



Welcome Phil Feisal, new administrator of the Village Hospital



As the new administrator of the Village Hospital, Phil Feisal spent his first weeks on the job getting acquainted with staff and physicians. "I think it's really important to get to know the people here and understand the services we offer," said Feisal.

And so far, he's been impressed. "Not only is the Village Hospital a beautiful facility, but it's a place that provides excellent care in a little different way," said Feisal. "Even our patient satisfaction scores back up what a great hospital this is. I'm very impressed with how high the patient satisfaction scores are throughout the whole facility, thanks to the dedication of our staff and physicians."

Feisal is no stranger to the Greer or Greenville community. He comes to the Village Hospital from Bon Secours St. Francis Health System in Greenville, where he served as executive vice president of business performance. Feisal is also a past president of Allen Bennett Memorial Hospital in the Greenville Hospital System.

Feisal has always been an active member of the community, serving on a variety of committees. "Feisal's memberships in a host of local civic organizations, including a term as chairman of the Greater Greer Chamber of Commerce, showcase his roots in the community," said Greer Mayor Rick Danner.

"Phil's history in Greer, combined with his valuable perspective on what it takes to manage a hospital, particularly in this community, portend great things for the Village Hospital and the citizens of Greer," said Ingo Angermeier, president and CEO of Spartanburg Regional, at the time of Feisal's appointment.

"I've always enjoyed the Greer community, and the opportunity to be involved with a new hospital and watch it grow is remarkable. With its location just off I-85 and SR-14, the Village at Pelham is in the right place as the Greer community continues to grow. And the more I learn about the Village Hospital facility design, I'm even more impressed with the foresight of Spartanburg Regional. As the need for our services increases, we can add more wings to the current building without interrupting patient care at all." Feisal says he hopes to let even more people know that the Village Hospital offers all the services anyone could need, from a Level III trauma center to an ICU to maternity services and more.

Streamline your healthcare records

The Village at Pelham, in association with local physicians, now offers an online option to help you streamline health care and health records. MyRegionalHealth.com includes a personal health record, where you can take an active role in your health care and that of your family by storing and updating information about health conditions, medications and screenings. A personal health record can include any information about your health, especially information that your doctor may not have, such as your exercise routines, hereditary illnesses in your family or changes in your dietary habits.

By taking charge of your health record, you will be able to avoid having the same tests from different doctors and possibly get more accurate diagnoses from your physician with your up-to-date health information. Maintaining an accurate health record also allows you to receive faster, safer care during an emergency situation or while traveling.

If your physician or other healthcare provider is a MyRegionalHealth participant, then you can share the record with your physician and use the site to make appointments or request prescription refills.

The new site uses the same kind of online security system as banks in order to keep your information safe. Web messaging offers a security improvement over e-mail, reducing confidentiality concerns for patients. Even the simplest bit of health information will not be shared with anyone who is not designated by you to receive it.

To sign up, visit MyRegionalHealth.com.





VILLAGE at pelham

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Featured Events

As part of our commitment to keeping you healthy, active and informed, the Village at Pelham offers a wide selection of health education classes, seminars and events. To register or for a further listing of upcoming classes, visit www.villageatpelham.com or call 864-849-9470.

OH, MY ACHING JOINTS!

Tuesday, September 15 12 - 1 p.m. & 6:30 - 7:30 p.m.

Joint pain affects millions of people. However, advances in minimally invasive procedures now promise faster recoveries. Join orthopaedic surgeon Frank Armocida, M.D. of Village Orthopaedic Surgery to learn the latest methods of preventing and treating joint pain. Joint function, therapy, medications and joint replacement will be discussed. Lunch provided at the noon session; coffee and desserts served in the evening. Free

INFANT CPR

Thursday, September 24 • 6 - 8 p.m.

Based on American Heart Association guidelines, learn how to recognize and react to emergencies dealing with your infant, including choking. Meet in the Village Hospital lobby. \$10 per family

VILLAGE HOSPITAL MATERNITY FAIR

Saturday, October 3 10 a.m. - 1 p.m.

Join us for Maternity Fair to tour our facility and talk to our physicians, certified nurse-midwife and nurses. We will have vendors selling everything from adorable clothes to special keepsakes. Education classes will include "Labor & Delivery — It's a team effort" and "Your pregnancy, your delivery, your choices." Snacks and great door prizes will be available. Free

TOUR OF THE VILLAGE HOSPITAL LABOR & DELIVERY SUITES

Wednesday, October 7 6 - 6:30 p.m.

Meet in the lobby of the Village Hospital for a tour of the hospital's Labor & Delivery suites. Free

GIRLS NIGHT OUT

Tuesday, October 13 6 - 8 p.m.

It's time to grab your girlfriends for a night of fun, education and of course, shopping. Vendors will be onsite, so you can shop as well as take part in one of our free health screenings. Education topics include cancer affecting women and pelvic floor health. Mammograms will be offered by appointment. Your insurance will be billed. To make an appointment, please call 849-9399. To register, please go to villageatpelham.com. Free

SLEEPLESS IN THE UPSTATE

Tuesday, October 20 12 - 1 p.m. & 6:30 - 7:30 p.m.

Do you have trouble sleeping? Christopher Smith, M.D., with Village Family Medicine will provide helpful tips on how you can get a better night's sleep. Learn why sleep is essential for good health and how it can affect your emotional well-being, alertness and concentration. Lunch provided at the noon session; coffee and desserts served in the evening. Free

Community Health Talk

Toni Conner, R.N. | community resource nurse,
the Village at Pelham



I've been the team mom for a local high school football team for eight years. Being so closely involved with the team, I've had the chance to watch players develop both individually and as a team. Every year, it amazes me to watch as the players advance their fitness levels. Their secret? They set goals, focus on the goals and put in the work required to meet these goals.

I think there are some great lessons we can borrow from the football players in taking care of ourselves. Similar to what the football players do, we all need to set health goals — whether it is to lose weight, get in better shape, eat more sensibly, decrease stress — whatever is needed to live a longer, healthier life. And once we set these health goals, we need to focus on what we need to change and then work daily to reach our goals.

Without the direction and guidance of their coaches, the football players would have a hard time truly reaching their potential. When it comes to your health, I suggest you think of healthcare workers as your "coaches," here to help you live a healthier life. At the Village at Pelham, we have dedicated, caring health professionals who are ready to assist you in reaching your best health — we have knowledgeable physicians, a caring staff and the finest equipment to help keep you healthy. We pride ourselves in being a part of your healthcare team, and we

take that job very seriously.

Another thing that I've learned from the football team is the importance of enjoying the journey. We may not always have a winning season, and things may not go exactly as planned, but everyone participates in the game. This applies to us, too. We all need to be active participants in our health, working with our team to live the healthiest life possible. So set some goals, work hard to achieve them, use the advice of your healthcare coaches and teammates and have fun along the way. It is my hope that each of you has a winning season!

If you happen to be at a local high school game and hear a very enthusiastic fan cheering for "her boys," that may be me. Stop by and say hi if you see me out or visit me at the Village at Pelham. I would love to hear about your successes in staying healthy!