

THE PULSE

A NEWSLETTER FOR THE DONORS AND FRIENDS OF THE
MADISON VALLEY MEDICAL CENTER

SIGNIFICANT PROGRESS ON A VARIETY OF FRONTS

Update from the CEO - Loren Jacobson

First, the word about our experienced and friendly Medical Staff is out. Over the last six months, an average of fifteen new people per month chose a MVMC Physician or Physician Assistant to be their primary care provider. We routinely hear positive comments from patients about the high-quality care they received from the Medical Center and how nice it is to not have to travel out of town for medical services.

In the fall of 2010, the Ennis Ambulance

Service advised the Medical Center of a critical shortage of volunteers needed to staff the only local ambulance service. Cary Wilson, a MVMC Physician Assistant, responded to this need by providing Emergency Medical Technician (EMT) training - see page 3. These dedicated ambulance volunteers are a key component to provision of emergency services in our community.

This spring and summer, the Medical Center will engage the community in planning for future healthcare needs in the Hospital District. In addition to a steering committee chosen from the community, the Medical Center will also sponsor consumer focus group discussions. These activities will provide valuable input to the Medical Center Board

as it updates its long range strategic plan for providing health services in the Madison Valley Hospital District.

During the cold and snowy winter, a growing group of dedicated volunteers has been planning for spring activities to further the completion of landscaping on the Medical Center campus.

Lastly, in April, more than 430 people attended the Spring MVMC Health Fair.



CEO Loren Jacobson

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The annual Spring Health Fair was held the second week of April with more than 430 people attending.

Participants met with local medical providers and wellness professionals, received screenings at reduced costs, and learned about different ways of preventing and dealing with illness. For 38 partici-

pants, it was their first association with the new facility. One out of six people traveled from as far away as Dillon, Sheridan, and West Yellowstone to attend. Several participants were especially thankful that early screening discovered significant health issues they were not aware of, three of these were life-threatening. Knowledge is the first step

toward good health. The best way to improve one's health is to understand potential risks. Early discovery and prompt follow-up can make an important difference to detect health problems before they become chronic and expensive to manage.



SPRING HEALTH FAIR WELL ATTENDED

THE ROT OF AGING... A QUICK LOOK AT AGING AND HOW TO PREPARE

The process of men and women developing over thousands of years has resulted in a "chassis and engine" that was made to operate for 45 years. Unlike our historical ancestors, we now enjoy clean water, sewage systems and a food supply that is more stable while our surroundings have become much safer. As a consequence, most people survive 45 years and it is at that age ...that the "rot of aging" hits us.

For forty-five years, our body works 24/7. Our hearts pump blood, our arteries and veins carry the blood, the lungs exchange oxygen, our nerves talk to each other

*"remember; the
race of life is won
by not finishing
first"*



continuously day and night, and the muscles, bones and joints carry us where we need to go. As with any power driven apparatus, all this activity results in wear and tear.

In humans, the wear and tear is manifested by hardening of the arteries, high blood pressure, diabetes, and worn out joints. Unfortunately, once this degenerative process gets started, it causes the process to accelerate...much like a engine bearing that starts to go bad, once the process starts it can progress rapidly if we are not proactive in correcting the problem.

In the case of the human machine, we slow the aging process by treating these age related processes. By managing age related diseases; we prevent the acceleration of the damage and slow the natural aging process. So, in fact, much of medicine is age

manage-
ment....controlling
the rate of **rot**.

While the practice of medicine relies on the chemicals we call "prescription drugs" to help control this process, a person can do a lot to slow the aging process without medication.

Leading a life that is joyful and keeping a bright outlook seems like common sense but in reality is practiced by few. While physical activity in some forms promotes wear and tear, we know that physical exercise for 30 to 40 minutes a day not only keeps the body spry but also keeps the brain nimble. And, recent studies have shown that "brain" exercises such as being involved with music or a second language are very useful for keeping the mind sharp.



Your providers at the Madison Valley Medical Center can assist you with your training for life.

