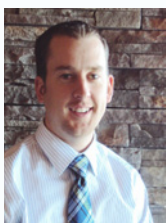


THE PULSE

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



Update from the Madison Valley Medical Center CEO



JOHN BISHOP,
Chief Executive Officer

In May of 2014, community members had the opportunity to show their support for Madison Valley Medical Center (MVMC) by voting in favor of permanently renewing the existing mill levy. With more than 72% of voters casting a “yes” for permanently renewing the mill levy, MVMC can focus on planning for future health services for the community. On behalf of the doctors, nurses, staff and the Board of Directors, we send you our heartfelt thanks, as your vote not only helped to ensure financial stability for MVMC, but also shows the overwhelming belief of the community in our mission to improve the health and wellness of the people of the Madison Valley.

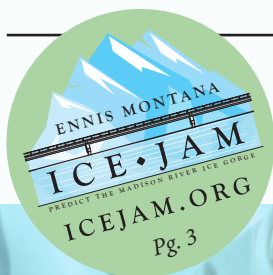
As an organization, we now move into a new and exciting phase of strategic planning for the long-term success of the Medical Center. Achieving financial stability through operational improvements, strong support from donors, and a stable mill levy allows our focus to shift to establishing meaningful relationships with our patients through quality healthcare.

In recent months we have established a care coordination program to help coordinate the health care cycle for our patients as they transition from primary care providers through specialty care and back to their community hospital for follow-up. We have created programs to improve disease management, immunization programs to ensure that children and adults

receive the necessary vaccinations and other care coordination efforts to improve the patient's experience and bring clarity to a complicated healthcare cycle.

One of the best ways we hear from the community is through our patient satisfaction surveys, and the community health needs assessment which is conducted every three years.

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Pg. 2
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Pg. 4

Update from Pg. 1

Please take the opportunity to use these communication channels to let us know what we can do to better serve your healthcare needs. In an effort to improve the accessibility to local healthcare services we continue to bring in additional specialty services to mvmc. Our specialized services now include: Cardiology, Oncology, Gynecology, Orthopedics, Gastroenterology, Audiology, Physical Therapy, Occupational Therapy, Speech Therapy, Professional Counseling, MRI Technology, Bone Density Screening, CT, X-Ray, Ultrasound, Diagnostic Laboratory Services, Air

Ambulance transportation services, and much more. Where possible we will continue to re-

**Thank you for your
unwavering support**

spond to the needs of the community by adding services that can reasonably be accommodated right here at home.

Perhaps the most important thing to come

from the recent passing of the mill levy is the ability for the Foundation to focus on the long-term success of their mission by establishing the Dr. Ron "Doc" Losee and Dr. Gene Wilkins Capital Equipment Fund; and Endowment Fund. These two long-term funds help to ensure the continued excellence of Medical Center programs by supplementing capital support and allowing innovative programs to grow and excel so future generations will have access to high quality healthcare services right here in the Valley.

In closing, thank you for your unwavering support. Our organization has made significant improvements thanks to the confidence and backing of the community and donors. As always, if you have any question about our services or organization please call me directly at 406-682-6615.

How Much Do You Know About Concussions?

Take this quiz to find out. Answers on page 4

1. Which of the following are common concussion symptoms?

- a. headache
- b. loss of consciousness
- c. nausea or vomiting
- d. all of the above

2. You can help prevent a concussion by:

- a. wearing appropriate protective gear
- b. participating in contact sports
- c. taking medication
- d. none of the above

3. Concussion treatment typically includes:

- a. taking blood pressure-lowering medication
- b. avoiding physical exertion and activities that require mental concentration
- c. wearing a neck brace
- d. all of the above

4. Concussions often occur as a result of a:

- a. developmental condition
- b. coma
- c. sports injury
- d. high fever

5. Which of the following is a myth about concussions?

- a. You shouldn't go to sleep after a concussion
- b. Having a concussion makes you more prone to future concussions
- c. both a and b
- d. none of the above



BRING TWO COOLERS:
one for food and one for drinks.

Practice Safe Food Storage at Your Next Picnic

To keep unwanted guests like Salmonella and E. Coli from your picnic, follow this basic advice:

Keep hot foods hot and cold foods cold. Anything perishable should be kept at room temperature for no more than two hours.

Bring along antibacterial wipes or hand-washing liquid to clean your hands before laying out (and eating) the food.

Bring two coolers: one for food and one for drinks. Since you'll

probably open the drinks cooler more often than the food cooler, this prevents warm air from reaching your perishables.

Avoid bringing anything made with fresh eggs, which can become a breeding ground for bacteria.

Avoid bringing meats, fish, potatoes, and pasta mixed with mayo. These foods can reduce the acidity of the mayonnaise (which keeps bacteria at bay) encouraging the growth of bacteria. Instead, bring your salad ingre-

dients in separate containers and mix when you're ready to serve.

Keep your cooler in an air-conditioned car.

Thaw meat before grilling so it cooks evenly. Cook to an internal temperature of 160°F. Poultry should cook to 180°F.

Keep raw meats, fish, and poultry (and the containers on which they sat) separate from cooked foods.

Wash the outer surface of fruits, including melons, thoroughly before cutting.

Manopause

It may take more than Geritol!



DOC TALK

With Dr. RD Marks,
Chief of Staff

Photo by
Shanna Mae Photography

If you remember Geritol® advertisements then you are in the age group of men who may be affected by Testosterone deficiency, also known as Low T. Low testosterone may affect as many as 20% of 45 year olds and its incidence increases with every birthday.

While most people relate low testosterone to low libido and erectile dysfunction, there are actually many important medical issues related to low testosterone.

