH HELPED FSU ATHLETE FIND DIAGNOSIS When No One Else Could

Tiana England

As an athlete, sometimes you need the smallest chance, the slightest break or the tiniest bit of luck to go your way. Almost all sports are games of inches and what-ifs.

For Tiana England, a basketball player at Florida State University (FSU), that little bit of luck didn't come on the court, it came off it at Tallahassee Memorial HealthCare (TMH).

For much of her life Tiana had struggled with life-altering symptoms such as lightheadedness, vision problems and even losing consciousness, but these conditions were always chalked up to something simple, like needing to eat, getting some rest or drinking more water. As a child she fractured her jaw from passing out and was told she was dehydrated.

"No one could seem to put their finger on it my entire life," she says.

Tiana worked through these issues to have a successful college basketball career at St. John's University in Queens, N.Y. She was an All-Big East Honorable Mention selection in 2019 and led the Big East in minutes per game that same season — all while playing through her symptoms.

Tiana's decision to come to Tallahassee as a graduate transfer at FSU would ultimately lead her to TMH and to the help she needed to finally get some relief.

Upon her arrival in Tallahassee, her symptoms worsened. When an EKG came back abnormal before the start of her first season with FSU, it made sense because Tiana said she hadn't felt well enough to perform on the court lately.

Neurologists and cardiologists struggled to find much wrong with Tiana, but everything began to change when an ear, nose and throat specialist referred her to Neuro Outpatient Rehabilitation at the Tallahassee Memorial

Rehabilitation Center (TMRC) to receive therapy related to headaches, dizziness and balance issues.

While receiving therapy, Tiana's chance encounter with Melissa Urrutia, PT, DPT, a physical therapist at TMRC, was exactly the break she needed to figure out what was going on.

"Physical therapy helped my headaches, but my lightheadedness was still there, and a bunch of my other symptoms," Tiana says. "I was talking to my therapist when Melissa walked by and heard me explaining what was going on. Melissa said, 'Wait a minute, can you repeat that?' So, I told her my symptoms and that I felt like I was going to pass out and she said, 'I really think I can help you; it sounds like something called POTS.' "

Postural orthostatic tachycardia syndrome, or POTS, is a dysautonomia condition that causes an error or abnormality in the autonomic nervous system, which oversees involuntary body functions such as digestion, breathing, heart rate and blood pressure. POTS often causes lightheadedness, fatigue, blurry vision, increased heart rate and headache when standing upright from a sitting or lying position.

While she couldn't diagnose Tiana with POTS, Melissa also suffers from a dysautonomia condition and recommended Tiana check out a specialist at Vanderbilt University in Nashville, Tenn. Melissa also became a natural fit to work as Tiana's physical therapist.

"I recognized the symptoms from myself, so I talked through everything with her, and we did a few simple clinical tests," Melissa says. "I had her stand up and sit down a few times to see what her heart rate and blood pressure did and said, 'I think I know what's going on with you, but it's outside of my scope of practice to diagnose you, so you need to see someone who specializes in this.'"



"She was able to direct me to this doctor who, in just one day, told me this is what you have. This is something I've dealt with all my life."

”

What Melissa could do is help to educate Tiana on how to manage her symptoms, such as staying hydrated or wearing compression socks to help manage her blood pressure.

She also worked with Tiana on gravity-eliminated exercises, meaning Tiana's body wouldn't have to work to hold herself up at the same time as it was working to exercise. The primary goal was to teach Tiana's body to change positions without having such a drastic response to the change.

"I also did a lot of listening to her because sometimes people just don't feel like they're heard," Melissa says. "As physical therapists, we're lucky because we have a lot of time with people, so we can listen."

It took just one appointment, and through her conversation with her doctor and some testing, Tiana was diagnosed with POTS. Knowing that she had a diagnosis was a huge relief.

Tiana has since finished her physical therapy, but she stays in contact with Melissa. When FSU coach Sue Semrau let Tiana check into a game on senior night, Melissa was there. Melissa has also sent encouraging messages and tips to help Tiana even after therapy ended.

Tiana says she's grateful to have the chance to finish her final season of college eligibility and help spread awareness about her condition.

