

Your Health. Our Mission.

Fall 2023

BALANCE



SEE WHAT'S INSIDE

BACK ON
THE BEAT

WHAT YOUR DOCTOR
DOES OUTSIDE OF WORK

MEET YOUR
AUXILIARY PRESIDENT

GETTING YOU BACK TO WHAT YOU LOVE

Tell me if this sounds familiar. Your to-do list is a mile long, but you're battling a nagging cough and now you're starting to spike a fever. Or, in your rush to finish errands, you accidentally trip and sprain your ankle. Why does getting sick or hurt always seem to happen at the most inconvenient times?

At Phelps Health, we know that your health is important to you. That's why we're committed to providing you with the care you need to get back to doing the things you enjoy. Whether you're looking for relief from flu symptoms or recovering from surgery, we want to be here for you.

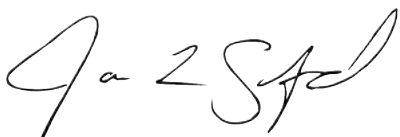
In this issue, you'll meet Paul Lambert, a sheriff's lieutenant who suffered from chronic knee pain. After hearing praise for the Phelps Health Orthopedics team, he decided to have a total knee replacement. On page 3, learn about his experience and how he's thriving, now back on the beat.

Our physicians and providers stay busy seeing patients at Phelps Health. Yet, they are equally busy outside of work, too. From playing piano to hunting, our providers enjoy a variety of hobbies. On page 5, check out what your doctor does when not in the clinic or hospital.

Phelps Health Walk-In Clinics are another great care option that we offer. Formerly called Immediate Care, our Walk-In Clinics offer care with no appointments needed. These clinics are open evenings and weekends, because we understand care is often needed outside of normal business hours. On page 9, read about how local mother Kelsi Greer found the Walk-In Clinic a convenient choice for her daughter.

Please enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, President and CEO



Phelps Health *Balance* is a quarterly publication of Phelps Health printed and distributed by Missouri S&T Printing and Mail Services, 209 East 8th Street, Suite 150, Rolla, Missouri, 65409. Information in this magazine is not intended for diagnosing or prescribing purposes. If you have any specific questions or concerns about your health, please talk to your healthcare provider.

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FIND OUR PHELPS HEALTH ELVES!

Cornelius and Clarice, the Phelps Health elves, are hiding in this issue of the *Balance* magazine. Can you find them? Once you locate them, go online to phelpshealth.org/balance and complete the "Find the Elves" form by October 31 for a chance to win a Phelps Health tote bag full of goodies.

AT PHELPS HEALTH, WE LOVE HEARING FROM OUR PATIENTS AND VISITORS.

I am most grateful to Nancy Inman, who works in Patient Financial Services. She gave me her time, patience and respect and was totally professional in every aspect of her job. I'm blessed to have met her. She thoroughly looked over medical bills and explained everything clearly to me.

- Marjorie Farho

Melissa Morris in Orthopedics is awesome. She is always pleasant and welcoming. Her smiling face makes my day every visit.

- Catherine Crump

Krista and Shonnie in the Wound Ostomy Center are two health professionals who demonstrated compassion in their care of my wife. They showed tact and excellent knowledge of their field. They exceeded the mission statement of Phelps Health. They are a true asset to the team.

- Michael Wallis

Terrill Emmett, FNP, in Pain Management, is very knowledgeable and reassuring. She cares about what the patient has to say, and she does it all with kindness.

- Edward Bauer and Jacklynn Wier

These letters, which were edited for length and clarity, were sent from patients and visitors about their experience at Phelps Health.

If you would like to nominate a Phelps Health employee who made a difference, visit bit.ly/3Tm2d7K or scan the QR code below.



Ask a Doctor

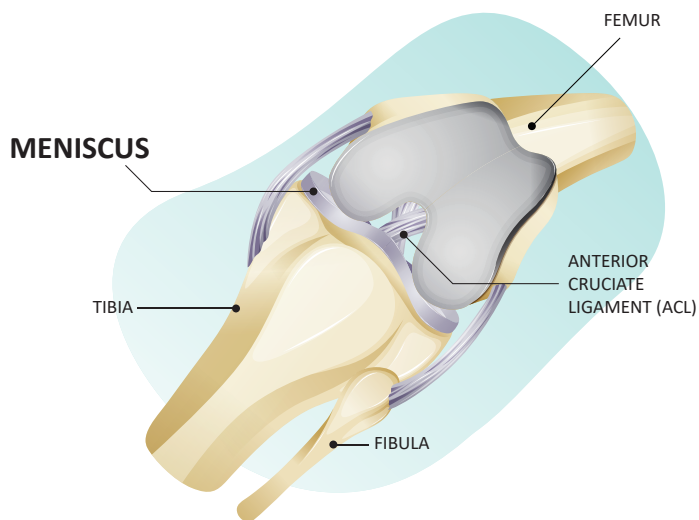
Your Questions About Meniscus Tears Answered



Sylvester Youlo, MD, FAAOS, FAAHKS

What is the meniscus?

