

# BALANCE

*Our Family Caring for Yours  
Spring 2019*



## SEE WHAT'S INSIDE:

PCRMC Is Now Phelps Health

Meet Dr. Lori Smith

Our Supportive Care Program is Growing



Phelps Health

[PHELPSHEALTH.ORG](http://PHELPSHEALTH.ORG)



# NEW BEGINNINGS

New beginnings signify renewal and improvement. At Phelps Health, the year 2019 has brought significant changes to our organization. An important change has been the decision to rename and rebrand our health system. The Board of Trustees unanimously approved renaming Phelps County Regional Medical Center to Phelps Health in October 2018. Along with our new name, we have a new logo and look. You can read more about how our rebranding efforts have taken shape on page 3.

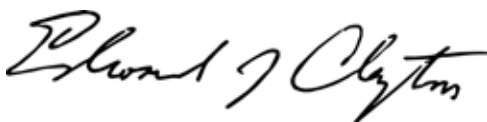
In addition, we are always working to recruit the best and brightest providers to the area. One of our newest physicians, Lori Smith, MD, joined the Phelps Health Medical Group and is now practicing in Rolla and Vienna. Dr. Smith has over 30 years of experience, has special interests in caring for women and seniors and is accepting new patients. Read more about Dr. Smith on page 5.

Spring is upon us, and this time of year brings about seasonal allergies for many people. Judyann Krenning, MD, an otolaryngologist (or ENT physician) with the Phelps Health Medical Group, discusses the causes of allergies and what you can do to get some relief from common allergens on page 2.

Patients are our top priority, and we are dedicated to meeting the needs of our patients through excellent care and the addition or expansion of services. One area experiencing growth has been the Supportive Care program, which focuses on quality of life for patients and families facing serious illnesses. The Phelps Health Supportive Care team served over 400 patients in 2018. You can learn more about Supportive Care and meet the team on page 9.

I hope you enjoy your first issue of *Balance*.

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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If you prefer not to receive the Phelps Health *Balance* magazine, please call (573) 458-7600 or email your name and the mailing address where you receive the magazine to [phackbarth@phelpshealth.org](mailto:phackbarth@phelpshealth.org) and you will be removed from our mailing list.

# IN THIS ISSUE

01 UPCOMING EVENTS

02 ASK A DOCTOR

03 NEW NAME, NEW LOOK

05 DR. LORI SMITH JOINS MEDICAL GROUP

07 AUXILIARY SPOTLIGHT

09 SUPPORTIVE CARE IS GROWING

11 AROUND PHELPS HEALTH

15 RECIPE

## SPECIAL THANKS

Launching a new magazine is quite the undertaking but also an exciting opportunity. A lot of hands went into the making of this publication, and a special thank you goes out to five Phelps Health employees who, based on their suggestions, helped come up with the name of this magazine. In December 2018, Phelps Health employees were invited to submit names for this new magazine during a contest. Several excellent suggestions were made, but we could only pick one name. We would like to recognize those employees, CJ Huff, Penny Jones, Scott Kempen, Kathy Ohmann and Julie Terry, who all contributed ideas that eventually led to the name for this magazine: *Balance*.

# APRIL

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

**11 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

**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



## 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

# MAY

**07 and 14 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

**18 Hospice Butterfly Release**  
**When:** 2:00-4:00 PM  
**Where:** Huffman's Flowers of the Field, St. James  
**Cost:** \$30 (to reserve a butterfly)  
**Contact:** (573) 458-3802

**28 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

**30 Safe Sitter**  
**When:** 8:00 AM-4:00 PM  
**Where:** Education Classrooms, Phelps Health Hospital  
**Cost:** \$65  
**Contact:** (573) 458-7691

# JUNE

**01 National Cancer Survivors Day**  
**When:** 8:00-10:00 AM  
**Where:** Greentree Christian Church, Rolla  
**Cost:** Free  
**Contact:** (573) 458-3324

**06 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

**10 21st Annual Charity Golf Tournament**  
**When:** 6:30 AM-7:00 PM  
**Where:** Oak Meadow Country Club, Rolla  
**Contact:** Phelps Health Foundation at (573) 458-7249

**13 Safe Sitter**  
**When:** 8:00 AM-4:00 PM  
**Where:** Education Classrooms, Phelps Health Hospital  
**Cost:** \$65  
**Contact:** (573) 458-7691

**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

# ASK A DOCTOR

## What You Need to Know About Allergies



### Q What is an allergy?

**A** “An allergy is the body’s reaction to an allergen it doesn’t like,” said Judyann Krenning, MD, an otolaryngologist (a doctor who specializes in ear, nose and throat, or ENT, care) with the Phelps Health Medical Group. Allergies can be mild or severe and immediate or delayed. The most common allergies are found either to be environmental and/or food.

