

THE PULSE

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

UPDATE FROM THE CEO



John Bishop
Chief Executive Officer

Over the past twelve months, Madison Valley Medical Center has treated more than 1100 patients in the Trauma Designated Emergency Department, many of whom required lifesaving procedures.

The Medical Center is very fortunate to have state-of-the-art diagnostic imaging and other evaluation and treatment equipment that is needed to tend to trauma patients. The imaging equipment was donated to the Medical Center through the Madison Valley Medical Center Foundation. As a result of the generosity of donors, our patients and community have access to quality care and emergency treatment right here at home.

Several new health services are available to the community this year. Orthopedic

care has been available since spring, by Bridger Orthopedic, at the Medical Center Clinic. A new service now offered at the Medical Center is bone density testing using our new Hologic DEXA Scanner.

The DEXA Scanner system uses a very low dose of x-ray to measure mineral density in patient's bones. It is used in diagnosing osteoporosis, a disease that causes bones to become more fragile and more likely to break; it can also be used to monitor bone density loss caused by other diseases or medications that are known to cause a decrease in bone mass.

The advantage of having a bone density test is that it makes it possible to know your risk of fracture, before the fact, allowing for preventative measures. The bones that are most commonly evaluated are the spine, hip and forearm. We are excited to offer this new service to our community.

Before I close, I'd like to share with you that significant operational improvements have increased both patient and employee satisfaction.

Recently, we recognized our employees for the years of service they have given to the organization, as they are a part of a team and family. We honored one

employee who has been employed at Madison Valley Medical Center for more than 45 years. Three other employees were recognized for more than 30 years of service.

This type of dedication and service is unprecedented in any industry, and Madison Valley Medical Center is proud to say a heartfelt thank you to these individuals as valued contributors to achieving organizational objectives over the years.

We have also seen significant improvement in patient satisfaction illustrated through the many surveys that we distributed to our patients. These surveys provide us with valuable information from both the comments we receive, as well as the focused questions that patients answered. It has allowed us to concentrate our efforts on those areas that patients feel need improvement. As a result, we have seen a steady increase in overall patient satisfaction and quality of care at Madison Valley Medical Center.

If you have any questions or comments related to this update, please feel free to contact me. Thank you for your exceptional support of your community Medical Center!



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SHINGLES... A PAINFUL POX ON YOUR QUALITY OF LIFE



Dr. R.D. Marks

(photo by Shanna Mae Photography)

Few of us gave much thought about chickenpox when we had it as children. It was usually a mild illness that meant we had a few days out of school, and when it was over, we had no concerns except for the homework we had to make-up.

Unfortunately, the virus that causes chickenpox, (known medically as varicella-zoster) doesn't just die and go away. It lies dormant for years in the nerves that come out of our spinal cord. In some people, it stays dormant forever. In others, the virus "wakes up" when disease, aging or chemotherapy weakens the immune system. It is not clear why this happens, but

after the virus becomes active again, it can only cause shingles, not chickenpox.

Since the virus lives in the spinal nerve roots, when it does become active, it follows the spinal nerve from the back toward the area where that nerve functions. So, we get a one sided skin rash that is localized to a band, a strip, or a small area on the face or body.

Shingles is a very common problem with about a million Americans per year getting this rash. Overall, it affects about 15% of the population but the incidence increases remarkably after the age of 50 and at age 85, one third of the population will have had an outbreak.

When we experience a shingles attack, usually we get symptoms such as an itching or burning a day or two before in the area where the rash later appears. When the rash develops, it looks like a chickenpox rash with small little itchy blisters. When one has the rash, they are only contagious to people who have not had the shingles vaccine or who have not had chickenpox.

If shingles was just the rash, we would give little thought

to it; however, if it infects the eye, it can cause permanent vision loss. More significant is the fact that many people over 60 who get the recurrent infection will develop severe pain in the nerve involved. This is called post-herpetic neuralgia and while it affects about 1 in 10 of younger people it will affect one third of those over 80. The infection can last for days or years.

Post-herpetic neuralgia is a severe pain that causes severe loss of quality of life. Neuropathic pain is very difficult to treat since the medications that work cause significant side effects and the usual narcotic medications are not very effective.

Because our immunity to this virus decreases with age, boosting our immunity with a vaccine (Zostavax) will reduce the number of infections and the risk of post-herpetic neuralgia. A Zostavax vaccine is recommended for all people over sixty years old as it lowers your chances of getting shingles. If you do get shingles, having the vaccine makes it more likely that you will have less pain and your rash will clear up more quickly.

Medicare part D and some insurance companies will cover all or most of the \$200 cost of this vaccine. Please see a medical provider at the Madison Valley Medical Center to get a prescription for this wise investment in preventive care.