Your thigh bone sits on top of your shinbone, and the end of these bones are covered with a layer of tissue called cartilage. The meniscus is a pad of cartilage that sits between the two bones. The meniscus serves as a shock absorber and protects the end of these bones when you walk.



What are the different types of meniscus tears?

The two kinds of meniscus tears are traumatic meniscus tears, which can happen during sports and similar activities, and degenerative meniscus tears, which happen over time. A teenager who plays football with a meniscus tear needs to be treated differently than a 40-year-old man who went to the store and twisted his knee.

How are meniscus tears treated?

Sports-related meniscus tears can be repaired, especially in young, healthy people who have normal cartilage. For older patients with degenerative meniscus tears, treatments may include medication (such as NSAIDs, or nonsteroidal anti-inflammatory drugs, like ibuprofen), activity modifications, or ice and rest. People who feel their knee continue to lock or catch may end up needing surgery, but a meniscus tear doesn't always require surgery.

What are symptoms of a torn meniscus?

People with meniscus tears have different symptoms, but the most common is pain. Some people say they feel like something is stuck in their knee. Others say their knee is locked or catching, and they can't move it. Older patients may describe the pain as constant, dull and aching. Another symptom people may experience is pain when twisting or turning their knee. If the meniscus tear is not locking your knee, you can still walk.

LIVING WITH JOINT PAIN?

If you're concerned about meniscus tears or any type of joint pain that's keeping you from doing the activities that you love, call the Phelps Health Orthopedics Clinic at (573) 364-5633 or visit phelpshealth.org.



BACK ON THE BEAT

SHERIFF'S LIEUTENANT 'NOT LIMITED' AFTER TOTAL KNEE REPLACEMENT



By Paul Hackbarth

For the better part of 15 years, Rolla resident Paul Lambert lived with pain in his right knee.

The cartilage in his knee joint, which acts as a cushion between his leg bones, had worn away.

"I used to play sports, but with the pain in my knee, the bone on bone, I had to quit walking long distances," said Paul, a 58-year-old lieutenant with the Phelps County Sheriff's Department.

Tired of his knee hurting, he made an appointment with Phelps Health Orthopedic Surgeon Alan Heincker, DO, and tried knee injections first.

While the shots helped temporarily, after several visits to the Orthopedics Clinic, Paul and his doctor discussed knee surgery as an option to relieve the pain.

"I'd heard from several people before I had my surgery with Dr. Heincker that they'd had him for a knee replacement. One person I knew had a double knee replacement, and he said he was doing well," Paul recalled.

After hearing nothing but praise for Dr. Heincker, Paul decided to have the procedure.

"THE SURGERY WENT GREAT, AND DR. HEINCKER EXPLAINED THINGS TO ME IN A WAY I COULD UNDERSTAND."

To prepare for his knee replacement, Paul and his wife, Tania, attended the Orthopedics Joint Camp, where he learned what to expect each step of the way for his surgery, recovery and rehabilitation.

In December 2022, Dr. Heincker performed a total knee replacement on Paul's right knee.

"The surgery went great, and Dr. Heincker explained things to me in a way I could understand," he said. "It was a good experience."

Following the operation, Paul stayed overnight at Phelps Health Hospital. He was discharged the next day and began his road to recovery.

He vividly remembers the pain the first week following his surgery and questioned how he was supposed to do physical therapy when he could barely move his leg.

"The second week was better than the first, and after that, there wasn't really much pain, but there was some stiffness," he said.

Paul completed physical therapy sessions at Phelps Health over the next 4 to 5 weeks, in addition to doing exercises at home. He used the Phelps Health Patient Transport Service to get him to and from his appointments.

"You hear people talk about physical therapy and that physical therapists push you when you're in so much pain, but they're really not like that," he said. "They work with you and get you doing exercises that you need to get your full range of motion back."



Phelps Health Orthopedic Surgeon Alan Heincker, DO, performed Paul Lambert's total knee replacement.



Since his knee replacement, Paul said he is no longer limited by his right knee.

Some of the exercises Paul performed in physical therapy included squats, leg extensions and leg curls. He also practiced stretching, straightening his leg, climbing stairs and pedaling with a recumbent bike.

Bart Nelson, a physical therapy assistant with Phelps Health Outpatient Therapy Services, helped Paul throughout rehab.

“Bart would push you, but he’d tell you, ‘If anything hurts or if you have pain, then just let me know and we’ll stop that,’” Paul said.

In addition, Paul received home health care from Phelps Health. “They would come out a couple of times and check on different things. They’d make sure I could do certain activities and that I was safe,” he said.

