

BALANCE

*Our Family Caring for Yours
Summer 2019*



SEE WHAT'S INSIDE:

From Military to Maternity Care

Meet Dr. Kan Huang

New Strategic Plan

OUR GREATEST ASSET

At Phelps Health, our workforce is our greatest asset. Without our talented providers, dedicated volunteers and our skilled healthcare staff, we would not be the organization we are today. Our successful, nearly 70-year existence is largely due to these individuals who are the heart of our hospital and clinics. We are grateful our employees and volunteers choose to work for our health system and serve the people in our community.

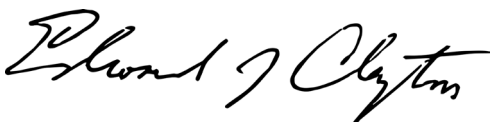
One of our newest physicians is Kan Huang, MD, PhD, MS, a medical oncologist and hematologist, who recently joined the Delbert Day Cancer Institute. Dr. Huang is one of many people in her family who pursued a medical career. Learn more about Dr. Huang on page 5.

Phelps Health volunteers are honored each year in April at the annual Auxiliary Appreciation Luncheon. Auxiliary volunteers provided a total of 18,704 service hours in 2018. Read about some of our longest serving volunteers and the reasons they enjoy donating their time and talents on page 7.

We also are a partner with the US Army Career Skills Program, which works to place service members with six months or more left on active duty into positions as civilian workers. Many of these positions begin as internships to allow our military personnel the opportunity to transition to civilian life. Rochelle Villanueva began her civilian career at Phelps Health through this extraordinary program. You can learn more about Rochelle's story on page 9.

Summer is here, which means many of us will be enjoying outdoor events. While this time of year offers many fun opportunities, Matthew Hurley, MD, a family medicine physician with the Phelps Health Medical Group, discusses basic summer safety on page 2 to ensure we are able to enjoy the activities we love year after year.

Sincerely,



Edward J. Clayton, CEO



Phelps Health *Balance* is a quarterly publication of Phelps Health printed and distributed by Missouri S&T Printing and Mail Services, G8 Campus Support Facility, 1201 North State Street, Rolla, MO 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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JULY

10 Prenatal Education Class
When: 9:00 AM-3:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353

22 Prenatal Education Class
When: 9:00 AM-3:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353

31 Community Blood Center of the Ozarks Blood Drive
When: 10:00 AM-3:00 PM
Where: Community Room, Phelps Health Waynesville Medical Plaza
Cost: Free
Contact: (800) 280-5337



AUGUST

06 and 13 Prenatal Education Class*
When: 5:30-7:30 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353
 * Two-part evening class, participants will be scheduled for both classes

08 Community Blood Center of the Ozarks Blood Drive
When: 8:00 AM-6:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (800) 280-5337

SEPTEMBER

11 Prenatal Education Class
When: 9:00 AM-3:00 PM
Where: Community Room, Phelps Health Waynesville Medical Plaza
Cost: Free
Contact: (573) 458-7353



FOUNDATION

July 15 Through 19 Cupcakes for Cancer
 Support the Phelps Health Foundation and satisfy your sweet tooth during this week. All proceeds benefit the Joy of Caring Cancer Fund.
 For more information, contact Brooke Schutt at (573) 458-7249 or bschutt@phelpshealth.org.

August 09 Dine at Panera - Benefit for Phelps Health Foundation
When: 4:00-8:00 PM
Where: Panera, 1651 North Bishop Avenue, Rolla
Contact: (573) 458-7970
 Download a flyer at <http://bit.ly/foundationpanera2019>

SUPPORT GROUPS

Cancer Support Group
When: Every Wednesday from 5:00-7:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: (573) 458-7500

Women's Breast Cancer Support Group
When: Second Wednesday of each month from 1:00-2:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: Jennifer Gerlemann at (573) 458-7164 or Tiffany Henry at (573) 458-3108

Diabetes Support Group*
When: First Saturday of each month from 10:00 AM-Noon
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7697
 *No classes in January, July or September

ASK A DOCTOR

Staying Safe and Healthy This Summer



Q How can I stay safe in the sun?

