

Your Health. Our Mission.

Summer 2023

BALANCE



SEE WHAT'S INSIDE

A HEART FOR
HEALTHCARE

NEW PULMONOLOGIST
JOINS PHELPS HEALTH

AUXILIARY
APPRECIATION

THE REASON WE'RE HERE: YOU

Working in the healthcare field can be rewarding and fulfilling. If you ask a healthcare worker why they love their job, their answers will likely vary. They get to combine their passions for science and caring for others. They desire to positively impact their communities. They can make a difference in people's lives.

However, all of these reasons have one thing in common: you. The reason we chose healthcare careers? To serve you, our patients.

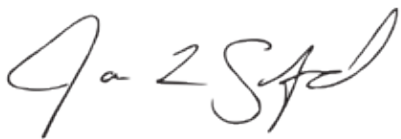
In this issue, one of our employees, Liz Barnett, a patient experience liaison, shares why she chose to work in healthcare after receiving a heart and liver transplant. Despite spending most of her life in hospitals, she has come to find hospitals to be a comfort zone. You can read her story on page 3.

On page 5, meet one of our doctors, Arun Gautam, MD, a critical care pulmonologist. Being able to provide personalized care is important to him, and he feels he can meet this goal here at Phelps Health. Dr. Gautam is trained in many procedures, including endobronchial ultrasounds, or EBUS, which are used to diagnose lung disorders. This is a new procedure offered at Phelps Health.

Finally, not only do our employees love what they do, but so do our volunteers. Our Auxiliary and Volunteer Services Department held its appreciation luncheon earlier this year. Read about their contributions on page 7. You also can learn how one volunteer, Ina Bicknell, impacts patients and the organization on page 2.

Please enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, President and CEO



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

Phelps Health
1000 West 10th Street
Rolla, MO 65401
(573) 458-8899
phelpshealth.org

Phelps Health Board of Trustees

- Annie Bass
- Joseph Bond, DO
- Richard Elgin
- Anthony Kaczmarek, MD
- Janece Martin, EdD

Phelps Health Administration

- Jason Shenefield, President/Chief Executive Officer
- Keri Brookshire-Heavin, Senior Vice President/Chief Operating Officer/Chief Nursing Officer
- Nathan Ratchford, MD, Senior Vice President/Chief Medical Officer of the Hospital
- Pecos Coble, DO, Senior Vice President/Chief Medical Officer of the Medical Group
- Thad Leach, Senior Vice President/Chief Legal Officer/Chief Compliance Officer
- Jana Cook, Senior Vice President/Chief Financial Officer
- John Money, Senior Vice President of Human Resources and Philanthropy
- Jason Bartholomew, Vice President of Medical Group Operations
- Kim Bruno, Associate Vice President of Revenue Cycle
- Ryan McKee, Associate Vice President of Clinical Services
- Somer Overshon, Associate Vice President of Strategic Communications, Learning and Outreach

Phelps Health Marketing Department

- Paul Hackbarth
- Hillary MacCash
- Paige Marsolais-Heitman
- Tania Lambert
- Kayla Marsala
- Stefanie Van Wyk
- Emmett Clonts
- Allyson Carrell

If you would like to subscribe to the Phelps Health *Balance* magazine, please go to phelpshealth.org/balance to sign up.

If you prefer not to receive the Phelps Health *Balance* magazine, please call (573) 458-7600 or (573) 458-7620. You also can email your name and the mailing address where you receive the magazine to balance@phelpshealth.org, and you will be removed from our mailing list.

IN THIS ISSUE

01 PATIENT LETTERS

02 ASK A DONOR

03 LIZ BARNETT'S STORY

05 MEET DR. ARUN GAUTAM

07 RECOGNIZING OUR VOLUNTEERS

09 IMPORTANCE OF PRIMARY CARE

11 QUICK READS

15 RECIPE

16 FOR YOUR HEALTH



FIND OUR PHELPS HEALTH ELVES!

Cornelius and Clarice, the Phelps Health elves, are hiding in this issue of the *Balance* magazine.

Can you find them? Once you locate them, go online to phelpshealth.org/balance and complete the "Find the Elves" form for a chance to win a Phelps Health tote bag full of goodies.

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

Dr. Tim Martin went out of his way to assist me in getting my PFT (pulmonary function test). He was cheerful and caring. I'm sure he had other things to do on his way to his office, but he helped me anyway. A big thank you to Dr. Tim Martin!

- Dennis Elms

Machell Beard, PTA, with Phelps Health Home Health and Hospice, was very helpful. She listened to me and explained all of the exercises that helped me after my stroke. She was kind and thoughtful and had a good sense of humor. I would recommend her to other patients.

- Frederick Lees

I had been so nervous about getting my MRI (magnetic resonance imaging) done. My nurse, Tiffany Carter, made it much less scary than I expected. She repeated herself for me when I was so freaked out I could barely hear. She knew the answers to all of my questions off the top of her head and even answered a few I forgot to ask. She gave me a cover for my eyes to help with my light sensitivity. I feel really lucky to have had her. She actually reminded me a lot of my best friend. Thanks, Tiffany. I can't imagine anyone being more suited for their role.

