MEMORIAL HEALTH CARE SYSTEM

TOUCH in

■ 2010
■ Issue 2
■ Fall

inTouch with Sandusky County and Neighboring Communities

Memorial Hospital Emergency Department Renovations Complete

On Sunday, July 25, the community was welcomed into Memorial Hospital's newly renovated Emergency Department at its community open house. Hundreds of people attended the rededication hosted at the hospital. In addition to the guided tours of the department led by several members of the Emergency Department staff, the event included a short program with comments by John C. Yanes, Chief Executive Officer, FACHE, John Clark, D.P.M., Chairman of the Board of Directors and Thomas Gallagher M.D., Emergency Services Medical Director.

"Last year, Memorial Hospital experienced 18,000 visits to our emergency department, and 94 percent of the hospital's admissions came through our emergency department. For many in our community the Emergency Department serves as the front door into our hospital," said Yanes.

The newly renovated department has been expanded by 1,000 feet and features 13 new private exam rooms that have been enhanced to provide patients with additional comfort and privacy; a reconstructed physician and nurses station that improves patient monitoring; as well as a new reception, lobby and vending area that have drastically improved patient flow and comfort. The renovations took place in six phases, allowing the department to remain open throughout the reconstruction process.

According to Yanes, "Recognizing the vital importance of providing top quality healthcare to our community, Memorial Hospital has been committed to transforming its emergency care services. Along with the visible physical

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A Fremont First:

Digital Mammography Service Now Available

The new Auxiliary of Memorial Hospital Women's Diagnostic Center, which features digital mammography, ultrasounds and bone density (DEXA) scanning, is now open to better serve women in our community.

The 1,200 square foot center was constructed in existing hospital, which has been completely renovated. It was designed to have a spa-like feel; patient privacy and comfort are at the core of the Women's Diagnostic Center.

According to Bonnie Reeves, Memorial Health Care System Chief Operating Officer, "Having digital mammography available to the women of Fremont will greatly benefit the community. Many women who drive out of town for this service are now able to stay here to receive digital mammograms."

If you would like to know more about the Auxiliary of Memorial Hospital Women's Diagnostic Center, visit memorialhcs.org/digital-mammography. To schedule an appointment, call the Diagnostic Imaging Department at 419.334.6605.

JOHN YANES, CEO AND DIANE HAWK, PRESIDENT OF THE AUXILIARY OF MEMORIAL HOSPITAL OFFICIALLY OPEN WOMEN'S DIAGNOSTIC CENTER

- continued from front

Renovations Complete

DR. GALLAGHER AND DR. CLARK WITH JOHN YANES, CEO, CUT RIBBON AT RENOVATED EMERGENCY DEPARTMENT.

improvements to the department, we have carefully selected a new team of high quality, well trained emergency care physicians who share our commitment to provide the community with excellent emergency services."

Dr. Gallagher emphasized this point, stating that "Memorial's emergency care physicians have been carefully selected based on their skills and training, and are committed to providing the highest level of care to this community for many years to come."

Adding to this, Dr. Clark commented that the event provided an excellent opportunity for the community to visit the emergency department before they needed medical services. Dr. Clark noted that "patient safety and privacy was a top priority in the redesign and the upgraded features of the facility" and highlighted the department's automated medication dispensing system which will allow the staff ready access to medications and expedite care. Dr. Clark added, "the exam rooms that were once separated by curtains are now much more private given that they are divided by walls, glass and doors." According to Charlotte Urban, Fremont resident and chairman of the Memorial Hospital Foundation Board, "I am extremely impressed with the new facility, it is a great improvement for the hospital, but what I noticed the most from my tour was the friendly, outgoing staff of the department. The staff seemed to truly enjoy their jobs, and were pleased to serve the people of Fremont."

Yanes concluded by thanking the emergency department employees and physicians who continued to provide services throughout the renovation process. "Through careful planning with architects and contractors as well as close collaboration with emergency care staff, this project has now been completed successfully, and will provide the community with a valuable asset long into the future."

Extra Miles and Extra Heart:

MHCS Associates Help In Haiti

The January 2010 Haiti earthquake was a catastrophic event. The Haitian government estimates that approximately 230,000 people have died, 300,000 have been injured and 1,000,000 are now homeless since the earthquake. Among this devastation were Haiti's largest medical facilities and many of their health care professionals.

