

EPHRAIM McDONNELL HEALTH

# SOURCE

Magazine

Winter 2014

**Grateful for  
Personalized  
Cancer  
Care**

**Nurses  
Have  
Combined  
80 Years  
Experience**

**Quality  
Accolades  
Keep  
Coming**





## When excellence is your only standard, the quality accolades keep coming

- Ephraim McDowell Regional Medical Center for two straight years has been named one of the nation's Top Performers on Key Quality Measures by The Joint Commission for exemplary performance in using evidence-based clinical processes shown to improve care for heart attack, heart failure, pneumonia and surgical care.
- Ephraim McDowell Fort Logan Hospital was named a Top Performer in quality scores for the administration of pneumonia vaccine to patients with pneumonia.
- Ephraim McDowell Regional Medical Center has four Gold Seals of Approval™ for health care quality from The Joint Commission for its Total Hip and Total Knee Replacement Programs, as well as Spinal Fusion and Laminectomy.
- Ephraim McDowell Fort Logan Hospital has been recognized for 100% compliance in heart failure, acute myocardial infarction and the Surgical Care Improvement Project.
- Ephraim McDowell Regional Medical Center has won the Kentucky Hospital Association Quality Award three times in the past six years for the high quality of its medication reconciliation report process, its Total Hip and Total Knee Replacement programs and its Spinal Fusion and Laminectomy programs.
- Ephraim McDowell Regional Medical Center was recognized by Cleverly + Associates in 2013 as a top-ranked Community Value Provider.

For more information on Ephraim McDowell Health's awards and recognition, visit our website at [www.emhealth.org](http://www.emhealth.org).

## Message from the President & CEO



**H**ealth care reform is the buzz right now with the implementation of the Affordable Care Act this month. While this is good news for the millions of Americans who previously were not insured, it presents challenges for those of us in the health care industry ... especially as our reimbursements from the state and federal governments decline.

Despite those challenges, I am pleased to share with you that Ephraim McDowell Health is a financially strong organization, and our goal is to remain an independent health care system.

That is good news for those of you who depend on us to provide your medical care, because it means that you will continue to receive your care close to home.

The success of our great health care system is due in part to our Administrative Team and Board of Directors, whose job is to provide oversight to ensure that we are meeting the health care needs of the communities we serve.

Our successes can also be attributed to the hard-working Associates we employ, the variety of board-certified specialists on our medical staff and the volunteers who provide important services through our hospital Auxiliaries.

I would be remiss if I didn't also acknowledge that our great health care system exists today because of the wonderful people in our communities who seek services through one of our 39 locations in Boyle and the surrounding counties.

Thank you for choosing us when you need medical care, child care and a place to call home in your retirement years.

Sincerely,

*Vicki A. Darnell*

Vicki A. Darnell  
President & CEO

## Casey County man grateful for personalized care provided during cancer experience

**R**ussell Vassallo knows what it's like to live in "the big city". He was raised in Newark, NJ and practiced law there for many years. Twenty years ago, he and his wife, Virginia, moved to a farm in rural Casey County.

Five years later, a routine colonoscopy revealed Vassallo had colon cancer, and he found himself undergoing emergency surgery at Ephraim McDowell Regional Medical Center. He later underwent chemotherapy treatment at what is now Ephraim McDowell Commonwealth Cancer Center. He was very impressed with the personalized and compassionate care he received through Ephraim McDowell.

"When I hear people talking about Ephraim McDowell, I try to encourage them to appreciate the facility better," said the 79-year-old Vassallo. "I tell them, you don't know what you have at Ephraim McDowell until you go to hospitals in New Jersey and New York and then you come back with a greater appreciation of what is here."

Vassallo said he is most impressed with Ephraim McDowell's "very caring atmosphere and a philosophy of love." He shares a personal

experience that occurred following his surgery when he was alone in his hospital room and feeling depressed. A young nurse walked into his room and asked what was wrong. He couldn't explain his attitude, just that he felt sad.

