

Wayne Memorial Wayne Memorial Hospital

Health Connection

Summer 2011

WMH receives \$35,000 and 19,804 hours of service from Auxiliary

Wayne Memorial Hospital (WMH) Auxiliary, a volunteer organization whose mission is to provide support to hospital staff, patients and visitors, recently donated \$35,000 and provided 19,804 hours of service to WMH this past year. The Auxiliary, which is composed of 65 active volunteers, was honored at the 30th Annual Auxiliary Banquet in April. Unity Church of God hosted the banquet with a delicious menu, beautiful decorations, a spacious and comfortable venue and even wonderful door prizes. Vic Drawdy, Operations Manager with Okefenokee EMS, was the guest speaker and the evening's theme was "Volunteers ... Touching Lives, Lifting Spirits."

Out-of-town dignitaries representing the Council on Auxiliaries/Volunteers of the Georgia Hospital Association were in attendance: John Woody, Vice President of Membership, from Piedmont-Fayetteville Hospital in Fayetteville, Ga., and his wife, Jean; and Frankie Royer, Southeast District Director, from Satilla Regional Hospital in Waycross.

INTEGRAL SUPPORT SYSTEM

Auxiliary Services at WMH include staffing the information desk, the Care

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Check out The Wayne Memorial Hospital Pulse television show at www.wmhweb.com plus much, much more!

Get heartburn relief—fast

Must-try healthy foods

Healthcare reform's impact on you

Got a burn? What you should do



Despite what you might think, it's not complicated to perform CPR.



> **New CPR guidelines emphasize chest compressions**

In a lifesaving situation, the average Joe should focus on chest compressions first, not mouth-to-mouth, say new CPR guidelines from the American Heart Association (AHA). Chest compressions can help keep oxygenated blood flowing to the heart and brain. Studies have found the compression-only approach to be as good as or

even better than compression plus mouth-to-mouth. Despite what you might think, it's not complicated to perform CPR. If someone isn't breathing, is gasping or is unresponsive, the AHA recommends calling emergency services, then starting chest compressions. (Compressions should be hard and fast, performed at least 2 inches deep and at least 100 times a minute; don't lean on the chest between compressions.) If someone else is available, he or she should look for an automatic external defibrillator to shock the heart back into rhythm.

WMH RECEIVES \$35,000 AND 19,804 HOURS OF SERVICE FROM AUXILIARY

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Cove gift shop, the intensive care and one-day surgery waiting areas, patient transport, the WMH thrift shop and the parking shuttle service. WMH Auxiliary also hosts numerous fundraisers throughout the year to provide a contribution once a year to the hospital, which helps to fund items or services that didn't make the annual budget. This year's \$35,000 donation will be used to purchase four new beds for the intensive care unit.

JOIN US

If you're interested in becoming part of the WMH Auxiliary organization, please stop by WMH's information desk for an application or contact the Auxiliary Office at **(912) 530-3152**.



(l-r) J.B. Perry, WMH Chairman-Elect, presents a \$35,000 check to WMH Authority Secretary/Treasurer Carletha Davis and WMH Chief Executive Officer Joseph P. Ierardi.

Wayne Memorial Hospital

- Chief of Staff**.....William Davidson, M.D. (ENT)
- Chief Executive Officer**.....Joseph P. Ierardi
- Chief Financial Officer**.....Gregory Jones
- Chief Nursing Officer**...Annette Kirksey, R.N., B.S.N.
- Director of Marketing**.....Tina Hinson

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The healthiest foods you've tried

In recent years, perhaps you've added salmon, edamame and pomegranates to your diet to increase your nutrient intake. Are you looking to include new healthy ingredients in your meals? Try some other so-called superfoods:

ACAI BERRY

Berries are notoriously rich in antioxidants, which help fight cancer. The South American acai berry, which has gained popularity in juices and energy drinks, contains more antioxidants than certain berries including blueberries, strawberries and raspberries. It's also high in fiber and contains good-for-you fats.



SARDINES

Canned sardines may seem old-fashioned, but their health benefits compete with today's trendiest foods. Sardines contain some of the highest levels of omega-3 fatty acids. And they're naturally high in vitamin D and calcium, which are good for your bones. Mash them on toast or add them to a salad.



FLAXSEED

The food richest in heart-healthy omega-3 fatty acids is fish, but flaxseed is another good source—it's high in fiber and is believed to help lower cholesterol. Ground flaxseed is simple to add to your diet by sprinkling it on yogurt or breakfast cereal.



STAR FRUIT

You may have seen attractive slices of star fruit on serving platters at catered events but weren't sure if they were edible. Not only does the fruit slice into stars, it also boasts a refreshing flavor, is high in fiber and vitamin C and contains no fat. Ripen firm, yellow star fruit at room temperature until it emits a pleasant aroma. Slice and serve. ●



QUINOA

If you've eaten a lot of South American cuisine, you've probably already tasted quinoa, a whole grain with a texture similar to couscous. Whole grains are high in fiber, which may help lower your cholesterol levels, reduce your risk of developing type 2 diabetes, keep your digestive tract running smoothly and lower the risk of colorectal cancer in certain populations. Quinoa is also gluten-free, making it OK for those with celiac disease.



