



# HEALTH MATTERS

## ELMORE MEDICAL CENTER COMMUNITY NEWSLETTER

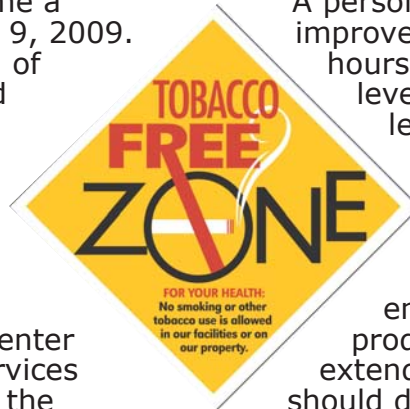
### *ELMORE MEDICAL CENTER BECOMES TOBACCO FREE*

Elmore Medical Center will become a tobacco free facility on September 9, 2009.

On that day, the use of any form of tobacco products will be prohibited on any of the hospital and clinic properties. Tobacco free zone signage, like those used at both St. Luke's and St. Al's and other tobacco free facilities in the area, will be liberally installed to inform patients and visitors.

The mission of Elmore Medical Center is to provide quality healthcare services that enhance the quality of life for the communities we serve. Prohibiting the use of tobacco products at the hospital supports the mission.

It has been known for many years that smoking and using tobacco products has harmful effects on a person's health. Cigarette smoking is the leading preventable cause of death in America, accounting for more than 440,000 deaths each year, according to the U.S. Centers for Disease Control and Prevention (CDC). Cigarette smokers have a higher risk of developing fatty buildups in arteries, several types of cancer and chronic obstructive pulmonary disease (COPD).



A person who stops smoking can start seeing improvements in their health in as little as 8 hours. In that time the carbon monoxide level drops in the body and the oxygen level in the blood increase to a normal level. The longer a person goes without smoking, the health benefits continue to increase.

The ban on using tobacco products will apply to patients, visitors and employees. Patients who use tobacco products and who anticipate spending an extended amount of time at the hospital should discuss any concerns they have with their physician.

Anyone interested in more information on smoking and tobacco use cessation can access free services at <http://www.idahoquitnet.com> or by calling 1-800-QUIT-NOW (1-800-784-8669).

Additional websites with smoking cessation resources include:  
<http://www.smokefree.gov/>  
<http://www.surgeongeneral.gov/tobacco/>  
<http://www.cancer.gov/cancertopics/factsheet/tobacco/cessation>  
 Information is available on these websites in english and spanish.

## *Health & Wellness Day*

**The 2009 Health & Wellness Day will be held on Saturday, October 10, at Hacker Middle School, 550 E. Jackson, Mountain Home from 7 - 11 am.**

Health & Wellness Day is open to the public and includes more than 30 display booths, offering a wide array of health and wellness information and services.

Reduced cost seasonal adult flu immunizations will be provided to anyone 18 years or older. Fasting blood tests which include chemistry panel, Cholesterol and TSH levels are offered for \$20 if pre-registered and \$22 for walk-ins. This is a 12 hour fasting blood test so recipients should not eat or drink anything for 12 hours prior to having their blood drawn. PSA (prostate screenings) are available at the event for \$10 (Pre-registration form on page 3). Free services include bone density heel scans, blood pressure checks, health screenings and nutritional snacks will also be available. All participants can enter a drawing to win door prizes.

An "Adult Fun Walk" is being organized by the Western Elmore County Recreation District (WECRD) in conjunction with the Health & Wellness Day event. For walk registration information contact WECRD at 580-2377.

Pre-registration forms for Health & Wellness Day offerings are available on the Elmore Medical Center web site - [www.elmoremedicalcenter.org](http://www.elmoremedicalcenter.org). For additional information about the event call the EMC Education Department at 587-8401 ext. 187.

## Community Education

Elmore Medical Center Education Department offers a variety of health care education programs to the public as a community service.

### **Early Pregnancy Class**

This class covers what to expect during pregnancy for first time mothers. This class is free for expectant mothers planning to deliver their babies at Elmore Medical Center. \$15 for all others.

### **Prepared Child Birth Class**

This is a four part class held on Tuesday and Thursday for two weeks. The class is free for expectant mothers planning to deliver their babies at Elmore Medical Center, \$25 for all others. New classes start every other month, call for class schedule.

### **Breast Feeding Class/Support Group**

Expectant parents, breastfeeding mothers and their babies welcome to this free evening class providing breast feeding information and support. Scheduled every other month.

### **First Aid**

Scheduled every other month. The fee for class is \$20, includes manual and supplies.

### **Heartsaver CPR**

Offered every other month, this course is designed to teach CPR, foreign body airway obstruction interventions and automated external defibrillator operation. This course is useful for those people expected to respond to workplace emergencies.

