

inTouch with Sandusky County and Neighboring Communities



A YEAR OF TRANSFORMATION



MR. YANES IS A FELLOW IN THE AMERICAN COLLEGE OF HEALTHCARE EXECUTIVES

In addition to the significant renovations underway in our Emergency Department, which are expected to be completed in May 2010, we look forward to the planned opening in the spring of our new Women's Diagnostic Center, which will feature digital mammography. In order to better serve our community, we added needed specialties such as pulmonology and critical care medicine. During 2010, we plan to expand our medical

services with the addition of nephrology and pediatric infectious disease. Clearly this will improve care and convenience and will allow more patients to stay right here in our community for the duration of their medical treatment.

Recognizing the need to continuously improve service levels, in addition to our organization's capital improvements, our associates have recommitted themselves to providing compassionate,

five-star service to our patients and their family members. While we're implementing necessary changes and realizing key results, as a healthcare family we remain committed to your family and to our mission, which remains the same:

TO CONTINUALLY IMPROVE THE HEALTH AND QUALITY OF LIFE FOR THE INDIVIDUALS AND FAMILIES IN THE COMMUNITIES WE SERVE.

This InTouch publication will be a quarterly publication with the primary goal of familiarizing you with your community hospital and the changes we're making to better serve you. It will provide you with a glimpse of the physicians, nurses, volunteers and all of the other associates that make up our hospital family. Please enjoy and stay healthy.

Best regards,
John C. Yanes, FACHE
Chief Executive Officer

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SAVING LIVES. SERVING THE



For more than 90 years, Memorial Health Care System has been serving the local community. As we continue to be a non-profit organization that is dedicated to making Sandusky County a better place to live, MHCS accounts for a total economic impact to the community of over \$145 million. In addition to the economic benefit to our community, Memorial Health Care System provides essential services that educate, save lives, and keep Sandusky County healthy.

COMMUNITY BENEFIT REPORT 2009

QUALITY CARE

Emergency Department Visits	19,277
Inpatient Admissions.....	2,513
Inpatient/Outpatient Visits	101,640
Lab Tests	1,181,103
Physical Therapy Treatments	113,002
Diagnostic Imaging Procedures.....	40,319
Pain Management Patients	6,735
Home Health Care Visits	8,640
Hospice Visits	15,886
HealthLink Visits.....	12,527

COMMUNITY INVESTMENT

Mobile Meals	10,005
Total Volunteer Hours	38,352
Total Payroll and Benefits	\$28.8 million
Charity/Uncompensated Care	\$7.6 million
Capital Investments	\$1.3 million
Utility Payments	\$1 million
Dollars Spent Locally.....	\$11.1 million

BREATHING A LITTLE: EASIER

MHCS EXPANDS SERVICES WITH ANAS BALAA, M.D.

Anas Balaa M.D., Memorial’s pulmonary, critical care and sleep disorder specialist is building his practice, Memorial Pulmonary Associates, in Fremont. Dr. Balaa is board certified in critical care, internal medicine and pulmonary care.

According to Memorial CEO, John Yanes, “Dr. Balaa’s expertise will allow more patients to remain in Fremont for the duration of their medical care, where previously it may have been necessary to travel to another city to see a specialist.”

Some common conditions that pulmonary and sleep disorder specialists treat are asthma, Chronic Obstructive Pulmonary Disease (COPD), lung disease, sleep apnea, pulmonary embolism, as well as other medical conditions.

As a critical care specialist, Dr. Balaa treats critically ill patients who are in a medically unstable state and may often require emergency medical intervention.

“Having a pulmonary, critical care and sleep disorder specialist at a rural health-care system like Memorial is a unique benefit that greatly enhances our community’s health-care options,” added Yanes.

Dr. Balaa’s practice is located at 1920 Glenn Springs Drive adjacent to Memorial Hospital in Fremont. His office hours are from 8 a.m. to 4:30 p.m., Monday – Friday. Dr. Balaa is available for inpatient and outpatient consults at 419.333.6436 during regular business hours. He is also available for after-hour emergency consults via the hospital’s main switchboard, which is 419.332.7321. Visit memorialhcs.org/pulmonary-care for information.

