

LivingWell

A Healthy Lifestyle Publication
from Livingston HealthCare

MARCH 2015



We're Expanding to Serve **You!**

URGENT CARE

Coming Spring 2015

Walk-In Clinic • No Appointments Necessary
104 Centennial Drive, Livingston



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at Livingston HealthCare

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Your comments are welcome.
Contact us at:

Livingston HealthCare Marketing Dept.
504 South 13th St | Livingston, MT 59047
406-823-6261

Marketing@LivingstonHealthCare.org

Living Well is published by Livingston HealthCare, which is a not for profit healthcare organization providing services to the residents of Park County and surrounding communities. Included in those services are a 25-bed critical access hospital, 24-hour emergency department, a multi-specialty physician practice, and home-based services including home care, and hospice care. For more information about Livingston HealthCare, visit www.LivingstonHealthCare.org.

This publication is not a substitute for medical advice, diagnosis, and/or treatment. Consult a physician before you stop, start, or change any treatment plan.

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What's New

AT LIVINGSTON HEALTHCARE



New Family Medicine with Obstetrics Physician

Dr. Kelly Walker joined the LHC team in October (2014) as a new Family Medicine with Obstetrics Physician. Her husband is originally from Billings and they are both very excited to come back to settle in Montana. Dr. Walker received her medical degree from the University of Washington School of Medicine and her specialties include Maternal Health, Children's Health, and Women's Health. Since starting she has received rave reviews from patients and her practice is quickly growing.

Livingston HealthCare Leadership Give Back

Livingston HealthCare Directors and Managers split up into teams and provided free fall yard clean-up for six different residences in Park County. The volunteer project was coordinated with the help of the Fix-It Brigade, a community service program sponsored by the Park County Senior Center and RSVP to assist seniors and veterans with minor home repairs and upgrades at no cost.



Barb Marshall, Manager of Home Care and Hospice

The volunteer team of twenty LHC Leaders raked and bagged leaves, picked up branches, pulled weeds, potted plants, and provided other fall clean-up duties as specified by the home owners. The volunteer project is part of a leadership development program at Livingston HealthCare that teaches leadership skills, relationship building, and communication skills to all Livingston HealthCare Managers and Directors during quarterly off-site conferences.



Second Annual Trails Rx Run

The second annual Trails Rx Run is scheduled for August 22nd and will again be held at Northside Park & Soccer Fields. The run celebrates the Trails Rx Program, a collaborative partnership between the City of Livingston and Livingston HealthCare. Trails Rx is a wellness initiative that aims to change the way Livingston HealthCare Doctors are prescribing exercise and improve the health of Livingston residents. The Trails Rx Program extends beyond doctor's orders, and invites all Livingston residents to recreate on the City of Livingston Parks and Trails System for a happier and healthier city. Registration will be open soon, please visit www.LivingstonTrailsRx.com or call 406-823-6261 for updates.

Livingston HealthCare received funding from Montana Fish, Wildlife, & Parks through the Recreational Trails Program Grant to help fund the Trails Rx Program and to build a multi-purpose connector trail from the New Hospital and Clinic Facility to the Myer's River View Trail. The trail will add a valuable wellness component to the new facility.



Livingston HealthCare Welcomes Lori Koby

Lori Koby joins the LHC Leadership Team as Director of Nursing (DON). As the DON she is responsible for all nursing departments including Medical-Surgical, ICU, Emergency, Surgical, Infection Control, Education, and Discharge Planning at Livingston HealthCare. "Although I have worked in both metropolitan and rural hospitals, my heart is in the rural community," says Koby. "I have always wanted to live and work in a community where I know my neighbors and can contribute in a positive manner towards a happy, healthy community."

Lori possesses over 30 years of senior leadership experience both in the financial and medical field. Some of her previous positions include CFO, CNO, and interim CEO.

LIVINGSTON HEALTHCARE NAMED A 2015 HEALTHSTRONG Hospital

Livingston HealthCare has been named as one of the nation's HEALTHSTRONG Hospitals by iVantage Health Analytics.

The study and announcement of the 2015 HEALTHSTRONG Hospitals, including Livingston HealthCare, highlights top performing hospitals as determined through the industry's most comprehensive Hospital Strength rating system. The rating system and the results recognize the top performing hospitals – measuring them across 62 different performance metrics, including quality, outcomes, patient perspective, affordability and efficiency.

“We are very proud to be recognized as a HEALTHSTRONG Hospital. This recognition is a reflection of the work we have put into improving our quality, performance, and patient satisfaction over the past few years. This award is a great affirmation that our

efforts are making a difference to the hospital and the local community that we serve,” said Bren Lowe, CEO of Livingston HealthCare.

This year 572 out of 4334 indexed hospitals demonstrated a sustained level of performance above the benchmark and have been designated HEALTHSTRONG Hospitals. In Montana, 27% of hospitals achieved this prestigious recognition and Livingston HealthCare was the second highest ranked Critical Access Hospital in the state.

More information and study findings can be found at www.iVantageINDEX.com.

**HEALTHSTRONG
TOP HOSPITAL**
iVantage Health Analytics

Urgent Care in Park County

In early March, Livingston HealthCare announced the opening of a new Urgent Care facility in Livingston that will increase access to convenient, non-emergent care. This new service, scheduled to open in a few months, will operate out of the old Way Out West building [104 Centennial Drive] on the West side of town.

“At Livingston HealthCare we offer very strong Primary Care and Emergency Department services. Our Urgent Care will complement those two strengths in an integrated manner, because the care will be coordinated within our system to ensure continuity with Providers that our community knows and trusts.” said Dr. Scott Coleman, Medical Director at Livingston HealthCare.

