

MICROSCOPE

EMPLOYEE GIVING CAMPAIGN

WakeMed 
GIVES 



WakeMed 
Foundation

GET ON BOARD & POWER THE JOURNEY

It's time to show your support for the annual **WakeMed Gives** employee giving campaign! The system-wide campaign will run throughout October, and there's a seat on the train for everyone!

Thanks to this year's campaign chairs for keeping us on track:

- **Executive Chairs:** **Valerie Barlow**, senior vice president & Administrator – North Hospital, and **Waqiah Ellis**, vice president, Nursing – Raleigh Campus
- **Physician Chair:** **Mike Ferguson**, MD, ENT – Head & Neck Surgery
- **Ambassador Chair:** **Hailee Rich**, practice manager, Primary Care – Forestville

Keep an eye out for the WakeMed Gives Ambassador team. Their eyes are trained on supporting WakeMed, and they will be traveling through the system to share information about all the great projects your donations to the WakeMed Foundation make possible. *All aboard!*

FULL STEAM AHEAD FOR WAKEMED

This year, the funds raised will continue to support employee-centered programs including the Employee Emergency Assistance Fund, employee education, and employee mental health and well-being initiatives. There will also be an opportunity for donors to support WakeMed's new mental health & well-being hospital in Garner through the Courage to Confront Crisis Campaign.

- **Employee Assistance** supporting employees who experience personal tragedy or hardship, such as unexpected emergencies impacting housing, utilities, transportation or medical expenses.
- **Employee Well-Being Initiatives** to ensure our WakeMed family is supported and equipped to provide the best care to those we serve.
- **Employee Education** offers financial assistance to WakeMed employees in all areas who want to advance their knowledge for the benefit of our patients, as well as employee dependents who plan to pursue post-secondary education in health sciences, education and technology.
- **Courage to Confront Crisis Campaign** supporting our new mental health & well-being hospital in Garner and its programmatic needs and service offerings.

GIVE & KEEP US ROLLING

If you would like to contribute, there are several convenient ways to give:

- Online at WakeMedGives.wakemed.org
- Cash, check or credit card
- PDO – with the exception of physicians and executives, staff can donate between 4 and 120 hours of PDO
- Payroll deduction – one-time payment or spread over 26 pay periods

Donors whose gifts exceed \$2,500 will be eligible for membership in the WakeMed Foundation Society of 1961.

With questions, contact the WakeMed Foundation at 919-350-7656.



1, MILES

WE KEEP IT MOVING 1 MILLION MILES WITH MOBILE CRITICAL CARE SERVICES

Mobile Critical Care Services (MCCS) provides ground transport for patients into, out of and across the WakeMed system. As WakeMed's footprint has grown, the demand for patient transports has also expanded. In Fiscal Year 2024, the MCCS fleet of transport and support vehicles logged over 1,000,000 miles, transporting 22,200+ adult patients and 1,500+ pediatric patients.

Fiscal Year 2025 is poised to beat that record, as every month has been busier than the one before. "Our ambulances are essentially ICUs on wheels, and our specially-trained team is ready to provide any level of service that our patients require – whether it is a critical care medical treatment or a comforting and reassuring presence after discharge," commented **Katrina Schweisthal**, RN, director (MCCS).

With a staff of more than 140 – including EMTs, critical care paramedics, paramedics, nurses, respiratory therapists and support staff – the department provides critical care, advanced life support (ALS), basic life support (BLS) and wheelchair transport to patients 24/7/365. The majority of those transports (13,400+ in FY24) are incoming patients seeking care at WakeMed. The rest (9,000+ in FY24) are discharges, whether that is to home, to a skilled nursing facility or to a non-WakeMed hospital for additional care.

MCCS also supports WakeMed's mission in the community by being present at community health-related events and activities. "Working in Mobile Critical Care is a unique and challenging experience – and our staff are some of the most

creative and resourceful people I have ever encountered," commented **Elaina Caine**, RN, manager (MCCS). "Their expertise and clinical care help save lives each and every day – and directly contribute to WakeMed's aspirational goal of supporting a healthy community."

New look, same mission...kids! WakeMed Mobile Critical Care Services is hitting the road in style this fall with our newly designed Children's transport vehicle, pictured above. Keep an eye out for our fresh ride as we roll out to serve patients throughout our community, and beyond, with the highest level of care and service on wheels!



FIGHT THE FLU!

