How a Routine Screening Saved Dan's Life
Hope For Recovery
After complications from heart surgery, a rehabilitation facility didn’t think Gene Vaubel would survive. With the love of his family and the WCH team’s expertise, he is now home and recovering.

An Appreciation of Plastic Surgery
Plastic surgery often goes beyond physical appearance. WCH’s Dr. James Slaby helped one patient regain confidence decades after a traumatic car accident.

Dual Patient Care
Urological issues can be difficult to talk about, and even harder to live with. Drs. Marcanthony & Wyneski at WCH collaborated to provide a combined surgical intervention to make a patient’s life better.

Do you know the warning signs of a stroke?
Learn to BE FAST from WCH’s Primary Stroke Center.

WCH welcomes Dr. John Prokop, family practitioner to Milltown Family Practice.

This Is Why
Gifts from generous individuals and organizations have helped WCH offer award-winning patient care. Consider a gift to help us continue to provide high-quality care for your family and community.

Routine Screening Colonoscopy
Colon cancer diagnosis is not the death sentence it used to be. Learn how one routine colonoscopy helped save a life.

Gratefully Pain-Free
With the help of WCH orthopedic surgeon Dr. Joseph Borruso, Wayne Spencer is now living a pain-free life after his knee surgery.

Reaching National Goals
The Cardiovascular Institute has given WCH the capabilities to open blocked arteries, potentially saving heart muscle and lives during a heart attack.

Making Hospital Food Even Better
Meals are about to get even better at WCH. The hospital has hired a full-time chef and is now partnering with Unidine Healthcare Culinary Group to manage food service.
Not all healthcare awards are created equal. Above them all stands the coveted IBM Watson Health 100 Top Hospitals award. What makes this award so special is that it can not be applied for, paid for or lobbied for - it can only be earned. That’s why hospital CEO Bill Sheron is so proud that WCH has been the recipient of this award for five of the last 12 years.

“It’s the oldest most prestigious hospital ranking award and puts us in the top 2% of hospitals,” said Sheron.

The award is based on a “balanced scorecard of public data related to clinical, operational and patient satisfaction.”

What does this mean for the community? Bringing this award down to the practical level it means patients “get statistically better care at a lower cost,” said Sheron.

“This award is all the more coveted because you can’t rest on your laurels,” said Sheron. “Your overall performance, business efficiency and patient satisfaction has to improve over time to place in the top 100 two years in a row.”

It’s a challenging task but Sheron says the hospital’s administration, staff, doctors and nurses have consistently risen to the challenge. “This is an award the whole hospital can be proud of and the community as well,” said Sheron. “If you have a choice of hospitals, why wouldn’t you choose a Top 100 Hospital?”

IBM Watson is a business unit of IBM and dedicates itself to developing and implementing cognitive and data driven technologies to advance health.
Encouragement, Expertise, and a Family’s Love Offer Hope for Recovery

A patient’s family is often their greatest advocate. For Gene Vaubel, his wife Lois was definitely his biggest supporter as he experienced a string of complications after heart surgery. In fact, Lois stayed by Gene’s side for 211 days straight, finally coming home to Wooster Community Hospital (WCH) to get him the help he needed.

Gene’s ordeal began in December 2018, when he underwent valve replacement surgery at a facility in Cleveland. Although it should have been a routine surgery, it became anything but. The anesthesia gave Gene postoperative delirium, leaving him unable to remember where he was or recognize his wife and daughters. In late January, he was moved to a rehabilitation facility in Canton. There, he received feeding and breathing tubes, but little hope for recovery. He developed pneumonia twice, along with persistent infections in the breathing tube.

“We were told to basically get our affairs in order,” says Lois. The rehab facility’s pessimism, however, was no match for a wife’s love and bulldog-like devotion. Lois realized that Gene’s recovery was up to his family. “I knew God was not done with him yet,” she says.

