

VITALITY

Meet the
flying
radiologist



BABY ON THE WAY?

HERE'S HOW TO GET READY

**IT'S A GUY
THING**

*Men's health—what
you need to know*

cmh

SUMMER 2016

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Citizens Memorial Hospital • Citizens Memorial Health Care Foundation 1500 N. Oakland Ave. Bolivar, MO 65613 417-326-6000

CEO/Executive Director Donald J. Babb

Marketing Director Tamera Heitz-Peek

Marketing Department Tessa Arnold Stacy Black Trent Chance Wren Hall

Mission Caring for every generation through exceptional services by leading physicians and a compassionate health care team.

Vision Be the first choice for customer-focused health care to every generation.

Core Values I am...positive, respectful, innovative, dedicated, empowered. Together, we are CMH PRIDE.

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FEATURES

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This CMH Sports Performance Enhancement program can give your young athlete a boost.

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- Get help to stay sober
Citizens Memorial Hospital was recognized for patient safety—four years in a row!
Sick kid? Get convenient care—when you need it

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David Saddoris is fighting his way back to function after a stroke.

Ready for sunshine

Even though the winter was mild, nothing is as exciting as green grass, blooming flowers, and lots of sunshine. It's easier to be active with longer days and warmer weather. Now is a great time for athletes to check out the CMH Sports Performance Enhancement Program on page 5. Athletes can train in the off-season and become faster, stronger and more flexible.

You might have heard that CMH is offering obstetric options for expectant moms in area clinics. Having an obstetrician located in a nearby clinic is convenient and helpful—especially closer to your due date. On page 8 learn how getting great prenatal care is important for both mom and baby.

Keeping our kids safe is a priority and it isn't just in sports, but in everyday concerns like sunburns. Page 12 offers tips for protecting kids from harmful ultraviolet rays during outdoor activities.

Finding a qualified home care service for a family member shouldn't be difficult. On page 13, we talk about services provided by CMH Home Health and sources of funding. Sometimes, staying at home for rehabilitation is not the best option. On page 14 meet David Saddoris and learn how he regained his life from a debilitating stroke at one of our long-term care facilities.

We hear of so many inspiring stories from patients and community members who are making healthier choices. I hope the stories in this issue of Vitality inspire you too.



Donald J. Babb, CEO/Executive Director

Handwritten signature of Donald J. Babb.

Donald J. Babb
CEO/Executive Director



Addiction recovery at CMH

Citizens Memorial Hospital (CMH) offers an addiction recovery program at the Dallas County Family Medical Center (DCFMC) in Buffalo, Missouri. Medical Director Kurt Bravata, M.D., uses a proven method of treatment that combines medication-assisted therapy with behavioral counseling.

“Our focus is on the treatment of alcohol and narcotic addiction, dependence and abuse,” says Dr. Bravata. “Although this is not an inpatient or outpatient detox program, we are here to help patients maintain sobriety once they have been able to stay clean from alcohol or narcotics (opiates) for 7 to 10 days.”

In conjunction with Dr. Bravata’s family medicine practice at DCFMC, the program offers support with the maintenance of sobriety and focuses on the patients’ total wellness, maximizing the chance for long-term success.

Patients in the program must be at least 18 years of age, not pregnant, free of active liver disease and compliant with treatment. The length of treatment is recommended to be at least 13 months in order for patients to get through trigger days, such as anniversaries, holidays, birthdays, etc.

➔ Go to www.citizensmemorial.com/about/publications/vitality and click on “Addiction Recovery Program” for more information about the program.



Butterfield Park Pediatrics offers convenient walk-in hours

Runny nose, cough, and fever—children always seem to feel sick at the most inconvenient times. Don’t worry! Butterfield Park Pediatrics now has a walk-in clinic with convenient hours: Monday to Friday, 8 a.m. to 6 p.m., and Saturday, 9 a.m. to 1 p.m.

Butterfield Park Pediatrics Walk-In Clinic providers include board-certified physicians Garrett Alderfer, M.D.; Shannon Calvert, M.D.; Angela Collins, M.D.; and James Liesen, D.O.; and family nurse practitioner Malissa Phillips, FNP-BC. They can see patients ages birth to 17 for walk-in care.

➔ Butterfield Park Pediatrics Walk-In Clinic is located inside Butterfield Park Pediatrics at 1195 N. Oakland, Suite 2, in Bolivar. For more information, call **417-328-6020**.

