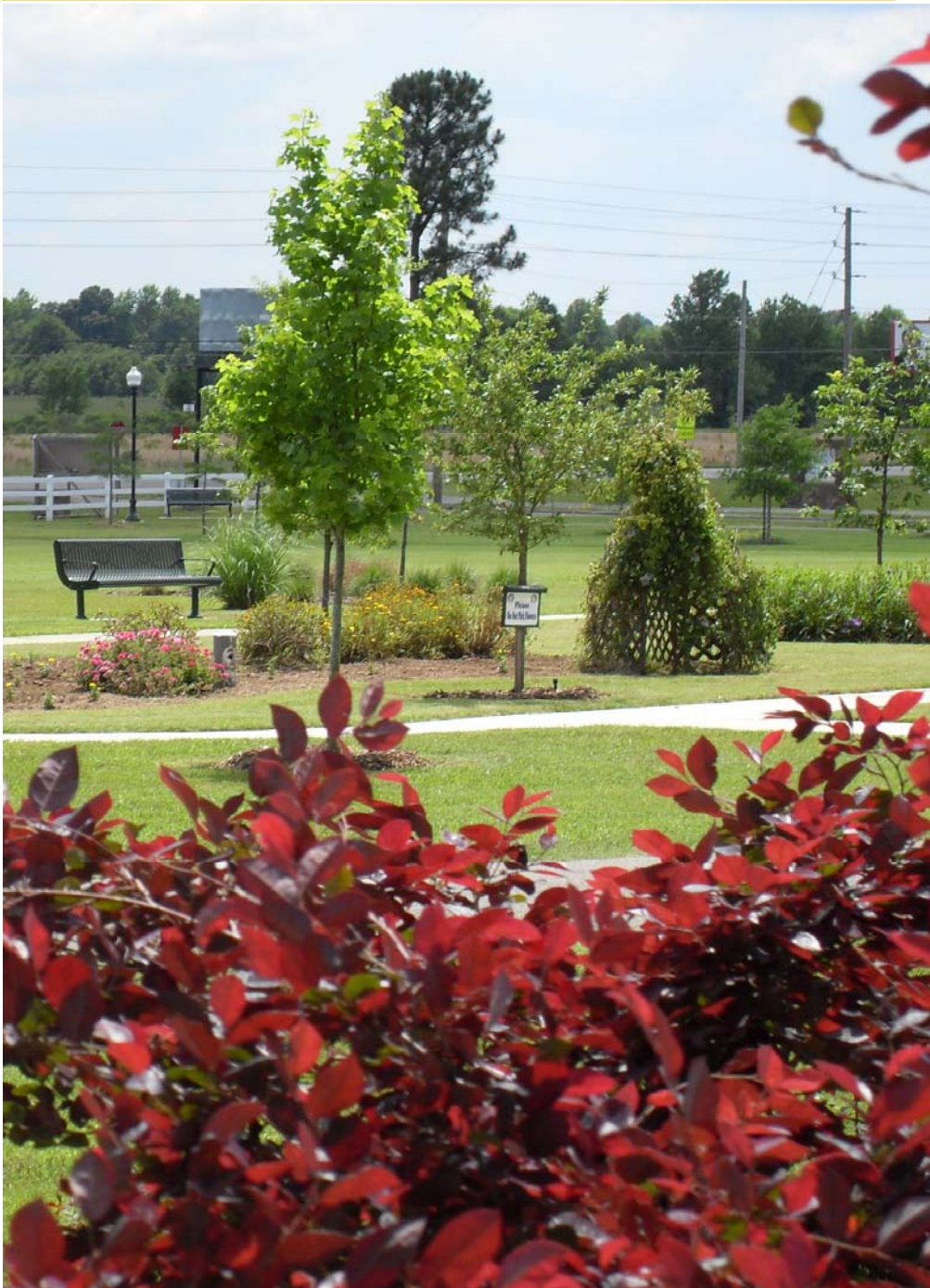


Landscapes and Portraits In Health



The Butterfly Garden Emerges From A
Long Winters Nap
Garden Meadows Trail
MCCURTAIN MEMORIAL HOSPITAL

"It appears that the reduction in the expenditures on health care is the main focus of the reform measures and health insurance for all is the lubricant that will make it happen. While both of these goals are admirable, it appears to me that they are mutually exclusive. How do we provide health care for all and at the same time reduce health care expenditures?"

