

BALANCE



SEE WHAT'S INSIDE

Jessica's Battle
With COVID-19

New OB/GYN Joins
Phelps Health

Phelps Health's
New Strategic Plan

OUR GUIDING PILLARS

At Phelps Health, we are committed to focusing on our patients, our people and our organization. Along with our updated mission, vision and values statements, these three pillars help to serve as a guide for our organization and ensure we remain focused on the initiatives and goals that matter most. Learn more about Phelps Health's newly approved strategic plan on page 9 and how we are encouraging our employees to become involved by suggesting ways they feel we can make changes for the better.

Also in this issue, we will introduce you to one of our newest physicians, OB/GYN Chadwick Caudill, MD, on page 5. Dr. Caudill recently started practicing with the Phelps Health Medical Group.

Finally, we are now in the third year of navigating the pandemic and coming out of our third surge. While we are currently beginning to see COVID-19 positive cases trending in the right direction, we know we still need to remain diligent and not let our guard down. On page 3, you can read the story about one of our own employees, Jessica Hoffman, and her fight to beat COVID-19. Although Jessica was skeptical of the COVID-19 vaccine prior to her illness, she now advocates for people to get vaccinated.

I hope you enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, CEO



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

To the nurses who took care of a special needs person November 22 through November 24, thank you. Thank you for your excellent care, compassion and patience. I am so thankful there are people like you in the world.

Amber

To every single person who has worked on the orthopedic surgery floor in the past two weeks, thank you all so very much for the outstanding care, compassion, kindness and patience that you all have shown our son. We were so grateful and happy when he was moved from the ICU to orthopedic surgery, because we know what a wonderful job you all do. You all are angels.

John and Susan Williamson

We just wanted to tell everyone how much you all are appreciated! My husband had a THA (total hip arthroplasty) on November 22. His care was great! Thank you so much!

Bill and Rita Campbell

These letters were sent from patients and visitors about their experience at Phelps Health.

If you would like to share your experience, write us a letter and mail to Phelps Health, 1000 West 10th Street, Rolla, MO 65401.

ASK A DOCTOR

Interventional Cardiologist Talks High Blood Pressure

Q What are the stages of high blood pressure (hypertension)?

A Fawad Virk, MD, FACC, an interventional and general cardiologist at Phelps Health, said both the American College of Cardiology and American Heart Association follow these guidelines for what is considered normal, elevated and high blood pressure:

- **Normal:** Less than 120 (systolic, or upper number) and less than 80 (diastolic, or lower number)
- **Elevated:** 120-129 (systolic) and less than 80 (diastolic)
- **Stage 1 High Blood Pressure:** 130-139 (systolic) and 80-89 (diastolic)
- **Stage 2 High Blood Pressure:** 140 or higher (systolic) and 90 or higher (diastolic)

Q What causes high blood pressure?

A Primary hypertension happens when the cause of high blood pressure is unknown. Many factors can lead to primary hypertension, such as genetics, environment, diet, exercise, weight and smoking. Secondary hypertension occurs when there is a specific cause, such as a tumor, endocrine problems or thyroid problems.

Q What are risk factors for high blood pressure?

A If you have a family history of high blood pressure, then you have a higher risk for the condition. When you grow older, your heart's arteries can stiffen, and you can slowly develop high blood pressure. Other behaviors such as losing weight, being more active, quitting smoking and changing your diet (eating less salt and more vegetables) can help reduce your risk of high blood pressure.

Q What are tips for checking for high blood pressure?

- A**
- Check your blood pressure at the same time each day.
 - Check your blood pressure cuff size. The cuff should cover 80% of your upper left arm.
 - Sit straight in your chair. Do not lean back or forward, and do not cross your legs.
 - Before checking your blood pressure, sit quietly for five minutes.
 - Always take two readings of your blood pressure, and then average the results. (Example: If your first reading is 120/80 and your second reading is 110/70, your average would be 115/75.)

Q Is there such a thing as low blood pressure?

A While not common, people can have low blood pressure, which is called hypotension. Usually, low blood pressure is defined as less than 90 (systolic) over less than 60 (diastolic). This is a relative definition because everybody is different.