In our most recent (2012) Community Health Needs Assessment, the community identified an urgent care facility as the second most important thing that would improve the community's access to healthcare. “We are thrilled to meet this need for our community. In addition, we feel it is important for Livingston HealthCare to have a healthcare presence on the west side of town, particularly when the new facility opens,” said Bren Lowe, CEO of Livingston HealthCare. The location is also ideal for serving tourist needs as this service will be highly used by both visitors and community residents.

The services provided by this facility will offer patients another local alternative to seek timely medical care. There will be onsite X-Ray, lab services, and a medical team to care for pressing but non-emergent medical needs including:

- Fevers, Coughs & Flu
- Sore Throats
- Earaches
- Cuts, Abrasions & Lacerations
- Fractures, Strains & Sprains
- Burns
- Upset Stomach & Vomiting
- Allergic Reactions
- Asthma
- Acute Back and Neck Pain
- Insect Bites & Rashes
- And Other Medical Needs

Livingston HealthCare's Urgent Care will be open seven days a week and will accept all patients with all insurance coverages as well as self-pay patients. Appointments will not be necessary, although the convenience of scheduling an appointment online or over the phone will be available.

Mark Your Calendar UPCOMING EVENTS

APRIL

APRIL 14 Shields Valley Spring Health Screens
6am – 9am | Shields Valley Community Hall, Clyde Park. \$50 Blood Profile, \$25 Vitamin D, \$15 PSA, \$20 Hemoglobin A1c

APRIL 15 Shields Valley Community Discussion
4pm | Shields Valley Senior Center, Wilsall.

APRIL 20 Livingston Spring Health Screens
April 20 – 24 | 7am - 9:30am LHC Hospital. Free breakfast provided.

MAY

MAY 8 Ready, Set, Grow!
8am – 10am
Rehabilitation Services Building. Call 222-7231 to schedule an appointment.

AUG

AUG 22 Trails Rx Run
Northside Park & Soccer Fields

New Hospital and Clinic Facility

SCHEDULED TO OPEN OCTOBER 2015

We are seeing lots of progress on our new state-of-the-art Hospital & Clinic Facility. Construction crews have been working through the winter on the \$43.5 million dollar facility that will operate as a

medical campus, bringing all Livingston HealthCare services under one roof. The design of the new facility focused on seven main principles: safety, clinical excellence, patient experience – healing environment,

staff and physician experience – supportive workflow, care delivered in a team atmosphere, strategic innovation and growth, and stewardship. The project is on budget and scheduled to open in the Fall.



Features of New Facility

Women's Center

Women will receive private and personalized care in the new 1,590 square foot Women's Center. The Center will feature private changing areas with direct access to mammography, ultrasound suites, DXA scan (bone density testing), consultation rooms, and other services to meet women's health needs.



Birthing Suites

Helping new babies come into this world is one of our favorite things at Livingston HealthCare.

Families travel from all over to receive the personalized and one-on-one care our Mother and Newborn Services Staff provide and in the new facility we will have Birthing Suites that match our care. Our new larger birthing suites will be equipped with state-of-the-art equipment and a private bath with a soaking tub.

Negative Air Pressure Isolation Room

Indoor Air Quality (IAQ) has been a concern for people in the healthcare industry for many years. In recent years, the concern over airborne infections spreading in hospital environments has increased. The new facility will feature a Negative Air Pressure Isolation Room to protect our patients and staff from harmful airborne pathogens. The isolation room will be equipped with the latest air purification and ventilation systems and is connected to an anteroom to allow for appropriate use of Personal Protective Equipment (PPE).

Operating Rooms

LHC's Surgery Department performs a full range of general surgery procedures, orthopedic surgeries, gynecological and obstetric surgeries, colonoscopies, and upper endoscopies. The new facility will have two state-of-the-art operating rooms that are 50% larger than our current rooms. There is also a third room designed and equipped for endoscopy procedures. The new facility will have ten pre- and post-operative beds, most in private bays to ensure the highest level of comfort and privacy for patients and their family.

Emergency Care

The new 7,565 square-foot Emergency Department will have more treatment areas than currently exist, including two state-of-the-art trauma rooms. The Emergency Department will have many new and improved features including an enclosed ambulance garage to give patients protection from weather and privacy, a safe room to safely and privately treat patients with behavioral health needs, and a built-in decontamination area. The Emergency Department has been designed for easy expansion when needed in the future.

Green Design Features

One of the most energy efficient and cost saving green design features of the new facility is the geothermal ground source cooling system. The system runs the naturally cold ground water through coils to cool the air. The cost of this geothermal cooling system will pay for itself with just one year of savings. Once construction is complete, we will be applying for ENERGY STAR® certification.



Patient Rooms

The new facility design was centered around patient-care. All 25 patient rooms will be private with a private bathroom and are almost twice the size of the current semi-private rooms. Each room will have a sleeper-sofa to accommodate a 24-hour family and friend visitation policy, a patient lift system to help patients move safely in and out of bed, and a dual-access stocking station that allows the room to be stocked with supplies from the hallway without unnecessarily disturbing the patient. Patient rooms will also feature spectacular views of the Crazy and Absaroka Mountain Ranges.

Infusion Therapy

Providing quality cancer care services in our community has always been a priority of Livingston HealthCare. With our new and improved infusion therapy area we will be able to do just that. This area will feature a long picture window, comfortable reclining chairs, private and open treatment room options, and all the amenities needed to provide chemotherapy in a serene and supportive environment.



