



TWIN CITIES  
HOSPITAL

"I left feeling that every 'I' was dotted and all 'T's' were crossed. It was reassuring that the staff at Twin Cities Hospital seemed on top of everything, and that all efforts were being made to ensure success of the procedure."

**Connie Hall**  
Niceville, Florida



# COMMUNITY REPORT 2019

## A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICERS

As part of Hospital Corporation of America's North Florida Division, Fort Walton Beach Medical Center and Twin Cities Hospital are pleased to share our 2019 Community Report with you. Our first commitment is quality care for our patients; secondly, we are committed to providing compassionate, high quality healthcare to the communities in which we work, live, and play.

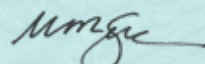
Along with our commitment to quality is our commitment to compassion; not only for our patients and staff, but also for our families. As one of the area's largest private employers, with over 1,379 employees, we are proud of our employees' investment of their time, talents, and finances to non-profit agencies, including: American Cancer Society, American Heart Association, Chambers of Commerce, Okaloosa County School System, United Way of Okaloosa & Walton Counties, and more.

Although reimbursement for services rendered is critical to the operations and stability of our hospitals, we recognize not all individuals have the ability to pay for medical services. In keeping with

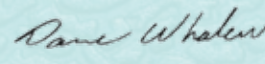
our commitment to serve the community and in respect to healthcare, we continue to provide free and reduced care to the indigent and to persons covered by governmental programs at below-cost, such as Medicaid and subsidized health services. Last year, this amounted to \$26,782,820 in charity and uncompensated care.

We thank our Boards of Trustees, Medical Staffs, Employees, and Volunteers for their dedication in providing the best care, service, and support to our patients, visitors, and their families. We also thank everyone in our communities; we recognize our success is directly related to your continued confidence and trust in Fort Walton Beach Medical Center and Twin Cities Hospital.

Sincerely,



**Mitch Mongell, FACHE**  
Fort Walton Beach Medical Center  
Chief Executive Officer



**David Whalen, FACHE**  
Twin Cities Hospital  
Chief Executive Officer



### My experience with the staff at Twin Cities was amazing

"The morning I arrived for my hip replacement surgery the staff talked with me, and seemed to truly go out of their way to make me as comfortable as possible. I was impressed with their professional manner, while at the same time helping me feel like we were old friends.

I might wonder if my experience at Twin Cities is unique to me, however I spoke with a neighbor who between himself and his wife have had several surgeries at various locations. He told me that, "hands down" he would always choose Twin Cities for any procedure. I believe my observations may be the rule rather than the exception."

**Connie Hall**  
Orthopedic Patient

## FORT WALTON BEACH MEDICAL CENTER



1000 Mar Walt Drive • Fort Walton Beach, Florida 32547  
(850) 862-1111 • FWBMC.com

Number of Licensed Beds	267
Total Annual Admissions	14,463
Total Annual Emergency Visits	69,314
Total Patients Treated*	134,709
Total Physicians	266
Total Employees	1,331
Total Payroll	\$95,572,301
Taxes Paid	\$17,732,511

### Fort Walton Beach Medical Center Services

- 24-Hour Emergency Services
  - Fort Walton ER/Level II Trauma Center
  - Destin ER
  - Express ER
  - Pediatrics ER
- Behavioral Health Services
- Cancer Care Center
- Certified Orthopedic Joint Replacement Program
- Comprehensive Cardiovascular Program:
  - Advanced Primary Stroke Center
  - Accredited Chest Pain Center
  - Open Heart Surgery
  - Cardiac Cath Lab
  - Cardiac Rehab
  - Electro-physiology
- Health2You (H2U) Membership Program
- Radiology/X-Ray
  - Advanced 3D Mammography
  - 3D Stereotactic Biopsy
  - MRI
  - Nuclear Medicine
  - PET/CT
  - Ultrasound
- Rehabilitation Services
  - Inpatient and Outpatient
- The Rehabilitation Institute of NWF (in Destin)
- Robotic Surgery Center
- Spine Care Center
- Women and Children's Services - "Where Families are Born"
  - Level II Neonatal Intensive Care Unit
  - Full-time Neonatologist and Pediatrician Care

