

# Heartbeat

Published for the friends of **Scottsdale Healthcare Foundation**

Scottsdale Healthcare  
Thompson Peak Hospital  
**Reaching New  
Heights**

**Introducing the Hybrid OR**  
"Smart" Operating Room

**Honor Ball 2011**  
35 Years of Community Philanthropy

**Meet Nick Lowery**  
Retired NFL player and Scottsdale  
Healthcare Thompson Peak  
Orthopedics patient.

**Spring/Summer 2011**

# Thompson Peak Hospital Reaching New Heights



Thompson Peak Hospital Healing Garden Lobby

Being the “new kid” on the block can be challenging. Thompson Peak Hospital, the newest addition to Scottsdale Healthcare’s network of world-class facilities, has more than met the challenge and in fact, has flourished since opening just three years ago.

The 64-bed facility located in North Scottsdale at the corner of Thompson Peak Parkway and Scottsdale Road reflects a new generation of hospitals. In fact, many first time patients and visitors do a double take when they enter the lobby to make sure they are in a hospital instead of a resort. Decorated in warm, neutral colors that reflect a calm elegance, the hospital was designed as a healing place from start to finish. The hospital boasts not one, but two gardens - directly beside the lobby is the H.N. and Frances C. Berger, Thomas and Joan Kalimanis Healing Garden. This award-winning courtyard oasis includes two fountains, patio areas and hundreds of plants. The Thompson Peak Community Garden in honor of Mary Alice Sheely is located directly beside the hospital café and provides a scenic waiting area for visitors and employees. Adding to the ambiance throughout the hospital is artwork depicting Arizona scenery from local artists and a boutique style gift shop in the lobby dedicated in honor of Elaine Parker. Jean Knoedler, Thompson Peak Hospital vice president and administrator says,

*“This beautiful hospital was built for the community by our friends and neighbors. You can see the footprint of philanthropy in everything that we do here from the Auxiliary lobby to the Elaine and Jack Parker Education Center. Donors are the caring core of our hospital and we are so grateful for all of their support.”*

In addition to its calming atmosphere, Thompson Peak Hospital offers an array of services including: emergency department and accredited Chest Pain Center; intensive care unit; surgical services; and a full complement of outpatient services - radiology (X-ray) and laboratory services. Diagnostic services include Arizona’s only MRI and CT



Ambient lighting MRI / CT room

with a special in-room ambient lighting feature where patients select from a variety of colorful scenes which are displayed on the ceiling and the room is bathed in a matching color. This ambient lighting experience has been shown to reduce the need for sedation and creates a soothing environment for patients (adults and children).

All the while, patient satisfaction remains extremely high with 93 percent of respondents in a recent patient satisfaction survey saying they would recommend Thompson Peak Hospital to friends or family members. This is five percent above the national average of 88 percent. “We are extremely grateful for the continued support of our community, physicians and our donors who have helped us achieve so much so quickly,” says Jean.

The hospital in a short time has also established itself as an internationally recognized minimally invasive surgery center. “Physicians and medical teams travel from across the United States and one team came from Italy to observe our robotic surgical procedures,” explains Regina Montero, R.N, robotics coordinator. “This is quite an accomplishment for a community hospital. With the introduction of the daVinci robot, we were able to expand our scope of minimally invasive procedures to now include orthopedics, neurology, spine, urology, gynecology and general surgery.”

While the staff can look back with a sense of pride, the focus now turns to the future. ■



Dr. Janicek and members of the Women's Health & Healing Team

# Women's Health & Healing Unit

Providing Care & Comfort

Women undergoing treatment for cancer can find a comforting environment in the Women's Health and Healing Unit. Located on the second floor of the hospital, this special place supports the needs of women receiving treatment for gynecologic cancer including ovarian, uterine and cervical cancer. "In terms of a medical facility, Thompson Peak is unique, different. The hospital represents a sanctuary – it is not only a technical place, but a comforting place as well," says Mike Janicek, M.D., gynecology/oncology. "For me and my patients, Thompson Peak Hospital really combines the best of both worlds – the small hospital experience with the medical expertise of a larger facility."

Dr. Janicek is Medical Director of the unit, in addition to his role as Medical Director of the Genetic Risk

Assessment Center at the Virginia G. Piper Cancer Center. He is also one of the Valley's few gynecologic oncologists. His leadership of the Women's Health and Healing Unit is a true testament to his dedication to patients and to Thompson Peak Hospital. "Many of these patients are traumatized," he adds, "This unit helps with their journey. It's not as much about the bricks and mortar as it is about the staff and the way they treat patients. The nursing staff, operating room team, everyone here is phenomenal. The unit also has a dedicated Nurse Practitioner who brings an added layer of care and comfort. Many patients have to be readmitted several times and it gives them such a sense of comfort coming back to a place and people they know and trust." ■

## Diane's Story

### An Inspiring Lesson in Love & Determination

For Diane Dean and her husband, Bill, going to Thompson Peak Hospital is like coming home. Diane has spent a great deal of time in hospitals during the past 19 years in her battle against ovarian cancer. This vibrant and kind woman has experienced many ups and downs in her journey; however, one thing is certain...her special connection with the employees and physicians at Thompson Peak Hospital. "I love the staff, they make this hospital so special," she says. "They came to my aid and went the extra mile to make sure that I was comfortable. Actually, they made me feel like I was the only patient here!"

