

HEALTH SCIENCE®

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LANGUAGE LESSONS How to talk to your doctor

The most important part of your doctor visit isn't likely to occur when the doctor picks up a stethoscope, orders a test or writes a prescription. Instead, it may be when you and your doctor talk. ♦ According to the Agency

for Healthcare Research and Quality, the single most important way to stay healthy is to be an active member of your health care team. That starts with making good doctor-patient communication a priority.

To make the most of your next doctor visit, keep these tips in mind:

Define the problem. When scheduling your visit, be clear about why you want to see the doctor. The amount of time your doctor's office staff reserves for your

Be clear about why you want to see the doctor when scheduling your visit.

appointment is based on the problem or problems you specify. If you go in for one thing and try to discuss several others in a limited amount of time, you may feel rushed and unable to express all of your concerns.

Make lists. Before your appointment, write down your medical history, your symptoms, the names of any medications you take and any questions you have. This may help keep you focused and help ensure that you and your doctor talk about what's most important to you.

Be forthright. Answer your doctor's questions honestly. If you think there's something important to mention, don't wait for the doctor to bring it up. Share everything you think the doctor should know.

Keep a sharp ear. Pay careful attention to what your doctor tells you. It may be useful to take notes or, with your doctor's permission, to record your conversation. Some people benefit from having their doctor draw pictures to help explain things or to ask for written instructions.

Ask questions. When things aren't clear, say so. Should you still have questions when your appointment ends, find out if you can call the office later. It's important to feel satisfied about your medical care, and a good relationship with your doctor makes that more likely.

Taking meds? Make a list

Keeping track of medications can be difficult, especially if you take several a day. Pillboxes can help you keep track at home, but what happens if there is an emergency? If you are brought in to the emergency department and are unable to tell the nurses about your medications or allergies, having a card that lists all this information is very useful for the medical staff and family members who may be with you.

In collaboration with the Greater Cincinnati Health Council (GCHC), CMH Regional Health System offers "My Medication List," a card to help you keep track of your medication use. The information kept on this card is crucial to all health care providers and particularly important in the event of a hospitalization or an emergency.

Designed to fit into a purse or wallet, the card provides a simple place to record the names and dosages of prescribed medications and the reason the medications are prescribed. You can take the card to your pharmacy or physician's office and update the information on the spot.

The card also includes a place to record over-the-counter medications, herbs, vitamins and other dietary supplements you are using on a regular basis. People often forget that these products can interact with medications and cause side effects. Remember to tell your health care provider about all medications you are taking—including those purchased over-the-counter.

Next time you visit a CMH office, ask for a "My Medication List" card so you can document all of your medical information. You can also print

out a card on the GCHC website. Go to www.gchc.org and click on "Community Initiatives," then on "Medication Tracking Card."



CMH PEOPLE

CMH APPOINTS NEW CMO CMH Regional Health System recently announced the appointment of Dr. Michael Choo as the new chief medical officer (CMO) and vice president of operations.



Dr. Michael Choo, chief medical officer

The first at CMH. The new position was created as part of a strategic plan set forth early this year by the medical staff and the CMH executive team.

“It is critical to the future of CMH to have a CMO in place to create a culture of physician and hospital collaboration,” says Andy Riddell, CMH president and CEO. “I am very happy that we have reached this point of putting a physician in place on our executive team to work closely with the medical staff.”

Working together. “With the current environmental challenges threatening our community, I’m committed to using my 19 years of clinical and business skills to help CMH maintain its culture of excellence in health care,” Dr. Choo says. “I will be focused on promoting and fostering collaboration among our medical staff to ensure the highest quality patient care and the existence of a successful hospital in our community.”

Dr. Choo earned his medical degree from the Boston University School of Medicine and his master of business administration from the University of Tennessee in Knoxville. He has also served as the president of the CMH Medical Staff since January of 2007.

“I am excited to work in concert with both the physicians and management staff to forge a strong working relationship,” Dr. Choo says. “In addition to working with physicians, a lot of my time will be spent working closely with the chief nursing officer and the nursing managers on effective care management processes and enhancing the quality of care given to our patients.”

A wealth of experience. Dr. Choo was the president and CEO of Professional Emergency Specialists of Southern Ohio (PESSO), which has provided physicians for Emergency Services at Clinton Memorial Hospital since 1992. He has also been the medical director of Dayton Heart and Vascular Hospital’s Heart Emergency Center since 1999.

As part of Dr. Choo’s acceptance of this position, he ended his affiliation with and ownership of PESSO. In addition, Dr. Choo will discontinue his services as medical director for Dayton Heart and Vascular Hospital’s Heart Emergency Center as well as his medical directorships for business health services at Fayette County Memorial Hospital and hyperbaric services at Dayton Heart and Vascular Hospital.

Coming home. Dr. Choo currently resides in Centerville with his wife, Sheryl, and four children. He adds: “I am especially excited to return to Clinton Memorial Hospital full time, where all of my four children were born. It’s like coming back home!”