In May, three MHCS associates decided to put their talents to use, and help the people of Haiti. Aleeta Somers-DeHaney, M.D., Cathy Kovaleski, R.N. and Tricia Liebold, surgical technician went for eight days with The University of Miami (FL) Project Medishare, to Port-au-Prince to assist in surgeries in a medical clinic set up in a tent outside the city.

According to Dr. Somers-DeHaney, there was a tremendous need for experienced health-care professionals. "Our team worked twelve to fourteen hour days, sometimes longer. We performed a wide variety of procedures on men, women and children of all ages; no surgery was turned away," she said.

The team performed, at a minimum, 100 surgeries in the eight days they were together, working non-stop to try to keep up with demand. Sometimes, the conditions became rudimentary, equipment would become unavailable for whatever reason, but that never stopped the procedures.

"With circumstances as they were, we relied heavily on our clinical skills – making decisions on the fly and being flexible depending on results,"

Aleeta Somers-DeHaney, M.D.

Although the heat was suffocating – 106 degrees at times – and the conditions were difficult, the Haitians were appreciative of their caregivers. "The people were warm and pleasant," said Dr. Somers-DeHaney. "After everything they had been through, we still saw lots smiling faces."

According to Liebold, "I would go back in a heartbeat; we wanted to make a difference in people's live, and we did, many times over."

Kovaleski echoed those sentiments. "Once we saw the devastation of the earthquake, we realized the importance that our trip to Haiti, and after our time was complete, we felt the rewards of overcoming the daily challenges and providing the Haitians with much needed health-care services."

To see pictures and read the complete story of Dr. Somers-DeHaney, Cathy Kovaleski and Tricia Liebold, visit memorialhcs.org/haiti-2010.

Physician Focus: Thomas Gallagher

THOMAS GALLAGHER, M.D. – Emergency Department Medical Director

Dr. Gallagher earned his medical degree from the Medical College of Ohio in 1976; he completed Internal Medicine Residency in 1979. Dr. Gallagher is board certified in Emergency Medicine and is a fellow of the American College of Emergency Physicians. He is also a member of the American Medical Association, Ohio State Medical Association, Lucas County Academy of Medicine and the American College of Emergency Physicians Ohio Chapter. Dr. Gallagher brings 31 years of emergency medicine experience to Memorial Hospital. Dr. Gallagher is an Ohio native who graduated from Sandusky High School. When he is not caring for patients at Memorial Hospital, Dr. Gallagher enjoys hunting and spending time outdoors.

Physician Focus: Ralph W. Peters

RALPH W. PETERS, M.D. is a general surgeon who has been on staff at Memorial Hospital since 1998. He is a fellow of the American College of Surgeons. Dr. Peters is a board certified by the American Board of Surgery.

A native of Hobart, Indiana, Dr. Peters earned his medical degree from the Indiana University School of Medicine in Indianapolis and completed his residency at St. Elizabeth's Hospital in Youngstown, Ohio. He has served on the Memorial Hospital Foundation Board of Directors since 2004.

In his spare time, Dr. Peters enjoys spending time with family and restoring classic cars. He has restored a 1971 Triumph Spitfire and is currently working on a 1940 Buick, which is a car his father bought in 1963 for his daily commute to work. Dr. Peters also enjoys traveling and antiquing. He is a supporter of several local and national charities, including the Memorial Hospital Foundation, Hayes Presidential Center, Birchard Public Library, Ducks Unlimited and many, many others. Dr. Peters taught high school for 17 years, before becoming a surgeon.

Ralph W. Peters, M.D.: To Perform First Incisionless Procedure For Acid Reflux In Northwest Ohio

Memorial Health Care System surgeon Ralph W. Peters, M.D. is currently training for a new incisionless, (EsophyX) reconstructive surgical procedure which will treat gastroesophageal reflux disease (GERD). Dr. Peters is the first surgeon in northwest Ohio to be trained to perform this procedure; he plans to begin performing the new procedure in October at Memorial Hospital.

"...70 percent of patients remain symptom free after two years..."

Ralph W. Peters, M.D.

According to Dr. Peters, "This incisionless procedure can significantly improve quality of life for our patients. Many reflux patients are unable to drink carbonated or caffeinated beverages or eat rich foods or fruit without triggering reflux. They also sleep sitting up to reduce nighttime reflux. After this new procedure, clinical trials have shown that most patients can eat and drink foods they avoided for many years. Reflux no longer impacts their life like it previously did."

