



# You're Gonna *Love* LANE



## Message from CEO

It's been a year since our expansion project for an updated facility focused on patient-centered care began. Construction of the 4-story patient tower is at the half-way point and the exterior work is close to completion. The focus will soon shift to the interior walls and finishes. Weather permitting, we anticipate opening the new tower in December 2024.

Our new retail pharmacy Lane Rx (formerly Medical Pharmacy) is open and has everything you would expect, including great customer service. A few conveniences include their RxLocal mobile app which allows you to manage your refills from your smart phone and walk-in adult immunizations without a prescription.

We added two new physicians to our medical staff, Dr. Bikal Sapkota at Lane Pediatrics and Dr. Ndeke Nyirenda at Lane Family Practice. Both look forward to providing exceptional medical care to you and your family.

As we move forward with our vision for the future of Lane, we thank you for your continued trust and support.

Kindest Regards,  
*Larry Meese*

## IN THIS ISSUE

- Welcome To Lane
- Lane Rx is Now Open
- Board of Commissioners
- Medical Staff Officers
- Service Milestones
- Expansion Update
- Patient Testimonials
- MVP of the Year
- Scrapbook
- Save the Date Chili Cook-Off
- Golf Tournament Results
- Hero Club Donation



Lane Regional  
Medical Center

Care You Can Count On



## Welcoming Bikal Sapkota, MD to



## Lane Pediatrics



*"From routine checkups to immunizations, my goal is to help kids stay as healthy as possible and be their advocate."*

*"When kids are sick, I want them to feel comfortable coming to the office and getting the care they need."*



**Same Day Appointments Available!**  
Call 225-658-4070

Dr. Sapkota is here to help you with the most important job in life – raising your children and keeping them healthy.



Dr. Sapkota's expertise lies in providing compassionate and nurturing care to children of different ages including neonatal care, performing examinations and evaluations to assess patient growth and development, and treating children with both minor illness and chronic health issues.

**Dr. Sapkota is now accepting new patients!**


**Services for newborns, toddlers, children and teens include:**

- Well-baby Exams
- Developmental Screenings
- Preventive Check-ups
- Primary Care Services
- Immunizations
- Flu Shots
- School & Sports Physicals

Lane Pediatrics • 6110 Main Street, Suite B, Zachary • 225-658-4070 • LaneRMC.org

## Welcoming to



## Lane Family Practice

**Dr. Ndeke Nyirenda has joined the staff of Lane Family Practice and is now accepting new patients!**

**For a same-day appointment, please call 225-654-3607.**

### Ndeke Nyirenda, MD


Dr. Nyirenda specializes in Family Medicine. From seasonal allergies and cold/flu/COVID symptoms to management of chronic health issues such as migraines, hypertension and diabetes, Dr. Nyirenda is here to help with all of your healthcare needs.

**Services include:**

- Preventative Care
- Annual Wellness Exams
- Chronic Disease Management
- Immunizations
- Mental Health
- Women's Health
- Minor Office Procedures
- Onsite X-ray and Laboratory Testing

*"I love what I do. Being in family medicine allows me to really get to know my patients and support their health goals."*

*"I want my patients to be as healthy as possible and live life to the fullest."*



**Highlights**

Board certified in Family Medicine

Completed residency at Arrowhead Regional Medical Center, Colton, California

Received Doctor of Medicine from Ross University School of Medicine, Barbados

Lane Family Practice • 2335 Church Street, Suite E, Zachary • 225-654-3607 • LaneRMC.org



# Lane Rx is NOW OPEN

Lane Rx (formerly Medical Pharmacy) can refill prescriptions from any physician or medical provider – making it easier for you to transfer all your prescriptions to one convenient location.

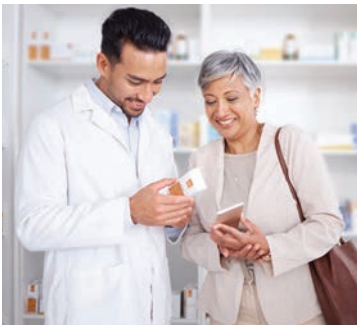


Lane Rx is located in front of Lane Regional Medical Center at 6400 Main Street in Zachary.