It will be interesting to see how this dichotomy unfolds."

Brit Messer



Working for a Healthier Community

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National Health Insurance and the Budget

Well, here we are again; another attempt to cover the uninsured in America coming from the national level. However, it does appear that this time around major steps are being taken toward enacting national health insurance with some success. However, is national health insurance just a red herring? Or has our objective changed?

Over the last 100 years, the most notable thing about ensuring that all Americans have health insurance has been its failure. The exceptions have been Medicare and Medicaid (1965); the State Children's Health Insurance Initiative (1997).

There have been many attempts over the last 100 years to enact some form of national health insurance starting with Theodore Roosevelt. He ran for president in 1912 on a platform that promised universal Health Coverage. He lost.

Franklin Roosevelt considered including national health insurance in the New Deal, but eventually decided against it.

Harry Truman tried to get it passed; as did Presidents Nixon

and Clinton and Senator Edward Kennedy as well as former Representative Wilber Mills. Yet nothing has happened. We now have 45 million citizens of the United States uninsured in 2009.

However, the argument supporting national health insurance today is no longer humanitarian as it has been throughout history. We are no longer just worried about the 45 million who are uninsured, but we are also worried about those who have insurance but are concerned about rising cost. For the first time, the cost of health insurance is having a sobering impact on the middle class.

Rising healthcare costs also have had a significant impact on federal and state health care programs. Last week's release of the 2009 Medicare Trustees Report indicates that the Medicare Hospital Insurance Trust Fund will be exhausted in 2017; two years earlier than thought and according to the most recent national health expenditures estimates health care expenditures will consume over 20% of the GDP by 2018, an amount representing \$4.4 trillion in annual spending.

The mantra of those advocating national health insurance is now that "responsible health care reform must provide health care coverage

for all Americans while at the same time reduce the rate of growth in health care spending." (Senate Finance Committee, 5/20/09)

The fifth annual Milliman Medical Index (MMI) which measures the average annual medical spending for a typical American family of four was released on 5/20/09. The key findings of the MMI were that the typical American family of four paid \$16,771 in 2009 for medical costs (insurance and out-of-pocket) compared to \$15,609 last year for a \$1,162 increase or 7.4%. (However, it should be noted that roughly 50% of this increase is due to new life-saving technology and drugs.)

It appears that the reduction in the expenditures on health care is the main focus of the reform measures and health insurance for all is the lubricant that will make it happen. While both of these goals are admirable, it appears to me that they are mutually exclusive. How do we provide health care for all and at the same time reduce health care expenditures?

It will be interesting to see how this dichotomy unfolds.

~ by Brit Messer, CEO

McCurtain Memorial Hospital celebrates Nurses Week

Nurses Week is celebrated each year May 6th through May 12th. This year each RN, LPN and Certified Nurse Aide received a \$25 gift card from Wal-Mart as a token of appreciation from the hospital. Thank you for all your dedication and hard work!

Also, for the 2nd year, all nurses were asked to pick the "Nurse of the Year" in each category. The winners were Debbie Adams, RN, Tina Bunce, LPN and Mary Ellis, CNA.

The winners received a \$50.00 gift card. Congratulations to each of you!



Tina Bunce, LPN, Debbie Adams, RN, and Mary Ellis, CNA

Debra Adams RN

Debra has been employed at MMH since 1976 and has worked in many capacities throughout the hospital. She has held positions in ICU, has worked as Director of Nursing, and is currently employed as PM shift RN on the Med-Surg floor. On days away from the hos-

pital, Debra enjoys her family and friends.

Quotes from coworkers: "She knows her stuff and she doesn't mind teaching." "Awesome RN, always there when you need her, always teaching me something!"

