In the midst of preparing for Thanksgiving, Valerie Moench rushed her friend, Allen Harper, to the Emergency Room when he was having severe pain. Dr. Gianarelli along with Marias Medical Center staff, determined the cause and stabilized him. Once he was stabilized, it was decided that a transfer to Great Falls was in Allen’s best interest and was attempted. However, the night before Thanksgiving, a major snow storm hit the area, affecting both ground and air transportation. Mercy Flight was unable to make it and ground transportation was impossible while the interstate was closed.

Our staff worked diligently to keep Allen stable, calm, and safe. “I was impressed with how they handled it. It required intense care,” said Valerie, who remained close during his stay. This high quality care was provided during a stressful time while the storm brought in many other patients to the Emergency Room.

After Allen received the appropriate care in Great Falls, Valerie requested that he be admitted back to our facility as a Swing Bed Patient. Swing Bed is the term for patients in transitional care. It is much easier for both patients and care takers to receive high quality care closer to home. “After being at Marias Medical Center for so long with him in Swing Bed, the nurses and staff felt like extended family.” She watched as they took excellent care of him, ensuring that he was comfortable, tended to, quick to respond to the call lights, tracking his fluids, maintaining hygiene, and more. “They simply went above and beyond. Where do you even begin thanking everyone?”

Her final words on the entire experience were, “There's a hometown touch at Marias Medical Center. We are very fortunate to have the hospital here.”

"The nurses and staff felt like extended family."

- Valerie Moench
LABORATORY SERVICES
The practice of bloodletting as a cure for major illnesses is, thankfully, far in the past. However, did you realize that therapeutic phlebotomy (a type of bloodletting) is a useful outpatient procedure?

In some people, there is an excess of red blood cells which leads to too much iron in their system, called hemochromatosis. This can increase the chance of diabetes, heart disease, arthritis, cancer and liver problems. For these people, a regular donation to the Red Cross may not be frequent enough to keep their iron at a healthy level. This is when therapeutic phlebotomies are beneficial!

Your local laboratory at Marias Medical Center provides this service. Our lab is equipped to offer therapeutic phlebotomies on a walk-in basis. Please speak with your provider if you think this procedure may be beneficial to improve your health.

Lab Technician, Melissa Gray, won Employee of the Year for 2019!

READY FOR A NEW CAREER?
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To find a complete list of our available positions, follow us @mariasmedicalcenter on Facebook, go to our website, or look for our ads in the classifieds section of the Shelby Promoter.
FINAL EVENTS OF 2019

Our 2019 finished up in a whirlwind of Christmas events! Below is a brief recap of our recent events.

The Auxiliary Christmas Breakfast, an event for honoring the volunteers and inviting prospective volunteers, was well-attended with 26 people participating in the room. We honored Veanne Hawbaker, who has managed the Hospital Gift Shop for five years and served as a board member and volunteer for much longer before. Veanne has recently retired from being the manager of the Gift Shop and volunteering hundreds of hours through her service. We are so thankful to Veanne for her many years of sacrifice!

The Auxiliary also held their Annual Christmas Rummage and Bake Sale during the Elks Bazaar and raised over $600! Though fewer items were donated this year, we had many generous shoppers. While still being a fundraiser, the Rummage Sale is an excellent option for young families looking for Christmas decorations without breaking the bank. It is a wonderful service!

The final Auxiliary Christmas event was a new one this year - the Light Tour! Auxiliary President, Peggy Taylor, mapped out a route of the best lights in Shelby. Next year we hope to make it competition and a free event, so be sure to keep an eye out for information.

Toole County Health Foundation's Annual Tree of Lights was a small but memorable event and brought in over $300. We remembered and honored loved ones and enjoyed the sweet music of a variety of community members. If you missed this opportunity to remember or recognize someone, please use the insert included and indicate their name. It will be added to this newsletter.

Some of the Auxiliary Volunteers following the Christmas Breakfast

Rhonda Jacobson led the Giving Tree, a way to collect socks and gloves for Headstart, Youth Dynamics, Marias Care Center, and Marias Heritage Center.

MMC in the MRE Parade of Lights!

Attendees to the Auxiliary Light Tour

Musicians at the Tree of Lights event

Marlene Howery helped set up for the Auxiliary Rummage Sale
Marias Medical Center Auxiliary annually awards scholarships to Toole County residents or workers. In 2019, they awarded $5,250. Three thousand went to sophmores in college and the rest was awarded to graduating seniors.

Each scholarship applicant must be pursuing a degree in the medical field and maintain a 3.0 GPA through their first semester before the disbursement is made. All winners are continuing their education, working hard, and have exceptional grades.

The Auxiliary is honored to support these hardworking and high achieving scholars! The application for 2020 is due April 15th by 5:00 p.m. and is available on our website: mmcmt.org/employee-education/.

In the first of a five part session, we hosted a Lunch & Learn, Opioid Education and Training: Prenatal and Beyond, presented by Robert Sherrick, on January 16th. He covered opioid use, risks and addictions. Attendees took notes and greatly benefited from his talk.