- Lydia Hall

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

If you would like to share your experience, write us a letter and mail it to us at:

Phelps Health
1000 West 10th Street
Rolla, MO 65401

Ask a Donor

The Power of Giving: How Ina Bicknell's Generosity Impacts Phelps Health Patients

By Paige Marsolais-Heitman

How did you first get involved with the Phelps Health Foundation?

I am a retired educator who lives in Rolla, Missouri. While undergoing lung cancer treatment at the Phelps Health Delbert Day Cancer Institute (DDCI) a couple of years ago, I noticed the front landscaping at the DDCI needed some TLC (tender loving care) to make it a more welcoming and friendly space for patients.

So, I contacted the Phelps Health Foundation to see how I could assist, and they introduced me to Crystal Lorah, director of the Auxiliary and Volunteer Services. Crystal set me up to volunteer for a landscaping project at the DDCI, and I have been volunteering at Phelps Health for over a year and a half now.

What inspired you to give to our organization?

I have always felt that you should give back, whether it is your time, money or resources. I hope that by volunteering my time and resources, I'm leaving things better than I found them and making a positive impact in the community where I live.

What do you wish other people knew about the Phelps Health Foundation?

The Phelps Health Foundation is deeply engaged with communities the Hospital serves, offering events that cater to everyone regardless of how much they can donate. They are greatly appreciative of any contribution, whether they're financial, resources, expertise or time. Every little bit can make a difference in the lives of patients at Phelps Health, and I've seen that firsthand.

The Phelps Health Foundation also does an excellent job of acknowledging the work that I and other volunteers and donors do. Knowing that my contributions are making a difference makes me feel good.

You can make an impact by literally doing anything. Even if you only have time to help once a month or can only give a few dollars, what you do can impact multiple patients, employees and the communities the Hospital serves. By working together, we can achieve so much more.

What does philanthropy mean to you?

To me, philanthropy means responsibility. Whether I'm helping at Phelps Health or doing other work in the community, I believe that philanthropy is about leaving things better and getting involved. I try to find any way to make a positive impact and encourage others to do the same.

What advice would you give to someone who is considering supporting Phelps Health?

My advice would be to reach out to Phelps Health and find out how you can get involved. In my experience with Phelps Health, Crystal always has a spot for you to volunteer. Marsha Wayman, the director of philanthropy for the Phelps Health Foundation, also is always looking for individuals who want to make a positive impact. Every little bit can make a difference. So, take the first step and see how you can positively impact your community.



WANT TO IMPACT YOUR COMMUNITY?

Give back and get involved at Phelps Health by visiting phelpshealth.org.

A HEART FOR HEALTHCARE

TRANSPLANT LEADS WOMAN TO NEW CAREER PATH

By Paul Hackbarth

Working in healthcare might seem like the last career choice for Salem resident Liz Barnett. After all, why would she want to work in a hospital when she has spent nearly her entire life in hospitals?

Shortly after being born, Liz was taken to St. Louis by ambulance.

“I had my first cardiac catheterization procedure when I was 6 hours old,” she said. “I was diagnosed with several congenital (from birth) heart defects, including having a single ventricle and a single atrium in my heart. I basically had half of a heart,” she said.

For 40 years, Liz dealt with these heart defects, until she finally had a heart and liver transplant 2 years ago. Ultimately, her countless hospital experiences would lead her to her current job in healthcare, taking her from patient to employee.

“I was actually born here at Phelps Health, and to work at the place where I was born is cool,” said Liz, who started working as a patient experience liaison in January.

BEATING THE ODDS

At age 6, Liz had open heart surgery at the Mayo Clinic in Rochester, Minnesota. Specifically, she underwent a Fontan procedure, which helps improve blood flow.

“Back in the early ‘80s, the Fontan procedure was designed to allow kids to see their teenage or early adult years, but it didn’t have a high long-term success rate,” she explained.

Liz beat the odds, though, and has lived to be much older than expected.

Her life has not come without some complications, however. When she was 9, Liz got her first pacemaker to help with an irregular heartbeat (arrhythmia). She would eventually need five pacemakers before her transplant.

“I’ve had everything from arrhythmia to fluid retention,” she said. “You name a heart symptom; I have probably dealt with it at some point in my life.”

Because of her heart conditions, some activities were off-limits.

“I never took gym classes, growing up. I was always smaller



A typical day for Phelps Health employee Liz Barnett includes rounding on patients.

than the rest of my class, and I couldn’t run because I would get out of breath or turn blue,” Liz said.

Later in life, she was advised not to have children. “That was obviously a big life limitation,” she said.

Despite these setbacks, Liz feels she has lived a relatively normal life. After high school, she went to college, where she earned a master’s degree. She then worked in human resources (HR) for 15 years.