Lois demanded that Gene not be restrained during the day while she was there. She helped him sit up and at the side of the bed. As she told him over and over who she was and who their daughters were, Gene responded.

Lois does not mince her words regarding the rehab facility in Canton. “They did absolutely nothing for us,” she says. By early April, Lois’ persistence had helped Gene improve to a point where Wooster Community Hospital was prepared to accept him to their transitional care unit (TCU). At WCH, Gene received care from an optimistic, compassionate team of doctors, nurses, aides, occupational, physical and speech therapists.

“This is where he really turned the corner,” Lois says. “They would come in, introduce themselves and tell Gene where he was. They followed our lead and got him sitting up. They had him doing exercises to strengthen his balance and muscle coordination. It’s amazing what hope can do for you. Everything they did was moving us toward our goal of going home.”

“When Lois came to tour the TCU, she was very clear that she wanted her husband at our facility. Despite Gene’s poor prognosis, Lois was very persistent. Eventually, I agreed that if any team was going to get him back home, it would be the TCU team. Lois, Gene, and the entire staff collaborated to establish goals and a treatment plan to meet those goals. Gene’s hard work, combined with the skills of the entire TCU staff, finally got him home. His recovery was inspiring to everyone who came in contact with him.”

Barbara Bush, Director Transitional Care Unit
Within two months, Gene no longer needed the breathing or feeding tubes. He was able to go home. He still has no recollection of his stay at the Cleveland facility, but he now recognizes his wife and family, and his short term memory has returned. He is walking again, occasionally with the help of a cane. He is able to shower, shave, and see to his other needs, and even helps with housework. Lois says his goal is to “eat healthy and keep moving.”

Lois has high praise for Dr. Tai-Chi Kwok at Wooster Community Hospital. “He monitored his progress and continued to encourage us to do the same,” says Lois. “He valued our insights into Gene’s progress and told us to let him know if we noticed any negative reactions to medications.” Lois also is grateful to his therapists, who “saw him as a person and encouraged and pushed him. They gave him hope.”

Gene still participates in occupational and physical therapy at HealthPoint several times a week. With Lois still by his side, he can feel himself getting stronger.

“He’s doing great,” says Lois. “We look forward to the day when we can travel again. We can’t wait to go to Alabama and see the great-grandsons play baseball.”

Lois would advise anybody in a similar situation to be proactive as well. “You are your family’s biggest advocate. Know their medications and reactions. Keep fighting for them. Give them a reason to want to get better.”

Gene Vaubel
Some events stay with you for life—like the traumatic automobile accident that Alex Davis experienced over 40 years ago. The ordeal caused both physical and mental trauma. After the accident, she had nightmares, flashbacks and other PTSD symptoms. Alex’s physical injuries included a lacerated neck, a broken arm and pelvis, a kidney contusion and respiratory arrest.

Recovering after the accident, Alex was able to keep up with her busy life. She was a wife and mother, focused on raising four kids. She also worked to further her education and career as an RN, eventually moving up to Director of Home Health and the Community Care Network at WCH.

But Alex continued to carry her wounds for decades. She was self-conscious whenever someone asked about the scars on her neck and arm. She felt constant pain behind her ears that made her unable to sleep on her left side. Finally, she decided that enough was enough.

By May 2019, Alex knew she could trust WCH plastic surgeon, Dr. James Slaby, of Wooster Plastic and Reconstructive Surgery, with the scars on her neck and head. Dr. Slaby did not disappoint. His skillful hands worked their magic, helping to heal both the physical and emotional scars.

Today, Alex says, “90 percent of the pain behind my ears is gone. I can sleep on both sides with no shooting pain.” The outcome has allowed her to face life with newfound confidence. “I used to be very self-conscious of my scars,” she said. Now, the scar on her neck is healing nicely and fading every day, and now is barely noticeable.