Visit www.LivingstonHealthCare.org/NewFacility for the latest construction Updates and New Facility Information

It's A New Beginning

LIVINGSTON HEALTHCARE NEWBORNS

JUNE 2014 - JANUARY 2015

Nolan Johan Otte



June 5, 2014
7 lbs 14 oz / 21 inches
Parents: Meg and Craig
Otte
Livingston
Boy

Asie Jade Jordan



June 7, 2014
6 lbs 15 oz / 19 inches
Parents: Crystal Claver and
Trey Jordan
Manhattan
Girl

Grace Diane Talley



June 19, 2014
6 lbs 13 oz / 20.5 inches
Parents: Kalie Condon and
Justin Talley
Livingston
Girl

Mia Belen McGee



July 1, 2014
6 lbs 1 oz / 19 inches
Parents: Martha and
Michael McGee
Livingston
Girl

Ashling Renee Jean Bull



July 19, 2014
3 lbs 12 oz / 17 inches
Parent: Ravan White
Livingston
Girl

MacKenzie Rose Egan



July 20, 2014
6 lbs 10 oz / 19 inches
Parents: Sara Duncan-
Selph and Jake Egan
Livingston
Girl

Mahlia Rae Zeadow



July 24, 2014
7 lbs / 20 inches
Parents: Elizabeth and
Jake Zeadow
Belgrade
Girl

Colter Sterling Worts



July 26, 2014
5 lbs 15 oz / 19 inches
Parents: Chanda Barber
and Levi Worts
Manhattan
Boy

Aleise Nicole Fannin



Aug. 4, 2014
8lbs 8oz / 20 inches
Parents: Yolanda Barrera
and Le Fannin Jr.
Livingston
Girl

Gavin Caleb Kirk



Aug. 21, 2014
7lbs 12 oz / 21.5 inches
Parents: Jennifer and Jesse
Kirk
Wilsall
Boy

Olivia Belle Watson



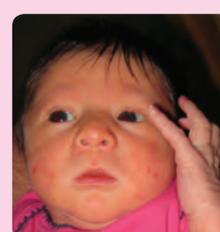
Aug. 22, 2014
8 lbs 6 oz / 21.5 inches
Parents: Elizabeth Lynn and
Blake Watson
Livingston
Girl

Kasen Foster



Aug. 26, 2014
8 lbs 11 oz / 20.5 inches
Parents: Kelli Knight and Abe
Foster
Livingston
Boy

Aria Juliette Price



Aug. 27, 2014
5 lbs 9 oz / 19.5 inches
Parents: Andrea and Tim
Price
Livingston
Girl

Anson Bowman Oberly



Aug. 27, 2014
8 lbs 11oz / 21 inches
Parents: Amber and Charles
Oberly
Big Timber
Boy

Shea Ralph Kitts



Sep. 1, 2014
7 lbs 9 oz / 20 inches
Parents: Emerald Parisi and
Roger Kitts
Judith Gap
Girl

Kyna Hunt



Sep. 23, 2014
8 lbs 7 oz / 20.5 inches
Parents: Catherine and
Bryan Hunt
Wilsall
Girl

Salem Crow Turnquist



Sep. 30, 2014
8 lbs 2 oz / 20 inches
Parents: Logan Herman and
Aaron Turnquist
Livingston
Girl

Adam Ray Bauer



Oct. 3, 2014
7 lbs 4 oz / 19 inches
Parents: Bailey and Alan
Bauer
Livingston
Boy

Weston Garrett Blue



Oct. 4, 2014
8 lbs 4 oz / 20.75 inches
Parents: Stephanie and
Garrett Blue
Bozeman
Boy

Mason Liam Bowen



Oct. 8, 2014
7 lbs 1 oz / 21.5 inches
Parents: Laura Newhouse
and Bryant Bowen
Livingston
Boy

Anna Marie Aaerr



Oct. 13, 2014
7 lbs 8 oz / 19.5 inches
Parents: Tiffany Whelahan
and Edward Aaerr
Livingston
Girl

Haven Dawn Jewart



Oct. 14, 2014
6 lbs / 18.5 inches
Parents: Lacey Ward and Jeff
Jewart
Livingston
Girl

Tarhyn Gayle Tallman



Oct. 20, 2014
8 lbs 8 oz / 20 inches
Parents: Sarah and Tom
Tallman
Livingston
Girl

Henry Park



Oct. 22, 2014
6 lbs 8 oz / 19 inches
Parents: Robin and Zachary
Park
Emigrant
Boy

Cooper Winfrey



Oct. 29, 2014
7 lbs 8 oz / 21 inches
Parents: Megan and Ross
Winfrey
Livingston
Boy

Amelie Mary Menges



Oct 31, 2014
6 lbs 15 oz / 20 inches
Parents: Rheanna Kruger
and Brian Menges
Livingston
Girl

Jaida Genevieve Beers



Nov. 2, 2014
6 lbs 14 oz / 19.5 inches
Parents: Jenna and Jeremiah
Beers
Livingston
Girl

Elena Marie Parisi



Nov. 6, 2014
6 lbs 5 oz / 19.5 inches
Parents: Robyn and DJ
Parisi
Livingston
Girl

Jay Rossi Dudas



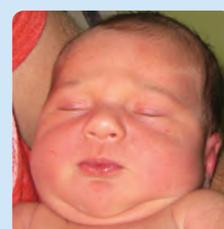
Nov. 8, 2014
8 lbs 9 oz / 21 inches
Parents: Maria and John
Dudas
Bozeman
Boy

Ellouise Margaret Davis



Nov. 12, 2014
7 lbs 7 oz / 20 inches
Parents: Margaret Bush and
Jacob Davis
Livingston
Girl

Remington Ricci



Nov. 18, 2014
7 lbs 3oz / 20.5 inches
Parents: Shelbe Staggs and
Aaron Ricci
Livingston
Boy

Tessa Corrine Potter



Nov. 20, 2014
7 lbs 15.2 oz / 20.25 inches
Parents: Natascha and
James Potter
Emigrant
Girl

