

# Wayne Memorial Wayne Memorial Hospital

# Health Connection

Summer 2017

## > Wayne Memorial Hospital generates over \$106M for local and state economy

In 2015, Wayne Memorial Hospital in Jesup generated more than \$106,869,754 in revenue for the local and state economy, according to a recent report by the Georgia Hospital Association, the state's largest hospital trade association. The report also found that, during the same time period, Wayne Memorial provided approximately \$4,984,325 in uncompensated care while sustaining more than 997 full-time jobs throughout Jesup and the rest of the state.

## PROTECTING ECONOMIC HEALTH

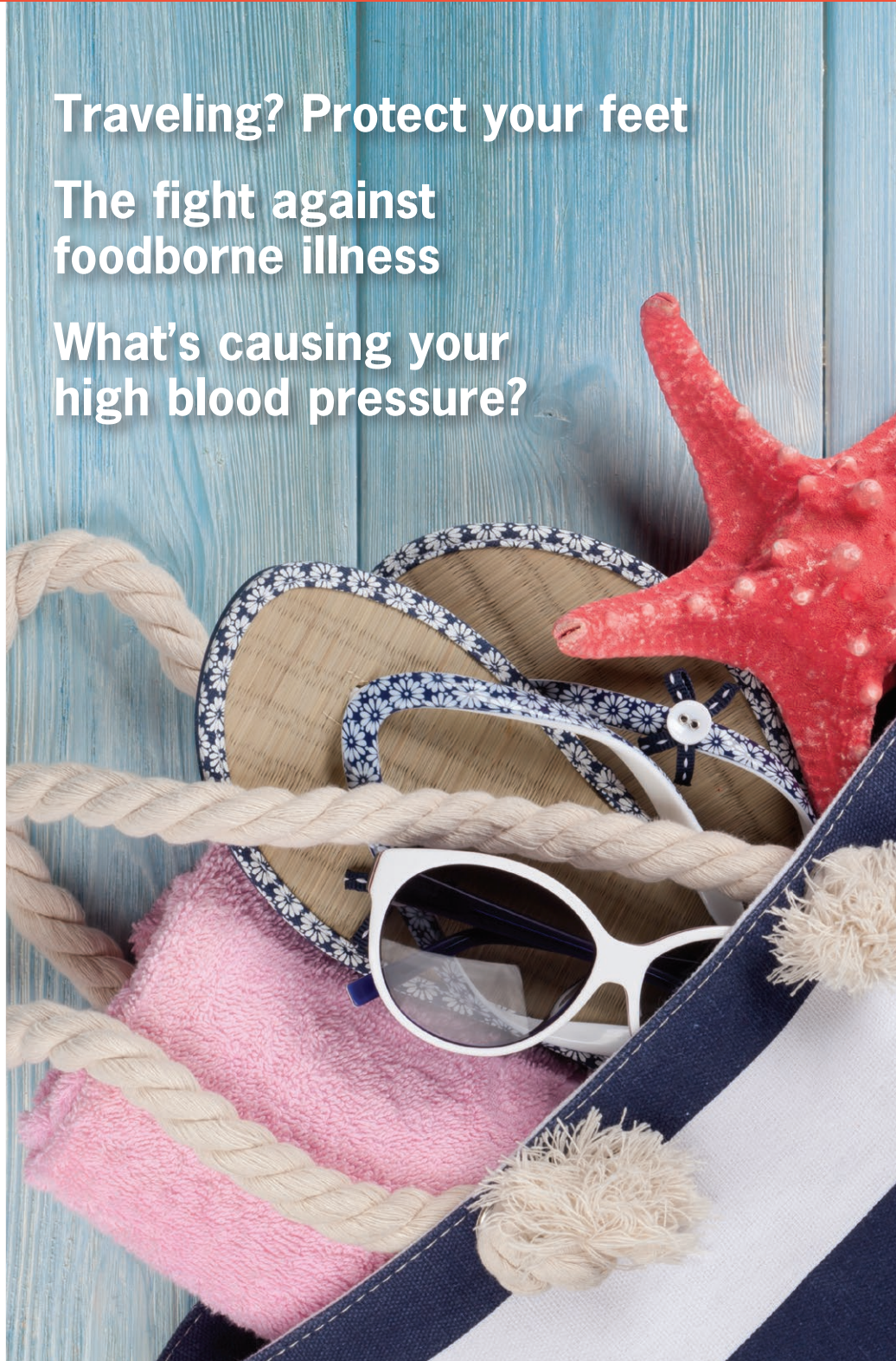
The report revealed that Wayne Memorial had direct expenditures of more than \$46,450,973 in 2015. When combined with an economic multiplier developed by the U.S. Department of Commerce's Bureau of Economic Analysis, the total economic impact of those expenditures was more than \$106,869,754. This output multiplier considers the "ripple effect" of direct hospital expenditures on other sectors of the economy, such as medical supplies, durable medical equipment and pharmaceuticals. Economic multipliers are used to model the resulting impact of a change in one industry on the "circular flow" of spending within an economy as a whole.