### Q What happens during an allergic reaction?

**A** What happens when a person has an allergic reaction varies. “Usually, they suffer itchy and watery eyes, sneezing or drainage in the throat with environmental allergies,” Dr. Krenning said. People with food allergies may experience eczema or a rash, abdominal pain and sometimes, ear infections.

### Q How do I know if I have allergies or a cold?

**A** “Sometimes, it’s difficult to tell the difference,” Dr. Krenning said. “With a cold, you usually have an increase in your body temperature and the mucus is usually thick or cloudy and sometimes yellow. With allergies, the mucus is almost always clear.” Additionally, colds usually last several days or up to two weeks, whereas allergies last much longer.

### Q Can allergies be cured?

**A** The answer is sometimes, according to Dr. Krenning. With allergy shots, a patient may become desensitized to certain allergens. “If you have taken allergy shots for three to five years, and you are retested after that, you may find out you no longer react to certain allergens, like cedar,” she said.

### Q What are common causes of allergies?

**A** Mold, pollen and pets, such as cats and dogs, are some of the main causes of environmental allergies, while dairy, wheat and eggs are common causes of food allergies.

### Q How can I control my allergies?

**A** If you cannot avoid the allergen, the next best step is medical management. That may include taking antihistamines, using nasal sprays or getting allergy shots. On rare occasions, steroids can be used.

### Q Tell me about allergy shots.

**A** Allergy shots can be given at your doctor’s office. After the first few visits, some patients may be able to have a spouse or parent give them allergy shots at home. Dr. Krenning said drops or tablets can be placed under the tongue to help with allergies.

### Q What does hypoallergenic mean?

**A** Hypoallergenic refers to products that have less or no allergens in them. Examples of hypoallergenic products may include deodorant or laundry detergent.

## LEARN MORE

For more information about allergies, visit [phelpshealth.org](http://phelpshealth.org) or call the Phelps Health Medical Group at 600 Blues Lake Parkway in Rolla at (573) 364-5719.



# NEW NAME, NEW LOOK

*Phelps County Regional Medical Center is now Phelps Health*

By Paul Hackbarth

Effective January 1, 2019, Phelps County Regional Medical Center (PCRMC) was officially renamed Phelps Health. The Phelps Health Board of Trustees voted unanimously in October 2018 to rename the healthcare organization.

The new name applies to all of Phelps Health's clinics, departments, service lines and facilities throughout its six-county service area in south-central Missouri.

## WHY CHANGE?

The decision to rename and re-brand was made to better define what this organization has become. The old name – Phelps County Regional Medical Center – no longer is an accurate description.

“We have grown beyond just a hospital or a medical center,” said Phelps Health President and CEO Ed Clayton. “We are structured as a county hospital, but we offer

more services than a typical county hospital does.”

Phelps Health has clinics and facilities throughout Rolla as well as in Salem, St. James, Vienna and Waynesville.

The new name better clarifies that all of Phelps Health's clinics and facilities are tied together under one integrated healthcare organization.

“We hope this name change makes us more recognizable in the communities where we offer care,” Clayton said.

Changing the name to Phelps Health not only offers clarification for the community but also provides a clearer description to potential physicians and clinical staff who may want to work for this organization.

## GROWTH OVER THE YEARS

The Rolla hospital first opened in 1951 and was then known as Phelps County Memorial Hospital. At that time, there were 62 hospital beds, and the hospital employed 65 people. The hospital was created to provide a local healthcare home for the residents in the community.

Over the years, the hospital has substantially grown, with new facilities, clinics, service lines and technology added.

The growth has been especially recognizable over the last 10-15 years, with the opening of the Medical Office Building in 2007, the Waynesville Medical Plaza in 2015 and the Delbert Day Cancer Institute in 2017.



