



Salina Regional  
Health Center

# HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING

FALL 2009

## GOOD EATS

HOSPITAL  
FOOD  
NEVER  
HAD IT SO  
GOOD

PAGE 14

SPECIAL ISSUE

YOUR  
FIRST

# LOOK

INSIDE THE NEW PATIENT TOWER



## OH, BABY!

FIRST-CLASS  
COMFORT AT OUR  
FAMILY BIRTHING  
CENTER

PAGE 9



WE KNOW WHAT WOMEN WANT.



Annette Jacobson, Labor and Delivery  
Teia Janzen, Labor and Delivery  
Lindsey Xaysongkham, Nursery

# *We specialize in the health services you need most.*

At each stage of life, women face unique health issues: From having babies and caring for children ... to needing gynecology services, breast and bone health, and cardiac care ... to addressing the “golden years”. Women count on Salina Regional for the new technology, services and understanding they need. Our team of physicians and nurses (many nationally certified) and support staff makes a difference by respecting what makes women different.

 **Salina Regional  
Health Center**

*Confidence for the Good Life*

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Check Out Our Newest Addition



The new patient tower addition is complete and, as promised in our last issue of *Health Beat*, we are taking you on a pictorial open house and tour of our new facility.

But before we get started, I think it's important to point out that although the new facility is big, beautiful and new, none of that would matter if the caring that went on inside was just mediocre.

At Salina Regional, we strive to provide a caring and healing environment for our patients, family, physicians and staff. As important as it is to have nice facilities, it is equally important to provide our patients the ultimate experience in care. That is why we are committed to a culture of relationship-based care here at Salina Regional.

Relationship-based care is excellent healthcare achieved through collaborative relationships. It takes place in a caring and competent environment organized around the needs and priorities of our patients and their families.

Research shows that patients and families define caring and healing environments as those in which they are actively involved in their own care, where they feel as though they are seen as a whole person (body, mind and spirit), and where they have established an individualized relationship with physicians, nurses and other care providers.

In this issue, you'll also read about a patient named Calvin (page 6). It's a remarkable story that demonstrates the importance of the relationship between caregiver and patient in the healing process. The story was also included as a reminder that, as we go on our tour of the new facility, what's most important is the care and compassion that goes on there. That doesn't come from the bricks and mortar outside, but from the people inside its walls.

Beth Vinson

Beth Vinson  
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HEALTH BEAT

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## WE'RE ACCREDITED—AGAIN

Salina Regional's Outpatient Imaging and Breast Diagnostic Center received a three-year reaccreditation from the American College of Radiology for stereotactic breast biopsy. The accreditation means that Salina Regional meets and exceeds all national standards for the procedure. The hospital has one of the few accredited programs in the state and is the only locally accredited program.

When a routine screening mammogram detects suspicious tissue, doctors often turn to stereotactic breast biopsy to determine if a lesion is benign or cancerous. The outpatient procedure uses X-rays taken from different angles to triangulate the location of the suspect tissue and a local anesthetic is given to ease discomfort for the procedure. With the precise location pinpointed, a radiologist then takes a biopsy with a needle. Call **785-452-4999** for more information.

## SOS for Soldiers

New Options Behavioral Health, an intensive day treatment program offered by Salina Regional Health Center, opened a new clinic at 132 N. Eisenhower Drive, Junction City, to better serve Fort Riley soldiers. In summer 2006, Salina Regional began shaping services to meet the mental health needs of soldiers returning from combat and their families.

The effort has been an attempt to establish a model that can be used around the country for collaboration between military installations and community mental health programs. New Options physicians and therapists have received special training to serve the needs of soldiers who may experience symptoms of post-traumatic stress disorder, depression and other soldier-related and marital issues upon their return from deployment.

Patients for the specialty services are referred from physicians and case managers at Irwin Army Community Hospital.