COMMUNITY.

CONSECUTIVE: TOP HONORS



MEMORIAL HOME HEALTH STAFF CELEBRATE AT THE ELIZA RAMSAY HOME IN CLYDE.

MEMORIAL HOME HEALTH RECOGNIZED NATIONALLY AS A TOP-PERFORMING HOME HEALTH AGENCY FOR SECOND YEAR IN A ROW

Memorial Home Health is helping MHCS realize its vision of being nationally recognized for providing innovative care and 5-star service. For the second consecutive year, Memorial Home Health has been named to the 2009 HomeCare Elite by OCS HomeCare - a leading national provider of homecare information, and DecisionHealth - publisher of homecare's most respected independent newsletter Home Health Line.

HomeCare Elite is a compilation of the top-performing home health agencies in the United States. This annual review identifies the top 25 percent of agencies and further highlights the top 100 and top 500 agencies overall.

Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

"We congratulate Memorial Home Health Care on being one of the top home care agencies in the country."

"Memorial Home Health Care is continuously striving to provide our patients with top-notch, compassionate care. This award is a testament to the hard work and dedication of Memorial's home-health professionals."

Carrie Drown

said Nancy Buller, senior director of marketing communications at OCS HomeCare.

The 2009 HomeCare Elite is the only performance recognition of its kind in the home

health industry. The data used for this analysis was compiled from publicly available information. The entire list of the 2009 HomeCare Elite agencies can be viewed by visiting the OCS Web site at www.ocshomecare.com.

According to Memorial Home Health Director, Carrie Drown, "Memorial Home Health Care is continuously striving to provide our patients with top-notch, compassionate care. This award is a testament to the hard work and dedication of Memorial's home-health professionals."

In 2009 Memorial Home Health provided over 8,600 visits with its dedicated team of nurses, certified home health aides, physical, occupational and speech therapists, and social workers. Home health professionals work closely with patients' physicians in order to create a treatment program for people who still need medical assistance, but no longer need to be in a hospital. They treat patients in the comfort of their own home.

Memorial Home Health is located at the Eliza Ramsay Home at 420 S. Main St. in Clyde. For more information visit memorialhcs.org/home-health or call 419.547.6419.

PHYSICIAN FOCUS: HOWARD STIERWALT

HOWARD G. STIERWALT, MD specializes in Family Practice and is proud to serve the Fremont community. He is a past member of the YMCA Board of Directors and is the former president of the Catholic Education Development Board of Directors. He has also served on the MHCS Foundation Board of Directors for more than 15 years.

Dr. Stierwalt received his bachelor's degree at Notre Dame University and attended medical school at The Ohio State University. He completed his residency at the Toledo Hospital and has been practicing medicine for more than 30 years.

Dr. Stierwalt and his wife Kay have two children together, Joe and Katie. In his spare time he enjoys running, skiing, and boating.



NEW BOARD MEMBER WELCOME: OPERATING BOARD



DENNIS NEWMAN is the Director of Adult Basic Literacy and Education (ABLE) for Vanguard- Sentinel Adult Career Centers (GED program). Prior to working at Vanguard he was President and co-owner of the S.E. Hyman Company in Fremont and was Vice-president of Licking Memorial Hospital in Newark, Ohio. In addition to being immediate past chairman of Memorial Hospital Foundation's Board of Directors, Dennis is also the past president and member of Fremont Rotary Club, board member of Memorial Hospital Community Care 1 Board, past board member of the YMCA, past district commissioner for Sandusky County Boy Scouts, and past board member of Terra Community College.

Dennis graduated from Fremont Ross High School and Miami University with a Bachelor of Science degree specializing in psychology. Two years later he earned his Master's of Business Administration with a specialization in Hospital and Health Services Administration from Northwestern University.

Dennis and his wife Susan live in Fremont. They have two children. In his free time, he enjoys, snow and water skiing, reading, photography, bicycling, traveling and hiking.