Alex cannot say enough positive things about Dr. Slaby and WCH. “Dr. Slaby’s skill set is excellent,” she says. “He always makes you feel special, like you are his only patient. He is the only plastic surgeon I would ever let perform surgery on me.”

When most people think of plastic surgery, they think of “enhancing their appearance in a positive way,” said Dr. Slaby. “While that is certainly part of it, these surgeries often bring about a reduction in physical pain, as well. This was certainly the case with Alex.”

Continued on p10
Among the things nobody likes to talk about, urological issues are right up there. But having two female doctors made it a lot easier for Jolene Buss, of Smithville, to talk about this sensitive issue.

Jolene began to have issues with a prolapsed bladder in 2015. The condition slowly worsened, with “good days and bad days” over the years, before it became “completely miserable,” said Jolene. After several non-surgical remedies, she connected with Dr. Sharon Marcanthony at Bloomington Women’s Care.

Dr. Marcanthony realized right away that Jolene needed a hysterectomy, as well as a bladder lift. Dr. Marcanthony also conferred with urologist Dr. Holly Kay Wyneski. The two doctors decided to collaborate on Jolene’s surgery to avoid the need for two surgeries.

“As many as 30% of women will experience pelvic organ prolapse to some degree,” said Dr. Wyneski. “Genetics, childbirth, trauma, chronic health conditions, smoking and weight can all increase the risks for prolapse.”

Now, after the combined surgery, Jolene says she is grateful to her doctors for “giving me my life back.” She added, “I would recommend them to anybody.

“Dr. Marcanthony & Wyneski helped me get back to living life.”

Jolene Buss

They were so personable and caring. They made a tough time so much better.”

“Working together for surgical intervention allows each surgeon to focus on the part of the procedure that they do best,” said Dr. Wyneski.

“This gives the patient the best possible outcomes. Dr. Marcanthony is an excellent physician, surgeon and friend and I am enjoying the opportunity to work with her here in Wooster.”

Dr. Marcanthony is equally glad to be working with Dr. Wyneski. “With Dr. Wyneski being located here in Wooster, the women of our community have local access to top-of-the-line evaluation and treatment needed for these issues.” She is a “compassionate, competent specialist,” said Dr. Marcanthony.

In hindsight, Jolene marvels at how it all worked according “to God’s timing.” Dr. Wyneski moved and began practicing in Wooster shortly before Jolene’s surgery.

“If you’re experiencing these issues, don’t procrastinate like I did. Life is so much better on this side of surgery,” said Jolene.
Balance – Is there a sudden loss of balance or coordination?

Eyes – Is there sudden blurred or double vision or sudden, persistent vision trouble?

Face drooping. During a stroke, one side of the face may droop or feel numb.

Arm weakness. Stroke can cause weakness or numbness in one arm.

Speech difficulty. Someone experiencing a stroke may slur their speech or be unable to speak.

Time to call 911. If a friend or loved one exhibits any of these symptoms, even if the symptoms go away, call 911 immediately. Be sure to note the time when the first symptoms appeared. Emergency responders will want to know.

WCH Primary Stroke Center
Stoke rehabilitation, diagnostic testing, and more!

Welcome
Dr. John Prokop
Family Practitioner
to the WCH Medical Staff

Milltown Family Physicians
128 E Milltown Rd Ste 105

Dedicated to...
- Enhancing the traditional doctor-patient relationship
- Providing patients with the highest quality care
- Offering Osteopathic Manipulative Treatment for patients
- Working with patients to choose the best plan of care
A gift to Wooster Community Hospital is an investment in your family's health care. Simple as that.

To provide ever-better medical responses to your needs. And remain on the cutting edge of medical practice and technology.

To allow more of you, throughout treatment and recovery, to remain closer to home, family and support systems, by assuring the best medicine is available right here where it's needed most.

To provide, at every encounter, a superior patient experience.

Because your family, today and for generations to come, deserve it.