## GET CONNECTED

News and information about services, health screenings, support groups and more from Salina Regional Health Center can soon be delivered directly to your e-mail. Salina Regional will launch a monthly elec-



tronic newsletter for patients and all who seek information to help live the good life.

You'll receive a monthly rundown of our latest efforts to improve health and well-being in the region. And don't worry, we'll keep your e-mail address private.

To sign up to receive your monthly issue, e-mail John Berggren, public relations coordinator, at [jberggre@srhc.com](mailto:jberggre@srhc.com).

## Just Quit It

Long associated with lung cancer and heart disease, smoking got another black mark against it thanks to a recent study published in the *Journal of the American Medical Association*. The study showed that smoking increases your risk of colon cancer by 18 percent, and the risk of dying from it by nearly 25 percent.

If you're ready to quit, the American Lung Association offers these tips:

**Make a plan:** Pick a quit date a few weeks from now. Mark it on the calendar and stick to it.

**4 INCHES**  
Maximum amount a backpack should hang below the waistline to prevent shoulder strain.

**10-15**  
Percentage of body-weight kids can safely carry in their backpack.

Number of emergency department visits per year related to injuries from overly heavy backpacks.

**7,277**



Sources: Consumer Product Safety Commission, American Chiropractic Association

## Quite an Honor

Charles Grimwood, Ph.D., vice president, regional development at Salina Regional Health Center, has been appointed by Patrick Gallagher, Ph.D., deputy director of the Commerce Department's National Institute of Standards and Technology, to the 2009 Board of Examiners for the Malcolm Baldrige National Quality Award. The award, created by public law in 1987, is the highest level of national recognition for performance excellence that a U.S. organization can receive. As an examiner, Grimwood is responsible for reviewing and evaluating applications submitted for the award. The board is composed of approximately 500 leading experts selected from industry, professional and trade organizations, education and healthcare organizations, and government.

Those selected meet the highest standards of qualification and peer recognition. All members of the board must take part in a preparation course based on the Baldrige Criteria for Performance Excellence and the scoring and evaluation processes for the Baldrige Award.



**Talk to your doctor:** Discuss prescription or over-the-counter medications that may help and ask about support groups at your local hospital.

**Trade bad habits for good:** Daily exercise, plenty of sleep and balanced meals can help you feel your best and beat the stress caused by quitting.

**Recruit help:** Don't go it alone. Ask your friends, family and co-workers to help support your decision.

**FREE YOURSELF**

If you've committed to quit, the American Lung Association's online Freedom from Smoking program can help. Sign up at [ffsonline.org](http://ffsonline.org).



# IT TAKES A VILLAGE

A rancher **recovers** from a heart attack and regains his memory with the help of Salina Regional specialists and his family



*Rick Smith  
and Calvin  
Carlson*

BY JOHN BERGGREN

What if you woke up and didn't recognize your spouse of 27 years, your three grown children or even yourself when you looked in a mirror? It sounds like a storyline from Hollywood, but for Calvin Carlson, a farmer and rancher near Lindsborg, the scenario actually occurred. Calvin's story is a tale of a miraculous recovery that is still unfolding today.

On Sept. 4, 2008, after a full day on the farm, Calvin attended a volleyball game at Smoky Valley High School, where his daughter-in-law is a coach and his niece is a player. Soon after he arrived, the 51-year-old collapsed without a pulse. An off-duty highway patrolman and others in attendance began administering CPR and utilized the school's automated defibrillator in an effort to revive him. Lindsborg EMS took him from the scene to Lindsborg Community Hospital, where his heart was restarted and he was stabilized before being transferred to Salina Regional Health Center.

## A RUDE AWAKENING

Initially, Calvin's doctors were unsure of how the situation would unfold. He was in a coma, and they prepared his wife, Shelly, and his children for the possibility that he might not ever wake up. Without knowing how long his brain was without oxygen, they could only wait and see.

