

VITALITY

**NOT JUST
A MAN'S
PROBLEM**

*Women, protect
your heart*

3

Diseases
you shouldn't
ignore

 **EAT WELL WITH DIABETES**

10 SUPERFOODS TO PUT IN YOUR PANTRY

cmh

SPRING 2016

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

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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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WELCOME

FEATURES

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Chetan Soni, M.D., knows eyes inside and out. And he creates vibrant, moving art to delight the eyes.

Welcome to Vitality

It is hard to believe that it is 2016 already. We have been hard at work at Citizens Memorial Hospital (CMH) and Citizens Memorial Health Care Foundation expanding services, hiring additional medical professionals, and building new facilities so that we can offer the care you need, where you need it and when you need it.



Donald J. Babb, CEO/Executive Director

If you have a serious illness or injury, the emergency room is the place you need to go, but how do you decide what is serious and what isn't? Take a look on page 5 and read about the various walk-in clinics CMH offers—and when you really need the emergency room.

Three diseases not to ignore are cancer, heart disease and diabetes. On page 6, learn the most common signs and symptoms of each and what to do if you have questions. Speaking of heart disease, it's not just a man's problem—each year 1 in 4 deaths of women are due to heart disease. Are you at risk? Find out on page 8.

A healthy diet can not only help prevent diabetes complications, but can help prevent heart disease and stroke. See page 10 for 10 superfoods to try.

Do you have a loved one with Alzheimer's disease or another form of dementia? It can be hard to navigate the realities of the type of care he or she requires. On page 14 we talk about those issues and offer 10 questions that you should ask when looking for a special care unit.

I hope you find useful information for your entire family in this issue of Vitality magazine. Best wishes to you for a healthy and happy 2016.

Handwritten signature of Donald J. Babb.

Donald J. Babb CEO/Executive Director



Apply today

Medical Excellence scholarships help future health care workers

Applications for the Citizens Memorial Health Care Foundation 2016 Medical Excellence scholarships are available at Citizens Memorial Hospital (CMH) Human Resources and online at www.morehealth.org/scholarships. The deadline to submit the application is March 4 at 5 p.m.

The scholarship provides financial assistance to individuals from the CMH service area—including Osceola and Appleton City—who are working toward careers in health care. Upon completion of their education, Medical Excellence recipients return to work at CMH. To date, the fund has provided more than \$2.1 million in assistance to more than 400 students.

The scholarship is funded by proceeds from the annual CMH Medical Excellence Golf Classic as well as other community contributions.

➔ Applications must be submitted in paper form—electronic applications will not be accepted. Applications can be hand-delivered or mailed to: CMH Human Resources, Attn: Medical Excellence Scholarship, 1500 N. Oakland Ave., Bolivar, MO 65613.



We're growing!

Citizens Memorial Hospital (CMH) recently celebrated the completion of the Kerry and Synda Douglas Medical Center. The facility added 80,000 square feet, cost more than \$18 million and was funded with a loan from the U.S. Department of Agriculture (USDA). The facility was designed by HMN Architects, of Overland Park, Kansas, and the construction manager was Dewitt & Associates, Inc., of Springfield.

CMH also celebrated the completion of the CMH Women and Children's Center—which houses Bolivar OB/GYN and Butterfield Park Pediatrics—and the CMH Education Center, which houses Bolivar Technical College and CMH Education Services.

The CMH Education Center cost more than \$4 million and was funded with a loan from the USDA. Larry Snider & Company, Springfield, was the contractor. The CMH Women and Children's Center cost more than \$2.8 million, and the contractor was Morelock-Ross Builders, Springfield. Both buildings were designed by H Design Group, LLC, Springfield.

TO MAKE A DONATION
or to register,
call Wren Hall at
417-328-6318 or go online
to www.morehealth.org/golf.

CMH tees up for annual scholarship golf tournament

The 26th annual Citizens Memorial Health Care Foundation Medical Excellence Golf Classic is scheduled for Saturday, June 4. The classic is an 18-hole, four-person scramble at Silo Ridge Golf and Country Club in Bolivar. All monies raised go to the Medical Excellence scholarships.

Each player will be entered into course contests, and mulligans are available at \$40 per team. Prizes for first, second, third and fourth will be awarded in four flights. There is a maximum of 55 teams, and spots will be filled on a first-come, first-served basis.

