

health connection

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a publication of Jane Phillips Medical Center

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**GLENN BONNER
KNOWS ABOUT
HEALTH CARE.**

 **JANE PHILLIPS
MEDICAL CENTER**

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QUALITY CARE...CLOSE TO HOME

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GLENN BONNER KNOWS ABOUT HEALTH CARE.



Glenn Bonner knows a lot about many things. He is very knowledgeable about the banking industry. He has worked in it for over 35 years and currently serves as president of BancFirst.

He knows about economic development having served as chairman of the board for Bartlesville Development Corporation. He was presented the Chamber of Commerce's prestigious Frank Phillips Award for his efforts.

He knows about all things Oklahoma State University. He earned his degree at the Stillwater institution and continues to be a loyal supporter of OSU as well as a die hard fan of the Cowboys.

And Glenn Bonner knows what it means to have a heart attack.

It is April 2009 and the 59-year old Bonner isn't feeling quite right. He is experiencing some pressure in his chest, but dismisses it. Around 2 p.m. he thinks food is what he needs and

he heads to a local restaurant.

"I break out in a cold sweat," Bonner recalls.

So much for lunch.

He proceeds to a meeting at Jane Phillips Medical Center. Ten minutes into the meeting...

"I feel a tingling in my left arm," he says. "I knew that was one of the signs of trouble, so I immediately left and went to the Emergency Room."

The ER physicians quickly identified the problem and immediately rushed Bonner to the cath lab where the blockage was removed from Bonner's heart.

"Everyone did a tremendous job," Bonner said. "They were extremely alert, professional, and caring. I couldn't ask for more."

Dr. W. Patrick Tinker, the cardiologist who treated Bonner, said JPMC is uniquely positioned to care for heart attack patients.


"Mr. Bonner is an example of the excellent results in heart attack treatment that we have come to expect every day at JPMC," he said. "When it comes to treating heart attacks time is of the essence and because of our relatively smaller size, we are able to respond quickly and effectively. Also, our passionate and committed medical personnel make quality heart care a reality here every day."

JPMC and BlueStem Cardiology have earned numerous awards from the American College of Cardiology for high standards of care and continue to exceed both state and national averages for rapidly treating heart attack patients who come through the Emergency Room.

Bonner also raved about JPMC's cardiac rehab program which is

conducted in the Wellness Connection fitness facility located on the ninth floor of the tower building.

"I've always believed Bartlesville was fortunate to have the hospital and doctors we have here," Bonner said. "But now I know it."

Bonner is not only back to banking and being a community leader, but he is back to enjoying something else he knows a little about...golf. 





Jane Phillips Medical Center Celebrating 50 Years of Volunteering

Volunteering has always been a proud tradition at Jane Phillips Medical Center, dating back to 1959 when Jane Phillips Medical Center's Auxiliary was formed.

The same volunteer spirit that began five decades ago still exists today and it has made a tremendous difference in the lives of our patients, hospital guests, and staff.

This year marks the 50th anniversary of the Jane Phillips Medical Center Auxiliary. Its gifts to Jane Phillips Medical Center over that time have been exemplary—over 1 million hours of volunteer service and over \$1 million raised for hospital equipment and furnishings.

Auxiliary members come from all walks of life, but are bound by a common thread: a willingness to unselfishly give of their most prized possession—time. Many of today's active members have provided 40 years of volunteer service.

You will find Auxiliary members at Jane Phillips Medical Center everywhere. They greet new patients, assist with dismissals, staff the information desk in the Medical Center's main lobby and the surgical information desk on the second floor, deliver flowers and run the gift shop, deliver medications, perform data entry, and assemble patient packets, just to mention a few of their services.

"Our volunteers truly make a difference in the lives of our patients and their families," said David R. Stire, JPMC President/CEO. "We've heard countless stories of how a volunteer made a calming difference in someone's life while they were waiting

for a loved one in surgery; or when a volunteer lent a sympathetic ear; or how much of a difference volunteers have made in the overall experience at JPMC."

