VIM & WINTER 2016 • \$2.95 Loving Life

ways to feel healthier each and every day

PLUS Sofia Vergara survived thyroid cancer and became a TV star

A NIGHT FOR **EMPLOYEES WITH** 25-50 YEARS OF **SERVICE**

Annual nursing award winners

MGH'S NEW AND **IMPROVED WEBSITE**



www.mgh.net

Health Care's MOST Wired A NATIONAL AWARD WINNER 2016

Technologically Advanced Hospitals in Indiana



Congratulations MGH for winning Most Wired hospital in the nation for the seventh time.



The award validates MGH's commitment to invest in technology to improve hospital operations and patient care.

It means:

- Ouicker access to patient results,
- · Increased accuracy on patient information shared between service areas.
- More data to validate diagnosis and treatment of patients.

One more way, MGH puts our Healthcare Community first.



Congratulations! MBH



Contents



Long Live Us We're living longer than ever. How about living better, too?

A Strong Voice TV star and cancer survivor Sofia Vergara is one of many Americans who deal with a



Making the Best of Every Day Simple strategies for eating better, exercising more and coping with chronic diseases.

When Cancer **Hits Home** A cancer diagnosis has a major impact on the whole family, and everybody needs support.

Take a Look Inside You know the abbreviations, from CT to MRI. But what do these scans actually do?

The Secret to **Our Success** Join us in honoring the MGH employees with 25 to 50 years of service to our Healthcare Community.

Pursuing Excellence Meet three Marion General Hospital employees who have earned professional certification.

Keeping You Connected Take a peek at MGH's newly redesigned website, where you'll have quicker, easier access to the healthcare information you want.

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Hit the treadmill or the weights? PAGE 34





Celebrating Greatness

MGH nurses recognize peers and other staff members who support them in providing excellent care to patients.

OPENING THOUGHTS

CELEBRATING THE SEASON

We delight in our team members and their service to the community

As the sun sets earlier each day, the green hue of the trees flashes over to brilliant yellows, oranges and reds, and the air cools, we begin to experience one of my favorite times in Grant County. Each of the four seasons we enjoy in this part of the country allows family and friends to come together and make new memories. At Marion General Hospital, we have not only been enjoying the change of seasons, but we are also celebrating the arrivals, successes and growth of special individuals on our team, including



new practitioners (page 3), staff earning certifications (page 54), nursing award winners (page 49) and long-service employees (page 52).

It is with joy and tremendous pride that I watch our special team members, representing a solid cross section of the hospital, aspire and strive to provide the best possible healthcare for our patients. Long-serving employees working diligently to hone their skills combined with the infusion of new employees creates such a strong and sound team for our future and that of the community.

As we approach the holiday season, I reflect on how blessed and thankful I am to have been given the opportunity to be a part of this community-minded organization, staffed with many conscientious people with one goal in mind: to take care of the health and well-being of the residents of Grant County. As we gather in our homes, churches and community organizations celebrating that which God has provided, I wish each and every one of you the absolute best.

Stephanie Hilton-Siebert President/CEO

Stphanic Hilton-Sibert

Marion General Hospital

VIM& VIGOR

MARION GENERAL HOSPITAL

PRESIDENT/CEO

Stephanie Hilton-Siebert

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Vim & Vigor™, Winter 2016, Volume 32, Number 3, is published three times a year by MANIFEST LLC, 4110 N. Scottsdale Road, Stuite 315, Scottsdale, Road, Stuite 315, Road, Roa



MGH WELCOMES NEW PRACTITIONERS

These four professionals are eager to help you get (and stay) healthy





Find a Practitioner

Call the MGH Access referral line at **765-660-MGH4 (6444)**.



Vinodha Nagesh, MD, earned her medical degree from Vijayanagar Institute of Medical Sciences in Bellary, India. Her OB-GYN residency was completed at Albert Einstein College of Medicine in New York City.

She is certified by the American College of Obstetrics and Gynecologists.

Dr. Nagesh joins the practitioners and staff at MGH Obstetrics & Gynecology at 1419 W. Bella Drive in Marion. She can be reached at **765-660-7580**



Jena Kern, MD, earned her medical degree from Medical College of Wisconsin in Milwaukee. Her internal medicine residency was completed at MetroHealth in Cleveland.

She joins the physicians and nurse practitioners of the MGH Hospitalist Program, providing coordinated care to surgical patients while in the hospital.



Kellie Planck, NP-C, earned her Master of Science in Nursing (nurse practitioner) from Indiana Wesleyan University in Marion. She earned bachelor's degrees in nursing and finance from Ball State University in Muncie.