Different sponsorship levels are available for the tournament, including Classic Underwriter (\$5,000); Classic Premier Partner (\$3,000); Classic Hole Sponsor (\$1,000); Classic Team Sponsor (\$700); Classic Contest Sponsor (\$500); and Classic Banner Sponsor (\$250). The Classic Contest Sponsor and Classic Banner Sponsor do not include teams to play in the tournament.

Golf tournament at a glance



Saturday, June 4



Two shotgun starts at 7:30 a.m. and 1 p.m.



Each player will receive a gift package.



Enjoy breakfast, lunch, snacks and a barbecue dinner.



2

CHOOSE THE RIGHT SHOES.

Low-heeled and rubber-soled shoes help keep your feet securely on the ground. Walking around in socks, backless shoes or floppy slippers raises the risk that you may lose your footing.



4

GET A VISION EXAM.

Glaucoma, cataracts and other eye problems can interfere with vision. Proper eye care and the correct eyewear will help you steer clear of obstacles in your path.

Stay steady on your feet

Aging may be inevitable, but falls among older adults don't have to be.

Every year, more than one-third of U.S. adults 65 and older take a fall. Yet many of these mishaps could be avoided with a few preventive steps.

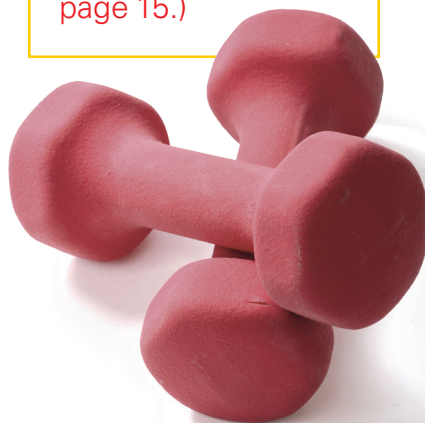
Prevention is important—once you've fallen, you may find yourself dealing with a laceration, a hip fracture or even a traumatic brain injury. You may end up in the hospital after a bad tumble. And in some cases, serious falls and their complications result in death.

To take an active role in sidestepping such accidents and injuries, try the following tips:

1

EXERCISE REGULARLY.

Improving your balance, coordination and overall strength greatly lowers your chance of falling. Talk with your doctor to see what type of exercise program is right for you.



3

HAVE A MEDICATION REVIEW.

Blood pressure pills, heart medicine and muscle relaxants are among the medications that can make you feel confused, slow or dizzy. Visit with your doctor or pharmacist to make sure your medicines aren't increasing the risk of a tumble.



Take action today. Call **417-328-7000** to schedule your eye exam with Chetan Soni, M.D. (See page 15.)

5

MODIFY YOUR LIVING SPACE.

Most falls happen at home, but minor modifications can reduce by half your risk of falling in your residence:

- » Remove clutter from stairs and floors.
- » Use nonslip rugs and mats.
- » Keep all areas adequately lit.
- » Place handrails along stairs and in showers and tubs.
- » Put nonslip treads on vinyl-covered and wood steps.
- » Keep electrical cords out of the way.



Sources: Centers for Disease Control and Prevention; National Institute on Aging



Urgent care: When it's not an emergency

When you need us, our emergency department is ready. We're open 24 hours a day, every day. And we're prepared for every kind of medical emergency. But what if a health issue needs quick attention but isn't an emergency?

If your doctor isn't available, a walk-in clinic may be a good choice. CMH Walk-In Clinics treat minor illnesses—such as flu, fever, earaches and rashes—and some minor injuries.

Some walk-in clinics are open seven days a week and offer evening hours. Many also provide X-ray and laboratory services.

You don't need an appointment at a walk-in clinic, and you likely won't wait long for treatment.

But remember: A walk-in clinic isn't a replacement for your primary care doctor or the emergency department.

Call 911 if you think you're dealing with a medical emergency. Signs include:

- » Severe chest pain.
- » Uncontrolled bleeding.
- » Poisoning.
- » Seizures.
- » Head trauma.
- » Coughing up or vomiting blood.

Sources: American Academy of Urgent Care Medicine; American College of Emergency Physicians; Urgent Care Association of America



The flu: Have a backup plan

We all want to avoid the flu during flu season. Your best bet is to get a flu shot every year. But there's good news if you do get the flu: Drugs called antiviral medications may help you feel better faster.

They can shorten your illness by a day or two and make your symptoms milder. They can also help prevent serious complications from the flu.