TALK TO YOUR DOCTOR

If you suffer from high blood pressure, ask your doctor about ways you can lower your blood pressure. If you do not have a primary care physician or provider, establish care today by visiting [phelpshealth.org/doctors](https://www.phelpshealth.org/doctors) or calling (573) 364-9000.

A CHALLENGING RECOVERY

By Paul Hackbarth

While, on average, about 98% of known COVID-19 patients in the US survive, this statistic needs some context, according to a Phelps Health employee who has battled the disease.

After being infected and spending more than 70 days in hospitals, Jessica Hoffman is a COVID-19 survivor. However, she says her life will never be the same as it was before getting sick from the virus.

“It’s been a life-altering experience for me,” she said. “I will forever be changed by my time in the ICU [Intensive Care Unit]. I’m still battling with some lingering COVID-19 symptoms.”

Hoffman, a 37-year-old Dixon, Missouri, resident, who works as an Epic (electronic medical record) analyst at Phelps Health, tested positive for COVID-19 in the summer of 2021.

“My symptoms were the classic symptoms – shortness of breath, cough, weakness. I also had a terrible headache,” she recalled.

Hoffman isolated at home and tried to take care of herself.

“It was getting worse, and I thought, well, it was just running its course. It’s going to get worse before it gets better,” she said.

Her breathing, along with her other symptoms, worsened, so she went to the Phelps Health Emergency Department. Hoffman was then admitted to the hospital.

Hospitalized for 74 Days

“They [care team] started treatments right away. I received [convalescent] plasma, but unfortunately, I just progressively got worse,” she said.

Days after being hospitalized, she was transferred to the ICU. She recalled that no treatments seemed to be helping, and her oxygen levels remained low. She was eventually intubated (a tube placed down her nose or mouth to help her breathing).

Hoffman was flown by a medical helicopter to SSM Health Saint Louis University Hospital, where she was admitted.

“I was on a vent [ventilator] for three weeks,” she said. “I had a trach (tracheostomy tube to help her breathe) put in at one point, but they [doctors] were able to remove it.”

After 43 days in the hospital in St. Louis, Hoffman returned to Phelps Health to start her rehabilitation, where she had to learn how to walk again.

Hoffman was complimentary of the Phelps Health staff who cared for her.

“The physical and occupational therapists, the nurses and the doctors--the care I received was just really amazing,” she said.

Hoffman was hospitalized for a total of 74 days at Phelps Health and in St. Louis. She missed about four months of work.

Because of visitor restrictions due to COVID-19, her

“A lot of people say that 98-99% of people survive COVID-19, which is true, but that statistic doesn’t include people like me. I did survive, but it’s been a challenging journey as I’ve had to recover.”
-Jessica Hoffman



mother, father and brother had to take turns visiting Hoffman.

“My parents...were there every day, just hoping for me to get better. I know those first couple of weeks were really rough,” she said. “The doctors were giving my parents very low odds of survival, but I pulled through.”

Lasting Effects

Hoffman described her recovery from COVID-19 as challenging. While in the hospital on a ventilator, Hoffman was given a heart medication called vasopressor, which constricts blood vessels and raises blood pressure.

While her heart and other major organs were getting enough blood, her fingers were not and became necrotic (when body tissue dies).

“I had to eventually have three fingertips amputated on my dominant hand,” Hoffman said. “Even if all of my COVID-19 symptoms go away, I will always be missing part of my hand because fingers don’t regrow.”

Hoffman said the effects of COVID-19 can have a lasting effect on people. “I think it’s really important for people to realize that COVID-19 can impact your life for a long time,” she said.

Hoffman said she never thought that she would get as sick as she did.

“I’ve had co-workers and friends who had COVID-19,

and the worst of it was maybe two weeks for them,” Hoffman said. “I thought maybe I’d just struggle a bit longer than them [because of my heart disorder]. I never imagined that what happened would actually happen.”

Choosing to Vaccinate

Hoffman said when the COVID-19 vaccine was first available, she was hesitant about getting the shot.