R.D. Marks, MD—
MVMC Chief of Staff



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



MORGAN STEARNS P.A.-C JOINS MEDICAL PROVIDERS

Morgan Stearns moved to Ennis and joined the medical staff at Madison Valley Medical Center in July 2012. He is joined by his wife, Jamie and their three wonderful little girls.

Morgan graduated from the MEDEX Physician Assistant program at the University of Washington in 2008 and went to work in pediatrics in Spokane, Washington. His work with pediatric patients was a very positive and rewarding experience which he wishes to continue throughout his medical career.

Morgan Stearns grew up in eastern Montana and joined the US Marine Corps after graduating from high school. He served during Operation Desert Storm in the Marine Corps Infantry. Later he joined Marine Recon where he completed US Army Airborne and Ranger training.

Morgan returned to Montana in 1995 and joined the Montana National Guard. It was through his experiences in the military that he developed an interest in medical training. He attended the Wilderness First Responder Course in Missoula

and went on to care for disabled individuals in Butte and Helena. In 1998 he was selected for US Army Flight School in Alabama where he learned how to fly Blackhawk helicopters. His service to the state of Montana and the nation has included several seasons of fighting wildfires, military operations in Bosnia, Operation Nobel Eagle, and two tours in Iraq. He continues to serve as an Instructor Pilot for C Company 1-189 Aeromedical Evacuation Det. in Helena.



RESIDENT TIPS FOR FUN AND SAFE TRICK OR TREATING



- Pick up objects in the yard, sidewalk, or driveway that could create safety issues and be sure any tools are safely put away. Check hoses, flower pots, and extension cords.

- Think "trick or treat safety" when decorating. Safety experts recommend using plug-in or battery-powered jack-o-lanterns instead of using a live candle. If you do opt for a live flame, make sure it is away from any possible exposure to trick or treaters' costumes or where

they will be walking or standing.

- Keep your house well-lit and inviting, or if going for a spooky home theme, make sure trick-or-treaters know your house has a welcome-mat extended.

- Be sure your pets are secured and put away, or appropriate arrangements are made. Some pets become frightened; others may become territorial or even aggressive. You don't want your pets scaring trick or treaters any more than you

want kids frightening your pets. Be especially careful with cats, who might dart out of open doors.

- Carefully consider treats such as healthier food alternatives than candy. Non-sweet items like crackers, chips, raisins, or popcorn could receive thumbs up from parents. Some also give the "treat" to trick or treat by way of a decorated pencil, spider ring, glow in the dark decal, etc.



Memorial & Honorary Listings

Memorials

John Branger
Topper Bronaugh
Irene Graden
Tony Hartman
Donald L. Jack
George Raush
Fred Rentschler
Harold W. Reynolds
Robin Shipman
Jim and Lorelyn Walker
Larry Zabel

Honorariums

Steve Cain
Dennis and Lynn Dolph
Henry and Mogie Harrison
Ann and Jeff Laszlo
Carol Orr
Hector and June Santiago
John and Toni Scully
Chris and Amy Smith

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

Memorial and Honorary Donations received 5/1/12—10/1/12, Listed Alphabetically.
Memorial Listings are those donations made "In Memory of" someone who has passed away.
Honorary Listings are those donations made "In Honor of" living persons.



LEAVE YOUR LEGACY AT THE MEDICAL CENTER

There are various ways to make a lasting and meaningful contribution to the Madison Valley Medical Center.

Have you considered a planned gift, which can offer significant tax benefits that

may substantially reduce your capital gains and estate taxes? The added benefit is that your financial support allows us to continue to provide quality care close to home.

If you would like to speak to

Executive Director Christie Trapp, about making an estate gift, call the Foundation office at 406-682-6630.



YOU CAN BE PART OF OUR VISION FOR A HEALTHY COMMUNITY

As the Madison Valley Medical Center moves into the future, its goals remain to stay in focus with the constantly changing medical world, by expanding services and ability to go forward hand-in-hand with the community.

The Madison Valley Medical Center Auxiliary has provided services for patients and the community since 1985. The Auxiliary is an important arm of

the Medical Center, dedicated to supporting its missions and contributing to various projects from its annual fundraiser the "Madison Valley Home Tour".

Men and women from all walks of life participate in activities, manage the gift cart or lend their support through service at the Medical Center Reception Desk.

The idea of making contributions of time, ideas and effort

has been the core of the Auxiliary since its inception. Some contributions have included raising money for state-of-the-art medical equipment.

At a recent monthly meeting of the Madison Valley Medical Center Auxiliary, a motion was enthusiastically and unanimously passed to present the Medical Center Foundation with a check for \$4,600. The funds, raised from the Auxilia-

ry's 3rd Annual and extremely successful Home Tour, were used to help purchase the new Hologic DEXA machine for the Medical Center.