Patient safety

Citizens Memorial Hospital (CMH) has achieved the Healthgrades 2016 Patient Safety Excellence Award™, a designation that honors hospital performance in the prevention of serious, potentially preventable complications during hospital stays. CMH is the only hospital in Missouri to receive the Patient Safety Excellence Award for four years in a row, performing in the top 10 percent in the nation in patient safety.



26th Annual
CMH MEDICAL EXCELLENCE
Golf Classic
SATURDAY, JUNE 4, 2016



★

Shotgun starts at 7:30 a.m. and 1 p.m. The classic is an 18-hole, four-person scramble at Silo Ridge Golf and Country Club in Bolivar. Four flights with prizes for top four spots. All monies raised go to the Medical Excellence Scholarship. Contact Wren Hall, director of community relations, at 417-328-6318 or register online at <http://conta.cc/1O3enw8>.

cmh



Immunization update

Do you have a child entering eighth grade this fall? The state of Missouri has updated its immunization schedule and now students will need to receive the meningococcal (MCV) vaccination in addition to the other recommended vaccines. During your child's annual wellness examination, ask about the MCV vaccination.

Routine vaccines children need
 These are general recommendations for children 2 years and older. Talk with your doctor about what is right for your child.

➔ For a complete list of immunization requirements for the 2016–2017 school year, go to www.citizensmemorial.com/about/publications/vitality and click on "Immunization Update."

Recommended immunization schedule

- DTaP** = diphtheria, tetanus, pertussis (whooping cough)
 - Flu** = influenza
 - HepA** = hepatitis A
 - HepB** = hepatitis B
 - Hib** = *Haemophilus influenzae* type b
 - HPV** = human papillomavirus
 - IPV** = polio
 - MCV4** = meningococcal
 - MenB** = meningococcal
 - MMR** = measles, mumps, rubella
 - PCV13** = pneumococcal
 - PPSV23** = pneumococcal
 - RV** = rotavirus
 - Tdap** = tetanus, diphtheria, pertussis
 - VAR** = varicella (chickenpox)
- *Needed in some cases

YEARS				
2-3	4-6	7-10	11-12	13-18
HepB series				
		HPV HPV series		
DTaP	DTaP	Tdap	Tdap	Tdap
Hib		Hib		
PCV13		PCV13		
PPSV23				
IPV	IPV	IPV series		
Flu, yearly (2 doses*)		Flu, yearly		
MMR	MMR	MMR series		
VAR	VAR	VAR series		
HepA series				
MCV4		MCV4 series		
		MenB	MenB	MenB

Updated 2016, with information from the Centers for Disease Control and Prevention

- Range of routinely recommended ages
- Range for certain high-risk groups
- Range for catch-up immunizations
- Range for non-high-risk groups subject to doctor's advice



More expansion

CMH celebrated the completion of the CMH Women and Children's Center and CMH Education Center. In addition to CMH CEO/Executive Director Donald J. Babb and the Board of Directors, the ribbon cutting included representatives from Bolivar OB/GYN, Bolivar Technical College, Butterfield Park Pediatrics, CMH Education Services, and the Bolivar Chamber of Commerce.

TIE ONE ON for CANCER

CMH MEN'S HEALTH DAY
Friday, June 17 • 9 - noon

Men can take an active part in being healthy by attending the free CMH Men's Health Day on Friday, June 17 at CMH Community Rooms. From 9 a.m. – noon men can receive free screenings and wellness information. Women are encouraged to attend with their loved ones.





CMH offers sports performance enhancement program



Do you want to transform your body during the off-season and become faster, stronger and more flexible? Area athletes are invited to join the Citizens Memorial Hospital (CMH) Sports Medicine Center Sports Performance Enhancement program starting in May. The program targets agility, speed, reaction, mobility, strength, power, flexibility and jumping.



Lloyd is certified in FMS and played four years of collegiate athletics. He graduated from Central Methodist University with a degree in athletic training and is working on a master's degree in athletic training from Missouri State University. Lloyd is on staff at CMH Sports Medicine Center, located in the Meyer Wellness and Sports Center on the campus of Southwest Baptist University in Bolivar.



After screening, the athlete is placed on a specific performance enhancement program to help improve athleticism and lower the risk of a sports-related injury. "It doesn't matter if you are a seasoned athlete or a weekend warrior, we care about getting you physically ready for the demands of your sport," shares Lloyd.