The Auxiliary began in 1959 with 42 volunteers and seven projects. Today, there are more than 150 volunteers who have clocked over 17,500 hours just this year.

The Auxiliary has also been a mainstay of fundraising in addition to the hours they put in at the hospital. They have raised money from bake sales to bridge tournaments to the gift shop.

"To date, the Auxiliary has raised more than \$1 million for equipment and hospital improvements," explained Stire. "Their dedication to the hospital and to the health and welfare of this community is inspiring."

In 1960, the Auxiliary set up a scholarship program to give financial assistance to deserving health career students. This tradition continues today. Over the years, they have fulfilled the need for vital equipment including cancer treatment computers, the linear accelerator, doppler ultrasound, and many other pledges.

"These volunteers that we're honoring tirelessly donate their time, energy and compassion for the well-being of the patients and families of Jane Phillips Medical Center," said Stire. "This group has been truly

indispensable to growth of Jane Phillips Medical Center and from the bottom of our hearts, we thank them."

"Determined to be as helpful as they are compassionate, our volunteers perform countless important tasks to help the hospital run smoothly," said Stire. "Our volunteers share that exceptional generosity, which shines through them each and every day. Their contributions of time and caring help make Jane Phillips Medical Center a better place for our community."

"Our volunteers say the satisfaction they get from helping our patients, visitors and employees is worth far more than the time they commit. It's a gift they give themselves," said Stire.

For patients and their families, the volunteer who greets them at the information and escort desks is often the first impression they have of Jane Phillips Medical Center. JPMC volunteers assist patients and their families in countless ways and provide that extra caring touch.

For Jane Phillips Medical Center, our volunteers' generous hours help keep the costs of delivering healthcare low, while enhancing compassion and caring for our

patients.

Through gift shop sales, our volunteer organization sponsors selected special projects and services for the Medical Center.

It is important to note that many things have changed over the years, while some things remain the same. One of the "constants" in all of this is the personal commitment that each of the volunteers makes. They touch other's lives every day through their role of service.

The value of a warm smile, a cheerful greeting or a word of encouragement is priceless. **J**





HOLIDAY Eating Tips



The holidays are not only notorious for long lines, major traffic, and familial tiffs, but also with overindulgence, and lower activity levels. The latter adds up and becomes part of what we all dread: holiday weight gain. Whether it be one pound, half a pound, or five pounds, the weight goes on and rarely comes off. Five Christmas' later, you have a significant weight gain on your hands (or hips!). So what to do?

Here's our list of ten tips to make sure you stay in shape over the holiday season and avoid putting "lose weight" as one of your New Year's resolutions:

1. Stay active: One of the major causes of weight gain during the holidays is lack of activity. Time is spent doing holiday errands, which makes us more tired, less motivated, and not wanting to stick to our routine. Best thing to do, stick to your regular schedule! Not only will it help keep weight gain down, it will give you more energy and it will reduce your stress which are both needed to battle the long lines and parking squabbles. Better yet, if you can up your activity, even better! Try walking a few extra laps around the mall. Or an extra 20 minutes on that treadmill.

2. Don't starve yourself: One of the most common mistakes people make is to go hungry all day so that they can "afford" the calories later on at the holiday party they will be attending. Big

no-no! You will be so hungry by the time you get to the party, that you will forget about any sense of the word moderation or control. You are setting yourself up for a major binge. Make sure to eat your normal (healthy, hopefully) meals and keep your hunger at bay so that you can enjoy the food at the party without going overboard. Another thing to do is have a snack before you go the party. A piece of fruit or something along those lines will keep you somewhat satiated.

3. Don't let your fat diary go! If you stick to your normal routine of writing down what you eat, you will be able to monitor your caloric intake better. Research shows that people who keep a fat diary actually consume 15% less food than those who do not!