Clotene (Tina) Bunce LPN

Tina has been employed at MMH since 2005 and has been an LPN for 17 years. Tina is an inspiration to our less experienced LPNs, displaying an excellent work ethic. Tina enjoys fishing, being

outdoors and spending time with her family.

Quotes from coworkers: "Tina is the most caring nurse to her patients." "Tina is respectful, courteous and dedicated to her patients and team members. She is an asset to our team!"

Mary Ellis CNA

Mary has been employed at MMH since 2004 and currently works as CNA on the Med-Surg floor. Mary is admired by her peers as a hard worker and a team player, always bringing to work a cheerful attitude and willingness to get the job done!

Quotes from her coworkers: "She's the best I have ever worked with in 15 years. She never questions what you ask her to do or has a bad attitude."

"Because she comes in the door going and keeps going like the energizer bunny."
~ By Pam Johnson, CNO

May Quality Merit Award Winner – Althe Richards, CNA

Althe Richard graduated from Idabel High School in 1974. She has been a C.N.A since 1975. Althe Richards came to work at McCurtain Memorial Hospital's New Directions Unit on December 19, 2002. Her co-workers know they can depend on Althe. Althe treats her patients and her co-workers with respect. She is a team player who is always willing to help her teammates and she always comes to work with a smile.

Althe provides the highest quality of care to each one of our patients. She can be called on at any hour and is will-

ing to drop what she is doing and come to work. Althe approaches her job duties as a calling and not just what she gets paid to do. Althe is an absolute joy to work with and is a wonderful part of our team.

Althe is married to Cecil Richard, who works for the City of Idabel. She has two children and several grandchildren.

Althe will receive \$100 for being chosen May Quality Merit Award Winner.



Althe Richards, CNA
May Quality Merit Award Winner

People and Places

Paula (Materials Management) Tunnell's son, Chance will graduate from Jr. High on May 22nd.

Cassie (Material Management) Anderson's daughter, Alexandra Williams will graduate from Denison Pre-K on May 19th.

Cindy White, ND Case Manager, welcomed her new grandbaby, born April 28th at McCurtain Memorial Hospital.

Sherry Jones, LPN and Tammy Reid, LPN of New Directions will be graduating from the OU BSN Program in May.

Paula Knox, RN, BSN, Med Surg. Nurse Manager & Swing Bed Coordinator has been accepted into the Nurse Practitioner Program at OU.

Did You Know?

Debbie Alford and Belinda Foshee of Health Information Management, went with Carolyn Garrison, Vicky Birdsong, Wanda Adams, Kittie Williston, and Tonya Kretzer of the Business Office, along with Jeanette Young from the Broken Bow Clinic to attend a one day Medicare Workshop in OKC on April 22nd.

Nutrition for Wellness Classes have begun. They are held the 2nd and 4th Thursday at 7:30 pm in the North Tower Conference Room.

Surgery Department hosted a seminar by Jeff Martin, CRNA on Perioperative Evidence Based Medicine—Venous Thrombo-embolism Prevention and Prophylaxis on May 6th.

Leslie McGovern, Administrative Assistant attended a one day Conference, Update in Credentialing Challenges in OKC on May 8th.

Reception Held for McCurtain Memorial Hospital Volunteers

To celebrate National Volunteer Month, McCurtain Memorial Hospital hosted a reception on April 28th in honor of the McCurtain Memorial Auxiliary. The Auxiliary members were served by McCurtain Memorial Hospital employees who welcomed the opportunity to show our appreciation for all that the Auxiliary does for McCurtain Memorial Hospital.



Question of the Day.... Public Safety vs. Civil Liberties

A U.S. measles outbreak last year – almost exclusively among unvaccinated people – has heightened concern about the impact of parents' decision to opt out of having their children vaccinated. This practice is leading to outbreaks of largely eradicated diseases like whooping cough and measles according to a report in last week's New England Journal of Medicine written by Dr. Saad Omer of Emory University in Atlanta.

All States allow exemptions due to medical or religious reasons. A total of 20 states allow exemptions from vaccinations due to philosophical beliefs including Texas, Oklahoma, Arkansas, Louisiana and much of the west.

