



HEALTH MATTERS

ELMORE MEDICAL CENTER COMMUNITY NEWSLETTER

OCCUPATIONAL HEALTH SERVICES OFFERED TO BUSINESSES

Elmore Occupational Health Services will be available in Mountain Home beginning January 11. Occupational Health Services help manage and reduce the health care costs associated with accidents and injuries at the work place.

This new service is specifically designed to help area employers keep their employees healthy, provide drug and alcohol screenings, conduct pre-employment physicals and treat work-related injuries. In addition, Department of Transportation (DOT) and medical surveillance physicals are also available. Each employer using the Occupational Health Service will be able to identify the specific types of services their business and employees need.

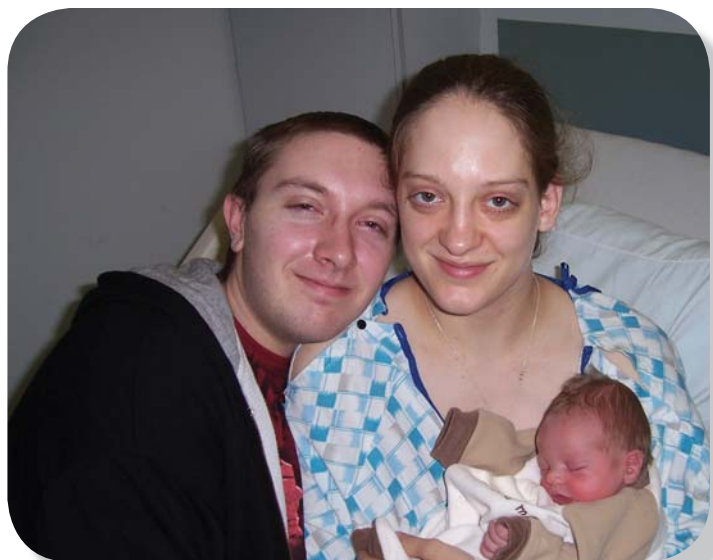
Employers interested in participating in the service simply designate Elmore Occupational Health Services as their workers' compensation medical provider. Participation requires no sign up fee or annual payments. Each business pays only for services they use, when they need them. If an employer has a work-related injury they will have local access for employee treatment, follow-up care and fit-for-duty assessments without having to send their employees to Boise.

This service is offered in partnership with St. Luke's Occupational Medicine, providing access to experienced medical providers who are specialists in occupational medicine. The Elmore Occupational Health Services will be co-located with the Outpatient Services Clinic at the hospital.

The Elmore Occupational Health Services Clinic will be available three days per week (Monday, Wednesday and Thursday) with after hour, non-clinic day and weekend medical coverage provided through Elmore Medical Center's Emergency Department.

"Making Occupational Health Services available at Elmore Medical Center is one of the ways we are meeting the needs of our communities." stated Greg Maurer, EMC Administrator. "We use Occupational Health Services for our employees and it has proven to be very successful. Our safety program helped reduce work place injuries and lowered our workers compensation insurance premiums."

For more information regarding Elmore Occupational Health Services or to arrange for services please call Margaret Kemp RN, at 580-5488 or cell 891-3282.



EMC First Baby of the New Year

The honor of being the first baby born at Elmore Medical Center in 2010 belongs to Robert Owen Weston. The son of R. Scott and Heather Weston arrived at 4:16 am on New Year's Day.

Dr. Karl Olson delivered the Westons' first child after 20 hours of labor. Heather commented "I wasn't planning on having him this early, he wasn't due for another two weeks."

The Westons's live in Mountain Home. Heather is employed at the Arby's Restaurant and Scott is pursuing a degree in computer programming.

The family was presented with a gift basket donated by Emotion Photography that included a new outfit for the baby, gift certificate for free baby photos and a picture frame.

Community Education

Elmore Medical Center (EMC) Education Department offers a variety of health care education programs to the public as a community service.

Early Pregnancy Class

This class covers what to expect during pregnancy for first time mothers. This class is free for expectant mothers planning to deliver their baby at Elmore Medical Center. \$15 for all others.