"As much as I can spread awareness about this is great," Tiana says. "After my team posted [onto social media] about it, so many people have messaged me, thanking me. Dysautonomia International has reached out to me to see if I would be willing to share my story with them, because people think this is something that happens with white women. To have someone of color, and an athlete at that, to raise awareness about this goes such a long way."

For more information on Tallahassee Memorial HealthCare's Rehabilitation Services
visit [TMH.ORG/Rehab](https://www.tmh.org/rehab).

Neurological Services

HOW TMH SAVED A YOUNG MOM'S LIFE After a Stroke

Kelly Thomas



Talking is something most of us take for granted. Our lips, tongue and cheeks work without thought to form the words that our brain tells us we want to say.

But for Kelly Thomas, the ability to speak is something she will never take for granted again after it was temporarily taken from her following a stroke.

On February 28, 2021, Kelly was attending the funeral of a good friend. Naturally, she was very emotional, but something more was happening.

“I felt like there was hot lava being poured over my head,” Kelly says. “When I went to hug the family, I realized I couldn’t speak.”

Kelly assumed she was just overcome with grief and anxiety and tried to calm herself while the service went on, but nothing worked.

She felt like she was gasping for air, like a toddler trying to self soothe after a temper tantrum.

When the service was over, Kelly went to wait for her mom at the car and realized she’d lost the use of her right arm. She couldn’t use the remote to unlock the car doors. Because she still couldn’t speak, she couldn’t relay this to her mom, who assumed she was still upset from the funeral.

They got in the car and headed to the graveside portion of the service, but they didn’t make it.

On the way, Kelly started to curl up in the passenger seat of the car. Her body began to involuntarily twist, and she was making groaning noises. Her mom pulled over and quickly dialed 9–1–1.

EMTs arrived and took Kelly to Tallahassee Memorial – North Florida and South Georgia’s only Comprehensive Stroke Center, the highest designation from The Joint Commission, recognizing hospitals with the ability to treat the most complex stroke cases. Fewer than 1% of hospitals in the country have this designation.

Once Kelly arrived at TMH, the team sprung into action to treat her. She was taken to get a CT scan right away.

“I had no idea I was having a stroke,” she says. “It was scary. Especially not being able to communicate.”

Not only could she not speak, but because Kelly had also lost function of her arm, she couldn’t write either. She did her best to make motions and grunt to try to communicate with her care team.

“It was like a horrible game of charades,” she says.

While the team was working to treat her, Kelly was assuming the worst. The then–single mother of two has worked as a mammographer for over 14 years. She was worried she would never be able to work again or care for her two young sons – one who is non–verbal himself.

But Kelly was quickly seen by Matthew Lawson, MD, an endovascular neurosurgeon and Stroke Medical Director at TMH, who determined the best course of action to treat Kelly would be tissue plasminogen activator, or tPA, a drug used to break up a blood clot and restore blood flow to the brain after a stroke.

After some side effects subsided, another CT scan confirmed that the treatment worked. The blood clot in her brain had been busted by the tPA.

Kelly began to feel better, but she still had a long road ahead of her.

Kelly continued to recover in the Vogter Neuro & Trauma Intensive Care Unit where speech, occupational and physical therapists visited her the very next day. As she was working on regaining her ability to speak, Kelly’s mom recorded a video asking her the same questions each day.

“What’s your name?” “Kelly”

“Where do you live?” “Tallahassee”

“Where do you work?” “Women’s Imaging”

At first, her answers weren’t easy to understand, but by the second or third day, Kelly realized she was improving. Because she was able to see her progress in the videos, Kelly remained positive.

After five days in the hospital, Kelly was discharged.

She spent seven months in speech therapy and a few months in occupational with TMH’s Outpatient Rehabilitation team.

“I had amazing therapists,” Kelly says. “They were patient and encouraging.”

Nearly two years later, Kelly still notices improvement in her speech from day to day.

“Before my stroke, talking came naturally. Now, I have to focus on every single movement of my tongue, cheek and lips to make sure that I’m forming the word the proper way,”

Kelly says. “I have to focus on each individual word and the syllables that make up that word to form it.”

Since her stroke, Kelly met her now–husband. They were married on Sept. 9, 2022, and Kelly gained two wonderful stepchildren. She continues to work as a mammographer and enjoys interacting with patients every day.

Kelly is truly grateful to the team who cared for her at TMH and credits Dr. Lawson with saving her life.