"That nurse sat with me for two hours, talking to me about all the things I had to look forward to in my life once I got out of the hospital," Vassallo recalls. "Fifteen years later, I still think of her and pray for her. I just didn't know a hospital where you got that kind of care."

Vassallo's cancer experience evolved into an opportunity for him to provide encouragement to others who are battling cancer. He explains that while he was undergoing chemotherapy, he began talking to other patients during treatments about animals he had rescued from mistreatment and how the

animals changed once he began caring for them. He eventually began writing about those experiences and now has published eight books. Dr. Thomas Baeker, the board-certified hematologist and oncologist who provided Vassallo's chemotherapy treatment, buys Vassallo's books to share with patients.

"Dr. Baeker told me that I was having a very positive effect on his patients," Vassallo said. "People started noticing that I had an enthusiasm for life and wasn't going to let my cancer stop me from doing what I wanted to do. My attitude gave people hope."

Vassallo said he has received lots of feedback from people who have read his books and credited them with their successful fight against cancer.

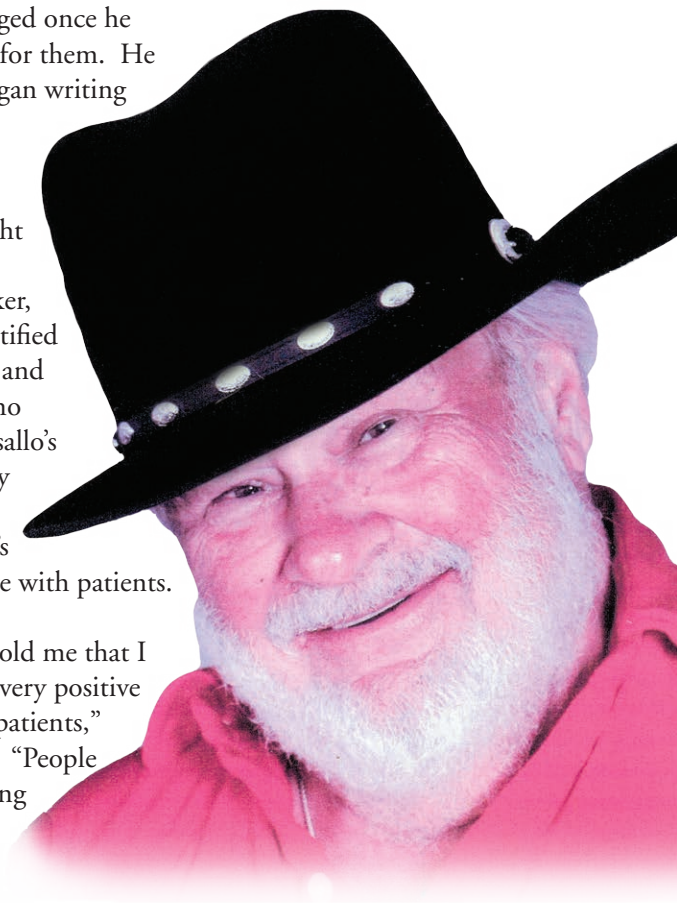
"Maybe I've helped them change their attitude about cancer," he said.

Vassallo said he is grateful for his experience with Ephraim McDowell, and credits the great care

provided to the fact that the staff love their jobs and love what they do.

"The woman at the reception desk at the Cancer Center is more than someone telling patients to sign in," Vassallo said. "She tells patients who will be coming to get them and what door they will be coming out of."

That means a lot, and it makes you feel better about the circumstances you are in."





# Hope Clinic and Pharmacy recognized with national award

The idea was to set up a local clinic to provide free health care to individuals who could not afford that care. One of the goals was to reduce the high use of the emergency department by chronically-ill patients. What resulted was a collaboration of community partners who worked together to make the dream a reality. Now it is a national model for other communities to replicate.