NEW FAMILY MEDICINE RESIDENCY PROGRAM GRADUATES AND STAFF: (back row, from left) Dr. Keith Holten, Dr. Ahmed Bayomi, Dr. Son Bach, Dr. Stuart Leeds, Dr. Ed Onusko, (front row, from left) Dr. Janet Gick, Dr. Sonia Itticheria, Dr. Fonzia Muhammedkarim, Dr. Sally Al-Abdulla and Dr. Jennifer Bain.

CMH FAMILY MEDICINE RESIDENCY PROGRAM SAYS GOODBYE, HELLO TO RESIDENTS Five physicians graduated from CMH Regional Health System’s Family Medicine Residency Program during ceremonies on Saturday, June 27, at Roberts Centre in Wilmington.

This year’s graduates are Dr. Sally Al-Abdulla, Dr. Son Bach, Dr. Ahmed Bayomi, Dr. Sonia Itticheria and Dr. Fonzia Muhammedkarim.

Dr. Bach was the recipient of the Dr. H. R. Bath Family Care Award. It is presented annually to a graduating resident in honor of Dr. Bath, a longtime local physician and an original member of the CMH Medical Staff.

Dr. Bach also won the annual Society of Teachers of Family Medicine Resident Teacher Award.

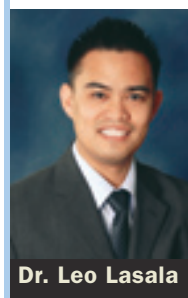
Welcome, new residents. The CMH Family Medicine Residency Program recently added four new resident physicians. Since the program began, 43 residents have graduated, with a quarter of those physicians staying and practicing locally. Originally conceived to train physicians to practice in rural areas, the program has proved to be excellent preparation for family practitioners in every setting.

Dr. Leo Lasala graduated from the Far Eastern University School of Medicine in the Philippines. Before attending medical school, Dr. Lasala was a medical technologist, and holds a bachelor’s degree in that field. During medical school, he was active in the International Student Organization and was president of the student council. He has volunteered at multiple clinics in the United States and the Philippines.

Dr. Swapna Manthena graduated from the Deccan College of Medical Sciences in India. She recently completed a clinical rotation at the Georgetown Health Care Center in Georgetown, Ky.

Dr. John Morris graduated from Saba University School of Medicine in Saba, Netherlands-Antilles. He

received his undergraduate degree in economics from the University of Dayton and worked for NCR for several years. He completed three months of adult medicine in the CMH Regional Health System’s Family Medicine Residency Program. Dr. Morris also served in the U.S. Marine Corps. He achieved the rank of captain and was awarded the Navy Achievement Medal



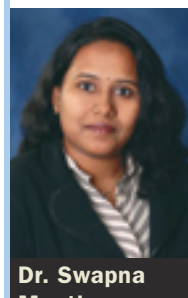
Dr. Leo Lasala



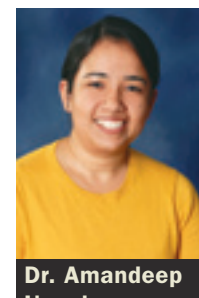
Dr. John Morris

for outstanding performance.

Dr. Amandeep Uppal graduated from American University of Antigua. She has a bachelor’s degree in biology from San Francisco State University. She is committed to caring for the underserved and has a special interest in preventive health care.



Dr. Swapna Manthena



Dr. Amandeep Uppal

About the program. The CMH Family Medicine Residency Program is based at the Family Health Center, 825 W. Locust St., Wilmington. It is designed for medical residents who wish to specialize in family medicine in any community, but particularly in a rural setting. The program is an affiliation between CMH and the University of Cincinnati College of Medicine. The three-year program is in its 12th year and has 12 residents—four third-years, four second-years and four first-years.

CMH NEWS

CMH DIABETES SERVICES GETS GRANT At the 106th Annual State Aerie Session in Columbus, Dawn Lyon, coordinator for CMH Diabetes Services, accepted a \$10,000 grant. Lyon accepted the money from the Ohio State Aerie and Auxiliary F.O.E. on behalf of the CMH Foundation. The funds will be used to support the diabetes medication and supply assistance program managed through CMH Diabetes Services.

Lending a helping hand. Paul Ledford, of Midland, past state officer for the Aerie and an active member of the Blanchester F.O.E., assisted with the grant application process. After Ledford participated in the CMH Diabetes Services education program, he approached the staff about applying for this grant.

"I have been diabetic for about 20 years and took oral medication that controlled my diabetes, but for the last couple of years it was not working very well," Ledford says. "After discussion with my doctor, I went on insulin in January 2009.

"I went through the diabetes class at CMH and was so impressed with the program and how it changed my life and helped me control my diabetes that I wanted to say thanks by helping to expand or extend their program to help other people."

A worthy cause. Temporary assistance with diabetes medications, insulin and blood glucose testing supplies is available through CMH Diabetes Services for financially eligible people who find themselves without insurance coverage. CMH Diabetes Services will then help patients access the Patient Medication Assistance Program, which helps patients apply for assistance from pharmaceutical companies.

"I had no idea that the F.O.E. did anything of this magnitude," Lyon says. "I knew they supported local causes, but this was incredible. During two days of their convention, hundreds of thousands of dollars were made available to a wide variety of worthy causes, such as diabetes, Alzheimer's, and kidney, cardiac and spinal cord injury groups."