## TWIN CITIES HOSPITAL



2190 Highway 85 North • Niceville, Florida 32578  
(850) 678-4131 • TCHospital.com

Number of Licensed Beds	65
Total Annual Admissions	2,211
Total Annual Emergency Visits	18,629
Total Patients Treated*	43,565
Total Physicians	85
Total Employees	303
Total Payroll	\$19,668,798
Taxes Paid	\$3,326,411

### Twin Cities Hospital Services

- 24-Hour Emergency Services
- All Private Rooms
- Bone Densitometry
- Certified Acute-Ready Stroke Program
- Certified Orthopedic Joint Replacement Program
- Certified Sepsis Program
- Certified Spine Surgery Program
- Health2You (H2U) Membership Program
- Nutritional Counseling
- Physical and Speech Therapy
- Physician Referral Service
- Pulmonary Services
- Radiology/X-Ray Services
  - CT
  - Digital Mammography
  - MRI
  - Nuclear Medicine
  - Ultrasound
- Stroke Prevention/Education
- Wellness Center
- Women's Center

\* Includes Admissions, ED Visits, OP Visits, OP Surgery, and OP OBS Visits.

## LEADERSHIP

### Fort Walton Beach Medical Center



**Mitch Mongell, FACHE**  
Chief Executive Officer



**Steve Moore**  
Chief Financial Officer



**Robert Kiskaddon, MD**  
Chief Medical Officer



**Kathy Neely, RN**  
Interim Chief Nursing Officer



**Todd Jackson, FACHE**  
Chief Operating Officer

### Twin Cities Hospital



**David Whalen, FACHE**  
Chief Executive Officer



**Mark Day**  
Chief Financial Officer



**Shaun Lampron, DNP, MSN, BSN, RN**  
Chief Nursing Officer

*United Way*



## COMMUNITY IMPACT

### Statistics

Patients Treated.....	178,274
2018 Annual Admissions .....	16,674
2018 Annual Emergency Visits ....	87,943
Total Medicaid Patients Treated .....	29,348
Medicaid Market Share .....	37.60%
Indigent Patients Treated .....	22,541
Indigent Patients Market Share .....	66.70%

### Our Facilities & Services

Hospitals.....	2
Inpatient Rehabilitation Facilities .....	1
Psychiatric Care Facilities .....	1
Number of Licensed Beds.....	332

### Our Hospital Family

Total Employees .....	1,634
Total Physicians.....	351
Total Volunteers.....	172
Volunteer Hours.....	41,261

## ECONOMIC IMPACT

### Total Payroll

(Salaries, Benefits, Contract Labor)

\$115,241,099

### Cost of Charity & Uncompensated Care

\$26,782,820

### Taxes Paid

Federal Income Tax .....	\$11,923,331
State Income Tax .....	\$2,422,597
Indigent Care Tax .....	\$4,160,528
Property Tax.....	\$769,768
Sales Tax.....	\$1,763,498
Other Local Tax .....	\$19,200
Total Taxes.....	\$21,058,922

### Capital Investment

\$17,870,609

### Local Vendor Support

\$16,980,822

### Minority & Women Owned Business Support

\$1,653,227

### Physician Specialty Coverage

\$10,215,236

### TOTAL Economic Impact

**\$208,149,509**



## GIVING BACK TO OUR COMMUNITY

### In 2018, Fort Walton Beach Medical Center and Twin Cities Hospital proudly supported:

Alzheimer's Association  
American Cancer Society  
American Heart Association  
Association of Perioperative Registered Nurses of the Emerald Coast  
Children in Crisis  
Community Solutions  
Connecting Kids, Inc.  
Covenant Hospice  
Crestview Area Chamber of Commerce  
Destin Area Chamber of Commerce  
Emerald Coast Autism Center  
Emerald Coast Children's Advocacy Center  
EOD Wounded Warriors Foundation  
Fisher House of the Emerald Coast  
Fresh Start  
Greater Fort Walton Beach Chamber of Commerce  
Healthy Start Coalition of Okaloosa & Walton Counties  
March of Dimes  
Mattie Kelly Arts Foundation  
Montessori Learning Center  
Navarre Chamber of Commerce  
Niceville Valparaiso Chamber of Commerce  
Northwest Florida Area Agency on Aging, Inc.  
Northwest Florida State College  
Northwest Florida Symphony  
Okaloosa STEM Academy  
Okaloosa County All Sports Association  
Okaloosa County Health Department  
Okaloosa County School System  
OneBlood  
Rotary Clubs of Fort Walton Beach & Niceville  
Sharing & Caring of Fort Walton Beach & Niceville  
United Way of Okaloosa & Walton Counties  
Walton County Chamber of Commerce  
White-Wilson Medical Center Foundation