A Matthew Hurley, MD, a family medicine physician with the Phelps Health Medical Group, recommends making sure you wear sun protection, such as sunscreen, and staying hydrated.

Q What are your sunscreen recommendations?

A “I would recommend a broad-spectrum sunscreen with an SPF (sun protection factor) of greater than 30,” he said. Use a cream or lotion sunscreen, not from a spray bottle. “Reapply every two hours outside, and don’t forget to cover all areas of your body exposed to the sun.”

Q How does UV light exposure affect my skin and body?

A UV (ultraviolet) light can cause sunburns, advanced aging of the skin, cataracts, a decrease in your body’s immune function and skin cancer. “About 90% of skin cancers are caused by sun exposure,” Dr. Hurley said.

Q How do I treat a sunburn?

A For sunburns, cool off the area as soon as possible. Take a cold shower. Using lotions or aloe will help keep the affected area hydrated. “Do not use oil- or petroleum-based lotions,” he said. Drink plenty of water. Anti-inflammatory drugs, such as Ibuprofen, can help with the pain. If you have blisters with your sunburn, see a doctor.

Q Any tips for staying hydrated this summer?

A “Make sure water is available to you at all times, and drink before you feel thirsty,” Dr. Hurley advised. A well-hydrated person should have light, golden-colored urine.

Q What is the difference between heat exhaustion and heat stroke?

A Symptoms of heat exhaustion may include headache, nausea, mild confusion and dizziness. “For heat exhaustion, get out of the sun, preferably into air conditioning or shade, and drink water,” he said. After an hour, if symptoms have not improved, see a doctor or go the Emergency Department. Symptoms of heat stroke may include all of the above as well as convulsions, a fever of 104°F or higher and a lack of sweating. People with heat stroke should seek medical assistance immediately.

Q What if a bug stings or bites me? What about ticks?

A To prevent bug bites, wear spray repellants with DEET. Ice, anti-inflammatory medicines and creams can help reduce redness and swelling. To prevent tick-borne illnesses, make sure to remove the tick, including its head, quickly. Dr. Hurley said that if ticks are on your body for more than 24 hours and you have a bullseye rash, visit your doctor.

LEARN MORE

Talk to your doctor about keeping healthy and safe this summer. To establish care with a Phelps Health primary care provider, call (573) 364-9000.



TO IMPROVE THE WELLNESS OF PEOPLE

New Strategic Plan Highlights Quality Care, Patient Satisfaction
By Paul Hackbarth

Phelps Health’s new strategic plan emphasizes providing quality care to the people living in south-central Missouri and ensuring that patients are exceptionally satisfied with the services they receive from this healthcare organization.

In December 2018, the Phelps Health Board of Trustees approved the healthcare system’s strategic plan for the next five years. The plan includes five areas of focus:

- Integrated Delivery
- Quality and Value
- Strategic Growth
- Our People
- Organizational Excellence

“With this plan, we can take better care of the patients in our region,” said Phelps Health President and CEO Ed Clayton. “Throughout our entire organization, we aim to provide services in a way that maximizes the benefits to patients.”

The plan outlines strategies to provide a consistent patient experience and improved coordination among caregivers throughout Phelps Health.

“As we always have, we want to ensure that the experience patients have at our facilities are second to none,” Clayton said. “We want

our patients to have a high level of confidence in the services they receive here.”

Rebranding the healthcare system at all Phelps Health locations has helped emphasize the goal of providing an integrated delivery of care, Clayton said.

Ensuring patient satisfaction is important, he noted, so when patients receive surveys, either by phone or email, the feedback they provide is extremely valuable to this organization.