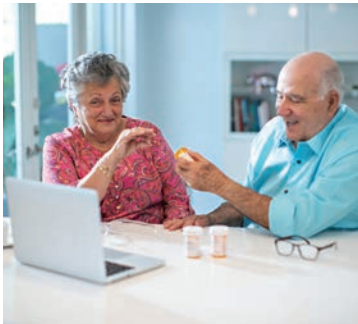
## Services Include:

New prescriptions and transfers

Medication synchronization to pick up all of your refills on a single day each month



24/7 refills by calling 225-658-4022 or using the RxLocal mobile app to request and manage refills from your smart phone



Special flavoring available for children's medications

Patient counseling services to help manage your medications



Onsite vaccinations and immunizations – no prescription needed!

Durable medical equipment

Orthopedic, ostomy, and wound care supplies

Over-the-counter products

Gifts and Apparel



Assistance with insurance and billing

Convenient Drive-thru window



Our experienced pharmacists are here to answer questions about specific medications, dosages, prescriptions, and over-the-counter products.

As an independent pharmacy, Lane Rx is able to offer quality products and services – at prices that are competitive with the big national chains. Plus, we offer a special dose of compassion and caring to help you feel at ease.

We look forward to getting to know you and your family. Have questions for the pharmacist or need to refill a prescription?





Lane Rx

Care You Can Count On



# Board of Commissioners



*Debbie Brian*



*Ben Cavin*



*Nakeisha Cleveland*



*David Bowman*



*Thomas Scott, Chair*



*Reagan Elkins, MD*



*Darnell Waites*



*Donna Kline*



*Myiesha Beard*

## OUR VISION

To be the best community healthcare system in the nation.



## OUR MISSION

To provide exceptional healthcare service to every patient, every time.

## Medical Staff Officers

Election of the 2024 Medical Executive Committee Officers for Lane Regional Medical Center include:



**Samantha Bland, MD**  
with Lane OB/GYN has been named **Chief of Staff and Representative to the Board.**



**John Wilkinson, MD**  
with Baton Rouge Orthopaedic Clinic has been named **Vice Chief of Staff.**



**Charles Thompson, MD**  
with Cardiovascular Institute of the South has been named **Secretary/Treasurer.**





# Lane Honors Staff Members for Service Milestones

**Congratulations to the 38 staff members celebrating a Service Award milestone. Honorees were recognized to thank them for their service at Lane. Collectively they represent 450 years of service!**

**45 Years of Service**

Scarlet Collier, Information Systems

**30 Years of Service**

Allyson Bennett, Quality Resources

**25 Years of Service**

Jacqueline Brown, Nutritional Services

**20 Years of Service**

Brittany Casey, Staff Development  
Eric Rome, Cath Lab  
Glynnnda McDonald, Pharmacy

**15 Years of Service**

Russell Arceneaux, Endoscopy  
Zella Davenport, Environmental Services  
Amy Lea, Quality Resources  
Jacqueline Loyd, Medical/Surgical  
Matt Walker, Information Systems

**10 Years of Service**

Harvey Best, Imaging  
Danny Bourgeois, Lane Surgery Group  
Michael Bua, Environmental Services  
Tevin Gordon, Materials Management  
Tommy Gould, Lane Family Practice  
Regina Henry, Nutritional Services  
Meagan Holcombe, Endoscopy  
Minerva Kilbourne, Lane Home Health  
Jennifer Lipscomb, Lane Home Health  
Ashley Martin, Labor & Delivery  
Deanna Minor, Nutritional Services  
Theresa Payment, Lane Foundation  
Shannon Wright, Environmental Services