Prepared Child Birth Class

This is a four part class held on Tuesday and Thursday for two weeks. The class is free for expectant mothers planning to deliver their baby at Elmore Medical Center, \$25 for all others. New classes start every other month, call for class schedule.

Breast Feeding Class/ Support Group

Expectant parents, breastfeeding mothers and their babies are welcome to this free evening class providing breast feeding information and support. Scheduled every other month.

First Aid

Scheduled every other month. The fee for class is \$20, includes manual and supplies.

Heartsaver CPR

Offered every other month, this course is designed to teach CPR for adults and pediatrics, foreign body airway obstruction interventions and automated external defibrillator operation. This course is useful for those people expected to respond to workplace emergencies.

Register and prepay for all classes at the hospital front desk. Unless otherwise noted, all classes are held in the EMC Conference Room

Elmore Medical Center
895 North 6th East
PO Box 1270
Mountain Home, Idaho

For more information contact
EMC Education Department
587-8401 ext 146



TALKING TO TRUSTEES

Bruneau area farmer/rancher, Verlin Gingerich has been appointed to the Elmore Medical Center Hospital District Board of Trustees.

Gingerich was appointed to fill the board seat vacated by Dr. Jerrie LeFevre, who resigned to pursue retirement interests. Gingerich will fill the position until the Board of Trustee election to be held in February at which time he will be eligible

to be elected to fill the remainder of the term that expires in 2012. Elmore Medical Center Hospital District Board members are elected to serve 6 year terms.

An Elmore County resident since 1969, Gingerich has always loved the area. After attending pharmacy school he worked as a pharmacist for approximately twenty years in Lewiston, Glenns Ferry and Mountain Home. His father homesteaded a place off the Snake River where he learned to farm and when the opportunity arose to purchase a farm next door, he did so. Gingerich worked regular hours at the pharmacy for many years and farmed evenings and weekends. Eventually his love of ranching won and he decided to retired from pharmacy work.

Gingerich has served on several community committees and boards in the past including 12 years on the School Board for Mountain Home School District.

"There is so much to learn about the hospital and all that they do there, I am asking a lot of questions" stated Gingerich "Things have changed at the hospital from the way it was when I helped develop a formulary for pharmacy many years ago."

EMPLOYEES PLEDGE \$5,402 TO FOUNDATION

The generosity of employees at Elmore Medical Center shows when the 2010 pledges from the Employee Payroll Donor Campaign are tallied. This year the campaign has generated \$5,402 in pledges.

The campaign to sign up Employee donors is held in November and the new pledges are deducted automatically from the employees payroll checks starting in January each year. The donors decide how much they would like to donate and how many payrolls to spread the donations over.

Regardless of the size of the donation, each and every one is greatly appreciated by the Elmore Medical Center Foundation Board.

The EMC Foundation was established in 2001 and has been growing community and employee awareness of the opportunity to provide donations that benefit the medical center and support health care services provided in our community.

Currently, employees are offered a choice of four different designations for their donations. They can elect to support the Education Scholarship fund, the Endowment Fund, the Annual Campaign or they can let the Foundation Board of Directors determine how the funds will be used by selecting the Greatest Need category.

In addition to the pledges, \$250 was received from employees who elected to donate money in a single payment.

Employees can decide to participate in the payroll donation program at any time during the year. The annual campaign to sign up donors has become a fun way to educate the employees about the Foundation.

Since the Foundation began, they assisted with funding for the LTCU van and paid for nearly half of the cost for the helipad construction. Money raised by the Foundation has helped to purchase equipment including an infant warmer, defibrillator, ventilator and the digital C-arm x-ray machine.

For more information about the Elmore Medical Center Foundation go to www.elmorefoundation.org or call 580-2673.

NURSING ASSISTANT COURSE OFFERED

Elmore Medical Centers' first Nursing Assistant (NA) course is scheduled to begin on February 13, 2010. Classes will be held on Saturdays for 10 consecutive weeks followed by 40 hours of clinical training to be completed in additional 3 weeks.

The course is designed to provide students with skills necessary to take the Nurse Assistant Training and Competency Evaluation (NATCE) exam. Successful completion of the NATCE exam allows students to seek employment in Idaho as a Certified Nursing Assistant (CNA).

