



ISSUE
56



NEWSLETTER
Q3 2024

INSIDE ISSUE:

President Letter
GASHE Gossip
Engineer Highlight
Business Partner Highlight
The Role of Lighting in Patient Well-Being and Recovery
Gashe on the GO

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A LETTER FROM PRESIDENT TERRY BOWEN



This year is flying by. I cannot believe we just had the September meeting and are already planning for the December meeting! As a reminder, the December meeting will be a week earlier (December 5th & 6th) and it will be at the Windsor Hotel in Americus, GA. Please go ahead and mark the date on your calendar and tell your engineering buddies to come out and join us. The December meeting is always a great time including a Toys for Tots collection and a friendly gift exchange!

At the meeting last week, Terry Parish entertained us with some brainteaser questions. We might need more coffee to wake up the group first thing in the morning but was fun listening and watching the room trying to figure out the answers!

I want to thank Neal Brown, State Fire Marshal Arson Investigator for presenting at the meeting. We love our relationship with the State Fire Marshal's office, and it is always an informative session when they attend our meetings.

I would also like to congratulate and thank Caleb Kelley. He was recently promoted to Director of Facilities at Piedmont Columbus, and did a great job presenting on how to troubleshoot HVAC and Electrical problems. We appreciate his involvement in GASHE and look forward to seeing his growth in the society. Have a great October and November! We will see you in December! As always, if you ever need to discuss or talk to me, please reach out. I am always available.

Sincerely,

Terry

Terry Bowen
GASHE President
Director of Facilities
Colquitt Medical

GASHE GOSSIP

MARK your calendars!

Join us for the **December holiday** meeting – **December 5th -6th** at the Windsor Hotel in Americus, GA

Emmett Yancy joined United Rentals – July, 2024

Matt Franatovich joined First Onsite – April, 2024

Job Posting: Maintenance Tech-FT

Job Number: 1097977

United States-Georgia-Athens
Shift/Schedule: Full-time

Supv Maintenance/Engineering – FT

Job Number: 1090652

United States-Georgia-Athens
Shift/Schedule: Full-time

Maintenance Tech Electrician-FT

Job Number: 1095801

United States-Georgia-Athens
Shift/Schedule: Full-time

Maintenance Tech-HVAC – FT

Job Number: 1095099

United States-Georgia-Athens
Shift/Schedule: Full-time

Description:

Director, Facilities - Piedmont Fayette – FT

Directs and coordinates planning, budgeting, and operational functions of facilities and support services. Oversees all assigned departments. Assures compliance with all federal, state, and local building codes; DNV; and hospital safety requirements.

Facilities Management Director – FT

Job Number: 2428081

United States-Georgia-Newnan
Shift/Schedule: Full-time

For more information, please visit the “Job Openings” tab at www.gashe.org.

If you'd like a job posted, please send to gashesecretary@gmail.com.

We think this is a great tool for our healthcare engineer members to utilize for job openings within their facilities.

Fall 2024

BOARD MEMBERS

Terry Bowen - President
tebow@colquittregional.com

Greg Wood - Treasurer
gregory.wood@tiftregional.com

Doug Hall - Past President
Douglas.Hall@piedmont.org

Jeff Sheffield - Secretary
Jeffrey.sheffield@coffeeregional.org

Terry Parish - Board Member at Large
terry.parish@piedmont.org

Sammy Bledsoe - Honorary Board Member
sambledsoe@magnoliamanor.com

We are now accepting new nominations for the GASHE Board.
Please send nominees to
Sammy Bledsoe or Terry Bowen

Engineer Spotlight

Robert Setters



Robert Setters. Director of Facilities for Tift Regional Medical Center in Tifton. Robert has been at this hospital his whole life. TRMC opened to see patients in October of 1965. Robert was born there on February 23, 1966. The first generation of his family to be born in a hospital. Robert came to work at TRMC on April 28th, 1998. After watching the central energy plant being built during the 2000 hospital expansion, he became plant operator in 2003. Robert especially enjoys working with building automation and DDC controls for the HVAC systems. He has worked with engineers to use the most efficient control strategies, and equipment to improve overall efficiencies in the hospital. Robert has been a part of many hospital expansions over the years. He took on the challenge of Director of Facilities in September of 2023. It has been a real challenge, but he has a lot of great help to keep things going in the right direction.