**5 Years of Service**

Jessica Belue, Labor & Delivery  
Samantha Bland, Lane OB/GYN  
Tregesha Campbell, Environmental Services  
Claudia Cantwell, Lane Home Health  
Chelsea Easterly, Emergency Room  
Garrett Gustafson, Environmental Services  
Latoya King, Laboratory  
Darren LeBlanc, Pharmacy  
Lethetia LeDuff, Lane Home Health  
Kallyn Prevost, Emergency Room  
Sydney Price, Emergency Room  
Rosalyn Sanders, Imaging  
Elise Von Rosenberg, Labor & Delivery



45 Years: Scarlet Collier



30 Years: Allyson Bennett



25 Years: Jacqueline Brown



20 Years: (L-R)  
Brittany Casey,  
Eric Rome, and  
Glynnnda McDonald



15 Years: (L-R)  
Zella Davenport,  
Matt Walker, and Amy Lea



10 Years: (L-R)  
Michael Bua,  
Deanna Minor,  
Meagan Holcombe,  
and Minerva Kilbourne



5 Years: (L-R) Darren LeBlanc, Latoya King, Rosalyn Sanders, Claudia Cantwell, Lethetia LeDuff, and Garrett Gustafson





# EXPANSION

## 4-story Patient Tower at Half-Way Point

A year after demolition began, construction of the 4-story patient tower is at the half-way point. Exterior work is nearing completion, and the focus has shifted to the interior. Weather permitting, the new patient tower will open December 2024. More details and time lapse videos can be found on the Lane website at [LaneRMC.org](http://LaneRMC.org).



### Construction Work Completed:

- New sewer line
- Concrete slab
- Two stairwells and two elevator shafts
- Firewall between existing building and new construction
- Structural steel work
- Concrete floors
- Exterior wall studs and sheathing
- Lightweight concrete roof with rubber matting
- Three A/C chillers
- Fireproofing spray



### Construction Work In-Progress: Beginning on the 4th Floor, Working Downward

- HVAC ducts, temporary lighting, and plumbing supports
- Plumbing rough-ins
- Wall framing
- Drywall
- Sprinkler system
- Window frames and glass
- Exterior brick work





## Once the entire expansion project is completed in 2026, major changes to the hospital will include:

- 4-story patient tower and 37,000 square feet of interior renovations
- 48 new patient rooms with large windows and walk-in showers
- 6 additional ICU rooms
- Entire 2nd floor dedicated to a contemporary surgery department
- 4 operating suites equipped with advanced technology
- 15 private pre- & post-surgery patient rooms
- Patient registration and pre-admit areas relocated to front entrance
- New dining room and serving line
- Expanded lab and imaging areas
- UV light technology for purified air throughout the facility
- Modernized front entrance





# Patient Testimonials

## Weight Loss Surgery With a Gastric Sleeve Annette Ponthier's Patient Story

"Everything is great!" These are the words of Annette Ponthier a year after her weight loss surgery. Annette was the very first patient to have the gastric sleeve procedure at Lane, and her experience could not have been better with Dr. Frank Sanfiel and the staff at the Lane Surgery Group.

Before Annette's gastric sleeve surgery, everything felt like a chore. "I would get winded just by walking. I'd constantly need to rest. I needed to use a shoehorn. I was taking medicine for a number of health conditions," remembers Annette.

After her gastric sleeve procedure, none of that is needed. Annette enjoys being active and exercising. She is off all of her medications, and there's not a shoehorn in sight. So far she has lost more than 85 lbs.

"I love how I feel and that I can get down on the floor and play with my grandkids. It's been great, but I still have a way to go to reach my goal weight," says Annette.



For those considering this weight loss experience, Annette has some words of wisdom and encouragement.

**"Don't wait. Do it.  
It's not easy, but it's worth it!"**

## OB/GYN and Labor & Delivery Services Courtney Spears' Patient Story

When Courtney Spears and her husband, Everett, were expecting their first child, Emanie, seven years ago, she began seeing Dr. Joshua Best at Lane OB/GYN. Living in Baker, Baby Lane (the labor and delivery unit at Lane), along with their expert staff of OB/GYNs, nurses, ultrasound techs, and more was a perfect option for the Spears family.

