

THE PULSE

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

SIGNIFICANT PROGRESS QUALITY, MEDICAL SERVICES & FINANCIAL SUSTAINABILITY

Update from the CEO - Loren Jacobson

The Medical Center has had a very productive summer in three main areas of improvement; quality, medical services, and financial sustainability.

We have redesigned our quality and performance improvement plan to continually monitor and improve the services we provide with the expected outcome of enhanced service to our community. To further assist us in provision of quality care, MVMC has achieved Meaningful Use Certification of electronic health records. As one of the first few critical access rural

hospitals in the country to achieve this benchmark, we are well positioned to use timely and accurate data to measure the health status of our community and take specific actions intended to improve the communities' health.

The mission of MVMC is to provide needed medical services in the Madison Valley Hospital District. Further, we seek to define and provide for the overall health and well being of the District in the most effective manner possible through ongoing planning, coordination and cooperation with other health care organizations. To meet this mission, we have initiated a community needs assessment process. The results will be used as input to develop a five year strategic plan for the Medical Center,

which is scheduled to be completed in the first quarter of 2012. MVMC has set in motion implementation of three known needed services;

◊Dr. Patrick Holland has joined our medical staff and will begin providing outpatient gynecological services in October.

◊MVMC has entered into a partnership agreement to provide outpatient mental health and counseling services in the summer of 2012.

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CEO Loren Jacobson

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SUCCESSFUL BENEFIT DINNER SECURES TWO PIECES OF DIAGNOSTIC IMAGING EQUIPMENT

*Let's
Recap*

The Madison Valley Medical Center Foundation was overjoyed when it was approached by a small group of Foundation donors to host a private dinner/ auction with proceeds benefiting the Madison Valley Medical Center.

In mid-July, supporters raised enough funds to secure the purchase of two pieces of imaging equipment for the Medical Center. These two pieces of imaging equipment will provide a great benefit to the health of community members by insuring long term access to critical diagnostic technology.

Our heartfelt thanks go out to the hosts and all the attendees. Your investment for the

community makes certain that we have excellent medical care right here -close to home- when it is needed most!

If you are interested in sponsoring a future event to help raise money for the Medical Center contact Christie S. Trapp, Executive Director at 406-682-6641 or ctrapp@mvmcf.org.



WHAT CAUSES THAT SORE THROAT? TONSILLITIS, PHARYNGITIS, STREP...

Tonsillitis, Pharyngitis and Strep are terms we often hear used to describe the problem of a sore throat. Throat irritation can also be associated with persistent coughing, smoking, chewing tobacco, hot liquids and acid reflux from the stomach. So, sore throats are not a simple problem—with one cause or one solution.

Medically, when we think of a sore throat, we think of an irritated area in the throat that usually feels worse when you swallow. The technical name for the throat is pharynx, which explains why a sore throat may also be referred to as pharyngitis, meaning inflammation of the throat.

The term "Tonsillitis" refers to inflammation or infection of the tonsils by viruses or other bacteria. Tonsils are made of lymph tissue, tissue intended by design to aid our body to fight infection. When

tonsils get enlarged, they sometimes develop small holes in them called "crypts". Tonsil crypts are small pockets that form on the outside of tonsils. These pockets can collect debris, like the mucus from nasal drip as well as food particles. When accumulated, debris forms what is called tonsil stones (tonsilloliths). This can be treated if a person gargles or uses a water pick regularly. Sometimes tonsils that are chronically inflamed do not return to normal size, and cause breathing or obstructive sleep apnea. If this occurs, it is a reason to consider a tonsillectomy.

Viral pharyngitis is the most common cause of sore throat; caused by viruses and occur as part of common colds or influenzal syndromes. Most upper respiratory viruses (including Epstein Barr Virus which causes mononucleosis) cause typical

"cold like" symptoms and a sore throat with white spots. This type of infection is associated with a low grade fever, runny nose or congestion, and often a cough. Treatment strategies are based on epidemiologic factors, signs and symptoms, and results of laboratory tests. Rest, oral fluids, and salt-water gargling are main supportive measures for patients. Using over the counter medications like acetaminophen or ibuprofen is recommended.

