

A PUBLICATION BROUGHT TO YOU BY MEMORIAL HOSPITAL OF UNION COUNTY

wellaware

FALL 2008

HELPING TO DRIVE THE COMMUNITY'S **Economic Engine**

Memorial Hospital
of Union County
makes a difference
in the community's
economic health.

Sports Medicine

Getting
Athletes
Back in
the Game

Mobile Meals: Truly a Lifesaver

Stay in the *Health Game* This Football Season

You love cheering on the Buckeyes or your favorite team, but every season you tend to pack on 5 to 10 pounds, much in part to your tailgating habits. Pizza, potato salad, greasy cheeseburgers, and an array of desserts—if these are the staples of your gameday diet, it's time to call a time out.

THERE ARE MANY ways you and your friends can tailgate light this season. Here's how:

UNSPORTSMANLIKE CONDUCT: BARBECUE WINGS

Six of these fried wings can contain 400 calories or higher with more than half of your daily recommended cholesterol intake—and they're usually just the appetizer.

Substitution: Try grilling skewers of boneless, skinless chicken breast covered in low-sodium teriyaki sauce. Add fresh peppers and other

vegetables to save calories and boost nutrients.

UNSPORTSMANLIKE CONDUCT: LOADED NACHOS

Nachos with sour cream, cheese, guacamole, and other items can rack up to 880 calories, which represents almost half of your recommended daily caloric intake.

Substitution: Skip some of the toppings, and try baked chips and salsa instead—you'll save 600 calories.

Extra Point: Purchase a veggie tray, add chopped-up veggies to

your world-famous chili, or have a fruit kabob for dessert.

"There is no reason you cannot enjoy a tailgate party this football season while still eating healthy," says Kelly Daum, Wellness Coordinator for the Health Center at Memorial Hospital of Union County. "Moderation is the key. Even if you are bombarded with unhealthy choices, you can still eat in moderation and keep the calories down."

For more information about the Health Center at Memorial, call (937) 578-2580.



A Fresher Face for Our Hospital

At home you make ongoing upgrades that create appeal without breaking the bank. At Memorial Hospital of Union County, we are no different—that's why we're making cost-effective changes to enhance the quality of the hospital's look.

OUR MEDICAL TECHNOLOGY is constantly updated and our staff continually train as part of our commitment to deliver the quality care our community deserves. A fresh coat of paint and new furniture don't save lives, but there's no doubt they serve to make a hospital visit more comfortable.

"Our facility is more than 55 years old," says Laurie Whittington, COO at Memorial Hospital. "It's tired and was looking that way. That's why we've invested resources in making our patients and visitors feel welcomed when they walk through the door. We are repainting the walls to match the feelings of warmth that visitors get from our staff."

Additional renovations include recovering furniture, creating a better traffic flow at the hospital's emergency room (ER) entrance, and increasing our sleep lab from two to four beds. While these changes have been taking place, one person has always been kept in mind: You, the patient.

"At Memorial Hospital, our goals always are to enhance quality and patient safety," says Carroll Ormeroid, Facilities Director at Memorial Hospital. "Through these renovations, we are trying to create a visually pleasant and healing atmosphere for our patients."

To learn more about how Memorial Hospital cares for you, visit www.memorialhosp.org.

ON THE COVER: Dedicated Mobile Meals volunteers Dave and Jane Garey deliver nutritious meals to homebound residents two days a week.



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Help Getting Back into *Action*

14-year-old Alexis Hites can't remember a time when she didn't play soccer. So when a serious knee injury took her out of the action last year, she was determined to do whatever she could to get back on the field. Thanks to the Sports Medicine program at Memorial Hospital of Union County, she has done just that.

“AT THE END of my fall soccer season, I had a severe knee injury,” says Alexis. “We were told that I’d have to go through months of rehabilitation. A former coach of mine recommended that I go see Craig Devine, who ended up running my physical therapy sessions. Working with Craig made a world of difference.”

Devine, PT, ATC, a physical therapist on staff at Memorial Hospital, worked with Alexis using a variety of therapy methods, all designed to facilitate her return to the game and make her better protected against future injuries.

“Alexis had an injury that made her more at risk of injuring her anterior cruciate ligament (ACL) sometime down the road,” says Devine. “It was very important, as we were doing her rehabilitation and base training, to teach her how to avoid injury.”

PRACTICING PROPER FORM

Some injuries seem to occur as pure accidents, as with a player sliding into another player. Oftentimes, however, injuries occur because an athlete doesn't use proper body mechanics or good form. Memorial Hospital's goal is to attempt to prevent these types of injuries through proper training.