MEMORIAL HOSPITAL BOARD MEMBER: HAL HAWK EARNS NATIONAL HONOR

HAROLD "HAL" HAWK, FORMER CHAIRMAN OF BOARD OF MEMORIAL HOSPITAL IN FREMONT, OHIO, HAS BEEN RECOGNIZED AS PART OF MODERN HEALTHCARE'S 2010 TRUSTEE OF THE YEAR AWARDS PROGRAM; HAWK RECEIVED "HONORABLE MENTION" IN THE SMALL HOSPITAL CATEGORY. TO VIEW THE ARTICLE THAT RECOGNIZES HAWK, VISIT MODERNHEALTHCARE.COM



Hal Hawk has been a member of Memorial Hospital's Board of Directors since 2000. He was appointed chairman of the board in 2001, after successfully advocating on two different campaigns that led to the construction of Memorial Hospital's 30,000-square-foot Weitzel-Kern Surgery Center, and its 29,000-square-foot Herbert-Perna Center for Physical Health.

"I've had the pleasure of working with Hal Hawk for the past 15 months. In my experience, Hal is relentless in his commitment to Memorial Hospital and in facilitating a framework that drives us to achieve our desired clinical and financial outcomes," said John Yanes, CEO of Memorial Health Care System. "Hal clearly merits this national recognition. His commitment as a board member, business leader and community steward is commendable."

According to Yanes, Hawk's tenure as Memorial Hospital's chairman of the board included an array of challenges, changes and successes. Hawk served on Memorial Hospital's board of directors for nine years, and has also served as a member of the hospital's foundation board and operating board. He has held positions including secretary, treasurer and vice chairman,

and was elected to two terms as chairman. Hawk continues to serve on Memorial Hospital's Board of Directors and currently chairs the Finance Committee. He serves on other hospital committees and is an active and engaged member of the Fremont community.

Memorial Health Care System (MHCS) is a state-of-the-art medical center with over 150 physicians on staff including more than 100 specialists. MHCS is a comprehensive health care provider that includes the Weitzel-Kern Surgery Center, the Herbert-Perna Center for Physical Health, a sleep disorder center, a center for mental health and well being and much more. For more information, visit memorialhcs.org.



MEMORIAL HOSPITAL EMERGENCY DEPARTMENT: RENOVATIONS ON TRACK

IMPROVEMENTS AT THE MEMORIAL HOSPITAL EMERGENCY DEPARTMENT ARE ON SCHEDULE TO COMPLETE IN MAY 2010.

"It's very exciting to begin to see and experience the improvements to our Emergency Department," commented Memorial Hospital CEO John Yanes.

"This renovation project will truly enhance the patient experience at the hospital. Clearly, the renovations coupled with the wide range of medical specialist, quality medical staff and improved service levels is a winning combination," added Yanes.

Renovations are being completed in several stages over a six to nine month period allowing the emergency department to remain fully functional during the entire process. The emergency department improvements

are being completed entirely by local contractors including Mosser Construction, Warner Mechanical and Valley Electric Company. Perspectus based in Cleveland, Ohio is the architectural firm for the project.

According to Yanes, "These renovations are essential to accommodate the increasing number of patients in our community that entrust their care to us, and to enhance Memorial Hospital's ability to provide our community with the clinical care they need close to home."

The project includes a 1,000 square foot expansion, and renovation of the entire exam and treatment area, which

will enhance patient comfort and privacy, and expedite treatment. The number of exam rooms will increase to 13 and the redesign includes the creation of a Fast Track area to provide patients with expedited care.

Thus far, the new emergency lobby has reopened, along with six new exam rooms. The new lobby fills a 350 square foot addition to the hospital and is filled with natural lighting from new exterior windows. It has been designed to maximize convenience, comfort, and visibility from the reception areas. Several exterior improvements have also been made including repaving of the parking area, and new signs.

Visit memorialhcs.org/emergency-renovations for information.

PHYSICIAN FOCUS:

MARY WONDERLY

MARY B. WONDERLY, M.D., is a board certified family practice physician. She started her career as a staff nurse at Memorial Hospital and worked her way up to become the hospital's Chief of Nursing. After 15 years of nursing, Dr. Wonderly decided to pursue her life-long dream of being a doctor. With the support of her family, Dr. Wonderly attended medical school at The University of Toledo and is now a family practice physician in Fremont. She has been practicing for six years.