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## Traveling? Protect your feet

## The fight against foodborne illness

## What's causing your high blood pressure?





# HealthExtra

## > GARDEN-FRESH COOKING

*Make the most of your farmers market or garden harvest*

Hand-picking produce from your garden or local farmers market is a great way to enjoy fresh and delicious food. If you have a bumper crop of tomatoes — or a bag full of veggies from the market — you want to prepare this food while it's ripe and delicious.

Here are three simple recipes featuring fresh veggies:

### CUCUMBER SALAD WITH TOMATOES

Number of servings: 4

#### INGREDIENTS

- 2 cups cucumber, diced
- 1 cup tomato, seeded and diced
- ¼ cup sweet onion, chopped
- 2 cups couscous or rice, cooked
- 2 teaspoons dill weed, chopped, dried or fresh
- ½ cup Italian salad dressing, low-fat



#### DIRECTIONS

- 1 Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill and salad dressing.
- 2 Chill for 1 hour and serve.

Nutritional information per serving: 150 calories; 4 g total fat; 1 g saturated fat; 0 mg cholesterol; 280 mg sodium; 2 g fiber; 4 g total sugars; 4 g protein; 25 g carbohydrates.

Recipe courtesy of the U.S. Department of Agriculture, [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov).

### SUMMER VEGETABLE SALSA

Number of servings: 6

#### INGREDIENTS

- 1 medium zucchini, diced
- 1 medium white onion, diced
- 3 Roma tomatoes (or 1–2 large tomatoes)
- 1 jalapeño pepper, seeded and minced (optional)
- 4 cloves garlic, minced
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice

#### DIRECTIONS

- 1 Rinse all vegetables and herbs under cool running water.
- 2 Dice zucchini, onion and tomatoes into small pieces and put into medium bowl.
- 3 Remove the seeds from the jalapeño (wear latex gloves when handling the jalapeño, because it can burn the skin) and mince it. Add the seeded and minced jalapeño and garlic to the tomato mixture.
- 4 Add cilantro, salt and lime juice to the tomato mixture. Stir well.
- 5 Chill in the refrigerator for at least 30 minutes before serving.

Nutritional information per serving: 25 calories; 0 g total fat; 0 g saturated fat; 0 mg cholesterol; 198 mg sodium; 1 g fiber; 3 g total sugars; 1 g protein; 6 g carbohydrates; 212 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov).



### GREEN BEANS SAUTÉ

Number of servings: 4

Serving size: ¾ cup

#### INGREDIENTS

- 1 pound green beans, cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 1 large yellow onion, halved lengthwise and thinly sliced
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon fresh parsley, minced

#### DIRECTIONS

- 1 Cook green beans in boiling water for 10–12 minutes or steam for 2–3 minutes until barely fork-tender. Drain well.
- 2 Heat oil in a large skillet. Sauté onion until golden.
- 3 Stir in green beans, salt and pepper. Heat through.
- 4 Toss with parsley before serving.

Nutritional information per serving: 64 calories; 4 g total fat; less than 1 g saturated fat; 0 mg cholesterol; 282 mg sodium; 3 g fiber; 2 g protein; 8 g carbohydrates; 161 mg potassium.