Lyon points out that many people with diabetes in CMH's service area are struggling now.

"I can't thank Paul and the State Aerie enough for their generous donation," she says. "This will go far to assist our community."



GENEROUS DONATION: Paul Ledford, an active member of the Blanchester F.O.E., presents Dawn Lyon, coordinator for CMH Diabetes Services, with a check for \$10,000.

Ledford has also assisted other local organizations to obtain grants in the past, including a \$10,000 grant for the Jefferson Township Fire Department in 2007 and 2009 and a \$10,000 grant for CMH Cardiac Rehab in 2006.



SAFETY FIRST: (from left) Andy Riddell, CMH president and CEO; Jenny Hamric, RN, CMH performance improvement coordinator; and Amy Donaldson, CMH performance improvement director, accept a check from Jim Durr, Cardinal Health region director; Edye Leuin, CareFusion senior sales consultant; and Julia Gliha-Dessecker, Cardinal Health sales consultant.

GRANT TO HELP IMPROVE PATIENT SAFETY CMH Regional Health System was one of 35 health care systems in the nation to receive grant funding from the Cardinal Health Foundation. CMH was the recipient of \$35,000 for its program Improving Patient Safety at CMH: Reducing Medication Errors Through the Use of Technology. The Cardinal Health Foundation awarded a total of \$1 million in grant funding for new and innovative programs to improve patient safety.

The Cardinal Health Foundation provided this funding for programs that implement creative and replicable methods to improve the quality of patient care, such as eliminating health-care-associated infections or promoting medication safety and reconciliation. CMH's grant funding will be used to purchase new software through Quantros, Inc., a software provider for the health care industry.

"We [CMH] needed to automate our safety and quality reporting process," says Amy Donaldson, CMH performance improvement director. "With this grant funding, we are able to now purchase the software that will help expedite the process of measuring, tracking and reconciling issues."

CMH selected the Quantros Safety and Risk Management (SRM) solution to help reduce the risk and impact of preventable medical events. Quantros SRM™ is a platform of electronic event self-reporting, event tracking, monitoring and workflow management tools.

"With this software we will be able to resolve issues quickly, allowing us to perform root-cause analysis and have a positive impact on patient care and safety," Donaldson says.

Restoring history

Grant to help CMH return Hale Hospital to former glory

CMH Regional Health System has received a \$235,620 federal grant to begin the restoration of historic Hale Hospital, the 86-year-old, three-story edifice located in the middle of Clinton Memorial Hospital's 20-acre campus.

The grant from the Department of Health and Human Services' Health Resources and Services Administration will fund the stabilization of the abandoned structure during the next few months. Additional funds will be needed to make the building ready for any of its potential uses, including nonclinical offices, meeting space and possibly even a museum.

"There has been an immense amount of work on this project behind the scenes in the last couple of years," says Andy Riddell, president and CEO of CMH. "We are excited about the prospect of resurrecting an historic local treasure while at the same time acquiring new space that we think will be critically needed by our hospital and health system in the future."

A rich history Hale Hospital, opened by Dr. Kelley Hale in 1923, was Clinton County's first hospital and remained open until 1964. A portion of the building later became offices for the Wilmington City School District, who left the building in the 1980s.

In 1994, it was given in a charitable trust to CMH by Dr. Hale's son and daughter-in-law, the late Dr. Nathan and Margery Hale. The acreage surrounding Hale



A VIEW FROM ABOVE: Hale Hospital is seen from its replacement, Clinton Memorial Hospital, which was renovated and expanded from 2000 to 2005.

Hospital, which was also part of the gift, allowed the expansion of Clinton Memorial Hospital and campus as part of a \$50 million building and renovation project from 2000 to 2005.

Hale Hospital has sat empty for more than two decades and its condition has deteriorated significantly. The grant will pay for a new roof, restoration of the terra cotta coping along the roof border, new windows and the addition of ceiling-mounted heating. Construction will begin immediately, with completion expected in spring 2010.

Ahead of its time The hospital has both medical and architectural significance. When it first opened, it earned recognition as one of the most modern small hospitals in America. The hospital featured state-of-the-art (for 1923) conveniences, such as surgical suites, a sterilization room and an elevator. While working at this hospital, Dr. Hale invented many surgical tools.

—Continued on page 8

CANCER CENTER

HEALING CLOSE TO HOME



PREMIER PROVIDER OF CANCER CARE (from left): Dr. Leanne Budde, Dr. Stella Ling and Dr. Cheryl Skinner help patients at the Foster J. Boyd, MD, Regional Cancer Center maintain a good quality of life while fighting the disease.



Help when you need it

Cancer treatments can be costly, often putting a strain on the family finances. That is why the Foster J. Boyd, MD, Regional Cancer Center, in conjunction with the CMH Foundation, developed the Cancer Assistance Program (CAP): to provide limited emergency financial assistance to patients. The fund is used to purchase medications and help with co-pays, transportation expenses and

treatment-related needs.

CAP funds are used temporarily until medical coverage or other means of medical financial assistance can be obtained. Highly trained staff members at the cancer center assist patients with community, state and national sources of funding.

CAP funds come from local community members, churches and various organizations.

To learn more about how to donate, call 937-382-9454.