### Community Support

Our facilities and staff members provided both financial and volunteer support to multiple organizations including colleges, schools, and non-profit and charitable groups along the Emerald Coast.

Our partnership with area nursing programs continued to play a role in the education and development of the next generation of healthcare professionals. In 2018, hundreds of nursing, pharmacy, radiology, dietary, and paramedic students trained at Fort Walton Beach Medical Center and Twin Cities Hospital under the guidance of our nurses and staff preceptors.

We also provide meeting space to many area support groups and organizations. In 2018, individuals throughout the area improved their quality of life through the following support groups: Bosom Buddies, Cancer, Diabetes, Emergency Management Services, Folks with Strokes, Look Good Feel Better, Prostate Cancer, Ostomy, Resolve Through Sharing, Smoking Cessation, Trauma Intervention Program, Twin Cities Ministerial Association, and more.

### Volunteering

Our staff and physicians believe in going beyond one's personal duties to help others in need. From providing free medical care within our communities and in areas outside our country where medical needs are non-existent or underserved, to serving on local United Way Agencies or other non-profit organizations that benefit humanity and our communities, we are committed to making a difference in the lives of others, both inside and outside our hospitals.

### A Healthier Community

Improving the healthcare of our community is part of our hospital's missions. We actively participated in area health fairs, often providing blood pressure and glucose checks free of charge, to thousands of individuals. We also partnered with the area Sickle Cell Foundation to assist in screening individuals who are genetically predisposed to carry the disease, as well as speaking at their seminars and classes to educate students and patients. Our speaker's educated community groups on a variety of health topics, including: heart disease, cancer, stroke, orthopedics, diabetes, nutrition, and drug safety to name a few.

In addition, Fort Walton Beach Medical Center hosted its annual National Cancer Survivors Day event to celebrate cancer survivorship. Fort Walton Beach Medical Center and Twin Cities Hospital hosted their 6<sup>th</sup> Annual Women On Wellness Symposium—a one day event dedicated to enriching the health and wellness of women in our communities. In honor of breast cancer awareness month, individuals were encouraged to wear pink throughout the county to show a united front of supporting the cause.

## Awards and Recognition

Fort Walton Beach Medical Center and Twin Cities Hospital are accredited by The Joint Commission, a national surveyor of healthcare organizations. The Joint Commission accredited hospitals have demonstrated they meet the highest standards in their industry by passing an in-depth, on-site facility survey. Fort Walton Beach Medical Center and Twin Cities Hospital have earned The Joint Commission's Gold Seal of Approval®, a visible symbol of our commitment to providing the highest level of care.



Twin Cities Hospital has also earned The Joint Commission's Gold Seal of Approval® for its Spine Surgery Program by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in disease-specific care. The certification award recognizes Twin Cities Hospital's dedication to continuous compliance with The Joint Commission's state-of-the-art standards for fusions, laminectomies, and kyphoplasties. Twin Cities also received 5-Star Rating Awards for Appendectomy and Hip Fracture, and Patient Safety and Outstanding Patient Experience.

Okaloosa County Department of Health has also recognized Twin Cities Hospital's policies and strategies that promote being healthy and fit at work. As a Healthy Okaloosa Worksite, Twin Cities Hospital encourages employees to live a healthy lifestyle with habits such as being physically active, eating healthy, and being tobacco free.

Fort Walton Beach Medical Center and Twin Cities Hospital consistently receive an A rating from Leap Frog for patient safety and quality care.