Strep throat is caused by streptococcal (strep) bacteria. There are many different types of strep bacteria. Some cause more serious illness than others. Strep throats are often accompanied by body aches, fatigue, and fever over 101°F; there may be white or yellow spots on the back of a bright red throat. Strep can be passed from person to person. When a person who has strep throat breathes,

coughs, or sneezes, tiny droplets with the strep



bacteria go into the air. These droplets can be breathed in by other people. The importance in diagnosing strep throat is that if left untreated, while the sore throat will resolve, rheumatic fever may follow and cause heart valve injury and the need for long term antibiotics.

Watchful waiting is appropriate if your sore throat occurs with symptoms like a cold; but if it does not get better after treating the symptoms, you should be evaluated by a healthcare professional at the Madison Valley Medical Center.

R.D. Marks, MD—
MVMC Chief of Staff



SIGNIFICANT PROGRESS CONTINUED FROM PAGE 1

◇ Also, in the final stage of planning, is the introduction of Magnetic Resonance Imaging (MRI) diagnostic radiology services.

Additional services under assessment include podiatry, diabetic foot care clinics, orthopedic clinic, and urology. By providing subspecialty medicine options, MVMC intends to keep care local for patients

when appropriate.

It is no secret that MVMC has been under significant financial stress in the past several years causing many to wonder about its viability. This summer, MVMC's Board approved fourteen initiatives which will bring the Medical Center's cash expenditures in line with collections from patient revenues and tax receipts. Those initiatives

have been substantially implemented, resulting in much improved financial performance. As performance is maintained, the MVMC's financial position is expected to be stabilized and sustainable in the next fiscal year. This balance is being achieved without reducing our support for community members in need of financial assistance. While future operations will be

sustainable, MVMC will continue to rely on gifts from the community to meet future capital needs for equipment and facility improvements.

All in all, it has been a busy and productive summer which has laid the groundwork for continued future success.



DO YOU KNOW YOUR SPIDERS? UNINVITED HOUSE GUESTS

Spiders in the Home

Some spiders wander indoors in the early fall when cooler outdoor temperatures force them to seek and find shelter. Their presence in the home can be a cause of concern.

Spider bites are rarely lethal. Treating the site of the spider bite is generally all that's necessary. In a few cases, symptoms may be severe and extensive enough to require antivenom treatment and hospitalization. Only a few spiders have fangs strong enough to pierce your skin and enough venom to cause a reaction. In Montana, these spiders include the northern and western black widow spider.

Symptoms

Typically, a spider bite looks like any other bug bite — a red, inflamed, sometimes itchy or painful bump on your skin — and may even go unnoticed. Harmless spider bites usually don't produce other symptoms.

Symptoms of a black widow bite

Symptoms of a black widow spider bite depend on the area of the body bitten, how much venom was introduced and how sensitive you are to the venom. The venom can travel

through your bloodstream and affect your nervous system, causing varying degrees of pain. Typical signs and symptoms include:

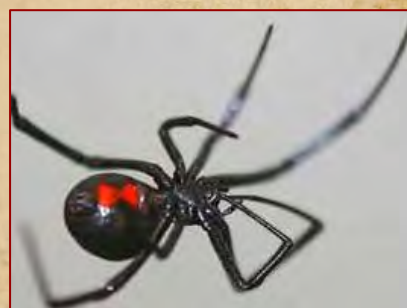
- ◇ Mild stinging sensation when bitten (or no pain at all)
- ◇ Slight swelling around one or two small bite marks
- ◇ Dull, numbing pain progressing from the bite site to your abdomen and back (usually within an hour of being bitten)
- ◇ Severe cramping or rigidity in your abdominal muscles

Pain usually persists for the first 8 to 12 hours. Signs and symptoms lessen and go away after several days, although you may still feel weak and experience lingering spasms and restlessness for the next few weeks or months.

When to see a doctor at the Medical Center

A bug bite isn't usually a reason to see your doctor, especially since it's often hard to determine if the bite was from a spider and, if so, from what kind of spider. However, if you believe you've been bitten by a black widow, or you

start to experience severe pain or cramping in your abdomen or back after a spider bite, see a doctor at the Madison Valley Medical Center promptly.