While, "longer life through chemistry" is part of the story, longevity also requires some active participation and regular maintenance (health screenings). You need to *practice* for a long life if you intend to *win* a long life ...remember; the race of life is won by **not** finishing first.

R.D. Marks, MD—
MVMC Chief of Staff



HERE'S TO YOUR HEART SCHOOL SCIENCE PROJECT



Correna Bustin (left) & Kacee Griffis (right) won the prize for their Science project titled: Heart Rate. Bo Nix, (center) MVMC IT Specialist presented the awards.

The Madison Valley Medical Center was pleased to be one of several community partners who sponsored a cash prize donation for the Ennis School Science Fair that was held in February. This was the Medical Center's 15th year participating in judging and/or sponsoring a cash prize donation in support for local kids to show and apply what they have learned in class.

Ennis students Correna Bustin & Kacee Griffis were the recipients of the \$50 prize donation with their Science project on health titled: Heart Rate. The purpose of the project was to determine how different beverages affect an individual's heart rate while exercising. Exercise is important for good health, and it is also important to stay hydrated while exercising. The beverage

the students used for hydrating were: orange juice, Gatorade®, apple juice, and water. The results found were that orange juice raised an individual's heart rate the most due to an increase in blood sugar. Apple juice was second. Gatorade and water maintained a consistent heart rate.

EMT EDUCATION HOW TO INFORMATION



Dedicated Ambulance volunteers are a key component to the provision of emergency services in our community.

People's lives often depend on the quick reaction and competent care of emergency medical technicians (EMTs) and paramedics. Incidents as varied as automobile accidents, heart attacks, slips and falls, childbirth, and gunshot wounds require immediate medical attention. EMTs and paramedics provide this vital service as they care for and transport the sick or injured to a medical facility.

The Madison Valley Medical Center just finished the first phase of educating local volunteers in emergency medicine. The need for a class came up rather suddenly when a couple of key ambulance crew members moved out of the area and the local ambulance service found it was more diffi-

cult to scramble an emergency crew at times.

The Medical Center responded and partnered with fire departments to quickly put a class together to generate more licensed medical responders. Members include the Ennis Ambulance Service, Ennis Fire Department, Madison Valley Medical Center, Harrison Fire Department and some private citizens.

We began the emergency medicine education by teaching a First Responder class, which requires three months to complete, test and obtain certification. First Responder certification allows a person to give emergency first aid on an ambulance, using important skills such as CPR, oxygen use, splinting, bleeding control, childbirth and spinal immobilization. After that, participants who are interested or who are already First Responders can continue their education to become an EMT, to be the lead medic to assess a patient's condition and manage respiratory, cardiac, and trauma emergencies.

Those who want to go further can continue their education and licensing to become a paramedic. Paramedics provide more extensive pre-hospital

care than do EMTs. In addition to carrying out the procedures of the other emergency levels, paramedics administer medications orally and intravenously, interpret electrocardiograms (EKGs), and use monitors and other complex equipment.

Attendance was good for the First Responder class with 10 local students passing the licensure test, and three others in the process.

The Medical Center would like to thank and recognize the West Yellowstone Fire Department and Yellowstone Club Fire Department volunteers who helped teach the emergency medicine classes and the students from the University of Washington and the University of Colorado- Denver who also participated.

In the fall of 2011, the emergency medicine education class cycle will begin again with a new First Responder/ EMT class. If you are interested in becoming a First Responder, EMT or Paramedic, please contact the Medical Center for more details.

Cary B. Wilson MS PAC EMT, EAS
Medical Director



SPRING GARDENS

By early summer, landscaped gardens will be appearing on much of the Medical Center featuring a brick memorial and a variety of flowers along with grasses, shrubs and trees to be enjoyed year-round by patients, their families and friends, and hospital staff alike. The gardens will be completed in several stages,

funded completely by donations to the project.

There are still gardens available for sponsorship. Community members are encouraged to contact the Foundation if they wish to donate labor and/or funds for remaining gardens.



