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wellaware

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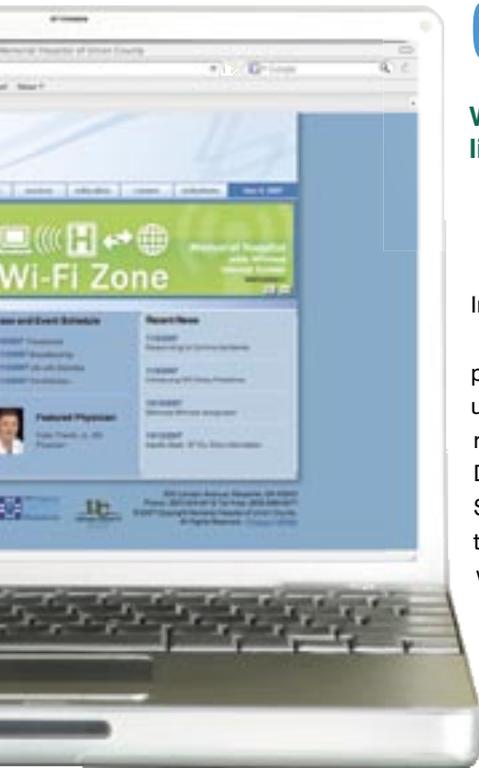


LEADING BY Example

Our Employee
Wellness Program can
work for you.

Bringing
Medical
Services to
Mill Valley

A Better Brain
How Walking
Improves Your
Memory



Gone Wireless!



Wireless Internet connections are everywhere these days—coffee shops, libraries, airports, and now...Memorial Hospital of Union County.

Memorial Hospital has made it possible for patients and families to stay connected through wireless Internet service.

“We recognize the growing number of patients and families who use the Internet to update others on the patient’s condition or receive encouraging words,” says Carl Zani, Director of Information/Telecommunications Systems at Memorial Hospital. “Offering this service allows these needs to be met—without ever having to leave the hospital.”

Memorial Hospital kicked off the wireless connection project in January 2007. There is no cost to the patient or visitor for use of this network.

“Many times family members dedicate

long hours in the waiting room during a loved one’s surgery or hospital stay,” Zani says. “With this new wireless Internet service at Memorial Hospital, we hope to make the wait more comfortable.”

LOOKING AHEAD

The new wireless network also gives Memorial Hospital a chance to engage in further projects to enhance patient care.

“We’re excited about the convenience and peace of mind wireless access offers patients,” says Zani. “In addition, we look forward to providing more high-tech services for patients in the future.”

To learn more about Memorial Hospital’s new wireless Internet service, visit www.memorialhosp.org.

Tobacco Free in 2008

Memorial Hospital of Union County joined other Central Ohio hospitals by becoming a tobacco-free campus as of January 1, 2008.

As part of a commitment to providing a healthy environment and in observance of the Ohio Smoke Free Workplace Act, Memorial Hospital is now a tobacco-free campus.

“Smoke-free initiatives such as ours are part of a statewide effort to encourage others to quit this unhealthy habit,” says Carman Wirtz, Vice President of Human Resources at Memorial Hospital. “While this is a big change, we have made every effort to make the transition as smooth as possible, including offering on-site smoking cessation programs with nicotine replacement therapy as

well as generous reimbursement for alternative methods of cessation.”

WORKING TOGETHER

2008 marks not only Memorial Hospital becoming smoke-free—it also marks the opportunity for you or a loved one to jump on the bandwagon for a tobacco-free lifestyle.

“We are trying to promote a healthy community by taking on this role to help reduce the use of tobacco products,” says Wirtz.

For more information about Memorial Hospital’s tobacco-free policy, visit www.memorialhosp.org.



ON THE COVER: Carl Zani, Director of Information Systems/Telecommunication at Memorial Hospital of Union County, makes fitness look easy. Carl is a regular participant in the Employee Wellness Program. Read more on page 4.



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NOW PRESENTING THE

Business Health Award



At Memorial Hospital of Union County, promoting wellness is another sound component of our mission in keeping our community healthy. The Business Health Award was created two years ago to acknowledge local businesses that have demonstrated notable activity or innovation in promoting and improving wellness in the workplace.

For the past two years, Memorial Hospital has recognized and honored local businesses that have designed and implemented wellness programs to promote healthy work environments for their employees. All worksites, large and small, residing in Union County are eligible to receive this award.

“Promoting health and wellness not only benefits employees, it also helps cut healthcare costs for businesses,” says Nancy Conklin, Vice President of Marketing and Development for Memorial Hospital. “For these reasons and more, we feel it is important to honor local businesses that have taken the initiative to promote wellness in the workplace.”

