

Beaufort Memorial RNs honored with DAISY Award

After 53 years of marriage, Ron and Wanda Cady found themselves admitted to Beaufort Memorial Hospital on the very same day earlier this spring.

Critically ill and deteriorating quickly, Ron was moved to the Intensive Care Unit (ICU) on the second floor. His wife, suffering from less-serious health issues, was taken to the fifth floor Medical-Surgical-Oncology unit.

Thanks to a pair of compassionate nurses determined to reunite the couple, the Cadys shared one final day together before Ron passed away. Lying side by side in hospital beds, they held hands as Ron took his final breath.

Last week, hospital administrators and coworkers surprised nurses Margo Wehrenberg and Nicole Viskovich with the DAISY Award for Extraordinary Nurses, a national tribute reserved for RNs who go the extra mile to care for patients and their families.

For Wehrenberg, it was the second time she has been honored with the prestigious award. The veteran nurse, who retired in 1997 only to return to the profession 17

years later, received her first DAISY in 2016 for the care she showed to a dying patient.

“I want to be there for my patients,” Wehrenberg said. “It fulfills me.”

Viskovich, on the other hand, is just three years into her career as an ICU nurse.

“I was speechless,” she said after receiving the award. “I am very grateful and honored to receive a DAISY for doing what I love to do.”

The pair came up with a plan to bring the couple together after Ron’s doctor came into Wanda’s hospital room and told her that her 89-year-old husband was gravely ill and unlikely to live much longer.

After obtaining a physician’s order that would allow Wanda to visit Ron in the ICU, Wehrenberg asked Viskovich if she could bring her patient down in a wheelchair to spend time with her husband.

Viskovich agreed and Wehrenberg promised to be available to check on Mrs. Cady and give her any medications she needed.

As the hours passed, it was evident that the patient was growing weak sitting in the

wheelchair. Viskovich and her charge nurse brought in another hospital bed for Wanda, a decision Wehrenberg supported.

“Fortunately, the ICU was renovated a couple of years ago and the rooms now have enough space to squeeze in two beds side by side,” Viskovich said. “It was crowded, but I left myself wiggle room to get around his bed if I needed to get to the IV.”

Having the couple in the same room also made it easier for their children, who had gathered at the hospital to be with their dying father. Viskovich even brought in a comfort cart with snacks and beverages so they wouldn’t have to leave his bedside.

After Ron passed away, Wehrenberg moved Wanda to a 5T suite where the family would have more room to be together and grieve.

“These two nurses demonstrated incredible teamwork,” said 5T nursing director Nancy Fu, who nominated the pair for the DAISY Award. “It was a beautiful act of compassion to find a way for this couple to be together at the end of his life.”



Margo Wehrenberg and Nicole Viskovich. Photo by Paul Nurnberg.

Is your diet detrimental to your dental health?

By Dr. Stephen Durham

You brush and floss your teeth at least twice a day, keep all recommended dental check-ups, and consume a diet that’s healthy for your teeth. Or at least you think you do when it comes to that last part.

For example, you drink citrus juices, diet sodas, or energy drinks because you assume that they are healthier for your body and teeth than sugary sodas. Thousands of other people do the same thing to avoid the sugar, but they do not realize just how much acidic content these beverages contain. When your teeth are exposed to the acid contained in these drinks it can damage them by eroding the enamel. Your saliva will neutralize smaller amounts of acidic drinks and re-mineralize your teeth, but if you drink several bottles per day it cannot keep up. Over time this can be a major source of tooth decay.

Choose More of These Foods for Improved Oral Health

Foods high in calcium, protein, and nutrients are better for your teeth than those with a high sugar or fat content. The next time you’re at the grocery store, consider adding some or all of the following to your cart:

- Yogurt: In addition to containing high amounts of pro-



Dr. Stephen Durham

tein and calcium, yogurt introduces probiotics into your mouth. Also known as good bacteria, probiotics help to fight off the bad bacteria that can lead to tooth decay and cavities. However, you could do more harm than good if you consistently add sugar to the yogurt or choose brands that add artificial flavors and colors.

