

## The Doctor Is In...

Twenty-four-hours a day, seven-days-a-week, hospitalists are on duty at Kadlec Medical Center. It means patients have a doctor at the Medical Center providing constant oversight of their care, someone to turn to when they have medical concerns, need information, advice or more during their stay. And, because the hospitalists work only at Kadlec and do not have outside practices, they are there when the patients need them.

Since 2003, Kadlec has had hospitalists caring for patients on the medical and surgical floors, and also has intensivists in the Critical Care Unit and pediatric hospitalists caring for hospitalized children.

In all three of these areas, the introduction of a hospitalist program has been a natural transition as primary care physicians' practices have become busier, hospitalized patients have become sicker, and technology becomes more sophisticated.

### Hospitalist Care begins at Admission

A hospitalist takes charge of a patient's case when the patient is admitted to Kadlec and acts as "team leader" to help coordinate the medical care

throughout the stay. By being onsite, the hospitalist can also respond to medical tests or changes in a patient's health more quickly. As a patient recovers, hospitalists work with that patient, family and the medical staff to develop discharge plans and discuss any follow-up care.

The result, according to studies, is that patients who receive care from hospitalists have better outcomes and can return home more quickly than those who receive traditional hospital care.

"These physicians specialize in acute illness," said Suzanne Richins, Kadlec's chief operating officer. "The hospitalist is a specialist for patients in the hospital, and it allows the primary care physician to focus on care outside of the hospital."

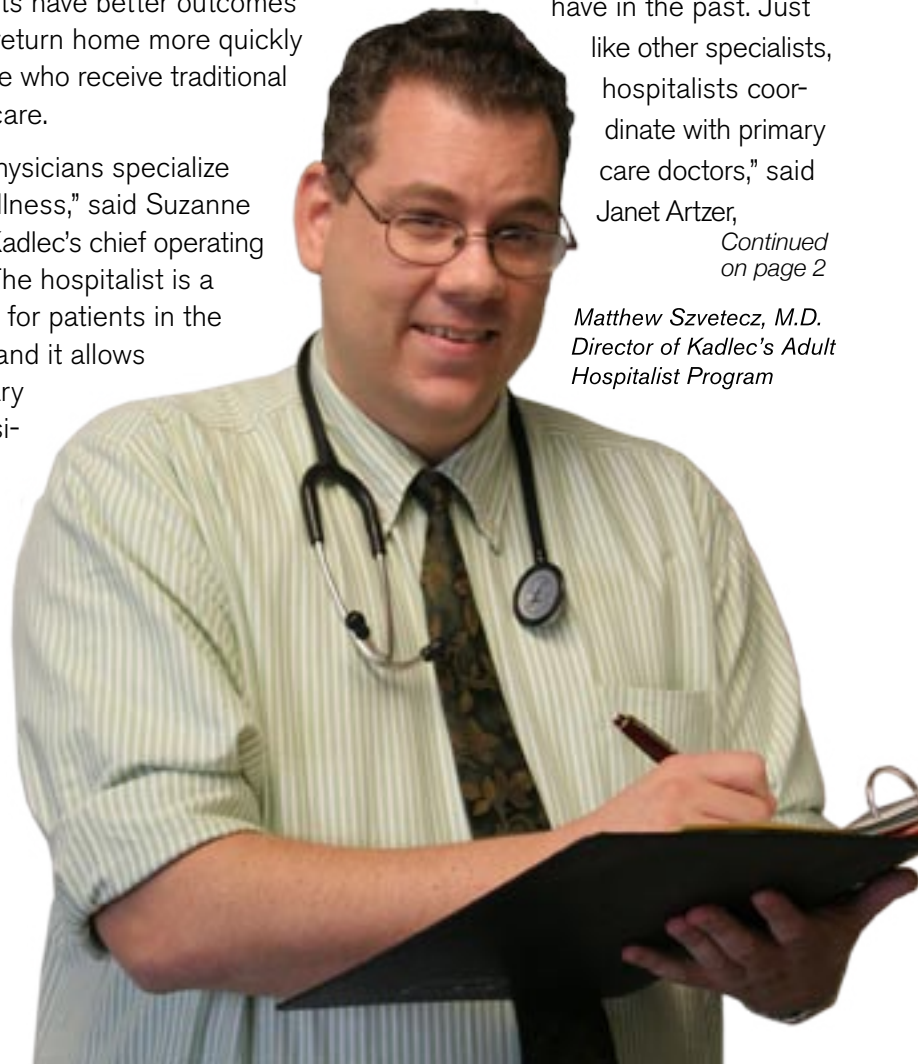
Sometimes the introduction of hospitalist care can be confusing.