Recently, Ephraim McDowell Health was recognized by the American Hospital Association (AHA) as one of the bright stars of the health care field because of the Hope Clinic and Pharmacy. The program earned Ephraim McDowell Health the distinction of being one of only five hospitals in the nation to earn the NOVA Award from the AHA. That award honors AHA member hospitals and health care systems for effective, collaborative programs focused on community health status.

The Hope Clinic and Pharmacy was established in 2006 as a collaborative effort among Ephraim McDowell Health, the Ephraim McDowell Health Care Foundation, The Salvation Army, the Presbyterian Church of Danville, the Boyle County Health Department and Heart of Kentucky United Way. It serves low-income,

uninsured and chronically-ill patients by providing access to care for the people of Boyle, Casey, Garrard, Lincoln, Mercer and Washington counties. To be eligible for services, patients must be below the federal poverty level and have high blood pressure, high cholesterol, type II diabetes, obesity and/or gastroesophageal reflux disease (GERD).

“We are honored that the American Hospital Association has recognized not only the value of the Hope Clinic and Pharmacy to our communities but also the collaborative efforts of the

The Hope Clinic and Pharmacy is a collaborative effort among Ephraim McDowell Health, the Ephraim McDowell Health Care Foundation, The Salvation Army, the Presbyterian Church of Danville, the Boyle County Health Department and Heart of Kentucky United Way.

community partners responsible for making these services happen,” said Vicki A. Darnell, president and CEO of Ephraim McDowell Health.

The Salvation Army is responsible for screening patients to determine their eligibility to receive services provided at the Hope Clinic and Pharmacy. Medical care is delivered by

advanced practice registered nurses, and prescriptions are processed through the Ephraim McDowell Regional Medical Center Outpatient Pharmacy. Volunteers and physicians also donate their services, including health education and counseling, specialist referrals and medical procedures at no charge to patients.

The success of the Hope Clinic and Pharmacy is evident with the numbers of patients served and their medical outcomes. In its first six years, the Hope Clinic and Pharmacy provided care to 1,241 patients during 4,287 clinic visits. In addition, more than 25,000 prescriptions were filled for patients.

As for outcomes, 66% of patients served through the Hope Clinic have decreased their cholesterol level while 57% lowered their blood pressure and 48% reduced their risk for diabetes through a lower A1C. On top of that, 97% of patients served by the Hope Clinic and Pharmacy would recommend the clinic to others for medical care.



# Lincoln County woman receives trauma care following farm accident

It was a warm, late summer day in August 2013 and Nancy Camenisch was running errands while her brother and sister operated a combine on the family farm two miles outside of Stanford. Life turned tragic for Nancy as she brought water to her siblings because, for some reason, she tripped into the combine. However, the situation could have been worse than it turned out to be.



Camenisch recalls that she put her hand in front of her as she fell into the combine, to break her fall. The skin on her right forearm was chewed up by the combine, and then the combine suddenly came to a stop.

“A weed stopped up the combine and caused the chain to break,” Camenisch recalls. “If the chain had not broken before I fell, I would have been chopped up.”

Immediately, Camenisch jumped up and told her siblings that she needed to get to the hospital. As her sister drove her to the Emergency Department at Ephraim McDowell Fort Logan Hospital, Camenisch kept passing out. She was semi-conscious when they pulled up to the Emergency Department.

Luckily for Camenisch, the Emergency Department at Ephraim McDowell Fort Logan Hospital is verified as a Level IV Trauma Center. That means that the Emergency Department staff is trained in adult and pediatric trauma care and has implemented specific protocols to follow when treating patients in a trauma situation.

For Fort Logan, those protocols are to provide immediate stabilization and then transport the patient in a timely manner to a facility that can provide the most appropriate care.

“With a Level IV designation, our staff has to know what we can and cannot do for the patient,” said Paula Ledford, R.N., director of the Fort Logan Emergency Department.