Applications for the Business Health Award are mailed to nearly 400 area businesses each year. They are scored on various criteria such as offering onsite health risk appraisals, providing

nutritional offerings in their cafeterias, and promoting an opportunity for exercise in the workplace. Three Awards are presented each year based on this scored application. The levels of achievement awarded are: Gold, Silver, and Bronze. The winners are then recognized at the Union County Chamber of Commerce Safety Council Luncheon in early October, as well as featured in many other community publications.

“Wellness is a very important message for businesses to be promoting,” says Conklin. “Businesses who make employee wellness a priority are deserving of recognition, and Memorial Hospital is proud to honor them.”

For more information about the benefits of a business wellness program, please visit www.memorialhosp.org.

NEW Medical Office Building

to Serve

Mill Valley



Memorial Hospital of Union County is further expanding its ability to offer convenient, quality care to a growing community by constructing a new state-of-the-art medical office building. The new building will be located on Route 31 near the entrance to the Mill Valley subdivision—a rapidly growing, family-friendly neighborhood.

The new medical office building will be home to Mill Valley Pediatrics Inc., with three pediatricians on staff, an orthopedics practice, and other medical services.

“We wanted to improve access to care for residents of the Mill Valley subdivision and those who live north of Route 33,” says Spence Fisher, Vice President of Physician Relations and

Business Development at Memorial Hospital. “We recognize this as an area of growth in the community, and the importance of providing convenient medical access to the area.”

The 10,000-square-foot complex is designed with the surrounding environment in mind to provide an unobtrusive, aesthetically pleasing addition to the area. Multiple windows and a stone façade will create a natural, comforting atmosphere for patients both inside and outside the facility.

The building will be the first new medical office building constructed in the area in several years. It is scheduled to be completed this summer.

For additional information, please call (937) 578-2498.



LEADING BY Example

Thanks to the Employee Wellness Program at Memorial Hospital of Union County, hospital staff members are following their own advice by making health and wellness a priority. Through this program, employees have lost weight, lowered insurance costs, and created a healthier, more productive workplace.



Working on Wellness Coordinator, Kelly Daum, helps Connie Smith, Clinical Educator, complete her health risk appraisal (HRA).



Laboratory Supervisor Eric Keifer prepares Carroll Omeroid, Facility Director, for laboratory work as part of his HRA.

On a regular basis, news programs tell stories of rising insurance costs. To combat this national trend, Memorial Hospital employees took action three years ago and modified an existing employee wellness program to include opportunities focused on education and outcomes. Today, Memorial Hospital's Health Center, Laboratory, and Occupational Health divisions collaborate to offer the program.

"As an organization, we recognize that our employees are our biggest asset," says Deb Stubbs, Health Center Director at Memorial Hospital. "We didn't just want to promote a healthy lifestyle, we wanted to make sure our employees lived healthfully as well."

To participate, employees first undergo health risk appraisals. This evaluation uses a health habits questionnaire and blood pressure, blood work, and other measurements to offer employees insight into lifestyle behaviors and changes that can improve their health.

THE ROAD TO HEALTH

Following these assessments, employees are invited to participate in wellness programs—such as joining the employee Weight Watchers program, attending wellness education and information sessions, or signing up for a smoking cessation support group. Over the past three years, hospital employees have seen the following results:

- more than 1,000 pounds lost through the on-site Weight Watchers program
- reduced cancer risk by 27 percent through smoking cessation programs
- high cholesterol levels decreased by 10 percent

"Deb Stubbs and her team deserve a lot of credit for the outstanding efforts made for the hospital and the community," says Chip Hubbs, President and CEO of Memorial Hospital. "We have seen the positive results that come from a program such as this, and the success stories have made it all worthwhile."



“Since the Employee Wellness Program was implemented at Memorial Hospital of Union County, sick time usage has decreased by about 11 hours per full-time employee. Anyone who has ever been impacted by someone calling in sick knows that having this happen less is a benefit to everyone.”