Led by certified athletic trainer Matthew Lloyd, AT, the Sports Performance Enhancement program trains total athleticism while adding a sports-specific element to training through a functional movement screening (FMS), Olympic-style lifting, power lifting, speed and agility drills, and jumping and landing drills.



Each athlete is screened using the FMS system, which helps to identify each athlete's functional movement limitations. "The screening is used as a lens to view movement quality. It helps to identify areas of injury risk with symmetry patterns," says Lloyd. "Our goal is to get participants moving better and more frequently."



SUMMER 2016 PROGRAM OVERVIEW

Offered weekdays in May, June and July

High school: 2 to 3 p.m.

Middle school and younger: 3:30 to 4:30 p.m.

Adults: 5 to 6 p.m.

\$80 per month or \$220 for three months



Get your game on! For more information or to register for the CMH Sports Performance Enhancement program, call **417-777-7763**.



MEN

Take charge of your health

Heart disease, cancer and stroke.

These are words no one wants to think about, but men can't afford to ignore them: All three diseases are among the leading causes of death of American men.

Nearly 1 in 3 men has high blood pressure, a significant risk factor for heart disease and stroke, according to the U.S. Department of Health and Human Services (HHS).

Good health starts with a trip to a doctor, something men do much less often than women. To make an appointment with a primary care provider, call the CMH Information Center at **417-328-6010**.

Likewise, almost half of all men will develop some form of cancer in their lifetimes, reports the American Cancer Society.

Lung cancer is the most common fatal cancer for men, followed by prostate cancer and colon and rectal cancers.

But with knowledge and a little effort, men can take steps to avoid these and other potentially dangerous health conditions.

It can all start with a trip to your doctor, something men do significantly less often than women, according to HHS.

You can tell your doctor about your health history, your medications and any problems you're having. And your doctor can tell you about health screenings, medications you might need and some of the healthy behaviors you can adopt.

SCREENING TESTS

Screenings can find diseases early, when they may be more effectively treated.

What follows are some of the tests HHS and other experts suggest for men. But talk with your doctor. You might need to be screened earlier or more often.

Cholesterol. High cholesterol is one of the major risk factors for heart disease. Check yours at least every five years, starting at age 35.

Blood pressure. High blood pressure increases your risk of stroke, heart attack, kidney failure and heart failure. But it often has no symptoms. That's

why it's important to get it checked at least every two years. If you have high blood pressure, you may need medication to control it.

Diabetes. If you have high blood pressure or high cholesterol, get screened for diabetes. Diabetes increases your risk for a number of serious conditions—including heart disease, stroke, kidney disease and eye problems.

Colorectal cancer. Screening for most men should start at age 50. If you have a family history of colorectal cancer, you may need to start screening earlier.

Other cancers. Ask your doctor if you should be screened for prostate, lung, oral, skin or other cancers.

Abdominal aortic aneurysm. If you are between 65 and 75 years old and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm—a swollen blood vessel in your abdomen that can suddenly burst.

PREVENTIVE MEDICINE

Some medications can help stop health problems before they start. If your doctor gives you a new prescription, be sure to ask what the medicine is, why you need it, how often you should take it and what the possible side effects are.

Aspirin can help prevent heart disease. If you are 45 or older, ask your doctor if taking a daily aspirin is right for you. How much aspirin you should take depends on your age, health and lifestyle.

Immunizations are not just for kids. Most men should get a flu shot every year, a tetanus-diphtheria shot every 10 years and a pneumonia shot when they reach 65.

Talk to your doctor about whether you should be immunized against other diseases, such as chickenpox, measles, mumps, rubella, meningitis, shingles, HPV (human papillomavirus), or hepatitis A or B.



Nearly 1 in 3 men has high blood pressure.



Almost half of all men will develop some form of cancer.



OBSTETRIC OPTIONS IN AREA CLINICS

Ash Grove Family Medical Center

» Jennifer Roehrs, D.O.
500 N. Medical Drive, Ash Grove, MO
65604

417-751-2100

Bolivar Family Care Center

» Mary L. Hogan, M.D.
» Ronald L. Vance M.D.
1240 N. Butterfield, Bolivar, MO 65613

417-326-6021

Bolivar OB/GYN

» Sarah Kallberg, D.O.
» Ashley Lane, D.O.
» D. Shelly Meents, M.D.
1195 N. Oakland, Suite 1, Bolivar, MO
65613