“I never want anyone to have to go through what I went through, but if they had to, I would want them to be at TMH,” Kelly says.

STROKE PROGRAM Statistics

TMH is the region’s only Comprehensive Stroke Center, recognized by The Joint Commission’s Gold Seal of Approval® for Comprehensive Stroke Certification. This accreditation, the highest level possible, is awarded to fewer than 1% percent of hospitals in the country.

In 2022:

- We performed **90 thrombectomies** – brain surgeries performed through the thigh to remove a blood clot.
- We treated **1,796 stroke patients** in 2022, **a 16% increase from the previous year.**
- We performed a thrombectomy and restored blood flow to a patients’ brain in just **53 minutes** after they arrived at the hospital – a TMH record.
- We had **90% favorable outcomes** immediately after thrombectomy while all other hospitals performing thrombectomies in the U.S. had 86% favorable outcomes.
- We had an **84% rate of rapid effective reperfusion** – how quickly our surgeons were able to remove a clot after accessing the groin during thrombectomy. All other stroke hospitals around the country have a rapid effective reperfusion rate of 71%.

Learn more about the region's most advanced stroke care at TMH.ORG/Stroke.

Orthopedic Services

HIP SURGERY ALLOWS LUCILE TO DANCE At Son's Wedding

Lucile Palmer

If it weren't for two recent hip replacements at Tallahassee Memorial HealthCare (TMH), there's a good chance Lucile Palmer, 70, wouldn't have danced with her son at his wedding in early October.

"It was a wonderful wedding celebration, and everybody had such a good time," Lucile says. "We had a full band, " and they played the best dancing music ever, and we had wonderful food. It was so much fun."

Less than a year ago, dancing would have been nearly impossible for Lucile. In September 2021, Lucile was enjoying a walk near her northeast Tallahassee home when she slipped in a mud puddle and badly injured her hip. In the weeks and months that followed, Lucile tried to endure the pain and fight through her injury. It didn't take long for Lucile's quality of life to begin suffering.

"I couldn't take my long walks, I couldn't run with my Labrador Retriever, and I couldn't go to the gym," she says. "I didn't want to socialize with my friends because I was in so much pain all the time. I would just sit down and cry because I just hurt. My life was not at all the way it had been before, and I felt like I had lost the life I knew."

She repeatedly told herself it would get better, and she tried physical therapy. It wasn't until she couldn't get out of bed one morning that she decided to finally see a physician about her hip.

Lucile's primary care provider referred her to Jordan Walters, MD, orthopedic surgeon at Tallahassee Memorial HealthCare and Tallahassee Orthopedic Clinic.

"When it comes to joint pain – whether it's from injury or wear and tear from aging – a lot of people try to 'tough it out' longer than they should," says Dr. Walters. "If your joint pain lasts for more than a few days or is impeding your quality

of life, you should speak to your primary care provider right away. Delaying your care often only worsens your pain and lengthens the amount of time you're in pain."

At Lucile's first appointment, Dr. Walters and his team told her that her injury was so bad, they couldn't believe she had been able to walk at all. Lucile needed hip replacement surgery due to severe arthritis. She asked for the first available appointment. Lucile's surgery was scheduled with Dr. Walters, and she received her first hip replacement in the spring of 2022.


During hip replacement surgery, more formally known as hip arthroplasty, surgeons remove the diseased and damaged areas of the hip and replace them with artificial parts made mostly of metal and plastic to create a new hip joint.

While every patient experience can vary, Dr. Walters says the surgery is typically not as scary as it sounds. "I think years ago, when some of the technology was still being worked out, and plastic wasn't quite as strong and durable, there was this idea that you should wait until you almost couldn't walk anymore to have hip replacement surgery," Dr. Walters explains. "But today, with more recent advances in technology, people have realized you don't need to suffer forever. We hear from many of our patients that they wish they'd had their surgery sooner."

Lucile says she was instantly a fan of Dr. Walters, largely because of his thorough and down-to-earth explanations.

"He looks you in the eye," she says, "talks to you and has a pleasant, calm demeanor. I really like him, not just for his medical expertise, but his bedside manner."

She was also blown away by the accessibility of TMH's state-of-the-art M.T. Mustian Center when she received her first surgery.