For more information or to discuss a gift, please contact Angela Rincon, Director of Development, at 330.263.8701.
Colon cancer is the third most common cancer diagnosis in both men and women in the United States, according to the American Cancer Society. More than 100,000 Americans may be diagnosed with the disease this year alone. The scariest fact, however, is that colon cancer usually has no early warnings.

"Colon cancer, in its early stages, when it's most easily treated, is largely asymptomatic," said Dr. Anthony Calabretta, of WCH Surgical Associates.

That was certainly true for Nashville, Ohio, resident Dan Burgett. When Dan underwent an emergency appendectomy last spring, Dr. Calabretta also suggested a routine colonoscopy. Dan credits this decision with saving his life, as the test revealed stage III colon cancer.

The findings began a treatment regimen that started with an IV infusion, 13 days of pills, one week
off and then repeat - times four. One year later, a CT scan revealed that Dan was cancer-free. This may make it sound easy, but Dan says there were many dark moments and low-energy days.

Dan credits his oncologist, Dr. Joseph Prah; Certified Nurse Practitioner Tyra Schlabach; his wife, Jenny, who was his rock; and Jesus, his Lord and Savior, for helping him through the experience.

“I never felt like a number at WCH and Wooster Cancer Care,” said Dan. “They were all so caring and thorough.” Jenny, an RN in Progressive Care, says she is grateful they could stay local for treatment. This allowed her to keep working while also helping care for Dan.

Now that it’s over, Dan has some advice for everyone. “Even if you feel good, get a colonoscopy. It’s not a death sentence anymore if you catch it early. I never thought I would be here telling this story.”

“If Dan’s cancer had gone undetected longer, it likely would have spread to the liver and decreased his likelihood of survival,” said Dr. Calabretta. “It is very important to start screening for colon cancer as soon as recommended.”

To schedule your screening colonoscopy call 330.202.5686.

An Appreciation of Plastic Surgery Continued from p5

In addition to treating cosmetic issues, plastic surgeons perform “reconstructive surgeries as well, for patients who have sustained defects from traumatic injuries, congenital abnormalities and post-cancer resection deformities,” said Dr. Slaby.

Alex is glad she entrusted herself to Dr. Slaby and readily admits she had a positive experience with WCH in general. “All the nurses were so caring and helpful,” she says. Alex has worked at various medical establishments over the years and refers to Wooster Community Hospital as a “hidden gem.”

“You just receive a level of care here that you don’t at other facilities,” she says. She wants others to know that they don’t have to live with the emotional and physical discomfort of scars, either. “Go see Dr. Slaby and see what he can do to help you.”

Visit us at www.woosterhospital.org/plasticandreconstructivesurgery. Financing and Self-Pay Packages Available
Wayne Spencer will never take some things for granted again. Like the ability to push the clutch down on his tractor or walk upstairs or even get out of his favorite chair. Since having a knee replacement six months ago, life has looked different and he is grateful for every pain-free step he can take.

Wayne and his wife, Nancy, own a 10-acre spread in Loudonville where they built a house together by hand many years ago. Wayne has always enjoyed cutting firewood and taking care of the place, even more so since his retirement from ODOT and then a consulting firm five years ago. But that’s about the time he noticed knee pain slowing him down as well. He tried a knee brace, therapy and cortisone shots to no avail. Finally, orthopedic surgeon Dr. Joseph Borruso suggested it was probably time for a new knee. "Wayne was a good candidate for a knee replacement because he had failed conservative treatments and was committed to physical therapy recommendations post-operatively," said Dr. Borruso.

In February, Dr. Borruso removed worn out areas and resurfaced the bone surfaces with a prosthetic component. He also added a "very sophisticated plastic spacer in between the components that allows for a smooth articulation. It’s this spacer that has advanced greatly over the years which is allowing knee and hip replacements to last much longer, with estimates above 30 years," said Dr. Borruso.

Two days later, Wayne was home doing the stairs. He also started a three-week regimen of physical therapy which increased his range of motion, strength and leg extension.