Incisionless (EsophyX) procedures represents a third generation of surgery. The transition from open surgery to laparoscopy has been regarded as the major advance in surgery in the last two decades. Laparoscopy reduces the skin incisions typical of "open" surgery to only three to five "port" holes. However, laparoscopy still involves the same internal incisions and organ dissection as open surgery.

The EsophyX incisionless procedure, however, is a giant advancement in minimally invasive surgical techniques, avoiding incisions and dissection altogether. The EsophyX surgical device is introduced into the body, not through an incision, but through a "natural" body orifice, the mouth, and because the procedure is incisionless, there is no visible scar and the risks of adverse effects are reduced.

"Recent studies of the EsophyX incisionless procedure have shown that this surgery can reduce patients' dependency on medications, with 70 percent of patients remaining symptom free after two years and experiencing a dramatic improvement in their quality of life," added Dr. Peters.

For more information, contact Dr. Peters' office at 419.332.4778, or visit memorialhcs.org/surgery-center.

Service Steaming Ahead:

MHCS Patient Satisfaction Scores Continue to Improve

Over the past 12 months, Memorial Health Care System (MHCS) has been closely monitoring its patient perception of care through a comprehensive patient survey process.

According to MHCS Vice President of Quality and Organizational Development Karla Falls, MSW, LSW, "The surveys are essential as Memorial Hospital evolves from a good, to very good, to excellent healthcare organization."

Recently, the Emergency and Obstetrics (OB) Departments and the Midwest Pain Treatment Center eclipsed the 90th percentile among similar health care systems. The Emergency Department is in the 94th percentile, while OB and the Pain Treatment Center were in the 99th percentile. These statistics indicates that these MHCS services achieved patient satisfaction scores scored better than 94 and 99 percent of their peers in regards to patients being satisfied with their experience.

"These results are a reflection of the renewed emphasis we have placed on excellence and service in patient care. Our associates are striving to have our patients and their families leave our facility knowing that they received outstanding service and treatment from highly qualified, experienced professionals," said Falls.

According to John Yanes, CEO, "Recognizing the importance of having an objective and proven survey process, Memorial Hospital contracted with Press Ganey in 2009 to conduct Memorial Hospital's patient survey process. We are relying on objective goals and key metrics to quantify our system' results."

The patient satisfaction surveys are sent out randomly to MHCS patients by Press Ganey Inc., an independent, nationally recognized company that assists health care facilities in assessing needs of patients and methods of quantifying and improving care and service. Press Ganey processes the results of the surveys and works directly with hospital personnel on methods of prioritizing and focusing improvements in pertinent areas based on survey results.

"The survey process allows us to identify what we're doing well while also identifying areas for improvement. There's always the opportunity to improve service and quality," said Yanes. "It also facilitates obtaining patient feedback and provides us with valuable information that allows us to understand the patient's perception of care and service."

"Our organization will not be satisfied until every department and our facility as a whole has reached the top-tier. We're committed to develop innovative methods of delivering superior, compassionate care to our patients," added Falls.

For more information about the health care services available in Fremont, visit memorialhcs.org.

Focusing on Care: Pamela Dymond

PAMELA DYMOND, F.N.P-A – Emergency Care Certified Nurse Practitioner

Pamela Dymond received her nursing degree from the Providence School of Nursing in Sandusky, Ohio. Then she completed her Masters of Science in Nursing at the University of Toledo.

Dymond describes herself as having been a nurse forever. "It's all I ever wanted to do, from the time I was a very young child. I can't imagine doing anything else."

While working at the Memorial Hospital Emergency Department, Dymond plans to help reinforce MHCS' reputation as the first choice for emergency care in the Sandusky County area.

"Memorial has made significant strides in emergency care over the past year. We provide progressive and compassionate care to our community. I enjoy being a part of the team, and enjoy helping the community understand what a valuable resource we are to them," noted Dymond.

Memorial Hospital:

Intensive Care Unit Enhanced with Addition of Nephrologist and Dialysis Service

In order to serve our communities health care needs, Memorial Hospital continues with the expansion of medical services and is pleased to announce that, Shaukat Rashid, M.D., Zafar Magsi, M.D. and John Ranker, M.D, board certified nephrologists have joined the medical staff at Memorial Hospital.