Other awards for Fort Walton Beach Medical Center included the Gold Award from the American Heart and American Stroke Associations, Finest on the Emerald Coast and Best in Destin. Fort Walton Beach Medical Center also received the Disease Specific Certification for Sepsis from The Joint Commission.



On behalf of the American Heart Association, I'd like to extend our sincere thanks to Fort Walton Beach



American Heart Association

Medical Center and Twin Cities Hospital. Their employees are truly committed to the cardiovascular health of the community, as exemplified by support of our organization, and recognition of their efforts with the Get with the Guidelines award. These two organizations, in partnership with the American Heart Association, are the front line of cardiovascular health in our area.

Diseases of the heart are the Number One killer in the United States, and while stroke is the Number Five killer of Americans, it remains a leading disabler of citizens in our country. From pioneering precision medicine to accelerating drug discovery, we're leading bold innovations to help improve health and well-being worldwide.

We are so grateful to these hospitals, as well as all of our supporters on the Emerald Coast, we couldn't do what we do without dedicated volunteers like you.

**Monica Lang**

*Regional Director – Bay, Okaloosa and Walton Counties*

## THE LATEST 3D MAMMOGRAPHY

Fort Walton Beach Medical Center is excited to offer the latest in breast cancer screening advances, Genius™ 3D MAMMOGRAPHY™ exams, developed by Hologic, Inc., a worldwide leader in Women's Health. Utilizing advanced breast tomosynthesis technology, Genius exams are clinically proven to significantly increase the detection of breast cancers, while simultaneously decreasing the number of women asked to return for additional testing.

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. A Genius exam includes a three-dimensional method of imaging that can greatly reduce the tissue overlap effect.

The Hologic system is the only clinically superior breast tomosynthesis system as approved by the FDA. The new system is recommended for women of all ages and breast densities. The system allows our radiologists to more effectively pinpoint the size, shape and location of abnormalities. This leads to better detection and greater peace of mind for our patients.

Large clinical studies in the U.S. and Europe have demonstrated the positive benefits of a Genius 3D MAMMOGRAPHY™ exam. The largest study to date on breast cancer screening using the Genius exam was published in the June 25, 2014 issue of the Journal of the American Medical Association (JAMA). Findings include:

- A 41% increase in the detection of invasive breast cancers.
- A 29% increase in the detection of all breast cancers.
- A 15% decrease in women recalled for additional imaging.

Fort Walton Beach Medical Center is committed to the fight against breast cancer. In offering this 3D exam, our Breast Center now provides the latest and most effective imaging tool for breast cancer screening.

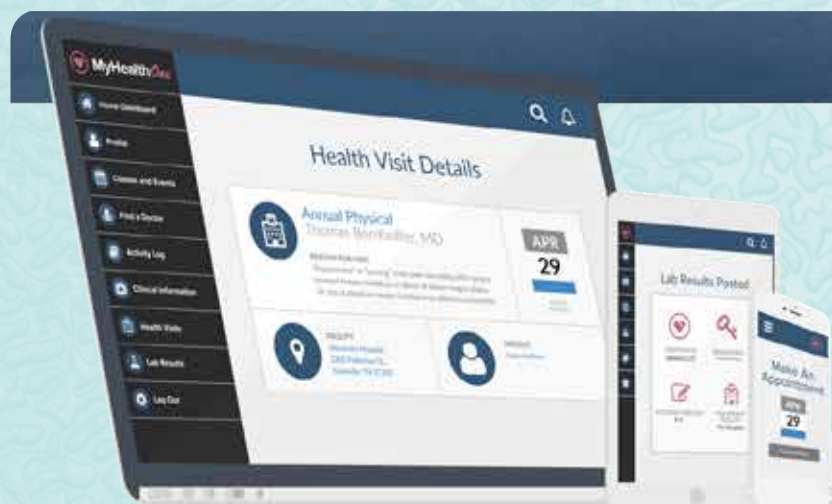
To schedule a Genius 3D MAMMOGRAPHY™ exam, or have questions about this important breast health procedure, please visit **FWBMC-3DMammo.com** or call 888-894-2114.

## MYHEALTHONE

Our new, upgraded patient portal is called MyHealthOne. It is designed to simplify and streamline our patients' experience with our facilities, and empower patients and their loved ones to have more control and flexibility in how they manage their care.