DR. WONDERLY (SECOND FROM THE LEFT, MIDDLE ROW) AND HER FAMILY.

Dr. Wonderly is the president of the Sandusky County Medical Society, the medical director at Valley View Health Care Center and an assistant professor at The University of Toledo. In 2008 she received the Dean's Award for Teaching at UT.

In her spare time, Dr. Wonderly enjoys antiquing, restoring her 158 year old home and spending time with her husband and four children. She also likes hosting foreign exchange students.

Dr. Wonderly is on staff at Memorial Hospital. For more information call her office in Fremont at 419.332.3560 or visit memorialhcs.org.

MAKING A DIFFERENCE: IN WOMEN'S HEALTH

WOMEN'S DIAGNOSTIC CENTER OPENING THIS SPRING

Memorial Hospital has begun the renovation of existing space on the ground floor of Memorial Hospital which will result in the creation of the Women's Diagnostic Center. This is due, in part, to a generous contribution from the Auxiliary of Memorial Hospital. The center will feature the hospital's new digital mammography machine, as well as a DEXA (bone density) scanner and ultrasound in a newly renovated area with dedicated changing area and lounge area. The new center is anticipated to be completed in the Spring of 2010.

According to Memorial Health Care System Chief Operating Officer Bonnie Reeves, "As Memorial continues to improve health-care options in Fremont and Sandusky County, the addition of the Women's Diagnostic Center will provide the area with a greater choice when it comes to

women's health. I'm very excited about having these vital services available to women within our service area," added Reeves.

Digital mammography provides patients with more accurate and better-detailed mammograms than traditional film mammography. According to cancer.gov, digital mammography gives women, especially those under the age of 50, significantly better results. Digital mammography can also detect cancer in women under 50 sooner than film mammography.

One other advantage of having digital mammography is space. Images are stored electronically; therefore health-care facilities have more space that can be used for patient care. In fact, the Women's Diagnostic Center is being constructed in an area that was

previously used to store x-ray films that are now being stored electronically.

"Our community will greatly benefit from the Women's Diagnostic Center," said John Yanes MHCS CEO. "During my first year here at Memorial, I heard from the community and several members of our medical staff that Memorial should have digital mammography capability. With the completion of this project, women in our community will be able to have digital mammogram services right here at home."

The Women's Diagnostic Center will be constructed in existing hospital space on the north side of the building near the cashier's office. The 1,200 square-foot space will be completely renovated. The estimated cost of the project, including equipment, furniture and labor is approximately \$600,000.

"THE CENTER WILL HAVE A SPA-LIKE FEEL TO IT, AND IS BEING DESIGNED WITH PATIENT PRIVACY AND COMFORT AS TOP PRIORITIES. OUR PATIENTS WILL BENEFIT FROM A MUCH MORE PRIVATE, COMFORTABLE AND FRIENDLY ENVIRONMENT WHILE PROVIDING THEM WITH EASY ACCESS TO IMPORTANT HEALTH-CARE SERVICE," SAID REEVES.

For more information, including ways to support the Women's Diagnostic Center, contact MHCS Director of Development, Chasity O'Neill at Chasity.ONeill@memorialhcs.org or 419.334.6667. You can also visit memorial.org/womens-center.





ALEXA BROWN (CENTER) AND HER FAMILY

TREATING A CHILD WITH CANCER:

THE STORY OF ALEXA BROWN AND HER PHYSICIAN

DR. JONATHAN DILLER, WHO IS A FAMILY PRACTICE PHYSICIAN IN FREMONT, OH IS A LOCAL HERO. THIS IS CERTAINLY TRUE FOR A CLYDE FAMILY AND THE ASSOCIATES OF MEMORIAL HOSPITAL, WHO RECENTLY HONORED DR. DILLER WITH A MEMORIAL HEALTH CARE SYSTEM FIRE STARTER AWARD.

The story of Alexa Brown's life, and the care that she received from Dr. Jonathan Diller, is not a simple one to recount.

"Dr. Diller delivered Alexa; he helped my husband dress her just after she was born; he was there when she was sick; he was there when we needed him," said Alexa's mother, Wendy Brown.