INTEGRITY • INNOVATION • CO



THE HEALTH AND PEOPLE IN OUR REGION

“We want our services to be rated highly,” Clayton said. “At Phelps Health, our goal is to provide such excellent care to patients that they would recommend our health system to their families and friends.

“When we receive feedback from patients at our facilities, we hope that reflects the type of care we aim to offer,” he said.

Clayton noted that while positive input is always appreciated, comments also are sought to help the organization improve.

In addition, the new strategic plan looks at ways to enhance service lines, especially in the areas of cancer, orthopedics (bones and muscles) and cardiovascular (heart and blood vessels) care.

Investing in this organization’s employees is another important piece of the plan. “In order to be successful, our workforce has to be highly skilled, and we need to be there for our patients when they need care,” Clayton said.

One large undertaking in the strategic plan involves implementing a new electronic medical record

(EMR) system, an upgrade that will complement several other initiatives in the plan, according to Clayton. The new EMR system will allow for more efficient ways to document and monitor the care of patients.

In addition to the strategic plan, Phelps Health also has new mission and vision statements:

Mission: To improve the health and wellness of people in our region

Vision: Phelps Health will be the preferred health system in our region

COMPASSION • PHILANTHROPY

INSPIRED *to* PROVIDE

Kan Huang, MD, PhD, joins Phelps Health Delbert Day Cancer Institute

By Paul Hackbarth



For Kan Huang, MD, PhD, MS, a medical oncologist and hematologist with the Phelps Health Medical Group, becoming a doctor is something she has in common with many of her relatives who are around the same age as her.

“My generation, including my younger brother and many of my cousins...we all got advanced degrees or went to medical school,” Dr. Huang said.

In fact, her younger brother who also earned his Doctor of Medicine (MD) and Doctor of Philosophy (PhD) is completing his fellowship training in the Los Angeles, California, area.

Dr. Huang is originally from China, and several years ago, her little brother was sick and brought to the United States for treatments. She remembers visiting him, and seeing how the doctors cared for her sibling inspired Dr. Huang to become a physician herself.

After graduating in 2001 from medical school at Guangxi Medical University in Nanning, Guangxi, China, she completed her residency training in internal medicine in 2012 at Hofstra North Shore-Long Island Jewish Medical Center in New Hyde Park, New York.

In addition, she completed a hematology/oncology fellowship in 2015 at New York-Presbyterian/Columbia University Medical

Center in New York City. Oncology is the study of cancer, and hematology is the study of blood disorders.

She also holds a PhD in biomedical sciences, specializing in nutrition, and a Master of Science (MS) in exercise science. She earned both of these degrees from Marshall University in Huntington, West Virginia.

Dr. Huang has been seeing patients at the Phelps Health Delbert Day Cancer Institute (DDCI) since April 2019. Before she joined the Phelps Health team, Dr. Huang practiced at the University of Missouri Department of Medicine, Division of Hematology-Medical Oncology, in Columbia. She also practiced medicine in New Jersey.

Board-certified in internal medicine, medical oncology and hematology, Dr. Huang has four years of working experience treating adult patients with all types of cancer. Her special interests include breast, lung, gastrointestinal (GI) and skin cancer, but these are not the only types she can treat.

Dr. Huang, along with all of the other providers at the DDCI, can help with many types of cancers. While they may refer certain complex cases to other cancer care facilities, often patients can still receive their treatments, such as chemotherapy, at the DDCI.

Her decision to specialize in cancer care was due partly to a mentor, Kanti Rai, MD, a former president of the American Society of Hematology.

“I really like this field,” she said of oncology. “The advancements that have been made in cancer treatments have really changed the lives of patients. With more options for cancer treatments nowadays, such as immunotherapy, this helps improve the quality of people’s lives.”

Since coming to Phelps Health, Dr. Huang has appreciated getting to know her patients and building professional relationships with them.