Learning that you or someone you love has cancer can be one of the most difficult things you'll ever go through. The physicians and staff at the Foster J.

Boyd, MD, Regional Cancer Center understand the concerns and needs of our patients and their families. The experienced team of oncology and hematology experts works to take cancer treatment to the next level—treating the patient, not just the disease.

Located in Wilmington, the Boyd Cancer Center is a premier provider of cancer care in the region. Its cancer experts have provided an unprecedented level of care to cancer patients for more than two years. Since opening in February 2007, the center has seen a steady growth in the number of patients who come for both medical and radiation oncology.

"We have treated more than 1,000 patients since opening in 2007," says Linda Gledhill, oncology program administrator. "Though the majority of our patients come from Clinton County, our patient base spans more than 12 counties in the surrounding area."

Before the Boyd Cancer Center opened, patients from Clinton and the surrounding counties had to travel thousands of miles over the course of their treatment, far away from the support of their family and friends. The Boyd Cancer Center provides cutting-edge treatment and technology combined with supportive therapies—delivered by compassionate doctors—all under one roof, close to home.

ALL ABOUT THE PATIENT At the Boyd Cancer Center, patients have their very own care team, made up of cancer experts from multiple disciplines who specialize in treating many forms of cancer. Physicians include Dr. Cheryl Skinner and Dr. Leanne Budde, both medical oncologists, and Dr. Stella Ling, MPH, radiation oncologist.

"Our care team will treat you like a member of our family," says Dr. Skinner, director of medical oncology. "Our goal is to really listen to you, provide you education about the cancer and the treatment, and then develop an individualized plan tailored to your unique diagnosis and needs."

The care team provides patients with a combination of treatments to fight cancer, while also helping them stay strong and maintain a good quality of life.

"We spend a lot of time counseling our patients before they even get started so they are aware of all the possible side effects and have a broad overview of their total treatment," says Dr. Ling, director of radiation oncology.

A HOLISTIC APPROACH The cancer center offers an integrative, holistic approach with five programs: therapeutic exercise and massage; mind/body/spirit; environmental health; nutrition; and counseling/social services/pastoral care.

"At the Boyd Cancer Center, the patients are at the center of everything we do, every day," Dr. Budde says. "No matter where you are in your fight against cancer, we are all here to help."

To learn about becoming a patient at the Foster J. Boyd, MD, Regional Cancer Center, call 937-283-2273.



FOCUS ON BOYD CANCER CENTER STAFF

TANGIE MERRIMAN, CERTIFIED MEDICAL ASSISTANT, MEDICAL ONCOLOGY

Tangie Merriman had been working in family practice for more than 14 years when she decided it was time to work in specialized care.

One of the greatest rewards that Merriman receives from her job as a medical assistant in medical oncology is seeing the positive change in patients' mind-sets when they leave after their first visits.

"Our patients come in and they're so scared," she says. "But when they come back out after a visit to my desk, they tell me how, from the front desk all the way through, they know we are here to help them get better. You can always see they are more at ease than when they first walk through the door."

Merriman loves the interaction with patients. The cancer center employees, she says, go above and beyond for their patients, especially with the little things that make life with cancer easier.

"Once when it was snowing, one of our staff members went and got a patient's car for her when she wasn't feeling well," Merriman says. "That's the kind of staff we have here. Patients hug us and thank us. They're part of our family."

Merriman says she believes the best way to help her patients is by making their experiences as easy and relaxing as possible.

"We're so lucky to have the Boyd Cancer Center here in Wilmington," Merriman says. "It's been amazing for so many patients. They're so appreciative. And we're all here to see them get better."



Tangie Merriman

JOHN MORGAN, RADIATION THERAPIST, RADIATION ONCOLOGY

The 50-mile commute from Grove City to the Foster J. Boyd, MD, Regional Cancer Center in Wilmington isn't the shortest, but John Morgan wouldn't have it any other way.

"I'm very proud of being an employee here," Morgan says. "Everyone has certainly made me feel at home."

Morgan administers high doses of radiation to patients' tumors in hopes of eliminating cancerous cells. "The best term is radiation pharmacist," he says. "I take a prescription from a radiation oncologist and fill it."

Morgan believes that the Boyd Cancer Center is unique in the way that its comprehensive team works together to help patients in whatever way possible. Staff members help with nutrition advice, financial concerns and treatment. And sometimes they just listen.

"People don't want to worry their families, so they talk to us about what's going on," Morgan says. "We don't treat 80 patients a day; we treat 25, and that gives us time with them. That's very important to me."

Having a small center allows everyone in every department to work closely together and communicate more efficiently. This way, they can take care of each patient an individual, which is something Morgan takes pride in.

"I do care what happens to them, and they know that because I do whatever I can to make them see that," Morgan says. "I love what I do. And I love knowing my patients."



John Morgan

ASHLEY MILLER, BILLING FINANCIAL COUNSELOR

Life with cancer is stressful, and adding medical bills and financial worries to the mix makes it that much harder. Fortunately, Ashley Miller, a Foster J. Boyd, MD, Regional Cancer Center financial counselor, helps relieve that stress so that patients can begin the healing process.

"Money should be the last thing they're worried about, so it's nice to help them be at peace with that and to have things worked out," Miller says.