417-777-8131

Butterfield Park Medical Center

» Jennifer Roehrs, D.O.
1125 N. Butterfield, Bolivar, MO 65613

417-326-7676

Dade County Family Medical Center

» Ashley Lane, D.O.
105 N. Grand, Suite 2, Greenfield, MO
65661

417-637-5133

Dallas County Family Medical Center

» Kristina S. Kaufmann, D.O.
201 S. Ash, Buffalo, MO 65622

417-345-6100

Humansville Family Medical Center

» Bethany Dhondt, D.O.
201 S. Arthur, Humansville, MO 65674

417-754-2223

Osceola Medical Center

» Bethany Dhondt, D.O.
» Ronald L. Vance, M.D.
855 Arduser Drive, Osceola, MO 64776

417-646-5075

Ozarks Community Health Center

» Bethany Dhondt, D.O.
102 Jackson St., Hermitage, MO 65668

417-745-2121

Pleasant Hope Family Medical Center

» Jennifer Roehrs, D.O.
209 S. Main, Pleasant Hope, MO 65725

417-267-2001

Stockton Family Medical Center

» Ashley Lane, D.O.
1521 S. Third St., Stockton, MO 65785

417-276-5131



That little stick you took into the bathroom has just confirmed what you've suspected all along—you're pregnant!

Next up: phone calls to family; friends; and, most important, your health care provider.

Early and regular prenatal care is essential for both you and your baby.

Your health care provider will keep a close eye on your health and the health of your unborn child. If a problem comes up, there's a good chance it will be caught early, before it becomes serious.

Prenatal visits are even more essential if you have a chronic condition, such as diabetes or high blood pressure. Your treatments may need to change, and you'll need to work closely with your provider to monitor your illness.

IT'S ALL IN THE DETAILS

Most pregnant women need monthly checkups at first. You'll see your health care provider more often as you get closer to your delivery date. You might also need more frequent checkups if you have a high-risk pregnancy or are older than 35.

Your first prenatal visit will likely be the longest and most involved. Your provider will:

- » Calculate your estimated due date.
- » Ask about your personal and family health history.
- » Do a complete physical.
- » Take blood and urine samples for testing.
- » Check your blood pressure, height and weight.

Later visits will include some of the same basic health checks, such as blood pressure and weight. Your provider will also listen to the baby's heart and measure your belly to see if the baby is growing well.

In addition, you'll have the chance to learn about things that can help ensure a healthy pregnancy, such as eating the right foods, exercising, and avoiding alcohol and cigarettes.

Your visits are also the perfect opportunity to talk to your provider about any questions or concerns you have about your pregnancy.

Sources: National Institutes of Health; U.S. Department of Health and Human Services

Need an OB? CMH has many obstetricians to choose from. Check out the list on the left.



Athletes score with sports physicals

In the bleachers, you're your child's biggest fan and cheerleader. But you have another important sports-related role: safety monitor.

Sports injuries are a common safety concern for school-age athletes. That's why Citizens Memorial Hospital (CMH) suggests that athletes receive a sports physical from his or her family physician.

The Missouri State High School Activities Association (MSHSAA) requires all student-athletes and cheer and dance teams to have sports physicals completed prior to the first day of practice.

SCHEDULING SPORTS PHYSICALS

CMH offers sports physicals at all of the CMH family medicine clinics. Athletes can make appointments at their convenience at any of the CMH family medicine clinics or they can go to a CMH Walk-In Clinic with no appointment and receive sports physicals that also include completing the necessary sports physical requirements and paperwork from MSHSAA.

SPORTS INJURIES

After your family physician completes your student-athlete's sports physical and says your child is healthy enough to play, the next step is keeping him or her from being sidelined by an injury. There are steps you can take to help reduce the risks:

- » **Ask questions.** Learn what your child's sports program is doing to prevent and respond to injuries, such as ensuring conditioning for players and safety training for coaches.
- » **Get equipped.** Depending on the sport, a helmet, padding, mouthguards or shinguards, eye protection, and proper shoes may be needed.

- » **Play by the rules.** From football to soccer, many sports have rules designed to prevent injuries. Make sure your child knows—and follows—them.
- » **Beat the heat.** Give your child a water bottle—and encourage frequent intake.
- » **Warm up.** Encourage warm-up exercises before and cool-down exercises after both practices and games.
- » **Don't downplay concussions.** In general, players with a concussion aren't allowed to get back in the game until medically evaluated and cleared to play.
- » **Encourage rest.** Athletes need breaks in between seasons and during practices and games.
- » **Speak up.** Teach your child to speak up if he or she is sick or hurt. And remember to check with your child's doctor should you suspect an injury.