“I feel like I’m getting back to my old self and just enjoy waking up, taking on the day and appreciating the simple things in life.”

”

“Being able to park so close to the entrance for people who are in chronic pain is such a blessing,” Lucile says. “It was also so aesthetically and visually pleasing and pleasant. That alone made us feel really good about the decision to have my surgery at TMH.”

The friendly faces she encountered while at the Mustian Center also made a big impression.

“Everyone was so kind, polite and helpful,” she continues. “The person at the front desk was so nice. Even just passing someone in the hallway, they would say hello and ask how you were doing.”

Lucile said she knew she was ready to have her other hip replaced as soon as she could following her first surgery.

“People usually have a matching pair,” Dr. Walters says. “If one hip sees a lot of wear and tear, the other side does too. With her successful recovery from the first surgery, Lucile was very excited to go through the process a second time. She was very quick to become active again and we almost had to hold her back some because she was doing so well.”

Dr. Walters told Lucile she would need to wait a few months, but in late August of 2022, she received her second hip replacement. Within weeks, Lucile was walking up to a mile, working in her garden, walking her dog and finally feeling like herself again.

“I’m so grateful,” Lucile says. “I feel like I’m getting back to my old self and just enjoy waking up, taking on the day and appreciating the simple things in life. I’m looking forward to things. I’m socializing now. My mood is back to my normal baseline and my quality of life is so much better.”

Lucile had her second surgery just in time to enjoy her son’s wedding. So, she did what anyone with newfound mobility would do and danced the night away. “I danced a lot, maybe too much,” she says with a laugh. “It was so much fun, I was just so happy to dance.”

If your joint pain lasts for more than a few days or is impeding your quality of life, speak to your primary care provider right away. Delaying care could worsen your pain and lead to further complications, and, as Lucile’s story shows, treatment can completely change your life.

For more information about orthopedic services at TMH, please visit [TMH.ORG/Ortho](https://tmh.org/ortho).

Neonatal Intensive Care

TMH'S NICU SAVES THE TINIEST BABIES

Three Families Share Their Stories

Parents spend months planning their baby's arrival.

They prepare a birth plan, paint the nursery and imagine the day they'll bring their little one home.

But there are some things you can't plan for. One in 10 babies need care in a neonatal intensive care unit (NICU). Some babies are born at full term but need extra care before they're ready to go home. Others are born as early as 23 weeks, weigh less than 2 pounds and need advanced care from a Level III NICU. No matter what, Tallahassee Memorial HealthCare (TMH) is prepared to care for them.

TMH is home to both a Level II NICU and the region's only Level III NICU, providing intermediate and critical care for sick and premature babies.

Over the past 35 years, TMH has helped tens of thousands of babies get the best start to life. Three local families shared their touching, personal experiences with the care TMH provided their NICU babies.

Kayleigh Jenkins

Erica Jenkins and her husband John tried to get pregnant for four years. They endured three miscarriages before they were blessed with their rainbow baby.

"Everything was perfect," Erica says.

But then, when she was 19 weeks and six days along, her water broke. Her daughter Kayleigh could not survive outside the womb until 23 weeks.

"We just prayed and prayed, because that's all I knew to do," Erica says.

Erica's doctor sent her home to be on bedrest until she could be admitted at 23 weeks.

At 24 weeks, on Aug. 1, 2021, baby Kayleigh was born, weighing just 14 ounces. She spent the next four months

in the NICU, continuing to grow and develop under the care of TMH's team of experienced nurses and doctors, until she was ready to go home.

While in the NICU, she was diagnosed with acute retinopathy of prematurity (AROP), which can lead to blindness. She received successful laser eye surgery right in the unit.

After months of living at home without her baby, all Erica wanted for Christmas was to take Kayleigh home. She got her wish on Dec. 19, 2021, just in time for the holiday.

Kayleigh is now 10 months old and continues to grow and bring her parents joy.

"You would never know how much she has been through just looking at her," Erica says of her daughter. "I am so thankful to TMH's NICU team for everything they've done for our family."



Boone Clayton

Nineteen is Boone Clayton's lucky number.

He was born Feb. 19, 2019, in room 219 at TMH.

Because he was born early, he spent 19 days in the NICU.