“No two types of cancer are treated the same, and no two cancer patients are treated the same,” Dr. Huang said. At the DDCI, Phelps Health providers like Dr. Huang offer personalized care and treatment plans for each patient.

She truly enjoys caring for people living in communities throughout south-central Missouri.

“I really like Rolla, and I really enjoy serving this community,” she said. In her spare time, she enjoys many hobbies including Zumba dance, hiking, kayaking and cycling.

LEARN MORE

Dr. Huang is accepting new patients at the Delbert Day Cancer Institute. To learn more about Dr. Huang, or cancer care services at Phelps Health, visit phelpshealth.org or call (573) 458-3324.

APPRECIATING

Volunteers Recognized at Annual Luncheon

By Paul Hackbarth

Phil Cox, PhD, interim director of the Phelps Health Auxiliary and Volunteer Services, perfectly summed up the reason volunteers do not receive paychecks for their time.

“I read somewhere that volunteers aren’t paid...not because they are worthless, but because they are priceless,” Cox said during the annual Auxiliary Appreciation Luncheon held April 17, 2019, at the Lions Club Den in Rolla, Missouri.

Each year, the Auxiliary honors all of its volunteers for their years of service to the Phelps Health organization. From sewing and knitting baby caps, bags and stuffed animals to helping patients and visitors find their way around the healthcare facilities and so much more, volunteers are vital to the success of Phelps Health.

“Our staff could not do what we do without you,” Phelps Health President and CEO Ed Clayton told volunteers at the spring luncheon.

While all volunteers were thanked for their service, about 10 volunteers received a special honor for volunteering for more than 20 years.

Audrey Huddleson is currently the longest serving volunteer. She has been with the Auxiliary for 37 years. Huddleson volunteers every Tuesday morning in the Phelps Health Medical Office Building, “and I love doing that,” she said.

“Volunteering makes me feel good,” Huddleson said. She noted that she has had six cancers in her lifetime, so as a volunteer at Phelps Health, she feels like she is giving back.

Other longtime volunteers recognized include the following:

- Blanche Lortz, 27 years;
- Linda Marsh and Velma Overby, each with 26 years;
- Jean Joiner, 24 years;
- Illa Bell, Judy Grady, Pat Lizotte, Leona Rosenow and Jean Sidener, all with 22 years.

Marsh said volunteering is fulfilling and that she enjoys being around other people. She currently volunteers in the Repeat Boutique and at the North Entrance.

Overby, like Marsh, volunteers in the Repeat Boutique. After retiring, “I thought that I’d like to do something and give back to my community,” she said. A friend of hers, who was Auxiliary board president at the time, encouraged her to volunteer. “I just feel this is the right place for me,” Overby said.

Audrey Huddleson, center, was honored for her 37 years of service with the Phelps Health Auxiliary and Volunteer Services. Also shown are Phil Cox, left, Auxiliary interim director, and Ed Clayton, Phelps Health CEO.

Photo by Allyson Penner



OUR AUXILIARY

Auxiliary volunteers provided a total of 18,704 service hours in 2018. That includes hours from both adult and teen programs. (The Auxiliary hosts a VolunTEEN program each summer for teenagers.)

Clayton put that grand total into perspective. “If we had to hire additional employees to do the jobs that volunteers do, it would total about \$450,000 in salaries each year,” he said. “That is how much volunteers contribute to this organization.”

Phelps Health hospice volunteers also were acknowledged. These individuals provided 433 service hours last year. Also in 2018, chaplains provided 21 hours of volunteer service.

Not only do volunteers give back their time but also the Auxiliary has contributed funds for several projects for the health system.

Last year, one of the biggest contributions announced was the donation of \$220,000 to Phelps Health for the purchase of a new ambulance. Additionally, the Auxiliary awarded \$14,000 in scholarships to area nursing and allied health students.

Another \$14,000 was donated in 2018 to purchase meals for patients receiving treatments over the lunch hour at the Phelps Health Delbert Day Cancer Institute.