She is certified by the American Academy of Nurse Practitioners.

She joins the practitioners and staff at Family Medicine Center– Gas City at 4781 Kay Bee Drive in Gas City.



Douglas Rex, DO, earned his medical degree from University of Pikeville Kentucky College School of Osteopathic Medicine. His internship and residency were completed at Grandview Medical Center in Dayton, Ohio.

He is certified by the American Osteopathic Board of Surgery.

Dr. Rex joins the practitioners and staff at MGH Surgeons at 330 N. Wabash Ave., Suite 370, in Marion. He is now accepting new patients. Dr. Rex can be reached at **765-660-7580**.

Gour LEADERS





Stephanie Hilton-Siebert, President / Chief Executive Officer

Stephanie comes to us with fifteen years of hospital leadership experience, most recently our CEO/President Elect and CAO, but previously as President/CEO at Salem Township Hospital in Southern Illinois. She received her BSN and MSN from Southern Illinois University.

Don Tricarico, Chief Administrative Officer

Don brings over thirty years of healthcare and leadership experience. He possesses an exceptionally diversified background with a wide range of experience and expertise. He received his BSN from University of Delaware and an MSA from Central Michigan University.





Cindy Futrell, Chief Nursing Officer

Cindy has been working with MGH since 1981 and brings a wealth of experience working as a Registered Nurse, Administrative Director of Surgical Services, Director of Nursing, and now our CNO. Cindy received her BS and MBA/MSN from Indiana Wesleyan University.

Jeff Wakefield, Chief Financial Officer

Jeff is a Certified Public Accountant with fifteen plus years of experience in healthcare finance. He holds a Bachelor's Degree in Accounting from Campbell University and a Master's of Healthcare Administration from the University of North Carolina. He possesses expert skills in healthcare finance.



Senior LEADERSHIP TEAM



Leaders pictured: Kandi Adamson, Steven Brace, Melo-Dee Collins, Tammy Cornelious, Jason Cupp, Chuck De lasalas, Cindy Futrell, Henry Gindt, Sherree Herres, Stephanie Hilton-Siebert, Karen Jones, Edward Keppler, Eric Lively, Jane Merchant, Dale Moffett, Emmanuel Ndow, Marilyn Pearcy, Craig Peel, Matt Ramey, Sherry Ribble, Tony Roberts, Carolyn Sessoms, Susan Smoker, Shankaran Srikanth, Arun Tewari, Don Tricarico, Doug Truitt, Donna Tucker, Ann Vermilion, Jeff Wakefield, Connie Woods.

MGH AMONG NATION'S 'MOST WIRED'

Hospital honored for using technology for a better patient experience

Marion General Hospital has been named one of the 2016 Most Wired hospitals and health systems in the nation for the seventh time since 2001.

Technology is improving the efficiency of care delivery and creating a new dynamic in patient interactions, according to results of the 18th annual Most Wired survey.

"We are honored to once again be named as a Most Wired hospital," says Emmanuel Ndow, chief information officer at MGH. "The recognition validates our commitment to transform the health of our community by providing high-quality care outcomes through the strategic use of technology."

The 2016 Most Wired survey and benchmarking study measures information technology use and adoption among hospitals nationwide. The survey examines 680 participants, representing thousands of hospitals. MGH is one of only 13 hospitals (top 6 percent) of technologically advanced hospitals in Indiana to receive the honor.

Detailed results of the survey and study can be found in the July issue of *Hospitals & Health Networks* magazine.





Honored for excellence in advertising, Marion General Hospital received a Bronze Award in the 2016 Aster Awards competition, which recognizes outstanding healthcare professionals for excellence in their advertising and marketing efforts.

The Bronze Award was received for the "Your Heart is in the right place at MGH" advertising campaign, ranking in the top 16 percent out of approximately 3,000 entries from across the U.S. and several other countries.

Judging criteria included creativity, layout and design, functionality, message effectiveness, production quality and overall appeal.

"It's an extreme compliment for our team to be recognized by our industry and peers for a national award," says Ann Vermilion, administrative director of medical staff services and community outreach. "Winning this award validates we produce advertising of national quality on a local level."



A SPECIAL TIME

A message from MGH Auxiliary president Karen Koontz



Karen Koontz

The winter season is upon us, and the old saying "where did the time go?" comes to mind.

In September, the MGH Auxiliary board welcomed new members Donna Gray, Linda Wilson, Charlotte Brown and Debbie Templeton.