**It gives our patients secure access to features and functionalities such as:**

- Manage the health of a loved one
- Lab results
- Find a doctor
- Classes & events
- Pre-registration
- Make an appointment
- Bill pay
- Health information
- Health visits





## SPECIALIZED CARE

### Emergency Excellence

Highly skilled emergency physicians and nurses, combined with best practices and the latest technology, benefitted over 87,500 residents and visitors last year. Our protocol driven care that begins in the field, through direct communications with local EMS teams, meets stringent standards ensuring emergent medical needs are provided timely.

Our strong focus on enhancing care and improving ER processes has also dramatically reduced average ER wait times to below the national average. In fact, we take so much pride in our reduced average ER wait times, they are posted on electronic billboards throughout our communities, available on our websites at **FWBMC.com** and **TCHospital.com**, and by texting ER to 32222.\* Both Fort Walton Beach Medical Center and Twin Cities Hospital offer this information to assist residents and visitors of our communities when in need of emergency care.

\*Wait Times defined as arrival time until seen by a qualified medical professional. Message and data rates may apply. Visit [TextERHelp.com](http://TextERHelp.com).



### Destin Emergency

Our new Destin ER is located at 200 Tequesta Drive, on Highway 98 at the entrance of Emerald Lakes subdivision.

The Destin ER assesses and treats all ages, from neonatal to geriatric patients. With an emphasis on timely assessment and treatment, the staff are skilled in the specific age-related needs of these diverse populations in this clinical setting. The Destin ER is equipped to handle medical, pediatric, and/or psychiatric emergent healthcare needs. Patients requiring an advanced level of care will be stabilized and transported to the facility of their choice which has the required services available.

### Pediatric Emergency Room

Fort Walton Beach Medical Center opened its Pediatric Emergency Room in April 2010. In 2017, the Pediatric ER was completely renovated to include private rooms and a play area. The Pediatric ER is a separate emergency room open 24/7, dedicated solely to treating the emergency healthcare needs of infants, children, and adolescents from birth to 15 years of age.

The Pediatric ER recognizes that children's medical emergencies require a special level of care. Our child-friendly clinicians are trained to help children and their guardians cope with medical emergencies.

### Express ER

At Fort Walton Beach Medical Center your treatment in the area's fastest ER is now even faster with Express ER. As part of our main ER, Express ER can quickly treat your minor emergencies. So Get In. Get Out. Get Going.

## Orthopedic & Spine Surgery Programs

Fort Walton Beach Medical Center and Twin Cities Hospital's Certified Orthopedic Joint Replacement Programs have earned The Joint Commission's Gold Seal of Approval®, with Twin Cities Hospital being the first facility in the area to receive this designation. The disease-specific accredited programs are designed with the patient in mind and consist of a preoperative educational class. The class allows the patient to prepare for, and be knowledgeable of, the care they will receive during their hospital stay. A multidisciplinary team of physicians, nurses, physical therapists, and case managers work together to ensure quality care throughout the patient's stay.

In addition to general orthopedic surgery, our orthopedic surgeons offer advanced procedures including minimally invasive knee and hip resurfacing to

relieve pain and help patients return to normal activities. Additionally, both facilities offer comprehensive inpatient and outpatient rehabilitation services for recovering orthopedic surgical patients.



Twin Cities Hospital has also earned The Joint Commission's Gold Seal of Approval® for its Spine Surgery Program by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in disease-specific care. The certification award recognizes Twin Cities Hospital's dedication to continuous compliance with The Joint Commission's state-of-the-art standards for fusions, laminectomies, and kyphoplasties.

Twin Cities Hospital was the first hospital in our area to earn this recognition.