Three days later, he awoke from his coma in the ICU, literally sitting up in bed with his family in the room. It was a relief to all that he was alive, but doctors and family members soon realized that brain damage had occurred when he could not recognize anyone.

"We were grateful when he started to talk, but fearful again when we recognized so much damage to his memory had occurred," Shelly says.

"Doctors made us aware that there was initially no way to know how much of the damage might be permanent and even if he might begin to take on a new personality, which was a strong possibility with an injury such as this."

Calvin's spiritual sense was the first to return. He began singing hymns and praise songs from church soon after he woke up. After a week in the ICU he slowly began to recognize his wife but couldn't recall any memories of their life together. Physical therapists and speech/cognitive therapists began working with him soon after he was stable and Salina cardiologist Mark Mikinski, M.D., placed a defibrillator/pacemaker a couple of weeks later to protect him from going into sudden cardiac arrest again.

## THE LONG ROAD HOME

Slowly, bubbles of memories began popping up and he began recognizing more and more people with only vague recollections of who they were.

"It was as if an outline for his life began to form in his mind and slowly, slowly the finer details began filling in," Shelly says.

Calvin was placed on Salina Regional's inpatient rehabilitation unit, where he intensively began working with therapists.

Physically, Calvin responded quickly to therapy. His active life in agriculture kept him in great shape and soon hardly any physical deficit could be seen. Once, while working with a physical therapist dribbling a basketball in the gym, Calvin began dribbling the ball between his legs.

"We don't need to work on that anymore!" the therapist said with a laugh.

Cognitively, Calvin recovered much more slowly. His short-term memory and long-term memory were both weak. Family and friends spent countless hours jogging his memory and giving him support to continue his steady recovery. His amazing fortitude, optimism and sweet personality soon returned. And, he developed an overwhelming desire to see his cattle once again.

Salina Regional therapists arranged an excursion to his farm to quench his desire and as a tool for therapy. “I remember thinking I owned every place we went by on the way out,” Calvin says. “But seeing the cattle and the farm gave me a lot of encouragement.”

More and more memories kept flowing back and he worked ferociously with therapists on problem-solving tasks to improve memory recall. After six weeks at SRHC, Calvin was able to return home under the watchful eye of his wife, who quit her job to be by her husband’s side throughout his recovery. She had an alarm put on their bedroom door to let her know if Calvin got up and ventured out in the night and had a lot of help from therapists, family, church members and neighborhood farm friends.

## FEELING LIKE HIMSELF AGAIN

Occupational and speech therapists continued working with Calvin on an outpatient basis almost daily. Salina Regional therapist Rick Smith, a friend of the Carlson family, provided physical and occupational therapy out on the farm. They worked on odd tasks like hanging pictures and painting the basement using a ladder. They played basketball and went for long walks to challenge Calvin to find his way back home.

“One of the first tasks we performed required us to use a power drill, and Calvin had a difficult time trying to figure out how to plug the drill into an extension cord,” Smith says. “He was determined to figure it out himself and eventually he did.”

Calvin got a four-wheeler and was soon able to venture out on his own on the family land.

“I slowly loosened the reins as we became more comfortable with his recovery,” Shelly says. “At first I was with him every step of the way, but then we became more confident that he wouldn’t get lost or hurt himself.”

The reins continue to loosen today. This summer, Calvin began buying cattle again for his stocker operation and tending to the live-stock’s care needs with help from Shelly and farm friends. Calvin was able to get his driver’s license back and he also began putting up his own hay again. He makes mistakes while farming, but doesn’t get overly frustrated. He’s back to diagnosing and fixing problems that arise and making repairs on machinery.

Ninety percent of Calvin’s long-term memory has come back, but he still struggles with some short-term aspects, multitasking and making managerial decisions.

He has yet to take back the grain side of his business or the realty ventures he was once involved in, but with greater improvement his hope is to reclaim those aspects of his life as well.