Fall is coming and that means it's time to get your annual flu vaccine! The deadline for all employees to get their vaccines is October 27. Flu vaccines are available at no cost to all WakeMed staff, including providers and volunteers. If you receive your vaccine at another location, be sure to submit documentation prior to the deadline. Please note that Occupational Health no longer accepts flu vaccine documentation by fax or hand delivery. In addition, the Occupational Health team cannot access your documentation via your MyChart account or Epic. Submit proof of vaccination or completed exemption form by using the vaccine record upload site on MyWakeMed. Check MyWakeMed for more details.



BENEFITS INFORMATION INSIDE



PYRAMID Society
COMING SOON!
Pyramid Society Award Recipients

Meet the recipients of the 2025 Pyramid Society Awards and learn about their outstanding accomplishments in an upcoming issue of *Microscope*!

SOCIAL SECURITY
NUMBER REMINDER

Social security numbers are required for all spouses and dependents covered under the WakeMed medical plan. Be prepared to include or review this information in The HUB during the enrollment process.

OCTOBER 13 – 31

Benefits Open Enrollment is your annual opportunity to take time to review, ask questions and make decisions that give you the best coverage to fit you and your family’s needs.

More in-depth information about benefits is included in the 2026 Benefits Guide, which will be available online on MyWakeMed or WakeMed.org (under “For the Employee”) in early October. Although most benefit elections will carry over from 2025 to 2026, all employees are strongly encouraged to complete the Open Enrollment process in The HUB as this is an excellent time to review your benefit coverages, update beneficiaries and make other necessary changes.

Remember, there are limited opportunities to make changes to your benefits outside of Open Enrollment.

2026
BENEFITS
OPEN ENROLLMENT

Benefit Deduction Reminder

All benefit deductions and contributions are based on a 26-pay-period deduction schedule.

Medical Plan NEW ADMINISTRATOR!

ADMINISTERED BY BLUE CROSS BLUE SHIELD NC & BRIGHTON HEALTH PLAN SOLUTIONS

The 2026 Medical Plan will be administered by Brighton Health Plan Solutions. Details will be shared in the 2026 Benefits Guide, which will be made available before Open Enrollment begins.

If you are currently enrolled in the WakeMed medical plan, and you do not complete Open Enrollment, you will automatically be enrolled in the medical plan offering for 2026.

NEW ID CARDS! ID cards will be issued for all 2026 medical plan participants in late December. This card will have your prescription drug coverage information on it as well and will replace your current Contigo Health card.

Prescription Drug Changes PROVIDED BY OPTUMRX; ADMINISTERED BY RXBENEFITS

OptumRx will remain as the pharmacy provider with RxBenefits as the day-to-day customer service contact. Maintenance drugs and specialty medication prescriptions must still be filled at the WakeMed Employee Pharmacy.

Dental Plan ADMINISTERED BY UNITED CONCORDIA DENTAL

Dental plan design, which includes deductibles and out of pocket maximums, is not changing. Premium contribution rates are not increasing.

Vision Plan ADMINISTERED BY EYMED

Vision plan design, which includes copays, is not changing and the premium contribution rates are not increasing.

Life & Disability Insurance ADMINISTERED BY LINCOLN FINANCIAL

Group Life and Disability Insurances, which include basic and supplemental life insurance and short-term disability plans, have no plan changes resulting in rate increases. Life insurance premiums are age-based, so employees may see an increase in cost if they have moved to a new age band.

Evidence of Insurability and Pre-Existing Condition: If you are enrolling in these plans for the first time or increasing supplemental life coverage during Open Enrollment, you may be required to complete Evidence of Insurability (EOI). EOI will not be required for an employee newly enrolling in short-term disability coverage during Open Enrollment; however, a pre-existing condition limitation will apply. Any condition for which you have been treated in the six months prior to January 1, 2025, will not be covered until you have been covered on the plan for 12 months.

WakeWell Rewards Healthy Rewards Account ADMINISTERED BY OPTUM FINANCIAL

The Healthy Rewards Account (HRA) is an incentive tied to participation outcomes in the WakeWell Rewards program. Employees who met the requirements of WakeWell Rewards in 2025 and who are covered by the WakeMed medical plan as of January 1, 2026, will receive a deposit into their HRA in the month of January 2026. HRA funds roll over from year to year, but you will lose your HRA funds if you are no longer enrolled in the WakeMed medical plan.