## HCA PHYSICIAN SERVICES AND AFFILIATE FACILITIES

The following facilities and practices are affiliates of Fort Walton Beach Medical Center or Twin Cities Hospital:

200 Tequesta Drive  
Destin • (850) 837-9194  
Emergency Care



965 Mar Walt Drive  
Fort Walton Beach • (850) 863-3463  
Neurosurgery



115 Beech Drive  
Crestview • (850) 863-3463



4400 Highway 20 East, Suite 201  
Niceville • (850) 897-3678  
Family Practice; Walk-ins Welcome



928-B Mar Walt Drive  
Fort Walton Beach • (850) 357-8151

1032 Mar Walt Drive, Suite 230  
Fort Walton Beach • (850) 862-3194  
Cardiothoracic Surgery



115 Beech Drive  
Crestview • (850) 862-3194

996 Airport Road  
Destin • (850) 863-7651  
Inpatient Rehabilitation



928-B Mar Walt Drive  
Fort Walton Beach • (850) 863-0883



928 E Mar Walt Drive, Suite 201  
Fort Walton Beach • (850) 315-8360  
4400 Highway 20 E, Suite 201  
Niceville • (850) 315-8360



928-E Mar Walt Drive  
Fort Walton Beach • (850) 784-1856





## Comprehensive Oncology Program

Fort Walton Beach Medical Center is an associate of the UAB Health System Cancer Community Network. We're leading the local fight against cancer and are able to provide enhanced access to care prevention, early detection, education, and screenings. The UAB Health System Cancer Community Network, developed by UAB Medicine and the UAB Comprehensive Cancer Center, is a network of hospitals across Alabama, Florida, and Georgia that provides access to the latest discoveries in cancer research and delivers an unmatched level of expert cancer treatment.

## Oncology Support Team

The Oncology Support Team at Fort Walton Beach Medical Center is led by our Oncology Support Team Nurse, Agnes Dubose, RN, BSN. She provides leadership and direction to the Oncology Multidisciplinary Team. She demonstrates advanced levels of clinical, interpersonal, leadership and supportive skills to lead the Oncology Team in providing compassionate, quality patient care. She assists with provisions of distress and provides support to all patients and their families.

She also organizes and supports various support groups to help patients get the help they need while going through oncology treatment. To contact the Oncology Support Team Nurse please call **(850) 315-7946** or visit **FWBMC.com** for more information or to join a support group.

## DIAGNOSTIC IMAGING

The Diagnostic Imaging Departments at Fort Walton Beach Medical Center and Twin Cities Hospital are honored to be leaders in non-invasive medical imaging. Our teams of Radiologists and medical professionals utilize the latest tools in identifying various medical conditions through the use of the latest in radiologic technology. Among a variety of other services, Fort Walton Beach Medical Center and Twin Cities Hospital both offer MRI units that provide advanced imaging quality, as well as quiet technology and increased patient comfort.



## The Heart Center - Rated Highest Quality For Coronary Artery Bypass Surgery

In 2018, the Heart Center at Fort Walton Beach Medical Center maintained the highest quality 3-star tier for Coronary Artery Bypass Surgery. Our efforts to bring you top-notch standard of care have helped us achieve national recognition for the highest quality tier by the Society of Thoracic Surgeons with a 3-star rating, an achievement that only 12-15% of hospitals earn nationwide.

The Heart Center at Fort Walton Beach Medical Center is the Tri-County's only comprehensive cardiovascular program, and has the only open-heart surgeon in the area. The Heart Center at Fort Walton Beach Medical Center provides the latest and most advanced treatments in cardiac care, including cardiac catheterization with coronary angioplasty and stents. These advanced cardiac treatments ensure that life-saving technology and treatments are available right here in our community.

## HEART CENTER PHYSICIANS



Dr. Anthony Al-Dehneh



Dr. Ajit Janardhan



Dr. Angel Morrobel



Dr. Joseph Pedone



Dr. Rodney Powell



Dr. Eric Sandwith



Dr. Michael Yandel



Dr. Juan Zarate

## TWIN CITIES RECOGNIZED FOR EXCELLENCE IN CARE

### Outstanding Patient Experience Award:

In May 2018, Twin Cities Hospital earned the 2018 Outstanding Patient Experience Award. This distinction recognizes Twin Cities Hospital among the top 15 percent of hospitals nationwide.

Healthgrades evaluated 3,478 hospitals that submitted at least 100 patient experience surveys to the Centers for Medicare and Medicaid Services (CMS), covering admissions from April 2016 to March 2017 to identify hospital performance in this area.



peers—based on their patients' responses—to achieve this distinction.