*Contact the
Foundation
if you wish
to donate for
Gardens.*

Memorial Listings

*Harold "Chuck" Armitage
.... (aka Charlie Brown)*

Cheryl Bodley

Dan Dedman

David Dougherty

Dale Elser

Loriene Frazier

Jack C. Hardy

Tony Hartman

Tom Hoe

Donald L. Jack

Lawrence & Jo Jeffers

Virginia H. Kehler

Joan Kelly

Jim Kilmer

Evie LeSuer

Mac & Billie McPhetres

Donald (Ed) Neville

Annie (Thexton) Neville

P. "Smitty" Overstreet

J.R. Pasley

Joe Potts

Fred Rentschler

Willard Rieman

Max Robison

Melissa Severeid

Norman Stewart

Amos Storey

E.D. Stroops

Boyd Van Fleet

Edith Widman Vieira

Phyllis Woods

Susan Wyler

*A Special thank you to all of those families and friends who donated in memory
of a friend or loved one. Their legacy is with us and has supported
quality health care in the Madison Valley.*

Memorial Donations received 10/1/10—5/15/11, Listed Alphabetically.

Memorial Listings are those donations made "In Memory of" someone who has passed away.

HONORARY GIFT LISTINGS

THOSE GIFTS MADE "IN HONOR OF" LIVING PERSONS

*Honorary Gifts received 10/1/10—
5/15/11, Listed Alphabetically.*

*Dr. David J. Ban
Don & Toni Bowen
Diane Bricker
Dr. Paul Buse
The Dawson Family
Kenneth Dockery
Dottie Fossel
Dr. Connie Gipstine*

*John Haigh, Jr.
Dr. John Hess
Bill Jacobs
Dr. Brad Kessler
Dr. John Laird
Dr. Paul LaPoint
"Doc" Losee and Family
Dr. R.D. Marks
Mike and Nina Milner
Bo Nix*

*Carol Orr
John & Barbara Pavkovich
Sherry Scott
John and Toni Scully
Peggy Todd
Juanita Webster
Janet Wellman
Dr. Brad White
Dr. Wilkins and Family
Dr. Jeffrey Zuke*

MANY THANKS GO TO REBECCA

"BECCA" ZABEL KAHRL

Many thanks go out to Becca Zabel Kahrl, former executive director, for her service to the Medical Center Foundation.



Becca's efforts truly made a difference, and the Foundation is delighted

that she will remain involved as a member of the board of directors. We look forward to Becca's continued guidance and support concerning initiatives related to health and community giving.

The citizens of the Madison Valley have greatly benefited from Becca's passionate commitment to the Madison

Valley Medical Center Foundation's mission... supporting high quality health care with modern services and qualified professionals. Her good work has added, and will continue to add, significant value to southwest Montana's health-care landscape.

"We are delighted that Becca will remain involved as a member of the foundation's board of directors."

Becca Zabel Kahrl
Former Foundation Executive Director

CONTACT US

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Madison Valley Medical Center Board of Trustees

Dottie Fossel, Chairman
John Scully, John Duncan
Sylvia Carpenter, Manny Hoag

Madison Valley Medical Center Foundation

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Executive Director: Christie Trapp

Foundation Board of Directors

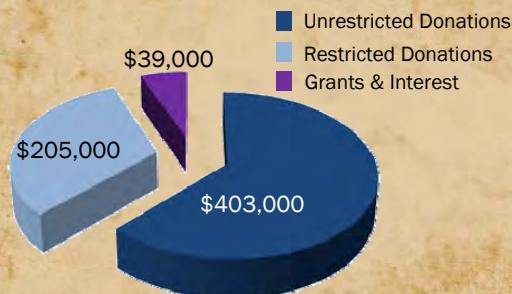
Mary Oliver, President; Kim Montag Vice President/Treasurer
Josh Vujovich, Secretary; Heidi Gildred, Dave Hajny
Teresa Dockery, Rebecca Zabel Kahrl, Dottie Fossel
John Duncan and Loren Jacobson