Call the CMH Information Center at **417-328-6010** to request a sports physical for your student-athlete. Some clinics have designated days for sports physicals—check with your local CMH clinic for details.



Sports injury

Among the activities that can lead to injury are bicycling, basketball, football and baseball. Sports injuries can be especially dangerous to kids because their bodies are still growing. A blow that leaves an adult bruised can cause serious damage to a child's developing bones.



Heart failure: Make a plan

5 facts you need to know to live well

If you have just been diagnosed

with heart failure, you can take comfort in the fact that you're not alone. More than 5 million Americans are living with the disease—with the emphasis on the word living.

Even though heart failure is serious and there is no cure, it is treatable. And the more you learn about it, the more you can do to have an active and healthy life.

Here are five facts about heart failure and living with the condition that you should know:

1

HEART FAILURE DOESN'T MEAN YOUR HEART IS ABOUT TO STOP.

The term simply means your heart isn't pumping like it should. If the right side of your heart is affected, it can be hard for blood to get to your lungs to pick up oxygen. Fluid may then build up in your body, and you may feel fatigued or short of breath.

If the problem is with your heart's left side, it's difficult for oxygenated blood to reach the rest of your body.

Chances are, both sides of your heart are affected.

2

YOU MAY BE THE MOST IMPORTANT MEMBER OF YOUR HEALTH CARE TEAM.

Taking medications and making lifestyle changes—such as cutting back on salt, exercising with your doctor's guidance, avoiding alcohol and tobacco, and maintaining a healthy weight—are cornerstones of treatment. In addition, you need to see your doctor regularly, take medicines as directed and follow your doctor's advice.

Also key is watching for signs and symptoms that may indicate your disease is getting worse—and bringing them to your doctor's attention right away. They include having:

- » Swelling in your legs, feet or abdomen.
- » An ongoing cough or congestion.
- » Increased fatigue.
- » Shortness of breath.
- » Confusion, dizziness or light-headedness.
- » Loss of appetite or nausea.

CMH offers Healthy Heart Lectures with Adam Pruett, RD, Director of Health and Wellness and clinical dietitian for Citizens Memorial Hospital. The class is held the last Wednesday of every month from 9 to 10 a.m. or 2 to 3 p.m. Call **417-328-6462** to register.





Find the sodium

When you have heart failure, it's easy to have a love-hate relationship with sodium. You may love the taste. But you hate what sodium can do to you—namely, make you retain water, which forces your heart to work harder.

Eating a low-sodium diet is a must, however, if you want to help keep your heart failure under control. Removing the salt shaker from your table can help you cut back on how much sodium you eat. But that's just a starting place.

Most of the sodium in our diets comes from processed foods. Some, like luncheon meats and potato chips, you might suspect. But others could surprise you: Bread, frozen pizza, salsa, salad dressing, cheese, ketchup, mayonnaise—to name a few—can be very salty.

To help protect yourself:

- » Read all labels when choosing packaged foods. Select unsalted varieties or those with the lowest sodium content.
- » Eat fresh foods when possible. Rinse foods like canned vegetables and beans to reduce sodium.
- » When eating out, ask that your food be prepared without added salt.

Sources: American Heart Association; U.S. Department of Health and Human Services

from taking good care of yourself.

Often, it's helpful to talk about these feelings—perhaps with a counselor. Joining a support group for people with heart failure may be useful as well.

YOU CAN DO THIS!

Remember, for most people, heart failure is highly manageable. Taking charge of the disease begins with educating yourself and staying active in your care.

Sources: American Heart Association; Heart Failure Society of America; National Institutes of Health



4

IF YOU HAVE TROUBLE STICKING WITH YOUR TREATMENT PLAN, THERE ARE SOLUTIONS.

Managing heart failure can be challenging. For example, you may need to take several medicines, which can be expensive—and confusing to remember.

You may discover that a lot of the foods you normally eat are loaded with salt, and you may not know how to cook more healthful meals.

If you have challenges, let your doctor know. He or she can help you with them. There may be less expensive medicines you can take, for instance. Or tools—such as medicine charts or pillboxes—might make it easier to keep track of which medicines to take and when.

If cooking or eating well is a problem, your doctor can refer you to a registered dietitian who can help you plan tasty and healthy meals.

The important thing to know is that you don't have to figure things out on your own.

5

HEART FAILURE ISN'T JUST A PHYSICAL CONDITION.