Alexa Katherine Brown was born on February 21, 1998 at Memorial Hospital. She was diagnosed with cancer in early 2006, when she was eight years old.



DR. JONATHAN DILLER IS A FAMILY PRACTICE PHYSICIAN IN FREMONT AND IS ON STAFF AT MEMORIAL HOSPITAL. FOR MORE INFORMATION ON DR. DILLER AND HIS PRACTICE, CALL 419.332.9978.

According to Warren Brown, Alexa's father, "When Dr. Diller broke the news of Alexa's diagnosis to our family, he did so with a warm embrace; I know that Alexa held a special place in his heart, and he treated our entire family with the same compassion."

As a young child, Alexa Brown had to endure frequent testing, physical and occupational therapies, cancer treatments and hospital stays.

"With everything that Alexa went through, she and our family were exhausted," said Warren Brown. "Dr. Diller's constant attention, his always taking that extra-step to make sure we were ok, and his respect for our family's needs, were essential as we stood behind Alexa on her journey."

"After Alexa's diagnosis, those of us in charge of her care made sure we never took away hope—that we did everything we could to allow her to be kid," said Dr. Diller. Alexa Brown spent three and a half years of her life fighting cancer.

Eventually, Alexa was referred to Hospice of Memorial Hospital.

"Caring for young children with terminal diagnosis is always difficult for health-care providers," said Hospice Nurse, Bev Hart. "When Alexa was in our care we contacted Dr. Diller many times to coordinate. By this time, he had spent several years coordinating her care

with various specialists. But every time we called—day or night—he was patient and compassionate."

"I remember Dr. Diller looking out for us; he wrote our family a letter telling us what a privilege it was to be able to care for Alexa," remarked Wendy Brown. "He always listened; he allowed us to make the decisions that were best for Alexa and our family."

Alexa Katherine Brown passed away on August 6, 2009; she was 11 years old.

After Alexa passed away. The associates of Hospice of Memorial Hospital nominated Dr. Diller for a Firestarter Award, which is an award given out annually to MHCS associates who demonstrate extraordinary commitment to MHCS' mission, which is to continually improve the health and quality of life for the individuals and families in the communities we serve.

"I know that Dr. Diller doesn't believe that he did anything extraordinary. The compassion and professionalism we witnessed, however, was extraordinary. We are very proud to have him as a physician at MHCS," added Hart.

"Although I am honored to receive the award, I wish that the outcome was different," said Dr. Diller. "I will never forget Alexa; she was happy, delightful a real pleasure to be around."

NEW BOARD MEMBERS WELCOME: FOUNDATION BOARD



TIM WASSERMAN is the director of the Ottawa, Sandusky, Seneca County Joint Solid Waste Management District, where he has been employed for 22 years. He earned a Bachelor of Arts degree in communication from Bowling Green State University, where he specialized in public relations and journalism. Currently, Mr. Wasserman is a board member at the Red Cross and Sandusky County Park District's People for Parks. He also serves on the grants committee for the Sandusky County Communities Foundation and volunteers for Downtown Fremont. Mr. Wasserman is a past board member for Leadership Sandusky County and Sandusky County American Cancer Society. He is also a graduate of Sandusky, Seneca and Ottawa's Leadership programs. In his spare time, he enjoys photography, exercising and biking.



MIKE YEAGLE is the co-owner of Yeagle Farms, which specializes in corn, soy-beans, hay and straw. As a dedicated farmer and business owner, Mike was involved as a board member for the Sandusky County Chamber of Commerce for 20 years and serves on the Agriculture Committee of the Chamber of Commerce. He is a past board member for Country Springs Co-op and Lin-More Co-op. He is also an active member in his church, Lindsey Trinity United Methodist Church. He has been married to Kay, who is a retired school teacher, for 39 years. Mike and Kay have two children and four grandchildren. In his spare time he enjoys flying planes, boating and wave running.



DAN HENERY is the president and CEO of Securance Service, Inc. Securance Service is an independent insurance agency that employs twelve licensed agents and has offices in Fremont, Gibsonburg and Woodville. He is also the president and CEO of Southview Development Corp. Henery is the director of the National Professional Insurance Agents Association Board; director of the PIAPRO Insurance Company Board; member of the Gibsonburg Business Association; director and secretary of the Gibsonburg Educational Foundation; a member and past trustee of the Zion Lutheran Evangelical Church in Gibsonburg and also a member, treasurer and past president of the Gibsonburg Lions Club. When Henery is not actively leading in the community, he enjoys hunting and fishing, auto racing, reading and scuba diving.