The therapy was difficult at times, said Wayne. But it yielded huge results. "I toughed out the therapy," he said. While most patients take three months to recover, for Wayne it was a matter of weeks before he got the "all clear come back in a year," sign. During his second week he broke through scar tissue and has been pretty much pain-free ever since.

His therapists at WCH HealthPoint were "very thorough and professional" and were impressed with his progress after surgery. And Wayne was impressed with them. They took his Parkinson's diagnosis into consideration as well as his recent surgery. They worked with him to make sure he would be able to get into his truck since he didn't have a car. "They actually came down to the vehicle and showed me how to do it," he said. "The nursing staff all around was so helpful."

Since Wayne’s surgery, there have been breakthroughs in the procedure, said Dr. Borruso. "A new optional pre-operative treatment for total knee replacements called Iovera is a cryotherapy treatment that is offered to patients two weeks prior to the knee replacement. It has been shown to decrease post-operative pain and therefore lower the need for narcotic pain medication and the side effects of opiates. It also allows for quicker gains in post-operative rehabilitation."

"If you’re experiencing knee pain, go see Dr. Borruso and follow his program. Stick to his instructions," Wayne says. And if Wayne finds himself in pain again, his first stop will be WCH. "I had shoulder surgery there as well as knee surgery. If I have anything else, I'll be back."
Dr. Joseph Borruso, brings a procedure to Wooster that decreases the pain following total knee replacement. "It's for anyone who is thinking about having a total knee replacement who does not want to take narcotics afterwards," said Dr. Borruso. He and Orthopedic Physician Assistant Matt Wayt will be doing the relatively new procedure at HealthPoint.

Iovera is a cryotherapy treatment that is done preoperatively. Dr. Borruso explained, "Basically this procedure stuns the skin nerves around the knee incision, which decreases the pain following the total knee replacement and in turn lowers the amount of narcotic use post operatively."

The procedure is done about two weeks prior to surgery and provides 12 weeks of relief. "Most people tolerate it very well and they tend to walk out of the room with less pain than when they walked in," said Dr. Borruso.

During the Iovera treatment, nothing is actually injected into the body. The skin is penetrated with a four-pronged hand-held device. The tips of the device create an ice ball that freezes the cutaneous nerves. The procedure is repeated along the treatment line.

The new treatment is one more tool now available in the team's multi modal approach to pain control immediately after surgery and during the duration of knee replacement recovery. "When pain levels are decreased, range of motion and recovery seems to accelerate," said Dr. Borruso. "With less narcotics on board there is less risk of the associated side effects."

"I enjoy doing this work," said Dr. Borruso. "It's satisfying to me that I can provide a service that helps people in need."

For questions or to schedule an appointment call 330.202.3420.

www.woosterhospital.org

One of Wooster Community Hospital Health System's newest orthopedic surgeons, Dr. Joseph Borruso, brings a procedure to Wooster that decreases the pain following total knee replacement. "It's for anyone who is thinking about having a total knee replacement who does not want to take narcotics afterwards," said Dr. Borruso. He and Orthopedic Physician Assistant Matt Wayt will be doing the relatively new procedure at HealthPoint.

Iovera is a cryotherapy treatment that is done preoperatively. Dr. Borruso explained, "Basically this procedure stuns the skin nerves around the knee incision, which decreases the pain following the total knee replacement and in turn lowers the amount of narcotic use post operatively."

The procedure is done about two weeks prior to surgery and provides 12 weeks of relief. "Most people tolerate it very well and they tend to walk out of the room with less pain than when they walked in," said Dr. Borruso.

During the Iovera treatment, nothing is actually injected into the body. The skin is penetrated with a four-pronged hand-held device. The tips of the device create an ice ball that freezes the cutaneous nerves. The procedure is repeated along the treatment line.