## A TEAM EFFORT

“This is the most successful rehabilitation story I’ve been involved with in my career,” Smith says. “It’s taken a real team effort from the cardiologist, neurologist and physical therapy staff who have communicated well with one another all along the way, and the support of Calvin’s family, church, friends and community to get to where we are today.”

Calvin now works with an outpatient speech/cognitive therapist twice a week through Lindsborg Community Hospital. His memories continue coming back on a weekly basis.

“Just the other day I was out in my truck and came around a bend where a corral sits that my children helped me build years ago,” Calvin says. “I just stopped, looked at it and cried because it was too special of a memory to have lost.”

Bill Kossov, M.D., medical director of the inpatient rehabilitation unit at Salina Regional, says there’s no way to know how much more of Calvin’s memory abilities will improve, nor can he put a timetable on his recovery.

“I think that with a team effort we can provide a high level of rehabilitation services right here in north central Kansas,” Kossov says. “We consulted a few of the major head trauma rehabilitation centers in the Midwest

to see if there were services that they could provide better and they said we were doing all of the things they could do and that it was probably better to keep him near his family and the strong support of his rural community friends. From our inpatient and outpatient care to the outpatient therapy he’s continuing through the hospital in Lindsborg, the outcome of this case has been extraordinary.”

Calvin is fully aware of what he’s been through over the last year and often finds himself in awe of how fortunate he is.

“I hope I can be helpful to someone sometime down the road,” Calvin says.



*Salina Regional physical therapist Rick Smith worked with Calvin Carlson on his family farm to restore both physical and mental function after Carlson nearly died from cardiac arrest.*



*Farmer and rancher Calvin Carlson was able to put up his own hay this summer after a long recovery from a heart attack, coma and total memory loss.*

“From the doctors and therapists to my family, neighbors and friends, it took a team effort to get to where I am today. There are too many people to name, but they’ve all taken me along for a ride on their shoulders and played a role in my recovery.”

“The story’s not over yet,” Shelly says. “There are a lot of things we’re still working to recover.”

Calvin’s sense of humor, however, is strong. “I’ve tried to tell him that he used to like to do the dishes and clean around the house, but Calvin just sneers,” Shelly says. “He knows better than that.”



## EMERGENCY DEPARTMENT

The new ED is spacious, modern and fully equipped to handle whatever comes its way

The emergency department was the first service to open in the new patient tower addition. The new emergency department offers increased space, a modern design and even televisions in many exam rooms. There is also dedicated space for non-emergency patients for use during Fast Track hours on Sundays.

Highlights of the facility include:

- Approximately twice the square footage of the original department
- Four trauma/cardiac event suites, with 26 total patient rooms
- A dedicated urgent care area for use during Fast Track hours
- Dedicated SANE/SART exam room
- Dedicated radiology area with space for future CT
- Larger waiting area
- Televisions in patient exam rooms



Marianne Bartlett, emergency department registrar, says the new ED registration area and waiting room is much more spacious than the old one. "From where I sit now I can see what is coming through the door and I'm able to see the waiting area as well. It's really nice."

Patient satisfaction has increased since the new ED opened this past April. In addition to the new facilities, staff have also put into place new care processes. Patients are also enjoying the new televisions that were added to many patient exam rooms.



In addition to larger exam rooms, staff and physicians are also enjoying a larger workstation. "There is so much more room in our new area. We really like it a lot," says Mindy Meinhardt, R.N.

## A SPECIAL PLACE

Emotions can run high for family members who have a loved one seeking care in the emergency department. In recognition of this, the new emergency department was designed to allow a special room for family members to meet with physicians, clergy and others when a crisis is unfolding.

Recently, the Salina Regional Service Auxiliary completed a project of furnishing and decorating the family consultation room to make it as accommodating and comforting as possible.

"We wanted it to portray a family living room and chose furnishings and artwork that are both comforting and inspiring," says Maxine Strawn, project volunteer.