Antivirals work best if taken within two days of getting sick. Signs you might have the flu include fever, cough, sore throat, aches and chills.

Source: Centers for Disease Control and Prevention

WALK-IN CLINIC HOURS

Butterfield Park Pediatrics Walk-In Clinic

1195 N. Oakland, Suite 2, Bolivar

417-328-6020

Open: Monday to Friday, 8 a.m. to 6 p.m.;
Saturday, 9 a.m. to 1 p.m.

CMH Walk-In Clinic

2230 S. Springfield, Suite H-J, Bolivar

417-777-4800

Open: Daily, 9 a.m. to 8 p.m.

Dade County Family Medical Center

105 N. Grand, Suite 2, Greenfield

417-637-5133

Open: Monday to Friday, 9 to 11 a.m.

Dallas County Family Medical Center Walk-In Clinic

201 S. Ash, Buffalo

417-345-6100

Open: Daily, 9 a.m. to 8 p.m.

Osceola Medical Center Walk-In Clinic

855 Arduser Drive, Osceola

417-646-5075

Open: Daily, 8 a.m. to 8 p.m.

Pleasant Hope Family Medical Center

209 S. Main, Pleasant Hope

417-267-2001

Open: Monday to Friday, 8:30 to 10:30 a.m.

Stockton Family Medical Center

1521 S. Third St., Stockton

417-276-5131

Open: Monday to Friday, 8 a.m. to noon



Signs of

3 DISEASES YOU SHOULDN'T IGNORE

1

Cancer

Symptoms of cancer can depend on many things, including where in the body the disease is, how big a tumor might be and whether the cancer has spread.

For instance, a tumor pressing on an organ can cause pain. Cancer can also sap the body's energy, resulting in fatigue. And the disease can weaken the immune system, leading to recurrent infections.

The Carrie J. Babb Cancer Center at Citizens Memorial Hospital (CMH) lists the following common signs and symptoms of cancer. Some are general to cancer as a whole; others are specific to certain types:

- » Unexplained weight loss of 10 pounds or more.
- » Fatigue that doesn't improve with rest.
- » Pain.
- » Change in bowel or bladder habits.
- » Sores that don't heal.
- » Change in the appearance of skin.
- » Unusual bleeding or discharge.
- » Thickening or a lump in a breast, testicle or other area of the body.
- » Hoarseness, nagging cough or trouble swallowing.

Additional sources: American Cancer Society; American Heart Association

2

Heart disease

Heart disease is a broad term for several different diseases that affect the heart, including coronary artery disease (CAD).

With CAD, plaque builds up in the arteries that supply the heart with blood. This can cause the arteries to narrow, reducing or even blocking blood flow to the heart, says John F. Best, M.D., board-certified Interventional Cardiologist with CMH Heart Institute Clinic in Bolivar.

The most common symptom of CAD is angina. "Angina is described as a pressure or tightening across the chest with radiating pain to the arms or the neck," Dr. Best says. "Some people describe it like a heavy weight or an elephant sitting on their chest."

Another common symptom of CAD is congestive heart failure. It is the result of the heart, the pump of the blood (circulation), failing to adequately meet the demands of the body. "As a result, patients may complain of dyspnea (shortness of breath) or orthopnea (waking up in the middle of the night short of breath)," Dr. Best says.

3

Diabetes

Type 2 diabetes is the most common form of the disease, and it

mainly affects adults.

There is no cure for diabetes, but treating it early can help prevent or reduce the risk of serious complications—like damage to the eyes, nerves, heart and kidneys, according to the American Diabetes Association.

Signs and symptoms of diabetes include:

- » Frequent urination.
- » Extreme thirst or hunger.
- » Unusual weight loss.
- » Extreme fatigue and irritability.
- » Frequent infections, especially of the gums, skin or bladder.
- » Blurred vision.
- » Tingling or numbness in the hands or feet.
- » Sores that are slow to heal.

Be sure to see your doctor

Keep in mind that having one or more of any of these signs or symptoms doesn't mean you have a serious disease. But it's a good idea to let your doctor give you that reassuring news.



Take notes to your checkup

No matter what your symptoms, it might be helpful to write them down before you talk with your doctor.

Be sure to note when the symptoms started, what time of day they occur and how often, and how long the symptoms last. Also, let your doctor know about anything that makes them better or worse.

