

healthmatters

NEWS & HEALTH INFORMATION FROM ST. JOHN'S MEDICAL CENTER | SUMMER 2008 | www.tetonhospital.org

THANKS TO OUR COMMUNITY PARTNERS



Thanks to Habitat for Humanity and the hard work of the homeowner and many volunteers, St. John's own Angel Perez and his family are living the dream of home ownership in Jackson Hole. In June, the Perez family moved into a new home in Melody Ranch that was built as part of a one-week Habitat venture to construct 260 new homes across the nation in seven days. The Perez family contributed their own sweat equity of more than 500 hours working on Habitat projects.



St. John's Medical Center thanks First Interstate Bank for its support of the 2008 Teton County Family Health Fair. With a convenient new format, the St. John's Clinical Laboratory performed a record number of blood chemistry panels for the Health Fair this year. More than 3,500 community members participated in this important wellness event!

When Counting Sheep Doesn't Cut It

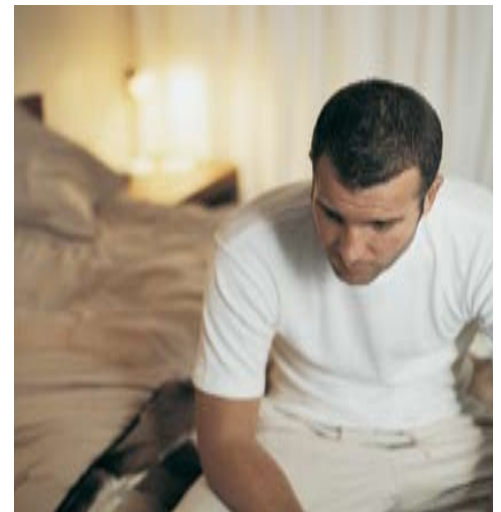
One in four Americans—about 70 million of us—has a sleep disorder. But most of those with sleep disorders don't get diagnosed, let alone receive treatment. According to the National Sleep Foundation, many Americans believe being tired is normal, when really it's not. Sleep apnea, characterized by pauses in breathing that cause people to awaken frequently gasping for breath, is the most common sleep disorder in the country, but more than 100 others have been identified.

FORMAL RECOGNITION

With health problems such as obesity, diabetes, hypertension, and depression now linked to the quality of a person's sleep, getting the best sleep you can is more important than ever. And St. John's Sleep Disorder Center is better prepared than ever to help you. After a rigorous 18-month process, St. John's recently became the first sleep disorder center in the state to be certified by the American Academy of Sleep Medicine (AASM). With St. John's certification, there is now an AASM-certified facility in each of the 50 states.

GOLD STANDARD

"This certification isn't given out willy-nilly," says Joe Burke, a registered polysomnographic technologist and respiratory therapist who has been at the St. John's Sleep Center since its founding 14 years ago. "A center has to meet the very highest standards as far as testing procedures and policies, patient safety and follow-up, and physician and staff training." The AASM Accreditation Committee member conducting the required on-site inspection at St. John's found that the center not only met the set standards, but very often exceeded



them. "He was particularly impressed with the amount of time we spend with each patient," Burke says.

TEAM EFFORT

Burke and two other permanent staff members man the two-bed sleep lab. Kevin Shilling, M.D., of Salt Lake City's Intermountain Sleep Disorder Center, and Mark Rasmus, M.D., of Boise's Idaho Sleep Health, hold regularly scheduled sleep clinics at the center. Drs. Shilling and Rasmus are both board certified in internal medicine, pulmonary medicine, sleep medicine, and critical care and are diplomates of the AASM. Dr. Rasmus is also board certified in pediatrics. •

For more information on the AASM-accredited Sleep Center at St. John's, call 739-7300.

St. John's Celebrates Employees

St. John's Medical Center (SJMC) wrapped up National Hospital Week by recognizing four outstanding staff members: Christina Moran, F.N.P., Roger Calhoun, Kathy Cottam, R.N., and Keith Stevens.

"All around, we have an incredible staff at St. John's," says Tom Peterson, R.N., Chief Nursing Officer at SJMC. "But supervisors and directors singled out these four individuals for consistently going above and beyond the expected."

A native of Baltimore and a graduate of Columbia University's prestigious Nurse Practitioner program, Christina Moran started at St. John's in March 2007. She works the night shift in the Obstetrics Department and also works days as a Nurse Practitioner at Gros Ventre OB/GYN.

Sara Catalano, Director of Obstetrics, says she nominated Christina as SJMC Nurse of the Year because she is an excellent clinical nurse.