It was there he learned to suck, breathe, swallow and eat on his own: skills full-term babies typically have time to develop in the womb.

Boone was born at 33 weeks gestation after his mom had complications leading to an emergency cesarean delivery.

"It was heartbreaking," Boone's mother Jessica says about returning home without her son. "We were just relieved we were in a place that could give him the care he needed."

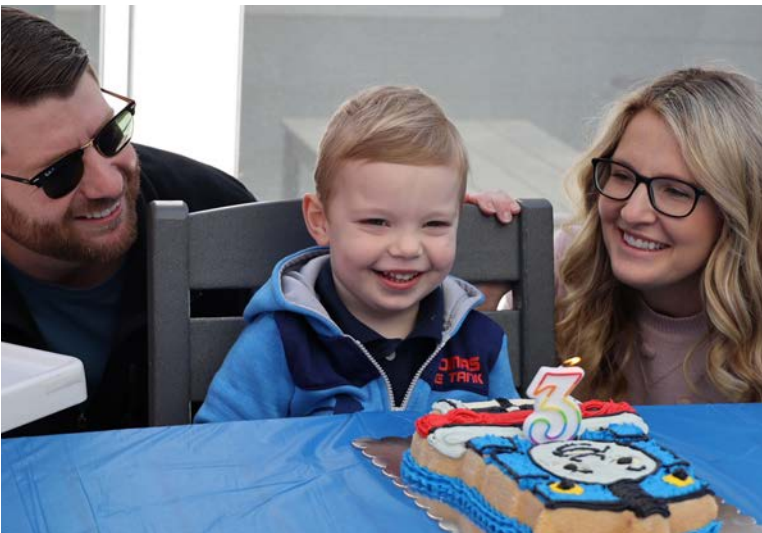
The Clayton family will never forget their experience in the NICU. They were inspired to start an annual donation drive to benefit babies in the unit – collecting clothing, sleepers, swaddle blankets and sleep sacks over the past three years.

Boone has a big personality and a huge heart.

"He is always looking to smile at someone," his parents say. "He loves trains and his baby sister, Becca."

His parents talk to him about the NICU and how he was a "very special baby."

"He doesn't really understand what it all means yet, but this year [during the donation drive], he knew he was opening packages to take to 'the babies in the hospital.'"



Michael Gallon

Junelle Gallon has been in awe of her son Michael since was born on Feb. 12, 2011.

She got to meet him early after she went into labor seven weeks before her due date. When Michael was born, he weighed just 4 pounds, 13 ounces.

Michael spent eight days in TMH's NICU. Junelle visited multiple times every day.

"I can't say enough about the NICU and the nurses and doctors there," she says. "They take care of every child like their own."

Reflecting on how far her now 5-foot-1-inch 11-year-old has come, Michael's mother said he is very smart. He aspires to become a pilot when he grows up.

"He always impresses everybody he meets," she says. Last June, for Lemonade Day Tallahassee, Michael set up a stand at Tallahassee's Downtown Market. Serving his own fresh-squeezed lemonade with fruit toppings, he learned about being an entrepreneur.

On his own accord, he chose to donate 10% of his profits to the TMH Foundation and NICU. He visited and donated \$31.32.

"He's such a little light," Junelle says.

**Learn more about the region's
only Level III NICU
at TMH.ORG/NICU.**

TMH FOUNDATION

Our Donors Make Great Things Happen

By working together for the common good, donors to the Tallahassee Memorial HealthCare (TMH) Foundation make the lives of our patients better – from premature infants in our Level III Neonatal Intensive Care Unit to those who are older and need care from one of the many service lines throughout TMH.

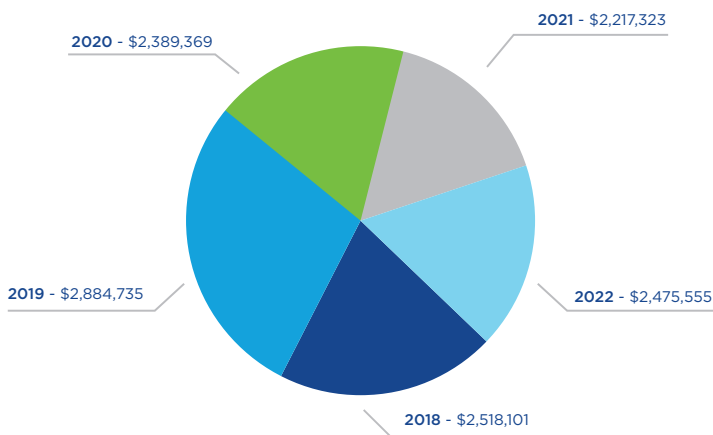
This past year, donors funded new software for our Emergency Center – Northeast so that strokes can

be diagnosed more quickly. Our generous community also funded a 3-D mammography machine and ultrasound in the Sharon Ewing Walker Mammography Clinic.

