

HOME HEALTH.
This program helps
with recovery and
changes lives.
SEE PAGE 2 ►



BRIGHT FUTURES.
That's what we're
striving to give
the children of
our community.
SEE PAGE 3 ►



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NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● SUMMER 2016



An artist's rendering of the outpatient services expansion at GVMH

BUILT TO SERVE

OUR EXPANSION IS COMPLETE!

Easier access to the types of healthcare services that more and more people are seeking. A warm and inviting atmosphere. Oh, and did we mention better parking? It's all part of the largest expansion at Golden Valley Memorial Hospital (GVMH) in years.

Craig Thompson, Chief Operating Officer at GVMH, answers some questions about the just-finished outpatient project and how it helps meet the community's current and future needs.

Q Why did the hospital expand?

A GVMH needed more elbowroom to meet a growing demand for outpatient services, which includes everything from

imaging tests to same-day surgery. To continue to meet the community's needs, we had to add space.

Q What's inside?

A The new space includes a larger, faster emergency department; a new medical imaging area; two additional operating rooms; and an outpatient treatment center that houses cardiology, nephrology, oncology, pulmonology and other specialty care clinics. Chemotherapy infusion, endoscopy, wound care, and cardiac and pulmonary rehab have also moved to the new space. Additional special touches include a new bistro and beautiful local art.

Q How is it easier to access services?

A First, all of GVMH's outpatient services are now located on the first floor and easily reached via one main entry.

So it's more convenient for patients and families. It's almost like a medical mall concept.

More room also means GVMH can accommodate more patients in a timely manner. So you'll be able to get in for an appointment sooner.

Just as important, the expansion positions the hospital to meet the community's long-term needs. Nearly 20,000 square feet of unfinished space is set aside for future expansion efforts, should the need arise as the community grows.

Q How has parking improved?

A There are 155 new spaces.

Q What's next?

A Crews will renovate the areas vacated by the different departments that moved into the new space. Other hospital services will move into those refurbished rooms.

5 for your health

What can you do to get the best and safest healthcare possible?

Take five steps toward becoming a better advocate for your health.

People who are more involved in their care tend to get better results, the Agency for Healthcare Research and Quality reports.

So, consider taking these steps:

1 Speak up. Ask your doctor any questions you have about symptoms, medicines, tests or treatments. Your physician should provide clear, honest answers.

2 Monitor your medications. Prescribed drugs can be dangerous when combined with certain other drugs, foods, herbal remedies or over-the-counter medicines. So show your doctor a list of all the medicines, vitamins and herbal products you use.

3 Get results. If your doctor orders medical tests, be sure you learn the findings and what they mean to your health. Call if you don't hear back from your doctor or the lab when expected.

4 Be sure. If your physician recommends a particular medicine or surgical procedure, make sure you know why.

Know your options. What are the benefits, drawbacks and risks of the treatment?

If you still aren't sure how to proceed, it may be appropriate to request a second opinion from another doctor.

If you go through with a treatment, make sure everyone taking care of you knows important facts about your health, such as any allergies you have to medicines.

5 Follow up. Care doesn't end once you leave a doctor's office or hospital. Call your doctor if:

- Symptoms get worse.
- Medicines cause side effects.
- You develop complications while recovering from a procedure.

How much do you know about medication safety? Find out: Take our quiz at www.gvmh.org/medsafety.



Come enjoy a cup of coffee or a light lunch at The Bistro and check out our new space! There's plenty of parking.