Phelps Health now has over 1,800 employees, more than 100 providers in the Phelps Health Medical Group and is licensed for 242 beds.

The essence of why Phelps Health exists remains the same as it did nearly 70 years ago: to care for you and your family as if you were our own.

“We will always strive to improve, and we will always continue to offer the best available healthcare options for you and your loved ones,” Clayton said.

## COMMUNITY INPUT

Several stakeholders both within the Phelps Health organization and throughout the local community gave input on the name change and new logo. Consumer testing also took place, and the public’s feedback was considered.

Phelps Health administrators and staff worked with an independent healthcare marketing consultant throughout this rebranding process.

“When choosing a new name, we wanted to retain the term ‘Phelps’ somehow,” Clayton said.

Phelps County’s generous and giving community founded this hospital, so that part of the name was important to keep, according to Clayton.

## WHAT HAS CHANGED?

In addition to a new name and logo, Phelps Health has consolidated its clinics and facilities into one united health system.

Along with those changes, Phelps Health also has a new website, [phelpshealth.org](http://phelpshealth.org), which launched in early January 2019. Phelps Health has new social media accounts and email addresses, too.

New signage has been placed around the main Rolla campus and will continue to be updated at all facilities and locations. Installation of new signs is expected to be completed by summer 2019.

## WHAT IS THE SAME?

Though the healthcare system’s name has changed, some things will always remain the same, like this organization’s commitment to patients living in and around

the communities in south-central Missouri.

“Over the years, we have grown into an integrated health system, one that offers the best physicians, equipment and services available,” Clayton said. “We will always be committed to improving and bringing cutting-edge technology and treatment options home to you.”

Phelps Health continues to provide high-quality care by exceptional and caring doctors, nurses and staff.

In addition, ownership of the healthcare organization has not changed. Phelps Health remains its own independent, nonprofit healthcare facility.

Other things that have not changed include phone numbers and our mission: To improve the health and wellness of people in our region.

## LEARN MORE

To learn more about Phelps Health providers, conditions we treat or to find your next career with our healthcare organization, visit [phelpshealth.org](http://phelpshealth.org).

## SHARE YOUR STORY



Your experience is part of ours. Has Phelps Health made a positive difference in your life? If so, we would love to hear from you. Share your story! #WeArePhelpsHealth

# ROOTED *in* ROLLA

*Lori Smith, MD, joins Phelps Health Medical Group*

By Paul Hackbarth



Lori Smith, MD, a family medicine physician who joined the Phelps Health Medical Group in January, decided she wanted to become a doctor in her early teenage years.

“I knew I wanted to be a physician in the eighth grade,” she said.



Dr. Smith grew up in the Vichy area, north of Rolla. After graduating from Rolla High School in 1980, she began pursuing her medical education.

She earned her medical degree from the University of Missouri-Kansas City School of Medicine in Kansas City, graduating from the six-year combined BA/MD program in 1986. She completed her residency training in 1989 at the University of Missouri Department of Family and Community Medicine in Columbia.

Dr. Smith has over 30 years of experience practicing medicine. She is certified with the American Board of Family Practice. As a family medicine doctor, she is trained to treat and care for a wide range of medical conditions, diseases and illnesses in patients of all ages.

“I see a diverse patient population, from birth through the elderly,” she said.

Patients who have a variety of routine issues, from the common cold and high blood pressure to ear infections and lower back pain, can make appointments with Dr. Smith.

Her special interests include women’s care as well as care of the senior population, preventive medicine and weight management. She also has experience performing minor procedures in a clinic setting.

Establishing care with a primary care provider, such as a family medicine physician, is important for many reasons, according to Dr. Smith.

“Your family medicine doctor can help orchestrate your care,” she said. “Your primary doctor also can assist you with finding the right resources you need to manage your condition.”

As a doctor, she treats her patients with compassion. “I try to always use the Golden Rule (treating others as you wish to be treated),” Dr. Smith said. “People have told me that I am very down-to-earth, and I really do care about my patients.”

Since finishing her residency, Dr. Smith has consistently practiced emergency and family medicine as well as urgent care throughout her career. While she helped patients as a physician at some medical

clinics in the western half of the United States, she also has cared for patients at several hospitals and medical centers around Missouri. She even served as a medical director with area ambulance districts.