MEMORIAL HEALTH CARE SYSTEM NAMES WINNERS OF THE FIRE STARTER AWARDS

MHCS awards five Fire Starters annually to associates who have exhibited innovative care and five-star service in one of the five pillars of excellence. The five pillars of excellence at MHCS are service, people, quality, finance, and growth.

This year's Fire Starter recipients are:

SERVICE: PAT HUBER, R.N., PEDIATRICS/ICU • **PEOPLE:** JESSICA GONZALEZ, DIAGNOSTIC IMAGING • **QUALITY:** JONATHAN DILLER, M.D.
FINANCE: DEB CUNNINGHAM, SLEEP DISORDER CENTER • **GROWTH:** SHANNON REARDON, PHYSICAL MEDICINE

These pillars provide the MHCS associates a foundation for setting organizational goals and direction for service and operational excellence. To read more about these MHCS associates award winning performances, visit memorialhcs.org/firestarter.



YOUR RIGHTS AS A PATIENT:

A PHYSICIAN'S PERSPECTIVE

BY: IRACEMA AREVALO, M.D.

RECENTLY, MY SISTER IN-LAW WENT TO A WELL RESPECTED, PRESTIGIOUS HOSPITAL IN BOSTON TO HAVE HER GALLBLADDER REMOVED — WHICH CAN BE CONSIDERED A “ROUTINE” PROCEDURE. HOWEVER, HER EXPERIENCE WAS NOT “ROUTINE.” IF SHE HAD KNOWN HER RIGHTS AS A PATIENT, AND IF HOSPITAL STAFF WOULD HAVE BETTER RESPECTED THOSE RIGHTS, HER HOSPITAL STAY AND RECOVERY WOULD HAVE BEEN LESS DISASTROUS.

YOUR RIGHT TO SPEAK YOUR MIND:

Before surgery, the surgeon asked my sister-in-law if she wanted to go home after surgery. She answered, “yes.” She was unsure, but was afraid to contradict the surgeon’s question.

How does a patient know how well he or she will feel until after the surgery is actually completed? As a patient, you have the right to say, I don’t know, or I don’t feel comfortable answering this question. Don’t be afraid to speak your mind, or to even contradict a

physician. As a doctor, I know that we serve patients better when they tell us what they think. A patient’s feedback is essential to provide the right care.

YOUR RIGHT TO REFUSE: After surgery, my sister-in-law was asked to have a drink of water so that she could be discharged. She was in pain, and initially refused, but felt pressured from nurses that she must drink before going home, and therefore drank.

As a patient, you have the right to say no, anytime, but especially if you are in pain and feel unable to comply with the attending caretaker’s requests. If you feel uncomfortable or unable to do something, you have the right to refrain from doing it.



YOUR RIGHT TO

REMAIN: As my sister-in-law stayed in recovery at the hospital, her pain became more severe; however, she was discharged because the hospital needed the bed for a patient from the E.R. She was discharged while she

was still in too much pain to walk, and before being checked on by her surgeon.

If you don’t feel well enough, or able to leave the hospital, then don’t. You know your body and your limits better than anybody else. Stay at the hospital until you feel you are able to do so. Also, demand to see your physician so that he or she can give you an explanation of your condition and perhaps why you feel the way you do.

Only when you feel ready and able should you be discharged from the hospital.

YOUR RIGHT TO YOUR PHYSICIAN:

After my sister-in-law was discharged, her pain became so acute that she could not walk; she felt like she was dying, so she returned to the emergency department. She was sent home with painkillers after the first visit; nothing got better so she returned and demanded to see her doctor. He found that another surgery was required.

Your doctor knows you, and knows the intricacies of your medical situation. If something seems wrong to you, or abnormal, demand to see your physician. He or she may be able to provide invaluable insight and prevent unnecessary and avoidable complications.