In Ashland, Oregon, more than 25% of the kindergartners are not vaccinated causing the U.S. Center for Disease Control and Prevention to hold a town-hall meeting on the need for vaccinations according to the New England Journal of Medicine.

The question of the day is: do you feel that parents have the right to not have their children vaccinated for philosophical reasons?

McCurtain Memorial Hospital would like your opinion. E-Mail your response to adm@mmhok.com, write us at 1301 E. Lincoln Road, Idabel, OK 74745 or call 508-208-3100 after 5 pm and leave a message. Your response may be chosen for publication in the next issue of Landscapes and Portraits in Health.

Current and Upcoming Events

Rhythm Strip Interpretation Class will be taught by James Smith, EMT-P on May 20th, 22nd, 26th, June 1st and 3rd at 8 am and 7:30 pm. The classes will be held in the McCurtain Memorial Hospital North Tower Conference room.

McCurtain Memorial's next blood drive will be July 7th from 12:30 to 5:30 pm.

The 2nd of the McCurtain Memorial Hospital Lecture Series entitled Domestic Violence in McCurtain County—The Scourge of our Society will be held Thursday, May 28th in the North Tower Conference room.

Landscapes and Portraits in Health
Published for the employees and
friends of McCurtain Memorial Hospital.
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Leslie McGovern, Design and Layout
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Anniversaries

Stephanie (Speech Therapy) and Kevin Dillen, 5 years on May 1st.

Pam (CNO) and Bruce Johnson, 19 years on May 3rd.

Brandy (New Directions) and Joe Standridge, 4 years on May 5th.

Paula (Materials Management) and Tony Tunnel, 30 years on the 19th.

Leslie (Administration) and Mike McGovern, 17 years on May 23rd.

Kitty (Business Services) & Terry Williston, 6 years on May 31st.

Contact Information:
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Website: MMHok.com

Hospital Foundation Board Sets Goals and Develops Lecture Series

The mission of the HealthCare Foundation is to promote and provide financial support to our hospital to ensure, safe, reliable, accessible and affordable health-care for our community. To achieve this mission, the Foundation's Board members have been busy developing areas of philanthropic support for the hospital including annual giving programs, planned giving, and capital campaigns. The Foundation also has plans to develop a charitable giving program that will provide area residents the opportunity to make contributions to the hospital foundation in honor of a caregiver or in memory of a loved one. Funds raised by the Foundation will be used for many different purposes such as to update the hospital's facilities, to purchase new equipment, and to offer new services in order to meet the healthcare needs of our community.

While the Foundation certainly exists to provide financial support for the hospital, its board members have also defined a broader purpose for the Foundation. The Foundation Board has determined that to truly meet the healthcare

needs of our community, it must consider and explore the social issues affecting our community.

To achieve this goal, the HealthCare Foundation and the McCurtain County Bar Association have joined together to co-sponsor the McCurtain Memorial Hospital Lecture Series. The Lecture Series is designed to create a forum for exploring major health and social issues affecting the people of McCurtain County. The goal of the Lecture Series is to educate the public about these sensitive issues and to initiate a dialogue that can lead to possible solutions.

The Lecture Series began in April with the topic "Child Abuse in McCurtain County". The guest speakers for the April lecture were Assistant District Attorney, Laurie Pollard and DHS Child Protective Service Supervisors Bill Mayhall and P.J. Maben. May's lecture topic will be "Domestic Violence in McCurtain County" with Melissa Blanton, Domestic Violence Resource Prosecutor from the Oklahoma District Attorney's Council as the lead speaker. District Attorney Laura Wallis and

Officer Lori Chipps-Bray will be featured guests providing added information about the issue from a local perspective.

Other topics of the series include Health Status and Trends, Poverty, Drug Abuse, and Emergency Care in McCurtain County. The Lecture Series will culminate in October with a summary of these economic and social issues and a call for residents to work together to find ways of improving McCurtain County's poor ranking on these sensitive social issues.