“Studies have shown that athletes put themselves at risk for injury by not having correct jumping and landing form,” says Devine. “These athletes should be trained in proper mechanics—not to let their knee collapse inward, how to jump properly, or how to land once they've jumped. When an athlete has solid mechanics in running, jumping, and landing, he or she is more likely to be successful in their sport and live injury free.”

For Alexis, therapy helped her on several levels. Not only did she recover from her injury, but she also learned strategies to make her body stronger and less likely to become injured in the future.

“After working with Craig, I'm more aware of what I do when I exercise and how I prepare for it,” says Alexis. “I learned injury prevention skills, strategies to improve my physical fitness, and how to exercise the right way. It has made me a stronger player because I'm confident in what I do.”

For more information about Sports Medicine services at Memorial, call (937) 578-4238.

Alexis Hites is back on the soccer field thanks to the Sports Medicine program at Memorial Hospital of Union County.



Meet Craig Devine, PT, ATC

Devine holds a Bachelor of Science degree in physical therapy and completed an associated internship in athletic training with the University of Massachusetts Lowell. Prior to joining the Memorial Hospital of Union County team, he served as director of a private outpatient clinic in Columbus, Ohio, and worked as the head athletic trainer of the Columbus Crew professional soccer team.





From participating in health fairs to providing Health Center memberships for charity organizations, Memorial Hospital of Union County is proud to give back to the community every day.

Helping to Drive the Community's Economic

From employing a staff of over 725 employees and partnering with 160 physicians and 400 volunteers to offering a variety of free programs to boost the community's health, Memorial Hospital of Union County is proud to drive a large part of the community's economic engine.

AS THE THIRD largest Union County employer (Honda and Scotts Miracle-Gro® are first and second, respectively), Memorial Hospital of Union County not only cares for the community; it also puts money back into the community, both through employees' salaries and a large number of free or reduced-cost programs.

"We are a community hospital in the truest sense of the word," says Chip Hubbs, CEO of Memorial Hospital. "By supporting and enhancing the quality of care available and participating in volunteer activities, we can improve the quality of life for all community members."

MEMORIAL HOSPITAL OF UNION COUNTY 2007 DATA

Total Employees	610
Average Full-Time Employees in 2007	494.24
2007 Payroll	\$23,745,182.25
2007 Benefits	\$5,509,278.89
2007 Payroll and Benefits	\$29,254,461.14
Union County Resident Employees	399
Union County Resident Employees Payroll	\$14,599,653.75
Average Hourly Rate	\$22.18

Neighbors Caring for Neighbors

Memorial Hospital of Union County not only cares for community members—its employees *are* community members. Of its 603 employees, 399 are Union County residents. At The Gables at Green Pastures, 83 of the 133 employees are Union County residents.

We're proud that those who live in our community also choose to work in their community.

Caring for the Community

Memorial Hospital of Union County and its employees host and participate in a variety of events throughout the year. Some examples of community involvement include:

- Health Fairs** In 2007, Memorial Hospital hosted 17 events, which were attended by 4,425 members of the community at a cost to our organization of around \$13,000 in staff time.
- Periodic Education Opportunities** These free education sessions for our community members include topics such as heart disease, stress, depression, weight training, exercise, nutrition, medications, advanced directives, and smoking cessation.
- Pre-Diabetes Education and a Monthly Diabetes Support Group** These are offered free of charge to participants.
- Local Partnerships** Memorial Hospital partners with the Union County Health Department and their tobacco task force, flu shots, wellness consortium, and cardiovascular disease task force.
- Marysville Schools Grant** Thanks to the Carol M. White three-year wellness grant, Memorial Hospital assisted teachers in conducting student wellness testing and worked with their high-risk students based on school referrals.
- Required Body Fat Testing** For a nominal fee, Memorial

Hospital employees conducted body fat testing for MHS, Fairbanks, and North Union schools for their high school wrestling teams.

- Women's Health Day** Memorial Hospital employees are part of the development team and provide a speaker to benefit women's health in the community.
- Relay for Life Team** Multiple teams of Memorial Hospital employees have laced up their shoes for the past three years to benefit the American Cancer Society.
- Lighten the Load** Thanks to an OHA-sponsored grant, Memorial Hospital will work with all seven fire departments in Union County through the next year to prevent obesity as a risk factor for heart disease in firefighters.
- Expert Speakers** Memorial Hospital medical experts speak at various club meetings, events, schools, and others about different wellness or health topics.
- Health Center Memberships for Charity** Memorial Hospital provides Health Center memberships for different organizations to use as door prizes or fundraisers to benefit area charities.