The Happy Hauler also received a donation of \$25,000 from the Auxiliary.

The Auxiliary annually supports the Camp Capable program through The Community Partnership that helps children with disabilities or developmental delays participate in sports and fitness activities. Last year, the Auxiliary donated \$5,000 to Camp Capable.

Altogether, the Auxiliary gave approximately \$278,000 last year, and they are not done giving back.

In 2019, the Auxiliary has donated nearly \$600 for aprons and about \$6,900 for five new wheelchairs for patients to use. About \$1,600 has been donated toward the VolunTEEN program. The Auxiliary also plans to provide funds for Camp Capable again this year, award scholarships and donate to other projects.

Also during the luncheon, former director Tina Pridgeon was acknowledged for her 13-plus years of service to the Auxiliary. Pridgeon retired from her position earlier this year.

The appreciation luncheon’s theme this year was Mardi Gras. Attendees enjoyed a Cajun meal provided by Girls Gone Catering and played a variety of Mardi Gras-themed trivia games.

Auxiliary Board President Carolyn Tilford recognized Auxiliary staff, including Phil Cox; Crystal Lorah, manager; and Neal Fallesen, specialist.



HOW TO VOLUNTEER

Learn more about Phelps Health Auxiliary and Volunteer Services at phelpshealth.org or by calling Phil Cox at (573) 458-7935 or Crystal Lorah at (573) 458-7947.

FROM MILITARY TO MATERNITY CARE

Career Skills Program Helps with Transition from Army to Civilian Life

By Paul Hackbarth

While transitioning from military to civilian life can be tough for many service members, the US Army Career Skills Program (CSP) aims to make that change easier for many people.

Rochelle Villanueva, a surgical technologist at Phelps Health, is a perfect example of how the CSP is beneficial.

After 23 years in the military, Villanueva retired in September 2018. For the last five years, she was stationed at Fort Leonard Wood, Missouri.

Her years of service included time as a unit supply specialist with the National Guard and nine years as a surgical technologist with the Army. In addition, she spent the last 13 years with the Military Police.

As Villanueva was getting ready to transition out of the military, she learned of the CSP, which helps prepare service members with finding jobs in the civilian sector.

“The CSP identifies soldiers with six months or more left on active duty and places them in internships in a civilian capaci-

ty, so they can gain experience working in the civilian capacity,” said Geoffrey Bieniek, veteran employment specialist with the Missouri Division of Workforce Development.

The program benefits service members who are paid by the Army to learn new job skills in the civilian sector. “It is just great civilian experience while they (service members) are still in the Army,” Bieniek said.

Businesses and organizations, like Phelps Health, who are partners in the CSP, help train to hire transitioning service members who are ending their military career for up to six months at no cost to the business or organization.

“The CSP allows Phelps Health to partner with our Armed Forces to assist service men and women to transfer their job skills more effectively to ensure a smoother transition to the civilian workforce,” said Phelps Health Chief Human Resources Officer John Emmart. “We provide the environment for them to learn while working, which is a ‘win-win’ situation for all.”

Since Villanueva previously learned the skills to be a surgical technologist while serving in the Army, she said she wanted to use those skills outside of the military. She then accepted a three-month internship, working in the operating rooms (OR) at Phelps Health.

“The OR crew was amazing and helped me with everything, every step of the way,” Villanueva said. After her internship was over, she wanted to stay, so Villanueva was referred to apply for an opening in the Obstetrics/Nursery department at Phelps Health in Rolla.

Villanueva has worked in that department since the fall of 2018 and strongly recommends that any service member looking to transition to civilian life take part in the CSP.

“The program really sets you up for success,” she said. “It’s a good feeling for soldiers knowing they have a job (after their military career ends).”

Last year, Villanueva enrolled in Lincoln University at Fort Leonard Wood, where she is still pursuing a degree to become a Registered Nurse (RN).