Flexible Spending Account (FSA)

ADMINISTERED BY OPTUM FINANCIAL

Employees must re-enroll in both the Health Care FSA and Dependent Care FSA each year. Unused health care FSA funds between \$5 and up to \$660 will be rolled over into your 2026 account. All unused funds under \$5 and over \$660 will be forfeited. For plan year 2026, the maximum contribution will be \$3,300. Remember, the Dependent Care FSA is for child or adult day care expenses. Unused funds from this account do not roll over – any unused balance from your 2025 Dependent Care FSA will be forfeited at the end of the year. Please make sure you review the purpose of these accounts before you enroll.

VIRTUAL BENEFITS FAIR



Learn about our benefit vendors from your office, phone, or home through the Virtual Benefit Fair, available online in early October.

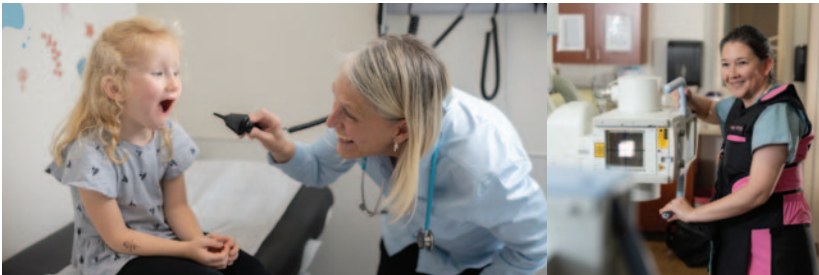
Scan the code or follow the link on the For Employees page of WakeMed.org.

Health & Wellness

Financial Well-being

Work/Life Balance

Growth & Development



Voluntary Benefits

WakeMed offers several voluntary benefit plans. You may only enroll or cancel the voluntary benefit plans during Open Enrollment. Mid-year changes cannot be made except in cases of death or legal divorce.

- **Voya Accident Insurance:** Provides a lump-sum benefit payment based upon injury and treatment received.
- **Voya Critical Illness Insurance:** Provides a lump-sum benefit payment upon diagnosis of a specific disease.
- **Voya Hospital Indemnity:** Provides a lump-sum benefit payment should a covered hospitalization occur.
- **MetLife Pet Insurance:** Provides protection against unexpected vet expenses for covered accidents or illness.
- **LegalShield & ID Shield:** Provides legal consultation and support as well as credit monitoring, identity theft protection and more.



QUESTIONS & ASSISTANCE?

919-350-8143

The Benefits team is available to answer questions and provide one-on-one assistance completing the Open Enrollment process in The HUB – just call 919-350-8143. Please note that during times of high call volumes you may need to leave a voicemail. Calls will be returned within one business day.

You may also email your questions to the Benefits team at benefits@wakemed.org.



Welcome Fred Anderson, New WakeMed Board Member



The WakeMed Board of Directors recently welcomed **Fred Anderson** as a new hospital-appointed member. The 14-member volunteer Board provides governance, leadership and oversight for WakeMed. Mr. Anderson is chairman of Anderson Automotive Group and began his five-year term on August 5.

WakeMed Foundation Welcomes Anna Liese Call as Director, Major Gifts & Planned Giving



Anna Liese Call joined the WakeMed Foundation as director of Major Gifts and Planned Giving in June. Call has 25 years of fundraising experience and came to WakeMed from Junior Achievement of the Triad, where she served as vice president of philanthropy for several years. In her new role with the Foundation, she will work to identify, cultivate and steward major philanthropic gifts (\$25,000 and above) in support of WakeMed’s mission. She will also collaborate with the Foundation team and Board of Directors on the ongoing Courage to Confront Crisis campaign and supporting volunteer and grateful patient programs. Call earned a bachelor’s degree in communication from N.C. State University and a master’s degree in business administration from Elon University. She has one college-age son and recently became a WakeMed Volunteer, spending time with families in the NICU.

Mike Edmondson Joins WakeMed as Director, Information Security



WakeMed recently welcomed **Mike Edmondson** as director of Information Security. Edmondson has more than 25 years of experience in IT and cybersecurity and has held support and leadership roles at financial, telecom and non-profit organizations. At WakeMed, he leads the team that is responsible for the systems and processes that ensure our information technology programs are secure, including security intelligence, cyber threat detection and prevention, vulnerability management, and security vendor management. Edmondson will also have oversight for coordinating our response to security incidents, investigating breaches and implementing corrective action when needed. He holds a bachelor’s degree in computer science from N.C. State University and a master’s in business administration with a focus on IT management from Western Governors University.