—Deb Stubbs, Health Center Director at Memorial Hospital of Union County



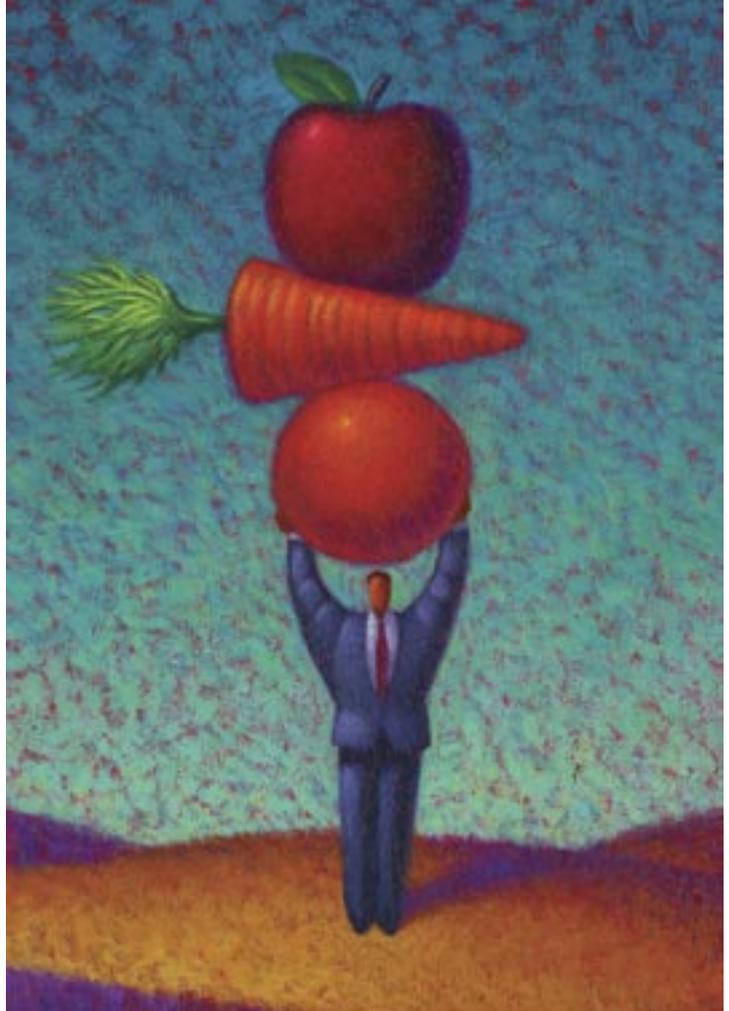
Terri Myers participates in the measurements portion of her HRA, with assistance from Health Center employee Michele Daniel.

INCENTIVES FOR WELLNESS

Asthma, diabetes, and high blood pressure account for 164 million missed workdays and an estimated \$30 billion in insurance costs in the United States annually, according to the American Hospital Association. Through the Employee Wellness Program, Memorial Hospital employees have lowered the amount of sick days taken as well as insurance premiums. In addition, employees are offered a reduced rate in their monthly insurance costs by participating in the program.

“Our equation for employee wellness is good health equals wealth—to the employees and the organization,” says Stubbs. “By asking our employees to take ownership of their health habits, they reduce healthcare costs, increase productivity, and set the stage for a longer life.”

For more information on the Employee Wellness Program at Memorial Hospital, visit www.memorialhosp.org.



Bringing Wellness to Your Business

According to the American Hospital Association, workers at businesses with employee wellness programs are more likely to stay with their current employer, work harder, and perform better. Thanks to Memorial Hospital of Union County, local businesses have the opportunity to experience similar results.

Are you part of an area business that wants to make wellness a priority? Memorial Hospital can help. By using its Employee Wellness Program as a model, hospital employees will come onsite to businesses to provide services, including health risk appraisals and education targeted to the businesses’ needs.

“We have seen the Employee Wellness Program work for our hospital and are glad to provide these services for area businesses,” says Deb Stubbs, Health Center Director at Memorial Hospital. “Any type of business can benefit from the methods we use, and we are proud to do our part in keeping the community healthy, even outside the hospital’s walls.”

For more information on how to begin an Employee Wellness Program at your business, visit www.memorialhosp.org.

Walk Down *Memory Lane*

Starting to forget things as you age? Researchers say it may not be too late to jog your memory by taking regular brisk walks.

As baby boomers reach their golden years, senior adults have become the fastest growing age group—and concerns about cognitive decline are making health news headlines. If you're worried about memory loss, here's good news.

Results from a recent study provide hope that seniors can build their memory banks by establishing a walking regimen. In this study of 124 older adults, researchers found that those who walked briskly for about 45 minutes three times a week performed better on several cognitive tasks than those who did stretching or strengthening exercises.

THE BEST NEWS?

While other studies have concluded that lifelong exercise helps lower a person's risk of experiencing Alzheimer's disease and other forms of cognitive decline, all of the seniors who volunteered in this study benefited from sharper memories and mental skills even though they previously had not exercised. That means it's not too late to get moving.

If it's been a while since you had a good workout, check with your physician to ensure a walking regimen is safe for you, don a pair of athletic shoes, and hit the nearest pedestrian path to better health!



