

Health Connection

FROM YOUR FRIENDS AT
SCENIC MOUNTAIN MEDICAL CENTER



Get back on your feet!
SMMC rehab can help

**Meet our new
rehab director**

We care for you
After your emergency visit

**When wounds
just won't heal**



SCENIC MOUNTAIN
MEDICAL CENTER

www.smmccares.com



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to win a \$50 WAL-MART gift card!

A MESSAGE FROM OUR CEO



Larry Rodgers
Chief Executive Officer

Dear neighbors,

Welcome to the spring 2010 issue of the Scenic Mountain Medical Center (SMMC) community newsletter, *Health Connection*. As in past editions, this issue is packed with useful information for you and your loved ones:

- Consider asking your physician

to schedule a sleep study at the Scenic Mountain Sleep Center if you have trouble getting the sleep you need and the tips on page 2 don't do the trick.

- Both our wound care coordinator and rehabilitation services team are skilled in providing specialized wound care for skin injuries that won't heal.
- Visit the "Health Resources" area of our Web site at www.smmccares.com or turn to page 6 to learn about surprising risk factors for heart disease. Our award-winning online health library is a valuable source of information for you and your family.
- While visiting our Web site, click the "Health eCooking" button for recipes to tempt even the pickiest of eaters (see article on page 7).

SMMC is proud to be a part of our community. We thank you for putting your confidence and trust in us. Please take a moment to review our 2009 Community Benefit Report here.

Warm regards,

LARRY RODGERS
Chief Executive Officer
Scenic Mountain Medical Center

2009 Community Benefit Report

Providing quality care

ER patient visits	15,480
Inpatient admissions	3,198
Outpatient visits	61,899

Financial benefits

Capital investment	\$1,882,919
Payroll (330 employees)	\$15,953,929
Property and sales taxes	\$691,852

Caring for our community

Charity and uncompensated care provided	\$16,598,083
Charitable contributions	\$11,194
Spending at local businesses	\$307,069

ESTIMATED TOTAL COMMUNITY BENEFIT \$35,445,046*

*Dollar amount is approximate.

See **what's cooking**
at **Scenic Mountain Medical Center**
www.smmccares.com

Learn more

New recipe ideas and a cooking video every month

The road to recovery

Let our team of therapists pave your way

Senic Mountain Medical Center (SMMC) is ready to take care of all your therapy needs. Our rehabilitation team of skilled and experienced therapists works closely with you and your physician to make sure that your every need is addressed and taken care of quickly and conveniently. Our outpatient clinic provides:

- **Physical therapy**, focusing on mobility, strength, movement and pain issues. Our therapists will design an individualized plan of care to improve your strength, balance, endurance and mobility, which in turn will help relieve your pain.
- **Occupational therapy**, focusing on improving activities of daily living. Our therapists may assist you with problems with bathing, dressing, good hygiene and eating. They'll also help with your elbow, wrist and hand problems and customize a care plan to meet your needs.
- **Speech therapy**, focusing on tasks that improve communication skills, cognitive thinking and swallowing dysfunctions. An expert will assess, treat and help prevent disorders with speech, language and swallowing.

SERVICES PROVIDED AND CONDITIONS TREATED

Services can be provided with a physician referral and will be performed in our therapy gym, conveniently located in SMMC. Common conditions treated and services provided include:

- therapy for back, neck, shoulder, hand, hip, knee and foot injuries and pains
- treatments for postsurgical patients
- programs for chronic pain, stroke, neurologic disorders and balance
- treatments for speech dysfunction and swallowing disorders for all ages

SMMC's rehabilitation department helps you return to the level of functioning you had before your injury or surgery. Your physician is an important part of the rehabilitation process; our staff works closely with your physician to make sure the lines of communication stay open and quality care is provided. We want our clinic to be the first choice for patients and physicians alike.



SMMC's rehab team includes (l-r): Omar Samaniego, P.T.; Donna Wennik, P.T.A.; Michael Himmelman, P.T., M.S.; Patricia Tidwell, COTA; and Teresa Merrick, secretary. Not pictured are Becky Carter, O.T.



Get back on your feet!

To bounce back with physical, occupational or speech therapy, call SMMC rehabilitation at (432) 268-4565 or visit www.smmccares.com/rehab. Our clinic is located on the first floor of SMMC, at 1601 W. Eleventh Place. We look forward to hearing from you soon.



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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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MEDICAL STAFF SPOTLIGHT

Scenic Mountain Medical Center's (SMMC) continued efforts to attract and retain experienced, talented medical staff members result in new medical staff members joining our team of professionals serving our community. We'd like to introduce one of them to you.



MICHAEL HIMMELMAN, P.T., M.S.
Director of Rehabilitation Services

**Scenic Mountain Medical Center
Rehabilitation Services
1601 W. 11th Place
(432) 268-4565
www.smmccares.com/rehab**

Physical therapist Michael Himmelman, M.S., joined the SMMC staff as director of rehabilitation services in December 2009. A graduate of Saint Louis University in St. Louis, Mo., with a master's degree in physical therapy, he began his career managing an outpatient orthopedic clinic in Little Rock, Ark. Joining Himmelman in the move to West Texas are his wife, Nicole, and their infant daughter, Jenna.

If you have an orthopedic- or sports-related injury, the skilled SMMC rehab team, led by Himmelman, provides advanced treatment options for hip, knee, ankle, back and shoulder injuries, as well as postoperative rehab. The rehab team's goal is to get you back on track while reducing your risk of repeat injury.

To find a physician by specialty, visit
www.smmccares.com.

We continue to care! After you leave the ED

The Scenic Mountain Medical Center (SMMC) emergency department (ED) has launched the Discharge Call-Back Program to follow-up with you once you're released from the ED and settled back home.

Experienced nurses will call you between 9 a.m. and 7 p.m. to ask you how you're feeling, if you're pleased with the care you received during your visit and if you have any questions about your condition. "We want to make sure you completely understand your discharge instructions and are on your way to feeling better," says Judy Roever, SMMC chief nursing officer. The calling nurses can also access your electronic ED record to answer questions.

During this call, patients are encouraged to share their experiences. "We want to be able to recognize staff members that provide you with outstanding service," says Roever. "And, if your experience wasn't as positive as it could be, we want to correct it and make it better.

"The response has been overwhelmingly positive. You can tell from their voices that our patients appreciate the call," she adds.

! When time matters!

The SMMC ED is here for you when seconds count. To learn more about our ED services, visit www.smmccares.com/ED.