“If we can’t provide the ultimate care that a patient needs, then we provide the necessary care and get them to the place they need to be in a timely manner.”

Ledford said the Trauma Center designation is important because Lincoln County is a rural community with many rural roads located a great distance from the hospital that can provide the ultimate care in trauma situations.

***“This trauma designation means better care for the patient in a more timely and efficient manner.”***

- Paula Ledford, R.N.  
Emergency Department Director

“This trauma designation means better care for the patient in a more timely and efficient manner,” she said.

In the case of Camenisch, the Emergency Department physician and nursing staff stabilized her and sent her by ambulance to another hospital for further treatment of her devastating injury ... all under the time established by the Trauma Center protocols.

Camenisch underwent surgery and required 39 stitches on her forearm. She stayed in the hospital for three days and then was released from medical care two weeks later.

“The staff at Fort Logan Hospital provided excellent care to me,” Camenisch said. “They worked 100 percent for me. Fort Logan saved my life.”



## News from our Foundation

# The Grateful Patient program

The Ephraim McDowell Health Care Foundation has a Grateful Patient program as a way for patients and family members to ensure the excellent care they received at one of Ephraim McDowell Health's locations is available for others in their community.

Patients give to honor a new baby, a loved one who has passed or even as a thank you to a caregiver. Of course, the recognition does not have to stop at nurses and doctors. Parents at A Children's Place

could give to thank a teacher at the child development center, or someone could donate to recognize a parent's caregiver at McDowell Place of Danville, our assisted living facility. You could even thank your personal trainer at McDowell Wellness Center for helping you lose those 10 extra pounds!

100% of all donations given to the Ephraim McDowell Health Care Foundation go directly to projects to support the health of those in the

communities we serve. Many times, grateful patients have been impacted by something funded through the Foundation. For instance, they could have been treated at Ephraim McDowell Commonwealth Cancer Center using one of the Foundation-purchased smart IV pumps. Or a nurse who treated them received continuing education through Foundation funds. When our patients give back, their friends, neighbors and they themselves can benefit.

## Stephanie Kilby, expanding her expertise in Mother/Baby care

Even though Stephanie Kilby is a Women's Health nurse, she occasionally gets called to lend a hand in the Labor Hall or Nursery. So she was glad when she attended a Mother-Baby Conference and gained knowledge beneficial to her in all three areas. When she returned, she also could share all she had learned with her coworkers, a fact essential in order for the Ephraim McDowell Health Care Foundation to provide the funding for her to attend the conference. The Foundation supports

continuing education for Ephraim McDowell Health Associates, but wants them to come back and share the knowledge as a resident expert. This way, many can benefit from the travel of one.

Stephanie states, "It was difficult to choose which sessions to attend because all of them sounded extremely informative."



Ultimately, one of the choices she made was to attend a session on C-sections. There are a variety of medical reasons for choosing a C-section, while others are personal reasons. Because a C-section is riskier, nurses need to be even more prepared to deal with complications, the topic of this session.

Stephanie learned about ways to reduce the risk and assess the mothers for signs of complications.

By sharing these tips, Stephanie was able to make her coworkers more aware, just like she now was.

Ephraim McDowell Health Source

## Ephraim McDowell Foundation Events

Events provide a way for our community members to have fun as they support the Ephraim McDowell Health Care Foundation. 100% of the funds raised through these occasions go to support a variety of projects throughout the Ephraim McDowell Health system. Sponsorships are available for each event at a range of levels. The Foundation is proud to have Farmers National Bank as its Premier Partner for events.



### Happy Heart Luncheon

The Ephraim McDowell Health Care Foundation holds its annual Happy Heart Luncheon during February, which is Heart Month. Attendees enjoy a heart-healthy meal, a presentation on ways women can combat heart disease and receive a gift bag that includes the recipes for the food they eat during lunch and the cooking demonstration.