THESE INCLUDE:

- Osteoporosis or low bone mineral density
- Decreased energy or vitality
- Increased fatigue
- Depressed mood
- Reduced muscle mass and strength
- Poor concentration and memory
- Sleep disturbance; increased sleepiness
- Mild anemia
- Increased body fat, body mass index
- Diminished physical or work performance

Most men who get a diagnosis of hypogonadism (low testosterone) usually present with low energy, weakness, easily fatigued and symptoms that suggest depression. This is called SAD, symptomatic androgen deficiency. Issues around sexual interest and function are usually later symptoms.

The diagnosis is made by taking a morning blood sample and checking for total and free testosterone. While this is usually an age related process, a history and exam is needed to make sure that other causes are not the culprit. Baseline labs checking lipids, blood count, and PSA are important.

Testosterone therapy is accomplished by injections, creams, gels, and foams and costs from \$35-\$350 per month depending on the choice of treatment. Once treatment is started, levels

are rechecked to assure proper dosing and blood counts and PSA measurements are done to make sure of no side effects. The most common side effects are elevated

Low testosterone may affect as many as 20% of 45 year olds

hemoglobin levels and prostate enlargement. The only absolute contraindication is a history of prostate cancer.

With a correct diagnosis and with correct management, treatment of low testosterone can safely give men a Geritol vitality. Your medical providers at Madison Valley Medical Center can answer further questions about Low T.



Early-Bird Pricing for ICEJAM Time Slots

Madison Valley Medical Center Foundation has created an on-line fundraising raffle called "Ice Jam" where time slots are sold to predict the date and time within one hour, that the Madison River will ice gorge - for the first time - at the Ennis Bridge, located just south of downtown Ennis, MT.

The one individual who purchases the correct date and time within the hour that the Madison River ice gorges will win-half of the proceeds raised at Ice Jam! The Madison Valley Medical Center Foundation will retain the other half of the proceeds raised.

Offering Early-Bird time slot pricing from July 1, 2014 - November 1, 2014 where \$10

Early-Bird Discount
\$10 buys a
1-hour time slot

buys a 1-hour time slot. You may purchase as many slots as you wish at www.icejam.org

After November 1, 2014, a 1-hour time slot will be sold at regular pricing where \$20 buys a 1-hour time slot.

The odds of winning are based on the total number of time slots sold and climatological activity.

If no one purchases the winning time slot and/or if the Madison River does not ice gorge at the Ennis Bridge, the Madison Valley Medical Center Foundation will retain half of the proceeds raised and the other half of the proceeds raised will roll-over to the following year's Ice Jam fundraiser proceeds.



ICEJAM.ORG

The Madison Valley Medical Center

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

Contact Us
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Executive Director

Christie Trapp

**Madison Valley
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 Teresa Dockery/Secretary
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 Amy Kelley
 Dottie Fossel
 Manny Hoag
 John Bishop

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CEO

John Bishop

**Madison Valley
 Medical Center**
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Dottie Fossel/Chairman
 Manny Hoag/Vice Chairman
 Sylvia Carpenter/Secretary
 Fred Donich
 Julia Misero

Answers from page 2: 1. d, 2. a, 3. b, 4. c, 5. a

Honorariums

Memorials

Carol Anderson
 Dr. David Ban
 Bob and Shirley Bayley
 George Beimel
 Wayne and Sandy Black
 Dr. Gina Bowers
 Donna Brown
 Kurt Buchl (Yellowstone Bank)
 Dr. Paul Buse
 Bob and Dallas Celecia
 Charlie and Caroline Feldman
 Dottie Fossel
 Dr. John Hess
 Dr. Patrick Holland
 Dr. Brad Kessler
 Teresa King
 Dr. John Laird
 (MVMC) Clinic
 (MVMC) Physical Therapy Department
 Dr. R.D. Marks and Mrs. Lisa DeGroot
 Don and Judee Moilanen
 Jeff and Kim Montag
 David and Barbara Robinson
 Dwayne and Judy Roedel
 Daniel and Tracy Ross
 Lee and Joyce Sargent
 John and Toni Scully
 Dr. Brad White
 Dr. Jeffrey Zuke

George Alger
 Bob Armstrong
 Doris "Dode" Barnett
 David Beardsley
 John Branger
 Bob Bullock
 Bob Cleverley
 John and Bonnie Cox
 Gene Gilan
 Larry Gleason
 Jack C. Hardy
 Jeanne Hartman
 Monty P. Jackson
 Robert Anderson Kreider
 Jerry Krusemark
 Frederick LaBar
 Carole Love

Doris McCall
 Roy Moen, Jr.
 Jason Pasley
 Charles Pierce
 John Paul Reilly, Lt.Col USMC
 Fred Rentschler
 Bonnie Lee MacMilan Rice
 Lelah Ritz
 Judy Roedel
 Volker Gene Saier
 Dan Segota
 Kathy Sheffield
 Jan Smith
 Punky Tichenor
 Gene Walsh
 Gene Warburton
 Dr. Gene Wilkins

*Engraved bricks purchased for the Memorial Wall
 located at the end of the South Parking lot of the
 Medical Center are installed once a year in July.*

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

Memorial and Honorary donations received from 5/1/13 - 7/31/14 are listed alphabetically.



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Robert Anderson Kreider
Jerry Krusemark
Frederick LaBar
Carole Love
Doris McCall
Roy Moen, Jr.
Jason Pasley
Charles Pierce
John Paul Reilly, Lt.Col USMC
Fred Rentschler
Bonnie Lee MacMilan Rice
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