In 2020, Courtney and Everett became parents again to Ethan and Curtis. "Seeing two babies on the screen during the ultrasound was a surprise. We were shocked but so happy," remembers Courtney. Fast forward to 2021 and Courtney is looking at a familiar screen, this time with twins Emory and Cassidy. Once again, the pregnancy went very well under Dr. Best's care.

After having five beautiful, healthy, and happy babies, Courtney scheduled a tubal ligation with Dr. Best. "Before the procedure, I had to take a pregnancy test, and it was positive." With a positive pregnancy test, Courtney's next stop was to see Emily, her ultrasound technician over the past few years. Courtney recalled, "During the ultrasound, Emily just stared at me. The shock on her face said it all, and she just shook her head 'Yes.'" Courtney was pregnant with her third set of twins in three years, Eva and Camryn.



Courtney's experiences over the years at Baby Lane and with Dr. Best have been as exceptional as they've been unique.

**"The service is spectacular, and everyone is so nice. I highly recommend Lane OB/GYN."**



## Outpatient Therapy

### Kim Armstead's Patient Story

When Kim Armstead tore her rotator cuff, finding a physical therapist at Lane Outpatient Therapy was at the top of a very short list. "Living in Ethel and working at Lane made attending physical therapy there an easy choice," says Kim. "Not only was it a convenient option, but my husband, Dexter, and daughter, Autumn, also previously rehabbed with the physical therapists at Lane."

While Kim can't pinpoint exactly what caused her rotator cuff tear, she underwent surgery shortly after the diagnosis. "The doctors debrided the rotator cuff and also cleaned out some arthritis while they were in there. I started physical therapy a few days later," remembers Kim.

Physical therapy is an essential part of the recovery process following a rotator cuff tear. This treatment provides several advantages to patients in their recovery and regaining maximum shoulder function, regardless of the extent of the tear.

A few of the benefits that physical therapy offered to get Kim back in action after her surgery included pain reduction, improved range of motion, strengthening muscles, functional training, and individualized treatment.



Sessions are one-on-one with experienced therapists to reach goals more quickly.

**"The interaction was great. I saw Kacey, Scott, and Kim. It was truly personalized care, and they were there for me the entire time."**

## Diabetic Wound Care

### Lyle Brown's Patient Story

Lyle Brown's experience at Lane Wound Care began several years ago, driven by a complex medical history marked by diabetes-related complications. "It's like a family there. You're not just a patient; you're part of their family," Lyle said, reflecting on the warm atmosphere that greeted him. From the clerical staff to the medical professionals, he felt a sense of belonging and caring.

Over the years, Lyle faced a series of challenges, including the amputation of two toes on his left foot due to his diabetes. He vividly recalled the turning point when a home health nurse recommended that he see Dr. Trahan at Lane Wound Care as his condition was deteriorating and needed an effective solution for a non-healing wound.

Lyle's story took an unexpected turn when he developed Charcot syndrome, a condition causing bones in his foot to collapse, and it was decided that amputation of his right foot was the best course of action.

Through a combination of wound care and hyperbaric oxygen therapy, Lyle found relief and healing.



Lyle shares his message to others facing similar challenges.

**"If you want to get healed, I would definitely suggest Lane Wound Care & Hyperbaric Oxygen Therapy Center."**



# Courtney Day Named Lane 2023 MVP of the Year

Congratulations to Courtney Day for being named 2023 MVP (Most Valuable Player) of the Year! Courtney is a nurse in Lane’s Staff Development Department and was recognized for her dedication, outstanding work ethic, and customer service skills.