Paul credits Tania and daughter, Hope, for assisting him after his surgery. “They were instrumental in my recovery and really helped me,” he said.

Since his knee replacement, Paul said his quality of life has drastically changed for the better.

“I’m not limited by my right knee anymore,” he said.

He returned to work 6 weeks following his surgery, performing light duties. Then, in mid-March, Dr. Heincker gave Paul clearance to return to his normal tasks at his jobs.

From surgery to physical therapy, Paul’s experience at Phelps Health was outstanding. He encourages others living with joint pain to see a provider at the Phelps Health Orthopedics Clinic.

“I would definitely recommend Phelps Health for any orthopedic needs that you have,” he said.



Paul completed physical therapy sessions after his knee surgery at Phelps Health.

ORTHOPEDICS CARE, CLOSE TO HOME

Let our caring and experienced Phelps Health Orthopedics team find a treatment that’s right for you. Visit phelpshealth.org or call (573) 364-5633 to learn more.

BEYOND THE STETHOSCOPE:

PROVIDERS SHARE THEIR TALENTS

By Stefanie Van Wyk

Do you ever wonder what your doctor or healthcare provider does in their spare time? From growing beautiful wildflowers to producing piano albums, read on to discover four of our providers' hobbies and extracurricular activities.

A PASSION FOR HUNTING

Phelps Health Family Nurse Practitioner (FNP-C) Sydney Fryer isn't always wearing a white coat. When fall comes around, you're more likely to find her in camouflage.



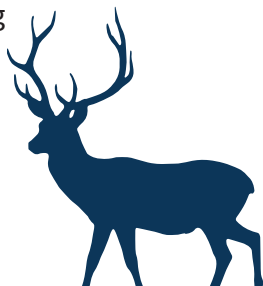
Sydney Fryer, FNP-C, and her husband look forward to deer hunting every fall.

Since 2012, deer hunting (both bow and rifle) has been a big part of Sydney's life. Her current bow of choice? A hot pink Quest bow.

"I've been hunting since high school, when I met my boyfriend (now husband) who grew up around the sport," said Sydney, who sees patients at the Rolla and Waynesville Walk-In Clinics. "I ended up loving it, and we still hunt together today. It took a lot of practice and perseverance, but it's very rewarding when you end up getting the deer you've been looking at all year on camera."

For the busy mother of two, hunting is a relaxing break in the action.

"Hunting allows me to spend quality time with my husband while enjoying nature," Sydney said. "One of my favorite parts about hunting is watching the sunset and listening to nature's sounds."



Life often mimics art, and Sydney has found parallels between her sport and her profession.

"Bow hunting is not something you can just walk into and be good at," she explained. "It takes work and dedication. Deer hunting will humble you very quickly; just when you think you have it figured out, your plans will change. Much like my job as a nurse practitioner, I strive to work hard and never stop learning."

Sydney also enjoys bonding with patients over the sport. "I love hearing my patients tell their deer hunting stories and swapping deer photos," she said.

INVESTED IN THE GAME

If you don't see **Phelps Health Orthopedic Surgeon Alan Heincker, DO**, in the clinic, you might just catch him at a Miners' football game.



Alan Heincker, DO, has a passion for community sports.

Since 2016, Dr. Heincker has been on the sidelines at Missouri University of Science and Technology (Missouri S&T) football games.

"The [Phelps Health] Orthopedics team regularly cares for everyday patients, but also is involved in keeping our community healthy and encouraging regular activity and exercise," he said. "I work closely with the athletic trainers for the local high schools and Missouri S&T. I try to attend all the home games for the football team and collaborate with the university physician to provide care if needed before, during or after the game."

"Usually, these student athletes do not require surgery; most get treated for minor or overuse type of injuries," added Dr. Heincker. "It's exciting to be down on the sidelines with the athletes, the athletic trainers and the

school physician. Things get even more exciting when my alma mater, Truman State, comes down to play.”

For Dr. Heincker, this opportunity is a full-circle experience.

“Athletics are a big part of the reason I became a physician,” he said. “Since high school, I have enjoyed running and still do. Running introduced me to some lifelong friends, and it’s always great to see the team atmosphere on the field and in the locker room. I always hope these student athletes are making lifelong friends. Beyond that, I hope they develop a love for sports that will later transition into playing in rec leagues, coaching or simply staying active.”

A GREEN THUMB

Purple cone flowers, zinnias, black-eyed Susans, roses, bachelor buttons, daisies, moon flowers, Asian lilies and snap dragons: these are just a few of the beautiful flowers that grow in **Phelps Health Family Nurse Practitioner (FNP-C) Josie Eoff’s** garden.



For Josie Eoff, FNP-C, her garden is her happy place.

Josie, who specializes in gastroenterology, grew up with a green thumb.

“I’ve gardened for many years,” she said. “As a child, we always had a garden, which sparked my own interest.”