Lilly Lea Lavada Hernandez



Nov. 21, 2014
6 lbs 12 oz / 19 inches
Parent: Shelby Jo Hernandez
White Sulphur Springs
Girl

Julian Asher Figueroa



Nov. 22, 2014
6 lbs 13 oz / 19.5 inches
Parent: Defensa Figueroa
Livingston
Boy

Cameron Robert Newman



Nov. 22, 2014
6 lbs 15 oz / 20 inches
Parents: Laura and Eric
Newman
Bozeman
Boy

Kaden Max Atkinson



Dec. 4, 2014
8 lbs 0.5 oz / 21.25 inches
Parents: Jennifer and
Christopher Atkinson
Livingston
Boy

Gunnar Grey Kent



Dec. 16, 2014
7 lbs 11 oz / 20.5 inches
Parents: Aubrey Ferguson
and Chance Kent
Livingston
Boy

Colter William Blanton



Dec. 20, 2014
8 lbs 3 oz / 19.75 inches
Parents: Sam and Doug
Blanton
Emigrant
Boy

Dalton Counts



Dec. 26, 2014
6 lbs 15.5 oz / 19.75 inches
Parents: Lindsay and
Quinten Counts
Livingston
Boy

Olive Grace Fish



Dec. 26, 2014
7 lbs 7 oz / 20 inches
Parents: Zane and Andrew
Fish
Livingston
Girl

Ethan Wayne Juhnke



Dec. 27, 2014
8 lbs / 20 inches
Parents: Lydia and Clint
Juhnke
Livingston
Boy

Aiden Ray Roberts



Dec. 28, 2014
5 lbs 14 oz / 18 inches
Parents: Stacy Everson and
Matthew Roberts
Livingston
Boy

Easton Douglas Hoeme



Dec. 29, 2014
8 lbs 6 oz / 21 inches
Parents: Kate and Jeremy
Hoeme
Gardiner
Boy

Deliliah AnnMarie Barron



Dec. 30, 2014
6 lbs 5 oz / 20.5 inches
Parents: Kimberely Barron
and Cody Hance
Gardiner
Girl

Sophia Rae Lowndes



Dec. 31, 2014
6 lbs 3 oz / 18.5 inches
Parent: Rachel Lowndes
Livingston
Girl

Finlay Tate Hancock



Jan. 12, 2015
8 lbs 12 oz / 22 inches
Parents: Kelsey and Kyle
Hancock
Livingston
Boy

Elouise Love Chappell



Jan. 12, 2015
7 lbs 7 oz / 21 inches
Parents: Trudy Fox and Greg
Chappell
Livingston
Girl

Lila June Doolittle



Jan. 14, 2015
6 lbs 9 oz / 19 inches
Parents: Laura and Andrew
Doolittle
Pray
Girl

Rouge Lee Sparks



Jan. 14, 2015
7 lbs 6.5 oz / 20.5 inches
Parent: Marlana Sparks
Livingston
Girl

Ashton Lewis Herron



Jan. 21, 2015
5 lbs 10 oz / 18.5 inches
Parents: Marissa Evans and
David Herron
Livingston
Boy

Nikkole Maygin Vickers



Jan. 21, 2015
7 lbs 2 oz / 20 inches
Parents: Erica Fish and
Michael Vickers
Livingston
Girl

Johanna Erickson



Jan. 24, 2015
6 lbs 15 oz / 19.5 inches
Parents: Jessica and
Nathan Erickson
Livingston
Girl

The Selfless Spirit

THE STORY OF SISTER VIRGINIA JAKOBE

Some months back, Livingston

HealthCare employees, friends, and family members gathered to recognize extraordinary tenures during the quarterly employee service award ceremony. Amidst the congratulating, cake, and laughter, a stand out of those awards, Sister Virginia Jakobe, received tribute for her 30 years of service with the Livingston Hospital system. Sister Jakobe, a Licensed Practical Nurse (LPN) and Sister of the Community of the Sisters of Charity of Leavenworth, retired that same week as the only Sister ever employed at Livingston HealthCare.

After joining the Community of the Sisters of Charity of Leavenworth in 1960, Sister Jakobe spent many years teaching across the country before landing a job at St. Mary's School in Livingston. Many of the Sisters, including Sister Jakobe, who taught at St. Mary's often visited patients in the hospital and assisted patient families. Throughout her time teaching, she always deliberated about becoming a nurse, and finally asked her Community to change her profession. They agreed, Sister Jakobe completed nursing school, and after a brief stint at St. Vincent Health-care in Billings, eventually made her way back to Livingston.

"I always tried to help and serve people, so I enjoyed working here [Livingston HealthCare], because I was able to do that in a small community, create friendships with patients and staff, and since Livingston was so small we knew

people. It was more intimate than it is in a big city and that is how some of the impact came because you knew people and you could relate to them and they could relate to you," said Sister Virginia.

As an LPN, Sister Jakobe spent more time with patients, less time with paperwork, and appreciated the relationships built upon her work. As a Sister, she was always available for support but kept her affiliation with the Community of the Sisters of Charity of Leavenworth closely guarded to maintain neutrality with patients.

"I feel religion is personal to each individual and I didn't use Sister as my title on my name badge because if there were patients that objected to that, I didn't want them to feel badly. But when patients did find out I was a Sister, they were happy," explained Sister Virginia.

"I ALWAYS TRIED TO HELP AND SERVE PEOPLE, SO I ENJOYED WORKING HERE BECAUSE I WAS ABLE TO DO THAT IN A SMALL COMMUNITY..."

deceased to be used as transplants or for medical research. Sister Jakobe also helped start the Hospice program at Livingston HealthCare and sat on the Hospice Board of Directors. She also assisted with



Home Health patients and tutored children of co-workers. Sister Jakobe is looking forward to the volunteer program at the new hospital and hopes it will give members of the community a way to give back to the nurses and patients.

