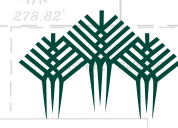




ANNIVERSARY

Homestead Plat
Volume 17 Page 94

BENCH MARK
DOORWAY OF BUILDING ENTRANCE
FF=1080.00'



SOUTHWOODS HEALTH

TOTAL GREEN SPACE EQUALS 0.80 AC.

KEY	BOTANICAL NAME
MR	MAHUA "ROYALTY"
MS	MAHUA "SHOWDRIFT"
PA	PICTA ABIES
PP	PICTA PURPURENS
CP	CRATAEGUS PHAENOPYRUM
FR	FRAXINUS P. "SMART"
EA	ELONIMUS A. "COMPACTUS"
IG	ILEX GLABRA "NORDIC"
PH	PENICILLUM A. "YAMEN"
MZ	MISCANTHUS S. "ZEBRINUS"
AR	ACER RUBRUM "RED SUNSET"
LM	LIROPE MUSCARI "BIG BLUE"
VP	POTENTILLA F. "JACKMANN"
VB	VIBURNUM CARLEBII
JB	JUNIPERUS S. "BROADMOOR"

ANNUALS BY SEASON, LOCATED BY LAND.

PLANT LIST	REQUIRED LANDSCAPING
WASHINGTON HAWTHORN	100 = 4.35
SUMMIT ASH	100 = 4.35
DWARF BURNINGBUSH	100 = 4.35
NORDIC HOLLY	100 = 4.35
DWARF FOUNTAIN GRASS	100 = 4.35
ZEBRA GRASS	100 = 4.35
RED SUNSET RED MAPLE	100 = 4.35
BIG BLUE LILY TURF	100 = 4.35
JACKMAN POTENTILLA	100 = 4.35
NORCAN SPICE VIBURNUM	100 = 4.35
BROADMOOR JUNIPER	100 = 4.35

* ALL DISTURBED AREAS NOT SHOWN TO BE OTHERWISE COVERED ARE TURF. BRING TO GRADE WITH 4" TOPSOIL AND SEED.

TOTAL LANDSCAPING
100 TREES (48 TR
109 SHRUBS (11
1 TREE (1 TR
100 TREES (100 TR
TOTAL AREA = 3.88 ACRES, LANDSCAPE

COMMUNITY MAGAZINE | ISSUE 3

Celebrating 25 years of leading the community!

1996-2021

A VISION FOR CHANGE

When the Surgery Center at Southwoods performed its first outpatient procedure on June 10, 1996, not even Ed Muransky could have imagined the degree to which his efforts would change the landscape of healthcare in the Mahoning Valley. Fueled by his strong entrepreneurial spirit and the urging of his best friend, general surgeon Dr. Lou Lyras, the two men co-founded what is now known as Southwoods Health, an integrated network of facilities and physicians that spans across the tri-county area.

With Muransky's business background and Lyras' knowledge of medicine, they set out on a journey to transform the patient experience. So they got to work, assembling a team that collaborated with local nurses, physicians and medical professionals to better understand their needs, frustrations and daily obstacles, and devoted significant time to understanding how patients wanted to be treated.

"We had an idea to do the right thing for local healthcare," explained Dr. Lyras. "It was right for everyone...patients, providers and staff."

Building strong relationships with the physicians who look to Southwoods to help care for their patients was at the very core of its business. This started by establishing direct lines of communication so they had a clear voice in shaping how services were provided, understanding what was important to their individual practices and pursuing opportunities to improve the delivery of care.

"We knew we had to provide quality healthcare, efficient processes and bring expert medical services and advanced technology to the Mahoning Valley," said Muransky. "But we also knew our focus had to be on providing compassionate patient care. We truly had to be different in that respect."

Muransky and Lyras focused on developing a company culture unique among healthcare systems that attracts the best and brightest staff to help deliver the compassionate and quality care Southwoods has become known for.

"I tell our staff to treat every patient like their favorite family member," said Muransky. "We all need to be actively engaged in patient satisfaction. We want our patients to feel respected and very well taken care of, whether we're seeing 10 patients a day or 100."

In the early years, this was the basis for every Southwoods decision Muransky would make, and it remains the single most important priority for the organization today.