SJMC Staffer of the Year Roger Calhoun is the Logistics Clerk in the Materials Department. He is responsible for keeping every department stocked with all the medical supplies it needs. "Roger works with every department," says Virgil Boss,

Associate Administrator. "People really appreciate him and were glad to have an opportunity to show it." Roger has lived in Wyoming since 1969 and has worked at SJMC since 1993. He assumed his current role in 2003.

"My job is exciting because, working in a hospital, people's lives depend on what I do," Roger says.

Kathy Cottam's peers at the Living Center (LC) voted her LC Nurse of the Year. "Kathy is a good teacher and takes the time to explain things to the aides and involves them in problem-solving resident issues," says Pat Weber, Living Center Administrator.

A graduate of Casper College and the University of Wyoming, Kathy has worked at the LC since March 2007.

Keith Stevens is a certified nurse assistant. Shortly after starting at the LC in



Christina Moran, F.N.P., Hospital Nurse of the Year

March 2007, he initiated a Bible study and prayer group for residents. "Keith is so respectful and readily develops close relationships with those in his care," says Pat. "He does extra things that bring joy into the lives of residents." •

Other Employee Appreciation Week Info

With singing, dancing, feasting, and fun,



St. John's Medical Center took time during National Hospital Week 2008 to celebrate and recognize our nearly 400 employees.

The fun and games had a team focus this year, with staff involved in friendly competitions and

scavenger hunts all around town.

Sixty-seven employees were recognized with employment anniversaries of five years and, listed here, 10, 15, 20, and 30 years.

10 YEARS OF SERVICE

- Tillotson, Robin
- Tillotson, Doug
- Hoover, Julie
- Noble, Karen
- Anderson, Joyce
- Cullinane, Catherine
- Siurua, Michael
- Weimar, Chris
- Faber-Cook, Kimberly
- Virostko, Keith
- Anderson, Robert
- Schmidt, Kristen
- Watson, Roger
- Lundstedt, Brent
- Maddex, Bonnie
- Stuck, Rick

15 YEARS OF SERVICE

- Memmer, Vickie
- Heffron, Jennifer
- Burke, Joseph
- Kendzior, Laura
- Raver, Marilyn
- Cully, Tim
- Morasco, Chris
- Stringham, Penny
- Sanford, Debra
- Carlin, Elizabeth
- Tischner, Leisa

20 YEARS OF SERVICE

- Basye, Judith
- Boynton, Beverly
- Baumer, Constance

Chadwick, Becky

30 YEARS OF SERVICE

O'Leary, Mo



SAVE THE DATE!

**Auxiliary's 17th Annual
Charitable Golf Tournament
Monday, September 8
Teton Pines**

Please join us for a fun afternoon of golf, followed by an awards party with delicious hors d'oeuvres and a phenomenal silent auction—made possible through the generosity of hundreds of Jackson Hole businesses. Preregistration, driving range, putting green, and putting contest open at 11 a.m., with the tournament's shotgun start at 1 p.m.

The annual charitable golf tournament is an enjoyable afternoon and a great way to raise funds for your community hospital. There will be at least one chance to win a new car with a hole in one, and two holes with \$10,000 prizes for a hole in one. The event also will feature a traditional betting hole, longest drive award, closest to the green award, and a putting contest.

The individual entry fee is \$175. Sponsorship levels range from \$750 to \$1,500 and provide two to four golf playing spots, a hole sponsorship, and your company name on the sponsorship board and in the program. Being a sponsor entitles you to receive four to eight awards party and silent auction tickets. In addition, the \$1,500 sponsorship includes your company logo on all printed materials. This well-attended event is highly visible and an excellent marketing and philanthropic opportunity.

This year's proceeds will support critical care and the purchase of lifesaving equipment.



For more information and to make reservations, please call Barb Peterson at 733-3815 or Stacey Caesar at 413-6883.

Participate in Jackson Hole's Generosity of Spirit

Old Bill's Fun Run, produced by the

Community Foundation of Jackson Hole, is now in its 12th year. This highly successful philanthropic run/walk event takes place starting at the Town Square on Saturday, September 13, at 10 a.m. Divisions include competitive and recreational 5K and 10K runs and a 2K walk.

Old Bill's Fun Run for Charities is a unique challenge-grant opportunity that benefits the entire community on a grand scale. This community celebration has raised more than \$53 million in the past 11 years and more than \$1 million for St. John's Medical Center. Participating is easy—donors need only fill out one form and write one check to give to as many local organizations as they like. The Community Foundation acknowledges donors with one tax receipt and records the gifts in funds named for the beneficiary organizations.