“I wanted more data to show the effectiveness of the vaccine and that it was safe,” she said.

Hoffman was not vaccinated before she got COVID-19. Most of her family had not received the vaccine either, but that changed the week Hoffman was placed on a ventilator.

“I remember sitting in the hospital, thinking as soon as they let me out, I’m going to get a vaccine,” Hoffman said. “I wanted to do whatever I could to protect myself. But also, I really wanted to do my part to help protect others to prevent the spread of COVID-19.”

Hoffman said one reason she chose to be vaccinated against COVID-19 is because she did not want anyone to go through what she did.

LEARN MORE

Watch a video of Jessica Hoffman at [phelpshealth.org](https://www.phelpshealth.org).

MEET DR. CAUDILL

Chad Caudill, MD, FACOG, Joins Women's Health Center and Maternity

By Paul Hackbarth



Growing up in small coal mining towns in the rural Appalachian Mountains near the Virginia-Kentucky border, Chad Caudill, MD, FACOG, was influenced by his two uncles – both doctors.

“They went...to the University of Virginia for college and med school and then residency,” Dr. Caudill recalled. “One of them came back to my small town. He was a family physician...and in fact, he did my school physicals when I was in elementary and high school.

“My other uncle became a hematology/oncology

specialist and was a professor at the University of Virginia, where he had trained,” Dr. Caudill said. “And I sort of followed in their footsteps.”

Like his uncles, Dr. Caudill graduated from the University of Virginia School of Medicine in Charlottesville and then completed his residency training at the University of Missouri in Columbia.

Since then, Dr. Caudill has had over 25 years of experience in the medical field. Earlier this year, he joined the Phelps Health Medical Group, where he specializes in obstetrics/gynecology (OB/GYN).

WHY OB/GYN?

“I actually never planned to be an obstetrician/gynecologist growing up,” Dr. Caudill said. “I always planned to be a doctor.”

During an obstetrics rotation in his third year of medical school, he was assigned to take care of a patient who was in labor.

“Even though I didn’t have much experience, she [patient] wanted me to be involved with her baby, and it was just an amazing experience,” Dr. Caudill said. “It really changed the course of my career.”

Dr. Caudill ran a private practice for most of his life. He is board-certified with the American Board of Obstetrics and Gynecology and is a Fellow of the American College of Obstetricians and Gynecologists (FACOG).

In addition to practicing medicine, he also served as a teacher. He was a clinical instructor and proctor (including a proctor for robotic assisted surgeries) for several years.

Establish Care With an OB/GYN

Learn more about how Dr. Caudill and our women's health care team at Phelps Health can help. Visit phelpshealth.org or call the Phelps Health Women's Health Center at (573) 426-2229.



IMPROVING OUTCOMES

As an OB/GYN, Dr. Caudill can help with a variety of concerns, from general obstetrics and gynecology and well-woman care to prenatal care and delivering babies to minimally invasive surgeries and more.

He can help patients with bleeding abnormalities, hormonal concerns and endometrial ablation (removal of lining of uterus) among other issues.

He has years of experience with minimally invasive surgeries, advanced laparoscopic and robotic assisted surgeries, advanced hysteroscopic surgeries and more.

“[When] taking care of patients, I enjoy trying to improve outcomes, especially in obstetrics,” he said.

Dr. Caudill offers diet and nutrition counseling to pregnant mothers. “It [nutrition counseling] improves outcomes for the baby and for the mom in regards to decreasing morbidities, such as diabetes and high blood pressure,” he said.

According to his philosophy of care, Dr. Caudill said he takes time to listen to his patients and tries to be empathetic.

“I want my practice to be a welcoming environment where people come and feel

comfortable,” he said. “It [welcoming environment] just helps promote good health, and more people are likely to do screenings and the other things that are necessary for their health if they feel comfortable in that sort of situation.”

Dr. Caudill sees patients at the Phelps Health Women’s Health Center at the Medical Office Building in Rolla and the Waynesville Medical Plaza in Waynesville, Missouri.