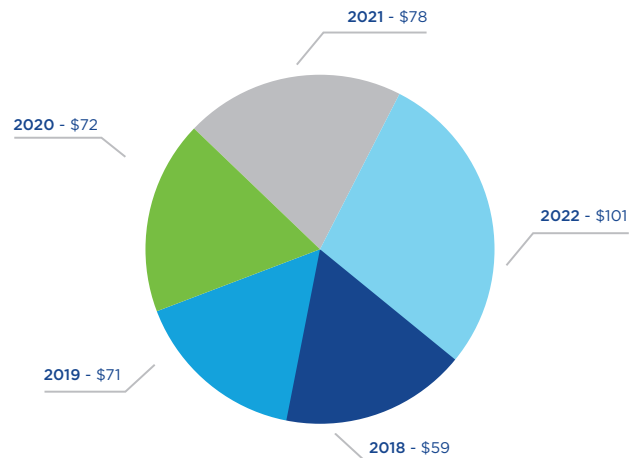
Following are some of the many ways donors made an impact. Donors’ generosity helps TMH provide excellent patient care and outcomes for our families, neighbors and friends. Thank you!

OVER \$2.47 MILLION RAISED IN 2022

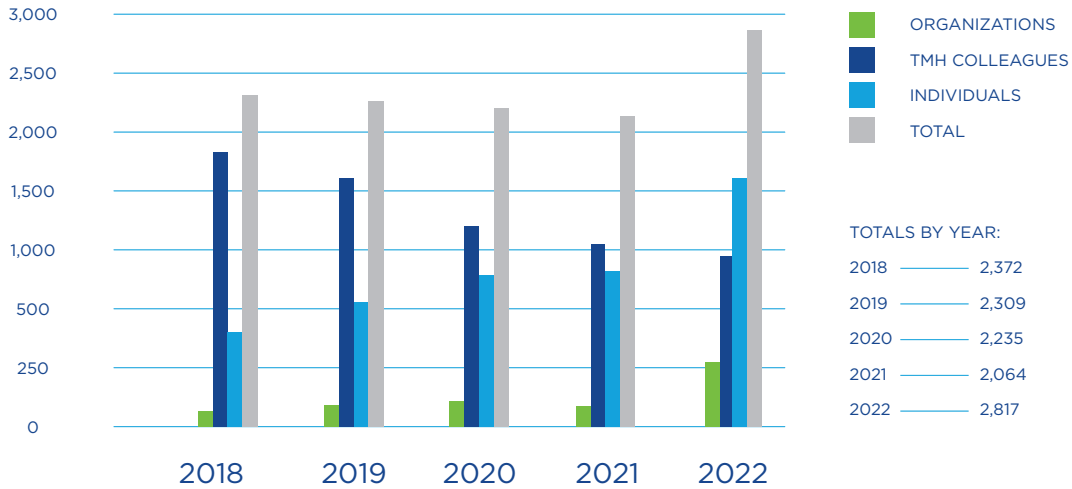
GIFTS RECEIVED
2018-2022



AVERAGE GIFT
2018-2022



DONORS 2018-2022



1,200

SUPERPUPS STUFFED ANIMALS GIVEN TO COMFORT CHILDREN IN THE HOSPITAL

1,077

TAXI RIDES PROVIDED TO CANCER PATIENTS IN NEED OF TRANSPORTATION TO RECEIVE TREATMENT

\$222,993

ONE AMBULANCE PURCHASED, FUNDED ENTIRELY BY DONORS

2,645

ANIMAL THERAPY PATIENT VISITS, MANY FUNDED THROUGH DONOR SUPPORT

30+

LIFESAVING SUPPLY BACKPACKS PROVIDED TO CHILDREN NEWLY DIAGNOSED WITH TYPE I DIABETES

158

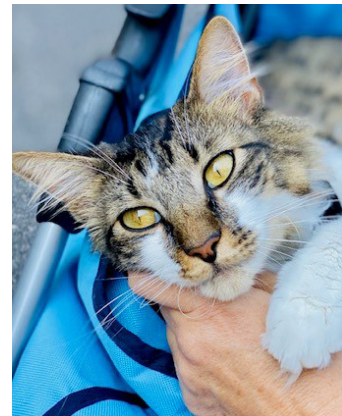
MRIS OR PET SCANS FOR CANCER PATIENTS IN NEED

\$330,783

3-D MAMMOGRAPHY MACHINE PURCHASED

\$101,220

SCHOLARSHIPS AWARDED TO TMH COLLEAGUES



Learn how you can make a difference in the lives of others at TMHFoundation.ORG.



BALANCE SHEET

Financials

Balance Sheet as of Sept. 30, 2022

Assets

Cash and short term investments	\$	\$340,970,400
Accounts receivable, net		112,694,300
Inventories		14,682,800
Prepaid expenses and other assets		59,587,600
Assets limited as to use		28,355,900
Facilities and equipment, net		481,121,700
Pension assets, net		107,575,500
Other long term assets		16,714,100

Total assets **\$ 1,161,702,300**

Liabilities and Net Assets

Accounts payable and accrued expenses	\$	104,528,200
Notes and bonds payable		367,638,300
Self insurance reserves		41,291,500
Accrued pension liabilities		-
Other liabilities		22,696,800
Net assets		625,547,500

Total liabilities and net assets **\$ 1,161,702,300**

Expense Dollar

Salaries, wages and benefits	\$	445,287,100	48%
Supplies and other		270,637,000	29%
Drugs		67,552,000	7%
Professional fees		83,952,100	9%
Depreciation and interest		39,239,500	4%
Interest		13,340,000	1%
Total operating costs	\$	920,007,700	100%

Taxes

Federal & state income tax	1,468,700
Real estate tax	915,100
Sales tax	119,600
Other local taxes	267,400
Unemployment tax	365,100
Indigent care tax	9,283,400