“I’ve had to take medications and get my pacemaker adjusted. I’ve had lots of follow-up care, but surprisingly, I didn’t have any other surgeries, which is very uncommon,” she said.

TIME FOR A TRANSPLANT

In 2018, Liz ended up in the Intensive Care Unit (ICU), where she was diagnosed with protein-losing enteropathy (PLE), which can be a complication of the Fontan procedure. Liz also had liver failure, which is common among people who have had this procedure.

Liz said her doctors briefly talked about reworking her Fontan but noted, “it wasn’t going to be a long-term solution.”

She also was placed on medications and underwent more cardiac cath procedures to strengthen her heart and increase her oxygen levels.

“Once I was diagnosed with PLE, the topic of a heart and liver transplant came up,” Liz said.

In order to receive the transplant, Liz had to make healthy

lifestyle changes. Her PLE went into remission, and in 2021, she went to Vanderbilt Health in Nashville, Tennessee, to await her transplant.

During those 4 years, Liz was placed on oxygen. She remembers struggling with everyday activities, like showering. “I was very sick,” she said.

Because she had certain antibodies, Liz was told that finding a matching donor may be hard. However, only 4 months passed from the time she was listed as needing a heart and liver to the transplant surgery on July 14, 2021.

A LIFE-CHANGING EXPERIENCE

Getting a heart and liver transplant was an experience like no other, according to Liz.

“I never had a normal heart, so I didn’t know what I was missing,” she said.

“I climbed three flights of stairs when I was still in the hospital,” Liz remembered. “And now I climb stairs every day, rounding on Phelps Health patients.”

I AM ON THE RECEIVING END OF THE GREATEST ACT OF LOVE AND SELFLESSNESS THAT HUMANITY HAS TO OFFER.

Liz’s recovery went smoothly, and thankfully, her body has not rejected the new organs. She spent about a month in the hospital after her transplant and only experienced a few mild complications. Earlier this spring, Liz did have to get a micro pacemaker due to a heart block (when electrical signals that control your heartbeat are disrupted).

For the better part of her life, the 43-year-old hasn’t been able to physically exert herself. She said she actually enjoyed cardiac rehab in Nashville, where she finally was able to exercise.

Liz is extremely thankful for her new organs and the donor’s family.

“I’m alive, and I have this beautiful new life because of someone else’s tragedy. I’m fully aware of the sacrifice, the decision and the challenge that my donor family had to make,” Liz said. “I tell people I am on the receiving end of the greatest act of love and selflessness that humanity has to offer – to give a piece of your loved one to a stranger and make that decision on the worst day of your life.

“It really is life-changing for the person receiving those organs and for their families,” she said. “Every organ recipient I know lives every day, trying to take excellent care of their organs.”



Liz encourages people who are not already organ donors to sign up at their local license office or online at organdonor.gov.

NEXT STEPS

After high school, Liz considered becoming a nurse but remembered spending most of her life in hospitals. “I missed a lot of kindergarten because I had heart surgery that year,” she said. “I thought, ‘Do I really want to work at a hospital?’”

However, after her transplant, her perspective changed.

“I was trying to figure out what my next steps were, and I saw the job application for a patient experience liaison at Phelps Health,” Liz said. She felt her HR and employee relations skills would be useful in this role.

“I love that we round on patients and make ourselves visible to them. This feels like the perfect fit for me,” she said. “It’s probably weird to say, but hospitals are my comfort zone. I spent more time in hospitals some years than I spent at my house.”

While Liz was initially scared to enter the workforce after not working for many years, she genuinely enjoys the interactions she has with Phelps Health patients and staff.

“All of us in Patient Experience are so passionate about helping patients,” said Liz. “I could not have asked for a better return to the workforce after being gone for so long.”

FIND A REWARDING CAREER

Visit phelpshealth.org/careers to search for current job openings and find a career that’s right for you.



MEET DR. GAUTAM

By Stefanie Van Wyk



Growing up in Rampur, India, Pulmonologist Arun Gautam, MD, has vivid memories of his local doctor.

“In our community, our doctor was a vitally important and respected community member,” Dr. Gautam said. “I remember my dad having open heart surgery, and the experience was

profound. Everyone, from the cardiologist to the nurses, was extremely caring and reassuring. From these early, positive exposures to medicine – and my love for science – I knew I wanted to pursue a career in healthcare.”

Dr. Gautam, a critical care pulmonologist, joined Phelps Health in December 2022. He sees adult patients (ages 18 and up) for pulmonary (lung) conditions and diseases. A common procedure he performs is an EBUS bronchoscopy, or endobronchial ultrasound.

Editor’s note: On page 6, learn more about this new offering at Phelps Health.

Dr. Gautam graduated from Indira Gandhi Medical College and Hospital, and went on to complete his medical residency at the University of Connecticut. Early on in his residency, he completed his first rotation in the Intensive Care Unit (ICU).