4. Choose healthier options: There are some healthy options that you can eat during the holidays. White meat turkey is a great lean protein. Vegetables that aren't laden with

butter, salad not drenched in dressing, sweet potatoes, and cranberries are also options. You can also make other typical dishes healthier by changing the ingredients slightly. Try making mashed potatoes with reduced-fat or low-fat milk, yogurt or sour cream. Dips and spreads, same thing. Really think about the ingredients that you normally use and then think about how you can make the dish healthier. But, on that same note...

5. Enjoy what you love: We all have those certain dishes or items that just bring us back to childhood and make the holidays special. Go ahead, indulge! Be choosy about what you indulge in though. Don't choose the pumpkin pie just because it is lower in fat than the pecan (which it is). If you want the pecan, choose the pecan! You don't want to set yourself up for binges later. That one piece of pumpkin pie may not satisfy you, so you may have another when, really,

you could have had just one piece of pecan and been completely satisfied. Give yourself permission to enjoy the holidays. Just enjoy with a sense of moderation. If you want to splurge on dessert, maybe you are a little more careful with your entrée choice.

6. Don't try and start a new diet during the holidays: That just screams binge! You will only be setting yourself up for disappointment, resentment, and depression. You get that enough from your family members, you don't need that from yourself. Stay healthy, but don't be too restrictive.


7. Holidays are days: Yes, days. Not weeks, not months, but days. Treat them that way. Enjoy yourself on the particular holiday, but then go right back to your normal healthy eating plan. Just because it's the day before, the day before Christmas Eve, doesn't mean it's a holiday!

8. Take time for you: It goes

without saying that this season is all about stress! Between trying to shop, worrying about what your Aunt Tilly is going to say about your new choice of career, trying to schedule in all your holiday parties along with your kids' plays and concerts and still dealing with day-to-day stressors, it is important that you take some time for yourself. Schedule a massage, buy a new book, treat yourself to a yoga studio membership, learn to meditate, whatever. Find something that will curb your stress that is not eating! This is the EASIEST time to turn to food for comfort. There is a ton around and it is all super-indulgent. Give yourself another method to deal with stress; you more than deserve it!

9. Give (or ask for) the gift of health: Gym memberships, exercise equipment, athletic apparel or shoes, gift certificates to a spa or personal trainer, etc. There are many "health" related gifts that you can give or ask

for that would help someone you love or yourself stay healthy all year long. It will give a great jump-start to those New Year's Resolutions that we normally give up by February. Make a commitment to your body and teach others to do the same. Jane Phillips Wellness Connection offers gift certificates for membership. To purchase come by the ninth floor of the Medical Center or call 918/331-1102 for more information.

10. Eat, drink, and be merry! It can't be said enough: This is a season that is full of joy, love, and many good things if you let it be just that. Let your body and mind tell you what it needs, wants, and can do without. Live a little, but don't go overboard if it is only going to make you miserable the next day. It is supposed to be fun and it will be if you stay true to yourself and your needs. 



Jane Phillips Wellness Connection Offers **DECEMBER SPECIALS**

Give the gift of health this year and purchase the following items from the Wellness Connection at Jane Phillips Medical Center:

- 50-minute massage \$40
- Personal training (1 hour session) \$40
- Nutrition consult (1 hour session) \$40
- Lipid & glucose profile \$25
- Membership Rejoins \$60 (Amnesty on application fees—must pay upfront 1 year with no refund for cancelling)

Special prices apply December 1–31, 2009 and must be used during this time period only.

To purchase these specially-priced items, stop by the Wellness Connection on the ninth floor of the Medical Center or call 918/331-1102.

 **JANE PHILLIPS
MEDICAL CENTER**
WELLNESS CONNECTION



PLANNING your Year-end GIFTS



It is the mission of Jane Phillips Medical Center to provide healthcare and related ministries for the people we serve, especially the sick, the poor, and the powerless. In this past year alone, our hospital provided \$6.2 million in indigent care. JPMC provides care for each person who enters our doors regardless of their ability to pay.

An additional component of our mission calls for us to successfully address unmet needs in our community and to anticipate future demands for healthcare. As we carry out our mission, we are guided by our core values of Service, Human Dignity, Presence, and Wisdom.