## FAMILY BIRTHING CENTER

First-class comfort for you and your new addition

When you're ready to welcome your new addition into the world, we're happy to welcome you to ours.

With one whole floor in the new patient tower dedicated to women's health and having babies, Salina Regional really delivers.

The new Family Birthing Center offers spacious labor and delivery and postpartum suites to accommodate your new family and all your guests. Modern waiting areas, a new nursery and a neonatal intensive care unit are all conveniently located on the same floor with controlled public access for increased security.

"The new design is so much better for our patients," says Stephanie Hinkson, R.N. "They have their own private room and their own private bathroom."

As far as working in the new patient tower, Hinkson says it took a little time to get acclimated to everything. "We had to rethink how we did things in the past and develop new processes because the floor design is so much larger than before. But it is so nice for the patients and they really like it."

### MEET OUR FIRST

Salina Regional welcomed the first baby to be born in the new patient tower on April 8, 2009, at 8:08 a.m. Breiah Nolen, daughter of Bobby and Jessica Griffith, was 6 pounds, 9 ounces and 19.5 inches long.

"The rooms are really big and the nurses are awesome," Bobby says of the experience. "Breiah was born on moving day into the new addition; there was a learning curve for everyone and the nurses did great. It was a great experience."



Jessica and Bobby Griffith, Fort Riley, welcomed Breiah Nolen Griffith, 6 pounds, 9 ounces, on April 8, 2009, at 8:08 a.m. She was the first baby born in the new Family Birthing Center.



Although most new moms want their baby in their room with them, it's nice to have the brand new nursery where baby can go when mom needs her rest.

New moms now have a choice of either a queen-sized bed or a patient bed. All rooms are equipped with a private bathroom and shower.



New labor and delivery rooms offer more space and comfort for mom and her guests while awaiting the little one's arrival.

## SURGICAL UNIT

Recovering from a surgery is tough stuff, but it's a little less stressful in our new surgical unit

The fifth floor of the patient tower is a unit that specializes in caring for patients who have undergone surgery and are in the initial stages of their recovery. This includes surgical cases like orthopedic, general, urology and other specialties where the patient is in stable condition after surgery.

All inpatients enjoy private rooms that have private bathrooms with showers—two major features that weren't always available on the former surgical floor. A modern design with warmer, brighter décor makes guests feel welcome. And outside each room is a nurse workstation, with access to commonly needed items such as new gowns and clean linens.

"The design of this unit gets away from the old form of patient care where the nurses worked from a central station that in some cases used to be quite a distance away from the patient room," says Genesis Rucker, MSN, M.A., LNC, R.N.-B.C., director of inpatient surgical services. "Now nurses spend more of their time near the bedside. Often, the nurses are just outside the patient's door."



In the new tower, nurses can perform most of their duties just outside the patient room, where workstations are located.

"It saves me a lot of running—going back to the nurses station—by having computers for patient orders and charting and many common supplies right outside the room," says Jennifer Thompson, R.N. "Sometimes I overhear a patient's needs and can bring them what they want before they even have a chance to press the nurse call button."



Salina surgeon Earl Matthews, M.D., confers with a nurse about a patient at the central nurses station on the fifth floor.

Gary Billings, of Downs, spent a week in the hospital this summer recovering from a diabetic ulcer on his foot. While staying off his feet was a tough task for the active farm worker, he found the views from his fifth-floor room to be entertaining. "The highlight was watching the helicopter land on the roof," Billings says. "It looked like it was only about 10 feet away from me as it went over my window."

Many patients are enjoying the natural lighting and views from the large windows of their private rooms. On a clear day, patients on the fifth and sixth floors can see miles beyond the Salina city limits.