In addition to flowers, Josie also plants tomatoes, cucumbers, okra, beans, onions and dill. Garden prep starts in early spring, and seeds are harvested as the flower dies, around the end of summer to fall. Josie’s husband assists her by setting things up and watering her flowers and produce. This particular year, however, has presented a few challenges.

“It has not been a good season because of the dryness. We’ve had to water more than usual, and some of my plants aren’t as nice,” Josie said. “Also, the deer destroyed a lot of my garden, so a plan is in place to prevent that next year.”

In a good year, Josie loves harvesting and sharing her flower seeds and plants with friends and family.

“I love the connection between herbs, plants and food, and how it relates to our health,” she said. “I am at peace when I am able to work outside and be in nature. It is a great stress reducer.”

INTRODUCING ALAN MATTHEWS

Matthew Rieth, MD, grew up in a large musical family in the Black Hills of South Dakota.



Matthew Rieth, MD, just released his fourth piano album, “Seasons Change.”

“My father was a jazz pianist who played mostly by ear,” said Dr. Rieth, who specializes in Physical Medicine and Rehabilitation at Phelps Health. “I took piano lessons

from an early age, but I played trombone and baritone before focusing on classical piano in college. I sensed that one day, I would want to make my own music.

“After a rich liberal arts education at Washington University, with 4 years playing trombone in the wind ensemble and a couple of years of private piano instruction, I went on to medical school. This was a lonely 4 years, but that solitude was a formative time for my own piano playing.

“Medical school is a good place to learn to play by ear,” explained Dr. Rieth. “After studying all day, my eyes were shot. I would sneak into the music room and play the piano, night after night. I was a big fan of [jazz musicians] Pat Metheny and Lyle Mays and had all their albums. And ultimately, I began expressing my own musical ideas.”

For Dr. Rieth, 25 years of practicing medicine and raising children have enriched his musical efforts.

“I have an online persona as a pianist, Alan Matthews,” he said. “I currently have four original piano albums available on Spotify and iTunes.”

To listen to, purchase or stream Dr. Rieth’s music, visit alanmatthewsmusic.com.



Never a Dull Moment: MEET VOLUNTEER JULIE SCHMIDT

By Stefanie Van Wyk

Phelps Health Auxiliary and Volunteer Services Board President Julie Schmidt does a lot of things, but sitting still is not one of them.

“I like to keep busy,” said Julie, who is 72 and has been volunteering at Phelps Health for 18 years now. “I don’t sit around well. I’m a doer.”

Julie can be found on Tuesday mornings working behind the scenes, in the volunteer work room.

“I do a little of anything and everything,” she said. “I work on mailings, help patients find their way around, organize apparel for the gift shop (The Lily Pad Gift Shop) and work different fairs, like the scrub fairs, book fairs, shoe fairs and more. I also help with special events at the gift shop, including Valentine’s Day and special sales. And for the past 3 years, I’ve enjoyed helping with the [Phelps Health] Foundation’s annual Charity Golf Tournament. You could say I have a hard time saying ‘no.’”

Auxiliary Volunteer and Board President Julie Schmidt enjoys helping with special events at the hospital.



Since 1983, Rolla has been home for Julie and her husband, Pete. The couple, who were born and raised in a small town in North Dakota, were childhood sweethearts. Pete’s career would bring them to California, to the Lake Michigan area and eventually to Rolla, where Pete taught in the Engineering Management Department at Missouri University of Science and Technology (or Missouri S&T, then known as University of Missouri-Rolla).

Prior to her retirement, Julie was employed by a local dentist and orthodontist, where she worked chairside, in the lab and front office.

When she decided to retire, a dear friend – and Phelps Health volunteer – asked Julie about volunteering at the health organization.

“A good friend of mine from bridge club kept encouraging me to volunteer at the hospital,” Julie said. “When she knew I had retired, she asked me once again.”

So, with more time on her plate, Julie took her friend up on the offer and hasn’t looked back.

“I love what I do,” Julie said. “I get to work with so many wonderful people, including my fellow volunteers, and Crystal [Lorah, director of Auxiliary and Volunteer Services], Neal [Fallesen, Auxiliary and Volunteer Services specialist] and Deanna [Brown, gift shop merchandiser].

“I also get to meet many new people each day,” Julie added. “I begin my shift by getting coffee and make it a goal to smile and say ‘good morning’ to everyone I see.”

Julie is no stranger to hospitals and the care they provide, and this is likely why she goes out of her way to make everyone feel welcome. In her first year of marriage, she was diagnosed with cancer in her nasopharynx (upper part of the throat) and treated with cobalt radiation. In 2008, Julie underwent surgery to remove cancer from a salivary gland, and in 2012, she had surgery on a large polyp on her vocal cord. Most recently, in 2018, Julie had a basal cell carcinoma (a type of skin cancer) removed from her right eyelid, with reconstructive surgery directly to follow.