And remember this: You know your body better than anyone else does. And if you think it isn't acting right, it is never a bad thing to call your doctor.

Sources: AARP; National Institutes of Health



Screenings find problems early, when they may be easier to treat. Find a provider at www.citizensmemorial.com.



WOMEN

Safeguard your heart

You probably know by now that heart disease is not only a man's problem. Just look at the facts:

- » Each year, 1 in 4 deaths among U.S. women is from heart disease.
- » Heart disease, stroke and other cardiovascular diseases kill more American women each year than the next three leading causes of death combined.
- » Women are less likely than men to survive a heart attack.

Several factors can increase your risk of heart disease. Among them are smoking, having high blood pressure or abnormal cholesterol levels, being overweight, or having diabetes.

If early heart disease runs in your family or you're older than 55, your risk increases too. The age-related rise in risk is later for women than it is for men. That's partly because estrogen gives premenopausal women some heart disease protection.

To understand your risk—and how to lower it—have a heart-to-heart with your doctor. You can also discuss other factors that may affect your heart, such as using birth control pills if you're older than 35 and a smoker.

KNOW THE SIGNS


Indications of heart disease and heart attack can be different for men and women. A common symptom of heart disease in everyone is **chest discomfort (angina)**. In women, however, angina is often **a sharp,**




burning pain that may be felt in other areas, such as the back, neck or jaw.

Pain in any of these areas can also be a heart attack—a medical emergency. Women may have other heart attack warnings as well, such as shortness of breath **or nausea.**

Don't ignore any of these signs of a possible heart attack. Call 911 right away if you have any of these symptoms. Even if symptoms disappear after a few minutes, get medical help.

 **Citizens Memorial Hospital** is a Level 2 STEMI center with 24/7 cardiac care. Learn more at www.citizensmemorial.com.


Don't ignore any of these signs of a possible heart attack. Call 911 right away.

735,000

The approximate number of Americans who have a heart attack every year. That means one happens every 43 seconds.

U.S. Department of Health and Human Services



\$108.9 billion

The yearly cost of coronary heart disease in the U.S. This includes the cost of health care, medications and lost productivity.

Centers for Disease Control and Prevention



Special support

Hospice provides needed care for the end of life

When the end of life is near, hospice care can help terminally ill people live their remaining days with dignity, close to family and loved ones.

Hospice services provide support to a person with a terminal illness who has less than six months to live. During this time, members of the hospice team work to keep the patient as pain-free, symptom-free and comfortable as possible.

At Citizens Memorial Hospice, the hospice team includes professionals and support members such as:

- » Doctors and nurses.
- » Social workers.
- » Counselors.
- » Clergy.
- » Home health aides.

Help is available from the hospice team 24 hours a day, 7 days a week in a person's home or at a hospice residence.

The team:

- » Supports the patient through the emotional and spiritual aspects of dying.
- » Sees to medical and nursing needs.
- » Provides day-to-day personal care, such as bathing and dressing.
- » Trains family members to help provide care for their loved one.
- » Provides inpatient care when pain or other symptoms can't be handled at the patient's home.
- » Offers counseling and support to family members before and after the death of their loved one.

To learn about the hospice services we provide, call **417-326-3585**.

WHO PAYS?

Most private insurance plans offer at least some hospice care coverage.

Medicare and Medicaid also provide hospice benefits.

And even if a person doesn't have coverage, hospice may work with the family to ensure that care

can be provided.

Although hospice may be initiated when a person is not expected to live more than six months, care won't end if the person lives beyond that time.

It continues as long as the doctor and hospice team certify that the person's condition is life-limiting.





HAVE DIABETES?

Stock your kitchen with these 10 superfoods

There's no such thing as a perfect food. But if you have diabetes, there are 10 foods that come close.

The American Diabetes Association (ADA) dubs them diabetes superfoods, and they're a delicious and easy way to meet your dietary needs.

These foods have plenty of vitamins and nutrients, such as calcium, potassium and fiber. Plus, each has a low glycemic index (GI).

GI is the measure of how much a food with carbohydrates raises blood glucose (sugar).

For most people with diabetes, counting carbohydrates is key to managing blood glucose, according to the ADA.