I am a physician. When it comes to medical care I know that a physician must treat a patient, not a disease. There is no such thing as routine when it comes to healthcare. We are all different; we all have needs specific to our bodies. As a patient you have the right, and the responsibility to make sure your physician is addressing your symptoms and not the symptoms that are common to whatever illness or issue you have. Be clear, confident and persistent when discussing your medical treatment with a caregiver.

DR. AREVALO IS ON STAFF AT MEMORIAL HOSPITAL AND SPECIALIZES IN PEDIATRICS AND PEDIATRIC INFECTIOUS DISEASE. SHE RECEIVED HER MEDICAL EDUCATION FROM THE CAYETANO HEREDIA UNIVERSITY OF LIMA, PERU. HER RESIDENCY TRAINING IN PEDIATRICS TOOK PLACE AT LINCOLN MEDICAL CENTER, CORNELL UNIVERSITY OF NEW YORK. DR. AREVALO COMPLETED A FELLOWSHIP IN PEDIATRIC INFECTIOUS DISEASES AND IMMUNOLOGY AT UNIVERSITY SCHOOL OF MEDICINE IN NEW YORK.

HOSPICE OF MEMORIAL HOSPITAL: RECEIVES \$1,000 GRANT



VICKI MEADE (THIRD FROM LEFT) AND MEMBERS OF THE
HOSPICE OF MEMORIAL HOSPITAL STAFF

The Dow Chemical Company announced that it will provide Hospice of Memorial Hospital with a \$1,000 grant to support the hospice concept of care in the region. The grant is made in recognition of the value of hospice in a community's health care system and to honor hospice volunteers for their special contributions.

According to Vicki Meade, director of Hospice of Memorial Hospital, "We are extremely appreciative of the generosity of Dow Chemical. They truly recognize the value hospice and its volunteers provide to the area."

According to the memorialhcs.org/hospice, Hospice of Memorial Hospital is committed to enhance quality of life by supporting patients and families physically, emotionally and spiritually. Its team of health care professionals creates an individual plan of care for every hospice patient – specific to their needs and desires. The focus of Hospice of Memorial Hospital is the belief that each of us has the right to live pain free, with dignity, and that our loved ones will receive the necessary support to allow us to do so.

"This grant will be used to continue to enhance the services we provide to our patients and their families. Hospice of Memorial Hospital is committed to giving those in our care the best available service possible," said Meade.

If you are interested in supporting Hospice of Memorial Hospital, contact Chasity O'Neill at 419.334.6667 or Chasity.ONeill@memorialhcs.org. For more information, visit memorialhcs.org/hospice.

MHCS EARNS POSITIVE OPERATING MARGIN IN 2009 GAINING STRENGTH UNDER THE FINANCIAL PILLAR

Plante & Moran, PLLC, Memorial Hospital's auditing firm based in Columbus, Ohio, recently audited the financial statements of Memorial Health Care System for Fiscal Year (FY) 2009. During FY 2009 (September – October), MHCS realized an operating margin of \$2,795,124 on net revenue of \$65,524,852 or 4.2%. The auditors noted the positive financial results are reflected in the hospital's improved financial ratios. The financial results are noteworthy especially in light of the economic downturn.

"The hospital and its ancillary services were successful this year, but also worked hard to create efficiencies wherever possible. While similar to other community hospitals, we experienced a decrease in inpatient admissions, we were able to realize the positive financial results through better management of our operating expenses, and an increase in revenue in several of our service lines including Physical Medicine, HealthLink, the Midwest Pain Management Center and the Emergency Department," said MHCS Chief Financial Officer Rick Ruppel.

MHCS associates benefited from the positive financial results through a gain share program where a portion of the operating margin is distributed among the associates. Additionally, MHCS's Board of Directors voted to invest 2% in the associates' pension plan. Also of significance this year, is the fact that associates opting for our health plan, there was no increase in premiums or out-of-pocket expenses, noted John Yanes, CEO.

For more information about Memorial Hospital and its services, visit memorialhcs.org.



LATE PHILANTHROPISTS LEAVE FIVE-FIGURE BEQUEST TO MEMORIAL HEALTH CARE SYSTEM

Louis D. and Jane L. Flahiff's final act of giving, after decades of service to Memorial Health Care System, was to bequeath a gift in the five-figure range to the hospital.