For more information about the Auxiliary activities or membership, please ask at the Reception Desk in the Medical Center.



COMMUNITY SUPPORT

We salute the business owners who support local charities.

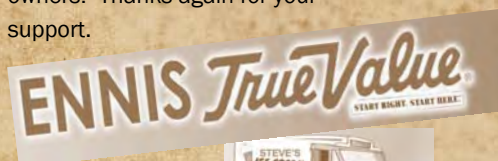
Wayne Black, owner of Ennis True Value hardware, reflects the Foundation's shared commitment to good health in the community.

In August, True Value held a fundraiser during their annual

"Tent Sale" with proceeds raised from a select number of items sold to benefit the Madison Valley Medical Center Foundation.

When totaled, along with a generous donation from Steve's Ice Cream, they raised over \$900 for the Foundation.

Way to go local business owners! Thanks again for your support.





**“UPON THE BRINK OF A WILD STREAM HE STOOD,
AND DREAMT A MIGHTY DREAM.”**

ALEXANDER PUSHKIN



UPDATE ON THE FOUNDATION'S 2012 FUNDRAISING PRIORITIES

With your help, together we can accomplish a lot this year!

Project	Overview	Status	Project Cost
Imaging Suite Equipment	The Medical Center's radiology department provides high quality state-of-the-art medical imaging diagnostics. Patients with acute trauma and a variety of diseases are regularly seen at the Medical Center including those presenting pathology problems. Securing the purchase of 4 pieces of diagnostic imaging equipment: portable x-ray, digital x-ray, ultra sound and a CT scan for the Medical Center will continue to improve the health of the general public.	<p>In our Spring newsletter, we communicated to you that we needed to raise \$350,000.</p> <p>Currently, \$150,000 is needed to purchase the final piece of equipment, the CT scan.</p> <p>Please give generously, so we may purchase this equipment for the Medical Center by December 31,</p>	\$900,000
Landscaping	Twenty individual gardens surrounding the Medical Center campus, 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 are accessible to all, including wheelchair users, ambulatory patients, with seating areas providing pockets of quiet and privacy.	<p>Complete!</p> <p>Thanks to you, members of the Madison Valley !!!</p>	\$20,000



SUNSET ON THE MADISON RIVER RAISED MORE THAN \$100K

In August, guests gathered at a home overlooking the Madison River to enjoy an evening of horse carriage rides, fine dining, and Montana entertainment comprising of cowboy poetry and Native American flute.

Helping to make this year's fundraiser a tremendous success are the sponsors of the evening. The private event raised more than \$100,000 to benefit the diagnostic imaging suite equipment to help toward the purchase of the CT scan at the Medical Center.

"We deeply appreciate the support of our donors," said Medical Center CEO, John Bishop. "The funds raised by

the event will help ensure that patients receive the best care possible, from the moment they come through the Medical Center's doors until they return home, and even beyond."

"In these challenging economic times, the Foundation is especially grateful that people recognize the importance of the Medical Center and step forward each year to provide support." Executive Director, Christie Trapp added, "The Medical Center's patients will be even better served because of the support of our donors. We want to thank each person who attended the event, donated funds, donated their time and or services, or helped

out in any way. They are the reason this event was such a success."

Foundation fundraising events sponsored or underwritten by donors have proved to be the most significant and successful events for the Madison Valley Medical Center. In the past year, proceeds totaling more than \$650,000 have been raised to benefit the imaging suite equipment.

For more information on how to sponsor an event, contact the Foundation at 406-682-6641.



Madison Valley Medical Center

Foundation

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

Non-Profit Org.
US Postage
PAID
Ennis, MT
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Contact Us

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To:

**MADISON VALLEY
MEDICAL CENTER**

**2012 FALL HEALTH FAIR
OCTOBER 23-25**

**TO SCHEDULE APPOINTMENTS
CALL (406) 682-6842**

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|--|---|
| ♥ Educational and Informational Tables | ♥ Comprehensive Chemistry, Blood Count, TSH, and Lipid Panel (\$60) |
| ♥ Blood Pressure | ♥ A1C Screen (\$10) |
| ♥ Informational Talks Daily @ 9 A.M. | ♥ Diabetic Review |
| ♥ Free Eye Screening by the Lions Club | ♥ Free Oral Cancer Screening |
| ♥ Flu Shots (\$20) | ♥ Heel Cup Bone Density Screening (\$5) |
| ♥ Aorta Screening (\$30) | |
| ♥ Colon Cancer Screening (\$5) | |

Lab work participants should fast 10 - 12 hours prior to appointment.