WELLNESS

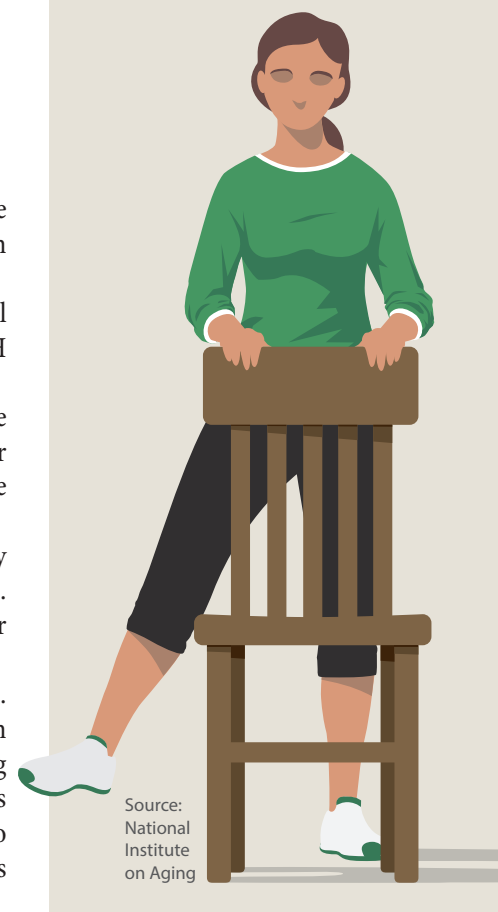


Is home health right for you?
Visit www.gvmh.org/homehealth or
call 660-885-5088 to learn more.

STANDING LEG LIFTS

THIS STRENGTH AND FUNCTION EXERCISE HELPS WITH BALANCE

- 1 Grasp the back of a chair, keeping your feet slightly apart and toes forward. Inhale slowly.
- 2 Exhale slowly and raise one leg to the side. Hold for one second. Lower leg while inhaling slowly. Repeat 10 to 15 times.
- 3 Repeat with opposite leg.
- 4 Start with two sets per leg, and increase the number of sets over time.



WE OFFER SERVICE WITH A SMILE

GVMH provides award-winning home health

“YOU CAN go home now.”

Those are happy words for most hospital or nursing home patients. But they can also be a little scary if you’ve had a serious illness or injury—such as a stroke or a broken hip—and aren’t sure how you’re going to manage your recovery at home.

Fortunately, you don’t have to go it alone. The awarding-winning home health services at Golden Valley Memorial Healthcare (GVMH) can help. The home health team includes nurses, therapists and home health aides. Services include:

- Skilled nursing care.
- Physical, speech and occupational therapy.
- Medication management, wound care and infusion therapy.
- Personal care, such as help with bathing,

and getting in and out of bed. (It doesn’t include help with cooking and cleaning.)

“Most of our patients are homebound, meaning their condition makes it difficult for them to leave their home and obtain skilled services anywhere else,” says Cheryl Foster, RN, BSN, HCS-D, Director of Home Health at GVMH. “Our overall goal is to help them gain the independence they need to take care of themselves or for their family to help take care of them.”

Home health must be ordered by a physician, and most insurance plans—including Medicare and Medicaid—will cover it.

NATIONALLY RECOGNIZED, BELOVED BY PATIENTS GVMH has been providing home health for more than 30 years. This service has repeatedly won national awards for exceptional patient care and is ranked above the national average by

Medicare for home health agencies.

“Our community has access to a service ranked in the top 10 percent of the nation in a lot of respects,” Foster says.

But even more important than national awards is how patients feel about GVMH Home Health.

“Many, many patients tell us how home health has made such a difference in their lives and recovery,” Foster says. “People are very outspoken about the benefits.”

The dedicated staff is one reason why home health at GVMH is so outstanding. Many have been with the organization for more than 20 years.

“We have a great team,” Foster says. “They’re devoted to fulfilling the mission of the GVMH organization—providing exceptional health and wellness services with friendliness and compassion. They go above and beyond to make sure patients get what they need.”

IT’S BETTER TOGETHER

Why healthcare takes a team

WITH A LITTLE TEAMWORK, there’s no telling what all of us can do—in everyday life and in healthcare too.

That’s why our hospital and primary care partners are working hard to provide coordinated care to the communities we serve. It’s a smart way of doing medicine that has the power to help make healthcare better and more efficient. In short, it can help people have healthier lives.

TOGETHER WITH YOU Part of coordinated care is having a medical team to look out for you and help you stay well.

Your personal physician will head up that team, which may also include a nurse practitioner, a physician assistant or other healthcare providers. These medical professionals have special training and education and will take good care of you. Often, they can diagnose and treat health problems, as well as provide healthy lifestyle advice.

This team approach is particularly helpful if you have a chronic illness like diabetes, heart disease or the lung disease COPD. That may keep your condition from getting worse and help you avoid a hospital stay or unexpected trip to the emergency room.

COMMUNICATION IS KEY The members of your

healthcare team communicate with one another about the procedures, tests or other services you receive.

Communication among your caregivers means more efficient care. For instance, if a member of your team orders a test for you, he or she will inform everyone on the team about its results, avoiding unnecessary duplicate testing.

Today’s digital technology makes it easier to coordinate your care. Our electronic medical records system allows your providers to quickly send information about your health. And this technology also helps you connect with your providers and access your medical records online.