Classes are limited to 10 students. EMC Employees will have an early enrollment opportunity from January 4-18, 2010. The class will be open to public enrollment after January 18. All students must pre-register for the class and pay class fees at the registration desk at EMC.

Payment of at least \$200 of the tuition and the \$46 book fee is required at registration prior to the start of class. Full tuition is due prior to the end of the class to receive full credit for the class and a completion certificate. Arrangements can be made at the first class to set up payment agreements.

Tuition for the class is \$775 with an additional \$46 fee for books.

Additional expenses associated with the class are the responsibility of the student. Anticipated (estimated) expenses include: White Scrubs and White Shoes - \$25-\$100* (depending on quality and size); Watch with a second hand - \$10-\$30* (depending on quality); Immunizations depending on what each student requires based on their personal immunization history (EMC will provide TB skin test); Clinical Skills Testing fee - \$50 and Idaho Nurse Aide Testing fee - \$50.

The classes and clinical training will be held at Elmore Medical Center. Classes will be taught by Rez Cotton, RN or other designated EMC nursing staff members. For more information regarding this educational opportunity contact the EMC Education Department at 580-2684 or e-mail to hissonga@slmc.org.

NEW AMBULANCE FOR EAS

Elmore Ambulance Service added a brand new, 4 wheel drive ambulance to the fleet. The new ambulance is stocked with exactly the same equipment as the other units however it has the capability to handle adverse weather conditions. "The new vehicle will be a great asset for emergency runs in the winter months especially on calls up into the mountains" stated Ambulance Service Manager, Dale Curran.



ER Angels Volunteer Program 1st Anniversary

The ER Angels Volunteer Program celebrated their first anniversary in December. Current ER Angels gathered with EMC Staff at Elmore Medical Center to be recognized for



their efforts assisting after hours Emergency Department patients and their families.

The ER Angels serve as a communication liaison between the families of Emergency Department patients and the ER staff. We started with four dedicated volunteers and have grown to 16 ER Angels. The volunteers cover evening shifts throughout the week from 5-9 pm.

EMC Volunteer Coordinator, Mary Jo Caranto works with the volunteers to provide program specific training.

"We would love to have more volunteers and add additional shifts throughout the week" stated Caranto. "I encourage anyone who is interested in the program to contact me."

Additional volunteer opportunities are available for youth volunteers and adults in the hospital, Trinity Mountain Medical Clinic and Long Term Care Unit.

For more information about volunteer opportunities at Elmore Medical Center contact Mary Jo Caranto at 587-8401 ext 187



Elmore
MEDICAL
C E N T E R

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www.elmoremedicalcenter.org

NURSES RECEIVE AWARD

The March of Dimes 2009 Idaho Nursing Excellence Awards were held on Saturday November 14 at the Double Tree Hotel-Riverside in Boise.

Among the honorees were three of our own nurses, Elizabeth Gaines, Nancie Brininger and May Smith.

This annual March of Dimes event honors nurses and health care professionals from across the state, acknowledging the difference that they make in their communities and for the facilities where they work.

Elizabeth Gaines, RN, works on our Acute Care Unit and has been a nurse for 32 years where she serves as a mentor to other nurses.

Nancie Brininger, RN is a community education nurse with 22 years of experience. At EMC she teaches lactation and childbirth classes. She brings a positive attitude to all her hospital activities.

Our last honoree is May Smith, RN. She has been a nurse for 2 years. Her excitement towards nursing is obvious to everyone around her. She is very willing to assist other nurses or staff and seeks out learning opportunities to expand her skills.

Congratulations to our outstanding Nursing Excellence honorees.

CLINIC HOUR SURVEY

In an effort to better serve our patients, we invite you to participate in a short survey that addresses clinic appointment preferences and access to physicians.

The survey is available on-line at

<http://www.surveymonkey.com/s/YXGQYMD>

You may also link to the survey from the EMC website, www.elmoremedicalcenter.org and paper copies of the survey are available in the Elmore Medical Center lobby and at Trinity Mountain Medical Clinic.

The survey will be open for community input until February 28.



March of Dimes 2009 Nursing Excellence Award recipients
Elizabeth Gaines, RN; Nancie Brininger, RN; and May Smith, RN