

health connection

November 2011

a publication of Jane Phillips Medical Center

your source for a more healthy and well-connected life

JPMC, BlueStem Cardiology Join Forces



 JANE PHILLIPS
MEDICAL CENTER

www.jpmc.org

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JPMC, BlueStem Cardiology Join Forces

Jane Phillips Medical Center and BlueStem Cardiology have formed a partnership to enhance the care of area heart patients. The integration became effective on October 1 and includes 39 BlueStem Cardiology employees and the four cardiologists—Dr. Stan DeFehr, Dr. Patrick Tinker, Dr. Gary Dykstra, and Dr. Anderson Mehrle.

Part of the integration includes a team comprised of two JPMC officials and two of the cardiologists to provide leadership and direction for all cardiovascular services.

"We are very excited about this partnership," said JPMC President/CEO David R. Stire. "We have enjoyed a very successful relationship with BlueStem Cardiology for many years and this new collaboration will provide even greater opportunities to enhance and expand our array of services in caring for cardio-vascular patients throughout the region."

Dr. Stan DeFehr said the healthcare industry will most likely see similar such partnerships formed across the country.

"This new relationship is a model for the future practice of medicine, not just cardiology," Dr. DeFehr said.

"One of the ways to ensure continued quality of care in the ever-changing environment is for hospital-based physician practices, such as cardiology, to be fully-integrated and working in tandem with medical facilities."

In addition to joining forces, Stire and Dr. DeFehr stated they are working together to actively recruit a fifth cardiologist in order to meet the growing demand for heart care.

JPMC and BlueStem Cardiology have consistently earned honors and recognition for excellence in treating heart patients. Most recently, JPMC was one of only 167 hospitals nationwide to earn the American College of Cardiology's Get With The Guidelines (GWTG) Gold Performance Award. The honor recognizes JPMC's commitment to and success in meeting the ACC's "Best


Practices" standards for the treatment of coronary heart disease (CAD), heart failure (HF), and stroke.

Last year, JPMC and BlueStem Cardiology earned the Silver Award for 85% or higher adherence to certain measures over 12 consecutive months. At the time it was the highest honor possible. The Gold Award recognizes meeting those standards for 24 consecutive months.

Jane Phillips Medical Center also continues to exceed both state and national averages for treating heart attack patients who come through the Emergency Room. Since October of 2010, 37 heart attack patients who came to JPMC had a "door-to-balloon" time well below the national

90-minute target. The average door-to-balloon time was 66 minutes. In that nine-month period, only one patient's door-to-balloon time exceeded 90 minutes.

JPMC and BlueStem cardiology are taking the next step in the process which is to improve the time it takes for patients to get from home to the Cath Lab. That project involves a joint effort between the American College of Cardiology and American Heart Association entitled "Mission Lifeline."

The hospital is currently constructing a new \$4 million cardiology building. Construction is expected to be completed in January 2012. 

"We have enjoyed a very successful relationship with BlueStem Cardiology for many years and this new collaboration will provide even greater opportunities to enhance and expand our array of services in caring for cardio-vascular patients throughout the region."

—JPMC President/CEO David R. Stire

Foundation Begins Capital Campaign

The Bluestem Medical Foundation, which supports the mission of Jane Phillips Medical Center, has launched a capital campaign for an important diagnostic imaging project.

JPMC is seeking to provide local and area cancer patients with the latest technology—a Positron Emission Tomography (PET) scanner. This is unique type of imaging helps physicians better detect cancer in patients and determine the effectiveness of their respective cancer treatment programs.

Currently, a mobile PET scanner visits Bartlesville twice a week.


"Having our own permanent PET scanner located inside our facilities

will result in more convenience and accessibility for our patients," said Mike Wilt, Bluestem Medical Foundation Executive Director. "For the hospital, it will mean less down time and improved scheduling ability."

The fundraising goal is \$750,000 or half of the total cost of the PET scanner. Wilt said that the campaign is almost halfway toward the goal as \$300,000 has already been raised.