WHAT’S HAPPENING AT WakeMed



Wool E. Bull hit a home run when he paid a visit to the WakeMed Children’s Hospital in August. The Durham Bulls mascot brought smiles and signed baseballs to patients and staff!



Have news to share?
Send it to microscope
@wakemed.org



One former brain injury patient, along with his parents, participated in an annual panel with the WakeMed Rehabilitation therapy care teams to share his traumatic brain injury story and healing journey, and how WakeMed Rehab was there to support them every step of the way. WakeMed’s Brain Injury Rehabilitation System (BIRS) is the area’s largest and most comprehensive brain injury program, serving over 200 brain injury survivors each year.



Lights, camera, action! WakeMed’s outstanding Women’s Services team participated in the filming of our newest commercials for the Women’s service line. Thank you to everyone who took part in this new advertising campaign!



WakeMed recently celebrated the graduation of its fourth cohort from the Medical Assistant (MA) Apprentice Program, a milestone that highlights the organization’s commitment to cultivate the next generation of health care professionals. This innovative program, launched in collaboration with Wake Tech Community College, offers students a unique opportunity to gain paid, hands-on experience while completing their coursework.

The MA Apprentice Program was designed to address staffing shortages across WakeMed Physician Practices (WPP) by building a strong pipeline of skilled, job-ready talent. Students are hired as apprentices during their studies, allowing them to apply classroom knowledge in real clinical settings. Upon graduation, many transition seamlessly into full-time roles at WakeMed.

Luan Cox, manager (Clinical Operations and Compliance-WPP), emphasized the dual benefits of the initiative: “The MA Apprentice program has allowed us to select students that show potential and grow them into outstanding health care professionals. Through collaboration with Wake Tech, we can influence and support their development through early exposure to the Wake Way. This program facilitates strong relationships that make the transition to permanent employment less stressful. It’s a win-win for everyone involved.”

CELEBRATING WAKEMED’S MEDICAL ASSISTANT APPRENTICE PROGRAM GRADUATES



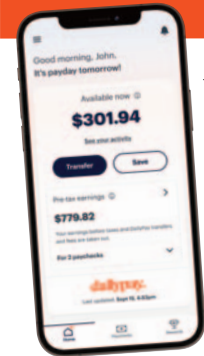
The program also fosters growth among current staff, who serve as preceptors and mentors to apprentices. **Lindsey Hollis** (Workforce Development) shares: “Apprenticeships at WakeMed are an incredible way to provide on-the-job training for students while also introducing them to what makes WakeMed unique – our culture and especially our staff. We have incredible access to top-tier educational institutions in our area and are always working to expand and grow our apprenticeship programs.”

For students like **Mia Jacobs** (Primary Care – Fuquay-Varina Medical Park) the experience has been transformative. “What I enjoyed the most about the MA Apprentice Program was immediately being able to practice new skills. I was assigned a designated preceptor, and we worked together to complete our focus goals. The most valuable takeaway was being welcomed into the facility as a student and transitioning into a full-time Medical Assistant. The entire team welcomed me with open arms – they were so kind and resourceful. The apprenticeship program offered me a wonderful opportunity to join an amazing team and propelled me into my new career in health care,” she shares.

WakeMed continues to expand its apprenticeship offerings in various health care areas, providing students with real-world experience and a pathway into meaningful careers. For more information or to explore current opportunities, please contact WorkforceDevelopment@wakemed.org. You must be enrolled at the college listed with the apprenticeship to apply. To see all the schools and health care areas where WakeMed offers apprenticeships, visit www.wakemed.org/allied-health-apprenticeships.



dailypay.
NOW AVAILABLE



WakeMed recently launched a new, optional service called DailyPay that provides greater flexibility for employees to track and access their earned pay in between paychecks, access financial resources and view their credit score.

Employees can also use DailyPay to access a portion of their available earnings prior to payday. On payday, you will receive your remaining paycheck amount via direct deposit from DailyPay (minus any early transfers and fees, if applicable). There is no cost to create a DailyPay account and no charge for next-business-day transfers (immediate transfers are subject to a \$3.49 fee).



To learn more, visit MyWakeMed and search “DailyPay” or scan the code.