2010 ACCOMPLISHMENTS DELIVERING, BUT ONLY WITH YOUR HELP

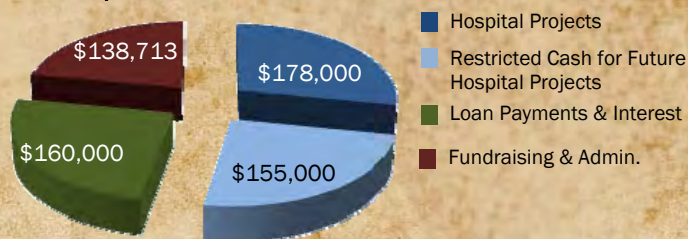
The Foundation, through your donations, together with the Medical Center, works hard to provide the members of our community with a full range of health care services, treatments, procedures, diagnostics and health education programs.

- The Madison Valley Medical Center has five Board Certified providers on the medical staff: Dr. R.D. Marks—Chief of Medical Staff, Dr. Curtis Blake, Dr. Patricia Moran, Cary Wilson PA-C and Martin Hensel PA-C. This is the greatest selection of qualified health care providers in the Medical Center's history.
- Endoscopy procedures, including colonoscopies, as well as cardiology services became available. A Colonoscopy is used to directly see the lining of the colon to look for conditions such as cancer, colitis (inflammation of the colon) and diverticular disease (small pockets on the colon). In addition, a colonoscopy is used to evaluate an abnormality seen on other imaging tests such as CT scans and barium studies.
- The purchase of special medical equipment, an ultra sound transducer to detect early signs of peripheral arterial disease damage, defects, or blockage in the peripheral arteries (PAD).
- The purchase of dedicated computer equipment in nine exam rooms for physicians and staff to update patient charts.
- The design and furnishing of a family bereavement room—named the Serenity Room— a comfortably furnished private room where families can go in time of need.
- The 2010 Spring and Fall Health Fairs were well attended by more than 600 Madison County residents who desired tests, screenings as well as H1N1 Flu shots which help to not only prevent a vaccinated individual from developing a potentially serious disease, but they also help protect the entire community by reducing the spread of infectious agents.
- Annual Art Reception and Exhibition Fundraiser netted over \$7,000 with proceeds benefiting the Medical Center's operating needs.
- Donor recognition signage in the lobby and throughout the facility.
- Website created to learn more about Medical Center's medical team, patient services- emergency care, clinic and hospital, how to donate to the Foundation, employment, and how to become more involved.
- Irrigation system, curbing and paving and seeding of prairie grass installed outside the Medical Center.

Income—Fiscal Year 2010 (October 1, 2009 – Sept. 30, 2010)



Expenses—Fiscal Year 2010 (October 1, 2009 – Sept. 30, 2010)



Madison Valley Medical Center Foundation's philanthropic activities resulted in the above financial summary for Fiscal Year 2010 (October 1, 2009 – Sept. 30, 2010). Financial Statements of the Madison Valley Medical Center Foundation are audited annually by Independent Public Accountants.

If you would like to review the full Annual Report and/or the Tax Form 990 they are available online at www.mvmcf.org/aboutus—click the Annual Report tab on the left menu. To request an Annual Report by mail, call the MVMC Foundation at (406) 682-6641.

" I W I S H I C O U L D D O M O R E "



Planned giving allows you to contribute in the coming years without worrying about your current financial needs.

Making a charitable donation to the Madison Valley Medical Center Foundation may seem like a fiscal impossibility, but planned giving allows you to contribute to the Medical Center in coming years without worrying about your current financial needs. With a planned gift you can endow the future of the Medical Center while creating tax savings and/or income benefits for yourself. These gifts include bequests in a will or living trust; life insurance; pension plan; financial accounts;

stocks; real estate; charitable gift annuities and charitable trusts among others.

There are many reasons to make a planned gift to the Madison Valley Medical Center Foundation:

⇒ to leave a legacy for your children and grandchildren that teaches them what is important to you.

⇒ to express gratitude to the Medical Center for excellent medical care received.

⇒ to honor or remember a special person.

⇒ to help ensure the continuation of quality health care for present and future generations at the Medical Center.

⇒ as part of your personal financial planning.