Just remember, at the center of the team is you. Feel free to talk to us if you have any concerns or questions about these changes. We’d be happy to tell you more about our efforts to help transform healthcare.

COMMUNITY



NOW PLAYING: Chef Anthony Velazquez and Little Chef welcome a Henry Elementary student back to school. The pair is a hit at perfect attendance luncheons. Many GVMH employees make regular appearances at the school through a Bright Futures partnership.

BRIGHT FUTURES

BECAUSE EVERY CHILD NEEDS A CHAMPION

BRIGHT FUTURES USA is a nonprofit organization dedicated to bringing communities together to focus on the success of children. Clinton is one of 38 Bright Futures communities throughout Missouri, Kansas, Arkansas, Oklahoma, Iowa, North Carolina and Virginia.

What began in Joplin in 2010 as a way to improve graduation rates grew into a communitywide support system to address the basic needs of children. Clinton became an affiliate in 2014, and GVMH officially signed on in 2015 as the building sponsor for Henry Elementary School, which includes preschool through second-grade students.

Since then, GVMH staff members have become a part of the learning landscape. Employees present skits at character trait assemblies; serve a quarterly catered lunch prepared by GVMH's own chef for students with perfect attendance; and spend time in the cafeteria, classroom and playground with students who need extra attention. Teachers receive support also, with snacks, small gifts and notes of encouragement.

As a Bright Futures community partner, GVMH is opening a way for all children to learn, lead and serve to their full potential—now and in the future.

Want to learn more about the foundation? Go to www.gvmh.org/foundation to find out how.



Grow your own herbs

The most tastefully dressed dishes are wearing fresh herbs. But herbs can be pricey. To grow them at home, plant your favorites in a sunny spot with well-drained soil. Water them as needed—but skip the pesticides. Basil, chives and parsley thrive in containers. Mint is easy to grow, too—though it can invade your garden, so keep a close eye on it.

Snip leaves as you need them. To save some for the future, rinse leaves; place them one deep on a tray; and dry in a dark, well-ventilated room. Drying intensifies flavor—so use one-third to one-fourth less.

Source: U.S. Department of Agriculture; University of Illinois Extension Program

EMPLOYEES GIVE BACK

EACH DAY, GVMH employees strive to meet the mission of providing exceptional health and wellness services with friendliness and compassion.

Aside from caring for patients, employees do much more to create a ripple that reaches far beyond the walls of the hospital and clinics. For example:

- Every fall, employees collect hundreds of pounds of food for Christmas boxes for needy families served by The Samaritan Center.
- During the school year, employees spend time reading to children, joining them for lunch and visiting their classrooms through a partnership with Clinton Bright Futures.
- Annually, employees contribute thousands of dollars to a scholarship program that helps their coworkers reach career goals and ultimately provide better care for patients.

“Whenever we ask for help, the response is immediate,” says Deanna Hendrich, Director of Development and Communications. “Sometimes it’s simple, such as asking for boxes of colored pencils, and sometimes it’s more involved, such as giving up lunch hours to help students or donating dollars from paychecks. It doesn’t matter. Our staff shows up.”

Nowhere is that more evident than the support the hospital’s foundation receives, Hendrich says. Employees and medical staff play a significant role in annual events, including the diabetes walk, the 5K walk/run and the fall gala.

“They give their dollars, which is great, but they also participate and volunteer, which also helps,” Hendrich says. “The events could not happen without them.”

Hendrich is especially pleased with the enthusiasm for the foundation’s continuing education awards program, which has provided 28 awards totaling \$15,000 since 2014.

“The program is funded primarily through employee donations,” she says. “I’m continually amazed by their willingness to share.”

The lasting impact of employee generosity is how it inspires others to give, Hendrich notes.

“When businesses or individuals consider how they want to support the work we are doing, I’m quick to point out that our own staff members believe strongly in what we do,” she says. “Their passion motivates others to give.”

To make a tax-deductible gift to the foundation or to include GVMH in an estate plan, please call **660-890-7108** or email foundation@gvmh.org.



MEN'S HEALTH



Every man (even you!) needs a doctor. To find the right healthcare provider for you, go to our directory at www.gvmh.org/providers.