GROWTH & EXPANSION

Since its humble beginnings, Southwoods has experienced steady growth not only by serving an increased number of patients but also by expanding the services it offers. Muransky recalls the first expansion of the surgery center in 2004. The original facility was designed with five operating rooms and two endoscopy suites, which could not accommodate the increasing number of procedures being performed. It not only limited the number of patients Southwoods was able to care for, but also created challenges for staff in providing the personalized care they became accustomed to delivering.

"To take on a project that would double capacity was not an easy decision at the time," said Muransky. "However, our Board was supportive after seeing the difference Southwoods was making. We grew for the right reasons, and I felt a strong obligation to continue serving our local community with patient-focused care done the Southwoods Way."

Five short years later, Southwoods underwent an even more significant transformation when it added 100,000 square feet of additional space and converted to an acute care hospital. With its new inpatient unit and clinical support services, Southwoods now had the ability to perform more complex surgical procedures such as total joint reconstruction, advanced spine surgery, hysterectomies and colon resections that might require more than a 23-hour recovery that surgery centers are limited to.

**“ WE GREW FOR THE RIGHT REASONS, AND I FELT A STRONG OBLIGATION TO
CONTINUE SERVING OUR LOCAL COMMUNITY WITH PATIENT
FOCUSED CARE DONE THE SOUTHWOODS WAY. ”**

-ED MURANSKY

“With our hospital license, we rebranded the facility to The Surgical Hospital at Southwoods and started looking at opportunities to expand services,” explained Muransky. “This was a total game changer.”

Muransky said he considers every business opportunity from the viewpoint of the impact it will have on the quality of healthcare available in our community. “If our physicians and leadership believe a project or service fulfills a need or will have a positive influence in our community, we pursue it for those reasons and do not allow ourselves to be driven by economic motivations.”

COMMUNITY IMPACT

Steve Davenport, Southwoods’ Chief Operating Officer, is proud of the contributions Southwoods has made over the years. “When I take a moment and reflect on the past 25 years, I’m amazed at what our management team and staff have accomplished and the lives we have touched.”

Davenport cites the addition of Southwoods Imaging and the Southwoods Pain and Spine Center as some of the most challenging but most impactful projects completed in recent years.

“It’s rewarding to see patients benefitting from improved coordination of care that has been achieved by providing better access to diagnostic testing, more efficient delivery of medical care and the ability to offer truly comprehensive services,” said Davenport. “And as Southwoods continues to expand its network of more than 250 physicians from virtually every medical specialty, patients will be assured the best healthcare in the Valley from our investments.”

Moving forward, Southwoods will continue to focus on the development of additional Express Care locations that will supplement the current locations in Boardman and Campbell. Plans have also started for the Southwoods Orthopaedics Center, which will be built on the Southwoods main campus in Boardman. The center will be a one-stop shop for comprehensive orthopaedic care, offering subspecialty-trained physicians.

“We know patients have a choice when it comes to their health care,” said Muransky. “We’re proud the residents of the Mahoning Valley have chosen Southwoods for 25 years and look forward to serving them for the next 25.”

PATIENT FOCUSED AWARDS AND RECOGNITIONS

Southwoods Health’s services have been recognized as among the best in the nation, with notable awards and recognitions confirming the ongoing commitment to high quality, patient-focused healthcare. These awards are further evidence that today’s healthcare consumers place tremendous value not only on the overall quality of healthcare services, but also on being treated in a kind and compassionate manner by their caregivers.

PRESS GANEY PINNACLE OF EXCELLENCE AWARD

NOVEMBER 2016 - NOVEMBER 2020

PRESS GANEY GUARDIAN OF EXCELLENCE AWARD

NOVEMBER 2013 - NOVEMBER 2020

PRESS GANEY SUMMIT AWARD

NOVEMBER 2006 - NOVEMBER 2012

(Replaced with the Guardian of Excellence Award)

CMS FIVE-STAR QUALITY RATING

JANUARY 2013 - APRIL 2021

THE JOINT COMMISSION’S TOP PERFORMER ON KEY QUALITY MEASURES

NOVEMBER 2012 - NOVEMBER 2015

(Program ended 2015)



25 years of delivering the right treatment

**JUNE
1996**

Surgery Center at
Southwoods opens

**APRIL
2009**

Converted to an acute care hospital
(inpatient unit added) and renamed
The Surgical Hospital at Southwoods

**MAY
2010**

Advanced Spine Surgery
program initiated

**APRIL
2014**

Southwoods Imaging and
Southwoods Center for Breast Health open

**OCTOBER
2004**

Expansion adding 20,000 sq. ft.
of endoscopy suites, OR's, PACU
and waiting room capacity