Combined, both Louis, better known as "Louie," and Jane served Memorial for nearly 80 years. Louie began his career in 1957 in housekeeping, where he retired in the late 1990's. Jane worked in dietary for roughly 40 years before retiring.

"I could never forget Louie," said Joe Buti, Director of Materials Management. "We worked together in housekeeping for a few years before his retirement. I could always count on Louie to be at work. He was very reliable. However, what I remember

the most is his love of trains. If you wanted to know something about a train, he was your guy."

Countless people in the halls of Memorial remember Jane's laugh. "She had a contagious laugh," said Linda Gegorski, Dietetic Technician, who worked with Jane for approximately 19 years. "She was very reliable and fun-loving. I enjoyed the time we spent together."

The Flahiff's gift was unrestricted in its use and will be invested so that it can assist individuals in the community for many years to come. "Louis and Jane did something wonderful for our community in more ways than one," said Chasity O'Neill, Director of Development. "They remembered,

through their will, the causes that they held dear to them in their lifetimes. Now, their legacies live on. That is something to celebrate."

Through Louis and Jane Flahiff's gift they have also become members of the Hayes Heritage Society, which consists of individuals who have included the hospital in their estate plans. The Hayes Heritage Society now consists of 33 members and was established in the early 1990's.

If you have left Memorial in your estate plans or would like additional information, please contact Chasity O'Neill, Director of Development, at 419.334.6667 or Chasity.Oneill@memorialhcs.org.

PHYSICIAN FOCUS: PHILIP EDGAR

PHILIP EDGAR, M.D. is a family practice physician with Memorial Family Care. He has been practicing medicine for more than 20 years; he has been practicing in Old Fort for Memorial Family Care since 1995. He provides his patients with complete family care, including pediatric and geriatric care, sports medicine and physicals and well-child care. Dr. Edgar completed his medical training at Dalhousie University in Halifax, Nova Scotia.

Dr. Edgar is married with seven children. In his spare time he enjoys spending time with his family at his children's various activities. He also enjoys the outdoors and taking trips to his native Nova Scotia.

Dr. Edgar is on staff at Memorial Hospital and practices with Memorial Family Care. For more information, contact his office in Old Fort at 419.992.4231 or visit memorialhcs.org.



10 NUTRITION RULES FOR 2010



RULES TO LIVE BY TO MAKE THIS YEAR A HEALTHFUL NUTRITION VOYAGE

- 1** Come back to the basic earth. Choose fewer processed foods; eat more fresh fruits, veggies, and whole grains.
- 2** Always, and I say always, EAT BREAKFAST. Breakfast will kick start your metabolism after a night of fasting. By eating a balanced breakfast, you will actually maintain a healthier body weight than by skipping it.
- 3** Eat smaller portions. Leave a few bites on your plate after a meal and save 100 calories.
- 4** Keep yourself hydrated (.6x your body weight= how many ounces of water you need per day) Drink only non-caloric beverages i.e. water and green tea.
- 5** Consume a lean protein source with your meals. Non-deep fried white meats and poultry are an example of a lean protein. You can also buy lean ground beef. Eggs, beans and dairy products are also healthy sources of protein, when consumed in moderation. Soy can also provide health protein to a diet.
- 6** Choose foods, rich in fiber. You need 25-35 grams of dietary fiber per day. Adding fiber to a diet is easy, just eat plenty of fruits, vegetables and whole grains.
- 7** Add a multivitamin with anti-oxidants into your daily routine.
- 8** Eat a total of five fruits and vegetables per day.
- 9** Drink a mixture of carbohydrate and protein before and/or after a vigorous workout.
- 10** Last but not least: Get proper rest so the body can recover and repair while you are sleeping.

NANCY BROWN, R.D. is Memorial Health Care System's clinical dietician. She is a registered dietician who performs nutrition assessments for the hospital's patients, assists individuals with meal plans, and provides educational sessions on health topics related to healthy diet and general nutrition.

For more helpful advice from Nancy Brown and other MHCS associates, visit blog.memorialhcs.org

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