However, Dr. Smith is no stranger to Rolla, having previously worked in the Phelps Health Emergency Department as recent as 2017.

Her love of healthcare runs in the family. Dr. Smith’s mother was a Registered Nurse (RN) in the Pediatrics Unit at Phelps Health. Her father was a professor at Missouri University of Science and Technology for 37 years.

Dr. Smith is currently accepting new patients at Phelps Health Medical Group Vienna, Mondays and Fridays, and at the Phelps Health Medical Office Building in Rolla, Tuesdays through Thursdays.

To make an appointment with Dr. Smith, or to establish care with a Phelps Health primary care provider, please call (573) 364-9000.

## GET TO KNOW LORI SMITH, MD

- Dr. Lori Smith’s husband, Phil, is a licensed professional counselor with Missouri University of Science and Technology. Phil also is a falconer.
- Together, the couple has three children and several pets.
- Dr. Smith’s hobbies include spending time with family and friends, traveling, reading and music.



# MEET CAROL

*Longtime nurse gives back to organization*

Carolyn Tilford was employed as a nurse for decades, caring for others. In fact, she received a Golden Certificate from the Missouri State Board of Nursing for being licensed as a Registered Nurse in the state for 50 years.

During her last 13 years as a nurse, she worked at Phelps County Regional Medical Center (PCRMC) – now called Phelps Health.

“I spent most of my nursing career here (at Phelps Health),” Tilford said. She said the healthcare organization gave her so much throughout her career that she wanted the opportunity to give back.

Tilford has now been a volunteer with the Phelps Health Auxiliary and Volunteer Services for about five years. She currently serves as the president of the Phelps Health Auxiliary Board of Directors.

She previously served on the board as first vice president for two years. She also was the board’s historian for two years. As historian, Tilford chronicled all of the Auxiliary’s events and projects throughout the years.

## LOCAL ROOTS

Born and raised in a town southeast of Rolla called Norman that is no longer on current maps, Tilford has lived and worked in the Phelps County area for most of her life.

In addition to Phelps Health, Tilford worked at the Phelps County Health Department, where she met Tina Pridgeon, former director of the Phelps Health Auxiliary. Together, they worked on several projects together, and Tilford learned more about the Auxiliary through Pridgeon.

Tilford worked for Phelps Health three different times during her career. In the early 1970s, Tilford worked on staff when the Intensive Care Unit (ICU) first opened at the Rolla hospital. “It was a three-bed unit,” she recalled.

She worked as an orthopedics nurse in Springfield but later came back to Rolla and was employed as a nurse in the Emergency Department at Phelps Health. From 1979-80, she was the emergency room nurse supervisor.

Tilford later moved into the role of working as a community health educator for the organization. Tilford also was involved in forming the Silver Eagles program, which promotes healthy aging for those aged 50 and above.



# LYN TILFORD

*ation that has given so much to her*

By Paul Hackbarth

## THE REWARDS OF VOLUNTEERING

As a volunteer, Tilford has usually filled in, as needed, at various places around the healthcare organization, but she hopes to be helping around the North Entrance of the hospital this year.

When asked what her favorite part about volunteering is, she replied, "Being with the other volunteers and helping people."

Tilford enjoys volunteering at Phelps Health and encourages others who are considering volunteering to do so. "You get more out of volunteering than what you give," she said. "The rewards you get from volunteering...you can't measure them."

The Auxiliary has given back to the healthcare organization in so many ways, but the one project that stands out to Tilford during her time as a Phelps Health volunteer was when the Auxiliary donated \$220,000 for a new ambulance last year.

Former Auxiliary board president Jayne Stites championed this project, and Tilford said the outpouring of support by Auxiliary members for this donation was incredible.

Phelps Health is not the only place where Tilford volunteers. She is active in several community organizations, including serving as vice president of the Phelps County Genealogical Society and was past president and secretary of the Phelps County Historical Society.

“THE REWARDS  
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Tilford is a member of Rolla's Immanuel Lutheran Church, where she volunteers with the servant program and sings in the choir.

In addition, she is a member of the Noah Coleman Chapter of the Daughters of the American Revolution (DAR). She also has been a member of historical societies in Pennsylvania and Virginia as well as cemetery preservation efforts in St. Joseph, Missouri.