"For patients who have had the same primary care physician for years – sometimes decades – the hospitalist program can be perplexing. These patients may wonder why suddenly the physician who has cared for them for years is no longer providing their care while they are at Kadlec when they

have in the past. Just like other specialists, hospitalists coordinate with primary care doctors," said Janet Artzer,

*Continued  
on page 2*

*Matthew Szvetcz, M.D.  
Director of Kadlec's Adult  
Hospitalist Program*



**HOSPITALIST:**  
an internal medicine physician  
who specializes in caring for  
hospitalized patients.

## Questions to Ask Your Hospitalist:

Kadlec encourages its patients and families to play an active role in their health care. Asking questions to fully understand what is happening while you or your loved one is at Kadlec is not only important, but encouraged.

Here is a list of questions you may want to ask your hospitalist:

- 1 How will you work with my personal physician?
- 2 Will I see my personal physician while I am hospitalized?
- 3 What about medications my personal physician has prescribed?
- 4 What happens when I leave the hospital?
- 5 What if I/my family have questions?

**Q What is a hospitalist?**  
 A hospitalist is a physician who specializes in the care of hospitalized patients and whose practice is in the hospital not in an office. Our hospitalists are trained in internal medicine. They are well versed in the unique needs of the hospitalized patient.

**Q What is the role of a hospitalist during my stay?**  
 The hospitalist's job is to help you return home as quickly and as healthy as possible. Hospitalists do this by designing an individualized treatment plan for each patient. Hospitalists work with a team of nurses and other health care professionals to provide this personal attention.

**Q How does the hospitalist work with my physician?**  
 From admission to discharge, our hospitalists communicate with your physician. Upon discharge, the hospital team will send important medical information about the hospitalization and discharge plan to the patient's primary care physician. Following discharge, the primary care physician will resume the responsibility for medical care.

**Q What are the benefits of having a hospitalist?**  
 Kadlec's hospitalists offer not only compassionate care but also timely care. Whether a patient has a question or needs urgent medical attention, the hospitalists are available to meet those needs. Because these dedicated physicians don't have office hours, they are devoted to the care of hospitalized patients which means they are available for personal discussions with the patients and families.

## The Doctor Is In.....

(Continued from Page 1) program coordinator of Healthy Ages after Fifty.

When a patient is admitted, "a call is made to the primary care physician to coordinate care including reviewing a patient's history and the medications. Throughout the patient's stay, the primary care physician can also access the medical records of the patient," said Richins.

When a patient is to be discharged, the primary care physician is called again, the hospital team sends all the important medical care information to

the primary care physician and care is transferred back to that doctor," she said.

After discharge, if a patient does not have a primary care physician the hospital team will arrange a post hospital follow-up appointment with a local physician.

"We have seen a steady increase in the number of primary care physicians who are asking that their patients be cared for by our hospitalists. We are even seeing that more patients from throughout the region are being referred to Kadlec for the complete

range of services we provide, and these physicians know their patients will get great care while treated by our hospitalists," said Richins.