“IT’S A GOOD FEELING FOR SOLDIERS, KNOWING THEY HAVE A JOB (AFTER THEIR MILITARY CAREER ENDS).”

- ROCHELLE VILLANUEVA



→ For more information about internships or career opportunities at Phelps Health, visit phelpshealth.org/careers.



SEE WHAT'S HAPPENING *Around* Phelps Health

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



PATIENT EXPERIENCE AWARD WINNER

Philanthropy

Tracy Limmer – Organizational Development and Innovation

Congratulations to Tracy Limmer, who works in Organizational Development and Innovation at Phelps Health, for receiving a recent Patient Experience Award.

Limmer was recognized for displaying Philanthropy. At Phelps Health, Philanthropy is defined as “believing in being good stewards of the gift of time, deeds and resources of our employees and community.”



PATIENT EXPERIENCE AWARD WINNER

Innovation

Carla Scantlin – Environmental Services

Congratulations to Carla Scantlin, who works in Environmental Services at Phelps Health, for receiving a recent Patient Experience Award.

Scantlin was recognized for displaying Innovation. At Phelps Health, Innovation is defined as “believing in being inspired to provide care in new and creative ways.”

Phelps Health patients and their families as well as Phelps Health employees can nominate a staff member who consistently displays one of Phelps Health’s organizational values -- Integrity, Compassion, Innovation or Philanthropy.

Around Phelps Health



WELCOME TO SILVER EAGLES

The Phelps Health Silver Eagles, a program that promotes healthy aging, is FREE for those aged 50 and above. The goal of the Silver Eagles program is to help members receive the most updated health information for vital aging, make new health skills a priority, and improve lifestyles, diets and attitudes for healthy longevity.

Silver Eagles Membership Benefits

- Monthly invitation to free educational events
- Walk free at The Centre Wednesdays from 9:00 AM to 3:00 PM
- Special travel events
- Invitation to free, periodic health screenings
- Healthy aging tips and more

For more information about the Silver Eagles program, call Tracy Limmer at (573) 458-7759.

Look for future information about the Silver Eagles program in Phelps Health's new *Balance* magazine.

SILVER EAGLES EVENTS

August 28

Wake Up To Sleep

Speaker: Cheryl Hoerr, Director of Respiratory Therapy Services

When: 1:30-2:30 PM

Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute, 1060 West 10th Street, Rolla, MO 65401

September 25

Social Security and Seniors

Speaker: Rolla Social Security Office

When: 1:30-2:30 PM

Where: Private Dining Room 1, Phelps Health Hospital, 1000 West 10th Street, Rolla, MO 65401

October 23

Fatigue: Vein Problems May Be The Cause

Speaker: Amy Hall, BS, RN, Outreach Educator, Missouri Vein Center

When: 1:30-2:30 PM

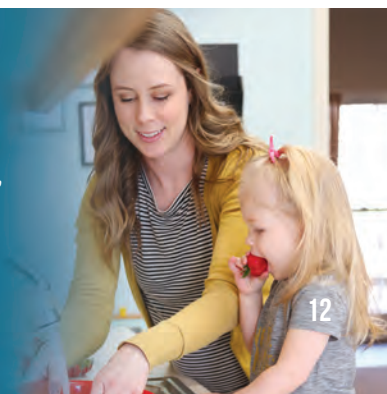
Where: Private Dining Room 1, Phelps Health Hospital, 1000 West 10th Street, Rolla, MO 65401

SHARE YOUR HEALTHY HABITS

Healthy habits are gifts meant to be shared with your loved ones.

Today's healthy choices will encourage good health decisions later in life.

CALL (573) 364-9000 FOR AN APPOINTMENT.



Around Phelps Health



INPATIENT INFUSION CENTER INITIATIVE

Continuity of care in the patient experience is critical to health and healing. For over three decades the Inpatient Infusion Center served the needs of our community well. However, as patient needs have grown and changed, we are no longer able to provide the level or continuity of care that Phelps Health is known for.