This means that we value the opportunity to serve the sick. We reverence human life and promote the dignity of each person. Through our presence we provide compassionate care to our patients and seek to alleviate their pain and suffering. We ask God to provide us wisdom so that we exercise responsible stewardship in the use of our resources.

As you contemplate your charitable giving plans for the remainder of 2009, I would ask that you consider the value in supporting your local hospital. In doing so, your spirit of generosity and compassion will be multiplied many times as you help us provide medical care and services to each person who enters our doors.

God's Blessings.

David R. Stire, President/CEO

Where Your Help Is Needed:

- **Acute Care for the Elderly (ACE).** Seniors comprise an overwhelming percentage of hospital patients. JPMC provides acute nursing care to older adults with special emphasis on prevention of physical and mental decline. This is done through an ongoing program that focuses on geriatric nursing measures to promote healing and minimize complications.
- **Cancer Center.** On a typical day, there are over two dozen people receiving treatment in this facility. Your gift helps us ensure that cancer patients in our area receive the best possible care.
- **Critical Care Unit (CCU).** This highly-specialized unit cares for the most seriously ill or injured patients. A gift to our CCU assists us in providing the finest in specialized care to those in need.
- **Surgery.** Over 335 surgical procedures are done each month at Jane Phillips Medical Center. As innovation brings about improvements in surgical equipment, your support is needed as we seek to keep pace with these important developments.
- **Heart/Lung Center, Wellness Connection.** Serving nearly 250 people each day, the wellness facility takes an aggressive approach to fighting heart disease. Some persons do not have access to insurance or financial resources to continue their cardiopulmonary rehab. Your gift can help fund scholarships to assist these individuals on their road to recovery.

- **Indigent Care.** Your contribution to the Bluestem Foundation's Indigent Care Fund will help us continue to meet our mission of serving the sick, the poor, and the powerless. We believe health is a basic human value. We strive to maintain and to restore the physical, spiritual, social, and emotional well-being of all who come to us for care.

How To Help:

- **Simply Write a Check.** There's no easier way to gain a charitable deduction and to support JPMC at the same time. Your gift is fully deductible on your federal return up to 50% of your adjusted gross income. Gifts exceeding this threshold may be carried forward for tax purposes for up to five years.
- **Rollover IRA.** If you are over age 70 ½ and are considering making a gift to charity before the end of the year, consider making the gift with a charitable rollover from your traditional IRA to the charity. You can exclude up to \$100,000 of the rollover amount from your 2009 income and, as a bonus, the amount counts towards your Required Minimum Distribution for the year. In addition, if you are a retiree of a company that matches qualified charitable gifts, you may be able to double your gift by completing the necessary paperwork and submitting it to your former employer.
- **Gifts of Stock.** You can receive a tax deduction for the full fair market value of the stock on the date of the gift. Plus, you avoid paying

capital gains tax on any increase in the value of the stock that may have occurred during its ownership.

- **Gifts of Real Estate.** An outright sale of a home, a commercial property or a farm would result in a capital gains tax, assuming the value has increased during ownership. A property gift to Bluestem Foundation could help you avoid capital gains taxes and to receive a charitable deduction for the full market value of the property.
- **Gifts Producing Life Income.** You transfer the assets now in an irrevocable arrangement. Yet, you continue to receive income from the gift, such as cash, securities, or other property. Such a gift may allow you to receive a significant deduction for a charitable contribution. It may also allow you to increase your income stream from the asset; and, in the case of stock or property, you may avoid capital gains tax on the appreciated value. Each individual's situation is unique, so consultation with your professional advisor is essential.

You may mail your donation to the Bluestem Foundation, 3500 S.E. Frank Phillips Blvd., Bartlesville, OK 74006 or call 918/331-1431 for more information.

For Further Information:

This information is presented with the intent of providing accurate and authoritative material of general character only. Neither Jane Phillips Medical Center nor Bluestem Regional Medical Development Foundation is engaged in offering legal or tax advice.