Jakobe explained, "I would like to see volunteers at the new hospital be able to sit with patients, offer coffee and tea, offer books to patients, and be available to help the nurses with answering the phone or greeting people and taking them where they need to go. When Bren (Lowe,

LHC CEO) first told us about the new facility, I went up to him and said 'I don't care if you call them gray ladies, pink ladies, or purple ladies, you'll need volunteers for that new hospital and I will be first to volunteer!'"

Until the launch of the volunteer program and the new hospital is completed in late 2015, Sister Jakobe is taking some personal time to enjoy her home, photography, and family.

"I think everyone I meet impacts my life, and I hope that I have impacted theirs in a positive way. If you make a commitment to something, stick to it, and follow through. There will be ups and downs; but it makes you grow and feel better inside," said Jakobe.

Interested in joining Sister Virginia Jakobe in giving back to the community? Stay tuned for more details on the volunteer program that will be implemented at Livingston HealthCare's New Hospital & Clinic Facility.



Prescription Assistance Program

The Prescription Assistance Program helps people get the prescriptions they need but can't afford. At Livingston HealthCare we will research assistance programs for you so you can gain access to the medications you need. The Prescription Assistance Program provides you with free long-term financial assistance for medications as well as one-on-one consultations with our pharmacists. This service is available to all community members, you do not have to be a Livingston HealthCare patient. To speak with our Prescription Assistance Advocate please call Brittany at 406-823-6653.

My Health Portal

24/7 ACCESS TO YOUR PERSONAL MEDICAL RECORDS ANYTIME, ANYWHERE

The implementation of the Electronic Medical Record has given healthcare professionals access to more accurate and thorough patient health information. Livingston HealthCare is now giving patients access to much of their personal health record directly through an interactive online tool called *My Health Portal*. My Health Portal is a web-based platform that provides patients with the opportunity to check lab results, view their medical history, request appointments, view immunization records, send secure messages to their Care Team, and more. In addition, patients can pay a bill electronically through *My Bill Pay*.

VISIT WEBSITE
} LivingstonHealthCare.org



Offering web-based tools such as My Health Portal and My Bill Pay is an extension of Livingston HealthCare's commitment to providing patient-centered quality care. "A patient is the most important participant in healthcare. We are always looking for ways to improve opportunities for access, education, and engagement for our patients," says Kiera Pattison, RN, Clinic Nurse Manager at Livingston HealthCare.

To ensure protection of private medical information, My Health Portal requires in-person registration. Patients will be given the opportunity to register when they check-in for an appointment or they can register

by visiting the Medical Records office (M-F, 9am to 4pm) in the LHC Hospital. My Bill Pay registration doesn't need to be in-person and can be done anytime by going online to www.LivingstonHealthCare.org/MyBillPay.

"WE ARE ALWAYS LOOKING FOR WAYS TO IMPROVE OPPORTUNITIES FOR ACCESS, EDUCATION, AND ENGAGEMENT FOR OUR PATIENTS."

For questions or to learn more, visit www.LivingstonHealthCare.org/MyHealthPortal or call:

My Health Portal: Medical Records Office at 406-823-6412

My Bill Pay: Patient Financial Services Department at 406-823-6414

} NEED TO Know

After-Hours KidsCare Phone

Livingston HealthCare Pediatrics is proud to serve the youth of our community. New Pediatrician, Dr. Heather DiCross, and Pediatric Nurse Practitioner, Paula Coleman, are available Monday through Friday at the Clinic on River Drive and also provide their patients 24/7 access for after-hours emergency questions through the KidsCare Phone. To schedule an appointment with our Pediatrics Team call 406-222-0800.

E-cigarettes FAQ's: A Cause for Concern

HOW DO E-CIGARETTES WORK AND WHAT IS IN THEM?

E-cigarettes contain a battery-activated heating device that atomizes liquid “e-juice,” releasing an aerosol that is then inhaled. The e-juice usually contains nicotine derived from the tobacco plant, a chemical that creates the vapor, and artificial flavorings. Studies of e-cigarette aerosol have found cancer-causing chemicals, formaldehyde, lead, iron, nickel, and other hazardous substances. Propylene glycol, the ingredient that creates the aerosol, can cause eye, throat, and airway irritation even after short term exposure. These products are not regulated and manufacturers are not required to disclose the chemical ingredients, so users don’t really know what they are inhaling.

ARE E-CIGARETTES SAFE TO USE?

E-cigarettes have not been proven safe to use and, as a result, public health organizations and federal agencies are concerned about their risks. Research on their health effects is in its infancy. Ingestion or skin contact with nicotine from the cartridge or refill bottles can cause nicotine poisoning, which can be deadly especially for children. Since 2010, calls to Poison Control Centers across the country related to e-cigarettes have jumped from 1 call per month to 330 calls per month in 2014. In Montana, nine people were treated for nicotine poisoning from 2011 to 2013, including four children under the age of six. This past year, the number of poisoning calls related to e-cigarettes jumped to twelve in Montana. Another concern is that there are currently no age restrictions to purchase these products. Children and young adults are attracted by their colorful design, candy flavors, and enticing marketing messages. E-cigarettes can be a gateway to smoking and the use of other addictive substances.

CAN E-CIGARETTES HELP PEOPLE QUIT SMOKING?