3 FUN FACTS ABOUT DR. CAUDILL

- *He is married and has three children.*
- *His hobbies include playing guitar and cycling.*
- *He has played hockey on recreation teams for about 20 years.*



WANT TO VOLUNTEER AT PHELPS HEALTH?

Learn more about the Phelp's Health Auxiliary and Volunteer Services by calling Crystal Lorah at (573) 458-7947, emailing clorah@phelpshealth.org or visiting phelpshealth.org.

STAYING CONNECTED IN *Retirement*

Phelps Health Volunteers Give Back to Their Community

By Paige Marsolais-Heitman

For James “Jim” Pettit and Kathy Ohmann, volunteering is a way to stay connected to their community.

Jim and Kathy began volunteering at Phelps Health in 2016. After retiring, the couple decided they wanted to find a way to stay active and give back to their community.

As volunteers, Jim and Kathy have worked in several departments throughout Phelps Health and have assisted with special events like shoe and Christmas sales. Their real passion, however, is helping out in the Repeat Boutique.

Operated by the Phelps Health Auxiliary and Volunteer Services Department, the Repeat Boutique is a resale shop located on the ground floor near the North Entrance of Phelps Health Hospital.

The Repeat Boutique is open to staff and community members Monday through Thursday from 10:00 AM to 4:00 PM and Friday from 10:00 AM to 2:00 PM. Proceeds from the resale shop are used to support the Auxiliary.

“When I was in the Army, my job was to organize budgets, units and people,” said Kathy, who retired as a lieutenant colonel. “My job at the Repeat Boutique just fits.”

In the Repeat Boutique, Kathy sorts through donated items such as shoes, clothing and home goods. She said she likes organizing items so that everyone who visits can enjoy shopping in the resale boutique.

“While giving back to our community has been a rewarding experience on its own, volunteering at Phelps Health also has given us new friends,” Jim and Kathy shared.

“We work on Tuesdays and now have regulars that come in to visit with us and shop a little. It’s great to hear updates about their work, families and whatever else is going on in their lives.”



Family Tradition of Volunteering Lives On

Jim said that he was inspired to give back to his community by his late father, who volunteered at Miami Valley Hospital in Dayton, Ohio.

“It’s an amazing feeling to volunteer at the hospital,” said Jim. “Everyone is friendly. It [Phelps Health] is a family environment that is comfortable.”

Jim, who retired and began volunteering three months before Kathy, recommends that everyone find a way to volunteer in their community.

“You can work in a lot of different departments at Phelps Health as a volunteer,” he said. “The free lunch is a great perk, but I really enjoy getting the opportunity to serve and meet so many different people.”

When not volunteering, Jim and Kathy work on their family farm south of Rolla and spend time with their horses, dogs and chickens.