The new treatment is one more tool now available in the team's multi modal approach to pain control immediately after surgery and during the duration of knee replacement recovery. "When pain levels are decreased, range of motion and recovery seems to accelerate," said Dr. Borruso. "With less narcotics on board there is less risk of the associated side effects."

"I enjoy doing this work," said Dr. Borruso. "It's satisfying to me that I can provide a service that helps people in need."

For questions or to schedule an appointment call 330.202.3420.

www.woosterhospital.org
Hospital Food

Your food choices can make a big difference for your health and wellness. That’s why WCH is proud to offer a full menu of healthy - and tasty - new meal options, announced Bill Sheron, hospital president and CEO.

“Patients, visitors and staff will enjoy a wide selection of wholesome, fresh food with as many locally sourced items as possible,” said Sheron. “As a wellness leader in the community, we want to set a good example and encourage people to eat better.”

Along with hiring a full-time chef, WCH is now partnering with Unidine WCH to manage this food service. Unidine shares the hospital’s commitment to a holistic approach to food preparation, including made-from-scratch cooking, said Sheron.

“Patient satisfaction is an essential goal of our new food service program,” he added.

Each patient will be visited daily by a dedicated guest services representative who will take individual meal orders and deliver the meals.

Hospital visitors also will reap the benefits of the new program.

“The cafeteria is going to be completely redesigned into a more retail-type experience, with an emphasis on healthier options like salads,” said Sheron. “We’re also exploring ways to employ food kiosks to offer more nutritious vending selections for visitors and...
staff at night and on weekends, when the cafeteria isn’t open.”

The menu changes and partnership with Unidine developed after a series of visits to other hospitals to explore ways to create a healthier menu.

“We learned about Unidine and started to talk with them,” said Sheron. “We determined that their philosophy was a perfect fit with ours. Most importantly, their greatest concern when we talked was fulfilling our needs. Everybody loves to eat, and our new options will make eating here at Wooster Community Hospital a new, and hopefully, healthier experience.”

To learn more about Unidine’s commitment to redefining the healthcare dining experience visit www.unidine.com/who-we-serve/healthcare.

---

**Stefanie McHenry**

**Executive Chef**

Proudly born and raised in Wayne County, Ohio, Stefanie specialized in Culinary Arts at Wayne County Schools Career Center. While there, she won First Place and a $6,000 scholarship at the Ohio Culinary Arts Invitational Tournament.

**Higher Education:**
Stefanie went on to receive a bachelor’s degree in Culinary Arts, with a minor in Nutrition & Restaurant Management, from the College of Culinary Arts at Johnson & Wales University in Charlotte, NC.

**Culinary Experiences:**
Stefanie launched her post-graduation career by becoming a sous chef at Peninsula Golf and Country Club in Cornelius, NC, where she spent several years working with some of the area’s top chefs.

She has also worked as Corporate Pastry Chef and District Sous Chef for FS Food Group. The company’s diverse environment allowed Stefanie to collaborate with chefs from places that included Mexico, Spain, and Portugal.

Welcome to the WCH Team, Chef Stefanie!

---

**Unidine’s CULINARY PHILOSOPHY**

We recognize and honor culinary traditions through the authenticity of our ingredients and our people.

We create culinary experiences that enrich lives every day.

We empower our team members to showcase their passion to lead with a flavor-first culture, while embracing the menus of change.
A gift to Wooster Community Hospital is an investment in your family’s health care. You are why we’re here. To bring ever more advanced medical care closer to home, for faster interventions and better outcomes.

Opportunities to help us continue that mission, through philanthropy, include

- Cancer Care Programs
- Cardiovascular Institute Programs
- Community Care Network
- Continuing Nurse Education
- Emergency Department
- Healing Garden
- Intensive Care Unit
- Labor and Delivery Program
- Footprint Campaign
- Sapphire Legacy Society
- Naming Opportunities

For more information or to discuss a gift, please contact Angela Rincon, Director of Development, at 330.263.8701.