

Landscapes and Portraits In Health

A DIRECTION FOR THE FUTURE

Life is full of unknowns out there but we have all learned that a little planning can go a long way in overcoming the pitfalls. So it is also true in business.

McCurtain Memorial Hospital has laid out its directions for the future. The Management Board (McCurtain Memorial Medical Management, Inc.) and the Authority Board (McCurtain County Hospital Authority) working together have laid out a course for growth that addresses many of the healthcare needs of the residents in the county and surrounding service area and also assures the success and perpetuation of quality healthcare for citizens of McCurtain County.

"The Authority Board is working with the Management Board to implement our strategic plan. With everyone working toward the same objective, we are making significant progress," said Brit Messer, CEO of

McCurtain Memorial Hospital. The long-term objective is to transform McCurtain Memorial Hospital into a regional referral center, capable of providing many more services than currently provided. "The more services we can provide here, the less people will have to travel for healthcare,"

said Messer. Messer envisions cardiology, orthopedics, urology, as well as other services such as rehabilitation in the near future. However, in order to be competitive he feels the hospital must be updated including remodeling and replacement of infrastructure. The building and all its systems are 30 years old he said.

At a regular meeting of the McCurtain County Hospital Authority Board on April 29, 2008, the board voted unanimously to petition the County Commissioners for

a special election to ask the voters to extend the ½ cent sales tax, according to the Don Shaw, Chairman. The current tax was approved by the voters for a five year period which expires on June 30, 2009 and can be used only for



Site preparation for new structure

the purchase of capital equipment, remodeling or construction. The funds supplied by the taxpayers since July of 2004 have been

used to purchase \$1,550,096 worth of capital equipment with \$2.4 million allocated to construction for a total of \$3,950,096. During this same period, the Management Board spent \$2,356,087 on capital equipment and \$1,105,222 on construction for a total of \$3,461,309. These funds came from hospital operations. Both organizations together have spent \$7,411,405 on capital equipment and construction since July 1, 2004, the start of the ½ cent sales tax.

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Brit Messer



Working for a Healthier Community

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Management Board to Explore Debt Financing for Construction

The hospital's Master Construction Plan calls for remodeling and upgrading the entire facility for a cost of \$14-\$16 million. The plan calls for this to be done over the next 4 years in phases that will allow the hospital to continue providing services while construction occurs. In order to expedite the Master Construction Plan, the Management Board has decided to seek debt financing for this purpose. "We have retained the services of Lancaster Pollard to advise us on financing options for our Master Construction Plan," said Billie Tomlinson, President of McCurtain Memorial Medical Management, Inc. which operates the hospital on a day-to-day basis.

Lancaster Pollard is an investment banking, mortgage banking and financial advisory firm. The firm has offices in Atlanta, Austin, Columbus, Denver and Kansas City.

"Debt financing would allow us to control the timing of various construction phases better and would allow more money for capital equipment purchases," said Tomlinson. "It will also allow more funds to be devoted to the development of our new product lines," she said. How-

ever, she said there is still a need for the extension of the ½ cent sales tax for the purchase of capital equipment. Some of the capital equipment items which will be needed to develop the new product lines will cost as much as \$3.5 million. A Magnetic Resonance Imaging Machine (MRI) will be needed for orthopedic services and will cost around \$3.5 million.

The Master Construction Plan is a by-product of the Strategic Plan. "Once you decide where you want to go, then you must decide how you plan on getting there," said Messer.

"A modern facility will allow us to be competitive with our product lines. For instance, not everyone wants to deliver a baby in a 30-year-old OB unit. Things have changed and we must change with the time or become obsolete," said Messer.

Orthopedics, Cardiology and Urology are three new product lines called for in the strategic plan. The timing of the implementation of those service lines will depend on the completion of construction and remodeling.

Focus On... Essential Functions of Healthcare Management

Ten of the hospital's finest employees completed the first ever, "Essential Functions of Healthcare Management Class" in May. The students were taught about setting goals which are aligned with strategic objectives; strategic planning; delegation; hiring and retaining good employees; teamwork; performance improvement and budgeting among other topics.

Most everyone felt the most beneficial aspect of the class was the group interaction and learning from the expertise of others.

The course presented an

overview of professional management skills in the contemporary health care system.

Marsha Green, RN, MS was course instructor. Guest lecturers included Ray Whitmore, Jahni Tapley, Frank Drobil, Deanna

Campbell, and Betsy Dew.