Recipe courtesy of the U.S. Department of Health and Human Services, A Healthier You, [health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html).



### Quick quiz

#### > BEE STINGS: SEPARATE MYTHS FROM FACTS

Getting a bee sting is no fun. But since you can't just tell bees to buzz off, it sometimes happens. Knowing how to reduce the risk of stings and what to do if you're stung can help. Answer each question "true" or "false" to test your knowledge about bee sting safety.

#### TRUE OR FALSE?

- 1) For most people, a bee sting is just an annoyance and home treatment is all that's necessary.
- 2) Swatting at bees or waving your arms is a good way to get them to leave you alone.
- 3) What you're wearing can affect your likelihood of being stung.
- 4) When you're drinking sweet beverages outdoors, drinking from a cup is more dangerous than using a straw or can.
- 5) If your reaction to a sting is always more severe than your reaction the previous time you were stung, you should talk to your doctor.
- 6) Getting many stings (such as if you disrupt a swarm or hive of bees) is more dangerous than one sting or just a few.

#### ANSWERS

- 1) **True** // But a small percentage of people are allergic to bee stings. They are at risk for a more serious reaction called anaphylaxis that requires immediate medical attention.
- 2) **False** // The best response is to stay calm and walk away from the area. Avoiding rapid, jerky movements can reduce your risk of being stung.
- 3) **True** // Floral prints, bright colors and dark clothing can attract bees; light shades are safer. Perfume can also draw bees.
- 4) **False** // If you use a straw or can, inspect it carefully for bees that may have crawled in before drinking.
- 5) **True** // A severe allergic reaction to bee stings, which is more likely if each reaction is more severe than the last, is potentially life-threatening and requires emergency treatment. You may need to carry an emergency kit with you.
- 6) **True** // Each sting increases the amount of venom your body has to deal with. If you're stung more than a dozen times, it may induce a toxic reaction and make you feel quite sick. You should seek medical treatment.



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"While Wayne Memorial is well-known for its role in meeting the health care needs of the residents of Jesup and southeast Georgia, it also plays an integral role in protecting our area's economic health," says Joe Ierardi, CEO of Wayne Memorial. "We are thankful for the Jesup community's partnership with their local hospital and will continue to work hard to ensure that area residents have access to the best and safest health care services available."

### THE IMPORTANCE OF COMMUNITY CARE

While Wayne Memorial remains a major component of the area's economic engine, the hospital's leadership, like the rest of the Georgia hospital community, is concerned about a wide array of economic challenges that have made it increasingly difficult to meet the community's health care needs, including a fast-growing uninsured population. Presently, 42 percent of all hospitals in Georgia are operating with negative margins.

"We're extremely concerned about the current operating environment for hospitals," says Ierardi. "We've made a commitment to every citizen of this community to be there for them 24 hours a day, 365 days a year. However, our ability to do so is being compromised when so many of our patients are either uninsured or severely underinsured."

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### Wayne Memorial Hospital

**Chief of Staff**.... Quynhanh H.T. Pham, M.D., M.B.A., F.A.C.S.

**Chief Executive Officer**..... Joseph P. Ierardi

**Chief Financial Officer**..... Gregory Jones

**Interim Chief Nursing Officer**..... Lisa Boatright, R.N.



## Wayne Memorial Health Connection

is a community newsletter  
distributed quarterly by  
Wayne Memorial Hospital.

For comments or questions,  
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According to lerardi, every community  
needs nearby access to a strong, vibrant  
health care system that will not only meet  
the health care needs of its residents,  
but also attract other industries and  
businesses to the area.

“Our local health care system is indispens-  
able,” says lerardi. “It is not only the

primary guardian of health in our commu-  
nity, but also a major economic engine in  
this area that is responsible for 997 jobs.  
It is our hope that our elected lawmakers  
will join us in our efforts to protect our  
local health care system and preserve  
access to health care for every resident  
of Jesup and surrounding communities.”

## By the Numbers

**\$106,869,754**  
contribution in revenue to state  
and local economy

**42%** of Georgia Hospitals are  
operating in negative margins

**997** jobs created by our local  
health care system