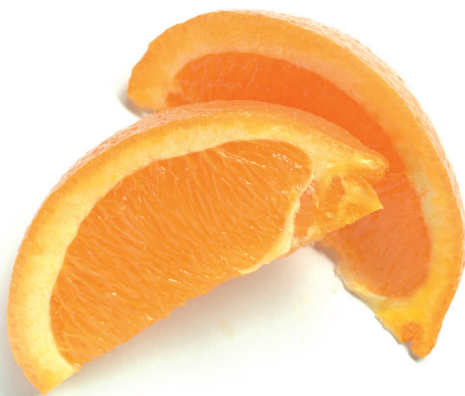
In addition, paying attention to a food's GI may help fine-tune your control.

Even better: A healthy diet, including these superfoods in reasonable portions, may help prevent diabetes complications, such as heart disease and stroke.

Here's a close look at these don't-miss foods.



Beans. Think pinto, kidney, navy and black beans, just to name a few. Beans come in an amazing variety, and they're very versatile. Nutritionally, they're great as a vegetable and as a source of protein. A half-cup of beans gives you a third of your recommended daily value of fiber and as much protein as 1 ounce of meat. Beans are also a good source of magnesium, potassium, folate, iron and zinc.



Citrus fruits. Oranges, grapefruits, lemons, limes—citrus fruits deliver a sweet-tart kick along with a healthy punch. Known for their vitamin C, these fruits have even more to offer. Oranges, for example, contain folate, calcium, potassium, thiamine, niacin, magnesium and fiber.



Fat-free milk and yogurt. These dairy products are excellent sources of calcium and potassium and may also be fortified with vitamin D. The nonfat versions of milk and yogurt have the same nutritional value as the full-fat ones—without the saturated fat. Most adults should get 3 cups of milk products a day.



Sweet potatoes. Sometimes miscalled yams, sweet potatoes aren't true yams, which are less nutritious tubers that aren't often found in the grocery store. Sweet potatoes are packed with fiber and vitamins A and C. They also have small amounts of calcium and iron. Try them in place of regular potatoes.



Berries. Strawberries, blackberries, raspberries, blueberries—there's a mouthwatering array to choose from. And all of them are filled with antioxidants, vitamins, potassium and fiber.

Look for in-season berries—they taste the best and are more affordable than out-of-season fruit. Just wash and enjoy. You can also buy frozen berries.



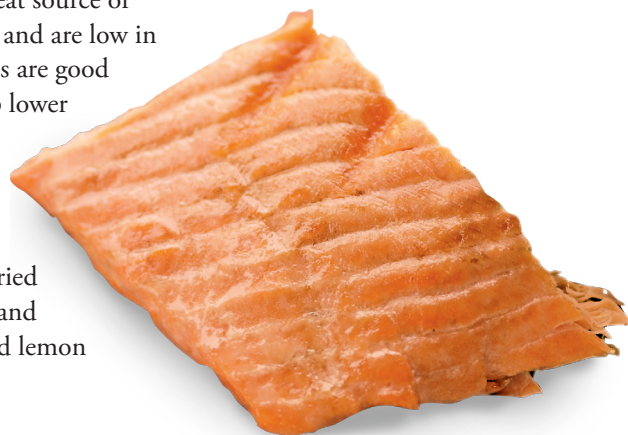
Tomatoes. Is it a fruit? Is it a vegetable? Brimming with vitamins C, E and A, as well as iron, a tomato is good for you no matter how you slice it. If fresh tomatoes aren't for you, cooked tomatoes also offer plenty of nutrients. And officially, tomatoes are a fruit, although they are treated like vegetables in most Americans' kitchens.



Dark-green, leafy vegetables. According to the ADA, you can't eat too many dark-green, leafy foods, such as spinach, bok choy, broccoli, kale, chard and greens (including mustard, collard, turnip and dandelion greens). In general, the darker the green, the better it is for you. Greens are low in calories and carbohydrates. But that doesn't mean they're wimpy. These veggies contain generous amounts of vitamins A and C, calcium, and iron.

Fish high in omega-3 fatty acids.

Fish such as salmon and albacore tuna, with large amounts of omega-3s, are also a great source of protein and vitamin D and are low in saturated fat. Omega-3s are good for your heart and help lower triglycerides (a type of blood fat). Aim to eat 6 to 9 ounces of fish per week. Avoid breaded and deep-fat-fried fish. Bake or grill fish, and season it with herbs and lemon juice—not salt.



Whole grains.