### HEALTHY Foundations

Healthy Foundations is published semi-annually by the Kadlec Medical Center Foundation (509-942-2661) and Healthy Ages after Fifty (509-942-2700). 888 Swift Blvd. Richland, WA 99352. Mary Lynn Merriman, MLM Communications, editor; Sara Nelson Design, design and layout; Esprit Graphic Communications, printing; Mark Roberts and Barbi Hawkins, photography.

# *A Heart to Help:*

## **Foundation Board Member: Peggy Jewett**

Peggy Jewett has her knee to thank for her association with the Kadlec Medical Center Foundation.

In 2002, Peggy broke her right leg and was rushed to Kadlec's Emergency Department. After spending the next few weeks in a cast, her injury healed well, but because she had put pressure on her left knee, it started to hurt. Tests revealed she needed a total knee replacement.

"I had been a widow for only four years, after 51 years of marriage, and the thought of coming home and caring for myself was frightening. I felt so alone. How would I cope," she said.

She found the answer at Kadlec's Rehabilitation Services Department. "Those wonderful therapists gave me back my life. I went home with absolute confidence that I would be safe and function well – and I did," said Peggy.

Following that experience, "I wanted to find a way to say 'Thank you' for the care I received at Kadlec's Rehabilitation Department. A friend suggested

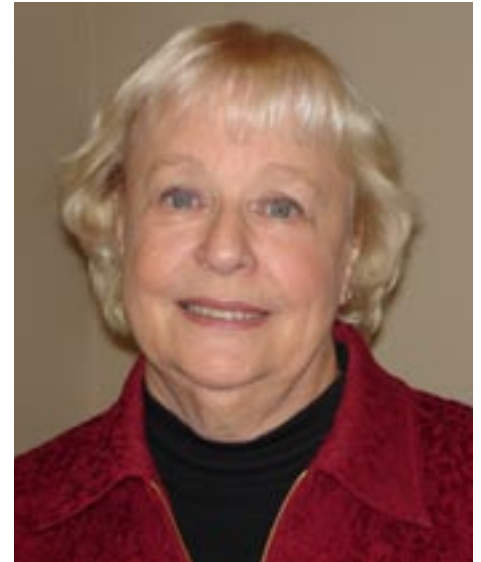
that I make a donation to the Foundation for the Rehab Department. I didn't even know you could do that. I had assumed that you had to make a big donation if you were going to be a donor; I didn't realize you could send in a donation of any size," said Peggy.

As Peggy began talking with the Foundation about her donation, her journey to becoming a member of the Foundation Board began.

"It was wonderful to see a patient grateful for their care and to give a gift to benefit other patients," said Rozanne Tucker, Foundation manager. "We knew she has a giving heart and wants to help others. Those are the qualities we love to have on the Foundation Board of Trustees."

Peggy joined the Board in 2005 and asked to be involved with Foundation special events. She jumped right in to help with the Foundation Golf Tournament.

"I told them from the beginning that I didn't see myself as a board member



*Peggy Jewett*

because I am not really someone who can raise money. They assured me that I could offer other things to the board and I am willing to do that," said Peggy.

A new project Peggy is involved in is the Foundation's efforts to bring a private premier showing of the movie "The Ultimate Gift" to the Tri-Cities. The movie, which is based on a book by the same name, is a story about a transformational journey that motivates people to evaluate their own values and promotes an inspiring message of philanthropy and volunteerism. "This is a wonderful movie about giving back. The message is inspiring and perfect for the Kadlec Foundation to bring for a showing to the Tri-Cities," she said.

"I want to give back to the community. Being on the Foundation Board is about giving of yourself; it's really that philanthropy is a lifestyle," said Peggy.

**"Philanthropy is a lifestyle."**

## **Poinsettia & Wreath Sale**

The Kadlec Auxiliary's annual Poinsettia and Wreath Sale is scheduled for November 29 and 30 in the Columbia Rooms I and II, located on the third floor of the North Building. The sale is from 8 a.m. until 6 p.m. each day.