Consistent with its mission and commitment to improve access to quality care, Memorial Hospital has expanded its inpatient services by providing nephrology services. With the aging population and high incidence of renal failure within its service area, patients with medical conditions requiring nephrology services may not need to be transferred out of the area for care. "We are very pleased to partner with Memorial Hospital to provide nephrology services to better care for patients close to home," noted Dr. Rashid.

Hospital patients who suffer from diabetes, hypertension or are admitted into an intensive care unit with other serious and complicated conditions often experience renal (kidney) failure. When renal failure occurs, it is often necessary for a patient to undergo kidney dialysis. A nephrologist is a physician who specializes in treating renal conditions and is essential when ordering inpatient dialysis to be administered.

This team of nephrologists will support and work with other members of the medical staff. Nephrologists are often brought in as consultants with critically ill patients. Patients who would have normally been transferred or been admitted to an out of town hospital, will now have the opportunity to stay in Fremont for their inpatient dialysis treatment.

Nephrologists are specialist who work with a patient's attending physician to greatly enhance the care of the patient. Frequently, patients with serious medical conditions are transferred to larger health care facilities when key specialist such as nephrologists are not accessible. However, at Memorial Hospital the likelihood of transfer is reduced as it expands to provide inpatient nephrology services.

Anyone interested to learn more about nephrology services at Memorial Hospital may call 419.333.6436. For more information about these and other specialists, visit memorialhcs.org/nephrology.

DR. RASHID, DR. RANKER AND DR. MAGSI

GHT CARE
HT NOW

NICK RIEMER, PHYSICAL THERAPIST,
KATE DOUST, LIZ DOUST AND SUSAN MAINES

Giving Back For Great Service:

The Doust Family Supports Clyde Physical Medicine

As a result of the quality care that she and her family have received at Memorial Health Care System's (MHCS) Clyde Center for Physical Therapy, Kate Doust of Fremont has generously donated funds to enhance the center.

Kate Doust, and her daughters, Susan Maines and Liz Doust have each undergone physical therapy and rehabilitation with MHCS Physical Therapy Staff, and since all three have seen great results and received excellent, personal care, she decided to give back to the staff and the center.

According to Doust, "The recovery that my daughters and I have undergone as a result of the care we received in Clyde has been outstanding, so I wanted to make a donation to the center in order to help improve the facility."

Doust's contribution funded renovation and expansion of the rehabilitation area. It also funded the installation of automatic doors, which improved handicap accessibility to the building, as well as purchased additional rehabilitation equipment.

According to MHCS Director of Marketing and Development, Chasity O'Neill, "We are extremely appreciative of Mrs. Doust's donation. Her generosity is enhancing the care at Memorial as we remain dedicated to the mission of providing 5- star service and quality care to all of our patients."

The MHCS Clyde Center for Physical Therapy is a full service therapeutic and rehabilitation facility. It is staffed with full time physical and occupational therapists as well as physical and occupational therapy assistants. The center has a full range of therapeutic tools, fitness machines and weight training devices.

"Individual generosity, as demonstrated by Ms. Doust, is essential for Memorial Health Care System as it continues to strive to provide excellence in health care to our community," said O'Neill.

"I am proud to support the MHCS Clyde Center for Physical Therapy," said Doust. "My family has been given one in a million quality care from the staff there, and I hope that with my donation I will help others receive that same kind of care."

For more information about the MHCS Physical Medicine Department, at the main campus in Fremont or the Clyde and Gibsonburg satellite facilities, visit memorialhcs.org/physical-medicine. If you are interested in supporting the Physical Medicine Department or other MHCS initiative through a charitable donation, contact Chasity O'Neill at 419.334.6667 or Chasity.ONeill@memorialhcs.org.

Memorial Health Care System:

Flame Award Winners

MHCS awards five Flame Awards quarterly 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 quarter's Flame Award recipients are:

PEOPLE: JERRY REED, VOLUNTEER • **FINANCE:** RACHEL JOHNSON, PATIENT FINANCIAL SERVICES • **QUALITY:** CODY GAMERTSFELDER
GROWTH: BARB GRAY, CRNA; CYLE STULL, CRNA; LINETTE COPELLI, CRNA; JIM STIERWALT, M.D.; ALEETA SOMERS-DEHANEY, M.D.
SERVICE: LINDA FOX, RNC

These pillars provide MHCS associates with 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.