Rolled oats, pearly barley, whole wheat and rye are all examples of whole grains—they still have the germ and bran intact. By comparison, processed grains, such as enriched wheat flour, don't have these essential parts—which means they don't contain the nutrients you need. Whole grains are a good source of fiber, magnesium, chromium, omega-3 fatty acids and folate.



Nuts. Walnuts, peanuts, almonds and pecans—pick your favorites and enjoy. They are packed with protein and are also high in folate, niacin, fiber, magnesium, selenium, zinc and unsaturated fats (the healthy kind). A handful of nuts makes a healthful snack that may reduce your risk of heart disease and some forms of cancer. But don't overdo it—nuts are also high in calories.

-----●-----
Our diabetes educators can help you find more ways to thrive with diabetes. Call **417-328-7957**.



Say goodbye to hip and knee pain

Whether you're walking down the street or climbing up some stairs, moving your knee or hip shouldn't make you wince in pain. But that's exactly what can happen when arthritis wears away the shock-absorbing cartilage at the ends of bones in a hip or knee joint.

And it's no way to live.

If hip or knee pain has become a part of your life, here's welcome news. There are more ways to ease your pain than you might realize. Here are some of the most effective strategies:

Trim down. If you're overweight, those extra pounds place extra stress

on weight-bearing joints, like the hip and knee. Losing weight reduces that stress and can curb pain.

Give your hip and knee some TLC. Rest your joints and do your best to avoid any activity that makes your pain worse. Applying heat or cold to your joint—for example, by using warm towels or cold packs—can also ease pain. Check with your doctor to see whether you should try heat, cold or both.

Make all the right moves. Appropriate exercise—specifically, physical activity that strengthens the muscles that support your hip or knee but doesn't stress them—can help you move more comfortably and freely. For a customized exercise program that can help you improve range of motion and relieve pain, your doctor may refer you to a physical therapist.

Partner with your doctor for pain relief. Many different medicines ease arthritis pain, and your doctor can help find the right match for you. You might be able to control your pain with over-the-counter or prescription pain relievers. If not, your doctor may recommend a corticosteroid injection into your joint, which can reduce inflammation and pain.

IS IT TIME FOR SURGERY?

If steps like these don't help—and your pain is severe—your doctor may advise surgery to replace your damaged knee or hip with an artificial one. As many as 4 out of 5 people who undergo replacement surgery are completely pain-free within a year, the American Association of Hip and Knee Surgeons reports. But even with an increasingly speedy recovery, it is still major surgery. So be sure to carefully explore its pros and cons with your doctor.

Additional sources: American Academy of Family Physicians; American Academy of Orthopaedic Surgeons; National Institutes of Health



As many as 4 out of 5 people who undergo joint replacement surgery are completely pain-free within a year.



How can I build a healthy diet?

THE CARDIOLOGIST
SAYS:

Favor healthy fats

To help keep your heart happy, cut down on trans and saturated fats. Instead, shop for lean cuts of meat, low- and nonfat dairy products, and nonhydrogenated oils. Try cooking with canola, flaxseed or soybean oils. These oils—as well as fish like salmon and lake trout—contain a healthy type of fat, which protects your heart: omega-3.



THE ORTHOPAEDIC
SURGEON SAYS:

Count on calcium

Your bones benefit when you have the right amount of calcium in your diet. Plus, calcium's important for muscle control and blood circulation. You can boost your calcium intake by eating healthy portions of low-fat dairy products. Or, add more green leafy vegetables, like broccoli and kale, to your diet.



Jonathan Gray, D.O., Orthopaedic Surgeon
Parkview Orthopaedic Clinic
1155 W. Parkview St., Suite 2D,
Bolivar, MO 65613
417-777-2663



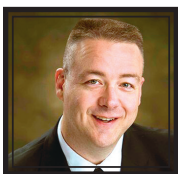
John F. Best, M.D., FACP, FACC, FSCAI
Cardiologist
CMH Heart Institute Clinic
1500 N. Oakland Ave., Bolivar, MO 65613
417-328-6040



THE GENERAL SURGEON SAYS:

Drink up

When you think of a healthy diet, you may not think of water. However, H₂O has a role in nearly every bodily process. Most people should drink at least eight cups a day to stay healthy.



Brent A. Bargis, D.O.
General Surgeon
CMH Surgical Services Clinic
1155 W. Parkview St.,
Suite 1F, Bolivar, MO
65613
417-326-8700

THE FAMILY
PRACTITIONER SAYS:

Switch to whole grains

Replace refined grains with whole grains for an easy way to improve the health of the whole family. Many family favorites—like cereal and pasta—come in fiber-filled whole-grain varieties. These help you feel full with fewer calories, which may help keep weight in check. Plus, they can reduce cholesterol and lower heart disease risk.