If your planned gift is unrestricted, it will be used where Madison Valley Medical Center Foundation's Board of Directors, in coordination with Medical Center Board of Directors and staff, determines the need

is greatest: as seed money for growth and innovation, new technology, and community health outreach. You may also designate your gift as an honor or memorial opportunity or to support a specific area of interest.

To learn more about Madison Valley Medical Center Foundation or planned gift opportunities please contact Christie S. Trapp, Executive Director, at 406-682-6641 or by email at ctrapp@mvmcf.org.

With a planned gift you can endow the future of the Medical Center while creating a tax savings for yourself.

U P C O M I N G E V E N T S

Thursday, June 30th
Dedication Ceremony
Honoring Dr. Gene Wilkins, MD
4:30–6:30p.m.
Medical Center Lobby

The community is cordially invited to a special dedication ceremony to commemorate Dr. Gene Wilkins, MD for 40 years of devoted service to the hospital. Light refreshments will be served immediately following the ceremony.

Thursday, July 21st
Estate Planning,
Thorough yet Simplified -
speaker Bruce Combs
7:00– 8:00p.m.
Adult and Community
Education Center, Ennis

Topics Covered: Avoiding Probate Without Expensive Trusts, Why Joint Tenancy Should be the Exception Not the Rule, Planning for Incapacity, Strategies for Proper Disposition—Getting the Money Where It's Supposed to Go.



In 2010, over 120 men and women enjoyed meeting home owners and touring the six distinctive Madison Valley homes. All proceeds from the home tour go to benefit the Madison Valley Medical Center.

Saturday, August 20th, 2nd Annual Home Tour
10a.m.–5p.m.

Advance tickets available for \$25 at the MVMC reception desk, the Ennis Chamber of Commerce or by calling Colleen Hill at 682-3578. Tickets available from 9:30 to 11:00 on the 20th for \$30 at the MCMV reception desk.

Madison Valley Medical Center

Foundation

*"Supporting high quality health care with
modern services and qualified professionals"*

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TAX-SAVING OPPORTUNITY FOR DONORS AGED 70½ +

On Dec. 17, 2010, President Obama signed into law an extension of the tax incentive for charitable gifts from donors who are 70½ or older. The charitable IRA legislation makes it easier than ever to support charitable organizations across the United States. Under the extended charitable IRA legislation, you can make charitable gifts now using funds from your individual retirement accounts (IRAs) without undesirable tax effects.

Previously you would have had to report any amount taken from your IRA as taxable income. You could then take a charitable deduction for the gift, but only up to 50 percent of your adjusted gross income. In effect, this caused some donors to pay more in income taxes than they would have if they hadn't made a gift at all.

Fortunately, now these IRA gifts can be accomplished simply and without tax complications. Plus, you can make the gifts now—while you are living and able to wit-

ness the benefits of your generosity. **This unique opportunity expires at the end of 2011.**

You may contribute funds this way if:

- ⇒ You are age 70½ or older at the time of the gift.
- ⇒ The gifts total any amount up to \$100,000 in 2011.
- ⇒ You transfer funds directly from an IRA.
- ⇒ You transfer the gifts outright to one or more qualified charities, but not to supporting organizations, or for gift annuities, charitable trusts or donor advised funds.

How the Extended Law Works: Example:

Pat, aged 80, has \$450,000 in an IRA and has pledged to give the Madison Valley Medical Center Foundation \$75,000 this year. If Pat transfers \$75,000 to us directly from the IRA, she will avoid paying income tax on that amount. She cannot, however, claim a charitable deduction—it is a pure wash. Pat has found an easy way to benefit the Madison Valley Medical Cen-

ter Foundation without tax complications. If Pat's spouse has an IRA and is 70½ or older, he can also give up to \$100,000 tax-free to a charity of his choice.

How to Make a Gift: Contact your IRA custodian soon to transfer your desired gift amount to the Madison Valley Medical Center Foundation.

For More Information: It is wise to consult tax professionals if you are contemplating gifts under the extended law. Please feel free to contact Christie S. Trapp at 406-682-6641 or ctrapp@mvmcf.org with any questions.

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