Pre-sales will begin in early November. For information call (509) 942-2661.



# Are There Gaps in Senior Health Care in Our Community?

Getting health care is important to people of all ages, but for seniors in the community it sometimes can be an even greater challenge. How's the health care for seniors in our community?

- |   |   |
|---|---|
| <input type="checkbox"/> Medication review and management     | <input type="checkbox"/> Nutrition            |
| <input type="checkbox"/> Memory loss screening                | <input type="checkbox"/> Hearing evaluation   |
| <input type="checkbox"/> Incontinence screening               | <input type="checkbox"/> Dental care          |
| <input type="checkbox"/> Geriatric evaluation                 | <input type="checkbox"/> Women's health       |
| <input type="checkbox"/> Balance evaluation (fall prevention) | <input type="checkbox"/> Home care            |
| <input type="checkbox"/> Depression screening                 | <input type="checkbox"/> Mental health care   |
| <input type="checkbox"/> Functional screening                 | <input type="checkbox"/> Pain management      |
| <input type="checkbox"/> Foot exams                           | <input type="checkbox"/> Holistic care        |
| <input type="checkbox"/> Social services                      | <input type="checkbox"/> Vision evaluation    |
|   | <input type="checkbox"/> Exercise and fitness |
|   | <input type="checkbox"/> Other _____          |

If you would be interested in joining a focus group to help identify service needs, please include your name and phone number.

Your input matters and could help shape future senior health care services in our community!

- Yes, I am interested in being a part of a focus group!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email \_\_\_\_\_

Please use the enclosed return envelope.

## Making a Difference

Thanks to generous donors, the Kadlec Foundation awarded \$30,200 in scholarships to area students pursuing health care supportive degrees during the 2006-2007 school year. These scholarships are making a difference. Here are three examples.

**Ryan Rasmussen**, who has received two Foundation scholarships, grew up knowing he wanted to be a doctor. He set out early to get the experience to make that dream come true working in clinics, doctors' offices, Kadlec's surgical unit, and now Emergency Department – all the while juggling going to school full time. He's now in his final year at WSU-Tri-Cities, and is in the process of applying for medical school.

"I wanted to learn the things you can't be taught – bedside manner, how to work with patients and families. I wanted real life experience," said Ryan.

One of those experiences confirmed his decision career choice. He was in the ER when a man came in with chest pain. While being transferred to the medical floor, he collapsed. Ryan immediately began chest compressions, while the patient's wife and four children looked on.

"We finally got a pulse – after about 30 minutes – and the man survived. I didn't think much about it until when they were back in the ER. His wife and children recognized me. They rushed to hug me and thank me for being a part of saving their father. I learned that day that when you care for a person, it also has an effect on an entire family. It was one of the coolest events I've experienced."

For Ryan, whose wife is expecting a baby in January, the scholarship "was huge. With a baby on the way, the scholarship means that I don't have to get another part time job at night in order to keep going to school. It is a huge weight off my chest."

# Reference: Foundation Scholarships awarded

For **Arsenia Bowen**, the Foundation scholarship is also helping her fulfill a lifelong dream. Born in the Philippines, the married mother of a five-year-old, decided as a child she wanted to work in health care.

“My sister had meningitis, and I saw how the nurses worked to save her life. I wanted to repay those nurses by helping others, but while living in the Philippines I could not afford to go to nursing school,” she said.

After marrying and coming to the Tri-Cities, she began working in the Radiology Department at Kadlec and her dream of becoming a nurse was reignited. “I saw what the nurses were doing and knew I still wanted to be a nurse. Last year I received my Associate of Arts degree from CBC, and was admitted to its nursing program.” she said.

The scholarship allows her to devote more time to being a student, wife and mother. “I am very thankful for the scholarship. It is going to help my family a lot. I am very excited to be working toward a dream I have had for a long time and excited to become a nurse,” said Arsenia.