### Golf Tournament

In early May, golfers hit the links to participate in the Ephraim McDowell Health Care Foundation's annual golf tournament. Teams are made up of both sponsors and those who just wish to play. Non-playing sponsorships also are available.

### Luminosity

Luminosity, our annual gala featuring dinner, dancing and an auction, is held in August. The 2013 event had a "Big Band Bash" theme, with a 10-piece big band playing as diners enjoyed their plated dinners. The attendees represented 23 sponsors, as well as individuals, who wished to invest in the health of their communities.

*For more information on any of these events, or to purchase tickets or a sponsorship, please call (859)239-2419.*

## Ephraim McDowell Health Care Foundation by the numbers

The Ephraim McDowell Health Care Foundation has pumped more than \$1 million back into the community in the past two years through medical care and prescriptions provided to those who otherwise couldn't afford them, education and screenings, and equipment enabling us to provide better care for our patients.

Ephraim McDowell Health's Community Service

Department last year provided more than 11,000 free screenings in the communities we serve. Most of the people served are low-income and would not have been able to afford life-saving medical screenings otherwise.

Screenings include cholesterol, glucose, blood pressure, heart rate, body mass index, stroke risk and colorectal cancer as well as flu shots and skin cancer screenings seasonally.

## You can help us with your investment

Would you like to invest in the health and well-being of people in your community with a tax-deductible contribution to the Ephraim McDowell Health Care Foundation? Here's how!

• Visit [www.emhealth.org/donateonline](http://www.emhealth.org/donateonline) or call (859)239-2419 to donate with a credit card.

- Give a gift with a check (mail to: Ephraim McDowell Health Care Foundation, 217 S. Third Street, Danville, KY 40422).
- Attend an event (so easy to give back when you are having fun!).
- Include the Foundation in your will.

*For more information in general or on ways to give to the Foundation, please call (859)239-2419.*

Ephraim McDowell Health Source



## Surviving the widow maker: Boyle County woman blessed with second chance



In the fall of 2012, Brenda Farmer was enjoying life with a flurry of activities. Wearing a No. 22 black and gold jersey at Boyle County football games. Working at Kentucky Trust Company. Walking three miles regularly at Millennium Park. Going to Morocco on a mission trip.

It was while she was on that mission trip that she started feeling “that something was not exactly right.” She also noticed that when she walked, she got out of breath quicker than usual. She figured the symptoms were due to a need to regulate the medications she was taking.

At the urging of her brother, Farmer made an appointment with her family doctor, Dr. Finley Hendrickson, who did an EKG and then scheduled her to see Dr. Hussam Hamdalla, an interventional cardiologist.

Dr. Hamdalla saw Farmer the following week and scheduled her the next day to have a nuclear stress test.

“He saved my life,” Farmer says of Dr. Hamdalla, who practices at the Ephraim McDowell Heart & Vascular Institute, located at 1250 Ben Ali Drive in Danville.

Farmer recalls that she was only on the treadmill a very short time when she collapsed. She remembers the staff getting her off the treadmill for transport by ambulance to Ephraim McDowell Regional Medical Center. Upon arrival, she was rushed to the Cardiac Catheterization Lab.

Farmer suffered a cardiac event before the heart catheterization could begin, and she was transported by ambulance to a Lexington hospital for emergency bypass surgery. The doctor who

performed the surgery told her she had had the widow maker, referring to a coronary artery that can become blocked abruptly, leading to a massive heart attack that can result in sudden death.

Farmer is thankful for the availability of the excellent cardiac care services she received from the physicians and staff at both the Ephraim McDowell Heart & Vascular Institute and the Cardiac Catheterization Lab at Ephraim McDowell Regional Medical Center.

“I couldn’t have asked for any better care anywhere,” Farmer said. “I was in good hands. The availability of services here saved my life.”

Following her triple bypass, Farmer participated in the cardiac rehabilitation program at the Ephraim McDowell Heart & Vascular Institute. Using the cardio equipment there, the staff taught Farmer how to exercise properly and they also provided her with information for a heart-healthy diet.