THE GABLES AT GREEN PASTURES 2007 DATA

Total Employees	133
Average Full-Time Employees in 2007	102.8
2007 Payroll	\$3,828,362.28
2007 Benefits	\$1,061,370.66
2007 Payroll and Benefits	\$4,889,733.04
Union County Resident Employees	83
Union County Resident Employees Payroll	\$2,321,450.80
Average Hourly Rate	\$15.56

Engine

REACHING OUT

Memorial Hospital employees and volunteers use their skills, time, and knowledge to devote themselves to the work of the hospital and to working in the community. One such example of this is the Mobile Meals service, which serves hot lunches every weekday to qualifying senior citizens in Union County.

"We have an interest in keeping seniors in our area healthy, and the social interactions they have with Mobile Meals volunteers are very beneficial," says Rick Shortell, member of the Board of Trustees at Memorial Hospital, which is an entirely volunteer-based board. "The hospital is proud to provide more than \$300,000 dollars every year to help support this important program."

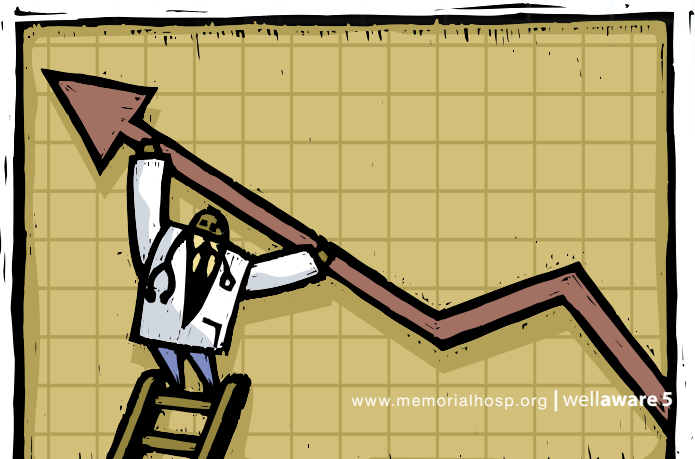
Mobile Meals is not the only program the hospital provides. For a more complete listing, see "Caring for the Community."

LEADING THE WAY

Memorial Hospital administrators not only emphasize the importance of service to their employees, but they are also charged with giving back.

"Almost four years ago, I charged the entire management team to find a community activity they are passionate about and get involved," says Hubbs, who also is on the Boards of the Union County Family YMCA and the Union County Chamber of Commerce/Economic Development Partnership. "Whether it's reading to kids at area schools, volunteering at Habitat for Humanity, or caring for animals at the Humane Society, every manager sees the benefits of participation and building important relationships."

For more information about how Memorial Hospital helps the community, please visit www.memorialhosp.org.





Mobile Meals: Truly a Lifesaver

For more than a decade, Irene Brown, 82, has depended on the volunteers from Mobile Meals to deliver nutritious lunches to her Richwood apartment five days a week. Little did Irene know that the volunteers who brought her meals would one day save her life.

WHEN DAVE AND JANE Garey (pictured above) delivered meals to Irene's second-floor apartment, the homebound, retired caregiver would unlock her door and welcome the couple into her home to set up her tray. So when Irene didn't open her door one day in May, Dave and Jane knew something had to be wrong.

"Clients are asked to let Mobile Meals know if they won't be at home when a volunteer is scheduled to arrive, and we knew that Irene hadn't called," Dave says. "I could hear her television through the door, and when she didn't respond, I

knew we needed to get into the apartment to check on her."

The couple alerted the on-site apartment manager, who used her key to enter the apartment with Dave and Jane, and the group found Irene slumped on the floor by her bed.

"I had passed out for some reason, so they called an ambulance and rushed me to the hospital," says Irene, who has no family in the area. "I'm so glad they were here to find me in time."

A BENEFICIAL PROGRAM

Volunteers with Mobile Meals have been delivering hot, nutritious lunches for more than 25 years to homebound residents who are unable to prepare food for themselves. Volunteers for the program—which is primarily funded by Memorial Hospital of Union County—deliver more than 170 meals to homebound clients throughout the county each weekday.

Though the main purpose of the program is to deliver much-needed

meals to the clients, the volunteers are often the first to realize when something isn't quite right at the client's home. If the client doesn't answer the door when a meal is delivered and the volunteers have not been alerted that the client will be away, volunteers try to locate the client through phone calls to the home or to an emergency contact person. As a last resort, they will try to gain access to the home with the help of a property manager.

"Most of the time, the client is just at a doctor's appointment and has forgotten to call," says Beth Reschke, Coordinator for the Mobile Meals program. "However, when someone needs our assistance, it's great that our Mobile Meals volunteers are there to help."

Mobile and Community Meals serve hot lunches every weekday to qualifying senior citizens in Union County. To learn more about the programs and to find out how to qualify, please call (937) 578-2445 or toll free at (800) 686-4777, ext. 2445.