Courtney was nominated by a co-worker who stated: “When an idea is mentioned in committee, Courtney runs with it. She coordinated with the Zachary Food Pantry to have food collection barrels placed at Lane, and she collaborated with the Junior League of BR and Lane Pediatrics to become a diaper bank distribution site. In the past few years, Courtney has helped Lane garner more than \$100,000 in grants for dedicated safety projects. Courtney’s desire to meet the highest standards is evident in all she does. From her teaching skills and knack for making everyone feel part of the team, to her ability to create employee appreciation events, her standards are high. **Thank you for all you do!**”



**2023 MVP of the Month Nominees:**

<b>February</b>	Lawrence Narcisse, Environmental Services
<b>March</b>	Kaycie Schober, Human Resources
<b>April</b>	Michelle Nolen, Lane Dermatology
<b>May</b>	Summer Day & Kristie Huckaby, Day Surgery
<b>June</b>	Leslie Hutchinson, Cath Lab
<b>July</b>	Emily Burleson, Lane OB/GYN
<b>August</b>	Hannah Lecoq, Pharmacy
<b>September</b>	Latoya King, Lab
<b>October</b>	James Pierce, Cath Lab
<b>November</b>	Courtney Day, Staff Development
<b>December</b>	Naomi White, Communications/IT

*Please join us in congratulating Courtney and our nominees for exemplifying Lane’s Mission, Vision and Values.*



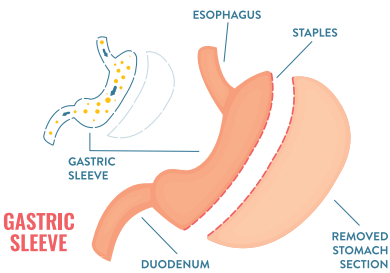
**You could be a candidate for surgical weight loss if you:**

- Are more than 80 pounds over your ideal body weight.
- Have a Body Mass Index (height to weight ratio) between 40-47.
- Have a Body Mass Index of over 35 and are experiencing severe negative health effects, such as high blood pressure or diabetes.
- Are unable to achieve a healthy body weight for a sustained period of time, even through medically supervised dieting.

**At Lane Surgery Group**, we are helping many morbidly obese people lose weight through Gastric Sleeve Surgery. Using this laparoscopic procedure, our general surgeons remove 3/4 of the stomach which limits the amount of food that can be eaten and reduces hunger signals to the brain.

The surgery entails a one-night inpatient hospital stay, but most people can return to work in as little as a week after the procedure.

To discuss your weight loss goals, medical history, and gain a better understanding about Gastric Sleeve Surgery and its risks as well as its benefits, please call Lane Surgery Group at 225-570-2489 to schedule a consultation.



 **Lane Surgery Group**  
*Care You Can Count On*



Frank Sanfiel, MD, FACS



Dan Bourgeois, MD

**For your weight loss surgery, Lane Surgery Group accepts Medicaid and has cash pay and payment plan options!**

4801 McHugh Road, Suite C  
Zachary, LA 70791  
**225-570-2489**



# Scrapbook

## Lane Pediatrics Named Diaper Bank Partner Agency

Lane Pediatrics was chosen as a Junior League of Baton Rouge Partner Agency for the Diaper Bank Program to support area families in need with diaper donations.

## Lane Diaper Drive a Huge Success!

Shout out to the Lane staff and community members who donated diapers during our recent diaper drive.



## CIS First in State to use New Atherectomy System to Treat Peripheral Artery Disease

Dr. Charles Thompson, interventional cardiologist at Cardiovascular Institute of the South, is the first in Louisiana to use the Auryon Laser Atherectomy System to treat peripheral artery disease in the legs. Dr. Thompson says, "For the patient, this is a limb- and life-saving procedure."



## National Home Care Month

With a 5-star customer satisfaction rating, Lane Home Health has provided exceptional healthcare to patients since 1984. Lane Home Health allows patients to receive professional care in the comfort of their own home. If you or a loved one is homebound and would benefit from home health services, please give us a call at 225-658-4150, and we will help you secure a physician referral.



## 100 Great Nurses

Chief Nursing Officer Staci Sullivan (R) was recently recognized as one of Louisiana's Great 100 Nurses!



## The Silencer

FASTLane has upgraded their Occupational Medicine Program by adding a new sound-proof booth for audiogram testing. The screening booth, which we have named "The Silencer", is

## Quality Incentive

Lane Family Practice received a quality incentive of \$1500 from the Verity Healthnet Provider Network & Value-Based Program.