“They know what they are doing at Cardiac Rehab,” Farmer said. “When I started doing the exercises they showed me, that’s when the healing really began.”

Farmer has nothing but praise for her doctors and their staff and the nurses in cardiac rehabilitation.

“Everybody has been wonderful to me,” she said. “They have all been a part of my healing.”

## Washington County man owes life to Springfield nurse practitioner

Little did Gary Royalty know, but the decision to move his health care to a new provider likely saved his life.

Royalty, 51, lives in the small Washington County community of Willisburg and decided to begin seeking his medical care at Ephraim McDowell Springfield Family

Medical Center shortly after it opened. The family medical center is located at 280 Lincoln Drive in Springfield and is staffed by Ashley Spalding, an advanced practice registered nurse.

Royalty said he had received medical care from Spalding when she practiced at another location in Springfield. When Royalty became Spalding’s patient at Ephraim McDowell Springfield Family Medical Center, she asked to do a routine exam on him.

“She checked my blood pressure and my heart rate and my breathing,” Royalty said. “Then she told me to lay back on the table so she could check my stomach, and she told me she felt a pulse in my abdomen. I thought that was a good thing, but it wasn’t.”

Spalding scheduled Royalty for an ultrasound, which revealed that he had an abdominal aortic aneurysm. He then was scheduled for an MRI, which showed that he had three abdominal aortic aneurysms. However, when he visited with Dr. Neal Weintraub,

a board-certified vascular surgeon on the medical staff at Ephraim McDowell Regional Medical Center, it was discovered that Royalty actually had five abdominal aortic aneurysms.

“One was the size of a grapefruit, and Dr. Weintraub told me that he had never seen an aneurysm that size that had not burst,” he said.

Essentially, Royalty was a walking time bomb. An abdominal aortic aneurysm is an enlarged area in the lower part of the aorta, which is the major blood vessel supplying blood to the body. An aneurysm can rupture and cause life-threatening bleeding. This risk of rupture is greater for larger aneurysms.

For Royalty, the five aneurysms meant that he would have to undergo surgery at Ephraim McDowell Regional Medical Center, where he was a patient about six days while recovering from the surgery. He is pleased to report that Dr. Weintraub repaired all of his aneurysms.

Royalty said he is grateful for the decision he made to move his health care to Ephraim McDowell Springfield Family Medical Center.

“If I hadn’t come to Ephraim, I would have never known I had a problem till it was too late,” he said.



## Care for you and your family

Ephraim McDowell Health offers primary medical care and immediate medical care at the following facilities:

**Bluegrass Immediate Care**  
478 Whirl-A-Way Drive,  
Danville  
(859)236-3208

**Danville Family Physicians**  
109 Daniel Drive, Danville  
(859)236-3361  
(Weekend Walk-in Care –  
Saturdays and Sundays)

**Ephraim McDowell Adult Medicine**  
478 Whirl-A-Way Drive,  
Danville  
(859)236-9662

**Ephraim McDowell Garrard Clinic**  
405 Danville Street, Lancaster  
(859)792-2124

**Ephraim McDowell Liberty Family Medical Center**  
511 Middleburg Street, Liberty  
(606)787-5963

**Ephraim McDowell Springfield Family Medical Center**  
280 Lincoln Drive, Springfield  
(859)336-9801

**Harrodsburg Family Medical Center**  
1509 Louisville Road,  
Harrodsburg  
(859)734-5770

**Immediate Care at Stanford Medical Park**  
110 Metker Trail, Stanford  
(606)365-3360

**North Garrard Family Medical Center**  
510 North Camp Dick Road,  
Lancaster  
(859)548-8000



# Special Delivery: EMRMC nurses have combined 80 years of labor and delivery experience

When it comes to delivering a baby, the new mother typically remembers that special nurse whose compassionate care made labor a less-than-grueling experience. At Ephraim McDowell Regional Medical Center, the Women's Health Unit has two Labor Hall nurses with a combined 80 years of experience who have provided that compassionate care to thousands of births.