Please join us as we strive to better understand this crisis and further awareness. Each session will take place at noon in the MMC Conference Room. We encourage you to bring your lunch!

OPIOID EDUCATION

SESSION TWO
March/April
Opioid Addiction in Pregnancy

SESSION THREE
September
Neonatal Abstinence Syndrome

SESSION FOUR
January 2021
Pediatric Developmental Issues & Opioid Use

SESSION FIVE
April 2021
Adolescent Opioid Addiction Screening & Use of Narcan
CEO REPORT

During the second half of 2019 and now through all of 2020 the Marias Medical Center staff will be focused on building on a solid foundation of service to our patients and working hard to make improvements to do better than we ever have before. I would like to first acknowledge the efforts and contributions of all of our staff and providers as they work each day to bring quality healthcare to Shelby and the surrounding region and give their all to make a positive difference in the lives of our patients.

Last year we had a group of MMC employees work to develop standards that each employee at MMC would work to make a part of their daily work that include actions such as introducing oneself and stating which department is being called when answering the telephone and making sure that the person on the other end of the line can hear a smile in our voice. We are working to give better introductions to our colleagues, explain procedures, wait times and what our patients can expect during their stay at MMC. All of this to help our patients feel welcome in our facility and safe as they receive care at MMC by any one of our qualified healthcare professionals.

Over the last six months we have seen a steady increase in our patient satisfaction results as we have all focused on improving the way we interact with our patients and community. For example, When asked to rate the overall quality of care received in the ER, our responses improved from 50% stating they received excellent service to 92.31% stating their care was excellent. Our nurse communications score also improved from 57.14% stating they had excellent communication about care to 83.33% stating our nurse communication was excellent. Did you know that 76.92% of our patients that visit the MMC ER state that they are seen by a doctor in less than 30 minutes and 81.33% of those patients state that they received excellent care?

We want our community to know that we are working every day to improve our services to better meet your healthcare needs and encourage everyone to give MMC a try if you have not been here recently. After all, our mission is to be your Trusted Healthcare Choice.

Have you experienced excellence?
Share it on Facebook! @mariasmedicalcenter

Opportunities to Volunteer:
• Cedar Closet Resale Shop
• MMC Gift Shop
• Marias Heritage Center

Events:
• Parade of Homes: September
• Rummage Sales: August and December
• Bake Sales: December and February

To Donate or Volunteer:
406.434.3271
PO Box 915
Shelby, MT 59474
CARDIAC REHAB MONTH

By using arteries located throughout your body, the heart is able to pump blood to all of your organs and tissues. If there is a buildup of plaque in your arteries, it will block the flow of blood creating pain and swelling, this is called Peripheral Arterial Disease (PAD). The most common symptom of PAD in the lower extremities is a painful muscle cramping in the hips, thighs or calves when walking, climbing stairs, or exercising.

The pain of PAD often goes away when you stop exercising, although this may take a few minutes. Working muscles need more blood flow. Resting muscles can get by with less. If there's a blood-flow blockage due to plaque buildup, the muscles won't get enough blood during exercise to meet the needs. The “crampy” pain (called “intermittent claudication”), when caused by PAD, is the muscles’ way of warning the body that it isn’t receiving enough blood during exercise to meet the increased demand. Many people with PAD have no symptoms or mistake their symptoms for something else.

Other symptoms of PAD include:
- Leg pain that does not go away when you stop exercising
- Foot or toe wounds that won’t heal or heal very slowly
- Gangrene, or dead tissue
- A marked decrease in the temperature of your lower leg or foot particularly compared to the other leg or to the rest of your body
- Poor nail growth on the toes or hair growth on the legs
- Erectile dysfunction, especially in men with diabetes

Speak with your provider or visit Dr. Hooker, our local Podiatrist, if you recognize these symptoms. We offer a diagnostic tool, the PADNET, that serves as a non-invasive test that could save your life. Testing positive for PAD increases the likelihood of heart disease. Therefore, in addition to scheduling a PADNET, you should consider Cardiac Rehab.

Cardiac Rehab is necessary to restore your health after your heart experienced trauma. This trauma can be caused by a heart attack, heart surgery, congestive heart failure, heart valve replacement and repair, angioplasty-stents, or a heart transplant. In the 36 sessions of Cardiac Rehab, you will understand the risk factors, be educated on a heart-healthy diet, exercise regularly, lower your blood pressure, reduce your body fat, and drop your heart rate to a normal level.

This month, take control of your health. Even if you have never had heart related issues, the best prevention is a healthy lifestyle. Control your blood pressure, keep your cholesterol levels low, limit your alcohol intake, and determine to quit smoking. If you need help with recipes, ideas, or support, search the American Heart Association, a non-profit organization dedicated to heart health.

STATISTICS

Complete all 36 sessions of Cardiac Rehab
- Lower the risk of heart related death by 47%
- Lower the risk of heart attack by 31%

Heart Attacks
- 1 in every 5 women and 1 in every 4 men die of a heart attack
- 80% of Heart attacks are preventable
- Someone has a heart attack every 40 seconds in the U.S.