**Crissa Fastabend** started pursuing a nursing degree out of high school, but “I changed my mind three or four times. About four years ago, I decided to get back into working toward nursing,” she said. Two instances in her life have solidified her efforts.

“When one of my sons was 3-months-old, he had some health problems .

The care was so unbelievable. They not only took care of my son, they took care of me, too,” she said. “They answered all my questions as if I was a part of it all when they could have shoved me aside while they worked on my child. The experience drew me back into wanting to be a nurse,” said Crissa.

This summer a family tragedy confirmed her resolve to be a nurse. In August, her 22-year-old sister was killed on Richland's Bypass Highway. “The whole time we were in the Critical Care Unit at Kadlec we could see how hard they were working to save

a family that is working together to help people,” said Crissa. “I knew I was following my calling.”

Crissa, who is the single mother of two boys ages six and four, said the Foundation scholarship also helped her know she is “pointed in the right direction. I am a very religious person. The scholarship helped confirm that I am on the right path. I want to say thank you to the Foundation for the scholarship and all the people at Kadlec Medical Center who have helped me and my family throughout the past few weeks. They have been a blessing to us.”



*The 2006-2007 Foundation scholarship recipients. Front Row – left to right: Crissa Fastabend, Rosalynn Tedeschi, Amber Wissenbach, Daja Bunker, Arsenia Bowen; Back Row – left to right: Katie O’Leary-Wilburn; Kellie Phillips, Ryan Rasmussen, Sharon King, Christine Mayton, Brenda Atencio. Not pictured: Rojean Bright, Danielle Brockus, Anali Chavez, Pamela Gallaher and Kristie Wellman.*

her life. There must have been 15 people in the room, and they were working as a team. I could see it on their faces – they were doing the best that they could. The whole time they were caring for my sister, they were also caring for us as a family. It was a very difficult experience, but also amazing. I realized I wanted to be a part of a team like that, to be a part of

You can help health care students such as these by making a donation to the Kadlec Foundation today! Your donation makes a difference.

Family and friends can also create a Scholarship Endowment to fund ongoing scholarships.

Use the enclosed envelope to mail in your donation, or make a donation online at [www.kadlecfoundation.org](http://www.kadlecfoundation.org).



## Medical Part D Open Enrollment

If you did not enroll in a Medicare Part D prescription drug plan before May 15th of 2006 and have decided you wish to enroll or you want to change to another Part D plan, open enrollment is coming. Starting November 15th through December 31st, you will be able to choose a new plan or enroll in a plan if you did not do so when you were first eligible.

It is wise to begin preparing for this right away, so once enrollment opens you will be ready to make your choice. Useful pre-planning should include:

- Preparing your list of prescriptions ahead of time (name, dosage, frequency).
- Have income and resource information on hand if you think you qualify for extra help.
- Searching the [www.medicare.gov](http://www.medicare.gov) website or make an appointment with a community agency to help with the search.
- Contact your plan of choice at its toll free number, asking any

questions you may have before you enroll.

- Pick a day and time for your phone calls that is not a peak time such as very early morning late evening or on a weekend

You may also qualify for extra help in paying for Medicare Part D and prescriptions if you meet certain income limitations:

The 2006 **income limit** is:

- single: \$14,700
- couples: \$19,800

**Resource limit** is:

- single: \$11,500
- couples: \$23,000

Resources include other income besides social security, other real estate besides the home you live in, investments and savings.

If you have questions about eligibility or benefits under the Medicare program, please be sure to call Medicare at 1-800-633-4227 or Healthy Ages at (509) 942-2700 for further assistance. Medicare

has increased its hours of operation and number of customer service representatives to allow broader access during enrollment season.

There are several community services available to help you in this process including Healthy Ages After Fifty at (509) 942-2700, Aging and Long Term Care at (509) 735-0315 or (509) 545-3459, and the Volunteer Center (509) 582-0631. The SHIBA (Statewide Health Insurance Benefits Advisors) with volunteers under the direction of the Volunteer Center are available at the Senior Centers. Call the center for dates and times.