Miller had worked in medical billing for six years when she decided to make the move to CMH Regional Health System. Although it's larger than her last company, she loves the tight-knit community feeling.

"We're like a huge family, not a workplace," she says. "We all have job titles, but we go so far beyond that for our patients."

Miller's daily tasks include inputting treatment and chemotherapy charges and fulfilling insurance verification for new patients. Most important, she helps patients understand their responsibilities so they aren't blindsided.

"We have to give them so much information when they first get here that it may be overwhelming," Miller says. "But we make sure they know everything from beginning to end. And we have financial help if they need it."

One of the center's goals is to help patients be in control of their treatment environment, and Miller believes this unique goal has been achieved.



Ashley Miller

HEIDI DAVIS, RN, CHEMOTHERAPY INFUSION AREA

For registered nurse Heidi Davis, the personal atmosphere of the Foster J. Boyd, MD, Regional Cancer Center has changed her views about the medical world.

"Most of my background as a nurse was in the ER," Davis says. "I thought that was the top, but I was working part-time at the cancer center shortly after it opened and enjoyed it so much that I left the ER and am now full time at the cancer center."

While her main duty is to give chemotherapy and medicines, Davis assists in almost all other areas.

"Maybe they need pastoral care, nutrition, physical therapy, social service, hospice—whatever it is, I get very involved," Davis says. "It's not just giving meds; it's so much more, and that's what I love."

Davis was leaving work one day when she saw an ex-patient. "It was one and a half years ago when she received treatment in the infusion area, and she looked so sick," Davis says. "Now, she is beautiful. Her hair had grown back, and she was wearing makeup. She's living her life, working up for a promotion."

A patient who had received treatment that day passed Davis and her former patient on her way out of the center. When she found out that the woman was a cancer survivor, she said she felt hopeful that she could look and feel that good one day.

"I call it my cancer center; I take part ownership of it," Davis says. "Not too many feel this way about their jobs and truly enjoy them, but I do."



Heidi Davis, RN

Four cancer myths that distract from real risks

Myth Air pollution causes more lung cancer than smoking.

Fact Smoking is the biggest risk for lung cancer by far. You don't even have to smoke yourself, notes the American Cancer Society (ACS). Just living with or working around people who smoke poses more danger to your lungs than polluted air.

Myth Cell phones cause cancer of the brain.

Fact There is no consistent evidence linking cell phones to the overall risk of brain cancer, reports the ACS. One study even found a decrease in cancer risk among people using cell phones for 10 years or more.

Myth Antiperspirants and deodorants cause cancer.

Fact Despite this myth's popularity on the Internet, no scientific studies back up its claims. It is true that women are advised to avoid these products before having a mammogram, notes the ACS. But that's because they can create confusing spots on the x-ray—not because they're dangerous to their users.

Myth Fluoridated water causes cancer.

Fact This is a long-running debate, according to the National Cancer Institute. However, a recent summary of studies on the subject to date found no credible evidence that it is true.

Four facts to remember

According to the ACS, we can help prevent two-thirds of all cancers with four behaviors: ■ Avoiding tobacco. ■ Exercising regularly. ■ Maintaining a healthy weight. ■ Eating a healthy diet that emphasizes fruits and vegetables.

EVERYDAY HEROES

DAISY Award honors extraordinary nurses

NURSES AT CMH Regional Health System are being honored with the DAISY Award for Extraordinary Nurses. The award, presented in collaboration with the American Organization of Nurse Executives is part of the DAISY Foundation's program to recognize the efforts of nurses.

Each quarter a nurse will be selected by CMH's nursing administration to receive the award. At a presentation given for the nurse's colleagues, physicians, patients, and visitors, the honoree will receive a certificate commending her or him for being an extraordinary nurse. The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." The honoree will also be given a beautiful, meaningful sculpture titled *A Healer's Touch*, hand carved by artists of the Shona tribe in Africa.

THE FIRST HONOREE The first DAISY award recipient at CMH is Emily Armstrong, RN, Mother-Baby Care. A native of Wilmington, Armstrong has spent the last 14 years of her 18-year nursing career in CMH's Mother-Baby Care.

"CMH is great," Armstrong says. "It's close to home, and in a smaller community hospital like ours you really get to know your patients."

She also points out that nursing, with its flexible schedule, is a great career for mothers. And there's a great sense of satisfaction.



THE FIRST OF MANY: Emily Armstrong, RN (right), pictured with Kathy Dye, director of Obstetrics, was presented the first DAISY Award at CMH for her extraordinary nursing skills.

"Of course you have busy days—and a few bad days—but you go home feeling good about what you do," she says.

A UNIQUE THANK-YOU The not-for-profit DAISY Foundation is based in Glen Ellen, Calif., and was established by family members in memory of J. Patrick Barnes. Barnes died at the age of 33 in 1999 from a little-known autoimmune disease. The care Barnes and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and their families.

Bonnie Barnes, president and co-founder of the DAISY Foundation, says: "When Patrick was critically ill, our

family experienced firsthand the remarkable skill and care nurses provide acutely ill patients every day and night. Yet these unsung heroes are seldom recognized for the superhuman work they do. The kind of work the nurses are called on to do every day epitomizes the purpose of the DAISY Award."