**OCTOBER
2010**

Southwoods Sleep
Centers open

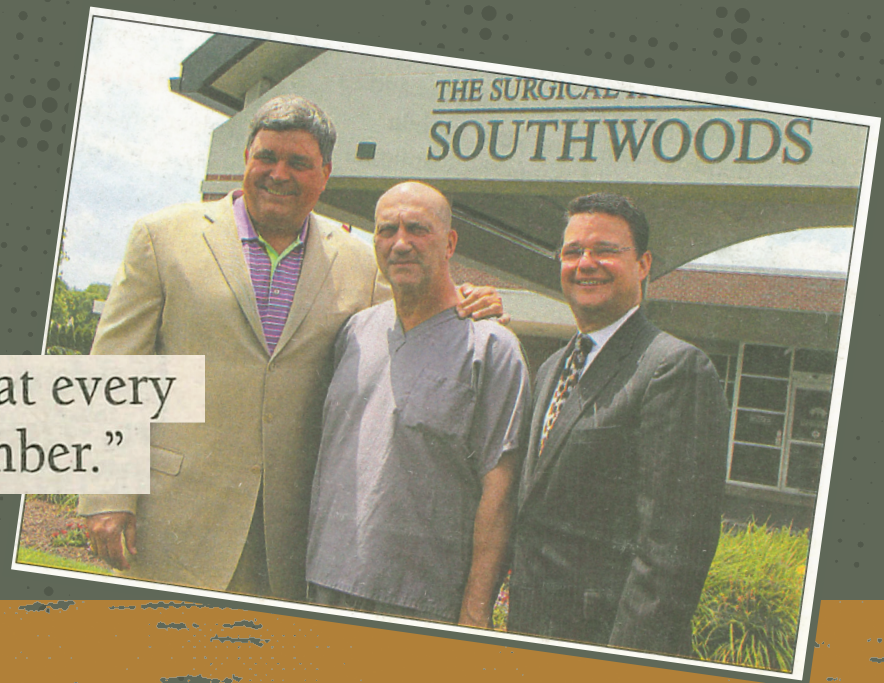
**NOVEMBER
2014**

The area's first 3T MRI and
fixed PET/CT scanner added at
Southwoods Imaging

**JUNE
2009**

Orthopaedic Reconstructive
Surgery program initiated

Muransky instructs his employees to treat every
patient "like your favorite family member."



ment, and the right way to be treated

**JANUARY
2015**

Robotic Surgery
program initiated

**AUGUST
2015**

Outpatient clinics for
Orthopaedic services open
in Austintown, Calcutta and
Youngstown