Predicting Alzheimer's Disease

A new blood test for Alzheimer's disease is helping physicians predict a patient's likelihood of developing the condition that affects more than 4 million Americans.

Alzheimer's disease is the most common form of dementia, but there is no known cure or cause. However, researchers at Stanford University have identified 18 signaling proteins in plasma, a mixture that makes up 55 percent of blood, that indicated the predisposition to develop Alzheimer's disease.

Out of the 259 blood samples compared in the study, 90 percent of the matches developed Alzheimer's disease two to six years later.

EXCITING RESULTS

The benefit of this latest research is finding a reliable means to predict the presence of Alzheimer's disease in its early stages. During this time, the disease is more responsive to treatment and medications, which have been proven to slow the onset of symptoms.

While further research is being conducted, the blood test could prove a more cost-effective and less-invasive means than other detection techniques—and offer early-stage Alzheimer's sufferers hope for a longer and happier life.

Memorial Hospital of Union County offers a Special Care Neighborhood at its long-term care facility, The Gables at Green Pastures. For more information on this facility, please visit www.gablesatgreenpastures.org.

Introducing **Mill Valley Pediatrics, Inc.**

Memorial Hospital of Union County is pleased to introduce the following pediatricians who will be practicing in the Mill Valley Office Building, which is scheduled to open in Summer 2008.



Meet J. Michael Underwood, DO, a board-certified pediatrician and father of four children (two boys, two girls). He obtained his medical education at the Ohio University College of Osteopathic Medicine. Dr. Underwood completed an internship at Youngstown Osteopathic Hospital and furthered his pediatric training at Akron Children's Hospital. He has been a practicing pediatrician for eight years and is on staff at Memorial Hospital of Union County.



Introducing Lisa Krumm, MD, a board-certified pediatrician and mother of two children (one boy, one girl). Her medical training was completed at Wright State University College of Medicine. She then furthered her pediatric training through her residency at Children's Medical Center in Dayton, Ohio. Dr. Krumm has worked as a community pediatrician in Grove City, Ohio, for the last nine years. She is affiliated with Nationwide Children's Hospital of Columbus and Memorial Hospital of Union County.



Welcome Cheryl Kirkby, MD, a board-certified pediatrician and mother of two young boys. Her medical education was obtained at Pennsylvania State University and she completed her internship and residency at Emory University in Atlanta, Georgia, with a specialization in pediatrics. For the past seven years, Dr. Kirkby has worked as a community pediatrician in Grove City, Ohio. She is on staff at Nationwide Children's Hospital of Columbus and Memorial Hospital of Union County.

Mill Valley Pediatrics, Inc., is temporarily located at Memorial Hospital Urgent Care, 1140 Charles Avenue, Marysville, Ohio. For more information, please call (937) 578-4210.





When it comes to sleep disorder technology,

Introducing the new Sleep Lab at Memorial Hospital.

Sleep disorders disrupt the lives and relationships of millions of Americans. Left untreated, they can even have fatal consequences. The new Sleep Lab at Memorial Hospital offers the very latest technologies to quickly diagnose a variety of disorders, including insomnia, sleep apnea, narcolepsy and restless leg syndrome. Each of our four private rooms offers a home-like atmosphere complete with soothing colors, flat-screen TVs, back-lit windows, recliners for guests, and state-of-the-art beds. Our expert staff delivers the highest level of compassionate care, with test results generally in 24 hours or less. So rest assured that a good night's sleep is closer than you think, at the only Sleep Lab in Union County.

Just another reason, there's more to Memorial.

For more information, call 937-644-6115

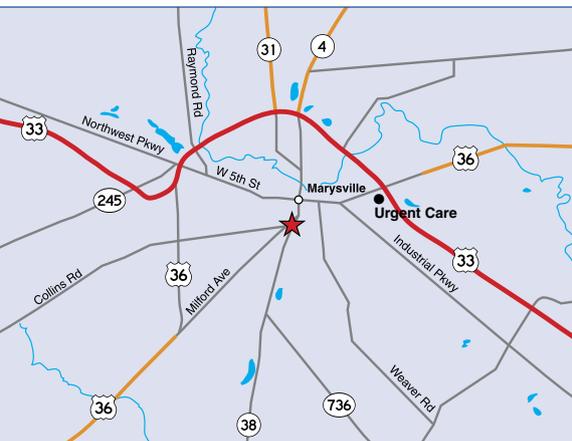
or visit www.memorialhosp.org.

There's more to Memorial

Dr. Jeffrey Weiland, Pulmonary medicine

The Ohio State University

Fly Fishing Enthusiast



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