Jennifer Roehrs, D.O.
Family Medicine
Butterfield Park
Medical Center
1125 N. Butterfield,
Bolivar, MO 65613
417-326-7676





What to know

10 questions to ask while choosing an SCU facility:

- 1 What are the criteria for placement in the special care unit (SCU)?
- 2 What is the monthly cost for housing and care? What services are provided?
- 3 Are the rooms private or semi-private? Is there a telephone for private conversations? Is privacy available for visits with residents?
- 4 Are the meals nutritious and appetizing? Are special dietary needs accommodated?
- 5 What is the condition of the facility—is it clean and odor-free? Are the common areas welcoming and homelike?
- 6 Are there structured activities, and is an activity calendar available? Is there an opportunity for socializing?
- 7 Does the facility accommodate special care needs?
- 8 Are physical, occupational and speech therapies available in the facility?
- 9 Are family and friends encouraged to visit?
- 10 How is the SCU secured, and what monitoring systems are available for confused residents?

Is it time for a special care unit?



It is always a difficult decision to place a loved one in a long-term care facility because of Alzheimer's disease or other memory disorders. But a facility that offers a comfortable, secure environment often can help a person with memory issues feel safer and more familiar with their surroundings, and that can ease your own mind.

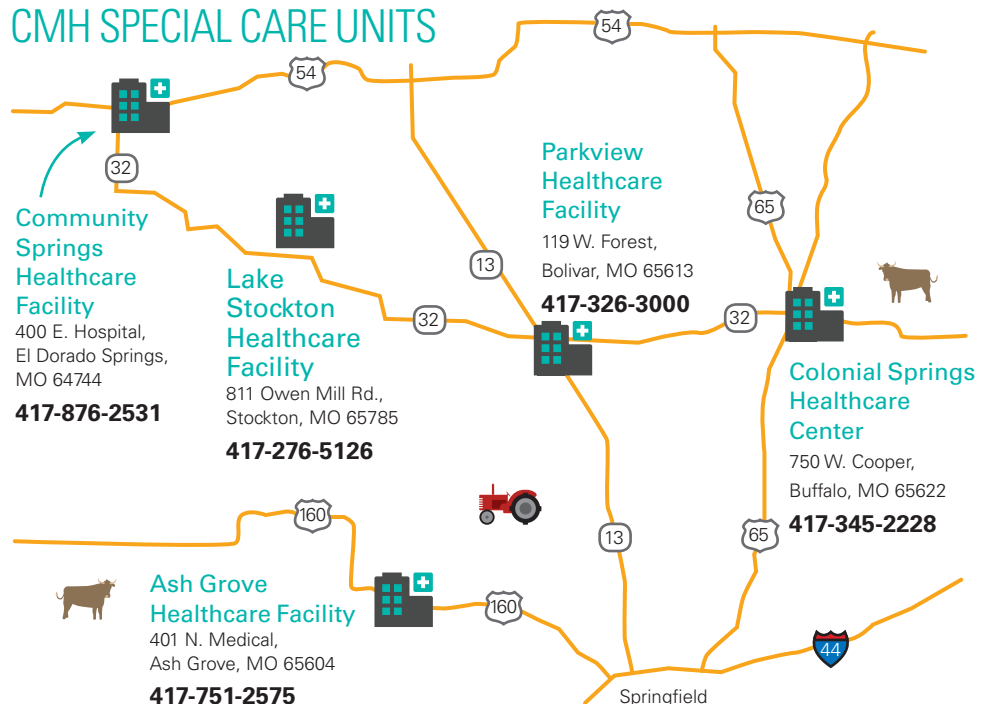
When considering care for a loved one with Alzheimer's disease or another form of dementia, ask about a special care unit (SCU), a secure unit that offers 24-hour supervised care by staff that has received specialized training.

Before selecting an SCU for your loved one, plan on visiting several facilities. Ask to see the latest survey/inspection report and the facility's SCU disclosure form. Facilities are required to provide this documentation upon request. The report and disclosure form can give you a snapshot of the facility's services. These visits are important—this is your loved one's home, and you want to be certain they will feel comfortable there.