Back Row L to R: Kena Brown-Allen, Jahni Tapley, Tom Williston, Frank Drobil, Julie Matthews
Front Row L to R: Jamie Tadlock, Pam Johnson, Joyce Wright, Willie Overturf, Laura Ray

Hospital Week—2008 Quality Merit Award Winner Chosen

McCurtain Memorial Hospital celebrated Hospital week (May 12-17, 2008) with a meal served to all employees, entertainment, door prizes and culminating in the selection of our Quality Merit Award winner for the year. And due to the weather, it all happened indoors.

This year's theme for Hospital Week was "Caring is What We Do Best". This theme is very appropriate for McCurtain Memorial Hospital since we have been focused on developing and refining a patient oriented culture over the last two years. Our new focus has made a difference in the quality of care delivered to our patients based on survey feedback

from our patients.

We chose the occasion to select one employee out of 260 who represents and embodies this caring attitude toward our customers. Other criteria in the selection included treating customers with respect; caring behavior; presenting a positive image of the hospital; working cooperatively with others and listening to customer needs and responding in a courteous and tactful manner.

This year's winner of the Quality Merit Award was Cheryl Lester, Ward Clerk on our Med/Surg Unit. Remember, the winner of this prestigious award is chosen by their

peers which makes the selection even more meaningful. Cheryl received a check for \$500.00 in honor of her selection.



Cheryl Lester, Ward Clerk
2008 Quality Merit Award Winner is congratulated by Brit Messer, CEO

May Quality Merit Award Winner – Cathy Milam

Cathy Milam has been employed at McCurtain Memorial Hospital for over 30 years. She began her career as a part time employee in the Medical Records Department. She quit for a short time to work as a reporter for the local radio station then came back to work in the Business Office in June, 1983 and has been filing insurance claims ever since.

She has a great sense of humor and is highly respected by her co-workers. Her vast knowledge of workers compensation guidelines and excellent rapport with the insurance adjusters also makes her an excellent source of

information for her co-workers.

Cathy and Albert (J.R.) will be married 50 years in September, 2008. She has 2 children (Terri Holderman and Carolyn Tomlinson); 3 grandchildren (Steve Steel, Jason Tomlinson, and Cody Holderman). Cathy is expecting her first great grandchildren (TRIPLETS, 2 girls and a boy) in June, 2008. She also has a great-step-grandchild, Jagggar.

Cathy is not only a very dedicated employee to McCurtain Memorial Hospital but a good spokesperson for the Hospital. She wants to see the Hospital be successful in whatever endeavor it takes.

Cathy was honored on February 14th as she attended a "Tom Jones Concert in Oklahoma City" and had the privilege of going back stage and having her picture made with the great singer/entertainer.

Cathy will receive \$100 for receiving the Quality Merit Award for May.



Cathy Milam, Business Office
Quality Merit Award Winner
May 2008

Did You Know?

The Autism Spectrum Disorders support group meets in the private dining room the 2nd Monday of every other month at 6 pm.

The Alzheimer Support Group meets in the private dining room the 2nd Thursday of each month at 7 pm.

Lauri Waller attended CPSI ImageLink Training held on 4/21 and 4/22 in Mobile, Alabama.

Rose Strange attended a Workshop entitled Ethics (Record Keeping, Providing Good Customer Service).

Chris Tidwell attended a Workshop entitled Dealing with Unacceptable Employee Behavior—Creative Problem Solving.

Deanna Campbell, Quality Control is to attend a Workshop on Psychological Healing sponsored by the Department of Mental Health and Substance Abuse Services on May 20th.

Deanna Campbell has been holding Culture of Fairness Training sessions in departments hospital wide.

New Directions continues to work towards getting the nursing home residents to be more physical. Betty Beaman is a monthly visitor and leads an exercise program in the following nursing homes: Choctaw Nation Nursing—Antlers; Antlers Manor—Antlers; Hills Nursing Home—Idabel; Memorial Heights—Idabel; and McCurtain Manor—Broken Bow.

Dana A. Stowell, CIO, attended a week long CPSI training session in Mobile, Alabama.

Nurses Week 08—Nurses of the Year Chosen

A reception was held May 7th, 2008 for all nurses in honor of Nurses Week, May 6th thru 12th. The nurses were given a ballot the week before to vote for the RN of the year, the LPN of the year and the CNA of the year.

The Nurse Aide of the year was awarded to Sandy Pradmore. Sandy is employed as an aide on the Medical/Surgical floor but can work anywhere. She has been an employee since 2005. Sandy was described as “friendly, smiling, reliable, kind, caring and concerned” by her peers.