Celebrating Women & Wellness:

Program Focuses on Women's Health

Central to the Women & Wellness concept is education, including a series of monthly health and life style presentations ranging from financial planning, health promotion, diet and exercise.

Memorial Health Care System (MHCS) hosted its inaugural Women & Wellness event, A Celebration of Women, recently at the Herbert-Perna Center for Physical Health. Dara Torres, a 12-time Olympic swimming medalist, was the event's keynote speaker.

This event kicked off MHCS's new Celebrating Women & Wellness initiative. This program focuses on health issues important to women and their families. Typically women make healthcare decisions not only for themselves but also their entire families, including aging parents.

According to John Yanes, CEO, "Recognizing the varying and changing healthcare priorities of women and their families, Memorial Health Care System has made a commitment to serve as a healthcare and educational resource for women through the Women and Wellness initiative."

Upcoming Women & Wellness Events

09-20-2010 – 6 p.m.
Eat Right, Spend Less with Clinical Dietitian, Nancy Brown, R.D.

10-19-2010 – 6 p.m.
To Mammogram or Not to Mammogram, That is The Question with OB/ GYN physician, Jennifer Campbell M.D.

11-10-2010 – 6 p.m.
HPV, Making Sure Your Grandchildren Have a Mother with Pediatric Infectious Disease Specialist, Iracema Arevalo, M.D.

For more information regarding the Women & Wellness initiative, visit memorialhcs.org/women-wellness.

Memorial Hospital:

Welcomes Psychiatrist To Staff

Memorial Health Care System is pleased to announce the addition of Sam Schwendiman, M.D. to its medical staff. Dr. Schwendiman is a psychiatrist with a specialty in addiction treatment.

"We are excited to add Dr. Sam Schwendiman to our growing Findlay practice. His expertise, compassion, and attention to patient care are exemplary and we are excited to introduce him to the community," stated Jeff Vogel, Director of the Center for Mental Health and Well Being.

Dr. Schwendiman received his B.A. at the University of North Carolina at Asheville and his medical degree at the St. George's University School of Medicine. He completed his residency at the Henry Ford Health System in Detroit, where he was named the Chief Resident in Psychiatry. He continued his education at the Case Western Reserve University School of Medicine with a Fellowship in Addiction Psychiatry. Dr. Schwendiman is a member of the American Psychiatric Association and the Michigan Psychiatric Society.

Dr. Schwendiman is seeing patients at the Findlay office of the MHCS Center for Mental Health & Well Being. His practice includes evaluation and treatment of psychiatric disorders.

For more information about the The Center for Mental Health and Well Being at Memorial Hospital, or to schedule an appointment with Dr. Schwendiman, please call the Findlay office at 419.424.2011.

Back to school bullying:

Helping your child cope

By: Leslie Meyer

As the school year begins, it is a great time for families to prepare their children for a successful year. Throughout a child's scholastic journey, he or she will encounter many triumphs, as well as many setbacks. One major obstacle on a child's path to excellence in academics can be bullying. Teaching a child how to cope with this problem is essential to their success. As the school year begins, keep open the lines of communication with your child. If you think your child may be having trouble with bullying in school, ask questions but maintain a neutral tone and avoid interrupting or judging. Be patient and broach the subject again later if you think you have not gotten all of the information. If your child has been bullied, here are some suggestions to help him or her cope with this difficult problem.

First, help teach your child to avoid being an easy target. Start with posture, voice and eye contact. These can communicate a lot about whether you are vulnerable. Bullies often pick on those kids that appear weak or sensitive. One can practice at home how to demonstrate strong body language. Show your child how to stand proud and with confidence.

Second, bullying can often be deflected with humor or by changing the subject. Practice some witty comebacks in case a bully confronts your child. One example is to respond to bullies by saying, "can you speak up?" and/ or "I can't hear you." This will usually quiet the bully as he or she is not expecting such a response and they will get in trouble if they speak more loudly and are overheard by an adult.

Third, teach your child to take charge of his or her life. We can't control other people's actions but you can stay true to yourself. Think about ways to help your child feel his or her best. Exercise is one way to feel stronger, or other activities such as art, music, computers and writing can also help. The confidence your child may gain from other activities will help him or her ignore the mean kids.