The HealthCare Foundation views this lecture series as the beginning of a process where diverse groups within the community will begin to work together to break the cycle of generational child abuse, domestic violence, drug abuse and poverty in McCurtain County. By encouraging healthier lifestyles, the Foundation can achieve its vision to continuously improve the health of our community.

~ by Brenda Porton, CDO

Deaths and Lifestyles

You might think that with all of the talk about National Health Care and the 45 million people without insurance that inadequate medical care was the major threat to public health in this county. But a recent study says that is not the case at all.

In the April 2009 issue of PLoS Medicine (plosmedicine.org) a peer-review study titled 'The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors' by several authors from Harvard Medical School and elsewhere found that the lack of health insurance coverage may not be the cause of our poor health status when compared to other countries.

The authors (Dandei, Ding, Taylor, Rihm, Murray, and Ezzati) concluded that healthy lifestyles would prevent more premature deaths in the US than anything else. At the very minimum this study should have an impact on the formation of health policy and priority setting.

The authors used data on risk factor exposures in the US population from nationally representative health surveys and disease-specific mortality statistics from the National Center for Health Statistics. The study found that tobacco smoking and high blood pressure were responsible for an estimated 467,000 deaths in 2005 which accounted for about one in five deaths in the US. Overweight-obesity and physical inactivity were each responsible for 1 in 10 deaths.

This means that four out of 10 premature deaths in the US could be prevented if lifestyle changes were adopted to eliminate smoking; control high blood pressure; exercise and lose weight and it wouldn't cost the taxpayer anything.

IN THE SPOTLIGHT: W. J. Herron, DO

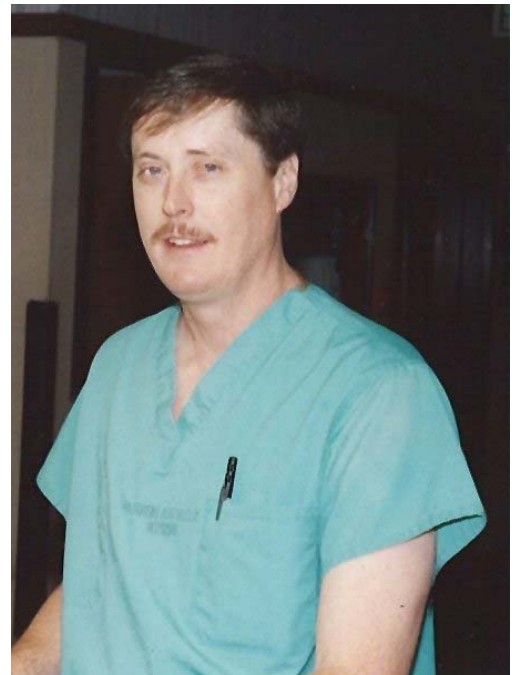
William J. Herron, D.O. was born in Hugo, Oklahoma, the youngest child of Joe and Evelyn Herron. Dr. Herron grew up in a houseful of girls, 7 of them in fact. As a result, he became very self sufficient in taking care of himself and his home.

He graduated from Gray High School in 1972 and attended college at the University of Oklahoma. He married his high school sweetheart, Kim Waldrop in 1974. He graduated medical school from Oklahoma State University in 1980 and moved home to go into practice with Dr. B.J. Waldrop. He and Kim have 3 children: Justin and wife Emily (Maxwell), Jason and wife Brianne (Graves), Lindsey and husband Brian (Mabry). They have also been

blessed with 4 wonderful grandchildren who are the light of their lives; Ella, Eli, Noah and Jonah. The 5th grandchild, Holland, is due this summer.

Over the past 28 years he has been in practice, his primary role has been in obstetrics. When asked how many babies he has delivered, Kim laughed and said "Thousands! I know he is delivering the babies of the babies he delivered."

Dr. Herron and Kim have always been and continue to be very active in the First Baptist Church of Idabel. He is such an easy going person and wonderful to work with. Even in stressful situations, he stays the same. He is an asset to our hospital team and community.



W. J. Herron, DO
In the Spotlight

www.MMHok.com



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Address Label