“We were faced with many alarming situations, but I was inspired watching the medical staff work together in the face of these challenges,” he said. “I like that pulmonary critical care is multifaceted: I get to work with the most critical patients in the ICU to patients living with daily,

PHELPS HEALTH PULMONOLOGIST OFFERS NEW PROCEDURE FOR DETECTING LUNG DISORDERS

chronic conditions [like asthma] in the clinic setting. I enjoy the opportunity to form relationships with my patients over the years.”

Dr. Gautam’s care philosophy is simple and straightforward.

**I STRIVE TO BE AN
ADVOCATE FOR MY
PATIENTS.”**

“Modern medicine is understandably complicated, and this often confuses patients,” he said. “I strive to be an advocate for my patients, to help them understand the different procedures they may undergo and the specialists they may need to see.”

Outside of work, the pulmonologist enjoys spending time with his wife (who also is a doctor) and their two young daughters. He also enjoys traveling, taking long drives – which was admittedly easier before children – hiking and spending time outdoors.

“I chose Phelps Health because I felt a connection to the small-town atmosphere,” added Dr. Gautam. “I

think patients can get lost in bigger systems, and I can provide more personalized care in a smaller healthcare system. It’s a great fit for me.”

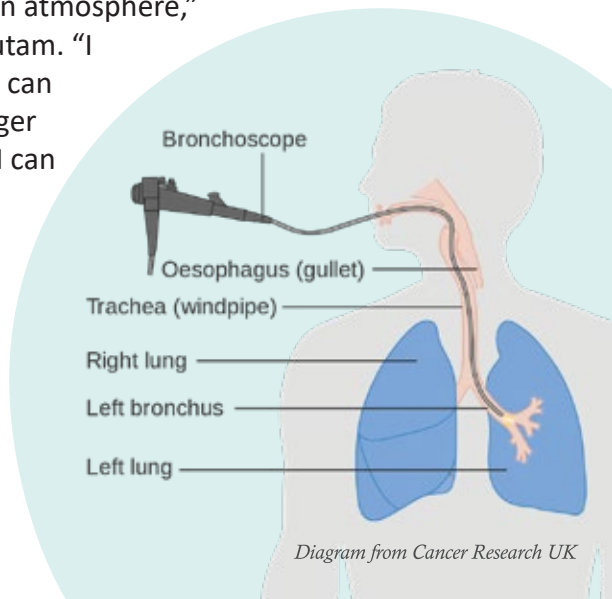


Diagram from Cancer Research UK

EBUS BRONCHOSCOPY

Did You Know? Before spring 2023, Phelps Health patients would have to travel to Springfield or St. Louis to have an EBUS (endobronchial ultrasound) bronchoscopy. Learn more about this procedure that Phelps Health Pulmonologist Arun Gautam, MD, performs in Rolla.

What is an EBUS?

An EBUS is a minimally invasive procedure that does the following:

- Diagnoses and determines the stage of lung cancer
- Detects lung infections
- Identifies other inflammatory lung conditions

A provider's referral is required for this procedure.

When might an EBUS be recommended?

If you have abnormal lung nodules and/or enlarged chest lymph nodes found on a CT (computed tomography) scan, your healthcare provider may recommend this procedure.

What is the difference between an EBUS and a mediastinoscopy?

Before the EBUS, the only way to take a biopsy of an enlarged chest lymph node was to perform a surgical procedure called a mediastinoscopy. A mediastinoscopy involves making a small incision just above the breastbone. A scope is then inserted to take tissue samples.

With an EBUS, a pulmonologist can perform needle aspiration (biopsy) of an enlarged lymph node using a bronchoscope inserted through the mouth. A bronchoscope is a thin, tube-like instrument with a light and lens for viewing.

During this outpatient procedure, your doctor will use a small ultrasound located at the tip of the bronchoscope to find the abnormal area within the lung or enlarged lymph node around the airway.

Multiple tissue samples are taken from those areas, using a fine needle. No incisions are necessary, unlike with a mediastinoscopy. The EBUS procedure typically lasts anywhere from 45 minutes to 1 hour.

Is this procedure painful? Will I be sedated?

An EBUS is not painful. Patients are put under general anesthesia or moderate sedation. Some people may experience a sore or itchy throat after the procedure as the tube may irritate vocal cords.

For more information about the EBUS procedure and Dr. Gautam, please visit phelpshealth.org.



Volunteers Recognized for Contributions to Phelps Health

By Paul Hackbarth

Volunteers are one of the first people that many patients and visitors meet when coming to Phelps Health.

“The first time they [patients or visitors] enter a hospital, their anxiety level is super high. However, not to worry, because who are the first smiling, cheery faces that they see when they come in? The answer is all of you volunteers,” said Dick Elgin, PhD, a member of the Phelps Health Board of Trustees. “You lower their anxiety level when they come in.”