Robert and his wife Tracey live on family land about ten miles from the hospital. When Robert is not working, he and his wife love to fish on the flats in the Gulf of Mexico on their small boat. Robert is also an avid gun enthusiast and enjoys shooting precision rifles and hand loading ammunition. Robert has enjoyed competing in long-range shooting events, winning several 1000- and 600-yard contests. Robert and Tracey have three grown children, and four grandchildren scattered all over South Ga. And North Florida.

Business Partner Highlight

Nichole Freeman



Nichole Freeman has served in many roles at Ace Technologies who she has been employed since 2011. Currently she serves as the Healthcare Division Manager and oversees all inspections, installations, and service work on fire and life safety systems in hospitals throughout Georgia. Nichole has expertise in compliance with CMS, DNV, and Joint Commission and has earned her certificates in CHOP, CHFM, and NICET to further her career as a healthcare professional.

Nichole resides in Forsyth, GA and is the mother of two children; Carter (sophomore at UGA) and Sarah (sophomore at ACE High School). She enjoys working in her yard, planting flowers, and eating Mexican food. Her favorite movie is Forest Gump, and she enjoys watching it with a big bucket of popcorn!

Most of all, Nichole treasures her friendships she has created while being an active member of GASHE for the past 16 years!

The Role of Lighting in Patient Well-Being and Recovery

Lighting manufacturers discuss how certain types of lighting impacts a patient's mood and health.

By Jeff Wardon, Jr., Assistant Editor

Lighting can have myriad effects on a patient, including their well-being and recovery. Given this, having lights that can mimic daylighting or have adjustable color temperatures can make a difference for patients. Daylighting and mimicry of it allows for a natural feeling in an otherwise stressful environment. Adjustable color temperatures also can influence a patient's mood.

In this manufacturer roundtable, Healthcare Facilities Today speaks with lighting manufacturers about how lighting affects a patient's well-being and recovery.

What role does lighting play in patient well-being and recovery?

"Optimal lighting installed in healthcare facilities absolutely helps to ensure a patient's overall well-being. Especially during potentially highly stressful recovery stages. Facilities with the ability to adjust light color temperature outputs and lumen levels can dramatically influence a patient's mood state.

Soft, warm color temperatures help to calm and relax patients during stressful situations while brighter, higher color temperatures provide an environment better suited for patients looking for additional energy to help push them through vigorous recovery activities."

- Rob Schmitz, marketing director, Toggled

"When advanced controls are used, LED lighting can significantly impact patient well-being and recovery. It can be set to dim lights in patient and visitor areas at specific times in the evening to signal that it's time to quiet down for rest. Staff can also adjust the ambient lighting in individual rooms to help relax and uplift patients during recovery. This allows patients and visitors to change the light levels or color temperature (tunable white light) according to the time of day, which helps to maintain their circadian rhythm."

- Ron Farmer, chief executive officer, US LED

"Lighting plays a critical role in patient well-being and recovery, particularly in healthcare settings where patients are often under stress or discomfort. One of the key aspects is the quality of lighting, especially luminaires with appropriate glare control, which directly impacts comfort. For example, lighting fixtures with a low Unified Glare Rating (UGR) are valuable for individuals who may spend extended periods lying on their backs, and for caregivers during a prolonged shift. These fixtures reduce eye strain and discomfort, fostering a more soothing environment.

In addition to comfort, the ability to control lighting in patient rooms is significant. Research shows that providing patients with the option to adjust the lighting according to their preferences can improve their sense of control and overall experience, which may contribute to faster recovery times. This also extends to family members or visitors, who might need different lighting levels for activities such as reading or writing while their loved ones rest.

Lighting that mimics natural daylight is another factor that influences patient recovery. Patients who have access to windows and daylight experience a stronger connection to nature, which has been shown to reduce the need for pain medication and promote better outcomes. Lighting systems that simulate the natural progression of daylight—brighter, cooler light in the morning and warmer, dimmer light in the evening—can help regulate circadian rhythms, aiding sleep and alertness.

For long-term care patients, particularly those with limited mobility, lighting becomes even more vital. They may not have the option to go outside and benefit from natural light, making it essential for healthcare facilities to implement lighting solutions that provide the right spectrum and intensity throughout the day. This approach helps in creating a healing environment that supports both physical recovery and emotional well-being."

- Tommy Nichols, LC, business development director for healthcare, Acuity Brands

GASHE on the GO



Interested In Becoming a Member?

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