Jane Phillips Medical Center Honors Employees For Service

Jane Phillips Medical Center employees recently were recognized for their years of service. Held at the Bartlesville Community Center, the Employee Service Awards banquet recognized employees who have served JPMC for five, ten, 15, 20, 25, 30, 35, and 40 years.

Norma Ames, Susie Curnutt, Lynne Garrett, and Virginia Miller were honored for 40 years of services.

Judy Alexander, Tammy Erickson, Gary Evans, Carol Lambert, Mattie Nash, Rick Snow, and Nadine Vinatieri received their 35 years of service.

Celebrating 30 years were Glen Blackman, Jeff Carpenter, Barb Diggs, Gail Greene, and Marlene Merritt.

Those who have been with JPMC for 25 years were Kim Parker-McClure and Debbie Stewart.

Eleven who were honored for 20 years of service were Pamela Blackman, Joyce Crawford, Carol Ebert, Nannette Foulkes, Shelly Jones, Pam McGlathery, Teresa Perrey, Clint Rainey, Mary Ann Tallman, Renee Whitaker, and Connie Wilson.

Those recognized for 15 years include Helen Adams, Elizabeth Anderson, Melissa Briggs, Greg Radaker, Andrea Riley, Debbie Rozell, Charlotte Smalley, Miri Wolfe, Mary Woody, and Debbie Zoski.

Celebrating ten years of service were Tracy Adams, Corrine Bryant, Lisa Cassity, Kenny Cross, Mary Deaton, Cynthia DeFehr, Linda Elkins, Gale Elliott, Renae Elmenhorst, Patricia Fields, Debra Geurin, Bill Hayden, Sherri Horton, Amy Marshall, Denise Marshall, Ashly McDaniel, Dot Mohr, Alan Mount, Linda Quigley, Connie Ratzlaff, Maurice Rau, Kelly Shipley, Carey Sweet, Rocky Swiger, Florentina Taylor, Tammi Templeton, Cheryl Thompson, Lindal Townley, and Bryan Welch.

Those who were awarded five years of service were Ronnie Allan, Mark Baker, Barbara Bowman, Joe Bradley, Ann Bue, Linda Chism,

Erin Claiborne, Eric Cunningham, Mary Dagenais, Gloria Divelbiss, Sara Foote, Barbara Gillham, Elaine Gilliland, Donna Hawkins, Kelly Hensley, Michelene Jackson, Jill Keeler, Melanie Kempf, Diana Kocheran, Lora Liddell, Amanda Offutt, Mary Owens, Loretta Parker, Nichole Parsons, Deanne Paschke, Joyce Periman, Martha Rathbun, Alycia Robbins, Sabrina Roberts, Judy Rountree, Anna Sanderson, Leyna Sears, Jocelyn Sims, Sherri Smith, Mae Stapleton, Susan Stark, Karen Steed, Carrie Strimple, Christine Swiger, Celia Taylor, Julie Taylor, Marsha Tibbits, Sommer Tinker, Lisa Turinetti, Nancy Wake, Misty Wood, and Andrea York. **JP**

Surgeons Steward and Williams To Relocate Offices



Brent E. Steward, MD, FACS



Scott E. Williams, DO

General Surgeons Brent E. Steward, MD, FACS, and Scott E. Williams, DO, are relocating their offices to 224 SE DeBell Avenue mid-December.

Dr. Steward joined JP Specialty Physicians and JPMC's medical staff in July 2009.

He received his medical degree from the University of Kansas School of Medicine. Dr. Steward completed his residency and internship in general surgery from Kansas University Medical Center in Kansas City. Prior to joining JP Specialty Physicians in Bartlesville, he was in private practice in general, vascular, bariatric and minimally invasive surgery at Tallgrass Prairie Surgical Specialists in Topeka, Kansas for ten years.

Dr. Steward is board certified in general surgery from the American Board of Surgery. He is a member of the American College of Surgeons, The American Society for Metabolic and Bariatric Surgery, and the American Society of Breast Surgeons.