More than a year ago, Diane was referred to hospice care. "We decided that we weren't going that way," chimes in husband Bill, whom Diane lovingly calls her UPN – Unlicensed Practical Nurse. Now, Diane has rebounded, thanks in part to her Thompson Peak family, and is doing great. Due to the rigors of past treatment including multiple surgeries and radiation treatment, she receives her daily meals through a process called Total Parenteral Nutrition (TPN). Fed each day through an IV, Diane jokingly says, "It's my steak and lobster."

"I have been well taken care of and I am very lucky," Diane adds. "Ovarian cancer is a silent killer. I encourage women to pay attention to their bodies – know the warning signs and take action immediately." ■



Diane Dean

*"I love the staff, they make this hospital so special...they came to my aid and went the extra mile... they made me feel like I was the only patient here!"*





Dr. Tarlow and retired NFL player Nick Lowery

# Orthopedic & Spine Program

## Part of a Winning Team

If you ask retired National Football League (NFL) player Nick Lowery to go take a hike, he will jump at the chance.

Known as “Nick the Kick,” Lowery is the former placekicker for the Kansas City Chiefs and New York Jets. He also lays claim to having the most field goals in NFL history and is currently ranked tenth on the league’s list of all-time scoring leaders. The exuberant athlete has dedicated his post NFL energies to charitable and public service, with a focus on children and Native American youth. He started the Nick Lowery Youth Foundation and also heads up Champions for the Homeless.

When Nick discovered that he required a partial knee replacement he wanted only the best - surgeon, medical team and hospital. His search brought him to Stefan Tarlow, M.D., orthopedic surgeon, and to Thompson Peak Hospital. “Dr. Tarlow is an A+ physician. As a patient, he pays attention to you and takes the time to get to know you and what is best for you,” Nick says. “The hospital staff was fantastic and the environment was calm, peaceful – a great place to recoup. It was the best hospital experience!”

Just nine days after surgery, Nick was at the White House attending the launch of the President’s Council on Fitness, Sports and Nutrition.

These days, Nick is pain-free, “I’m feeling better than I have in 15 years. I have Dr. Tarlow and Thompson Peak Hospital to thank for getting me back in great shape!”

Nick is just one of a growing number of patients of Thompson Peak’s Orthopedics and Spine program. “Recently, a promising new option for our partial knee replacement program became available at Thompson Peak Hospital. MAKOpasty technology provides a minimally invasive approach for surgeons to use when a patient requires partial knee replacement, like Nick’s,” says Dr. Tarlow.

“I am really pleased with the level of staff here, we all work together with one common goal...to provide great patient care,” says Dr. Tarlow. “We really are developing best-in-care methods for total knee, hip and spine care. From a physician’s perspective, there is a high level of confidence in the clinical team and a key member of the team is the dedicated Orthopedic Nurse Practitioner who is on-site and able to immediately respond to patient needs.”

Future plans include the addition of a Center for Personalized Wellness, a multi-disciplinary clinic for the prevention, diagnosis and treatment of sports related injuries for the athlete in all of us and construction of a dedicated inpatient Orthopedic and Spine Unit.

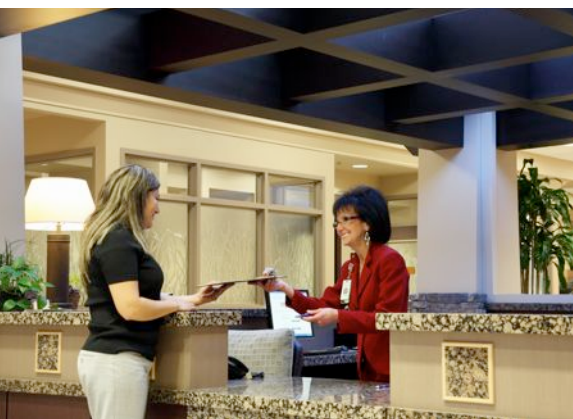
“Our goal is to be here for the community, for our neighbors and to help keep them healthy,” says Jean Knoedler, vice president and administrator. “We want to be the ones to help answer their healthcare questions, provide help in an emergency and support them in their recovery process.” ■

Find out more about Nick Lowery at [www.nicklowery.com](http://www.nicklowery.com).

Here are just a few of the many “special touches” offered at Scottsdale Healthcare Thompson Peak Hospital:

- Concierge service
- Open visiting hours
- In-room sleepers for family members
- 32 inch flat-screen TV
- Wi Fi in each room
- All private patient rooms
- Customized in-room dining
- Pet visitation

Help us continue to grow the quality care and services offered by Thompson Peak Hospital. You can donate today at [www.shc.org/givenow](http://www.shc.org/givenow).





## Imagine... that you could change and save lives.

As your non-profit, community based health care system, Scottsdale Healthcare relies on contributions from generous individuals and businesses to provide world-class patient care. Compassionate care and technology that changes and saves lives each and every day.

## You Can!

With your support, we will be there to meet your healthcare needs and those of your friends and neighbors today... and tomorrow.

**We invite you to join us and see the difference that you can make.**

Call Scottsdale Healthcare Foundation at **(480) 882-4517** or visit us at **[www.shc.org/givenow](http://www.shc.org/givenow)**.