Register and prepay for all classes at hospital front desk. Unless otherwise noted, all classes are held in the EMC Conference Room

Elmore Medical Center  
895 North 6th East  
PO Box 1270  
Mountain Home, Idaho

For more information contact  
EMC Education Department  
587-8401 ext 146



## TALKING TO TRUSTEES

For most people the prospect of serving as the chairperson of a hospital finance committee would be a daunting task. This is not the case for Mari Young, CPA.

Young is one of seven elected volunteers who serve on the Elmore Medical Center Board of Trustees.

Young moved to Mountain Home in 1974 from Minnesota. She was a high school art teacher prior to moving to Idaho and pursued a career in accounting following her move west. She received her CPA in 1986 and was a partner in Miracle & Associates, CHTD. Presently she serves as

the Chief Financial Officer for Tri State Electric, Inc.

As chairperson of the EMC Finance committee, having professional accounting experience and an understanding of the financial needs of the hospital, makes Young an effective leader. The Finance committee provides oversight for financial matters at Elmore Medical Center. The committee makes budget recommendations to the Board of Trustees. They are responsible for monitoring benchmarks and financial analysis ratios, developing financial policies for Board approval, and for making recommendations to the Board based upon the financial information that is regularly reviewed.

When asked what she feels her role is as a Hospital Trustee, Young remarked "As a Trustee, I serve an oversight role, seeing that all the efforts of the employees make Elmore Medical Center the best that it can be. We don't micro-manage. We represent the community, providing governance to ensure the hospital is fulfilling the community needs and remaining financially solvent."

When asked what the most impressive thing she learned about Elmore Medical Center since taking on the responsibilities of a Trustee, Young responded "The wonderful efforts of the EMC employees to provide not only good care, but how they give it 100%."

## GOLF TOURNAMENT RAISES \$9,400

The 2009 EMC Foundation Annual Golf Classic and Silent Auction event, held on August 1, raised just over \$9,400. The funds will be used towards the purchase of a ventilator for the hospital and provide additional investment in the Endowment Fund.

The ventilator will be used by the Surgery Department staff. Ventilators are commonly used to assist patients who are having a difficult time breathing, due to a serious illness or following surgical procedures.

A portion of the proceeds will be invested in the Endowment Fund, which was established in 2005 to provide an on-going funding source for the future of Elmore Medical Center.

The Foundation board would like to extend their thanks all our sponsors and in-kind donors for supporting the Golf Classic and to all of the golfers, guests and volunteers who participated in the event.

Elmore Medical Center Foundation is a 501(c)3 non-profit organization. Donations made to the EMC Foundation are tax deductible. For more information about the EMC Foundation call Doreen at 580-2673 or check out the website at

[www.elmorefoundation.org](http://www.elmorefoundation.org)

The next Foundation event will be a Wine & Music Event on Saturday, October 17 from 2-5 pm in the hospital gazebo. Details are posted on the Foundation website.

## CCH ASSESSES COMMUNITY NEEDS

The Center for Community Health (CCH) is Elmore Medical Center's community outreach initiative which works to promote and improve health & wellness in our communities by providing improved access to health & wellness education, information and resources. Working with community stakeholders, CCH takes a "team" approach, identifying opportunities to meet needs and reduces duplication by building partnerships and collaborations with existing resources. CCH is led by a 17-member advisory board. In addition CCH has 53 registered community partners.

In the initial strategic planning process, CCH identified that a community health care needs assessment should be conducted to determine what health and wellness concerns were not being met or needed additional education. The community needs assessment was completed in April 2009 through a telephone survey of 400 randomly selected households in Elmore County, Bruneau and Grand View. Respondents rated 20 health and wellness topics on a "1" to "5" scale with "1" meaning the topic deserved much less focus and "5" meaning it deserved much more focus.

After a careful review of the assessment results the following areas were selected as priority categories to concentrate on in the next year.

- Substance abuse and irresponsible behavior related to illegal drug use, underage drinking and driving while impaired.
- Mental health, especially related to individuals dually diagnosed with substance abuse and mental health disorders.
- Nutrition and Obesity.

In addition to education activities, CCH maintains a comprehensive Community Resource List, a directory of local health and wellness and service organizations that serve our communities. Topics include Medicaid and sliding scale providers, senior citizen resources, hospice and home health, low-income services, mental health and counseling, Tricare resources and many more.

The Community Resource List can be accessed on the CCH web site [www.elmorecch.org](http://www.elmorecch.org). For more information on CCH, please visit our web site at or contact us at 587-8401 ext. 261 or [meisk@slrmc.org](mailto:meisk@slrmc.org).

## GYNECOLOGICAL CANCER AWARENESS MONTH

Center for Disease Control (CDC) is promoting awareness of gynecologic cancer through its national Gynecologic Cancer Awareness Campaign held in September. The goal is to raise awareness about the five major gynecologic cancers (cervical, ovarian, uterine, vaginal, and vulvar).