VOLUNTEER FAIR OCTOBER 18

The Phelps Health Auxiliary and Volunteer Services will hold a Volunteer Fair Wednesday, October 18, 2023, from 10:00 AM-2:00 PM. The fair will take place in Private Dining Rooms 1 and 2 near the Cafeteria at Phelps Health Hospital, 1000 West 10th Street in Rolla. Learn about volunteer opportunities at Phelps Health. Giveaways, door prizes and refreshments will be available.

For anyone considering volunteering at Phelps Health, Julie gives her stamp of approval.

“Volunteering is a great way to get out of the house,” she said. “And it’s fun! You can volunteer one, two, three times a week – as much or as little as you’d like. Or you can come in for special projects, like a mailing, or work from home on a sewing project. You also get a free lunch, which is just one of many nice perks.”

Outside of the hospital, Julie and her husband love spending time with their family, which includes their daughter, son-in-law (who live nearby), four grandchildren and two great-grandchildren. Julie and Pete have been involved with the Rolla Lions Club throughout the years and Julie also is a part of the Beta Sigma Pi sorority and a bridge club.

Julie, who is currently serving the second year of her 2-year commitment as Board president, said she will remain on the Board after the fact and will continue to support the Auxiliary.

“The Auxiliary gives back in so many ways,” she said. “Past funds have helped to purchase an ambulance and a stereotactic breast biopsy unit. We also fund nursing scholarships and donate toward Camp Capable.”

Julie sees a greater purpose in her work here at Phelps Health.

“This is my way to give back,” she explained. “The Good Lord did not take me so many years ago for a reason. This was His plan for me, and I feel privileged to be able to set my alarm for my shift every Tuesday morning.”

VOLUNTEER, ON YOUR TIME

Phelps Health Auxiliary and Volunteer Services is always in need of more volunteers and will work with your schedule. If you are interested in joining the team, contact Crystal at clorah@phelpshealth.org or (573) 458-7947.



Julie Schmidt has been volunteering for 18 years and has touched many lives during her time with the organization.

CONVENIENT CARE: A LOCAL FAMILY'S WALK-IN CLINIC SUCCESS STORY

By Stefanie Van Wyk

Life with young children is never boring, as local business owner Kelsi Greer can attest to. The 32-year-old Rolla native and her husband, Tate, have used the Phelps Health Walk-In Clinic in Rolla numerous times for their four young girls, for sinus and ear infections to respiratory issues and more. Up until this spring, the family had been spared any broken bones.

On a Wednesday night in May, however, their 6-year-old daughter Kora would change this, after having too much fun playing with friends at church. Kelsi remembers Kora had landed wrong and feared her daughter may have broken her thumb.

"Our provider at the time was in St. Louis," Kelsi said. "And of course, they couldn't get her in for several weeks. Thankfully, early Thursday morning, we were able to get Kora in at the Walk-In Clinic, here in Rolla."

Kora was able to see Phelps Health Family Nurse Practitioner Cody Sells, who ordered an X-ray at the Walk-In Clinic. The X-ray confirmed what Kelsi had suspected: Kora had fractured her left thumb.

"We've never broken any bones in our family before, so this was a brand new experience, but they [the

Walk-In staff] did great," Kelsi said. "From our provider to our X-ray tech, to our nurse who stayed with us, it was a great experience. And it was so nice having the X-rays right there, so that we didn't have to go somewhere else."

The verdict? Cody determined that Kora would have to wear a cast for 6 weeks.

"Cody thoroughly explained everything," Kelsi said. "He was super kind and very patient. He's great with kids and really eased both of our minds, ensuring us that things were going to be OK."

"We also have to thank Alan Yelton [licensed practical nurse]," Kelsi added. "He was awesome, making sure that Kora's cast fit correctly and would be comfortable, as we were going into the warmer months."

"I just love the ease of walking in and knowing that you are going to get good care, regardless of what provider you see at the time," said Kelsi about the Walk-In Clinic. "It's great; it's convenient. Life is busy, but I know that if something comes up, we can walk in and get treated pretty quickly."

Kora, here with mom, Kelsi, is now cast-free and living her best life.



SAME CARE, NEW NAME

To better reflect the services offered at the Phelps Health Immediate Care Clinics, these locations are now known as Walk-In Clinics. The clinic in Rolla, located in Suite C at 603 South Bishop Avenue (US Highway 63), is now called Phelps Health Walk-In Clinic – Rolla. The clinic in Waynesville, located in Suite 150 of the Waynesville Medical Plaza at 1000 GW Lane Street, is now called Phelps Health Walk-In Clinic – Waynesville.