NEWS FROM

WakeMed

Physician Practices

Welcome New Physicians



Brent Bermingham, MD
Pulmonology



Brian Cohen, MD
Heart & Vascular



Lauren Daugherty, MD
General Surgery



Steven Hesse, MD
OB-GYN



Olivia Hurd-Pipalia, DO
Psychiatry



Gregg Lowery, DO
Primary Care



Eric Olson, MD
Hematology & Medical
Oncology



Max Perlmutter, MD
Hospital Medicine



Minh Nguyen, MD
Plastic & Reconstructive
Surgery



Aaron Vose, MD
Hospital Medicine



Cindy Williams, MD
Pediatric Pulmonology

Welcome New Advanced Practice Providers

Markeisha Edgerton, NP
Heart & Vascular

Jessica Ely, PA
Wake Orthopaedics

Kelly Juliet, PA
Heart & Vascular

Mallory Schulze, PA
General Surgery

Zerwa Syed, PA
Heart & Vascular

WE'VE MOVED!

WakeMed Pulmonology – Cary

Previously located at HealthPark at Kildaire, Pulmonology – Cary has relocated to the Medical Park of Cary, located at 210 Ashville Avenue, in Suite 220.

WakeMed Sleep Medicine – Cary remains in Suite 310 in the HealthPark at Kildaire.

NOW OPEN!

WakeMed Cancer Care – Hematology & Medical Oncology

Our third location in North Raleigh is now open. Infusion services will be offered at this location beginning later this fall.

Cancer Care - Hematology & Medical Oncology - North Raleigh
Physicians Office Pavilion, Suite 202
10010 Falls of Neuse Road
Raleigh, NC 27614



WakeMed

Back & Spine Center

A Better Back & Spine Option –
Right Here at WakeMed

Whether you're a WakeMed team member seeking care for yourself or referring a patient, our Back & Spine Center offers trusted, coordinated support for back, neck or spine pain – right here at home. Located at Raleigh Campus, WakeMed Back & Spine Center makes it easy to access expert evaluation, treatment and support all in one convenient place. From the very first visit, patients are guided by a Spine Nurse Navigator who helps coordinate care and answers questions at every step. Whether it's therapy, imaging, pain relief or a consult with a specialist, we're here to help get you – or your patients – on the path to feeling better, faster.

Our Partners in Care

We partner with leading specialists from Wake Orthopaedics, Raleigh Neurosurgical, Raleigh Radiology, Carolina Rehab & Associates and WakeMed Outpatient Rehab & Physical Therapy. Together, we provide comprehensive, interdisciplinary care for a wide range of spine conditions.

Referrals and Consultations 919-350-BACK (2225)



Center for Community Health **COMMUNITY CHAMPION**

The *Triangle Business Journal* recently announced the winners of its Community Champion Awards, and the WakeMed Center for Community Health is among the list of 25 honorees! The Community Champion Awards program is designed to recognize organizations and individuals who have shown an exceptional commitment to strengthening the communities they serve through both external and internal initiatives, including community outreach and engagement in the workplace.

"THE CENTER FOR COMMUNITY HEALTH HAS WELCOMED ME WITH OPEN ARMS THROUGHOUT MY BATTLE WITH CANCER – MY DOCTOR TRULY CARES ABOUT ME AND HELPS ME STAY POSITIVE. THIS PLACE AND ITS PEOPLE TRULY LIFT MY SPIRITS." – WILLIAM M., CENTER FOR COMMUNITY HEALTH PATIENT

Since it opened in 2022, the Center for Community Health has served thousands of our most vulnerable residents, providing care and connections to community resources. Located near Raleigh Campus, the Center offers an integrated care model that meets both the mental and physical health needs of patients while addressing long-standing health inequities. At the Center for Community Health, patients have access to primary care, psychiatry, trauma therapy, spiritual care, case management and community services to put them on a trajectory for long-term success in the community. While the impact of this facility is immeasurable, some of their innovative and impactful programs include:

- Screening all patients for social determinants of health and initiating connections with community resources to meet basic needs – food, housing, transportation, human connection – to remove barriers and foster sustained health.
- Partnering with King's Ridge, an apartment community designed for families and individuals moving out of homelessness, to staff an on-site health clinic and host health and wellness education seminars for residents.
- Supporting mental and physical well-being by providing no-cost access to Calm Health, an app developed by psychologists that addresses life experiences and health conditions alongside resources and short screenings for mindful support.

