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STORY IDEA?

If you have a story idea for an upcoming issue of *The Pulse*, please send an email to Vanessa Petrizzi, Director of Marketing and Community Relations, or to Barb Tardy, Marketing Assistant. We look forward to your input!



Western Missouri Medical Center

THE pulse

WMMC Welcomes Stephanie Long, M.D., to Board of Trustees

Western Missouri Medical Center recently welcomed Stephanie C. Long, MD, as a member of the Board of Trustees. Dr. Long was sworn in on Friday, April 17, by County Clerk Gilbert Powers.

Dr. Long has been serving our community for over 15 years as a partner and Board-Certified family physician at Family Practice Associates of Western Central Missouri, PC. She has been the Chief of Service for Family Practice and Critical Care at WMMC since 2007. Dr. Long also has a special place in her heart for her work as a founding member of Johnson County Hospice and her role as the Medical Director.

Mentioning the expansion of the medical staff and available services and procedures at WMMC, Dr. Long offered this response when asked about what she sees as a top priority for WMMC: "My hope is that the citizens of Johnson County will increasingly be able to rely on the Medical Center for their health care needs, rather than having to seek care in the Kansas City area."

"We are pleased to welcome Dr. Long to our Board of Trustees," says Craig J. Marks, President and Chief Executive Officer. "Stephanie's experience as a practicing physician offers a unique perspective from not only a health care provider's point of view, but also as an advocate for the patients she sees every day—we look forward to working with her."



Photographed left: Dr. Stephanie Long was sworn in by County Clerk Gilbert Powers at WMMC.

In addition, the Board of Trustees also elected officers for the coming year at the meeting:

- Bob Semonisck, Ph.D.—
Chair
- Dr. Hugh Hanna—
Vice Chair
- Pauline Hibdon—Treasurer
- Dr. Larry Purcell—Secretary

Mr. Semonisck was elected to our Board of Trustees last year.

Spotlight

From the Suggestion Box:

Please reconsider the pond and fountain part of the construction planned for the hospital – as the employees are not receiving the raise in April that was previously promised. How about giving out bonuses? The cost of a decorative pond and fountain seems like a frivolous concern in times like these and investing that money in your employees should take priority. This is a hospital, not a hotel or resort.

Please reconsider the pond & fountain part of the construction planned for the hospital - as the employees are not receiving the raise in April that was previously promised how about giving out bonuses? The cost of a decorative pond and fountain seems like a frivolous concern in times like these, and investing that money in your employees should take priority. This is a hospital, not a hotel or resort.
Thank you.

Even \$50 would be appreciated.

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Even \$50 would be appreciated.

~Submitted by anonymous employee

Response from Craig, President and CEO:

As we constantly emphasize, open and frequent communication is a top priority for WMMC—so first, I want to thank you for asking this question and stimulating conversation that will hopefully be helpful for everyone.

Due to city requirements, we must have a retention pond—so we have to incorporate it into our plans regardless. Our Master Facility Plan project will create a healing environment for our patients and community, which is in our best interests in order to remain competitive in the marketplace. And given that the majority of the patient rooms will face this area of our campus, we designed the retention pond with a fountain to be an aesthetically-pleasing feature of the project that will evoke calm and healing

emotions in our patients and their loved ones. It will be a tremendous improvement from the unsightly retention pond we currently have on our campus that is filled with weeds—and doesn't quite promote the healing environment we are trying to achieve.

Now, is the retention pond related to your raise this year? No. During the FY09 budget process, we were hopeful that we would be able to implement a pay increase in April but due to rising concerns about increased bad debt and charity care we put it on hold. During this global economic downturn, we are being cautious with all of our resources when there is no telling what may occur. In fact, we modified the Master Facility Plan project to decrease the cost by about \$10 million in

Customer Service

Comments from our patients...

- "Dr. Pai was very thorough, extremely good." (Surgical)
- "Loved them (nurses) all." "I just love Dr. Eters so very much, she is wonderful." and "My family thanks you." (Medical)
- "Compliments to Suzanne in OB—I really liked and appreciated Suzanne who worked with me through my labor." (OB)
- "This is one of the nicest stays I have had at WMMC." "All the nurses were great." and "I think my physician (Dr. Bear) is one of the greatest and Warrensburg is very lucky to have him, and his wife." (Surgical)