"Getting to know and work with Steph almost made it worth the heart event."
- Anonymous

"Looked forward to each session! Very, very helpful with mental health and attitude. Highly recommended!"
- Cathy Snyder

Stephanie Nelson, Cardiac Rehab Therapist
Contact 406.434.3248 to sign up for Cardiac Rehab!
**SUPPORT LOCAL HEALTHCARE**

**DONORS**

The following have recently donated to Toole County Health Foundation, MMC Auxiliary, or Marias Heritage Center:

- Beth Aklestad
- Bonnie Aschim
- Marleen Blair
- Ben Taylor Inc.
- Justin Aikins and family
- JoEve Aikins and family
- Jim and Marleen Blair
- Bob and Jessica Brusven
- Ruby Bussel
- Cindy and Joshua Combs
- Del & Pat Christiaens
- Shirley Godfrey
- Beverly Gage
- Paul and Rose George
- Frances Hagen
- Harvey and Veanne Hawbaker
- Kelly and Kim Hayes
- Jan and Dwayne Irvin
- Beverly Johnson
- Tressa and Chance Keller
- Knaup family
- Opal Larson
- Bernice McPhillips
- McAllister family
- Sandy Peers
- Beverly Rogers
- Bob and Judy Richman
- Seubert Insurance
- Ed Skeslian
- Lori, Alex, and Jackie Stratton
- Cathy Snyder and family
- Peggy Taylor
- Patti VandeKop
- Sara White and family
- Donna Whitt

**IN MEMORY**

- William Ahrens
- Scott Aikins
- Roma Aikins
- Warren Aikins
- Evelyn Aikins
- Fred Arnold
- Robert (Bob) Aschim
- Bonnie Aschim
- Katherine Aschim
- Katie Aschim
- Theo and Bart Bartchi
- June Barborak
- Beva Bingham
- Steve Blair
- Eric Blair
- Wally Bradley
- Doug Bussell
- Jane Butkay
- Torrey Combs
- Stephanie Copeland
- Agnes Crocker
- Dr. John Carr
- Jannell Christiaens
- Patti Jo Christiaens
- Reba Donnell
- Barbara Donnell
- Eva Elpel
- Diane Fauque
- Mark Furr
- Roger Fowler
- Mark Feerr
- Phyllis and David Fjeld

- Tom and Donna Grady
- Jeff Gage
- Ed Gardiner
- Brandon S. Grey
- Stephen Paul Godfrey
- Earl and Marie George
- Harvey Hawbaker
- Allison Hershay
- Penelope Hintz
- Bonnie Hofland
- Ramona Irvin
- James (Jim) Johnson
- Albert Lundon
- Dennis O’Leary
- Marie Ostrem
- Shirley Malletta
- Gayle Moon
- Carol Mundt
- Delores Pogreba
- Ruth Pettigrew
- Michael Richman
- Beverly Richman
- Stan Rogers
- Dustin Rickey
- Anona and William Smith
- Warren and Delores Sauby
- Clara Skeslian
- Arnold Staub
- Eldred Stratton
- Susie Stratton
- Allen Stratton
- Donna Tokerud
- Stan Rogers
- Delores Whitt
- Norma Wood

**IN HONOR**

**Air Force**
- Grady Gray
- William L. Grey

**Army**
- Joe Hoeksema
- Rae Ann Kalbfleisch
- Glen Martinson
- James Allen Peers
- Freeman Sandon
- Daniel J. Smith
- Dewey Snyder
- Jim Sutton

**National Guard**
- Harry J Knaup
- Janel Wiese

**Marines**
- James G. Larson
- Herbert Seubert
- Raymond Seubert
- John Seubert
- Jimmy Seubert
- Robert Seubert
- Henry Seubert

**Navy**
- Mark Brusven
- Allan Gage
- Rose and Paul George
- Roger Fowler
- Corporal Joseph L Elpel
- James (Jim Johnson

**YOU CAN USE THE INSERT TO MAKE A DONATION IN HONOR OR MEMORY OF A LOVED ONE.**
TRIP OF THE MONTH
Fundraiser

APRIL
SANTA FE

MAY
PORTLAND

JUNE
SAN FRANCISCO

JULY
CABO SAN LUCAS, MEXICO

AUGUST
NEW ORLEANS

SEPTEMBER
WASHINGTON D.C.

OCTOBER
BOSTON

NOVEMBER
CHARLESTON

DECEMBER
WINNERS CHOICE!

JANUARY
DUBLIN, IRELAND

FEBRUARY
NASHVILLE

MARCH
PALM SPRINGS

Follow us @toolecountyhealthfoundation to read the rules of the fundraiser (on the brochure), see updates, and be the first to hear the winners' names! Participant need not be present to win.

PURCHASE YOUR TICKET!
Get your ticket by March 31st in order to have a chance at every month's trip!

Mail form to:
Toole County Health Foundation
c/o Erin Wanken
PO Box 915
Shelby, MT 59474

Contact:
406.434.3271
ewanken@mmcmnt.org

Name:
Address:
City, State, Zip:
Phone:
Email:

Tom and Lorette Carter,
January 2019 Winners