Lois Rousey and Shirley McKinley both began working at Ephraim McDowell Regional Medical Center in 1973 and have never wanted to work anywhere else.

"It's a fun area to work on and it's a good family atmosphere," said Rousey.

Rousey graduated from Eastern Kentucky University with an associate's degree in nursing while McKinley earned her bachelor's degree in nursing from the University of Akron in Ohio.

"I was the only nurse in the hospital to have a bachelor's degree, and I was the least experienced person here," recalls McKinley, who worked in the hospital's Medical/Surgical Unit for one and one-half years before transferring to Labor Hall.



McKinley said she knew she wanted to be a labor nurse from the first day of Labor Hall rotation in nursing school.

*"To have a part in the most unforgettable, beautiful experience in a person's life is so rewarding."*

- Shirley McKinley, R.N.

"They let us go into a patient's room two at a time, and I remember walking into this tiny room and the woman was screaming in pain," McKinley said. "All we could do was comfort her. The other girl quit that day, but I knew that's what I wanted to do."

When Rousey and McKinley began working Labor Hall at EMRMC, it was located on

the fourth floor of the original part of the hospital where the Behavioral Health Unit now provides services. Rousey recalls that patients shared bathrooms with adjoining rooms, and the rooms were tiny and technology was practically non-existent.

Labor Hall moved to the Johnson Tower in 1979 and then to the sixth floor of the Johnson Tower in 1986, where it was located until the opening of the South Wing in January 2009.

When the new unit opened, it completely changed the scope of services offered to obstetrics patients. Now, patients labor in a large room equipped with modern technology for both the mother and baby, and the patient typically stays in that room until discharge.

"We have much nicer rooms now and the bathrooms are gigantic," Rousey said.

"Everything is private, and the moms like that better."

Besides providing care to patients in labor, McKinley also taught childbirth classes and siblings classes for many years before turning those duties over to other nurses four years ago.

"I always loved to teach new moms and moms-to-be about the labor process," McKinley said. "Labor could be a wonderful experience or a horrible experience, and I wanted all of my patients to have a wonderful experience."

With almost 80 years of experience between them, Rousey and McKinley are now caring for the third generation of patients. They also said they are widely recognized by former patients both in the hospital and in the community.

"Every room you walk in, there's somebody there who has been a patient here," Rousey said. "A lot of time they remember you and want to talk."

McKinley said "it makes my day" when former patients recognize her in the grocery store or an area restaurant.

"To have a part in the most unforgettable, beautiful experience in a person's life is so rewarding," said McKinley.

# Start the new year with a healthy lifestyle



The beginning of a new year often motivates individuals to commit to a new diet or exercise program to lose those pounds that have crept up over the years. There is no magic pill that can help you firm up your body or lose those stubborn pounds. A healthier lifestyle can only be achieved by eating nutritiously and exercising regularly.

McDowell Wellness Center offers cardiovascular equipment, strength training machines, an indoor pool and an outdoor walking track to help individuals get in shape. Certified fitness professionals are available to help individuals develop an exercise regimen that will be beneficial to them, and a registered dietitian is also available to assist with menu planning.

If you are 40 or older and have never exercised or have not exercised in a long time, it is advisable to schedule a physical examination with your health care provider before starting an exercise program. As you begin your exercise program, remember to set realistic goals that are achievable within a certain time frame.

## Don't let cold weather derail your exercise plans

It may be cold outside, but that doesn't give you an excuse to not exercise. Follow these tips to get in shape while staying inside your home:

- Make wrap weights for your legs: Place one or two pounds of pennies, beans or rice in a plastic bag; place the bag in a tube sock and wrap it around your leg and then do leg lifts.
- Perform arm exercises while holding canned goods or small water bottles filled with sand or water (depending on how heavy you want the weights to be).
- Go up and down the stairs or step up and down one step.
- March or jog in place.