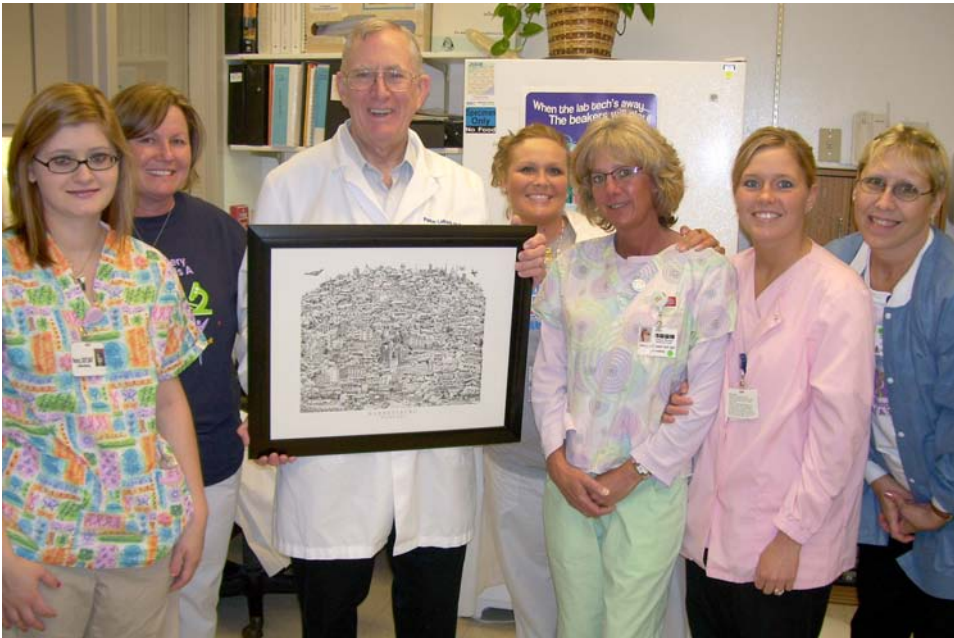
Your care is greatly appreciated by those we serve!

an effort to keep the project moving forward. Every year, we analyze data from the Missouri Hospital Association to ensure that our wages are competitive. It is important for us to compensate our employees for their hard work and dedication, so all options are being considered. Please rest assured that we will continue to evaluate an increase for this year based on how well the economy and our Medical Center perform.

Thanks again for your question—I hope my answer helped clarify your concerns. As always, if you have additional questions or concerns, please feel free to speak with your department manager, member of the Administrative Team or with me.

Reminders

WMMC Says Farewell to Dr. LaBach



After 17 years, Dr. Parker LaBach finishes his last day at WMMC surrounded by lab employees: Nancy Weckenborg, Angie Hocutt, Sarah Christian, Andrea Moore, Kristen Crump and Cindy Sanford.

Thank you Dr. LaBach from all of us here at WMMC—best wishes!

Celebrating National Laboratory Professionals Week April 19-25

We would like to recognize the medial laboratory professionals, Pathologists, Medical Technologists/Technicians, and Phlebotomists for playing a behind-the-scene role that is essential to quality health care. The theme for this year is "Behind Every Great Lab is a Great Team."

Stay tuned during the week for a variety of surprises! And please take this opportunity to "Give the Lab a Hand" and participate in "CSI: Murder in the Lab" today!

A.W.A.K.E. Meeting News

Dr. Scott Eveloff will be speaking at the next WMMC A.W.A.K.E. meeting on June 11, 2009. Dr. Eveloff is part of the Midwest Sleep Specialists Group practice providing medical directorship to SomniTech, Inc sleep disorders centers. Dr. Eveloff is Board-Certified in sleep medicine, pulmonary medicine and internal medicine. He is the author of the book "Both Sides of the White Coat." He will be available to answer any questions directly following his presentation.

The WMMC A.W.A.K.E. group meets at 7:00 pm on the 2nd Thursday of each month in Classroom 2. Should you have any questions, please feel free to contact the Sleep Lab at ext. 7362.

Thank You...

As you are all aware, The Joint Commission (TJC) conducted their unannounced triennial accreditation survey April 7 - 9, 2009. The surveyors were here for three days and were very complimentary of all the staff with whom they worked. Whether you interacted with the surveyors or not, you had an impact on the outcome—and I want to take this opportunity to thank all of you.

Although we will not receive the final report for a few weeks, the preliminary report indicates that we have maintained our accreditation. We have several opportunities to improve and we have already begun to address these issues. We will submit a written plan of action to TJC within the appropriate timeframe after we receive our final report.

The survey went well and all employees, volunteers and medical staff members are to be commended for a job well done. Once we receive the final report, we will have a day of celebration that includes ice cream sundaes being served to all staff and jeans being permitted. Again, thank you for your efforts that contributed to the success of the survey.