While stories have surfaced that some people were able to quit smoking using these products, studies have shown that people often relapse back to smoking, or end up using both cigarettes and e-cigarettes. The health impact of dual use is unknown, which is a concern. Tobacco users who are trying to quit are encouraged to use FDA-approved medications and counseling, which when used in combination, have been shown to be a safe and effective way to quit. The Montana Tobacco Quit Line provides individualized counseling and offers a variety of cessation medications. Call 1-800-QUIT-NOW or visit www.QuitNowMontana.com to get started.

Smoke Free Montana:

THE CLEAN INDOOR AIR ACT PROTECTS HEALTH

It has been almost ten years

since the Montana Clean Indoor Air Act was passed to protect the health of all Montanans from exposure to secondhand tobacco smoke. This law requires that all enclosed public places and workplaces, including restaurants, bars, taverns, and casinos, be smoke free. Thanks to this strong statewide law, workers and visitors across the state enjoy many completely smoke free indoor environments.

Breathing secondhand smoke can cause lung cancer, heart disease, and other serious health problems. The U.S. Surgeon General has concluded there is no safe level of exposure to secondhand tobacco smoke. It contains more than 4,000 chemicals, 11 of which are known to cause cancer. Studies have found that even limited exposure can increase a person’s immediate risk of having a heart attack. Children are especially vulnerable because of their small air passages. Exposure to secondhand smoke can cause Sudden Infant Death Syndrome (SIDS), bronchitis, ear infections, and asthma attacks in children.



While the days of smoke-filled restaurants and bars are long gone, there are still gaps in protection that need to be addressed to shields residents from in order to more completely protect residents from the harmful chemicals found in secondhand tobacco smoke. The Clean Indoor Air Act does not protect renters from secondhand smoke drifting into their individual apartments in multi-unit housing complexes. Wanting to safeguard the health of their residents and minimize extra cleaning costs, many property owners and managers in Livingston and across the state are creating smoke-free policies. Secondhand smoke knows no boundaries. Air purifiers and ventilation systems can’t prevent these pollutants from passing into neighboring units. In addition, the smoke residue contains carcinogens and other toxins that cling to walls, carpets, and other surfaces. While only 25 percent of Montana renters are protected by such policies, most renters wish they had them. In fact, the 2013 Montana Adult Tobacco Survey found that 81 percent of renters not currently protected by a smoke-free policy would like to see their landlord adopt such a policy.

**THERE ARE
STILL GAPS IN
PROTECTION
THAT NEED
TO BE
ADDRESSED...**

Local establishments are also taking additional steps to protect the health of their customers and employees by asking people to refrain from using e-cigarettes and asking that people not smoke in entryways and outdoor dining areas adjacent to their establishments; both of which are not currently addressed in the Clean Indoor Air Act.

Livingston HealthCare has created a completely tobacco free campus, which prohibits smoking and the use of all tobacco products, including e-cigarettes, on their property. Through this policy, Livingston HealthCare strives to support tobacco users in their efforts towards quitting and to send a clear message that the use of tobacco does not support good health.

For more information about secondhand smoke, the Montana Clean Indoor Air Act, and for help creating a comprehensive tobacco free policy for your business, contact Livingston HealthCare’s Tobacco Use Prevention Department at 222-8282. This program works throughout Park County to improve the health of our community by decreasing tobacco use and creating a community atmosphere that promotes and supports tobacco free lifestyles.

Nourishing People and Sustaining Communities

FARM TO HEALTHCARE CONFERENCE

The Nourishing People and Sustaining Communities Farm

to Healthcare conference was held in Livingston on November 7, 2014, hosted by the National Center for Appropriate Technology (NCAT) and Livingston HealthCare.

Hospital administrators, nutritionists, food service managers, assisted living dietitians, and local farmers and ranchers from around Montana spent the day discussing the challenges and opportunities of bringing local, fresh, healthy foods into healthcare facilities for the benefit of patients, staff, and guests. This conference aimed to educate participants on the opportunities as well as barriers healthcare organizations may face in implementing local food programs and why doing so would be valuable to their organization and their communities as a whole.

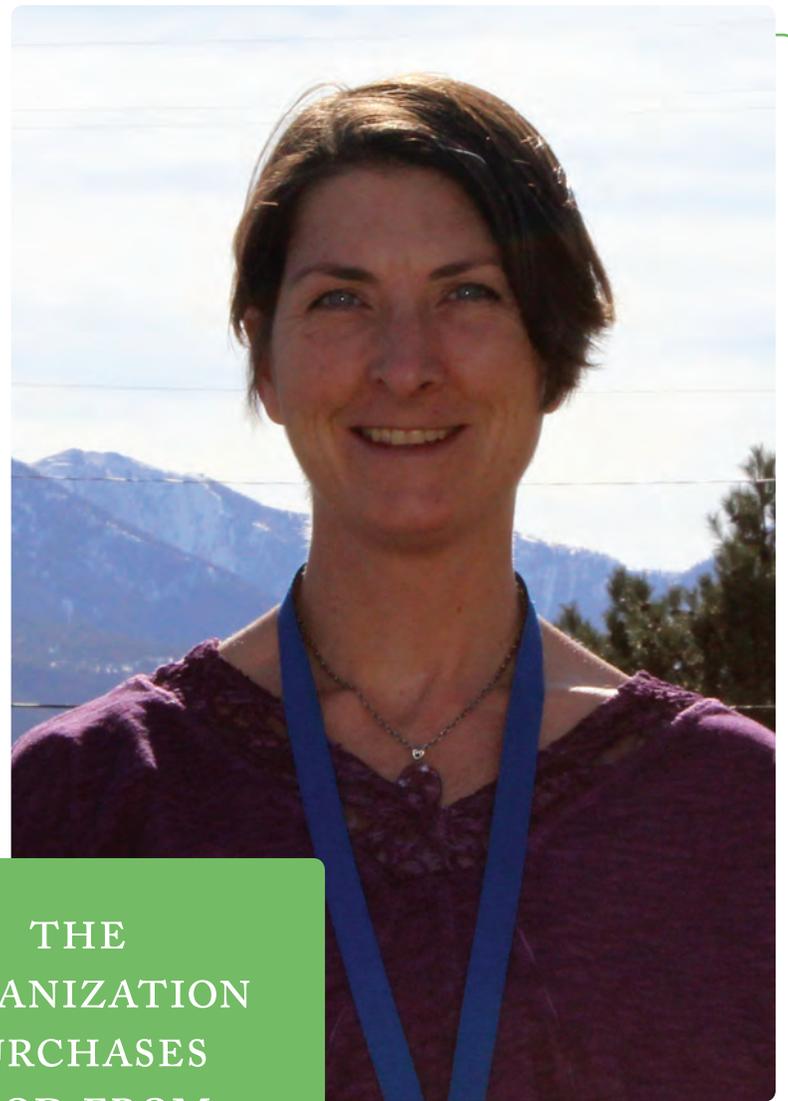
The conference started off with Keynote speakers Dr. Alison Harmon, Associate Professor at Montana State University, and Jessica Wilcox, Dietitian and Food and Nutrition Services Manager at Livingston HealthCare, presenting on a research article they co-authored with Montana State graduate student Jennifer Montague entitled *Sustainable Hospital Food Service: Restoring Health and Prosperity to Rural Montana*. The article explores the innovative sustainable practices that food service directors in rural Montana are implementing.