"This is the first capital campaign

we've conducted since our Linear Accelerator project four years ago," Wilt said. "We understand the realities of the economy and the various opportunities for charitable giving, but we are optimistic we can and will reach our goal."

For more information or to donate, contact the Bluestem Foundation office at 918/331-1431. 



END OF YEAR a perfect time to Donate

It is difficult to believe that we are already in the last several weeks of another year. Traditionally, the holiday season is a time of thankfulness and reflection.

The holiday season is also a time to honor and remember those who have touched our lives.

The Bluestem Medical Foundation, which supports the mission of Jane Phillips Medical Center, is privileged to provide opportunities for individuals and families to make impactful charitable contributions in honor of and in memory of loved ones.

Donations can be restricted to specific items (such as the new PET scanner, cardiac rehabilitation, or diabetes education) or gifts can

be unrestricted and used wherever needed.

For more information or to make a donation, contact the Bluestem Foundation office at 918/331-1431.

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. In addition, if you are an employee or 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 the company.


Gifts of Stock. You can receive a charitable 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. Sales of some private properties, commercial properties or farms may 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 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 eliminate or defer capital gains tax on the appreciated value.

All gifts may be subject to limits and restrictions.

Each individual's situation is unique, so consultation with your professional advisor is essential. 

Raise Your Hand

to STOP Diabetes This November

Mary Ann, from Bound Brook, NJ, has witnessed the ravages of diabetes firsthand, but she will not let it get her down. "My mother and grandmother both died from diabetes. It is a killer, attacking about every organ you have," she said.

Now Mary Ann and her brother both have diabetes. "People need to know about diabetes and how they can prevent developing type 2 diabetes or diabetes complications," she said. "I want to stop diabetes, so I manage my disease well by taking my medicines, checking my blood glucose regularly, watching what I eat and staying informed," she said.

During American Diabetes Month* this November, the American Diabetes Association is encouraging people to join Mary Ann by taking action and raising their hand to Stop Diabetes. There are many ways to becoming involved by visiting facebook.com/AmericanDiabetesAssociation, stopdiabetes.com, calling

1-800-DIABETES, or texting JOIN to 69866 (standard data and message rates apply).

Nearly 26 million children and adults have diabetes in the United States, including 304,500 Oklahomans and 9.2% of those living in Washington County. Oklahoma actually ranked 7th highest in the nation for prevalence of diabetes in 2009 and has consistently ranked in the top ten for several years. An additional 79 million Americans are at high risk for developing type 2 diabetes. The American Diabetes Association estimates that the total

national cost of diagnosed diabetes in the United States is \$174 billion. Further published studies suggest that when additional costs for gestational diabetes, prediabetes and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed \$218 billion.

Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

"Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to Stop Diabetes," stated Shannon Bailey MS, RD/LD, CDE, Jane Phillips Medical Center Diabetes Program Coordinator. "We need to rally together, raise our hands, and pledge to end a disease which puts a serious emotional, physical and economic toll on all those affected."

Diabetes Services at Jane Phillips Medical Center offers a wide array of diabetes-related services to assist those with the disease, manage the condition and live a healthy life. Financial scholarships are available to those who qualify. For more information, call 918/331-1143. **JP**





Wellness Connection Holiday Incentive

*Need an extra incentive to motivate
you through the holidays?*

November 3–23

"Give Me 21"

It takes 21 days to form a habit! The incentive will run for 21 days and you must complete a minimum of 12 workouts to be considered for the drawing.

Prize: 50-Minute Massage

November 28–December 23

"Post Thanksgiving Push"

This incentive will run for 26 days and you must complete a minimum of 15 workouts to be considered for the drawing.

Prize: Metabolic Testing and Nutrition Consult

December 26–January 31

"Doing Well in 2012"

This incentive will run for 36 days and you must complete a minimum of 20 workouts to be considered for the drawing.

Prize: One-Hour Personal Training Session

Each participant that successfully meets the minimum workouts for each incentive will be placed in a drawing for the grand prize: a gift basket filled with tons of items to help you reach and/or maintain your fitness goals! Must be a Wellness Connection member.