Fear, anxiety, depression, stress. It's perfectly normal to have feelings like these when diagnosed with a serious illness. If you have any of them, it's essential to tell your doctor because they can affect the quality of your life. And they can keep you

3

THE BATHROOM SCALE WILL BECOME A VALUABLE HEALTH TOOL.

It's important for people with heart failure to weigh themselves daily. Weight gain can be a sign that your body is retaining fluid. Your doctor will explain when weight changes need attention and how to handle them.





The ABCDEs of melanoma

Melanoma is the most deadly form of skin cancer. These ABCDEs can help you tell if you should see a doctor about a mole or spot. Even one of these signs is a reason to see a doctor right away.



ASYMMETRY

Half of the mole or spot is unlike the other half.



BORDER

It has an irregular or undefined border.



COLOR

The color changes from one area to another.



DIAMETER

The mole or spot is larger than a pencil eraser. (Can be smaller.)



EVOLVING

It looks different from others on your body or is changing.

Source: American Academy of Dermatology



Say bye-bye to the burn

Protect kids from the sun

The sun may be 93 million miles away, but it's close to most kids' hearts. That's because sunny days are great for the outdoor activities that many kids love. But without proper protection, kids can end up with a painful sunburn today that may lead to some serious problems in the future—including skin cancer.

SUN-SAVVY TIPS

It only takes about 15 minutes for the sun's ultraviolet (UV) rays to damage unprotected skin. Because these powerful rays can even break through clouds, kids need to have their skin protected on overcast days as well as on sunny ones.

To make sure your kids are covered every day:



Layer wisely. About 30 minutes before going outside, kids need their first layer of protection: sunscreen. Use one that's labeled *broad spectrum*, which means it screens out both UVA and UVB rays. It should also have an SPF (sun protection factor) of at least 30. For extra protection on sensitive areas, like noses and shoulders, choose a product with zinc oxide or titanium dioxide.



Clothes made with a tight weave offer the best sun protection. When possible, dress kids in long-sleeved shirts and lightweight cotton pants. Top off every outfit with a brimmed hat that covers the scalp and shades the ears, face and neck.



To help shield their eyes from the sun, kids also need sunglasses. (Exposure to UV rays can cause cataracts later in life.) Look for sunglasses with labels that say they offer at least 99 percent UV protection.



Watch the time. The sun's UV rays are strongest between 10 a.m. and 4 p.m.—good hours for indoor activities. But if your kids are playing outside, make sure they get an additional dose of sunscreen every two hours.

Sources: American Academy of Dermatology; American Academy of Pediatrics; Centers for Disease Control and Prevention



We offer local and personalized home health care. To learn about CMH Home Health services, call 417-326-3585.

At home with care

Given a choice, you'd probably rather be at home to recuperate from a hospital stay or to get ongoing medical care. And that's not an impossible dream.

If your doctor agrees, home health care can be an outstanding alternative to a skilled nursing facility or rehabilitation center. Citizens Memorial has excellent home health services that provide individualized, physician-supervised health care and rehabilitation therapy for homebound patients.

Depending on your skilled needs, home health care can provide nurses, as well as physical, occupational and speech therapies.

Home health aides can help with daily activities, such as bathing and dressing. Doing chores and housekeeping are not included, but can be provided by CMH Homemaker Plus.

HOW TO FIND CARE

Most home health care professionals work for hospitals, licensed home health agencies or public health departments. Ask your doctor for a list of local agencies including CMH Home Health.

Talk to friends and neighbors who may have used home health care services too.

Before you hire a provider, ask about their services. CMH Home Health:

- » Is an approved Medicare provider.
- » Is accredited by The Joint Commission, an organization that evaluates and accredits health care organizations and programs in the U.S.
- » Will write a care plan that includes the course of intermittent care and a description of tasks to be performed by each caregiver.
- » Has a nurse to provide on-call assistance 24 hours a day.
- » Screens employees to make sure they don't have a criminal history.
- » Has a procedure for resolving problems if they occur.
- » Has a document that describes the rights and responsibilities of the patient and the agency.

Source: U.S. Department of Health and Human Services



Who pays?

Medicare and some private insurance plans require the patient to be homebound. *Homebound* means the patient is staying at home and only leaving to attend doctor visits and church and making the occasional trip out.

Some sources of funding include Medicare, Medicaid, the U.S. Department of Veterans Affairs, private insurance, and self-pay.