A PURPOSE FOR EVERYTHING: How a Strategic Plan Keeps Phelps Health on Track

By Somer Overshon

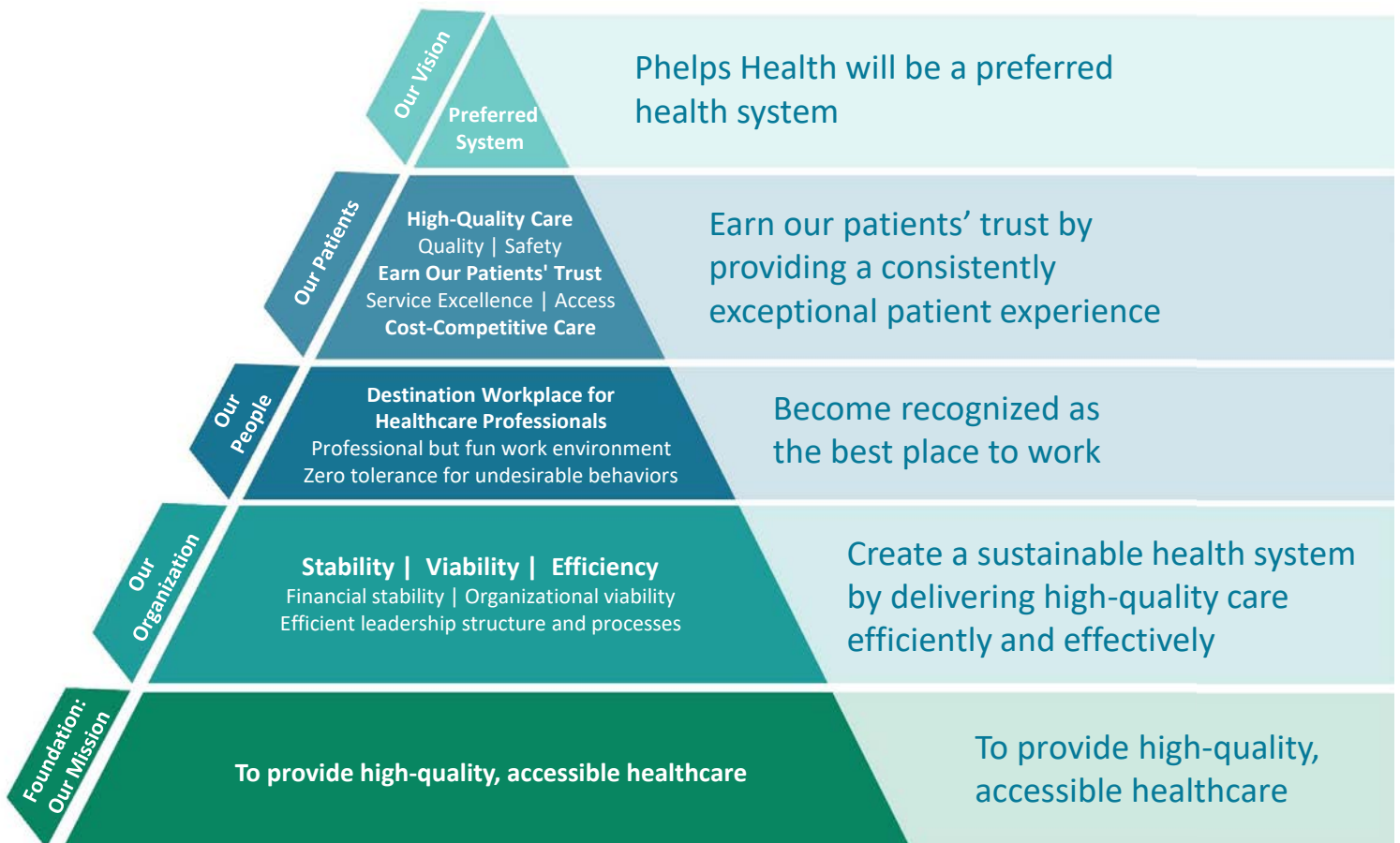
One thing is certain in healthcare: the landscape is constantly changing. While healthcare organizations cannot predict the future or control outside factors, such as economic trends, technology changes and government regulations, they can establish a plan that helps to keep them on the path to excellence and allow ways to measure their success.

Enter the strategic plan -- a document that serves as an organization's guide. The purpose of a strategic plan is to identify the overall goals for an organization and to develop a realistic plan to achieve them. The process for strategic planning involves looking

at the big picture, such as what an organization's purpose is, where the organization is going and what its priorities should be.

After several months of meeting and planning, the Phelps Health Board of Trustees approved the new 2022-2026 organizational strategic plan in December 2021.

While Phelps Health's new strategic plan includes updated mission, vision and values statements, the organization's overall objectives are based upon three pillars, which includes our patients, our people and our organization.



OUR MISSION

To provide high-quality, accessible healthcare

OUR VISION

Phelps Health will be a preferred health system

OUR VALUES

Phelps Health CARES

Compassion • Accountability • Respect • Excellence • Service

“In the strategic plan, our mission, or why we exist, is the foundation that we built everything else upon. The three core pillars (our patients, our people and our organization) served as the guiding principles to establish our organization’s goals,” said Jason Shenefield, president and CEO of Phelps Health.

“After examining our mission and core pillars, we identified ways to effectively measure and achieve these goals, such as delivering high-quality care efficiently and effectively, becoming a best place to work and earning our patients’ trust by consistently providing an exceptional patient experience,” he said.