- Cheese: Consuming this dairy product helps to increase the level of pH in your mouth, which in turn helps to lessen the chance of tooth decay. Another benefit of eating cheese is that it requires a lot of chewing. This produces significant saliva to keep your teeth cleansed until you get the chance to brush them. The protein and calcium also help to strengthen the enamel of your teeth.
- Leafy green vegetables: Like cheese and yogurt, leafy green vegetables such as kale and spinach are high in calcium, protein, vitamins, and minerals. They also contain folic acid, which can help women avoid developing gum disease during pregnancy.
- Carrots: Because this vegetable requires a lot of chewing, it produces saliva that helps to keep bacteria at bay. Additional-

ly, carrots are a good source of fiber and Vitamin A. Both are good for your oral health as well as your overall physical health.

- Almonds: Almonds contain high amounts of protein and calcium but little to no sugar. They tend to make a filling snack as well, so reach for a quarter cup of almonds instead of a sugar-filled treat the next time you need a little energy boost.
- Apples: Although apples are sweet, they make up for it by providing you with plenty of water and fiber and producing a lot of saliva. In addition, an apple’s fibrous texture makes it ideal to stimulate your gums and prevent gum disease.

If you need more tips on healthy eating or want to ensure that your teeth are in the healthiest possible condition, just ask your knowledgeable dental team at your next regular hygiene appointment.

A recipient of the 2012 Mastership Award from the Academy of General Dentistry (AGD), Dr. Stephen Durham is a graduate of Clemson University and the Medical University of South Carolina College of Dental Medicine. Dr. Durham practices at Durham Dental at Town Center in Beaufort. For more information, visit his website at www.DrStephenDurham.com or call 843-379-5400.

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TIDES FOR BROAD CREEK, HILTON HEAD ISLAND	DAY	DATE	HIGH /LOW	TIDE TIME	HEIGHT FEET	TIDES FOR BEAUFORT	DAY	DATE	HIGH /LOW	TIDE TIME	HEIGHT FEET
	Th	24	High	5:05 AM	7.8		Th	24	High	5:41 AM	7.7
		24	Low	11:22 AM	-0.1			24	Low	11:56 AM	-0.1
		24	High	5:49 PM	7.9			24	High	6:25 PM	7.8
		24	Low	11:56 PM	0.1		F	25	Low	12:30 AM	0.1
	F	25	High	6:00 AM	7.6			25	High	6:36 AM	7.5
		25	Low	12:14 PM	-0.2			25	Low	12:48 PM	-0.2
		25	High	6:42 PM	8.2			25	High	7:18 PM	8.1
	Sa	26	Low	12:51 AM	0.0		Sa	26	Low	1:25 AM	0.0
		26	High	6:52 AM	7.6			26	High	7:28 AM	7.5
		26	Low	1:02 PM	-0.3			26	Low	1:36 PM	-0.3
		26	High	7:32 PM	8.3			26	High	8:08 PM	8.2
	Su	27	Low	1:42 AM	-0.1		Su	27	Low	2:16 AM	-0.1
		27	High	7:41 AM	7.5			27	High	8:17 AM	7.4
		27	Low	1:48 PM	-0.3			27	Low	2:22 PM	-0.3
		27	High	8:17 PM	8.5			27	High	8:53 PM	8.5
	M	28	Low	2:29 AM	-0.1		M	28	Low	3:03 AM	-0.1
		28	High	8:27 AM	7.3			28	High	9:03 AM	7.3
		28	Low	2:31 PM	-0.2			28	Low	3:05 PM	-0.2
		28	High	9:00 PM	8.5			28	High	9:36 PM	8.5
	Tu	29	Low	3:14 AM	-0.1		Tu	29	Low	3:48 AM	-0.1
		29	High	9:10 AM	7.2			29	High	9:46 AM	7.2
		29	Low	3:12 PM	0.0			29	Low	3:46 PM	0.0
		29	High	9:40 PM	8.4			29	High	10:16 PM	8.3
	W	30	Low	3:56 AM	-0.1		W	30	Low	4:30 AM	-0.1
		30	High	9:52 AM	7.1			30	High	10:28 AM	7.1
		30	Low	3:52 PM	0.1			30	Low	4:26 PM	0.1
		30	High	10:19 PM	8.2			30	High	10:55 PM	8.1