## HIGHLIGHTS

- ▶ 36 private patient rooms, including four 23-hour observation rooms and two bariatric patient rooms
- ▶ Spacious family waiting area
- ▶ Consultation area for physicians to meet privately with family members
- ▶ Nurse workstations outside each room



## MEDICAL UNIT

From dialysis to chemotherapy, ample space and inviting décor help patients feel more comfortable

The fourth floor of the patient tower is a care unit specializing in the medical needs of patients, which might include IV therapy, blood transfusions and other nonsurgical treatments.

Nearly identical to the fifth floor in terms of layout and design, the fourth floor has a slightly different arrangement of rooms. The fourth floor offers a dialysis unit that can accommodate up to four patients at the same time and designates a special series of rooms for cancer patients.

"The increased size of the patient rooms, which are all private with their own bathroom, seems to be the most commonly heard comment," says Mary Quinley, BSN, MBA, director of inpatient medical services. "Square-footage-wise, there's a lot more room on this unit than we had on the old unit and things are more spread out. That seems to make the hallways quieter and makes it easier for patients to relax. Initial results from our patient surveys show a positive impact on patient satisfaction." 📺

### HIGHLIGHTS

- ▶ 38 private patient rooms, including two 23-hour observation rooms and two bariatric patient rooms
- ▶ Special dialysis unit that can accommodate four patients at once
- ▶ Consultation area for physicians to meet with family members
- ▶ Spacious family waiting area
- ▶ Nurse workstations outside each room



Patients needing dialysis treatment, both on an inpatient basis and short-term outpatient basis, receive care in a special setting on the fourth floor of the patient tower. The room can accommodate up to four patients at one time and offers each individual their own flat-screen TV to watch while they receive treatment.

"The room is much more aesthetically pleasing and is more flexible so patients can talk to one another if they wish or can be more private," says Kim Diaz, R.N.-CNN, a nurse with Fresenius Medical Care, which provides dialysis services in the hospital. "Many inpatients come for treatment in their bed so it takes a lot of space to wheel them in without bumping into things or feeling cramped. This accommodates them nicely."



The fourth-floor family waiting area is located just off the elevators, where you'll commonly see guests working on puzzles, utilizing a computer with Internet access, or just relaxing and catching up with the news on TV. Even though patient rooms are more accommodating to patient visitors, guests often find it refreshing to get away for quick breaks, but still be nearby.



Richard Johnson, of Abilene, was diagnosed with leukemia earlier this year and has been hospitalized on multiple occasions to correct blood counts and undergo initial chemotherapy treatment. He started receiving treatment on the old medical unit, and continued treatment on the fourth floor of the patient tower when it opened this spring.

"These rooms offer much more natural lighting and the color pattern seems much more modern," Johnson says. "My wife has wanted to try the hide-a-bed in the couch, but I've encouraged her to go home and take care of things there. I feel like I'm in good hands here."

## MAIN ENTRANCE AND LOBBY

A welcoming, healing environment for all

Inside the revolving doors of the main entrance is a lobby that serves as a fitting welcome to patients and visitors coming into the new facility. Once inside the door, volunteers at the information desk greet guests and offer directions to those who may be entering the new building for the first time or those wanting to find the room number of a friend who is ill.

Prominent features of the lobby include registration services, an expanded gift shop, elevators to take visitors to their destination in the six-floor tower, and an open staircase to the lower-level cafeteria.



Registration is also located just inside the main entrance of the hospital, offering increased privacy for patients and family members checking in to the hospital for services. Along with registration, patients have easy access to the cashier, insurance verification services and Midland Medical Associates services, which assists patients in applying for medical cards.

Occasionally, you'll even hear the soft melody of an acoustic guitar being played by impromptu performers.

"They hit a home run with the design of the lobby," says Glenn Stroer, who stops in to play familiar melodies from time to time on his guitar. "It's a fitting entrance to what modern healthcare looks like today. Natural lighting, warm colors, wide open spaces—it's a beautiful facility." ➡



Volunteers staff the information desk, offering directions, escort services and flower deliveries and transferring phone calls to patient rooms. It's truly the central hub of the facility.