WHEN FATHER KNOWS BEST

4 ways to be a healthy role model for your children

EAT YOUR VEGGIES. That's enough TV for one day. Time for bed. When it comes to a child's well-being, dads want what's best for their kids. And while it's great to tell kids what's good for them, it's just as important to show them. Why? Because your everyday behaviors can have a big impact on your children's behaviors. Habits they learn from you can last throughout their lives.

Be a good role model for your kids by making these healthy choices:

- 1 Make safety a priority.** Whenever a situation calls for safety, let your kids see you make the right move. For starters, always wear a seat belt every time you drive or ride in a vehicle and a helmet whenever you ride a bike or motorcycle. Make sure your kids do the same. And it almost goes without saying: Never drink and drive.
- 2 Feast on healthy fare together.** Kids keep a keen eye on what you put on your plate. So be sure you eat plenty of fruits and vegetables.

If you're the main chef in the house, bring the kids into the kitchen with you. It's a great way to spend time with them and to teach them about cooking nutritious foods.

Also gather everyone around the table for meals as often as possible. Research shows that kids consume more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family.

3 Help your kids get their move on. Show your kids that regular physical activity is a priority—and that family fitness can be fun. For instance, you might play ball, go on bike rides, or take walks or nature hikes together.

4 Get checkups. Teach your kids that real men see a doctor. Remember, you can't take care of your family unless you take care of yourself. Having—and seeing—a primary care doctor will help ensure that you get all the vaccines and screening tests you need to stay ahead of many diseases, including heart disease and cancer.

What checkups do you need? See the chart to the right.

Sources: American Academy of Pediatrics; National Responsible Fatherhood Clearinghouse; U.S. Department of Health and Human Services

SCREENING TESTS by age for MEN



20 BLOOD PRESSURE
Start screening at least every 2 years.

CHOLESTEROL
Start screening every 5 years.

30 DIABETES
Ask your doctor about screening.

45 DIABETES
Start screening at least every 3 years.

50 COLORECTAL CANCER
Talk to your doctor about screening options.

PROSTATE CANCER*
Ask your doctor about screening.

65 ABDOMINAL AORTIC ANEURYSM
Get screened once between ages 65 and 75, if you've ever smoked.

70 OSTEOPOROSIS
Start screening, depending on your risk factors.

These recommendations are for most men. Talk with your doctor about what's right for you.

*African American men should talk with their doctor at age 45.

Sources: American Cancer Society; American Heart Association; National Institute of Diabetes and Digestive and Kidney Diseases; National Osteoporosis Foundation



The health tools at www.gvmh.org can help you know if you're on the right track—or headed in an unhealthy direction.

DIABETES SUPERFOODS

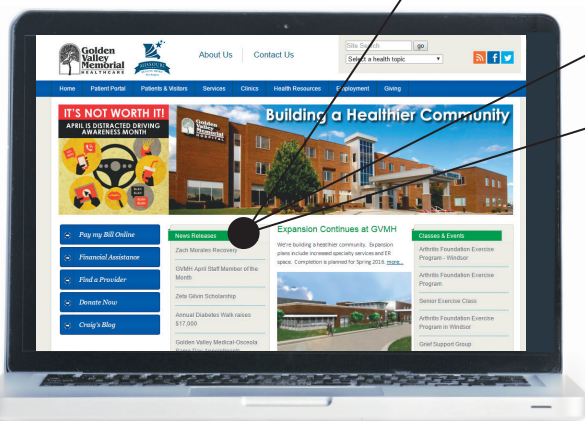
10 FOODS THAT ARE SUPERGOOD FOR YOUR HEART

Anatomy of a Heartbeat

Stage 1
Blood flows from large veins into pumping chambers as the heart relaxes between contractions.
Source: National Heart, Lung, and Blood Institute

HEART ATTACK SYMPTOMS
SELECT A SYMPTOM BELOW TO LEARN MORE ABOUT IT

SHARP PAIN
SWEATING
NAUSEA OR VOMITING
CHEST DISCOMFORT
SHORTNESS OF BREATH
LIGHT-HEADEDNESS
DIZZINESS
FATIGUE



Do you know the best diet for people with diabetes? Would you recognize the signs of a heart attack? Find out about these questions and more at www.gvmh.org. Choose "Health Resources" and then "Health Tools."

HEALTH SCENE is published as a community service for the friends and patrons of GOLDEN VALLEY MEMORIAL HEALTHCARE, 1600 N. Second St., Clinton, MO 64735, telephone 660-885-5511, website www.gvmh.org.

Randy S. Wertz
CEO

Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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