SHOWING WE CARE "We are proud to be among the hospitals participating in the DAISY Award program," says Judi Henson, vice president of Patient Care Services and chief nursing officer. "Nurses are heroes every day. It's important that our nurses know their work is highly valued, and The DAISY Foundation provides a way for us to do that."

To learn more, go to www.DAISYfoundation.org.

FOUR JOIN CMH FOUNDATION TRUSTEES

THE ROLE OF the CMH Foundation board of trustees is to ensure the long-term viability of the CMH Foundation as the fundraising entity for CMH. They share resources and expertise with the organization as well as contacts for financial support and in-kind contributions. They also serve as advocates for the organization.

Dr. Gary Blumberg and Donald Gephart, both of Blanchester, and Andrew McCoy and Jason Walt, both of Wilmington, have joined the board. Dr. Blumberg, McCoy and Walt will serve initial terms through 2010, while Gephart will serve an initial term through 2011.

DR. GARY BLUMBERG A former board member of the Clinton County Family YMCA, Dr. Blumberg has practiced dentistry in Wilmington since 1985. He graduated from Admiral King High School in Lorain in 1975, received his bachelor of science degree in microbiology from Ohio State University (OSU) in 1979 and his dentistry degree from OSU in 1983.

DONALD GEPHART Gephart is the treasurer for the National Postal Mail Handlers Union Local 304 for Ohio, Kentucky and Indiana, one of the largest local unions in the country with more than 3,000 regular members and 30,000 associate members. He has lobbied Congress and has worked with Laborers International and the AFL-CIO



Dr. Gary Blumberg



Donald Gephart



Andrew McCoy



Jason Walt

ANDREW MCCOY McCoy is chief general counsel for the Clinton County Prosecutor's Office and an associate attorney for Peelle Law Office. He received a bachelor of arts degree from Ohio University and his law degree *cum laude* from the University of Dayton, where he was a member of the Dayton Law Review.

on many issues that are important to all union members.

He is a former three-term member of the Blanchester Local Board of Education. He is a current member of the Southern State Community College board of trustees, appointed by Ohio Gov. Ted Strickland.

JASON WALT Walt has been a certified public accountant with Wagenseller, Foley, Hollingsworth and Co. for 21 years. A graduate of Wilmington College, he has served with a number of local community service organizations during the last two decades, including the Wilmington Optimist Club, the Sugar Grove Cemetery Association and the Gamma Phi Gamma Foundation.

MEET THE BOARD Other Foundation board members include Chris Chaney, chairman; Willard Lane, vice chairman; Scott Holmer, secretary/treasurer; Brian Bourgraf; Phil Snow; Jim Mahon; Jama Hayes; Dr. Foster (Jack) Boyd; Sharon Hiles; Andy Riddell, CMH president and CEO; and Charlyn Kruzka, CMH Foundation auxiliary president.

CMH staff advisors for the foundation are Dana Dunn, director of community development, and Zoe LaRocca, research analyst.

GET INVOLVED If you have questions about giving opportunities through the Foundation or want to be added to an e-mail list for updates on CMH Regional Health System and the CMH Foundation, please e-mail dadunn@cmhregional.com or call 937-382-9464.

Healthy Events

CALENDAR

CLICK LOOK ONLINE FOR MORE EVENTS AT CMH
WWW.CMHREGIONAL.COM

CANCER CARE

Look Good...Feel Better

Designed by the American Cancer Society, this program helps women cope with the appearance-related effects of cancer treatment. Free makeup kits available with advance registration. **FREE**
 Call **888-227-6446** for dates and to register.

BE FIT AND ACTIVE

Athletic Training for Women

Our "T-N-T" (technique and training) classes feature flexibility, strength and agility training.

Three sessions per week for six weeks

CMH Rehabilitation Services

\$250, discounts for groups
 Call **937-383-7722** to schedule.

Moms in Motion

We'll help you get fit and stay fit during and after your pregnancy.

Tuesdays and Thursdays, 5:30 to 6:30 p.m.

CMH Rehabilitation Services

\$7 per session or \$60 for 12 sessions

Call **937-383-7722** for dates and to register.

CHILDBIRTH AND INFANT CARE

We also offer: *Teen Prepared Childbirth, Baby Sign Language, Big Brothers/Big Sisters, Breastfeeding, Baby Safety and CPR.* Call **937-382-1585** or visit www.cmhregional.com and click on "Classes & Events."

Prepared Childbirth Series

This series will help you get ready for childbirth and manage the weeks after delivery. We'll share tips and tricks to give you and your baby the best start in life.

Four-week series or weekend retreat

CMH childbirth classroom
 Call **937-382-1585** for dates and to register.

Caring for an Infant

Babies need special care, from bathing to dressing, feeding and recognizing signs of an illness. Learn the basics at our "Infant Care" class.

CMH childbirth classroom
 Call **937-382-1585** for dates, fees and to register.

YOUR GOOD HEALTH

Create a Medical "What If" Plan

We'll help you develop an advance directive—a legal plan of action to help your family and physicians make decisions about your health care if you are unable to.