Livingston HealthCare served as a case study for this research due to their success in implementing an award winning Farm to Hospital Program. In 2007, Livingston HealthCare made the progressive decision to improve the quality of food options available at the organization to promote health and wellness among patients and staff, and model healthy food choices for the community. In a desire to start with the healthiest, most nutrient-dense ingredients, Livingston HealthCare's Farm to Hospital Program was born. Livingston HealthCare partnered with the Western Sustainability Exchange to build connections with local resources. Today, the organization purchases food from nearly 50 local and regional vendors and spends an average of 25% of the organization's food dollars in Montana. The Farm to Hospital Program, led by Food and Nutrition Services Manager, Jessica Wilcox MS, RD, LN, has been recognized across the state in publications and at

health care events. The program has won the Innovation in Healthcare Award presented by the Montana Hospital Association in 2012 and the MSU Extension EcoStar Pollution Prevention Award three years in a row (2012, 2013, 2014). The Farm to Hospital Program also created four new Livingston HealthCare jobs to accommodate cooking meals from scratch. In addition, this program has inspired others—both hospitals and other institutions—to pursue the same path.

Other presenters at the conference included Kalispell Regional Medical Center's Executive Chef, Seth Bostwick, Village Health Care Center's (Missoula) Dietitian and Food Service Director, Emily McKey, and the Park County Food System Council. The Park County Food System Council was established approximately four years ago to ensure access to healthy, local food for all residents. Its members include Jessica Wilcox from Livingston HealthCare, Michael McCormick from the Livingston Food Resource Center, Mary Anne Keyes from the Park County MSU Extension Office, and Craig Caes from Park County.

The day concluded with tours at the current Livingston HealthCare cafeteria and the new Livingston Food Resource Center. Jessica Wilcox walked participants through a virtual tour of Livingston HealthCare's New Hospital & Clinic Facility being built east of town and her plans for the state-of-the-art kitchen and dining room. Michael McCormick toured participants through the Food Resource Cen-



THE
ORGANIZATION
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ter and described how the facility will be used not only as the food pantry, but also houses a multipurpose room for conferences and a state-of-the-art commercial kitchen available for individuals to rent hourly to produce larger volumes of value added foods

for market. Each discussed how they plan to work together to increase the amount of locally produced food into the hospital's menu.

For more information about implementing sustainable and locally sourced healthy food programs you can visit www.ncat.org or call Jessica Wilcox (406-222-3541) at Livingston HealthCare.

Livingston HealthCare Opening Shields Valley Clinic

After eight years of service to the community, Shields Valley Health Center (SVHC) has made the decision to close their clinic effective April 30, 2015. In a letter to her patients, Sue Scott eloquently explained her rationale behind her decision, “As you likely know, it was our commitment to community service that was the driving force to open the health center in 2008. It is that same sense of commitment that allows us to recognize that in a rapidly changing healthcare climate, the community is best served by a healthcare organization with access to support services, integrated healthcare networks, multi-specialty providers, and a long-term and sustainable model of healthcare.”

With the goal of continuing to provide quality health-care services to Shields Valley and the surrounding areas, Livingston HealthCare is pleased to announce they will provide comprehensive medical services at the current SVHC location (309 Elliot Street North in Wilsall). The new Livingston HealthCare Clinic in Shields Valley is expected to open in mid-May and will have the potential to bring more services to the Shields Valley community including expanded lab draw services and additional visiting specialists including pediatrics and orthopedics. Livingston HealthCare will also continue to provide rehabilitation services in Shields Valley.

“Sue Scott and the Shields Valley Health Center have provided a valuable service to the community and we are honored to build off of that foundation to provide more services locally in Shields Valley,” said Dr. Scott Coleman, Medical Director at Livingston HealthCare.

Livingston HealthCare is holding a community discussion to answer questions and provide more details for the new clinic—all community members are invited. The meeting will be at the Shields Valley Senior Center in Wilsall on Wednesday, April 15 at 4:00pm. The Livingston HealthCare representatives at the community discussion will be Bren Lowe, CEO, and Dr. Scott Coleman, Medical Director.