Registration is required. Please register at the Wellness Connection's reception desk on the ninth floor of the Medical Center. **JP**

Jane Phillips Medical Center

WELLNESS CONNECTION

SERVICES OFFERED:

Cardiac Rehab

Pulmonary Rehab

Cancer Exercise

Personal Training

Diabetes Exercise

Group Exercise Classes

Fitness Assessments

Massage Therapy

Nutrition Consultations

Transition Programs to
Fitness Center from Cardiac
Rehab, Pulmonary Rehab,
Physical Therapy

Community & Corporate
Fitness Center Memberships

Community & Worksite
Health Screenings and
Education Programs



JP JANE PHILLIPS
MEDICAL CENTER
WELLNESS CONNECTION

3500 S.E. Frank Phillips Blvd.
Bartlesville, OK 74006
918/331-1102 • www.jpmmc.org



Jane Phillips Medical Center's Gift Shop Christmas Open House

Monday, November 7, 2011
9 a.m. to 7 p.m.

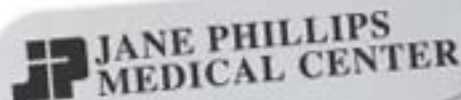
20% off all merchandise*

(*Sale excludes candy, cards, sundries, and fresh flowers*)

Complimentary cider/cookies

Special Giveaway Drawing:

For every \$10 spent, enter to win a decorated Christmas tree and \$1,000 Visa Gift Card to be given away December 2.



3500 S.E. Frank Phillips Blvd., Bartlesville, OK
918/331-1540 • 800/824-8854
www.jpmmc.org

Shannon Justice Awarded Kansas Dietitian of the Year Award



Shannon Justice, RD/LD, was recently named the 2011 Kansas Dietitian of the Year. She was presented the award during the Dietary Managers Association's annual meeting.

Justice has served as the dietitian at Jane Phillips Medical Center's Dialysis Center for the past three years. She provides patient education to the patients and their family members. She also is a dietitian consultant in long-term care in Kansas.

She graduated from Kansas State University and previously worked at St. John Hospital in Joplin.

Justice is a board member of Horses of Hope, a therapeutic riding center. She actively shows quarter horses and is a member of the Kansas Quarter Horse Association.

She is a member of the Kansas Dietetic Association where she served as state secretary for two years. JP

Type 1 Diabetes Support Group

Jane Phillips Medical Center

3500 SE Frank Phillips Blvd. • Bartlesville, OK 74006
Lower Level Classrooms

For information, call Jane Phillips
Diabetes Services at 918/331-1143

January 10, 2012

July 10, 2012

April 10, 2012

October 9, 2012

All sessions meet from 6:30 p.m. to 8:30 p.m.

Looking for a Physician?

Call Our Physician Information Line
918/331-1297

Monday-Friday • 8:30 a.m. - 4:30 p.m.

SALE

Bluestem Foundation To Host Electronics Sale Fundraiser

Bluestem Foundation, which supports the mission of Jane Phillips Medical Center, is hosting an electronics fundraiser sale on December 8-9 from 7 a.m. to 6 p.m. The sale will be held at Jane Phillips Medical Center in the first floor classroom. All proceeds will benefit Jane Phillips Medical Center and Bluestem Medical Foundation.

The public is invited to come by and do some Christmas shopping. There will be lots of name brand electronics to choose from. Pay by cash, check, and major credit cards. **JP**

Cardiology Building Progressing

Construction of a new \$4 million cardiology building is coming down the home stretch at Jane Phillips Medical Center.

During the next 5-6 weeks, crews will be painting and installing flooring, doors and trim. During the preceding weeks, crews completed electrical and plumbing work on along with the installation of cut-faced block work and window installation.

The 16,000 square foot facility will house medical offices and cardiology services with the majority of space being rented to BlueStem Cardiology.

BlueStem Cardiology physicians and staff are currently housed on the entire fifth floor and half of the sixth floor in Medical Park Center. Current office space totals 9,700 square feet. Construction has experienced a few delays. The new date of completion is January 2012.