One current project is to provide adorable red and white crocheted cocoons for babies born at MGH in December. This project was taken on by volunteers Gail Hedlund and Dorinda Turner. Turner also makes rice-bag warmers for new moms—she has contributed 3,200 of the warmers in the last six years! We offer many thanks to volunteers who share their talents.

As the holidays are approaching, I encourage you to visit the Auxiliary gift shop and attend our upcoming fundraisers: Masquerade Jewelry on Oct. 21, Books R Fun on Nov. 3–4 and South Bend Chocolate on Dec. 14–15.

GIVE

Join Our Team

Call Sheila Stewart at **765-660-6410** to learn about the many volunteer opportunities available at MGH.

VOLUNTEER OF THE YEAR: MARY CRAW

Mary Craw indicated on her original volunteer application in 2004 that she would be willing to serve in any position that would help the most. In her 12 years as a volunteer, she has worked in the gift shop (she is also one of the best customers!), at both information desks and at countless fundraisers. She has also helped with record keeping and inventory in the gift shop and has served on the Auxiliary board in several capacities, including president.

Craw treats everyone with respect and kindness. She is always in control of her behavior, emotions and actions, showing compassion in all she does. She projects a warm, cheerful attitude and is able to handle difficult situations with remarkable patience and tact. She always tries to lift the spirits of those around her. She has offered valuable suggestions over the years to improve service to patients and their families and to the employees she works with.

Craw has experienced some serious health challenges during her time with us, but she doesn't broadcast her troubles and instead smiles through her own pain to serve others. For the past 12 years she has been dependable, efficient and unfailingly punctual. She exemplifies a level of commitment to MGH that can serve as a role model for others.

Mary Craw, volunteer of the year, continues to impress us with her dedication to supporting the mission, vision and values of MGH.



MGH MEMORIAL GARDEN

Honoring former MGH employees, physicians and volunteers

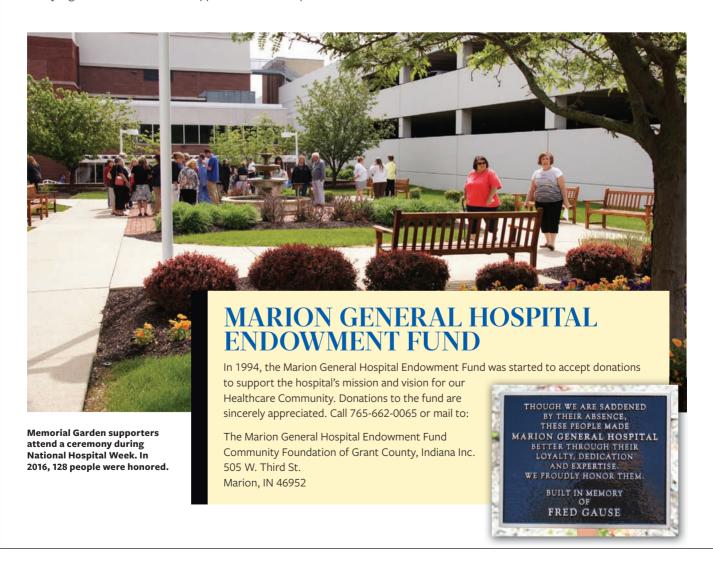
The Marion General Hospital Memorial Garden, in the courtyard west of the cafeteria, was built in memory of former Plant Engineering Supervisor Fred Gause and made possible by a generous donation and support

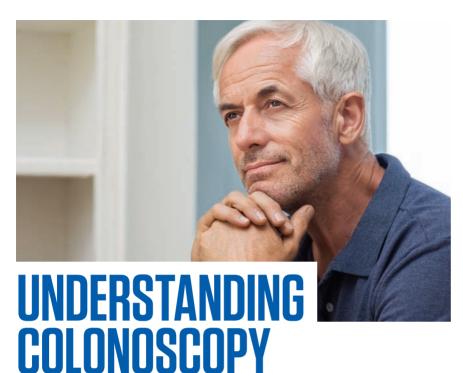
from the MGH Auxiliary. The garden honors MGH employees, physicians and volunteers who have passed away by displaying their names and departments on engraved bricks set around the base of a tranquil fountain.

GIVE

Purchase a Memorial Brick

Bricks to honor MGH employees, physicians and volunteers who have passed away can be purchased for a minimum donation of \$50. Call Volunteer Services at **765-660-6410** for more information.