Tilford has two children and nine grandchildren, whom she enjoys spending time with. Her hobbies include quilting, embroidery, playing canasta and cribbage, reading mystery and history books as well as gardening.

## HOW TO VOLUNTEER

Want to learn more about the Phelps Health Auxiliary and Volunteer Services? Interested in becoming a volunteer with the Auxiliary?

*Learn more at [phelpshealth.org](http://phelpshealth.org).*

CONTACT US:

Phil Cox, PhD, Interim Director: (573) 458-7935

Crystal Lorah, Manager: (573) 458-7947

# MATCHING CARE WITH PATIENT GOALS

*Phelps Health's Supportive Care Program Served Over 400 Patients in 2018*

By Paul Hackbarth

Not long after Alexander Gamble, MD, medical director of Phelps Health's Supportive Care program, started his new job in Rolla, he received his first request for a palliative care consultation. In fact, the consult took place on the second day of his orientation week.

Before Dr. Gamble began seeing patients admitted to the hospital, Phil Cox, PhD, pastoral care director at Phelps Health, along with several other healthcare team members, including pharmacy, nursing and therapy staff, were meeting with only a handful of patients each year for palliative care concerns.

Palliative care focuses on a multidisciplinary approach to specialized care for people with serious illnesses.

Cox and the others laid the groundwork for the palliative care consultation service, which has evolved into the Supportive Care program that Dr. Gamble and his team oversee now.

"When I got here (in late 2016), Phil and I started reshaping the program," Dr. Gamble said. "We rebranded it, calling it Supportive Care, and made it more accessible to patients and families."

With the addition of Dr. Gamble, the patient consults now involve input from a physician who specializes in palliative care.

Before Dr. Gamble joined Phelps Health, about five patients were seen per year through the previous consultation program.

Starting in late 2016, "we were seeing a patient about every other day," Dr. Gamble said. By the end of that year, the number of patient consults through this service was 46.

## WHAT IS SUPPORTIVE CARE?

Supportive Care is described as a consultation service offered in the hospital that is focused on quality of life issues for patients and families facing serious illnesses, according to Dr. Gamble.

The Phelps Health Supportive Care team is made up of Dr. Gamble and Cox as well as Amber Cook, APRN, FNP-C, ACH-PN; Jessica Bland, AGPCNP; and Shana Wisniewski, LCSW, MSW.

Their work primarily consists of helping patients admitted to the hospital with symptom management. Another big part of the Supportive Care team's job is communication.



"Usually, a lot of information is coming at them [patients], and it's not always in plain English," Dr. Gamble said. "We can help translate that information into a way they can understand."

Dr. Gamble said if patients are extremely sick, they may see sev-

eral different doctors and providers. Phelps Health's Supportive Care team can work with these patients and their families to fill in the gaps and explain how all of the information they receive fits together.

"When we consult with patients, we want to make sure we understand their goals, which are unique and can change over time," Dr. Gamble said. "After we've identified the patients' goals, we want to make sure the care they receive really reflects their wishes."

As nurse practitioners, both Cook and Bland offer nursing and medical perspectives and help patients with managing their symptoms, with identifying their goals, and with understanding their care and treatment options.

"We get to know who our patients are and what their hopes are for their healthcare," Cook said.

As chaplaincy director, Cox attends to patients' spiritual and religious needs. "I try to find out if our patients have a church connection or a religious background and how their faith is doing," he said.

Patients' finances, mental health and family dynamics can all have an impact on their health, so as a social worker, Wisniewski assists with trying to meet those needs, too. "We work with the care managers and discuss discharge planning and resources available," she said.

## Meet Our Supportive Care Team

Often their roles overlap. All Supportive Care team members can help patients with advance care planning, such as completing advance directives.

### A GROWING NEED

As more doctors and providers are learning about the service, Supportive Care consults with patients admitted to the hospital have increased.

“We saw that if we are going to continue to provide this service in an effective way, we needed to expand,” Dr. Gamble said. In late 2016, Cook was brought on to provide a nursing perspective, and Wisniewski was added in the spring of 2017 as a social worker. The most recent addition to the team is Bland, who started at Phelps Health in January 2019.

In 2017, Phelps Health Supportive Care team members participated in 311 patient consults. That number increased to 422 in 2018.