Elgin gave remarks at the annual Phelps Health Auxiliary and Volunteer Services appreciation luncheon held April 27 at Rolla Church of Christ. About 55 volunteers attended.

“You are not only volunteers, you are ambassadors,” Elgin said. “I know of no other healthcare organization in the area that has an auxiliary or volunteer force compared to what we have at Phelps Health.”

The Auxiliary was formed in 1950 to help raise funds to build Phelps County Memorial Hospital (now Phelps

Health). Over the years, the Auxiliary has donated millions of dollars back to Phelps Health, including funding for equipment, ambulances, scholarships and more.

Recently, the Auxiliary funded stress balls for patients who have suffered from a stroke or STEMI, a serious type of heart attack. The Auxiliary also supported a program called Code Lavender, which helps staff after a stressful event or series of stressful events that occur in the hospital.

In addition, the Auxiliary hosts the VolunTEEN program, which allows local students ages 14 to 18 to volunteer at the hospital each summer.

In 2022, Phelps Health volunteers contributed a total of 11,805 service hours to the organization.

During the luncheon, which had a 1920s theme, volunteers who have served at Phelps Health for 20-plus years were recognized with flowers and a certificate.



MAKE AN IMPACT

If you are interested in volunteering at Phelps Health, call Crystal Lorah at (573) 458-7947.

Phelps Health President and CEO Jason Shenefield and Senior Vice President of Human Resources and Philanthropy John Money presented the awards to these longtime volunteers:

- Helen Hoertel, 36 years
- Velma Overby, 31 years
- Jean Joiner, 28 years
- Leona Rosenow, 27 years
- Illa Bell, 26 years
- Mabel Godfrey, 23 years
- Oak Paul and Betty Davis, both 21 years

Other volunteers were given special awards, including the following:

- Ron McClanahan, Most Persistent Volunteer
- Jeanette Birdsall, Most Caring Volunteer
- Sara Heibult, Most Inspiring Volunteer
- Tiffany Wigger, Travels the Farthest to Volunteer (64 miles one way)

“We really appreciate all that you do,” Shenefield told the volunteers. “Seeing what you’re doing and how you’re impacting the care and services that we provide brightens my day.”

Money echoed Shenefield’s comments, saying that the volunteers not only bring smiles to patients but also to employees. “You make a positive difference in the culture here,” Money said.

Auxiliary Board officers were recognized, as were the Auxiliary staff, including Crystal Lorah, director; Neal Fallesen, specialist; and Deanna Brown, gift shop merchandiser.

Girls Gone Catering provided the lunch, and Phelps Health Chaplain Rocky Reid led the invocation. Volunteers also received door prizes.

The Auxiliary luncheon is held each April, which is National Volunteer Month.



Leona Rosenow



Auxiliary staff and Board members



Mabel Godfrey



Betty Davis



Sara Heibult



Oak Paul



Dick Elgin, PhD



Crystal Lorah



Helen Hoertel



Ron McClanahan

WHY FINDING THE RIGHT PRIMARY CARE PROVIDER IS IMPORTANT

By Paul Hackbarth

Sammie Martin remembers one day wanting to switch doctors. She asked around and was given a recommendation: Rachelle Gorrell, MD, a family medicine physician at Phelps Health.

“We just clicked right off the bat, from the beginning, and we’ve clicked ever since,” Sammie said of herself and Dr. Gorrell. “I can really talk to her, and I feel very comfortable. She also laughs at my jokes.”

Sammie, who is now 63 and lives outside of Rolla, has been seeing Dr. Gorrell for over 20 years – longer than she has been married.

Dr. Gorrell is Sammie’s primary care physician, or what many people simply call their doctor. A primary care physician or primary care provider (PCP) is a healthcare professional who helps patients access a range of healthcare services. Your PCP can identify common diseases and help refer you to a specialist, if needed.

Your PCP usually sees you for acute illnesses, such as colds or flu, and helps with chronic conditions, such as high cholesterol or diabetes. Your PCP also can help you with preventive care, such as health screenings, routine checkups and vaccines. A PCP keeps you healthy and well and is there for when you become sick or hurt.

Sammie has high blood pressure, and Dr. Gorrell helps her manage this condition.

“My blood pressure was really high to the point of almost having a stroke. She [Dr. Gorrell] was able to help me get it under control, and I really appreciate that because it scared me,” Sammie said. “She’s helped me through a lot.”

In addition to high blood pressure, Sammie said Dr. Gorrell has treated her for depression, bronchitis (infection of the lungs) and arthritis (joint inflammation).

“I was barely able to walk. I’ve got a cane, but I’m

still walking,” Sammie said, adding that she has an artificial leg and knee. “I can do some daily tasks, which were getting more and more difficult. Now, it’s not as difficult on some days. I wouldn’t be moving if it weren’t for my doctor.”