Providers at Phelps Health Walk-In Clinics can see patients for many conditions, including, but not limited to, the following:

- Allergic reactions
- Bug bites and stings
- Minor cuts, wounds and burns
- Nausea, vomiting and diarrhea
- Sprains, strains and possible broken bones

In addition, patients can get physicals; rapid flu, strep and COVID-19 testing; return-to-work and -school evaluations; and have other medical needs met.

If you're having a serious or life-threatening medical issue or emergency, such as shortness of breath, chest pain or stroke-like symptoms, call 911 or visit your nearest emergency department.

Kelsi and her husband, who own a clothing store in Rolla, also appreciate the convenience factor. The Walk-In Clinics in Rolla and Waynesville are open Monday through Friday from 8:00 AM-8:00 PM, and Saturdays and Sundays from 8:00 AM-6:00 PM.

“We’ve used the extended hours a lot,” Kelsi said. “They have been a lifesaver.”

Wait times at the Walk-In Clinic also have been reasonable, she added.

“I would say the average wait is maybe 15 or 20 minutes,” Kelsi said. “Of course, on holidays – when my kids seem to get sick – I think it’s been a little longer.”

“As a local business owner, Phelps Health is vitally important,” Kelsi added. “Having local providers who can offer good quality care fulfills a big need in the community and saves people from having to travel outside of the area.”

For Kora’s follow-up care, the first-grader was referred to the Phelps Health Orthopedics Clinic, where she saw Orthopedic Surgeon Sylvester T. Youlo, MD, FAAOS, FAAHKS. Dr. Youlo confirmed that Kora’s bone was healing correctly, a further source of reassurance to her parents.

Kora is now cast-free and living her best life.

“Having the Walk-in Clinic in town is awesome. We no longer have to drive 100 miles each way to be seen,” Kelsi explained.

In fact, Kelsi and her four daughters have since switched their primary care provider to Phelps Health.

“We used to go to St. Louis for our healthcare,” Kelsi explained. “We recently started seeing Phelps Health Family Nurse Practitioner Abby Blanc at the [Phelps Health] Bond Building. She’s great.”

When 6-year-old Kora broke her thumb last May, she was treated with care and compassion at the Phelps Health Walk-In Clinic in Rolla.





QUICK READS

Learn about activities, programs and other exciting events happening at Phelps Health

MEET OUR NEW PROVIDER

Please help us welcome one of our new providers to Phelps Health:



Kourtney Buhler, DNP, FNP-C

Internal Medicine

“I see adult patients (ages 18 and up) at the Phelps Health Medical Office Building. I love the diversity of internal medicine, where I can care for a wide variety of patients with various conditions. I’m passionate about preventive health. If I see a health problem arise, I will work with my patient to set achievable goals to hopefully prevent future problems.”

PHELPS HEALTH OFFERS 50 FREE MAMMOGRAMS

In honor of Breast Cancer Awareness Month in October, Phelps Health will offer 50 free, 3D mammograms to women who are at least 40 years old and have no insurance. For this program, there are no income guidelines.

DATE

Tuesday, October 10, 2023

LOCATIONS

Phelps Health Medical Office Building | 1050 West 10th Street, Rolla

Phelps Health Waynesville Medical Plaza | 1000 GW Lane Street, Waynesville

A total of 40 mammograms will be available in Rolla, and 10 mammograms will be available in Waynesville.

MAKE AN APPOINTMENT

Call Phelps Health Centralized Scheduling at (573) 458-7737 to determine eligibility and to make an appointment.

Register by October 6, 2023. Spots are limited and will be available to the first 50 people.

Thank you to the community for contributing \$50,000 in funding through the Phelps Health Foundation Mission Fund to support 50 Free Mammograms Day.



MEET YOUR PHELPS HEALTH BOARD OF TRUSTEES *ADVISORY MEMBERS*

These four community members serve in nonvoting, nonelected advisory roles to bring additional valuable feedback, information and perspectives to the five elected Board of Trustees.



Carolyn Buschjost

Attorney and partner with the law firm, Williams, Robinson, Rigler & Buschjost, P.C.

"I am exceptionally proud of our community, including all that Phelps Health has to offer, and I look forward to this opportunity to serve with a team that is willing to work hard for the continued improvement and growth of its organization."



Merilee Krueger (Wilsdorf)

Teaching professor at Missouri University of Science and Technology

"I am honored to be an advisory member on the Board of Trustees. Phelps Health plays such an important role in our community, and I look forward to working with the Board to ensure it continues to provide quality healthcare for Rolla and the surrounding area."



Ben Tipton

President and chief lending officer at Phelps County Bank

"I have always been a firm believer that a strong healthcare system is the cornerstone of any community. We are blessed to have Phelps Health in our communities, and I am excited for this opportunity to serve."



Tim Wilson

Owner and pharmacist of an independent retail pharmacy

"I am very excited to be an advisory member and working with Phelps Health. I enjoy working in healthcare and am happy to bring my experiences and learn anything new that is going on in the world of medicine."