The Western Black Widow - You can recognize the Western black widow spider by the red hourglass marking on its belly.



The Northern Black Widow - You can recognize the Northern black widow spider by the red colors on its back.



FALL HEALTH FAIR NOVEMBER 16 - 18

The Fall Health Fair will be held Wednesday through Friday, November 16 - 18, from 7a.m. to 10a.m.

Blood tests and all screenings are offered at a significantly reduced price during this fair. Blood pressure checks will be free. Flu shots are \$20.00 while supplies last.

The following screenings & blood tests are available at discounted prices:

- ◇ Colon Cancer Screening (fecal occult blood test)
- ◇ Abdominal Aorta Aneurysm *important for anyone with: a family history of aneurysm, diabetes, high cholesterol, or high blood pressure.*

◇ PSA - Prostate Cancer Blood Test

◇ Comprehensive chemistry, Complete Blood Count, TSH and Lipid panel.

For more information and to schedule an appointment call the MVMC Business Office at (406) 682-6842.



"Your
greatest
Wealth
is Your
Health"

Memorial Listings

Marcy Scully Bohleen

Keith Palmer

John Branger

Lucy Pasley

Joe A. Camp

Fred Rentschler

Virginia Combs

Doug Richardson

Al Halderson

James A. Walker

Donald L. Jack

Susan Wyler

Roy Moen

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 5/15/11—10/1/11, 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 5/1/11 - 10/1/11, LISTED ALPHABETICALLY

*Porter Bennett and
Carolyn Quan*

Judy Herrick

Donna M. Reilly

*Kelly Welsh and
Holger Schaarschmidt*

John and Toni Scully

Gurney and Peggy Taylor

Alan and Connie Tollefson

Dr. Wilkins and Family

Dr. Gene Wilkins



*"Leave a
Legacy
for your
family,
friends,
and the
community.
Buy a
Brick."*

BRICK MEMORIAL & HONORARIUM PERMANENT LOCALE

A new permanent Memorial-Honorarium wall is located in the Medical Center's south parking lot.

Many thanks go out to all of our supporters who took the opportunity to contribute to the Medical Center by purchasing a brick.

If you haven't seen the wall yet, we hope you will stop by and take a look. It is a very moving wall of tributes to loved ones and is a lasting legacy for our community, our family and

our friends.

The "Buy a Brick" campaign started in 2005 to raise funds to build the new Medical Center.

Bricks can still be purchased today through the Foundation to support the ongoing needs of the Medical Center. For a tax deductible donation, a person or organization's name, a message, or an inscription of your choosing, will be engraved on a brick. New bricks will be placed on the wall each

May and September.

The Medical Center and the Foundation are very happy to have a permanent home for these engraved bricks. We thank John "Doc" Dochnahl for his construction work and CustomII of Bozeman for the metal work.

For more information or to purchase a brick, please call the Foundation office at (406) 682-6641.



DELIVERING, BUT ONLY WITH YOUR HELP



Bill Dringle of 3 Rivers presents a check for \$2,500 to the MVMC Board Chair Dottie Fossel, CEO Loren Jacobson (far left), and Foundation President Mary Oliver (far right).

received a \$2,500 Community Enhancement Grant from 3 Rivers Communications for the purchase of a new Hill Rom hospital bed for the Medical Center. Upon presentation of the check, 3 Rivers Board of Trustees member Bill Dringle said, "This money is provided

3 RIVERS COMMUNICATIONS SUPPORTS HEALTHCARE THROUGH COMMUNITY ENHANCEMENT GRANT

through our Community Enhancement Grant Program which was established to support our members and offer assistance in improving their communities. We're very happy that we can help the Madison Valley Medical Center and ensure ongoing quality health care in Ennis."

AUXILIARY HOME TOUR REVENUES PROVIDES FOR PURCHASE OF NEEDED EQUIPMENT

The Madison Valley Medical Center (MVMC) Auxiliary raised \$3,600 from its 2nd Annual Home Tour. The funds raised allow for the purchase of two needed items for the Medical Center.