Dr. Williams joined JP Specialty Physicians in January 2007. He is a graduate of the University of Health Sciences College of Osteopathic Medicine in Kansas City, Missouri. He completed a traditional rotating internship at Osteopathic Medical Center of Texas, Fort Worth, and he completed a general surgery residency at South Pointe Hospital, Cleveland Clinic Foundation in Cleveland, Ohio, where he served as chief resident.

Dr. Williams is board certified in surgery by the American Osteopathic Board of Surgery. Their new phone number will be 918/331-1045. **JP**



Rafferty Receives 2009 Spirit of Achievement Award



Marc Rafferty, JPMC Pharmacy Informatics and Operations Coordinator, recently received the Oklahoma Hospital Association's 2009 Spirit of Achievement Award.

The Spirit Award is given to exceptional individuals in the hospital community whose exemplary leadership and dedication have significantly enhanced patient care, their organizations or their communities.

Rafferty led JPMC's patient medication safety initiative and door-to-balloon time project leading to national awards and recognition. "Rafferty exemplifies the Spirit of Achievement by working above and beyond to move these two projects and the organization toward

progress and success," said David R. Stire, JPMC President/CEO.

The award was presented to Rafferty November 11 during the opening ceremonies of the Oklahoma Hospital Association's Annual Convention in Oklahoma City. **JP**

JPMC Parking Lot Expanded



Jane Phillips Medical Center expanded its flat surface parking lot between Medical Park Center and the Cancer Center. Thirty-eight spaces have been added to include parking for Cancer Center patients and additional staff parking. The parking lot is scheduled to open in December. **JP**

Williams named Sedan City Hospital Administrator



Michelle Williams recently was named administrator of Sedan City Hospital according to Jason McCauley, Jane Phillips Medical Center's Regional Administrator. In her new role she is responsible for the day-to-day administrative duties of the Hospital.

"Williams is a skilled leader, with the ability to make decisions that will help the Hospital continue to provide excellent patient care while achieving continued financial stability," said McCauley.

She has worked at Sedan City Hospital since 1996. Her previous duties included accounts payable, payroll, human resources, and credentialing.

Williams is a member of the Kansas

Association of Medical Staff Services. She also serves as a volunteer at Gregg Theatre in Sedan and has served on the Little Scholar Preschool Board for six years as treasurer and as chairman.

Williams lives in Sedan with her husband, Gerald, and their two sons, Curtis (age 11) and Brady (age 9).

Jane Phillips Medical Center provides management services to Sedan City Hospital. **JP**

JPMC Hosted Salvation Army's Angel Tree Kickoff Ceremony

Jane Phillips Medical Center hosted the Salvation Army's Angel Tree kickoff ceremony on November 19 in the main lobby. The community and JPMC staff attended. The ceremony included remarks by special guests Rand and Patti Berney. Rand Berney is Senior Vice President, Corporate Shared Services for ConocoPhillips in Bartlesville. Festive holiday music was provided by a brass quintet from Bartlesville High School. After the ceremony, participants chose an angel from the tree. Cookies and apple cider were served.



The Angel Tree program provides new clothing and/or toys for children of needy families. The Salvation Army provides the "angel" decorations which list the age, clothing sizes and toy interests of a needy child in the community.

"This is a great way to kick off the holiday season and to help make Christmas a little merrier for those less fortunate," said David R. Stire, JPMC President/CEO. **JP**

Lawrence Named Cardiology Program Manager

Brian Lawrence has been named Cardiology Services Program Manager. In this new role, he will manage the business aspects of the cardiology program including business development, marketing, financial performance, physician integration, community connection, and regional program development.

Lawrence received his Bachelor's of Science degree from Oklahoma Wesleyan University in Leadership Business Administration/Human Resources Management. He is pursuing a Master's of Science degree from Oklahoma State University in Healthcare Administration to be completed May 2010.

He is a member of the Young Professionals Group of Bartlesville and Town and Country Christian Church. **JP**