**JUNE
2016**

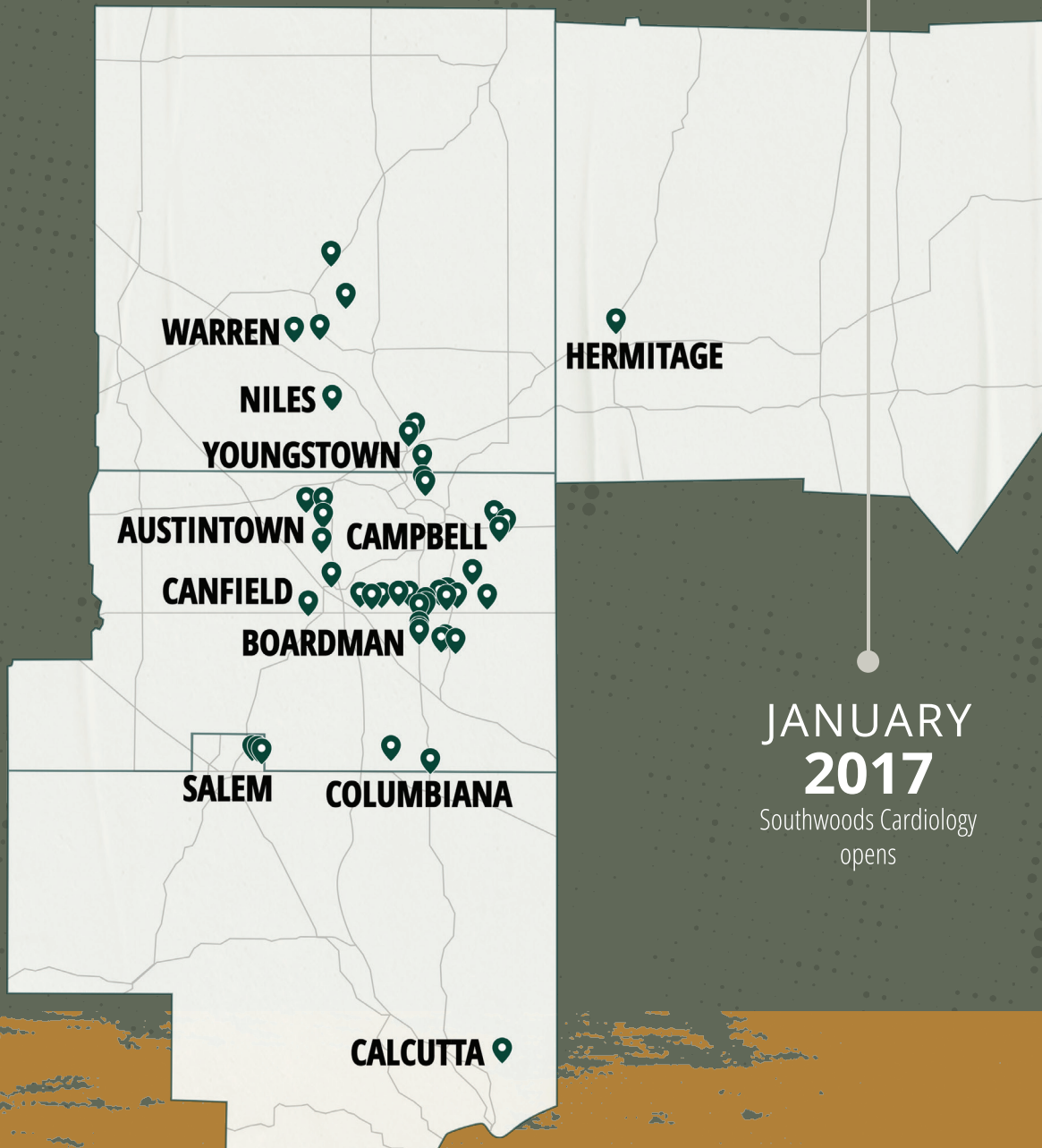
Southwoods Primary
Care opens

**JANUARY
2018**

250 Medical Building opens, housing
physician and business offices

**AUGUST
2019**

Southwoods Express Care
Boardman opens



**MAY
2019**

Southwoods Pain & Spine Center
opens, bringing comprehensive
Pain & Spine services to the
Mahoning Valley

**NOVEMBER
2020**

Southwoods Express Care
Campbell opens

**JANUARY
2017**

Southwoods Cardiology
opens

LOOKING AHEAD

Additional Express Care sites, Primary Care offices and
service lines coming soon at locations throughout the
Valley for easier access to the healthcare you need!

SOUTHWOODS PAIN & SPINE CENTER

OFFERS COMPREHENSIVE, EXPERT CARE

Chronic pain is a significant health problem and has been on the rise in recent years. An estimated 50 million Americans suffer from chronic pain that impacts their daily activities and overall quality of life. This is why Southwoods Health invested in the development of the Southwoods Pain & Spine Center, to help those afflicted with chronic pain gain access to comprehensive, expert care right here in the Mahoning Valley.

The Southwoods Pain & Spine Center features a specially trained staff to help patients who have been living with chronic pain. This multidisciplinary team guides patients through the entire continuum of care, communicating and actively managing patient care together, all in one, convenient location. Pain management specialists collaborate with physical medicine and rehabilitation physicians and spine surgeons to identify the source of your pain and develop comprehensive treatment plans to bring relief for a wide range of pain and spine diseases and disorders.

“We committed to make a difference in the lives of people who are suffering from chronic pain,” said Ed Muransky, Southwoods Chief Executive Officer. “This center was designed to help patients receive the complete care they need.”

Research shows that by combining a variety of treatment options to address an ongoing pain problem, patients often have more positive results. Offering a truly comprehensive approach, patients can take comfort in Southwoods’ ability to create treatment plans that range from conservative medical treatment all the way through the most complex neck and back surgery.