Every Tuesday, 1 to 5:30 p.m.
CMH Patient Education Conference Room
FREE
 Call **937-382-9318** for an appointment.

Take Control of Diabetes

Our group classes or individual sessions can help you better understand and manage pre-diabetes and diabetes. Call **937-382-9307** for dates, fees and to register.

CPR AND FIRST AID

Heartsaver First Aid, CPR and AED

Learn to recognize and treat adult emergencies until emergency medical help arrives. Certification available.

CMH Education Services
 Call **937-382-9642** for dates, fees and to register.

SUPPORT GROUPS

CMH offers a variety of health-related support groups, including:

- **Adult Diabetes.**

- **Breastfeeding.**
- **Grief Support.**
- **Ostomy Support.**
- **Perinatal Grief Support.**
- **Women's Concerns.**

For more information, visit our website at www.cmhregional.com and click on "Classes & Events."

CMH Home Care Services celebrates 25 years

CMH Regional Health System Home Care Services, which serves patients in six area counties, will celebrate its 25th anniversary this year. CMH Home Care Services continues to rank among the best in important clinical benchmark ratings. The 2009 HomeCare Elite™, the inaugural compilation by OutCome Concept Systems of the most successful home care providers, listed CMH in the top 6 percent of the 8,800 home health agencies in the United States.

The rankings are based on performance measures in quality, improvement and financial performance, says Bonnie Davis, manager of CMH Home Care Services.

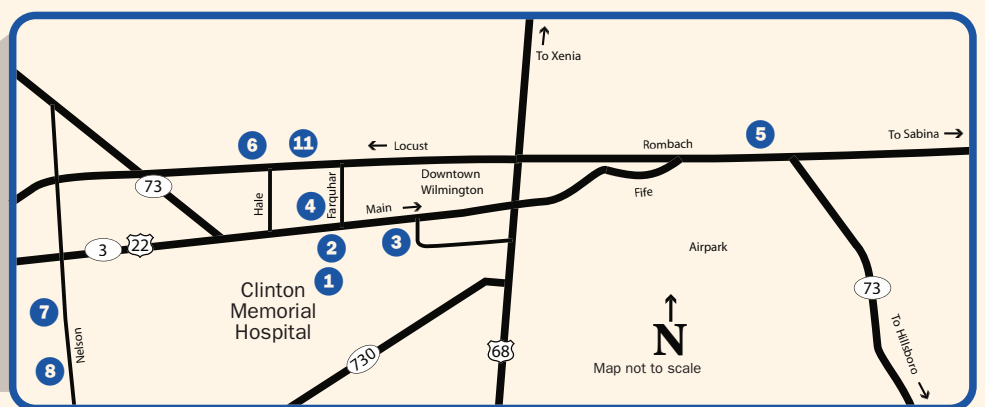
CMH Home Care Services uses a team of registered nurse case managers, physical therapists, occupational therapists, speech therapists, home health aides and social workers to provide care that promotes patient independence while maximizing wellness.



CMH Home Care Services, based at CMH Nelson Avenue, 761 S. Nelson Ave., Wilmington, is Medicare-certified and accredited by The Joint Commission.

For more information about CMH Home Care Services, call **937-382-9380**.

WHERE TO FIND CMH



1 Clinton Memorial Hospital
 610 W. Main St., Wilmington
937-382-6611

2 CMH Professional Building
 630 W. Main St., Wilmington
937-382-9464
 • CMH Neurological Services:
937-382-5438

3 CMH Pediatric and Adolescent Services
 448 W. Main St., Wilmington
937-382-4677

4 Foster J. Boyd, MD, Regional Cancer Center
 31 Farquhar Ave., Wilmington
937-283-2273

5 CMH Rombach Health Center
 2241 Rombach Ave., Wilmington
 • Corporate Health Services:
937-382-7785
 • Rehabilitation Services:
937-383-7722

6 CMH Family Health Center/ Family Medicine Residency
 825 W. Locust St., Wilmington
937-383-3402

7 Clinton Community Dental Services
 111 S. Nelson Ave., Suite 7, Wilmington
937-382-2220

8 CMH Nelson Avenue
 761 S. Nelson Ave., Wilmington
 • CMH Center for Obstetrics and Gynecology: **937-382-1008**
 • Diabetes Services: **937-382-9307**
 • Home Care Services: **937-382-9380**
 • Patient Financial Services:
937-382-9593

9 CMH East Clinton Medical Services
 12459 U.S. Route 22/state Route 3, Sabina
937-584-2459

10 CMH Blanchester Medical Services
 849 E. Cherry St., Blanchester
937-783-4903

11 CMH Center for Family Medicine
 781 W. Locust St., Wilmington
937-382-8050

We can help you find your way

If you need to get to a CMH location but don't know how to get there, head to www.cmhregional.com instead. There, just click on "Maps and Directions" to find addresses, phone numbers, maps and driving directions to your destination. We'll see you when you get here!

HOSPITAL FOUNDATIONS

MORE IMPORTANT THAN EVER

MAYBE YOU HAVE a relative or friend who received a free cab ride to and from treatments at Clinton Memorial Hospital. Maybe you or someone you know had assistance with diabetes education or dental bills after using CMH Diabetes Services or Clinton Community Dental Services. Maybe you or another CMH Regional Health System patient you know received financial assistance to cover the cost of medication not covered by an insurance plan.