Donors are encouraged to give to Old Bill's Fun Run on behalf of St. John's Medical Center Foundation. By recommending St. John's Medical Center on your donor form, your gift will directly benefit your community hospital. In addition, St. John's receives a match percentage on the first \$25,000 raised. •



Contributions are accepted for Old Bill's Fun Run July 4 through September 19, 2008. Entry/donor forms will be sent to all box holders in Teton County. Checks must be made out to the Community Foundation of Jackson Hole and be accompanied by a donor form. Online gifts will be accepted by visiting www.cfjacksonhole.org. For further information, please visit www.tetonhospital.org, call 739-7402, or visit www.oldbills.org.

Get Your CHI On



**COMMUNITY HEALTH
INFORMATION CENTER**

A partnership between
**TETON WELLNESS INSTITUTE &
ST. JOHN'S MEDICAL CENTER**

Get answers to all your medical questions

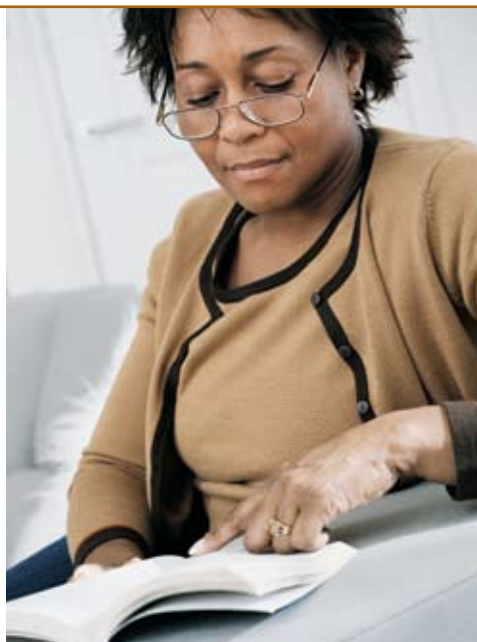
at the new Community Health Information Center (that's the CHI Center for short) in the St. John's Medical Center (SJMC) lobby. An innovative partnership between the Teton Wellness Institute and SJMC, the CHI Center is a free resource offering up-to-date, evidence-based information on health topics in both traditional and integrative medicine. It is open to the entire community, and many of its resources are available in both English and Spanish.

NOT ALL INFORMATION IS CREATED EQUAL

Marcia Craighead, Executive Director of the Teton Wellness Institute, stresses the credibility of the information you will find at the CHI Center. "All sorts of medical information is available on the Web, but how do you know it is legitimate?" she asks. The CHI Center has two computer software programs that search respected journals, studies, and medical encyclopedias and dictionaries. Perhaps more importantly, it also has a permanent coordinator trained to help you decipher your findings.

WORKING TOGETHER

"We are setting up the CHI Center to work closely with physicians," says Heather Hunter Joy, Director of the SJMC Health Institute, the founder of one of the country's first community health centers (in 1994 at the McKay-Dee Hospital in Salt Lake City), a certified community health specialist, and CHI Center Supervisor. "We plan on putting



referral bookmarks in medical offices that physicians can fill out and patients can bring to the center. You certainly don't need a referral from a physician to come in, though." Joy says she expects everyone from patients and their families to students researching health reports to utilize the center's resources. The center will also eventually offer scheduled programs such as "Ask an Oncology Nurse" and "How to Eat Healthier."

FROM A TO Z

"This really is a place to research any kind of health question," Craighead says. "How to start a fitness program, whether there are Chinese herbs that can help reduce the side effects of chemotherapy, how to deal with grief—you can find credible answers to all of these questions at the center." •

The CHI Center is open 11 a.m. to 5 p.m., Monday through Friday. Appointments are not necessary. For more information, please call 739-7244.

BETTER MAMMOGRAPHY

The new digital mammography system coming to St. John's this fall will use the most advanced technologies available and expose women to 60 percent less radiation than a conventional (film) mammography system. And in some women—those with dense breasts, who are pre- or perimenopausal, or who are younger than 50—digital mammograms might be better at detecting breast cancer than film mammograms.

This will complete St. John's commitment to making fully digital its Diagnostic Imaging Department, a project that started in 2006. "It was an important project because, across the board, digital images are easier to access, easier to transmit, and easier to store. These qualities benefit both patients and the hospital," says St. John's radiologist Gary Heath, M.D.

For more information, call Diagnostic Imaging at 739-7275.

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HealthMatters is published by St. John's Medical Center to provide reliable health information to those we serve. The information contained in the publication is intended to educate readers about subjects pertinent to their health, not as a substitute for a consultation with a personal physician.
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