"Many don't recognize the facility once they come inside," says volunteer Anne Scuitte. "So much has changed in the last couple years, but now people are catching on and finding their own way once they've been here a time or two."





A new gift shop is also prominently located off the main lobby, with twice the space and an expanded line of items that includes Kansas-themed gifts, jewelry, accessories and clothing.

"We're much more than cards, flowers and balloons," says gift shop manager Marsha Haskett. "We offer a lot of unique items that customers have said can't be found anywhere else. We're constantly bringing in new inventory and new lines and we're trying to make the gift shop a destination all on its own."

Proceeds from the gift shop go to the Salina Regional Service Auxiliary, which uses the money to improve guest services and support the Morrison House and other hospital causes.

The prominent location and increased space seem to be making an impact. Sales are on pace to shatter old records by a large margin.

"The size and glass walls allowing people to see in are so much more inviting to those passing through," Haskett says. "Previously, if we had two or three people in shopping, it seemed crowded in our store. Now, we'll commonly have 10 or 12 customers in at once. People walking by see the activity and wonder what we have to offer."



Many patients and visitors who have disabilities or become easily winded use the complimentary valet parking services offered on weekdays from 5:30 a.m. to 9:30 p.m. Valet staff members are standing by to take vehicles from the circle-drive entry to a designated parking area, and will retrieve vehicles when patrons are ready to leave.

"It's a wonderful service," says Lewis Kollhoff of Salina, who brought his wife Barbara in for an outpatient visit at the hospital. "It makes coming to the hospital so much more convenient."



## GOOD EATS

For a complete listing of our menus go to [srhc.com](http://srhc.com) and click "Coming to SRHC" and then click "Food Service."

# CAFETERIA AND GRILL

Food so good, you might make a special trip to the hospital

Another new addition to the patient tower is the large cafeteria and grill located at the bottom of the stairs off the main lobby. It's been a toss-up as to who is enjoying it the most—the public, the employees or the food service workers!

"There's so much more room and there are so many more choices," says Carol Loy, food service worker. "The kitchen is a lot bigger, too, and much more organized. It's really nice to work in it."

Natalie Meade, food service lead, agrees. "It's a nice atmosphere to work in."

The cafeteria is open for breakfast, lunch and dinner. Breakfast is served from 6:30 to 8:30 a.m., lunch from 11 a.m. to 1:15 p.m., and dinner from 5 to 6:30 p.m.

If these times don't work for you, our new Grill, located in the same area as the cafeteria, is open from 6:30 a.m. to 6:30 p.m., Monday through Friday (excluding holidays).

To see what's cooking in the cafeteria and at the Grill check out [srhc.com](http://srhc.com), click "Coming to SRHC," and then click "Food Service."



## THE GRILL AT SRHC

- The Grill is open from 6:30 a.m. to 6:30 p.m. Monday-Friday (excluding holidays).
- Breakfast, lunch and dinner are served.



## GOODIES TO GO

Big party coming up? Kids need treats for school? It's your turn to provide treats and you have no time to bake? Let us do the baking for you!

We can provide breads, bagels, fruit breads, cakes, pies, brownies, cookies and even decorated special occasion cakes. Meat and cheese trays and relish trays are available, too.

Just call us a week before you need the baked items (two weeks for relish, meat or cheese trays) and we will take your order and provide your product for you when you need it.

Or come browse our bakery rack in the cafeteria to see what we already have. Items will be packaged and ready-to-go. We also have pictures of all our special cakes in the cafeteria.

To order specialty items, contact Santa Fe Service at **785-452-6588**.

"The new kitchen is three times as big as the old kitchen. And the new cafeteria can seat up to 250 people. Everyone has been really pleased with the new cafeteria. There's more variety and more room. The employees have really been enjoying it," says Tom Weller, director of food service.