Source: Centers for Medicare & Medicaid Services



INPATIENT REHABILITATION LOCATIONS

Ash Grove Healthcare Facility

401 N. Medical
Ash Grove, MO 65604
417-751-2575

Citizens Memorial Healthcare Facility

1218 W. Locust
Bolivar, MO 65613
417-326-7648

Community Springs Healthcare Facility

400 E. Hospital
El Dorado Springs, MO
64744
417-876-2531

Colonial Springs Healthcare Center

750 W. Cooper
Buffalo, MO 65622
417-345-5413

Lake Stockton Healthcare Facility

811 Owen Mill Road
Stockton, MO 65785
417-276-5126

Parkview Healthcare Facility

119 W. Forest
Bolivar, MO 65613
417-326-3000

Inpatient rehabilitation is offered in all of the Citizens Memorial Health Care Foundation's long-term care facilities. Go to citizensmemorial.com/about/publications/vitality.

Back from stroke

How David Saddoris regained his life

"I have always enjoyed being active," says David Saddoris, 58, while flashing his warm and welcoming smile. "I have always been that way. I loved to go hunting and fishing." Talking with Saddoris today, you would never know that in July 2015, Saddoris had a debilitating stroke that left him unable to speak or walk. Thankfully, with the help of the Parkview Health Care Facility (PVHCF) rehabilitation team and his pure determination, Saddoris' road to recovery has been seen as a successful one.

"When David arrived at PVHCF, he was not able to walk or communicate his wants and needs, but he was determined and willing to do whatever I asked of him," says Leigha Hill, PVHCF speech therapist. "There were days that were discouraging for sure, but he continued to push forward toward his goals."

HARD WORK PAYS OFF

Determined to regain his independence and his ability to walk and talk, Saddoris began putting in long hours in the therapy gym. He knew what needed to happen to achieve his goals—work hard and never give up. In the beginning of his journey, Saddoris spent three

hours a day working closely with a team of occupational, physical and speech therapists. Within a couple of weeks, Saddoris and his team started seeing results from their hard work. He started to regain his mobility and the ability to verbally communicate.

CONFIDENCE REGAINED

Although it has been a difficult journey, filled with numerous ups and downs, Saddoris is achieving and exceeding the goals that were originally set for him. "I had to take my treatment slow and easy," Saddoris says of his recovery. "I had to put my trust in my therapy team and nursing staff. Leigha and the entire staff care about every resident, and that is what kept me going."

Today, Saddoris' therapy team is amazed and proud of his progress. "The most important thing, since coming to PVHCF, is he has regained his confidence," Hill explains. "David is a natural leader and it is great seeing him interact with the other residents. He is a great person who is quick to welcome visitors and takes time to get to know each new resident. He truly is a great role model to everyone."



CMH speech therapist Leigha Hill works with David Saddoris using expressive language therapy.



Radiologist takes to the sky

By Lucas Roberts

Right around sunset on a cool summer evening in Bolivar, Missouri, you may hear the quiet hum of a small airplane flying around the area. For many pilots in southwest Missouri, this is the best time of day to fly. The wind is calm, the temperature is not too hot and the sky is beautifully lit. It is not uncommon to see a small plane flying at this time. However, something that may also catch your eye is the type of plane that is flying. While many pilots prefer flying traditional enclosed metal aircraft, some prefer a lighter,

more open flight. These lightweight, open-cockpit airplanes are known as ultralights, and Doug Horner, D.O., flies one.

A DIFFERENT PERSPECTIVE

One of only a few in the area to regularly fly an ultralight, Dr. Horner earned his private pilot's license in 2004. Since then, he has logged more than 500 hours in the air and has earned an Instrument Rating, qualifying him to fly above the clouds or an altitude of 18,000 feet. Dr. Horner rarely flies an aircraft that high, however. He prefers to fly locally, lower and slower. "The best part about flying is just getting up and getting a different perspective. It's a lot different than driving around in a car," says Dr. Horner. "I just like the aviation perspective: actually flying the airplane—the stick and rudder stuff—and going around low-level and sightseeing."

Dr. Horner, a board-certified radiologist on the medical staff at Citizens Memorial Hospital (CMH) in Bolivar, hasn't always owned his ultralight. His previous plane, a Bonanza, was a traditional metal aircraft, which he flew all across the nation. One memorable long-distance flight was to Las Vegas, New Mexico, near the Sangre de Cristo Mountains. "It's a challenge to fly out there, but it's so interesting and pretty. I think that was my favorite trip to take," says Dr. Horner.