As part of the Southwoods network of facilities, advanced imaging services – such as MRIs – are seamlessly coordinated with Southwoods Imaging and patients requiring surgery have access to The Surgical Hospital at Southwoods, the region’s only CMS Five-Star rated hospital for patient satisfaction and clinical outcomes.

Every patient’s pain is different which means the solution to that pain can be different as well.

SOME NON-MEDICINAL TREATMENT OPTIONS INCLUDE:



MOVE

Get moving by adding daily exercise into your routine. Physical activity, including walking and stretching, can help improve your pain.



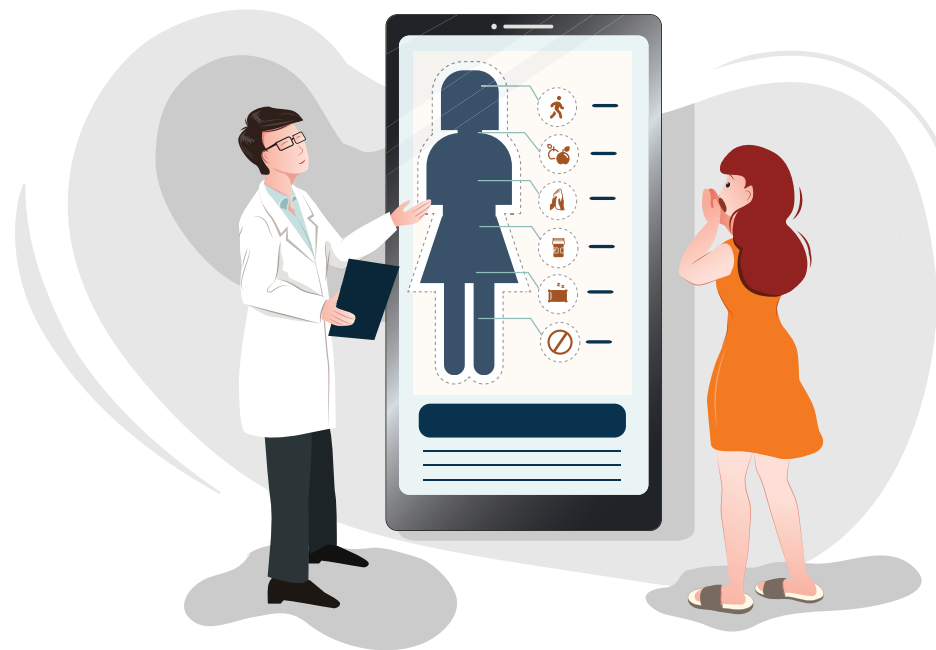
HEALTHY EATING

Smart food choices are important for everyone, especially those who suffer from joint pain and inflammation. Eating a healthy diet will lead to a healthy body weight, which will reduce wear and tear and pressure on your joints.



MASSAGE

Massage therapy can provide pain relief and relaxation, support emotional well-being and recovery, and aid in your body’s healing process.



NSAIDS

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) reduce inflammation and are used to help relieve pain, stiffness, headaches, swelling, arthritis symptoms and muscle sprains.



SLEEP

Lack of sleep can make chronic pain worse, while quality sleep can improve your pain. Good sleep promotes healing, provides an energy boost and gives the body a break.



LIMITATIONS

‘No pain, No gain’ is a common expression. But it’s not always a good idea to ignore your pain and push through. Knowing your limits can actually help alleviate pain and reduce the risk of re-injury.

OUR SPECIALISTS

ANSWER YOUR PAIN QUESTIONS



MIKE CORFIAS, M.D.
PAIN MANAGEMENT

How debilitating is chronic pain for patients?

Chronic pain is a complicated, debilitating problem. It's present for long periods of time, ranges from mild to severe and continues after the injury or illness has healed. If left untreated, chronic pain can cause decreased mobility, sleep disturbances, impaired immunity, anxiety and depression. It can have a negative impact on every aspect of life.



LUCAS DAVANZO, M.D.
PAIN MANAGEMENT

What are the next steps if the recommended treatment does not work?

In treating chronic pain, there are instances in which the recommended treatment doesn't work as intended which is frustrating for both patients and physicians. Pain is complex and oftentimes successful treatment requires altering the initial treatment plan. This shouldn't be viewed as a failure, but simply understanding we are now one step closer to finding the right treatment plan.



SHAWN DONATELLI, D.O.
PAIN MANAGEMENT

What can a patient expect and do to assist in your initial assessment?