- ◇ A floor burnisher, an important piece of maintenance equipment to sanitize floors.
- ◇ Organizing bins with supply carts that are easily accessible for patient care.

Each year, MVMC Auxiliary members volunteer a minimum of 4,160 hours

in service to patients, visitors, vendors, blood drives, various receptions, fund raising activities, and miscellaneous tasks. MVMC Auxiliary is always looking for volunteers. If you have skills that you would like to share, contact Auxiliary President, Colleen Hill at 682-3578.



Colleen Hill, presents a check for \$3,600 to Dottie Fossel, MVMC Chair and MVMC Foundation Board Member. Also pictured are MVMC Auxiliary members; many who assisted with this year's Home Tour.



2011 Perpetual Trophy recipient Ted Gildred, and his wife, Heidi, in their '66 Mustang GT 350.

Image courtesy of William Brewster.

accept this year's Perpetual Trophy along with a donation from the Going To The Sun Rally members.

The Going To The Sun Rally is a non-profit organization whose main charitable event is a five-day vintage car rally for auto enthusiasts. The Rally, which is limited to 40 vintage cars

GREAT ROADS. DESERVING CHARITIES.

The Madison Valley Medical Center Foundation is honored to

(1972 and earlier), is not a "race" but an historic 1,300 mile "driving adventure" across spectacular countryside in Montana and occasionally adjacent states or Canada.

To date, The Going To The Sun Rally has given back in excess of \$320,000.00 to the communities that make Montana such a special place.

POSITIVE EXPERIENCE

"At midnight on Sunday, August 21, we decided that my symptoms required medical attention and headed for the E.R. We were met by friendly nurses, I was made comfortable and quickly examined by Dr. Blake, who determined that my chest pains were caused by gall stones and not heart failure.

Everything was handled professionally and smoothly by an extremely friendly staff. The entire experience was as positive as a potential heart attack could be. We were so grateful to have a high quality medical facility so close in an emergency. We were also grateful that the experience was smooth and efficient. Having spent over 8 hours waiting in a City ER for medical treatment, we know how lucky we are in Ennis."

A very big thank you to the Madison Valley Medical Center

*Don and Toni Bowen
Ennis*

GIFTS IN MEMORY ...THE GIFT THAT KEEPS ON GIVING

Why Donate?

Some people see death as an opportunity to support others in need. Individuals or families may ask that memorial contributions be made to the Medical Center Foundation in honor of the deceased. Such meaningful gifts are appreciated not only by the family of the deceased person, but also by the numerous people the gifts help.

The Madison Valley Medical Center Foundation considers it the highest compliment when we are entrusted to use gifts given in memory of a loved one, friend or associate for the benefit of the community. The Medical Center has a longstanding legacy of providing clinical excellence and compassionate care, and it is due to the generosity and support of our community members that allows this legacy to continue.

Help the Work Live On!

Memorial gifts, large and small, are used to advance and improve the quality of care patients receive while

visiting the Madison Valley Medical Center. Memorial gifts are often used to offset costs to purchase medical equipment, upgrade and enhance the facility, and fund new programs and services that forward the Medical Center's mission of being a trusted leader advancing health in the Madison Valley community.

So when considering making a memorial gift to the Medical Center Foundation, be generous! Your loved one, friend or associate's spirit is alive and well, and working tirelessly through the Medical Center.



Memorial gifts, large and small, are used to advance and improve the quality of care patients receive while visiting the Madison Valley Medical Center.



IN LASTING REMEMBRANCE TRIBUTE TO DOUG RICHARDSON

A very generous gift was made to the Medical Center Foundation in memory of Doug Richardson by his beloved companion, Lisa Canter.

Lisa gave the gift to contribute to improved health outcomes for the Ennis community. What a wonderful way to honor Doug and his life well lived.



Madison Valley Medical Center

Foundation

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

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FALL HEALTH FAIR - NOVEMBER 16 - 18
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Dottie Fossel, Chairman
John Scully, John Duncan
Sylvia Carpenter, Manny Hoag

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Josh Vujovich, Secretary; Heidi Gildred
Teresa Dockery, Rebecca Zabel Kahrl, Dottie Fossel
Manny Hoag and Loren Jacobson