Finally, if bullying persists, contact teachers and guidance counselors to work together to solve the problem. It is important for school personnel to know if there is an ongoing problem and chances are other children are being affected as well. Always remember, offering love and support as well as being a good role model will help your child excel and find success throughout the school year.

LESLIE MEYER is a licensed professional clinical counselor and a licensed independent chemical dependency counselor. She has been with Memorial Health Care System for 10 years and has practiced in her field for 15 years. Leslie has specialized in diagnosing and treating mental health disorders in children but sees patients of all ages. Leslie received her undergraduate degree from The University of Toledo and her graduate degree in Counseling from Bowling Green State University. Leslie has also completed post-graduate clinical course work at Heidelburg College. In her free time, Leslie enjoys spending time with her family, running and competing in triathalons, traveling and spending time on Lake Erie.

Physician Focus: David Wash

DAVID WASH, M.D. – Emergency Department Physician

A Native of Detroit, Michigan, Dr. Wash earned his medical degree from Wayne State University Medical School in 1999; he completed Family Medicine Residency in 2002. Dr. Wash is board certified in Family Medicine; he has nine years emergency medicine experience. In the Emergency Department, Dr. Wash is known for his engaging personality and outstanding level of service.

Memorial Hospital Foundation Loan Program:

Up To $50,000 Will Be Awarded To Area Medical Students

The Memorial Hospital Foundation Board of Directors recently increased the funding available for the Medical School Student Loan program in hopes of securing more dedicated, locally connected physicians to the area. The loan program now provides funding up to $50,000 to students in medical school or their residency who will commit to practicing in the community for at least 5 years.

"The demand for talented young physicians on our community is great," said Howard Stierwalt, M.D., Foundation Board Member and local practicing physician. "We have plenty of local students who have gone on to medical school. This scholarship's purpose is to provide them with an added incentive to return to the area to practice."

To be eligible for the loan program, applicants must meet one of the following criteria:

- You must be a resident or former resident in the Memorial Hospital service area,
- You must be a child of active medical staff, or
- You must be a child of a hospital employee with greater than 5 years consecutive service.

"The fund is intended for students who will practice at Memorial Hospital and serve the citizens of our community," added Dr. Stierwalt. "Memorial Health Care System has a strong tradition of caring for the residents of Fremont and Sandusky County. This scholarship will ensure that people who rely on us for their medical needs will be in the care of physicians familiar with their community."

Students who join and serve Memorial Hospital's medical staff will have the loan forgiven over a 5-year period. Recipients who do not complete their course of study, or choose not to practice at Memorial Hospital will be responsible for the re-payment of the loan with interest.

For more information on the Memorial Hospital Foundation Medical Student Loan Program, please visit the Memorial Hospital Web site at memorialhcs.org/medical-school-student-loan or contact the Memorial Hospital Foundation Development Office at 419.334.6667.

Memorial Health Care System:

Ophthalmologist Added To Medical Staff

Susan Smith, M.D. has joined the medical staff at Memorial Hospital. Dr. Smith will perform eye surgeries at Memorial Hospital, as well as see patients at the Eye Centers of Northwest Ohio, both of which are located in Fremont.

Dr. Smith earned her undergraduate degree from John Carroll University, received her medical training at The University of Toledo, and completed her internship at the Catholic Health System in Buffalo, New York. Dr. Smith attended the State University of New York at Buffalo for her Ophthalmology residency.

According to Dr. Smith, she became interested in ophthalmology while observing a physician in medical school, and from personal experience as an eye patient.

"We had just a few classes regarding ophthalmology during medical school; however, when I began my observations, and followed an ophthalmologist, I found that it was an excellent niche for me," she said.

When Dr. Smith is not in the office, she and her husband David enjoy spending time with family and their daughter Natalie. Her personal interests include exercise, running, and indoor cycling. She has already enjoyed Fremont's summertime farmer's markets and the proximity to Lake Erie.

"I want to provide the same care for the community as I would expect for my own family. One aim of mine as a physician is to improve quality of life for the individuals who entrust me with their care," said Dr. Smith.

To schedule an appointment with Dr. Smith, contact the Eye Centers of Northwest Ohio at 419.334.8121. For more information regarding the Weitzel-Kern Surgery Center, visit memorialhcs.org/surgery-center.