Total taxes **\$ 12,419,300**

Local vendor support **\$ 148,816,300**

Admissions Patient Days

Adult and pediatrics	21,543	110,173
Obstetrics	3,545	11,065
Neonatal and newborns	3,349	14,514
Behavioral health	1,983	6,950
Rehabilitation	770	16,939

Total admissions **31,190** **159,641**

Statistics

Surgeries	18,050
Emergency and Urgent Care Center visits	137,012
Births	3,369
Laboratory tests	1,817,217
Radiological procedures	193,996
Cardiovascular lab tests	99,379
Radiation Oncology	48,646
Number of full time equivalent colleagues	4,655

Tallahassee Memorial HealthCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-850-431-1155 (TTY: 1-877-848-7428).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-850-431-1155 (TTY: 1-877-848-7428).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-850-431-1155 (TTY: 1-877-848-7428).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-850-431-1155 (TTY: 1-877-848-7428).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-850-431-1155 (TTY: 1-877-848-7428).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-850-431-1155 (TTY: 1-877-848-7428)。

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-850-431-1155 (ATS : 1-877-848-7428).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-850-431-1155 (TTY: 1-877-848-7428).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-850-431-1155 (телетайп: 1-877-848-7428).

لصتا . ن اجم اب كل رفاوتت ةي وغللا ةدع اسمل ا تامدخ ن ا ف ة، ةغللا ركذا ثدحتت تنك اذا . ةظوح لم).
1-877-848-7428-1 : مكبل او مصل ا فتاه مقر) 1-850-431-1155-1

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-850-431-1155 (TTY: 1-877-848-7428).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-850-431-1155 (TTY: 1-877-848-7428).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-850-431-1155 (TTY: 1-877-848-7428).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-850-431-1155 (TTY: 1-877-848-7428)번으로 전화해 주십시오.

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-850-431-1155 (TTY: 1-877-848-7428).

เรียน: ถ้า คุณพูด ภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษา ได้ฟรี โทร 1-850-431-1155 (TTY: 1-877-848-7428).



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