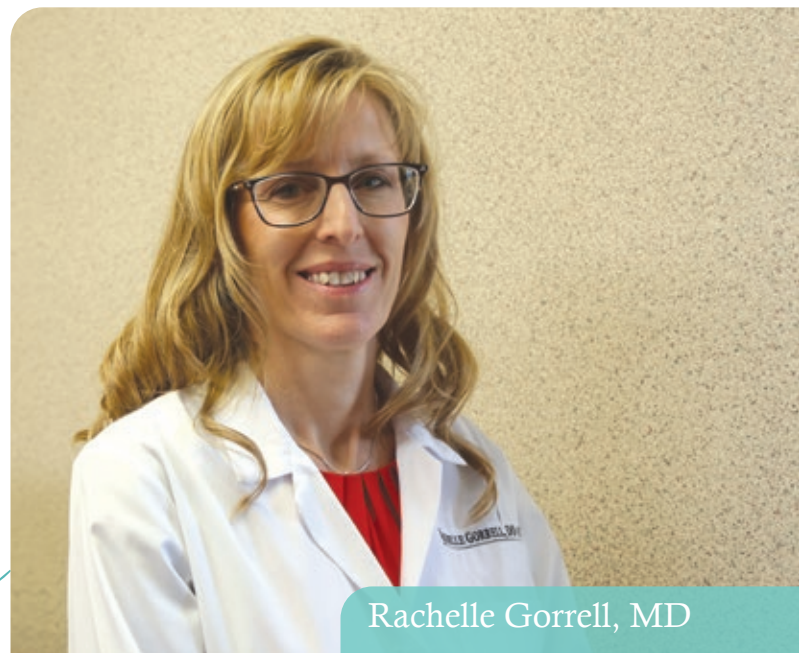
Sammie also said she feels like Dr. Gorrell and her care team at Phelps Health listen to her.

“They want you to have a better life and better health.”

“She always encourages me. She has said, ‘We need to work on this,’ but she always gives me hope that we can get through it,” Sammie said of Dr. Gorrell.

With a PCP, you don’t have to spend time at each visit going over medical history or personal issues, because your doctor or provider is already aware of any concerns.

“She’s known me forever, and she knows what my issues are,” Sammie said. “She usually knows if I’m having a really rotten day and she’ll say, ‘Well, what can we do for you about it? What do you think would help?’”



Rachelle Gorrell, MD



Patient Sammie Martin

Not only does Sammie appreciate the care she receives, she said scheduling appointments is easy. “If it’s chronic, they’ll fit me in,” she said.

In addition, Sammie says she likes using MyChart, Phelps Health’s patient portal, where Sammie can get her test results quickly.

“I use MyChart to look up my blood tests. It’ll tell me if my blood pressure is low or high, and then it’ll give me a goal that I can work toward. MyChart helps keep me in the know,” Sammie said.

If Sammie sees any concerning results in MyChart, she also knows she can contact her doctor or nurse. “They always get back with me,” she said.

Sammie recommends Phelps Health for the convenient locations and the nice staff, who she genuinely feels care for her.

“They want you to have a better life and better health,” Sammie said.

BENEFITS OF PRIMARY CARE

Having a primary care provider is beneficial for the following reasons:

- You have someone you trust helping you with your healthcare.
- You don’t have to spend time going over medical history or personal issues, because your primary care provider is already aware of any concerns.
- Your primary care provider will work with you to create a healthcare plan that best suits your lifestyle and needs.
- Your primary care provider may recognize health changes that you have not noticed and keep you up-to-date with annual exams, screenings and shots.

ESTABLISH CARE TODAY

Visit phelpshealth.org/doctors to find a PCP who is right for you. To make an appointment with a Phelps Health PCP, call (573) 364-9000.





QUICK READS

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

MEET OUR NEW PROVIDERS

Please help us welcome the following new providers to Phelps Health:



Angie Watkins, CPNP | Pediatrics

“Being a provider at Phelps Health allows me to care for local families I know and for children who go to school with my own kids. I can see children for wellness visits and also treat common childhood illnesses, including ear infections and allergies. I have special interests in mental health, including ADHD (attention-deficit/hyperactivity disorder) and depression.”



Abby Blanc, FNP-C | Family Medicine

“I aim to care for the whole patient, not just their condition or disease. I enjoy taking time with my patients and getting to know them. I can help patients with anxiety, depression, thyroid disorders, diabetes, high blood pressure and other acute and chronic conditions. I also offer wellness visits, well-child visits, diabetes education, joint injections and skin biopsies.”



Sydney Fryer, FNP-C | Immediate Care

“As a provider, I strive to treat each patient as if they were my mom, dad or child, etc. I consider myself nonjudgmental and want patients to know they can safely open up to me. Education also is important to me. I want patients to clearly understand their care.”

MEET YOUR PHELPS HEALTH BOARD OF TRUSTEES

Phelps Health Board of Trustees are elected members who serve 5-year terms. Our current members explain why they choose to serve on the Board of Trustees.