New Visiting Specialists at LHC

PROVIDING LOCAL CARE WHENEVER POSSIBLE

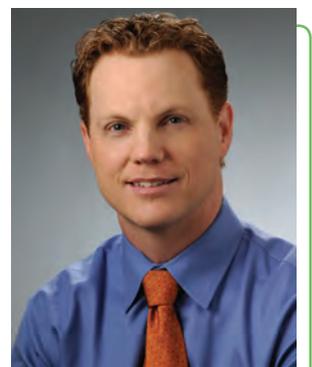
Oculoplastic Surgery: Dr. Jeff Peckinpaugh, Peckinpaugh Oculoplastic Surgery
In Livingston the Second Thursday of Each Month
Clinic: 8am – 12pm, Surgery: 1pm – 5pm

Jeff Peckinpaugh, MD is a native Montanan and is one of a few surgeons in Montana to complete a formal fellowship training program in the field of oculoplastics, which is also referred to as ophthalmic plastic and reconstructive surgery. His specialty focuses on the medical and surgical care of the eyelids, eye sockets, the tear drainage system, and the peri-orbital area of the face. Dr. Peckinpaugh is a board certified ophthalmologist and a member of the American Board of Ophthalmology. Dr. Peckinpaugh offers comprehensive expertise within his discipline specializing in both functional and cosmetic surgery. To schedule an appointment with Dr. Peckinpaugh call Peckinpaugh Oculoplastic Surgery at 406-490-9953.



Dermatology: Dr. Aaron Bruce, Montana Skin Cancer and Dermatology Center
In Livingston the Fourth Wednesday of Each Month
Clinic: 8am – 3:30pm

Dr. Bruce is a board certified dermatologist who came to Montana in March of 2013. In 2010 he completed a one year Mohs Fellowship Training Program accredited by the American College of Mohs Surgery specifically focused on the diagnosis and treatment of skin cancer. Under the direction of Ronald Siegle, MD, Brian Biernat, MD, and Peter Seline, MD, Dr. Bruce performed over 1,000 cases of Mohs micrographic surgery and advanced reconstructions. Dr. Bruce is only one of five dermatologic surgeons to have completed this type of fellowship in the entire state of Montana, and the only Mohs surgeon in Southwestern Montana. To schedule an appointment with Dr. Bruce call Montana Skin Cancer and Dermatology Center at 406-587-4432.



Livingston HealthCare’s other Visiting Specialist Services include oncology, pulmonary, urology, hearing, cardiology, and orthopedics. For more information on our Visiting Specialists visit www.LivingstonHealthCare.org.

After the *Pink*

October has long since passed.

Advertising for pink hair products, candles, and iPhone cases have faded from the media. NFL players accessorized in magenta colored cleats and wrist bands have washed away from the short term memory. But the reality is; any month is a great month to think about breast health.

It's easy to forget about breast cancer awareness once all of the hype is gone but the truth is there is no better time for a mammogram than now. The Center for Disease Control (CDC) recommends women should have a mammogram every two years from age 50 to 74 years. Your physician may recommend a mammogram earlier than age 50 if you have a family history of breast cancer or unusual symptoms or changes appear in the breast. A mammogram is a special type of X-ray that will provide images of the breast. A radiologist reviews the images and is able to detect any abnormalities. Results of the mammogram are then reported to a physician or directly to the patient. Abnormal mammograms do not always indicate cancer and may require additional testing for a diagnosis. Mammography has reduced breast cancer mortality in the U.S. by nearly one third since 1990.

Livingston HealthCare is committed to helping women access needed screening services, and while the procedure is covered by most insurance companies, LHC has a Mammogram Program that provides help to eligible women in Park County. Through this free service, uninsured or underinsured women are provided screening and diagnostic mammograms, and breast ultrasounds, when needed. The Livingston HealthCare Mammogram Program provides mammograms for women:

- Aged 40–64
- Under 40 with a specific request from a provider
- Who have no insurance or a high deductible
- Who meet the income requirements
- Who live in Park County or who reside in another county but get care at Livingston HealthCare



Livingston resident, Laura Poinsette, was introduced to the Free Mammogram Program during an annual visit with her physician.

“I found out about the program during a check-up at Community Health Partners (CHP). My doctor noted something unusual in my left breast and then told me about Livingston HealthCare’s Mammogram Program. A nurse helped me fill out the paperwork, which was not complicated, and the vouchers arrived in the mail within 2 weeks.”

Livingston HealthCare collaborates with Community Health Partners, The Montana Cancer Screening Program, and Chicks N’ Chaps to ensure all women in Park County have the opportunity for a mammogram, despite socio-economic status. “Mammography rates in Park County are lower than the National and Montana average,” says Livingston HealthCare Senior Development Officer, Sally O’Connor. “This year, our community really rallied behind breast health, contributing almost

\$7,500 to the Mammogram Program through grants and private donations. We want to encourage all women to get a mammogram, and as an organization, this program enables us to provide a comprehensive women’s health service with or without insurance.”

Poinsette adds, “Not only does this program help with the financial burden of health care costs, it reminded me there is a whole network of support out there and not to be afraid. I would tell every woman out there to utilize the opportunity for early detection, it can only help you.”

For more information about free mammograms or to enroll in the program, visit LivingstonHealthCare.org/services-breast-cancer-screening or contact Shannon King at 406-222-0800.

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Foundation Donors

JUNE 1, 2014 – DECEMBER 31, 2014

Thank you to the generous donors who made contributions and pledges to the Livingston HealthCare Foundation from June 1, 2014 – December 31, 2014. Your support is essential to the long-term stability and growth of quality, local healthcare in Park County and the surrounding area.

We have made every effort to ensure the accuracy of this list. However, if we have made an error or omission please contact us so that we can make it right. Livingston HealthCare Foundation, 406-823-6648.

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