Leaders from the Center for Community Health have shared their model with other hospitals and communities in hopes that they will consider applying similar approaches to their value-based care models or population health initiative to promote community engagement and community health.

A New Resource for Patients Navigating Medicare

WakeMed is collaborating with Chapter, an independent Medicare advisor, to provide educational information and guidance for all WakeMed patients who are eligible for Medicare. Existing Medicare patients and those who are newly eligible can now receive no-cost consultations with Chapter's dedicated Medicare advisors, who will provide up-to-date information about plan options. This service is available during Medicare Annual Enrollment (October 15 through December 7) and year-round for newly-eligible patients.

Chapter's advisors will work with patients to determine whether their current plan meets their health care needs, help navigate changing plans when appropriate and choose a Medicare plan that:

- Confirms trusted WakeMed doctors are in-network
- Covers needed prescriptions
- Works for individual care needs and budget

This collaboration underscores WakeMed's commitment to providing patient-centered, high-quality care for the entire community. Patients interested in learning more can call 919-421-7997 or visit askchapter.org/wakemed.



Exceptional People.
Exceptional Care.

CELEBRATING WAKEMED SUCCESS!



Kudos for WakeMed Rehab!

Both *Newsweek* and *U.S. News & World Report* recognized **WakeMed Rehabilitation Hospital** as being among the top physical rehab facilities in the nation. Both lists highlight the top physical rehabilitation facilities based on quality of care, quality of service, quality of follow-up care and accommodation and amenities relative to other facilities in the state and nation.

The Rehab Hospital ranked #29 on the *U.S. News* 2025-2026 Best Hospitals for Rehabilitation list. This is the fifth year that WakeMed Rehab has been named a top U.S. hospital by this publication.

The Rehab Hospital was also one of 320 inpatient facilities named to America's Best Physical Rehabilitation Centers 2025 by *Newsweek* and Statista. WakeMed Rehab Hospital ranks as the top physical rehabilitation facility in North Carolina!

WakeMed Named a Top Employer

WakeMed was recognized as one of North Carolina's **best employers** following an independent survey conducted by *Forbes* and Statista, a market research company. The survey, which includes rankings of companies in all 50 states, as well as Washington D.C., was compiled by surveying 160,000 Americans working for companies with at least 500 employees.

WakeMed Tops U.S. Enrollment in Cancer Care Clinical Study

Congratulations to **WakeMed Cancer Care – Hematology & Medical Oncology** and **WPP Clinical Research**! A team from these departments has enrolled more patients in the LUNAR-2 lung cancer clinical trial than any other participating U.S. site. There are currently 80 study sites worldwide – 34 are in the United States. WakeMed is the only site in the Triangle.

The team continues to enroll patients in the study to evaluate the efficacy and safety of tumor treating fields, delivered using the NooTTF-200T device, together with standard of care, cancer-fighting therapies. The study is intended for patients who have recently been diagnosed with metastatic non-small cell lung cancer and have not yet received treatment.

Praveen Namireddy, MD, (Hematology & Medical Oncology), second from left, is the principal investigator for the study at WakeMed. **Ryan Collins**, PA-C, far left, is the sub-investigator. They are joined by research coordinators **Taylor Childress** and **Caroline Canova**, WakeMed Research & Innovation.

WakeMed Named A High Performing System by U.S. News & World Report

WakeMed achieved high performance ratings in 13 key categories for *U.S. News & World Report's* 2025-2026 list of Best Hospitals: Procedures & Conditions. The publication evaluated more than 4,400 hospitals across 22 benchmark procedures and conditions to compile the 2025-2026 rankings and ratings. The WakeMed system earned high performing ratings – the highest award designation available – in recognition of care that was significantly better than the national average, as measured by factors such as patient outcomes.

Raleigh Campus and North Hospital ranked as 'High Performing' for: Aortic Valve Surgery, Back Surgery (spinal fusion), Diabetes, Heart Attack, Heart Bypass Surgery, Heart Failure, Hip Fracture, Pacemaker Implantation, Pneumonia, Prostate Cancer Surgery, Stroke, and Transcatheter Aortic Valve Replacement (TAVR). Cary Hospital was rated as 'High Performing' for: Heart Arrhythmia, Heart Failure, Pacemaker Implantation, Pneumonia, Prostate Cancer Surgery and Stroke.

The annual Procedures & Conditions ratings are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or elective procedures.