Janece Martin, EdD

Former cooperative education/marketing education teacher and director of career and technical education at Rolla Public Schools

I have had a long association with Phelps Health. I was involved with the development and supervision of internships for all medical programs that Rolla Technical Institute/Center offered in conjunction with Phelps Health. My daughter was born at Phelps Health, and throughout the years, my husband and I and our aging parents have used Phelps Health's excellent services. These experiences have had a positive impact on me. I find serving on the Board to be challenging, exhilarating and educational.



Joe Bond, DO

Retired Phelps Health medical oncologist/hematologist

As a physician, I have always been interested in healthcare and improving the availability and delivery of excellent healthcare to local communities. I provided medical oncology and hematology care to the Rolla area for 35 years and was an owner of a multispecialty medical clinic. After retiring from medical practice, I felt that I could make a positive contribution to healthcare while serving on the Phelps Health Board of Trustees.



Annie Bass

Licensed real estate broker and registered nurse

My background and expertise allow me to have a keen understanding of how health systems operate and function. I felt my experience and knowledge would help me contribute to Phelps Health's further success. I am proud of Phelps Health and its staff, and I wanted to be a part of its continued growth and progress. Phelps Health is a vital part of our community, and I am committed to helping this organization accomplish its mission of providing high-quality, accessible healthcare to the people who live in this area.



Richard (Dick) Elgin, PhD, PS, PE

Former owner of Elgin Surveying and Engineering and former Missouri S&T Adjunct Professor of Civil Engineering

As a member of the Phelps Health Board of Trustees, I was elected and entrusted by the community to provide guidance for the operations of our complex and challenging healthcare system. With that service comes a duty, shared by all Trustees, to ensure that the community is provided with excellent healthcare. I accept that duty and obligation to contribute to the community.



Anthony Kaczmarek, MD

Independent, board-certified urologist

I have been blessed to live in a wonderful community with giving and loving people. I have a strong sense of community belonging and commitment. Serving as a representative of the people is an honor. As a business owner, community member and physician, my experience allows me to provide a unique view to improve the affordability and availability of the healthcare delivery system at Phelps Health.

QUICK READS

CARES AWARD WINNERS

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

January

CARES Award: Cathy Moore, Human Resources

We Caught You Caring Award: Nathan Crawshaw, PA-C, Family Medicine

Department Award: Sterile Processing

February

CARES Award: Chris Zika, Plant Operations

We Caught You Caring Award: Francy Runge, EMS

Department Award: Public Safety

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



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

DAISY AWARD WINNERS

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



Kristin Stevens, RN
Obstetrics Unit

Morgan Swyers, LPN
Medical Oncology



Kelly Scarbrough, RN
Nursing Services

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

Need a ride on the Phelps Health campus?

Call the Phelps Health Happy Hauler courtesy van at **(573) 202-3880**. This free service is available to patients and visitors, Monday through Friday, from 7:30 AM-4:00 PM.



LEADERSHIP

Spotlight

Each issue, we highlight a Phelps Health leader.

John Money, Senior Vice President of Human Resources and Philanthropy

FUN FACTS ABOUT JOHN MONEY

- *The “Italian Immigrants” statue in front of St. Ambrose Catholic Church on The Hill in St. Louis was modeled after my great-grandparents.*
- *I have a relative who is a rock star in London (George Bruno “Zoot” Money).*
- *I have a son living the good life on the San Francisco Bay working in sales for a startup technology company, and another son working as a computer programmer for a flight simulation training company.*
- *I accidentally caught a shark off a Florida pier.*
- *I like to eat food that is as close to the earth as possible and enjoy nature in all forms.*



PHELPS HEALTH SUPPORT GROUPS

Stroke Survivors Support Group

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

Ostomy Support Group

Second Wednesday of each month | 3:00-4:00 PM
Phelps Health Wound Ostomy Center - East Entrance
1000 West 10th Street, Rolla, MO
Call (573) 426-2214 or email
ostomysupport@phelpshealth.org

Diabetes Support Group

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

Parkinson's and Caregivers Support Group

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



CLASSIC COBB SALAD

INGREDIENTS

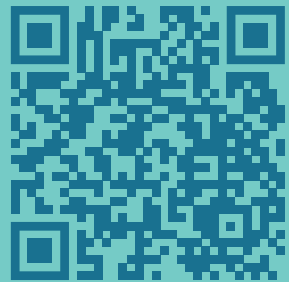
- 6 cups torn iceberg lettuce
- 2 medium tomatoes, chopped
- 1 medium ripe avocado, peeled and chopped
- 3/4 cup diced fully cooked ham
- 2 hard-boiled large eggs, chopped
- 3/4 cup diced cooked turkey
- 1-1/4 cups sliced fresh mushrooms
- 1/2 cup crumbled blue cheese
- Salad dressing of choice (see tip)
- Optional: Sliced ripe olives and lemon wedges

Tip: Lighten up your salad by swapping ranch or Caesar dressing for a healthier, vinaigrette-like balsamic or oil and vinegar.