HEALTHCARE REFORM:

What it means for you

When President Barack Obama signed the Affordable Care Act of 2010 into law last year, Americans were on the cusp of getting better control of their healthcare coverage. Many rights granted by this law have already taken effect; others won't become effective until 2014. But the gradual changes that are happening mean that more people can get—and keep—affordable healthcare coverage. How will it affect you and your family? For more information, visit healthcare.gov or contact your health insurance company.



If you have kids, their rights to healthcare coverage have been expanded.



In fall 2010, insurance companies lost their right to discontinue coverage to children with pre-existing conditions, giving their parents one less thing to worry about. (Previously, healthcare plans could deny coverage to sick kids.)



Dependent coverage was also extended for children until they reach their 26th birthdays, except in cases where individual healthcare plans were grandfathered in, meaning that someone's pre-existing coverage would stay the same. (Previously, many plans stopped coverage once a child turned 19 or was no longer a student.) This means that young adults who are job hunting can get health coverage through mom and dad.



If you have a serious illness or major injury, you'll have more of a safety net.



Last year, insurance companies lost the right to cancel coverage for policyholders who developed serious illnesses if their paperwork had unintentional errors. This will give those who have been recently diagnosed with a health issue time to get second opinions and treatments.



In 2010, lifetime caps set by insurance companies were eliminated from policies issued or renewed after Sept. 23, 2010. Previously, insurance companies could set a lifetime dollar limit for individuals; when someone reached that cap, the insurance plan would no longer provide benefits.



In 2010, the Affordable Care Act also began phasing out insurance companies' rights to impose annual limits, and they'll be completely eliminated by 2014.



If you don't have health insurance, help is on the way.



In the summer of 2010, people who were previously unable to get insurance coverage due to illnesses or pre-existing conditions were able to begin enrolling in a Pre-existing Condition Insurance Plan. The program will remain in effect until 2014, when insurance companies will no longer be able to ban people from health plans due to pre-existing conditions.



In 2014, the roughly 30 million Americans without health insurance will be able to get affordable coverage through state-run health insurance exchanges set up specifically for them.

Health premiums may continue to rise for the foreseeable future, as they've done in the recent past, but changes that have taken place or are coming soon should make healthcare affordable for everyone who needs it. ●

Wayne Memorial Health Connection

is a community newsletter distributed quarterly by Wayne Memorial Hospital.

For comments or questions, contact Tina Hinson, Director of Marketing, at **(912) 427-6811** or **thinson@wmhweb.com**. Include *Health Connection* in your subject line.

Find this community newsletter and more WMH information on our website at **www.wmhweb.com**.

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WMH generates more than \$100 million for the local economy

According to a recent report by the Georgia Hospital Association (GHA), the state's largest hospital trade association, Wayne Memorial Hospital (WMH) generated more than \$100.9 million in revenue for the local economy in 2009. The report also found that, during the same time period, WMH provided approximately \$4.7 million in uncompensated care while sustaining more than 375 local jobs.

WMH also had direct expenditures of more than \$40 million in 2009, according to the report. When combined with the economic multiplier developed by the U.S. Department of Commerce's Bureau of Economic Analysis, the total economic impact of those expenditures was more than \$100.9 million. This output multiplier considers the "ripple" effect of direct hospital expenditures on other sectors of the economy, such as medical supplies, durable medical equipment and pharmaceuticals. Economic multipliers are used to model the resulting impact of a change in one industry on the "circular flow" of spending within an economy as a whole.

HELPING THE COMMUNITY WE SERVE

"Wayne Memorial is proud to contribute in such a positive way to the local and state economy," says Joseph P. Ierardi, CEO of WMH. "We appreciate the support we receive from Wayne and

the surrounding counties. We'll continue to work hard to ensure that the citizens of this community have access to excellent healthcare services with affordable costs."

An official report released from GHA says that, statewide, Georgia hospitals pumped a total of \$39.1 billion into Georgia's economy. This is an increase of more than \$918 million from 2008, and an increase of approximately \$3 billion from 2007.

PAYING IT FORWARD

"While Georgians have always been able to trust the state's hospital community to meet their healthcare needs, they should know that hospitals are also vital to the economic health of our communities," says GHA President Joseph Parker. "Our reports show that during a time when so many Georgia businesses were suffering, the Georgia hospital community continued to be a major source of economic stability throughout the state."

"It's obvious our healthcare system is a valuable asset, not only for healthcare purposes but for the overall economy," says Ierardi. "We hope our elected lawmakers will do what is necessary in these challenging economic times to protect our local and state healthcare systems, especially those in rural areas, like Wayne Memorial." ●