STUDENTS TAKE
NURSE'S IDEA
FOR A RIDE

When **Patti Curtin**, RN, and her team in the Children's Emergency Department saw an opportunity to help ease pediatric patients' nerves during transport throughout the hospital, she tapped WakeMed Innovations for a solution. Innovations Manager **Robin Jacob** – a biomedical engineer by training – collaborated with Child Life Services and made the plan come to life.

Throughout the summer, Innovations hosted a cohort of NC State and UNC students working on their master's degrees in biomedical engineering. Each of the 12 students had their own projects to complete and they were game to take on one more – the creation of a distraction device for kids that could easily clip on a gurney and be removed in case of a medical emergency during transport.

The students unveiled Twinkle's Rocket Ride during Bedside to Blastoff, a showcase of their projects at Raleigh Campus in August. The students turned over their schematics to Innovations so we can replicate Twinkle's Rocket Ride in the future and use it to help distract kids with fun on their way to not-so-fun clinical testing and treatment.

WOW, WHAT AN EMPLOYEE!

Hillary Lockemer, MD, (Pediatric Endocrinology) and **Jenna Beckham**, MD, (OB-GYN) were chosen to participate in Epic Specialty Exemplars, an elite program that allows specialists who excel in their use of Epic share their success with peers around the world.

Congratulations to **Jayson Revocal**, RN, (Emergency Department – Wendell Healthplex) for recently becoming a certified emergency nurse (CEN).

Stephanie Baker (Physical Therapy & Rehab) was promoted to manager of Clinical Operations, Quality and Denial Management.

Nate Creech (Regional Trauma Program) was promoted to manager of Operations & Preparedness.

Bailey Mohr was promoted to supervisor of Environmental Health & Safety.

Tommy Davis (Environmental Services) joined the online graduate faculty pool at Southern New Hampshire University as an adjunct professor of Leadership and Business Management.

COMINGS & GOINGS



1B Clinical Evaluation Area wishes a happy retirement to **Lena McClain**, RN, (1B Clinical Evaluation Area) after 46 years of dedicated service.



Facility Services wishes **Don Taylor** a very happy retirement. During his 41 years of dedicated service to WakeMed, Don had the distinct privilege of being present for every holiday tree

lighting event in the Raleigh Campus Courtyard, along with many other historical events.



Happy retirement to **Melanie Johnson**, RN, (Wound Ostomy Nursing), who has been a member of the WakeMed family member for 33 years.

Happy retirement to **Kim Anderson**, RN, (Urgent Care – Cary) who will be retiring in October after 14 years with WakeMed.

5 West Surgical & Trauma – Cary Hospital welcomes **Haley Berner**, RN; **Brendon Souza**, RN; **Avery Weaver**, RN; **Bibha Dawadi**, RN; **Jill Edwards**, RN; **Kaleigh Thibodeau**, RN; **Cindy Montoya-Esquivel**, **Kayla Lightner**, and **Brianna Langley**.

Home Health welcomes **Marquitta Mitchell**, **Alice Pasion**, **Ivy Baldemoro**, **Jen DeSilver**, and **Ginny Stahl**, RN.

1C Clinical Evaluation Area welcomes **Crystal Brown**, RN; **Chamaria Wilson**, RN; and returning WakeMed team members **Shatia Jordan**, RN; and **Suzanne Butler**, RN.

1A Clinical Evaluation Area would like to welcome **Jaquana Harvey**, **Esther Nyacori**, **Jordan Walters**, **Jailene Raudales-Bautista**, and **Peter Field**, RN.

CVICU welcomes **Cassidy Sellner**, RN; **Hailey Lancaster**, BSN, RN; and **Kendra Phillips**.

3B CVIC welcomes **Andrea Mendoza**, RN; **Amalia West**, RN; **Nancy Edwards**, RN; **Jackie Calamaco-Conde**; **Ashley Espino**; and **Chioma Agi**.

MICROSCOPE

Microscope is a monthly newsletter written by and for the employees of WakeMed. Our goal is to provide employees and friends of WakeMed with the most up-to-date news on all of the hospital system's activities. The Marketing & Communications department thanks all of the employees who contributed to this publication.

We welcome comments and suggestions on this publication and its content. Call (919) 350-8120, e-mail microscope@wakemed.org, or write Microscope, WakeMed Marketing & Communications, 3000 New Bern Avenue, Raleigh, NC 27610.