## MCPHERSON MEMORIAL CREATES FACILITY PLAN FOR FUTURE



Memorial Hospital in McPherson completed a study early this summer to determine future healthcare needs in the area. From the findings, a strategic and master facility plan was developed and subsequently approved by the hospital's board of trustees.

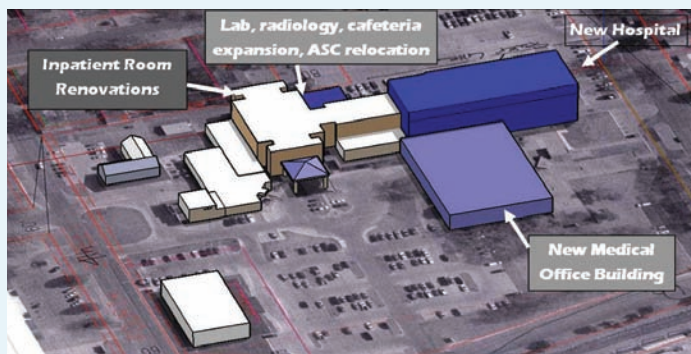
Research indicated that facility upgrades and expansion would be necessary. In light of this, construction plans are now under way and will be completed in three phases.

Phase one includes a new laboratory and expansion of the radiology department and cafeteria. It will also include relocating the Ambulatory Surgery Center and the construction of a new medical office building. This phase is to begin as soon as possible.

Phase two includes the renovation of patient rooms and phase three consists of the demolition of the 1921 hospital building and the construction of a new bed tower.

The plan also includes the recruitment of an orthopedic surgeon and other appropriate specialties, and encourages succession planning for physicians who are approaching retirement.

Committees of the board of trustees have already begun the process of selecting an architectural firm, as well as exploring



*Memorial Hospital in McPherson has planned multiple facility enhancements to meet area needs.*

funding options. The McPherson Healthcare Foundation has already held events to raise funds for some of these projects, and will continue to be active in helping to secure funding. To learn how you can contribute to the future of healthcare in McPherson, contact the foundation by calling **620-245-0130**.

## MCHHS Offers Digital Mammography

Mitchell County Hospital Health Systems enhanced its breast-imaging capabilities early this summer with the addition of digital mammography and the MammoPad comfort system.

Digital mammography allows a radiologist to magnify images, increase or decrease the contrast and invert the black and white values while reading the images. These features allow the radiologist easier evaluation of microcalcifications and an improved ability to focus on areas of concern.



*Mitchell County Hospital Health Systems radiology staff welcomed the addition of digital mammography early this summer.*

MammoPad provides a warm, soft cushion for the breast during imaging and has been clinically proven to reduce discomfort for most women. The cushion is invisible to X-rays and does not interfere with the quality of the mammogram. To learn more, call **785-738-9554** or visit [mchks.com](http://mchks.com).

## Cloud County Hospital Welcomes Family Physician to Community

Bonnie Cramer, M.D., began seeing patients in August at the Family Care Center in Concordia. She recently completed her family practice residency at the Smoky Hill Family Medicine Residency program in Salina.



*Bonnie Cramer, M.D.*

Many patients became familiar with Cramer over the past year when she began covering shifts in the Cloud County Health Center emergency room. Patients can now schedule appointments to see her at the Family Care Center by calling **785-243-4272**.

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# To Keep Your Heart in the Right Place.



*Dr. John Kelemen and the Heart Center Team*

No one cares for your heart like the Heart Center team at Salina Regional. Education and prevention are cornerstones for good heart health. Early diagnosis using the most current technology is also key. Our complete array of treatment options - all expertly guided by our cardiovascular surgeon and cardiologists, and a caring and compassionate team of PA's, nurses and staff – is combined with comprehensive cardiac rehab. The Heart Center team at SRHC is here to make sure your heart is in the right place, so you can get back to your good life.