The CMH Foundation gave more than \$205,000 in 2008 to benefit the health and wellness of the communities served by the CMH network. Approximately \$100,000 assisted uninsured and underinsured patients, while more than \$105,000 was used to enhance services at Clinton Memorial Hospital and other health system entities, including the Foster J. Boyd, MD, Regional Cancer Center.

HERE TO HELP The work of hospital foundations in communities is certainly felt but not always understood nor widely known. That's both frustrating and challenging, because foundations are more crucial than ever for today's hospitals, says William McGinly, past president and CEO of the Association for Healthcare Philanthropy.

Hospital foundations started to multiply in the 1960s when government funding for health care began to shrink—a problem that continues today, reports the American Hospital Association (AHA). Today, about 53 percent of hospitals (including CMH) lose money caring for patients, even as demand for medical care goes up.

Hospital foundations step up to help. Foundations, like the one that helps support CMH, raise money that offsets growing bad debt and charity care and also help



offset the cost of operating community benefit services like CMH Diabetes Services and Clinton Community Dental Services, which often operate at a loss but add value to the community and help keep patients out of the hospital.

SERVICES FOR EVERYONE The CMH Foundation, the fundraising entity for CMH, raises money for equipment, enhanced services and large capital expenditures, such as the cancer center and patient tower.

You or a neighbor might have already benefited from new technology purchased in the last year for interventional radiology or the Surgery Center—or will in the future.

How you can help

Hospital foundations raise money in a number of ways, including:

- **Annual giving campaigns:** yearly requests for donations from past and new supporters.
- **Special events:** signature events like the CMH Foundation auxiliary's gala and golf outing.
- **Capital campaigns:** efforts to raise money for specific, big-ticket goals, such as a renovations and expansions, or buying medical equipment. Capital campaigns usually run for three to five years.
- **Planned giving:** donations that are arranged in advance, as part of a will or trust, for instance.
- **Endowments:** donations invested or set aside to earn interest. The endowment remains intact, and only a percentage of the interest income is spent. The remainder is added back to the principal.
- **Memorial gifts:** donations made to honor someone.
- **Major gifts:** large, one-time gifts from donors.

Donors can give cash, stock, bonds, or even a piece of property. Some donate their services, supplies or skills instead. Of course, foundations love major donations. But \$5 and \$25 donations are welcomed, too.

BALANCING ACT Year in and year out, the CMH Foundation and other foundations like it have been there to fill in the financial gaps for many patients. Not only do these funds help those who truly want to help themselves, contributions to the CMH Foundation free up money for the health system and the hospital to upgrade and continuously improve the local health care offerings.

AHA officials note that community need for care remains high, and in these tough times, communities turn to their local hospital. Hospitals are walking a tightrope, trying to balance the growing needs of their communities with today's economic challenges.

Hospital foundations remain the net below that tightrope.

RESTORING HISTORY

—Continued from page 3

In addition to medical significance, the hospital also features architectural style representative of Chicago during the early 20th century. Of particular interest are the steel windows in the surgical suites, a historic example of optimal lighting orientation and design.



MODERN DAY: Hale Hospital, as it stands in 2009, has been vacant for more than 20 years.

FEDERAL AND FAMILIAL SUPPORT “We particularly appreciate the assistance of our congressman, Michael Turner, who made a visit to Hale Hospital in the winter of 2008 and encouraged us to pursue the funding,” Riddell says.

Rep. Turner says that Hale Hospital has been a fixture in Clinton County for the better part of a century and that he wants it to remain so.

“These federal dollars will support structural improvements and renovation of the historic Hale Hospital building and campus,” the congressman says. “I previously secured funding for the expansion of Clinton Memorial Hospital's Emergency Services. I will continue to work with administrators and staff as CMH grows to

increase its services and continued commitment to the community.”

The Hale family is also excited about the project.

“Our family always desired that Hale Hospital would be preserved and once again be utilized,” says Frank Hale, grandson of Dr. Kelley Hale. “Many people in the community were born at Hale Hospital, received treatment or worked there over the years. Hale Hospital is a special place not only for its historical significance but, more important, because it represents the many wonderful individuals that dedicated their lives to providing excellent medical care to this community.”

For more information about the project or to contribute financially, call 937-382-9454.



Project combines science and nature

Long-term improvements to Hale Hospital will further complement new landscaping and other enhancements planned around the building. CMH Regional Health System's Hale Arboretum Preservation and Nature Trail Project is being funded in part with Hale Endowment funds held by the CMH Foundation.

Landscaping, tree pruning and other improvements on the former hospital grounds represented the start of a project to preserve the integrity of the arboretum created by Dr. Kelley Hale and nourished by his descendants.

Initial work on that project took place at what will become a trailhead—the archway by the pond along Main Street—which was the original entrance to Hale Hospital, according to the Hale family.

Eventually, CMH hopes to create a natural walking trail through the arboretum that can be enjoyed by employees and visitors and that will connect Main Street with the Luther Warren Peace Path via the Margery Hale Bridge on the south side of campus.

For more information about the project or to contribute financially, call 937-382-9454.