Kate Wilkes Editor
WakeMed Employees, Photos

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Raleigh, NC 27610

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10 October World Mental Health Day

WakeMed is committed to mental health education, awareness and advocacy against social stigma. On World Mental Health Day, we encourage our team to take a moment to set aside some time for your own mental health care.

Take a walk. Meditate. Call a friend. And watch for information about a WakeMed Courageous Conversations panel discussion on mental health.

For additional information about resources available to WakeMed family members, visit the Employee Well-being page on MyWakeMed.

Follow us TO WELLNESS!



WakeMed & WakeMed Children's



@WakeMedHospitals



@WakeMed

CALENDAR OF EVENTS

EMPLOYEE WELL-BEING

Blood Drives

Give the gift of life this fall! See MyWakeMed for details on registration.

- **Tuesday, October 21**– Raleigh Campus, Cary Hospital, Operations Center & Garner Healthplex
- **Wednesday, October 22** – Raleigh Campus, North Hospital & Apex Healthplex

Scoop on Nutrition

Join a Corporate and Community Health registered dietitian in a 30-minute detailed dive into a wide variety of nutrition topics. Come listen, learn, ask questions and share ideas with your coworkers. The topic for October is Eating Well While Eating Out. We all need to get a restaurant or fast-food meal from time to time but may struggle with making a healthy choice in these settings. See MyWakeMed for dates and details to join the discussion and get recommendations and tips to make eating out a healthier experience.

EMPLOYEE FORUMS

Join **Donald Gintzig**, President & CEO – in person or virtually – for an informal conversation to learn how we're doing and what's ahead for WakeMed. Visit MyWakeMed for details.

In-Person

- Raleigh Campus – Thursday, September 25, 2:30 pm
- North Hospital – Tuesday, September 30, 3 pm

Virtual – Tuesday, September 23, noon



WORKFORCE DEVELOPMENT

Spotlight on Rehabilitation Services: Empowering Recovery

Tuesday, October 7, 5:30 to 7:30 pm
Andrews Center



Are you interested in a career in Rehab? Come learn how our dedicated team of specialists, including physiatrists, physical therapists, occupational therapists, speech therapists, and case management teams, work together to help patients regain independence and improve their quality of life. To learn more and register, scan the code.

Advance Your Career – College Representatives On-Site

Nursing Education and Workforce Development bringing our educational partners directly to you! Representatives from a variety of colleges and universities will be on-site in the cafeterias at Raleigh Campus, Cary Hospital and North Hospital during lunch hours (11 am to 2 pm) on the second and fourth Wednesday of each month until December. This is a great opportunity to explore academic programs, ask questions, and take the next step in your personal and professional development. To see the schedule, visit the Workforce Development intranet page.

GET READY FOR FUN-TEMBER

Once again this September, we are making time to have a little FUN and celebrate our incredible WakeMed family! Take a break and join your colleagues throughout the month of FUN-tember! In-person events will be held across the system along with weekly virtual bingo – with great prizes available for the winners! Look for details on MyWakeMed and in the WakeMed Weekly.

ORGANIZATIONAL DEVELOPMENT

All programs and classes can be found in WakeMedU and are offered by Organizational Development. These support and advance WakeMed's mission, vision and aspirational goals and Wake Way Every-Time Behaviors. For more information or questions, please email orgdevelopment@wakemed.org

- **The 6 Critical Practices for Leading a Team** – Thursday, September 25, 8:30 am to 3:30 pm: This course equips leaders with the essential skills and tools to get work done with and through other people.
- **Authentic Listening and Powerful Questioning** – Thursday, October 2, 9 am to noon: Learn how to truly listen in order to be a resource to others and how to unleash the potential in others by asking the right questions.
- **Crucial Accountability** – Tuesday, October 14, 9 am to 3:30 pm: Learn how to hold anyone accountable, regardless of position or personality. (Prerequisite: Crucial Conversations).
- **Feedback that Works** – Thursday, October 16, 9 to 11 am: Discover how to give direct, honest, and timely feedback without emotion or judgement.
- **People See Things Differently** – Thursday, October 30, 9 am to noon: Gain a better understanding of yourself and others by exploring personality preferences. (MBTI)

WAKE AHEC EVENTS

- **Holistic Horizons: Multidisciplinary Perspectives in Age-Friendly Care** – September 19
- **Bridging the Gap: Empowering Primary Care Providers in Dementia Diagnosing, Care Continuity, and Resource Integration** – October 4

For a complete list of events, please visit www.wakeahec.org/courses-and-events