If you're interested in becoming a Mobile Meals volunteer, contact Volunteer Services at (937) 578-2360. Volunteers who drive are required to have a driver's license and proof of insurance, but those who don't drive can volunteer to serve as runners. Volunteers are reimbursed for mileage.

Enjoy the Magic of the Season

Get in the holiday spirit with the Festival of Trees, sponsored by the Memorial Hospital of Union County Auxiliary.

WHAT DO YOU get when you combine food, music, and holiday decorations of all kinds? The annual Festival of Trees event, which will be held on Saturday, November 8, at Karen's Event Center with food prepared by Heflin Caterers.

A favorite of community residents, guests are treated to dinner and dancing to live music performed by the Arnett Howard Band. Better yet, attendees don't have to leave empty-handed. Live and silent auction items, including holiday trees, wreaths, swags, and centerpieces, are available and all donated by community groups and Auxiliary members.

This year's theme is "Magic of the Holidays," so expect lots of surprises, a live magician, and added magic to an already spectacular event.

"Proceeds from the event play a major part in assisting both community members and hospital employees," says Bonnie Spurling, President of the Memorial Hospital Auxiliary. "Attending brings the community together to make a difference."

Tickets to the Festival of Trees are \$150 per couple or \$75 per person, and proceeds from the event will benefit the Health Center equipment and expansion project at Memorial Hospital. To purchase tickets, call (937) 578-2360.



Magic OF THE HOLIDAYS

Memorial Sees Change in High Definition >>

AS MILLIONS OF people make the switch from standard-definition video to high-definition (HD) in their television sets, Memorial Hospital of Union County will do the same to better provide surgical care to its patients.

Thanks to generous donations from the community, the hospital will be able to purchase a new, state-of-the-art HD video surgical tower. While HD video has commonly been used to experience the sights and sounds of live sports games and blockbuster movie titles, doctors will be able to use the enhanced image clarity and depth of focus in HD to better help their patients.

Imagine that instead of relying only on their eyesight, surgeons could zoom many times into video images and get more detailed visual information. This is what the video tower provides, along with more specialty surgeries and procedures in diverse medical fields.

ADVANTAGES FOR PATIENTS AND PHYSICIANS

The HD tower is especially useful to surgery teams who use endoscopy to look at structures inside the body. Using small cameras, physicians can now use the HD tower to view the clearest images possible, enhancing diagnosis and treatment recommendations.

For more information about donating to Memorial Hospital of Union County, please call (937) 578-2266.



Mill Valley Medical Building

Ready for Patients

Physician practices located within the Mill Valley Medical Building:
Marysville Orthopedics, LLC
(937) 578-4200
Mill Valley Pediatrics, Inc.
(937) 578-4210



With its convenient location, beautiful environment, and family-friendly atmosphere, the Mill Valley Medical Building might just be where you find your family's newest physicians.

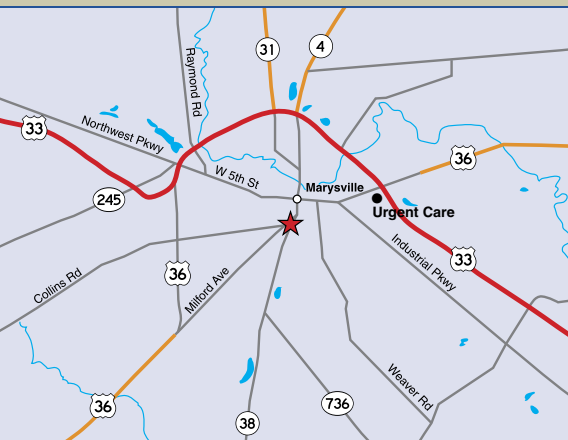
LOCATED AT THE southwest corner of Mill Wood Boulevard and Route 31, the Mill Valley Medical Office Building currently contains the offices of Mill Valley Pediatrics, Inc., and the offices of Marysville Orthopedics, LLC. Additional office space will be set up as a timeshare, allowing for additional access for patients and physicians.

"Mill Valley and the Northern stretch of Marysville is one of the fastest-growing areas in our community, and we wanted to make high-quality healthcare more accessible for those residents," says Andy Priday, Director of Planning and Business Development on staff at Memorial Hospital.

"Now that the Mill Valley Medical Building is open, patients will have another convenient option for obtaining excellent medical care close to home."

With comfortable waiting areas, beautiful décor, and even a small train to keep children occupied, the Mill Valley Medical Building is a great addition to Memorial Hospital.

Looking for a physician? Call the Memorial Hospital Physician Referral Line at (937) 578-2320.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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