"It has been exciting to watch the construction progress over the last year," said JPMC President/CEO David R. Stire. "We are anxious to open this new addition to our campus because we know it will provide an improved environment of care for our patients as well as much-needed space for the cardiologists." **JP**



JPMC TO HOST KETTLE/ ANGEL TREE KICKOFF

The Jane Phillips Medical Center lobby will again be the site for The Salvation Army's annual Christmas Kettle/Angel Tree Kickoff. The brief ceremony will be held on Friday, November 11 from 11 a.m. to 11:30 a.m.

Special guests for the event include Chris Rush, Publisher of the Bartlesville Examiner-Enterprise, and the Bartlesville High School brass quintet under the direction of Alex Claussen.

"We are honored to annually host this special occasion," said David R. Stire, JPMC President/CEO. "Our vision, mission, and values are consistent with those of The Salvation Army, which makes it even more special."

This will mark the fifth consecutive year the local hospital has hosted the kettle kickoff.

"This is a much-anticipated tradition for the JPMC family," Stire said. "It has become a pleasant and meaningful way to ease into the holiday season. We look forward to it every year."

The public is invited to attend. **JP**

Reese Selected To Receive Spirit Award



Kathryn Reese, Patient Relations and Pastoral Care Manager, has been selected to receive the Oklahoma Hospital Association's (OHA) 2011 Spirit of Achievement Award for JPMC.

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.

The award will be presented to Reese during the opening ceremonies of the 2011 OHA Convention in Oklahoma City. **JP**

Watch Out For Road Hazards

Every time you get behind the wheel, you face potential hazards—from debris on the road, to weather conditions, to inattentive drivers. Learning to recognize and respond to potential hazards is a valuable skill that will serve you well while you are driving.

To give yourself the best opportunity to spot hazards, continually be on the lookout for clues. Always look far enough ahead of your vehicle to give yourself time to spot a problem and determine the best way to avoid the issue. This may include assessing traffic around you as well as any physical barriers or debris. A good rule of thumb is to look about 12 to 15 seconds ahead of your vehicle, keeping an eye out for potential hazards, including:

Pavement drop-offs: Driving too close to the edge of the road can cause your vehicle to tilt suddenly. It's more difficult to steer your vehicle when crossing a pavement drop-off.

Disabled vehicles: Drivers changing a tire or working on an engine may not be paying attention to traffic. It's

a good idea to slow down or change lanes if possible when passing these vehicles.

Road construction: Narrow lanes, sharp turns, poor visibility, unclear markings, and uneven surfaces are just some of the hazards you may face when traveling through a work zone. Also, be on the lookout for workers.

Road debris: Even road debris that appears small can cause damage to your vehicle or cause you to lose control while driving.

On- and off-ramps: Pay particular attention to off-ramps that bank sharply and those that suggest drivers reduce their speed. Also be cautious about on-ramps: though it's primarily the responsibility of the driver entering the highway to merge with traffic, you should still be aware of people trying to merge. Be prepared to change lanes if necessary.

Being able to make astute observations and react quickly while driving are necessary skills. In a flash, a seemingly harmless hazard can create an emergency situation.

Being prepared improves safety for everyone on the road. **JP**



Bluestem Foundation \$6 Sale Fundraiser

Thursday, November 17—9 a.m. to 6 p.m.

Friday, November 18—7 a.m. to 3 p.m.

Jane Phillips Medical Center—First Floor Classroom
3500 SE Frank Phillips Blvd., Bartlesville, OK

Select inexpensive gifts. Indulge in yourself.

Products are for women, men, boys, and girls.

Great values on items such as rings, watches, bracelets, scarves, ties, gloves, belts, earrings, purses, wallets, ties, reading glasses, pendants, chains, seasonal accessories, gadgets, gifts and more! More than 1,000 unique and carefully selected accessories and gifts.

Something for everyone. Public is invited.

Bring a friend or two. May pay by cash or personal checks. **JP**