QUICK READS

CARES AWARD WINNERS

The Phelps Health CARES Award is presented to employees and departments who embody the Phelps Health values of CARES (Compassion, Accountability, Respect, Excellence, Service). Congratulations to all of our winners! You are outstanding role models for Phelps Health staff and patients.

March

CARES Award: Bobbie Del Rosario, Ambulance

We Caught You Caring Award: Dr. Jenny Pennycook, Women's Health

Department Award: Intensive Care Unit

April

CARES Award: Tina Thomas, Health Information Management

We Caught You Caring Award: Amanda Carter, Wound Ostomy Center

Department Award: Precertification Team

May

CARES Award: Billy White, Food Services

We Caught You Caring Award: Zak Maedgen, PA-C, Emergency Dept.

Department Award: Food Services

June

CARES AWARD: Monica Burk, Care Management

We Caught You Caring Award: Christina White, Laboratory

Department Award: Obstetrics

July

CARES AWARD: Kati Lawrence, Contact Center

We Caught You Caring Award: Tabatha Ransom, Home Health, and

Jordan Priest, DNP, FNP-BC, Family Medicine

Department Award: Supply Chain Management

To nominate an employee who demonstrates our CARES values, scan the QR code with your smartphone.



Visit phelpshealth.org to nominate a Phelps Health employee for an award today.

DAISY AWARD WINNERS

Congratulations to the following individuals for being recent DAISY Award winners:



Alissa Sturdy, RN
Emergency Department



Ashley Smith, RN
Orthopedics



Nick Crocker, LPN-IV
Home Health

The DAISY Award at Phelps Health is sponsored by the family of Vicki B. Allen through their philanthropic gift to the Phelps Health Foundation.

LEADERSHIP *Spotlight*

Each issue, we highlight a Phelps Health leader.

Jason Bartholomew, Senior Vice President of Medical Group Operations



FUN FACTS ABOUT JASON BARTHOLOMEW

- *I've known my wife, Lindsey, since we were toddlers, but we didn't start dating until I was out of college. We've been married for 16 years and have three children.*
- *I'm an unapologetic Dallas Cowboys fan. They are the best. Period. And this is "our year."*
- *I enjoy all things outdoors, but boating, golf and upland hunting are king.*
- *I performed at SeaWorld once upon a time – it was only once as a part of a high school group, and no, it didn't involve dolphins.*
- *I have a few tricks up my sleeve: I was a part-time (self-taught) magician and former saxophone player.*

PHELPS HEALTH SUPPORT GROUPS

Stroke Survivors Support Group

First Tuesday of each month | 1:00-2:30 PM
Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 458-3034

Diabetes Support Group

Second Tuesday of each month | 4:00-5:00 PM
Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 458-7314

Parkinson's and Caregivers Support Group

Third Tuesday of each month | 2:30-4:00 PM
Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 458-3034





HOMEMADE LUNCHABLES

Most 90s kids grew up eating Lunchables. Swap out the store-bought version for a homemade variety that's simple, budget-friendly and best of all, uses real ingredients.

INGREDIENTS

- 2-8 slices deli meat (ham, turkey, salami, pepperoni, etc.) rolled or cut into pieces*
- 1/4 cup cheese cubes*
- 1/4 cup crackers*
- Fruit of choice such as berries, apple slices, melon chunks, etc.
- Veggie of choice such as carrot sticks, celery, cucumber slices, etc.

*Amounts used will vary depending on child's appetite.

PREPARATION

Total Time: 5 minutes

1. Use the compartments in your bento box. Place the meat in one compartment, the cheese cubes in a separate compartment and the crackers in another compartment.
2. Add a fruit and veggie, and you have a complete lunch.

EQUIPMENT

1 bento box (reusable container with multiple compartments; available from most major retailers)



NUTRITION INFORMATION

Servings: 1

Calories: 376
Fat: 11g
Carbohydrates: 51g
Dietary fiber: 2g
Sugars: 1g
Protein: 16g
Sodium: 418mg
Cholesterol: 41mg

Source: livesimply.me

Did you make this recipe? Share your photo on social media and tag @PhelpsHealth1.

HAVE A HEALTHY RECIPE TO SHARE?

Submit your healthy recipe (including ingredients used and directions on how to make it) with a high-quality photo online at phelpshealth.org/balance and your recipe may appear in a future issue of the *Balance* magazine.

FOR YOUR HEALTH: THE A TO ZZZZZ OF HEALTHY SLEEP

By Dr. Graham A. Colditz, Siteman Cancer Center

It's that time of year when it can be pretty easy to lose a couple hours of good sleep. Even if we're usually pretty good about keeping up with our regular bedtime routines, there can be a lot going on that can get in the way. Evening trips to the park or a late summer concert can keep us up later than usual. Uncomfortably warm bedrooms can make it harder to get to sleep and stay asleep.