## We Love our Pharmacy Team

We want to recognize and appreciate the contributions that our pharmacists, technicians, and pharmacy teams make to patient care. In both our hospital and retail settings (Lane Rx and Lane Pharmacy), our teams are essential resources for patients and other healthcare professionals.



built with 3-inch thick panels and provides a higher degree of noise reduction for testing environments. Email [esagely@lanermc.org](mailto:esagely@lanermc.org) to schedule your tour today!

## Rehabilitation Awareness Week

Rehabilitation therapists need both knowledge of the human body and the right mix of patience and understanding to be effective. Lane Rehabilitation Center provides inpatient rehabilitation services to help restore function to individuals with a wide variety of medical and physical complications, enabling them to lead active, productive, independent, and fulfilling lives.





# Join Us!

Make plans now to attend the 9th annual Lane Foundation



**Saturday, March 9, 2024**  
**10 AM – 3 PM**  
Historic Village • Zachary

**New this year is a 4th category, Non-Traditional Chili, in addition to Red Chili, Salsa, and People's Choice categories.** Also new this year, is a partnership with the Zachary Rotary Club and the BUNNY HOP 5K that will take place prior to the opening of the cook-off.

Enjoy chili tastings, salsa tastings, live music, kid's activities, arts and crafts, and more! Proceeds from the cook-off will benefit the Expansion Project campaign fund.

**Sign up today and join the fun by calling 225-658-6699 to request a registration packet.**

# Golf Tournament Results

Twenty-six teams teed off for the 6th annual charity golf tournament benefiting the Lane Regional Medical Center Foundation. Proceeds will help Lane Foundation reach its Expansion Campaign goal of \$1 Million in support of Lane's new 4-story patient tower focused entirely on patient care.



## Tournament winners include:

**1st Place** - Pinnacle Exterior Construction: B.J. Scott, Keven Fontenot, Tyler Lockhart, and Jake Ross

**2nd Place** - Team Lawson, sponsored by AJ Gallagher: Trez Simmons, Mike Lawson, Nykki Watts, and Stan Watts

**3rd Place** - Merit Electrical: Casey McKenzie, Kyle Wells, Dante Caldera, and Gene Stevens

## THANK YOU TO EVERYONE WHO HELPED MAKE OUR EVENT A SUCCESS!

An extra special shout out to our sponsors, door prize donors, volunteers, players, and the staff at Beaver Creek for a perfect day.

To donate or learn more about the Lane Foundation, please visit [LaneRMC.org/ways-to-give](http://LaneRMC.org/ways-to-give) or call 225-658-6699.

# HERO Club Donation

For parents who lose a child at birth, parting with a stillborn baby is the first step in a long and difficult grieving process, one that can take a lifetime to come to terms with. A new device called Caring Cradle is now available at Lane and aims to make that journey a little easier.

The cooling device preserves a stillborn baby's body in a bassinet or crib so that he or she can remain in a hospital room, extending the time a family has to bond with, and grieve over, their baby before saying their final goodbyes.

Dawn Fuller, director of Lane's Labor & Delivery unit says, "About 24,000 babies are delivered stillborn in the United States every year. Losing a newborn brings on a particularly complex grief, because it's so unexpected and so drastic. Bidding a proper goodbye is crucial to a healthy grieving process. We are so grateful to be able to offer this service to our community."



The Lane Foundation and the hospital's HERO Club members donated funds to purchase the Caring Cradle. The value of this donation is \$8,000, and the Caring Cradle will help improve the care of families experiencing neonatal loss.

A publication of



Care You Can Count On

6300 Main Street | Zachary, LA 70791 | 225-658-4000 | [LaneRMC.org](http://LaneRMC.org)

Lane Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Lane Regional Medical Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Lane Regional Medical Center respecte les lois fédérales en vigueur relatives aux droits civiques et ne pratique aucune discrimination basée sur la race, la couleur de peau, l'origine nationale, l'âge, le sexe ou un handicap.



[facebook.com/LaneRMC](https://facebook.com/LaneRMC)