CMH offers SCUs in five of its long-term care facilities. The staff promotes each resident's maximum quality of life and strives to maintain each resident's highest possible level of cognitive and physical functioning. Our facilities promote the dignity of each individual and offer numerous opportunities for activities and socialization in a secure, homelike environment.

➔ To schedule a tour, call **417-399-1818** or go to www.citizensmemorial.com for more information.

CMH SPECIAL CARE UNITS





Creating vibrant art

CMH
ophthalmologist
creates vibrant
artwork

By Lucas Roberts

The five senses. Whether we think about it or not, we employ these indispensable tools every moment of our lives. We use hearing to listen to wonderful music. Without taste and smell, we would not be able to enjoy our favorite foods. We use touch to feel warmth and comfort.

Some talented people are able to use their senses in creative and beautiful ways. When he is not seeing patients with vision problems, Chetan Soni, M.D., creates beautiful pieces of art.

When patients see Dr. Soni, a board-certified ophthalmologist with the Citizens Memorial Hospital Eye Specialty Center in Bolivar, they may be surprised that the painting at the end of the office's hall was created by Dr. Soni. "When you are doing something you really like, it's really peaceful," Dr. Soni says. "It's like my own little world. I am in it, and I am enjoying myself."

Dr. Soni employs more colors than most artists. His painting on display in the office is extremely



vibrant and detailed. Some might see it as quite fitting in a clinic specializing in cataract treatment as well as the diagnosis of glaucoma, macular degeneration, and other eye conditions. The artwork depicts a cherished mentor and colleague of Dr. Soni.

Dr. Soni is currently painting with acrylics due to time constraints, but he has used watercolors and oil-based paints and has even created sculptures. While only one piece of his work is displayed in the office, Dr. Soni has many other creations on display around the region. Some of his work is on display at the University of Missouri–Columbia, where he completed two years of residency and earned master of health

administration and master of science in health informatics degrees.

AN EYE FOR COMPLEXITY

While Dr. Soni enjoys creating art, he is also very passionate about the science behind the anatomy, physiology and disease of the eye: ophthalmology. "The eye is one of the most complex organs in the body, in my opinion," Dr. Soni says. "There are so many different things that go on with the mechanism of sight. It's so fun to treat those with different disorders of the eye. Of all the five special senses, sight is the most important."

Many patients have taken notice of his passionate work and are thankful for his help. "They say he is very thorough with his exams and they like him," says Stephanie Jones, an office associate at the clinic. "He's very easy to understand, and they like that he takes the time with them."



Chetan Soni, M.D., specializes in cataract surgery, glaucoma care and surgery, laser surgery, general eye exams, and diabetic eye care. He and his medical staff are dedicated to providing comprehensive eye care. Dr. Soni is accepting new patients. Call for an appointment at **417-328-7000**.





Gregory Hon, D.O., is an osteopathic sports and manipulative medicine physician at Parkview Primary Care, Sports and

Occupational Medicine Clinic in Bolivar. He is a member of several medical societies, including the American Osteopathic Association, American Academy of Osteopathy, American Osteopathic Academy of Sports Medicine, American Medical Society for Sports Medicine and American Association of Orthopaedic Medicine.



To make an appointment, call **417-777-6161**.



Stephen J. Plumb, D.O., is a dermatologist and pathologist at CMH Dermatology Clinic in Bolivar. Dr. Plumb

is board-certified by the American Board of Pathology and the American Board of Pathology and Dermatology. He is a member of many medical societies, including the American Society of Dermatopathology, American Osteopathic Association, American Society of Clinical Pathology and College of American Pathologists.



To make an appointment, call **417-328-7000**.



Jennifer Roehrs, D.O., is a physician specializing in family medicine and obstetrics at

Butterfield Park Medical Center in Bolivar. Dr. Roehrs is board-certified by the American Board of Family Medicine and the American College of Osteopathic Family Physicians. She is a member of several medical societies, including American Medical Association, American Academy of Family Physicians, American Osteopathic Association, and the American College of Osteopathic Family Physicians.



To make an appointment, call **417-326-7676**.



Scott Adler, P.A.-C., is a physician assistant at Dallas County Family Medical Center and Walk-In Clinic in Buffalo.



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Mandy D'Agostino, FNP-C, is a family nurse practitioner with CMH Walk-In Clinic in Bolivar.



For more information about D'Agostino, call **417-777-4800**.

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