Occasionally missing out on a healthy night's sleep is fine. But, when it happens regularly, it can be more of a concern and have a real impact on our health.

"Sleep is essential in maintaining good physical and mental health, as well as well-being," said Yikyung Park, professor in the Division of Public Health Sciences at Washington University School of Medicine in St. Louis. "Getting too little sleep or too much sleep disrupts the circadian rhythm – our natural 'body clock' – which leads to many unfavorable responses in the body."

Poor quality sleep and short sleep (less than 7 hours a night) have been linked to accidents, weight gain, weakened immune function, depression, diabetes, high blood pressure, heart disease and some cancers.

"Sleep also plays an important role in brain health, such as learning and memory. Poor or short sleep is associated with cognitive decline, dementia and Alzheimer's disease," Park added.

As important as healthy sleep is, 35% of adults in the US don't get the generally

recommended 7 or more hours each night. And around 15% of adults have trouble falling asleep, with women much more likely to have this issue than men, people with lower incomes more likely than those with higher incomes, and those in rural communities more likely than those in larger metro areas.

Sleep quality also varies significantly by race and ethnicity, Park said. African Americans, multiracial non-Hispanics, American Indians/Alaska Natives and Native Hawaiians/Pacific Islanders are more likely to experience short sleep than other groups. Such differences in sleep quality can be caused by a number of factors – from stress and discrimination, to demands of family and jobs, to building and neighborhood conditions that can make it harder to get to sleep and stay asleep.

While we can't control everything that might impact the quality and amount of our sleep, there are steps we can take to try to get as good a night's sleep as possible. Park recommends the following tips:

- Going to bed and waking up at the same time every day.
- Going to bed only when you feel sleepy.
- Putting away electronics at least 30 minutes before bed. If you need to have your phone, put it in silent mode if possible.
- Avoiding large meals, caffeine and alcohol within a couple hours of bedtime.

- Getting regular physical activity, but not too close to when you want to get to sleep.
- Limiting exposure to bright light in the evenings.
- Keeping the bedroom at a comfortable temperature.
- Using eye masks or a white noise machine or app if light or noise are issues in your home or neighborhood.

"Finally, if you have high blood pressure, diabetes, a history of heart disease or stroke, and snore, gasp, choke or have silent pauses in breathing during sleep, or have excessive daytime sleepiness or fatigue, you may consider getting obstructive sleep apnea screening," Park added.

In sleep apnea, you stop and start breathing many times during the night, and it can increase the risk of a number of serious conditions. Fortunately, it also is treatable. So, reach out to a healthcare professional if you have questions about sleep apnea or other sleep issues.

Taking steps to improve the amount and quality of sleep can be pretty simple. But it can take some time to put them into practice regularly. Start with one or two – and build slowly from there. Even small changes can have a big impact on sleep health, which can help us feel better, and improve our overall health and wellness.

IT'S YOUR HEALTH. TAKE CONTROL.

View the **8IGHT WAYS** series about reducing cancer risk at 8ightways.org.

The Phelps Health Delbert Day Cancer Institute is part of the Siteman Cancer Network.



Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention and the creator of the free prevention tool YourDiseaseRisk.com.



Phelps Health

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INFUSION SUITE RENOVATIONS NOW COMPLETE

Renovations have been made to the Infusion Suite on the fourth floor of Phelps Health Hospital. At the Infusion Suite, patients can receive blood, antibiotic and iron infusions, among others.

“This new space will better serve our patients by providing a peaceful treatment environment. Each patient has a private, dedicated space, where a family member or loved one can stay during the treatment process,” said Senior Vice President/Chief Nursing Officer/Chief Operating Officer Keri Brookshire-Heavin.

The suite has six private treatment bays with new seating, TVs to help pass the time, a private restroom, nourishment area, waiting area and nurses’ station.

“Patients can experience comfort and tranquility while receiving their treatment under the supervision of a designated infusion nurse,” said Katlyn Wachter, MSN, RN, director of Medical Oncology at Phelps Health. “Providing these outpatient services allows patients to avoid an overnight or inpatient admission to the hospital or unnecessary, long-distance trips.”

The renovations were deemed necessary due to the growing number of patients seeking treatments. In 2022, the Infusion Suite had over 2,300 patient encounters.

The Phelps Health Foundation raised over \$870,000 from individual donors and businesses in 2018 and 2019 to offset the total project costs. The Cancer Gala and Co., LLC, also designated proceeds from its 2018 and 2019 events for this initiative.

INFUSION SUITE HOURS



Mondays, Wednesdays and
Fridays: 8:00 AM-4:00 PM
Tuesdays and Thursdays:
11:00 AM-7:00 PM

*For more information about
the Phelps Health Infusion
Suite, call (573) 458-7478.*



Members of the Cancer Gala and Co., LLC, attended an open house for the Phelps Health Infusion Suite.