We'll review past medical records, procedures, surgeries, laboratory results, X-rays and any other diagnostic imaging tests. Patients will need to provide an accurate history of the events that resulted in their chronic pain problem, including past treatments and detailed descriptions of their response to those treatments. It's helpful for patients to explain their expectations regarding outcomes from any new treatment.



MICHAEL ENGLE, M.D.
PHYSICAL MEDICINE & REHABILITATION

What is the role of a Physiatrist (PM&R Specialist)?

Physiatrists diagnose and treat pain as a result of an injury, illness or disabling condition. We have broad medical expertise allowing us to treat a person throughout their lifetime and lead a team of medical professionals which may include physical therapists, occupational therapists and physician extenders to optimize patient care. Physiatrists are trained to treat the whole person, not just one problem area.



TOM GEMMA, D.O.
PAIN MANAGEMENT

What are common pain-inducing activities patients should avoid?

I encourage my patients not to be "Weekend Warriors." Steady, routine exercises concentrating on various body parts that provide a balanced core strength are more effective than sporadic aggressive activities. It's essential to pay attention to those muscle groups that can decrease the stress and strain on a given body part. This helps optimize recovery and promotes a healthier lifestyle.



FRANK GRISAFI, M.D.
SPINE SURGEON

What are the most common conditions you treat and the treatment options available at the Southwoods Pain & Spine Center?

The conditions we see include general neck and back pain, herniated discs, sciatica, degenerative disc disease, and cervical and spinal stenosis. My best advice for those suffering from any type of pain is 'Listen to your body, pay attention to warning signs and don't ignore the pain.' Treatment options include discectomy, cervical disc replacement/arthroplasty, laminectomy, fusions (cervical, lumbar and spinal), kyphoplasty, sacroiliac (SI) joint fusion and minimally invasive surgical options.



SEAN MCGRATH, M.D.
PHYSICAL MEDICINE & REHABILITATION

What is one of the most common issues that brings patients to the Pain and Spine Center?

Most people are suffering from a loss of function which may be due to pain, an injury or a chronic condition, but it boils down to the loss of an activity for daily living. Our goal is to deliver the most advanced diagnostic and therapeutic services to assist patients in restoring that function and relieving their pain. No matter the issue, our objective is always the same – get patients back to living a productive life.



BRIAN SHANNON, M.D.
SPINE SURGEON

What makes a good surgical candidate and what results can a patient expect from surgery?

Most patients who suffer from back pain do not need surgery. However, there are circumstances we recommend patients consider it. Patients who are non-smokers, generally healthy, motivated, and have already tried conservative, non-surgical treatment options are good candidates for elective spine surgery. Following the post-operative recovery period, most patients have improved function, less pain, can return to their normal daily activities and a decreased need for pain medication.



JOSEPH WILLIAMS, D.O.
PAIN MANAGEMENT

How many treatment solutions do you typically try before recommending a surgical procedure?

A recommendation for surgical evaluation depends on the patient's problem, symptoms, attempted treatments, and how the pain is affecting their quality of life. If their pain can be controlled with physical treatment modalities (physical therapy, low risk medications or targeted steroid injections), then surgery is best avoided. If severe pain continues, a surgical evaluation may be recommended but an evaluation is not a commitment to have surgery.



RONALD YARAB, M.D.
PHYSICAL MEDICINE & REHABILITATION

How beneficial is physical therapy when someone is suffering from chronic pain?

A physical therapist can use a multi-modality approach to treating pain patients. They can use passive modalities such as hot and cold, ultrasound, electrical stimulation and TENS therapy to soothe sore muscles and joints in combination with an active exercise and flexibility program. Active exercise and aerobic conditioning are an essential part of any chronic pain management program.



SOUTHWOODS HEALTH

7630 Southern Boulevard
Boardman, Ohio 44512

IT'S NOT JUST ABOUT
THE TREATMENT,
BUT HOW YOU'RE
TREATED.

330.729.8000

SouthwoodsHealth.com

info@SouthwoodsHealth.com



Southwoods is proud to be locally owned and operated
by the Muransky family and area physicians.

ADVANCED TECHNOLOGY

Offering the most comprehensive and advanced
imaging technology in the area.

MRI | CT | PET/CT | NUCLEAR MEDICINE
ULTRASOUND | X-RAY | DEXA | 3D MAMMOGRAPHY

SouthwoodsHealth.com



SOUTHWOODS IMAGING