Focusing On Healthy Families:

MHCS Hosts 2nd Annual Family Fest and 5K

Family Fest
September 26 · 1-4 p.m.
Memorial Hospital

The Memorial Health Care System Family Fest event (which was previously known as Kids Fest) will be held on September 26 this year from 1-4 p.m. on the Memorial Hospital campus at 715 Taft Avenue in Fremont.

According to Chasity O'Neill, MHCS Director of Development and Marketing, "Last year, the event was a extremely successful, with over 1,500 people attending the event. In order to build on this, we renamed it Family Fest, which is more representative of what the day truly entails."

This year, a 5K Run/Walk and Kids Race will be part of the festivities. The 5K race will be held before the festival. Registration begins at 8:30 a.m., and the race begins at 10 a.m. The 1K Kids Race will begin at 1:30 p.m.
The entry fee for the 5K run is $15 and includes a T-shirt to the first 100 registrants. Awards will be given for the first place overall male and female finishers and for first place male and female in each age category. The course promises to offer a few challenges as well as some easy stretches through beautiful neighborhoods. Refreshments will be available after the race.

Registration forms for the 5K run are available on memorialhcs.org/family-fest 2010 and fremontrunningandfitness.com. The 1K Kids Race is for children ages 4-12. No registration or entry fee is required and prizes will be awarded.

Other activities planned for the day include inflatable jumping houses, safety service vehicle tours, Xbox 360 Burnout, LifeFlight, and many other prizes, games and raffles.

"There will be plenty of fun activities for the entire family," said O'Neill.

Norm Van Ness of NBC 24 in Toledo has agreed once again to emcee the popular event.

For more information on Family Fest, including ways your business can help sponsor this community event, please contact Chasity O'Neill, MHCS Director of Development and Marketing at 419.334.6667. For more information about the Family Fest 5K, please contact Mike Lento, MHCS Wellness Supervisor at 419.334.6630.
memorialhcs.org/family-fest 2010

Physician Focus: Curtis Birchall

CURTIS BIRCHALL, M.D. – Emergency Department Physician

Dr. Birchall earned his medical degree from the Medical College of Ohio at Toledo in 1976; he completed his Surgical Internship in 1977 and Emergency Medicine Residency in 1980. Dr. Birchall is board certified in Emergency Medicine and has 30 years of emergency medicine experience. Dr. Birchall was one of the first emergency care residents in the nation. When he enrolled in his emergency care residency, it was on of only three in the nation.

NUTRITION WITH NANCY:

COOK AT HOME. EAT THERE TOO.

Good ole' home cooking allows you to eat healthy and save money – all at the same time. I know we all have busy schedules and it's often easier to run through the drive through for some chicken nuggets, but the benefits of home cooked meals are really immeasurable.

HERE ARE SOME OF THE BENEFITS OF COOKING AT HOME:

PORTION CONTROL – You can easily decide how much to serve yourself and your family as well as calculate how many (or few) calories and fat grams you want in your meal.

HEALTHIER INGREDIENTS – When cooking at home, you can ensure that you're eating fresh foods that are without tons of preservatives and unnecessary calories.

FORMING HEALTHLY HABITS FOR YOUR FAMILY – If you fix healthy meals, it will get your family in the habit of eating well, and we all know how hard habits are to break, even when they're good habits.

SAVE MONEY – If you shop smart, a meal cooked at home can save you 10 to 20 percent off of what a meal at a restaurant (even fast food) costs, and you won't even need to leave a tip. Many restaurants now charge for salad, at home you can prepare a good size salad and eat it all week, for pennies.

A WELL-BALANCED DIET – When was the last time you ate deep fried cheese smothered in ranch dressing? Last I heard a dish like that isn't part of any food group.

These are just some of the good things that eating at home can do for you and your family. If you have any questions about the countless other benefits of home-cooked meals, visit blog.memorialhcs.org for more healthy tips from MHCS associates.

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. Nancy earned a degree in Clinical Medical Dietetics from Morehead State University in Morehead, Kentucky and a dietetic internship at the University of Cincinnati. Her favorite aspect of her job is helping people achieve their personal wellness goals. Nancy keeps her family well with the produce from her herb and vegetable garden, and hopes that you'll follow her blog on a path to wellness.

MEMORIAL
HOSPITAL
MEMORIAL HEALTH CARE SYSTEM

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Contact us at
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