While Shenefield acknowledged the organization has implemented strategic plans in the past and people may not have recognized any substantial changes from those efforts, he said one of the differences to the strategic plan this time is the approach Phelps Health is taking.

“We are asking our employees for suggestions on how we can be better,” he said. “They are the ones who see and experience many of the obstacles we face as an organization, and they have insight into how we may best be able to address and fix these challenges.”

If the mission statement serves as the basis for why an organization exists, then the vision statement is where an organization wants to go in the future. “A vision statement’s purpose is to say, ‘based on our mission, this is where we want to be someday,’” said Shenefield.

For Phelps Health, consistently referring back to the organization’s strategic plan is critical to success.

“We put a lot of time and effort into creating our mission, vision, goals and focus areas,” Shenefield said. “We wanted to ensure our efforts and initiatives benefited and aligned with our overall organizational goals.

“Through consistently talking about our strategic plan, we can start to build a culture that not only works to support these efforts but also begins to make decisions based on these concepts. The eventual goal is to have everyone humming along and working together to achieve the same objectives,” he said.

Getting everyone focused on the same goals does not happen overnight, but according to Shenefield, this is another reason why a strategic plan is so crucial.

“When you can reference a plan and tell any employee, patient or community member the same message: that we are working toward x, y or z, then that repetitiveness begins to sink in,” Shenefield said.

“Eventually, people begin to understand what the organization has set out to do, how these efforts are being measured and how key stakeholders like themselves (e.g., patients, employees, community members, etc.) play an important part in the organization’s success,” he said.



QUICK READS

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

DON'T TAKE OUR WORD FOR IT...

HEART ATTACK PATIENT GRATEFUL FOR CARE

What Bob Delp thought was congestion in his lungs or a stomach bug turned out to be a heart attack that likely occurred while he was driving one day and passed out.

Bob went to the Phelps Health Emergency Department and was immediately transferred to the cardiac catheterization lab.

His care team discovered that Bob had 100% blockage in one of his arteries, so stents were placed to restore blood flow. With quick care, he is glad to be alive.

“If you have a history of heart problems, or if you think you do, I couldn’t recommend more strongly than coming right here [to Phelps Health] in Rolla,” he said.

Read more of Bob’s story and watch a video at phelpshealth.org.



WE'RE HIRING!

Starting at \$15/hour

APPLY TODAY AT
PHELPSHEALTH.ORG/CAREERS



DICE AWARD WINNERS

Two Phelps Health employees were recently named DICE Award winners. DICE 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. Congratulations to Shirley Todd (left), with the Behavioral Health Unit, and Brenda Landers (right), with the Medical Oncology Unit.



DAISY AWARD WINNER

Congratulations to Theresa Benney, RN, who works in Medical Oncology, for being a recent DAISY Award winner. The DAISY Award at Phelps Health is sponsored by the family of Vicki B. Allen through their philanthropic gift to the Phelps Health Foundation.



PATIENT EXPERIENCE AWARD WINNERS

Congratulations to Phelps Health employees Mike Foltz (left) and Brian "Butch" Bess (right), who work in Plant Operations for winning recent Patient Experience Awards. Both were recognized for displaying the value of Compassion by assisting a patient.

PHELPS HEALTH SUPPORT GROUPS

Ostomy Support Group

Second Wednesday of each month | 3:00-4:00 PM

Phelps Health Wound Center-North Entrance
1000 West 10th Street, Rolla, MO

Call (573) 426-2214 or email ostomysupport@phelpshealth.org

Stroke Survivors Support Group

First Tuesday of each month | 2:30-4:00 PM

Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO

Call (573) 426-3034

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) 426-3034

QUICK READS



LEGACY GIVING AND ADVANCE CARE PLANNING

A planned gift is a lasting investment in the Phelps Health Foundation. Each gift helps advance Phelps Health's mission to provide high-quality, accessible healthcare. Leave a legacy for tomorrow by considering a gift to the Phelps Health Foundation in your will, trust or estate plan. You also may request a copy of *Five Wishes* to outline advance care planning as a part of your overall estate planning. For more information, contact Marsha Rana Wayman, CFRE, at (573) 458-7946 or mwayman@phelpshealth.org.