His ultralight cruises at around 45 to 50 miles per hour and has a top speed of 65 miles per hour. While his plane is perfect for cruising around the area at those speeds, given the chance, Dr. Horner would love to own a Corsair or P51 Mustang. Both planes saw service in World War II and the Korean War.

PRIOR SERVICE

Before coming to CMH, Dr. Horner graduated from the West Virginia School of Osteopathic Medicine and completed a residency in radiology at the Cleveland Clinic Foundation in Cleveland, Ohio, and a fellowship in pediatric radiology at the Texas Children's Hospital in Houston, Texas. He also worked as a diagnostic radiologist for Litton and Giddings Radiological Associates in Springfield. With the U.S. Army Reserve Medical Corps, he provided service with the rank of major as a diagnostic radiologist and served as a helicopter crew chief for the West Virginia Army National Guard during Operation Desert Storm.



About Dr. Horner



Doug Horner, D.O., is a radiologist at the Citizens Memorial Hospital (CMH) Imaging Center and CMH Radiology Department. Using the latest equipment and techniques, Dr. Horner and the other board-certified radiologists on staff at CMH provide patients with accurate, comprehensive and timely diagnostic information. Patients can typically expect results from any imaging procedure within three to five days.



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SEE PAGE 5

CMH support groups

ALZHEIMER'S SUPPORT GROUPS

Colonial Springs Healthcare Center

Location: 750 W. Cooper, Buffalo MO 65622

417-345-2228

Meetings: first Wednesday of every month, 3 to 4 p.m.

Note: Free

Lake Stockton Healthcare Facility

Location: 811 Owen Mill Road, Stockton, MO 65785

417-276-5126

Meetings: fourth Thursday of every month, 6:30 to 7:30 p.m.

Note: Free

Missouri Memory Center

Location: 1245 N. Butterfield, Bolivar, MO 65613

417-327-3530

Meetings: first Wednesday of every month, 3 to 4 p.m.

Note: Free

CANCER SUPPORT GROUPS

Cancer Support Community Alliance

The group is for former and current cancer patients, their family members and caregivers.

Location: CMH Education Center
1135 N. Oakland, Bolivar, MO 65613

417-328-7907

Meetings: third Friday of every month, 10:30 to 11:30 a.m.

Note: Free

Coffee Talk With Carol

Location: Tremain Family Hospitality House

1705 N. Oakland, Bolivar, MO 65613

417-328-7912

Meetings: Varies

Note: Free

High Hopes Cancer Support Group

Location: Varies

Sponsored by the American Cancer Society

417-328-7912

Meetings: Quarterly, second Thursday, 6 p.m.

Note: Free

Look Good...Feel Better

Location: Carrie J. Babb Cancer Center
1501 N. Oakland, Bolivar, MO 65613

Sponsored by American Cancer Society

417-447-1478

Meetings: second Monday of every month, 1 p.m.

Note: Registration required

DIABETES EDUCATION

Diabetes Support Group

Location: Citizens Memorial Hospital
1500 N. Oakland, Bolivar, MO 65613

417-328-7957

Meetings: Varies

Note: Free



Diabetes Self-Management Training

Location: Citizens Memorial Hospital
1500 N. Oakland, Bolivar, MO 65613

417-328-7957

Meetings: Every Tuesday, 10 to 11 a.m.

Note: Physician referral required

GRIEF SUPPORT GROUP

Bereavement Support Group

Location: Carrie J. Babb Cancer Center
1501 N. Oakland, Bolivar, MO 65613

417-326-3585

Meetings: Varies

Note: Free

HEART SUPPORT GROUP

Healthy Heart Lectures

Location: CMH Community Rooms
1500 N. Oakland, Bolivar, MO 65613

417-328-6462

Meetings: last Wednesday of every month, 9 to 10 a.m. or 2 to 3 p.m.

Note: Registration required

PARKINSON'S SUPPORT GROUP

Bolivar Parkinson's Support Group

Douglas Medical Center

Location: Information Services Classrooms

1155 W. Parkview St., Bolivar, MO 65613

417-328-7059

Meetings: third Tuesday of every month, noon to 1 p.m.

Note: Free

SMOKING CESSATION SUPPORT GROUP

Citizens Memorial Hospital

Location: CMH Cardiac Rehabilitation
1500 N. Oakland, Bolivar, MO 65613

417-328-6574

Meetings: Mondays for six weeks, 5:30 p.m.

Note: Free, but RSVP requested