In order to be recognized by Healthgrades, hospitals must meet eligibility requirements for consideration, which includes clinical performance thresholds in addition to a minimum of 100 survey responses. Nationally, almost 3,000 hospitals met those requirements with 439 hospitals outperforming their

Twin Cities Hospital earned the Healthgrades 2018 Patient Safety Excellence Award. This designation recognizes superior performance of hospitals that have prevented the occurrence of serious, potentially avoidable complications for patients during hospital stays. The distinction places Twin Cities Hospital among the top 10 percent of all short-term acute care hospitals reporting patient safety data for its excellent performance as evaluated by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.



During the study period (2014 to 2016), Twin Cities Hospital demonstrated excellent performance in safety provided for patients in the Medicare population, as measured by objective outcomes (risk-adjusted patient safety indicator rates) for 13 patient safety indicators defined by the Agency for Healthcare Research and Quality (AHRQ).

## CARING FOR OUR COMMUNITY

### Women's Services

Fort Walton Beach Medical Center and Twin Cities Hospital are committed to helping women with their healthcare needs through every phase of life. Our care goes above and beyond, thanks to our medical experts in over 20 sub-specialties. From babies to breast health, our facilities have a wide array of services.

Also at Fort Walton Beach Medical Center, a Level II Neonatal Intensive Care Unit is available for premature infants or those needing additional care. When a premature childbirth is anticipated or a mother is considered high-risk, our neonatologists and perineonatologists are available to consult with parents and address their questions and concerns.

For the later stages in life, both Fort Walton Beach Medical Center and Twin Cities Hospital offer women access to physicians knowledgeable about bone, breast, and heart health, as well as cancer, diabetes, menopause, osteoporosis, and overall wellness. Our Women's Centers offer a unique experience, and are dedicated to treating women in a warm and relaxing atmosphere. Our commitment to women's services ensures patients experience the most advanced imaging technology and receive the highest quality care in the tri-county area.



### Women on Wellness

In 2018, Fort Walton Beach Medical Center and Twin Cities Hospital hosted the 7th Annual Women on Wellness Symposium; an educational conference to help women achieve balance and success in life, work and health. Participants enjoyed keynote speaker Karen Mills, as well as presentations by local physicians and business professionals. Additionally, all registrants received a free one year membership to H2U - our health and wellness membership program.



### Standing Up to Breast Cancer

Fort Walton Beach Medical Center and Twin Cities Hospital partnered with the FWB Chamber and NWF Daily News to host a new Stand Up to Breast Cancer event in 2018. Guests came to hear keynote speaker and breast cancer survivor, Lori Allen, co-host of hit TV show 'Say Yes to the Dress Atlanta' and to celebrate 20 survivor honorees from the area. Each year now, 20 new survivor honorees will be chosen for the event as we celebrate survivorship and create awareness for the fight against breast cancer.



## 2018 BOARD OF TRUSTEES

### Fort Walton Beach Medical Center



Gene Barker



Julie Cotton



Chris Dali, MD



Bernard Johnson



Jeff McInnis



Philippe Miceli



Chris Pappas, MD



Dale Peterson



Chris Reid, MD

### Twin Cities Hospital



Louis Vagias  
*Chief of Staff*



Robert Morell, MD



Patrick Byrne



Wyndal Blankenship,  
MD



Chief David Popwell



Mark Schroeder, MD  
*Chairman of the Board*

## CONSULT-A-NURSE

Consult-A-Nurse is a free community service Fort Walton Beach Medical Center and Twin Cities Hospital provide to help you find the physician who fits your specific needs. Registered nurses are at your service 24 hours a day, seven days a week, to provide consultations and prompt answers to your health related questions.

**Our Consult-A-Nurse healthcare referral line is available by dialing (855) 614-7274.**



# DON'T BE ANTISOCIAL!

If you'd like to connect with us, plug  
into our social media outlets today!



**Text ER to 32222  
for Average ER Wait Times.\***

\*Wait defined as arrival time until seen by a qualified medical professional.  
Message and data rates may apply. Visit [TextERHelp.com](http://TextERHelp.com)