Sincerely,

Craig J. Marks
President and
Chief Executive Officer

Stat Chat

Craig's Column

Beyond the Bedside

Enjoy the Benefits of Low-Fat Snacks

Healthy snacks can help provide the nutrients you need each day and give you energy between meals. However, snacks that are too high in calories can lead to becoming overweight, which contributes to heart disease, diabetes and certain types of cancer. Foods with too much saturated or trans fats also are linked to heart disease. Nutritionists recommend a diet that gets 30% or less of its total calories from fat (a gram of fat has 9 calories). Saturated fat should make up no more than 7% of total calories.

FRUITS	Calories	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Total Carbs	Fiber (g)
Apple, 1 medium	72	0.2	0	0	19	3.3
VEGETABLES						
Celery, raw, 1 cup	17	0.2	0	0	3.6	1.9
GRAINS						
Popcorn, air-popped, 1 cup	31	0.3	0	0	6	1.2
DAIRY						
Cheese, skim mozzarella, 1 oz.	72	4.5	2.9	18	0	0

May Birthdays

1	JEANE DAVIS – OB/GYN	18	ALEISHA FRITZEN – PT. CARE SERVICES
	CATHERINE WARDINGLEY – BUSINESS OFFICE	19	CATHY LOGAN – OB/GYN
3	JACKIE ROBERTSON – ER	20	P.K. CHISLER – LAB
	SHARON LUVIN – HOUSEKEEPING		CLAUDIA FORSTER-WOODS – RADIOLOGY
5	SHARON PALMER – M/S	23	RHONDA GUYTON – LAB
7	RENE'E CURTISS-MEYER – AMBC	24	BETSY HARVEY – MATERIAL MGT.
	STACY MERSKY – M/S	25	MARILYN COX – CASE MANAGEMENT
	ANTHONY LOCKARD – OR		MEGAN CRUZ-JUUSOLA – M/S
13	DEBORAH KINSEY – M/S		SHELLY WILSON – M/S
15	KIMBERLY SMITH – LAB	26	NATALIE AVERY – ICU
	JENNIFER URBANSKI – RADIOLOGY		DEEANNA NEAL – BUSINESS OFFICE
16	DANIELLE MONG – ER	27	JOYCE WASHINGTON – CPS
	MICHELLE MATLOCK – BUSINESS OFFICE	28	RENEE KOZEE – M/S
	BONNIEANN YOST – NUTRITIONAL SVS.	29	HOLLY MAXWELL – ICU
17	MARK YOTTER – CPS		JANE RICHARD – AMBC
	CONNIE PETERSON – NUTRITIONAL SVS.		CHRIS DANNALDSON – PLANT SVS.
	CATHY STEWART – BUSINESS OFFICE	31	RUTH DAVIS – HOUSEKEEPING
			ALAN FERBER – OB/GYN

May Anniversaries

	MELISSA ANDERSON	1	ANTHONY LOCKARD	4
	CARA BANKS	2	TABITHA LORENZEN	4
	MARY BERGER	7	MICHELLE MATLOCK	1
	JENNIFER BURROWS	5	ROBIN McCLURE	3
	KAREN CALDWELL	13	DEBORAH McCRADY	9
	KATY CASON	2	MINDY McMAHAN	25
	MARILEE DAVIS	6	NORA MERRILL	24
	AMY DOSS	5	CARRIE MILLS	5
	DEMETRIA DOZIER	4	BELINDA MILTON	9
	ANITA EDWARDS	6	REBECCA POHLE	2
	CHRISTIE FOSTER	1	LINDA POSPISIL	17
	ANGELA FRITSCH	5	JANIS RAIHALA	9
	KIM GUDDE	20	REBECCA RAY	8
	SUSAN HARLEY	2	NICOLE SARTIN	9
	RACHAEL HINCKLEY	1	RONDA SCHUMACHER	5
	CHAUNDRA HOOVER	2	TIM SMITH	2
	CONNIE JOHNSON	11	GENIE STARK	28
	CYNTHIA KEENEY	5	BARBARBA TARDY	32
	CHRISTINE KOEHN	6	JENNIFER URBANSKI	4
	LEGINA KOURIL	9	TOMI WATTS	5
	CHRISTINA KRAUSE	3	EDWINA WEST	1
	KATHY LEMAY	22	STACI WITT	5
			MARK YOTTER	4
			NORMAN RIGGS	4

Month: **May** Stone: **Emerald**
Flower: **Hawthorne or Lily of the Valley**

Trivia