“January (2019) was a highest volume of new consults ever,” Dr. Gamble said, noting that around 50 patient consults were conducted that month. “It’s been good growth.”

Not only is the number of patients served by Supportive Care growing, patients are being seen earlier in their care.

“The first consultations we were doing, very commonly, we were being called at the end of the case -- the day of the patient’s discharge,” Dr. Gamble said. Recently, the Supportive Care team was called as soon as the patient was admitted into the Emergency Department.

While Supportive Care remains an inpatient consult service now, Dr. Gamble said he would eventually like to see the program grow out into the community and be offered in an outpatient clinic setting and eventually at patients’ homes.



**Alexander Gamble, MD**, is the medical director of the Phelps Health Supportive Care program. Dr. Gamble joined the Phelps Health team in 2016. He is board-certified in internal medicine, psychiatry and palliative medicine.



**Phil Cox, PhD**, is the pastoral care director at Phelps Health. As part of the Supportive Care team, he provides chaplaincy services to patients and their families.



**Amber Cook, APRN, FNP-C, ACHPN**, has been employed by Phelps Health since 2013 and joined the Supportive Care team in 2016. She is a board-certified Family Nurse Practitioner and an Advanced Certified Hospice and Palliative Nurse.



**Shana Wisniewski, LCSW, MSW**, has been with the Phelps Health Supportive Care team since April 2017. In her role, Wisniewski provides social work support to patients and their families.



**Jessica Bland, AGPCNP**, is the newest member of the Phelps Health Supportive Care team, joining in January 2019. Bland offers a medical perspective and helps patients manage their symptoms.





# SEE WHAT'S HAPPENING *Around* Phelps Health

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



## PATIENT EXPERIENCE AWARD WINNER

### *INTEGRITY*

**John Horrell – Food and Dietary Services**  
Congratulations to John Horrell, who works in Food and Dietary Services at Phelps Health, for receiving the most recent Patient Experience Award. John, who has worked at Phelps Health for nine years, was recognized for displaying Integrity, one of Phelps Health's four organizational values. At Phelps Health, Integrity is defined as "believing in being personally accountable for doing what is always right."

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 and Philanthropy.



## DID YOU KNOW?

Phelps Health Outpatient Therapy Services offers aquatic therapy for patients with arthritis, fractured bones, weight problems, injuries to the ACL (anterior cruciate ligament located in the knee joint), multiple sclerosis (MS) and sports injuries.

Phelps Health offers aquatics therapy as a one-on-one session with a licensed physical therapist or physical therapy assistant in the heated indoor pool at The Centre in Rolla.

*For more information on aquatics therapy, including the Pool Pals program, call Phelps Health Outpatient Therapy Services at (573) 458-7140 or visit [phelpshealth.org](http://phelpshealth.org).*

# 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*

- Invitation to free monthly 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 any future information about the Silver Eagles program in Phelps Health's new *Balance* magazine.

## SILVER EAGLES EVENTS

### **April 24**

*Elder Exploitation and Financial Abuse - presented by the Missouri Secretary of State Office*

**Speaker:** Chris Marlow/Todd Hurt, representatives/spokespeople

**When:** 1:30-2:30 PM

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

### **May 22**

*Caring Conversations - presented by Phelps Health Supportive Care*

**Speaker:** Alexander Gamble, MD, Medical Director of Supportive Care

**When:** 1:30-2:30 PM

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



For hospice volunteer opportunities, call Sally Becker at (573) 364-2425.