Each gynecologic cancer is unique, with different signs and symptoms, different risk factors (things that may increase your chance of getting a disease), and different prevention strategies. All women are at risk for gynecologic cancers, and risk increases with age. When gynecologic cancers are found early, treatment is most effective.

It is important for women to pay attention to their bodies and know what is normal for them so that they can recognize the warning signs of gynecologic cancers. If you notice any unexplained signs or symptoms, see a doctor right away. As a preventive measure, it is recommended that all women get a Pap test regularly to screen for cervical cancer.

Prevention strategies include maintaining a healthy weight, eating 5 servings of fruits and vegetables and a low fat diet is recommended. Regular exercise helps maintain healthy bones and muscles. Regular monitoring of blood pressure and cholesterol levels is also important. For more information go to <http://www.cdc.gov/women/az/cancer.htm>

For more information on women's health issues you can contact Dr. Michael Charme at Trinity Mountain Medical Center. As a board certified gynecologist, Dr. Charme has more than 16 years of experience focusing on the treatment of women from early teens through menopause. Dr. Charme performs general gynecological surgeries with a special interest in laparoscopic procedures.

Patients can call 587-9703 to schedule appointments at TMMC.

## 2009 Health & Wellness Day Registration Form

Pre-registrations accepted until  
5 PM, Thursday, October 8

Please print clearly

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Check the box for each test requested

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Blood Tests          | \$ 25                                |
| <input type="checkbox"/> PSA Test             | \$ 12                                |
| <input type="checkbox"/> Seasonal Flu Vaccine | \$ 15<br>(must be 18 years or older) |

Registration Total: \_\_\_\_\_

Payment Method:

- Check
- Visa
- Master Card

Credit Card # \_\_\_\_\_

Expiration date \_\_\_\_\_

Cardholder signature \_\_\_\_\_

For more information contact  
Anna Hissong, RN  
580-2684

Mail or drop off registration form at:

Elmore Medical Center  
895 North 6th East  
PO Box 1270  
Mountain Home, Idaho 83647



Elmore  
**MEDICAL**  
CENTER

P.O. Box 1270  
895 North 6th East  
Mountain Home, Idaho 83647

[www.elmoremedicalcenter.org](http://www.elmoremedicalcenter.org)

## **REHAB SERVICES AT EMC**

Whether due to an accidental injury, illness or age, some hospital patients and Long Term Care residents find that they need rehabilitative services.

At Elmore Medical Center we partner with Mountain Land Physical Therapy and Rehabilitation to provide quality physical, occupational and speech and language rehabilitation locally.

The therapists help individuals achieve their highest level of function, safety and independence. They focus on individualized treatment that utilizes a combination of one-on-one therapy and group interventions to assure every patient receives the attention they deserve.

The skilled team of therapists provide expertise in neurological rehabilitation, orthopedics, wheelchair fitting and positioning, fall & balance training, functional ADL training, dementia management and swallowing & speech disorders.

"We enjoy celebrating the successes of our patients. We have graduation parties for them when they have met their rehab goals and have regained their highest level of function" stated Tabitha Payton, Rehabilitation Team Coordinator.

Therapy services can be arranged for up to 6 days per week if needed. Whether it is a short stay in the acute care wing or an extended rehab in the LTCU, our team of physical and occupational therapists and speech/language pathologists are available to meet the needs of the patients and their family members.

For more information about hospital and LTCU services contact Brenda Arrillaga at 587-8401 ext. 193.

## **AUXILIARY TO HOLD FALL TEA**

The Elmore Medical Center Auxiliary is hosting a **Fall Tea** event on **Saturday, October 3** from 1-3 pm at Green's Nursery and Gifts located at 210 North Hasket in Mountain Home. Cost is \$6 per person. Please RSVP by calling 587-3227 or email [mildred\\_mcneal\\_950@msn.com](mailto:mildred_mcneal_950@msn.com)

Come and share a cup of tea and light lunch. Learn about the fun events and activities the Auxiliary hosts throughout the year to support Elmore Medical Center.

Meet the Auxiliary Officers for the coming year, Mildred McNeal, President; Nancie Bringer, Vice President; Jamie Maurer, Secretary and Delores Leslie, Treasurer.

Learn how you can become involved with the Auxiliary's annual See's Candy sale. Orders are taken from mid-September through the end of October with orders delivered before the holidays.

The Auxiliary meets the second Monday of the month at 7 PM in the Elmore Medical Center Conference Room (September-May), new members are welcome any time. Active membership dues are \$5 per year. Associate memberships are available for \$10.

The Auxiliary was formed in 1956, one year after Elmore Medical Center opened it's doors. Members have proudly served as fund raisers and volunteers in the facility for more than 50 years.