Detection and prevention of colorectal cancer

Cancers of the colon and rectum are among the most common forms of cancer for both men and women. The lifetime risk of developing colon cancer is about one in 21 for men and one in 24 for women. The good news is that the rate of diagnosing new colorectal cancers and the death rates from colorectal cancer are declining. A large portion of the decrease can be attributed to awareness and screening programs. The mainstay of colorectal cancer screening and prevention is a colonoscopy. This outpatient test not only allows doctors to identify colon cancers earlier but also allows for the prevention of cancer by removing precancerous polyps.

Who should have a colonoscopy?
A screening colonoscopy is recommended for people of average risk beginning at age 50. There are certain

conditions such as inflammatory bowel disease and strong family history of colon or rectal cancer that increase risk. In these instances, an initial screening colonoscopy may be recommended sooner.

How often should it be done? For the person of average risk who had no polyps identified at the initial screening, the current recommendation is for a repeat screening colonoscopy in 10 years. Those who are at higher risk due to personal or family history should have a screening colonoscopy more frequently. The exact timing will depend on the reason for the elevated risk and should be discussed with a physician.

What are you looking for?
Polyps are growths arising from
the lining of the colon. A certain
type of polyp called an adenomatous
polyp has the potential to transform to

Jeremy Wilson, DO, FACOS



cancer over time. If these adenomatous polyps can be completely removed during a colonoscopy, then a potential cancer has been prevented.

How do you prepare for it?
A colonoscopy requires a cleaned-out colon to be most effective in detecting and preventing cancer. Incomplete preparation compromises the quality of the examination. Typical preparations require diet modification for a few days prior to the procedure. You will be prescribed laxatives to take the day before the procedure to help remove solid waste. Part of the preparation process may also require modification of certain medications. Your doctor will discuss those details with you prior to the procedure.

What should I expect during and after a colonoscopy? Typically, a colonoscopy is done under conscious sedation. This involves the administration of sedatives to induce a relaxed state. This is not to be confused with a general anesthetic, which renders a person unconscious for surgery. A colonoscopy most often takes 20 to 40 minutes. After the colonoscopy is completed, patients are observed for about an hour. If they are doing well, they are discharged. You must have a driver with you, as you will not be allowed to drive after the sedation. Also, you should plan on resting at home for the remainder of the day. Most people return to normal activity the following day. ■

BACKGROUND IMAGE BY THINKSTOCK

CELEBRATING GREATNESS



Cindy Futrell, chief nursing officer at MGH, talks to employees about accomplishments of the past year and opportunities for the coming year.



MGH employees enjoy Nurses Day, filled with activities, food and fun.

Nurses Week at MGH recognizes those who excel, support, teach and mentor

lorence Nightingale was a celebrated English social reformer and statistician and the founder of modern nursing. National Nurses Week begins each year on May 6 and ends on May 12, Nightingale's birthday.

One of the highlights of the celebration at Marion General Hospital is the nomination, voting and selection of the MGH Excellence in Nursing, Excellence in Nursing Leadership, Physician Friend of Nursing and Friend of Nursing award winners.

These awards give nurses the opportunity to recognize peers and other staff members who support them in providing excellent care to patients.

A wonderfully talented nursing workforce has always been a source of pride for Marion General Hospital. Nurses work hand in hand with others on the care team to provide high-quality, safe, compassionate, extraordinary care.

Each candidate for the nursing awards must exemplify characteristics of the Magnet nursing recognition program: transformational leadership, structural empowerment, new knowledge, innovation and improvement, and professional practice.

MGH's Nursing Award Winners -----



Excellence in Nursing CHELSEA LYNCH, BSN, RN, PEDIATRICS

What her colleagues said:

- · Chelsea is excellent with her skills. She is a role model for other nurses on the pediatric unit and the entire hospital. She is an excellent teacher. She mentors new nurses and teaches clinical rotations for Indiana Weslevan University. She has awesome communication skills and is a voice for her patients.
- · Chelsea promotes teamwork and never complains. Staff members from other units recognize her as a team player. Patients and families love Chelsea. She was one of the first nurses to embrace relationship-based care. Chelsea is very dependable and always willing to help others.
- · Chelsea earned her master's degree in healthcare administration. She is certified in pediatric

- advanced life support. She volunteers on several MGH committees and also serves as a certified car seat technician for MGH.
- Chelsea works very hard to improve patient and employee satisfaction by being involved on several teams. She comes in on her days off to serve on these teams and works selflessly to improve the quality of nursing at MGH. Student nurses love her because she is an excellent teacher, treats them with respect and takes extra time with them.
- · Chelsea builds relationships with patients and families. She always finds time to go above and beyond for her patients.