## FAMILIAR FACES. IMPROVED CARE.

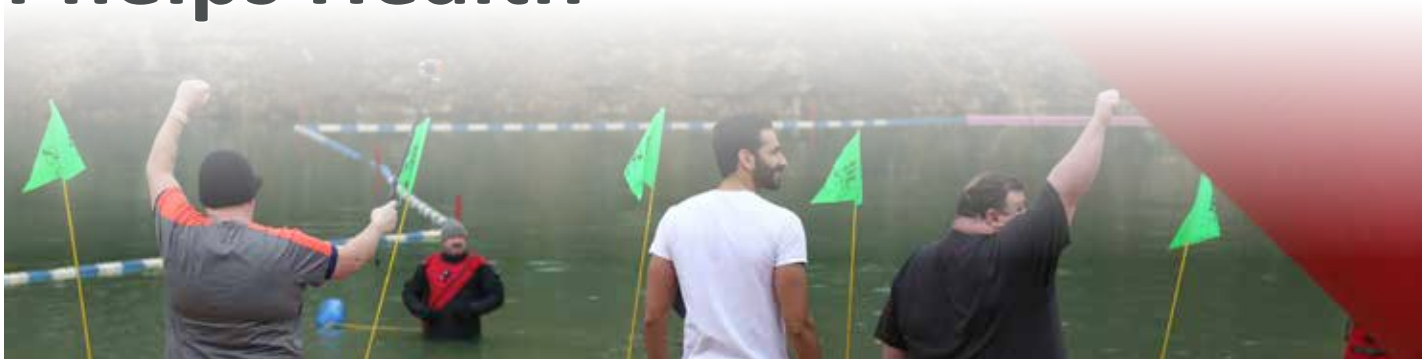


Make an appointment with a primary care provider today  
**(573) 364-9000**

[PHELPSHEALTH.ORG](http://PHELPSHEALTH.ORG)



# Around Phelps Health



## PHELPS HEALTH PLUNGES FOR SPECIAL OLYMPICS MISSOURI

Despite the frigid temperatures on March 2, 2019, a small, yet brave and committed group of employees from Phelps Health -- Arslan Shaukat, MD; John M. Denbo and CJ Huff -- took the plunge into the icy, cold waters at the Fugitive Beach in Rolla to benefit Special Olympics Missouri.

The water temperature during the plunge was 40 degrees, but the air temperature was 35 degrees.

Phelps Health was once again a proud sponsor of the Rolla Polar Plunge, which benefits Special Olympics Missouri's year-round program of sports training and competition for children and

adults with intellectual disabilities.

According to Special Olympics Missouri, a total of 158 people plunged into the waters at the Fugitive Beach this year. So far, the community has raised over \$30,860 through this event.



## PHELPS HEALTH EMS OFFERS STOP THE BLEED CLASSES

Phelps Health Emergency Medical Services (EMS) is partnering with the City of Rolla Fire and Rescue to offer training to the public through the national Stop the Bleed campaign.

Phelps Health EMS staff, including director Ray Massey, are certified to teach the Bleeding Control Basics Course. The City of Rolla Fire and Rescue is helping to locally fund the program by providing kits for the instructors and participants to use in the classes.

Through this course, the public is trained, equipped and empowered to help in situations where uncontrolled bleeding is occurring before paramedics or emergency medical technicians (EMTs) arrive.

These situations could include motor vehicle crashes, explosions, mass shooting events or a variety of other accidents.

Additionally, the training course gives participants hands-on practice with direct pressure application, wound packing and use of

a tourniquet. The classes can last up to two hours.

The course was developed for a nonmedical audience, so the information is easy for the public to understand.

For more information on the Stop the Bleed program, visit [bleeding-control.org](http://bleeding-control.org).

*To request a Phelps Health EMS instructor to teach a bleeding control class to your organization, contact Ray Massey at (573) 458-7373.*



# WHERE DO I GO WHEN I AM SICK OR HURT?

Follow these steps to know where to go for the appropriate level of medical care.

## Can you wait a day to see your doctor?

### Examples:

- Checkups
- Cholesterol problems
- Chronic disease management
- Cough or colds
- Diabetes
- Flu-like symptoms or fever
- Headaches and migraines
- High blood pressure
- Lingering pain
- Regular health screenings
- Skin disorders and more

To schedule an appointment with a Phelps Health provider, please call (573) 364-9000.

Call or see  
your doctor



## Can you wait a few hours for medical care?

### Examples:

- If your doctor is not available
- Allergies
- Bug bites and stings
- Coughing
- Ear or sinus infections
- Flu-like symptoms or fever
- Minor cuts, wounds or burns
- Nausea, vomiting or diarrhea
- Sore throat or strep throat
- Sprains or possible broken bones
- Urinary tract or bladder infections and more

Seek help at Phelps Health Immediate Care Waynesville.

Visit an immediate  
care clinic



## Do you need medical care now?

### Examples:

- Deep cuts that require stitches
- Extremely high fever
- Fainting or seizures
- Heart attack
- Major broken bones or dislocations
- Major burns
- Poisoning
- Severe pain or trauma
- Sudden numbness or weakness
- Trouble breathing or chest pain
- Uncontrolled bleeding and more

Use the list above to help decide if it is an emergency.