BUTTERFLY RELEASE CELEBRATION

Join Phelps Health Foundation on May 21 as we honor those we love and celebrate life during the annual Butterfly Release Celebration at Huffman's Flowers of the Field Garden Center in St. James, Missouri. Commitments for sponsorships are due April 1. To learn more or to RSVP, contact Marsha Rana Wayman, CFRE, at (573) 458-7946 or mwayman@phelpshealth.org for more information.

SAVE THE DATE

24th Annual Phelps Health Golf Classic – June 10

DOCTORS' DAY IS **MARCH 30**

Doctors' Day is celebrated on March 30, but we will be celebrating throughout the month of March. With a donation in the amount of your choice, your notes of appreciation and gratitude will be displayed and shared on our new Tree of Gratitude at both the Phelps Health Foundation office and the Phelps Health Physicians' Lounge.

All proceeds benefit the Phelps Health Foundation Mission Fund, which supports all Phelps Health programs and individual patient needs. To learn more, contact Marsha Rana Wayman, CFRE, at (573) 458-7946 or mwayman@phelpshealth.org, or give directly online at <https://bit.ly/doctorsday2022>.



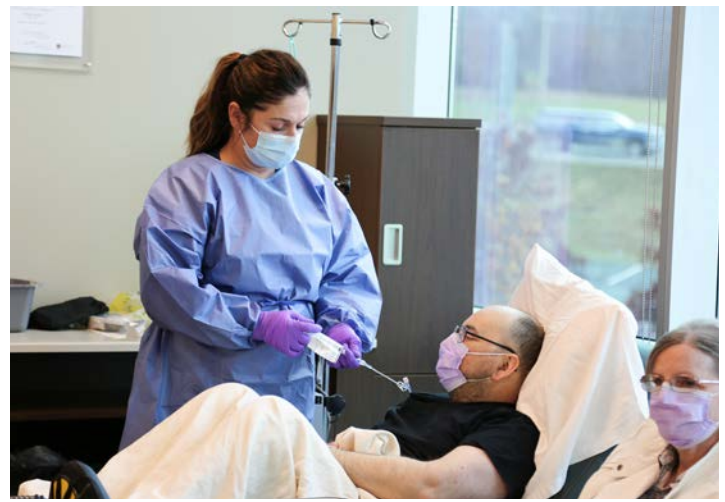
You can also give directly by scanning the QR code to your left with a smartphone.

DELBERT DAY CANCER INSTITUTE CELEBRATES **FIVE YEARS**

The Phelps Health Delbert Day Cancer Institute (DDCI) celebrated five years of service to patients on January 9, 2022.

“Since we have opened, we have continued to work to improve treatment options to ensure the broadest portion of people diagnosed with cancer can be treated successfully in the community,” said Christopher Spencer, MD, MS, DABR, the medical director of the Phelps Health DDCI and medical director of radiation oncology at Phelps Health.

The DDCI continues to establish credibility through its high standards of care and affiliation with the Siteman Cancer Network. Patients also have access to clinical trials through the DDCI. Additional patient services include nurse navigation, dietary assistance, social work support and financial counseling.



“The five-year anniversary of the DDCI signifies a constant resource in our community for the treatment, prevention, education and research of cancer,” said Division of Medical Specialties Executive Director and DDCI Director Jeremy Stinson.

Learn more at phelpshealth.org or call (573) 458-3324.

LEADERSHIP *Spotlight*

Each issue, we highlight a Phelps Health leader.