To get the most benefits from your exercise program, aim for a minimum of 30 minutes of physical activity on most, if not all, days of the week.

# Enjoy Heart-Healthy Baked Pork Chops

## Ingredients

- |  |                              |
|--|------------------------------|
| 6 lean center-cut pork chops, 1/2-inch thick | 2 tsp. oregano               |
| 1 egg white (or substitute liquid egg white) | 3/4 tsp. chili powder        |
| 1 C fat-free evaporated milk                 | 1/2 tsp. garlic powder       |
| 3/4 C cornflake crumbs                       | 1/2 tsp. ground black pepper |
| 1/4 C bread crumbs                           | 1/8 tsp. cayenne pepper      |
| 4 tsp. paprika                               | 1/8 tsp. dry mustard         |
|  | 1/2 tsp. salt                |
|  | Cooking spray                |

Preheat oven to 375 degrees F. Trim fat from pork chops. Beat together egg white and evaporated milk. Place pork chops in milk mixture and let stand for five minutes, turning once. Meanwhile, mix cornflake crumbs, bread crumbs, spices and salt. Spray cooking spray on 13 x

9 inch baking pan. Remove pork chops from milk mixture and coat thoroughly with crumb mixture. Place pork chops in pan and bake at 375 degrees for 20 minutes. Turn chops and bake for an additional 15 minutes until pork is fully cooked (to a minimum internal



temperature of 160 degrees). Serve immediately.

*Per serving: 216 calories, 8 g total fat, 3 g saturated fat, 62 mg cholesterol, 346 mg sodium, 1 g total fiber, 25 g protein, 10 g carbohydrates and 414 mg potassium*

# Services Available Locally

**A Children's Place**  
(859)236-7176

**Central Kentucky Surgery Center**  
(859)239-2600

**Diabetes & Endocrinology Center**  
(859)239-5904

**Ephraim McDowell Casey County Rehabilitation**  
(606)787-5990

**Ephraim McDowell Commonwealth Cancer Center**  
(859)236-2203

**Ephraim McDowell Cancer Support Center**  
(859)239-5880

**Ephraim McDowell Diagnostic Center**  
(859)936-8220

**Ephraim McDowell Fort Logan Hospital**  
(606)365-4600

**Ephraim McDowell Garrard Clinic**  
(859)792-2124

**Ephraim McDowell Heart & Vascular Institute**  
(859)236-6621 and  
(859)239-5870

**Ephraim McDowell Lancaster Diagnostics**  
(859)792-2129

**Ephraim McDowell Pulmonology**  
(859)239-5860

**Ephraim McDowell Regional Medical Center**  
(859)239-1000

**Ephraim McDowell Specialty Center**  
(859)239-5870

**Ephraim McDowell Specialty Center Annex**  
(859)239-5570

**Ephraim McDowell Spine Physical Therapy**  
(859)239-4830

**Ephraim McDowell Vascular**  
(859)239-4840

**Hope Clinic & Pharmacy**  
(859)236-4473

**Ephraim McDowell Kids Can Do Pediatric Therapy Center**  
(859)239-6670

**Fort Logan Rehabilitation Services**  
(606)365-9292

**McDowell Place of Danville**  
(859)239-HOME (4663)

**Ephraim McDowell MedSource**  
(859)239-1691 – Danville  
(606)365-4632 – Stanford  
(606)787-0468 – Liberty

**McDowell Wellness Center**  
(859)936-WELL (9355)

**McDowell Wellness Center Rehabilitation Services**  
(859)936-7230

**OrthoSpineCenter**  
(859)239-6000

**Pain Management Center**  
(859)239-2020

**Sleep Disorders Center**  
(859)936-0303

**Wound Healing Center**  
(859)239-1470