Complementing the Phelps Health Delbert Day Cancer Institute, which provides care to patients receiving chemotherapy and other infusion services in a short-term care setting, the Inpatient Infusion Center provides the same level of care to patients who must be hospitalized, require urgent treatment or need further monitoring.

Last year, over 1,700 patients received care in the infusion center. Our \$870,000 initiative will reallocate existing space located on the fourth floor of the main hospital to include six private infusion bays with a centralized nursing station, a nutrition center/kitchenette, a small meeting space and two hospice rooms.

Together, we have the opportunity to invest in the future of healthcare for our area, ensuring everyone receives the care they need in a comfortable, healing setting. For more information, contact Phelps Health Foundation Interim Executive Director Marsha Rana Wayman at (573) 458-7946 or mwayman@phelpshealth.org.

MARK YOUR CALENDARS

Phelps Health's Sixth Annual Superhero 5K

Saturday, October 19, 2019

Veterans Memorial Park | Rolla, MO

Race Day Registration 8:00 AM

Race Start 9:00 AM



NEW SALEM CLINIC COMING SOON

Progress is being made on the new Phelps Health Medical Group Salem building. The new clinic will open August 5 at a new location – 1415 West Scenic Rivers Boulevard, Salem. The facility will be about 7,500 square feet and will include 16 exam rooms and one procedure room. Phelps Health is working with general contractor McCarthy on this project.



Around Phelps Health

PHELPS HEALTH PATIENT AND FAMILY ADVISORY COUNCIL AIMS TO IMPROVE PATIENT EXPERIENCE

Phelps Health's Patient and Family Advisory Council (PFAC) plays an important role in improving the patient experience throughout this healthcare system. By serving on this committee, community members who have been a patient or a family member of a patient at Phelps Health offer guidance on many topics related to the experiences of patients, families and visitors at Phelps Health.

Phelps Health staff is seeking new members to begin serving on the PFAC this summer. Applicants must be willing to serve on the council for at least one year and be available to attend meetings once a month, except in December. Meetings are held at the hospital and usually last about one and a half hours, with lunch provided.

If you are interested in joining the Phelps Health PFAC, or for more information, please contact Carla Clayton at cclayton@phelpshealth.org or visit phelpshealth.org to complete an application online.



PENICILLIN TESTING AT PHELPS HEALTH

You might have been told years ago that you are allergic to penicillin, a common antibiotic used to treat bacterial infections. However, you may not have a penicillin allergy.

Phelps Health's allergy care team is recommending patients who list penicillin as one of their allergies be tested.

Talk to your primary care provider first if you would like to be tested for a penicillin allergy.

To learn more, call the Phelps Health Medical Group at 600 Blues Lake Parkway in Rolla at (573) 364-5719.



D.I.C.E. AWARD WINNERS

Shirley Todd (left picture), a patient care assistant in the Behavioral Health unit, and Mariyah Kennedy, a patient care assistant in the Medical Oncology unit, were both recently named D.I.C.E. Award winners. D.I.C.E. stands for Doing Incredible Care Everyday and is for non-nursing staff such as aides, techs and secretaries. The Phelps Health Auxiliary and Volunteer Services, in conjunction with the Nursing Administration Office, sponsor this award.

Todd was nominated by a patient for making her feel "safe, warm and welcome."

Kennedy was nominated by a patient for making her feel like a regular person and not just another patient.



Photo by @stephanieleenutrition on Instagram

BLACK BEAN BROWNIE BITES

Yields 21 Mini Brownies

These brownies are prepared using less fat and sugar than traditional brownies, and they contain twice the fiber.