*\*If you experience a serious or life-threatening medical issue or emergency, do not wait.*

Go to the  
emergency room  
or call 911





# REFRESHING MICROGREENS SALAD WITH A KICK *Yields 2 Servings*

## FOR THE SALAD:

- 1 cup raw microgreens
- 1 cup greens of your choice (romaine, spinach)
- 1 cup pears, sliced ½ medium avocado, cut into slices or chunks
- ½ cup blueberries
- ½ cup shredded carrots
- ¼ cup walnuts or pecans
- 2 Tbsp feta cheese

## FOR THE DRESSING:

- ¼ Tbsp olive oil
- ¼ Tbsp apple cider vinegar
- ¾ Tbsp mayo
- ¾ Tbsp honey
- ¼ habanero pepper, seeded (optional)

## PREPARATION

If your microgreens have soil on them, give them a light wash, and air dry them in a colander for a few moments. Be careful; they are fragile. Slice pears and avocado. Shred carrots. Make dressing by whisking together all ingredients. You may add or omit the habanero pepper depending upon your preference for heat. Combine salad ingredients and dressing. Top with feta cheese.

*The above recipe was provided by Amy Glueck, RD, dietitian with 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.*

**IT'S YOUR HEALTH. TAKE CONTROL.**

**View the 8IGHT WAYS series about reducing cancer risk at [8ightways.org](http://8ightways.org).**

# FOR YOUR HEALTH: MANY UNAWARE OF KEY STEPS TO LOWER CANCER RISK

By Dr. Graham A. Colditz  
Siteman Cancer Center

For a long time, cancer has topped the list of many people's health fears, surpassing stroke, heart disease and other conditions. While cancer is a frightening disease, knowing you can reduce your risk is welcome news.

Decades of research show that half or more of cancers could be avoided with a healthy lifestyle and regular screening. This isn't to say that each of us has complete control over whether we get cancer or not. But we do know that some relatively simple steps can go a long way toward lowering the chances of developing many types of cancer.

Although many people know this generally, they're often less clear on exactly what steps they can take to lower their risk. A 2017 report from the American Institute for Cancer Research (AICR), for example, found that while a large majority of the public knows that smoking and sun exposure increase cancer risk, only half or less know that key behaviors such as being overweight, being physically inactive, drinking alcohol and eating processed meat raise risk.

Additionally, many of the survey respondents believe that such things as genetically modified foods (GMOs), artificial sweeteners, hormones in beef, and food additives increase cancer risk when, to date, there is little or no evidence of this.

"Part of the confusion may be related to the fact that people get bombarded with a lot of information, from the media and other sources," says Dr. Ed Giovannucci, professor of nutrition and epidemiology at Harvard University's T.H. Chan School of Public Health and a panel member on a recent AICR report on nutrition, physical activity and cancer. "So, it becomes hard to distinguish what are important causes of cancer supported by evidence and what are only suspected causes, with little supporting evidence."

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.

Perhaps most surprisingly is that only about half of the survey respondents correctly identified being overweight as something that increases cancer risk. Yet, research shows that it causes about 130,000 cancer cases a year in the U.S., and increases the risk of at least 13 different types of cancer. The only lifestyle factor with a greater impact on cancer rates is smoking.

To help cut through some of this confusion, Siteman Cancer Center has compiled eight key steps that can help prevent cancer. They are built on solid scientific evidence and are designed to be things that most people can do, even if some of the steps might be easier than others.

They are to:

- 1. Maintain a healthy weight.**
- 2. Exercise regularly.**
- 3. Not smoke.**
- 4. Eat a healthy diet filled with fruits, vegetables and whole grains, and low in red and processed meat.**
- 5. Drink alcohol only in moderation, if at all.**
- 6. Protect yourself from the sun and avoid tanning beds.**
- 7. Protect yourself from sexually transmitted infections, and get kids vaccinated against HPV.**
- 8. Get recommended cancer screening tests.**

Compared to many of the wild health headlines popping up on news feeds, these eight ways can feel pretty ordinary. But while they may lack excitement, they can have really important benefits when it comes to preventing cancer.



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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