The LPN of the year was awarded to Lindsay Gates. Lindsay has been employed for almost 2 years and has spent all that time on the Medical/Surgical floor. Lindsay is a great asset to our organization and was described as “awesome, caring, compassionate, intelligent, professional, a pleasure to follow....”

The RN of the year was awarded to Shelly Blalock. Shelly has been an RN since 1997 and was an LPN prior to that. She has worked on the Medical Surgical Unit and is currently the Nurse Manager of the Intensive

Care Unit. Shelly was described as “knowledgeable, dedicated, friendly, sweet, caring, a good teacher and great preceptor.” Shelly is a leader by example.

The night shift was treated to a lasagna dinner on Tuesday, May 6th, and the day shift was treated with a hamburger cookout on May 7th.

Lindsay, Sandy and Shelly each received \$300.00 to honor their selection.



Lindsay Gates, LPN; Sandy Pradmore, Nurse Aide, & Shelly Blalock, RN

People and Places

Congratulations to our Graduates:

Susan Elliot, Ward Clerk, Med Surg; Beverly Thompson Ward Clerk, Med Surg; Stacie Caldwell, Pharmacy Tech—Graduate on May 16th from Kiamichi Technology Center with LPN Diploma.

Angie Camble, LPN Med Surg; Charles Manning, LPN Med Surg; Dennis Ward, LPN Respiratory Therapy; Rachel Williamson, LPN Women's Services; Tammy Lee, LPN Women's Services—Graduated on May 2nd from Eastern OK State College with an RN diploma:

Felicia Coleman RN; Melinda Odgen RN; Denise Webb, LPN graduated from Oklahoma University with a BSN (Bachelor of Science in Nursing) Degree.

Brandon Gragg, son of Ann Gragg (Business Services) & Justin DeCosta, son of Tonya Kretzer (Business Services) graduate from Idabel High School on May 16th 2008.

Kole Tidwell, son of Chris Tidwell, Home Health was Valedictorian of his senior class at Valliant High School.

Andee Minire, daughter of Denise Webb, LPN, Med Surg is the 8th grad Salutatorian at Lukfata School.

Anniversaries:

Kevin and Stephanie (Speech Therapist) Dillen, May 1st—4 yrs

Gary and Chris (Home Health) Tidwell, May 22nd—26 yrs

Bruce and Pam (CNO) Johnson, May 3rd—18 years

Relay for Life Update:

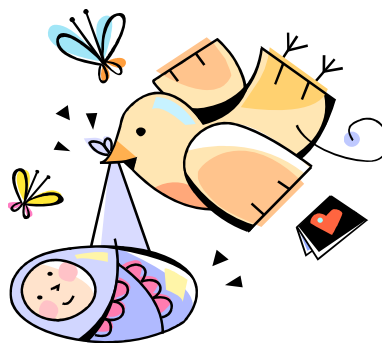
Relay for Life will be June 6th at the Warrior Stadium. Med/Surg Nurses raised \$100 to sponsor Paula Knox.

Women's Services Raised \$100 to sponsor the hospital team!! Thanks to all who are participating.

New Directions wishes to thank the maintenance department for painting their dining room. It looks wonderful. The patients and their families have commented on how nice it looks.

Births:

Proud Grandma & Grandpa Paula (Imaging Services) and Joe Oestmann welcome Natilie Lincoln Waters, born on 4/6/08. Natilie weighed 7 lbs 6 oz, and is 20.5" long. Parents are Lora and Ethan Waters.



New Hires:

Home Health:

Jennifer Watson, RN

Dietary

Misty Turk

Registration:

Lakyn Finical

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To Your Health- Skin Cancer Prevention

Get out those skis, boogie boards, softball bats, hiking boots.....and high powered sun screen! It's time to play in the beautiful weather of S.E Oklahoma! Unfortunately, along with fun in the sun comes a risk of serious health problems .

According to the Skin Cancer Foundation:

- The year 2008 will see over 1,000,000 new cases of skin cancer diagnosed. Skin cancer is the most commonly diagnosed form of cancer each year in the United States.
- One in 5 Americans and one in 3 Caucasians will develop skin cancer in the course of a lifetime.
- More than 90 percent of all skin cancers are caused by sun exposure.
- A person's risk for skin cancer doubles if he or she has had five or

more sunburns.

- The more moles you have, the greater the risk of skin cancer.
- Fair skinned people are more likely to develop skin cancer.