INGREDIENTS

- 1 15-ounce can black beans (drained and rinsed thoroughly)
- 2 Tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup honey
- 1/4 cup vegetable oil
- 2 tsp pure vanilla extract
- 1 tsp baking powder
- 1/2 cup mini chocolate chips
- 1/4 cup chopped walnuts (optional)

PREPARATION

Preheat oven to 350°F. Use cooking spray to lightly grease a mini muffin pan. Combine black beans, cocoa powder, oats, salt, honey, vegetable oil and vanilla extract in a food processor. Add baking powder and mix by hand. Stir in the chocolate chips. Spoon about 1 tablespoon of batter for each brownie bite into the muffin pan. Top with walnuts or chocolate chips as desired. Bake for 10 to 12 minutes.

NUTRITIONAL INFORMATION (PER BROWNIE)

81 calories, 4g fat, 33mg sodium, 11g carbohydrate, 2g fiber and 2g protein

The above recipe was provided by Siteman Cancer Center, Phelps Health and the Delbert Day Cancer Institute (DDCI) are part of the Siteman Cancer Network, an affiliation led by Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis. The Siteman Cancer Network is committed to improving the health and well-being of people and communities by expanding access to cancer research, treatment and prevention initiatives.

FOR YOUR HEALTH: LUNG CANCER SCREENING CAN SAVE LIVES

By Dr. Graham A. Colditz
Siteman Cancer Center

Among scary diseases, lung cancer can be one of the scariest. It is the leading cause of cancer deaths in the nation, including in Missouri and Illinois. And for smokers and many ex-smokers who are at increased risk of lung cancer, it can feel especially scary.

But there is some good news for those at high risk for the disease. Since 2013, a screening test has been available for certain heavy smokers and ex-smokers that can help catch lung cancer at earlier stages when it's more treatable. The test is covered by Medicare and most other health insurance plans, and it's been shown to lower the risk of dying of lung cancer by 16 percent and to lower the risk of dying of any cause by about 7 percent.

While these numbers may not sound that impressive, it's been estimated that if everyone in the U.S. who was eligible for lung cancer screening were actually screened, it could prevent about 10,000 deaths each year, a number on par with those lost to drunk driving.

The screening test is called low-dose computed tomography, or low-dose CT. It is quick, easy and recommended for people at high risk of lung cancer. To be eligible for screening, you need to be age 55 to 77, be a smoker or ex-smoker who quit in the last 15 years and have smoked the equivalent of one pack a day or more for 30 years.

If you think you may be eligible, ask a healthcare provider about screening. Together, you can decide if it's right for you.

While a randomized clinical trial shows that the test saves lives, it does have some potential harms that are important to consider. First, low-dose CT has a relatively high false alarm rate. Officially called a false positive, this is when the test finds something that looks like cancer but isn't cancer. False positives can make you

feel anxious and stressed, and lead to follow-up tests that have their own risks.

Second, low-dose CT can lead to something called overdiagnosis. This is when the test actually finds cancer, but strange as it may seem, it's a cancer that wouldn't have caused any health issues if it hadn't been found. These slow-growing cancers, nevertheless, are often still treated. And those treatments, like surgery and chemotherapy, can have risks.

Finally, there's a small health risk from the radiation used during the low-dose CT scan itself. The amount of radiation in a single scan, though, is only about half the amount a person is exposed to during the normal course of a year.

The balance of the screening's risks and benefits can vary from person to person, and the decision to get screened is a personal one. For many people, it's easy. For others, it can take more consideration.

There's no right or wrong choice. But what is important is having the conversation about screening if you have a history of smoking about a pack or more a day.

Of course, the single biggest step that smokers and those who recently quit can take to protect themselves from lung cancer is to be smoke-free, whether they get screened or not. Quitting smoking for good lowers the risk of lung and many other cancers, plus heart disease, stroke and premature mortality. And it's never too late to benefit. For help quitting, talk to your healthcare provider, call 1-800-QUIT-NOW, or visit SmokeFree.gov.

IT'S YOUR HEALTH. TAKE CONTROL.

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



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.



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