Appointments are needed for any of these agencies to assist you.

If you would like to have a presentation on Medicare Part D for your group or community service organization, please call Healthy Ages at (509) 942-2700.

# Foundation Dollars at Work (and play)

Work has begun to create a fun, engaging playroom in Kadlec's Pediatrics Department thanks to the energy of 13-year-old Trey Scott of West Richland. Trey was born with a severe heart defect and, at three years of age, diagnosed with pulmonary hypertension. He has lead efforts to make Kadlec more "kid-friendly" for the past several years. Working through the Kadlec Foundation, he had raised more than \$5,000 for various projects including updating the playroom.

The project – called Trey's Beach Club – is slated to be "kid-ready" before Thanksgiving!



Thanks, Trey! And, thanks to all Foundation donors whose dollars have supported projects like these throughout Kadlec.

If you would like to support Trey's efforts, please mail your donation to Kadlec Foundation using the enclosed envelope or make a donation online at [www.kadlecfoundation.org](http://www.kadlecfoundation.org)

# milestones in mall walking



Congratulations to Mall Walker Calvin Gentle on achieving a remarkable 15,000 miles!

## You Commented – We Listened!

In response to feedback received after the "Simple Financial Management for a Quality Life" seminar held in May, Healthy Ages is interested in offering small sessions on specific financial topics. These sessions would be for groups no larger than 12. Our featured guest speakers for these sessions will include Kadlec Foundation Board

members: Janet Taylor, attorney at law, Steven King, certified public accountant, and Anthony Wolf, certified financial manager.

If you are interested in attending one of these small group sessions, please indicate which topic(s), list your name and phone number, and mail the coupon

in the envelope provided. If you would like to send us an e-mail indicating your choice, please do so by sending it to [healthyages@kadlecmed.org](mailto:healthyages@kadlecmed.org).

We are planning to schedule these sessions after January 1, 2007, and you will be notified when dates and times have been confirmed.

I am interested in a small group class on:

- |  |  |
|--|--|
| <input type="checkbox"/> Single – no surviving family or never married                 | <input type="checkbox"/> Function of Special Documents – living trusts, durable power of attorneys, living wills, etc. |
| <input type="checkbox"/> Asset Protection  | <input type="checkbox"/> Charitable Giving through IRA distributions   |
| <input type="checkbox"/> Raising Dependents (grandchildren or disabled adult children) | <input type="checkbox"/> Other _____   |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please use the enclosed return envelope. You may also email your response to [healthyages@kadlecmed.org](mailto:healthyages@kadlecmed.org)

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## HEALTHY *Foundations*

A publication of  
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Kadlec Medical Center Foundation

### Ingredients:

1 c. whole wheat flour	1/4 tsp. allspice
1/2 tsp. baking soda	1/2 c. raisins
1 T. cinnamon	2 T. vegetable oil
1/4 tsp. cloves	1 egg white
1/2 tsp. nutmeg	
1/4 c. unsweetened frozen apple juice concentrate	
1/2 tsp. maple flavoring	
1/2 c. pecan halves and pieces	
1 small apple, coarsely ground	

### Instructions:

Mix dry ingredients. Add raisins and mix.  
Combine wet ingredients. Add to dry ingredients  
and beat well.

Reserve 36 pecan quarters from 1/2 cup of  
pecans. Chop remaining nuts and add to mixture.  
Mix in coarsely ground apple. Drop by level  
tablespoons onto ungreased cookie sheet. Press  
pecan quarter into each cookie center and bake  
at 350 degrees for 10 minutes or until bottoms  
are golden brown. Lightly cover cookies with a  
towel for several hours or overnight. Finished  
cookies will be moist and chewy.

## Apple Raisin Spice Cookies