Melanoma is the most serious form of skin cancer. If it is diagnosed and treated early, it is almost 100% curable. Late diagnosis or left untreated, the disease can be fatal. The American Cancer Society estimated that 5220 men and 2800 women would die from melanoma in 2007. Melanoma is a family disease, if a mother, father, siblings or your child have had melanoma, you are more at risk.

Basal Cell Carcinoma is the most common form with an estimated one million new cases each year in the United States. Basal cell carcinoma is usually easily detected with a biopsy. It is easily treatable and seldom life threaten-

ing. However, it can cause scars and disfigurement.

Squamous Cell Carcinoma is the second most commonly diagnosed form of cancer with over 250,000 new cases each year in the United States alone. Identified and treated early, most squamous cell carcinomas are not serious. If overlooked, they are harder to treat, may cause disfigurement and a small percentage may spread to distant organs and be life threatening.

There are also precancerous growths that we have to watch for. The term "precancerous" is used because these abnormal areas of skin are more likely to turn malignant than healthy skin. Precancerous growths (lesions) are visible to the naked eye, and they look different from normal cells when examined.

Auxiliary Luncheon Held

The McCurtain Memorial Hospital hosted a luncheon for the McCurtain Memorial Auxiliary Members Tuesday, April 22. April is volunteer month, and the luncheon was to show our appreciation for the many hours they volunteer at our hospital.

The delicious meal was prepared by our Dietary Department. The decorations and new china complimented the meal.

Bernice Talley, Director of Volunteers, spoke to the members about the value of volunteering for others,

and the satisfaction also to the volunteer as the giver. Volunteering also leaves a legacy to those you serve that will be remembered even after you are gone.

Brit Messer, CEO, gave an update on all the projects McCurtain Memorial Hospital currently has in progress,

including our construction at the north end of the building.

Most all of the members attended and the comments afterwards were favorable. They all enjoyed it!



Volunteer Month Auxiliary Luncheon

Current and Upcoming Events

New Directions hosted the 3rd annual Senior Citizens' Prom on Saturday, May 12th. Just like the kids, some of those attending chose formal wear while others wore their Sunday finery. The 99 seniors who attended enjoyed food, a dance contest, and the crowning of the prom king and queen.

In honor of Nursing Home Week, New Directions will be participating in the 4th annual Senior Day Celebration. This event will be held on Friday, May 16th at the McCurtain County Fairgrounds. Those attending can look forward to free items from local agencies, food, and music.

IN THE SPOTLIGHT: John Grugan

John Grugan, Director of Plant Engineering has worn several different hats during his life. The first one was a farmer's hat.

He was born in Lock Haven Pennsylvania to a farming family. At the age of 13 his family moved to Broken Bow where his father continued to farm. John attended the Broken Bow public schools where he graduated in 1965. He attended college at Wilburton for a year where he majored in drafting and welding. He served in the armed forces from 1966 to 1969 (his camouflage helmet) where he continued his engineering career. During his stint in the Army he served as a Sergeant in Vietnam earned the Bronze Star, the Army Commendation, and the South Vietnamese Silver Star.

He married Rose Mary on April 23, 1966 in Broken Bow where they now make their home. They have one son, Dr. Monty Grugan who has

a family practice office in Broken Bow, and two granddaughters, Brooklyn Rain, age 7 and Peyton Nicole, age 3.

John coached Little League baseball and football for many years (thus the black/gold helmet) and is an avid Savage football fan today.

He was in business for himself for 20 years as a home construction contractor (his silver hard hat), employing 12 men before coming to work for the hospital in May 1990. John is licensed by the State Department of Labor in pressure vessels (boiler service and repair).

We wish to thank John for all his dedicated years of hard work at McCurtain Memorial Hospital. When our current construction project is completed, we expect he will go back to his camouflage baseball cap.

Pricey Drugs and Politics

A basic platform of the Democratic party and their presidential candidates is to control the high cost of healthcare. Drug manufacturers are anticipating the possibility of more aggressive regulations and are raising prices in some cases in anticipation of a shift in regulations. For instance, GlaxoSmithKline PLC raised the price of the antidepressant Wellbutrin XL by 44.5% from 2005 to 2007. Sanofi-Aventis SA raised the price of Ambien, a sleep drug, by 70.1%. Addarall, attention deficit disorder medication, was raised by 33.5% by Shire PLC and Lipitor, the worlds top selling drug, rose by 16% during the same period and brought in roughly 13 billion last year for Pfizer.

Unfortunately, the drug companies are becoming their own worst enemy... and you thought the oil companies were greedy.



**In the Spotlight
John Grugan**

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