PREPARATION

Total Time: 20 minutes

1. Place lettuce on a platter or in a large serving bowl.
2. Arrange remaining ingredients in rows or sections as desired.
3. Serve with dressing of choice; if desired, serve with sliced ripe olives and lemon wedges.



NUTRITION INFORMATION

Servings: 4

Calories: 260
Fat: 15g (5g saturated fat)
Carbohydrates: 10g
Dietary fiber: 4g
Sugars: 5g
Protein: 23g
Sodium: 586g
Cholesterol: 148mg

Source: Taste of Home

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

Scan the QR code above for a video on how to make this recipe.



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: UNDERSTANDING PROSTATE CANCER SCREENING AND PREVENTION

By Dr. Graham A. Colditz, Siteman Cancer Center

Prostate cancer isn't a pleasant topic to think about. But at the same time, it's a cancer that many of us are, unfortunately, familiar with. It's likely impacted people in our lives, whether it's family members, friends or those we know through school or work. So, whether it's for ourselves or those we care about, it is important to better understand the disease and steps that may help protect against it.

Prostate cancer is the second most common cancer in the US, just behind breast cancer, but it is the most common cancer in men, with close to 290,000 cases diagnosed each year. And like many other health issues, prostate cancer doesn't impact everyone equally – with African American men much more likely to develop and die from the disease than other groups.

So, what is the prostate, exactly? It's a gland about the size of a ping pong ball that's part of the male reproductive system. It sits just below the bladder, circling the tube that empties urine from the body.

Problems with prostate health become more common as men age, and prostate cancer is found most often between ages 65-74. Being African American and having a

family history of the disease also can increase risk significantly.

Screening for prostate cancer has been shown to lower the risk of dying of the disease. When found in early stages, prostate cancer has a 100% 5-year survival rate. But unlike other types of cancer screenings, there can be a more subtle balance between the potential harms and benefits of screening when it comes to prostate cancer. This is largely because some prostate cancers are slow-growing and may never cause any serious health issues. However, others are very aggressive and men will benefit from early diagnosis and treatment.

Because of this, the American Cancer Society recommends that men have an in-depth conversation with their doctors about the possible benefits and harms of prostate cancer screening before deciding if it's right for them. Men at normal risk of prostate cancer should have this conversation starting at age 50. African American men – who are diagnosed with aggressive prostate cancer more often than men from other races – should have this discussion starting at age 45. Men with a strong family history of the disease should have this discussion starting at ages 40-45.

It's never too early, though, to take steps that can help prevent serious prostate cancer. Behaviors that we know can lower risk include:

- **Not smoking.** If you smoke, try to quit as soon as possible. Visit smokefree.gov for help. If you don't smoke, be sure to stay smoke-free.
- **Keeping weight in check.** Being physically active can help control weight gain, even if it's a few minutes here and there added up throughout the day. Other tips include: cutting back on sugary soda and fast food.
- **Eating tomatoes and tomato-based foods.** Try to add salsa, red pasta sauce and other tomato dishes to weekly meals. Among other nutrients, tomatoes are high in lycopene, which may help lower the risk of some cancers, including prostate cancer.

Whether it's through making healthy lifestyle choices or talking to a doctor about screening, there are important steps men can take to look after their prostate health. That can mean a lot to family, friends and others in their lives.

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.



LONGTIME DOCTORS RETIRE FROM PHELPS HEALTH



Phelps Health ENT (Ear, Nose and Throat)/Allergy Physician **Judyann Krenning, MD**, and Phelps Health Urologist **Geoffrey Lloyd-Smith, MD, FACS**, both retired from Phelps Health this spring.

While Dr. Lloyd-Smith joined Phelps Health in 2016 to help open a (then) new urology practice, he practiced medicine for a total of 35 years.

“We have a great team of patient-centered professionals at Phelps Health. I’ve been blessed to be both a part of the clinical and the OR (operating room) teams...I’ve had great coworkers, and it’s always been a pleasure to come to work,” he said.

All of Dr. Lloyd-Smith’s patients have been referred to Phelps Health Urologist Joel Leon Becerril, MD.

Dr. Krenning began seeing patients in Rolla in 1998. She initially worked at the Bond Clinic, which became a part of Phelps Health in 2010. In honor of her retirement, Phelps Health donated \$2,000 to the Kaleidoscope Discovery Center in Rolla on behalf of Dr. Krenning.

Although she is retiring, Dr. Krenning will forever be a Phelps Health advocate. “We have lots of fine health professionals working here in primary and specialty care,” Dr. Krenning said. “We are local, and I have noticed the care is more personal.”

Dr. Krenning’s patients have been referred to Phelps Health’s other ENT doctors and providers.



Please join us in thanking Dr. Krenning and Dr. Lloyd-Smith for their dedicated service to Phelps Health and the community. We wish them both a happy and healthy retirement.