Keri Brookshire-Heavin, Senior Vice President,
Chief Nursing Officer, Chief Operating Officer

FUN FACTS ABOUT KERI

- *I have been an RN for 26 years, but I started out wanting to be a psychologist.*
- *I taught nursing school for 12 years while I was a department director.*
- *I have two sons, ages 17 and 22, and two miniature schnauzers.*
- *I cannot turn away a stray, so my house is becoming “Keri’s Home for Wayward Animals.”*
- *My hobbies include refinishing furniture and watching reality TV.*





CRISPY OVEN “FRIED” CHICKEN

Makes 6 Servings

INGREDIENTS

- 1 (3-lb.) broiler-fryer, cut-up, with skin removed or skinless chicken breast
- ¼ cup plus 2 Tbsp. egg substitute or 2 eggs
- 1 Tbsp. water
- 1 cup bran flakes cereal, crushed
- 1 Tbsp. instant minced onion
- ½ tsp. salt-free Mrs. Dash®
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ cup all-purpose flour
- Vegetable spray

PREPARATION

1. Skin chicken and set aside.
2. Mix egg substitute or egg with water. Beat and then set aside.
3. Mix crushed cereal and seasonings together in a shallow dish.
4. Place chicken and flour in a large Ziploc bag. Seal bag and shake until chicken is well-coated.
5. Dip chicken in egg substitute mixture; dredge in cereal mixture.
6. Place chicken on baking sheet, coated with cooking spray.
7. Bake, uncovered, at 350°F for 1 hour or until chicken is tender.

NUTRITION INFORMATION

(per serving)

Calories: 214

Fat: 6g

Saturated fat: 2g

Trans fat: 0g

Cholesterol: 133mg

Sodium: 256mg

Carbohydrates: 10g

Dietary fiber: 1g

Protein: 29g

Recipe Source: Geil PB, Ross TA: Diabetes Meals on \$7 a Day--or Less!

Submit Your Healthy Recipe

Do you 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: OVERCOMING HURDLES TO HEALTHY HABITS

By Dr. Graham A. Colditz, Siteman Cancer Center

Looking after our health isn't always easy. And, if we're honest, it can feel a bit overwhelming at times. But one thing we've been reminded of lately is the importance of good health.

Despite how it may feel when scrolling through news or social media, taking steps to improve our health can be easier than you might think. Let's look at four concerns about making healthy changes, and why they may not be as hard as they can seem.

There are so many health recommendations, it's hard to keep up.

Without a doubt, many different groups offer health recommendations. While there are many reasons for this, it can make it hard to know which advice to follow.

The good news is, many steps for improving health and lowering the risk of cancer, heart disease and other conditions are really pretty simple. They include:

- Eating a diet rich in fruits, vegetables and whole grains – and keeping red meat, sugary drinks and alcohol to a minimum
- Moving your body some amount every day
- Trying to keep weight gain in check
- Not smoking

- Seeing a healthcare provider about screening tests or other important care

I have trouble reaching my health goals.

Whether it's eating three servings of whole grains a day, getting seven hours of sleep a night or working on something else altogether, it's great to have health goals. But it can feel frustrating if we don't reach them.

A good way to help avoid that is to set smaller, more achievable goals along the way to your bigger goal. The success of reaching smaller goals builds and keeps you going. Plus, even small changes can have health benefits all on their own.

Healthy behaviors are expensive.

There are a lot of ways to spend a lot of money on healthy activities – and they're often on full display on social media. But just as the basics of healthy living are pretty simple, they can also be affordable.

Walking is a great exercise, which only really takes a good pair of athletic shoes. Indoor exercise classes can be streamed for free on different platforms. And while healthy foods can cost more than less healthy choices,

you can often find affordable, healthy options with a little extra effort.

I don't always feel motivated to be healthy.

Motivation can sometimes be hard to find any time of year. But in the middle of winter, entering the third year of a global pandemic, it may feel particularly difficult. To help, take a moment and remind yourself why you want to be healthier.

Maybe family and friends or an activity you're passionate about will spark motivation. Many times, just getting started on a behavior can create its own motivation. Instead of waiting for motivation to strike, make a plan to get started on a behavior instead.

Commit to walking for just a few minutes, or to starting the first steps of a veggie chili recipe, and you may find the boost you need to keep going. It might not always feel easy to do, but it can help.

The world around us can feel increasingly complicated, but a handful of relatively simple behaviors can go a long way to improving well-being and lowering the risk of disease. And small changes can have important benefits – today and in the future.

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.



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