Excellence in Nursing Leadership

MELO-DEE COLLINS, MSN, MSM, NP-BC, RN, RCIS, **ADMINISTRATIVE DIRECTOR OF CARDIOVASCULAR SERVICES**

What her colleagues said:

- Melo-Dee is a nurse who, though a leader, is still skilled at the bedside. She is the type of leader who is not afraid to get her hands dirty. She possesses leadership skills that she demonstrates by example. She manages many departments and gets to know her staff members. Her team has been enriched by her devotion.
- Melo-Dee is a team player. She believes teamwork is the best approach to patient care and teaches this to her team. We feel honored to be part of her team. She jumps in on busy days in all of her departments. She has often come in on weekends or days off, and she has canceled meetings so staff members could go be with family when they were having issues.
- She believes family should be first. We are quick to cover one another when "life happens," because if we can't, we know she will.
- Melo-Dee has been recognized by her co-workers as being an outstanding leader. She is an advocate for education and looks for opportunities to help us learn. She leads by example; we learn by example.
- Melo-Dee is quick to respond to patient needs that are brought to her attention and advocates for their needs whenever she can. She has also helped streamline care in one of her departments by implementing a "one-stop shop" model for patient registration and admission.



Discover More About What Magnet Means

MGH is among just 7 percent of U.S. hospitals to achieve Magnet designation for quality patient care, nursing excellence and innovations in professional nursing practice. To learn more about what Magnet designation means to MGH, and what it means to you, call 765-660-6332.



Physician Friend of Nursing JOHN DEAN, MD, RADIOLOGIST

What his colleagues said:

What his colleagues said:

safety of fellow staff members.

- Dr. Dean is an enjoyable physician to work with. He has a quick wit and is not a physician we are hesitant to call when we have questions. He is flexible when we are having difficulty with scheduling patients. He is kind to his patients and speaks in a clear and reassuring manner. He is quick, but thorough, which is appreciated by both staff and patients.
- Dr. Dean works with vendors to try new equipment and evidence-based practices. He lets us learn with him.
- Dr. Dean makes us feel like we are all a team. He has helped us position patients and is helpful with tasks. He supports us by coming when we call, answering our questions and helping us screen patients.
- He is an advocate for best practice. He tries hard to make procedures as painless as possible for patients by working efficiently to reduce their time on the procedure table. Dr. Dean is a pleasure to work with.



Friend of Nursing JERRY CARTER, PROTECTIVE SERVICES

- Jerry effectively communicates to de-escalate potentially dangerous situations involving patients with the goal of avoiding the use of more forceful techniques and maintaining the
- Jerry takes an active role in teamwork. Jerry is willing to help regardless of the task, whether it be giving a patient a blanket, offering a kind word or providing a sandwich or water. He is trustworthy, and it is reassuring to know he is always there for us.
- · During orientation, Jerry educates new employees about safety on the job. He continues certifications to make sure MGH remains a safe environment to work in.
- Jerry goes above and beyond the call of duty. He brings a sense of comfort to fellow staff members. His positive attitude and eagerness to help in tough situations is cherished.





Members of the Magnet champion team coordinate Nurses Day events at MGH. This year's celebration of National Nurses Week (May 6-12) included a Wizard of Oz theme, "There's no place like MGH."

THE SECRET TO OUR SUCCESS

MGH honors the long-service employees who have helped make the hospital what it is today

BY TERRI COUSE

arion General Hospital employees were honored during the annual Long Service Recognition Dinner Program at the Roseburg Event Center. The event is held during MGH's weeklong celebration of National Hospital and Healthcare Week (May 8-14). Employees with five to 50 years of service were recognized.

MGH appreciates its long-service employees, their loyalty, and the many years of knowledge and expertise they bring to the hospital each day. The level of care MGH provides to patients and families would not be achievable without them.

WEBSITE

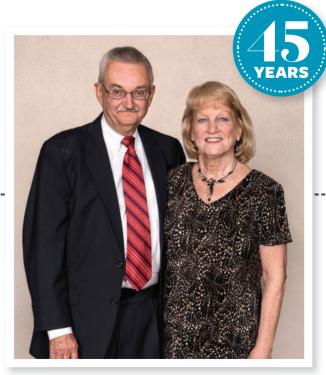


Make It a Career at MGH

Marion General Hospital is now hiring. Visit www.mgh.net and click "Job Opportunities" to search for jobs at MGH.



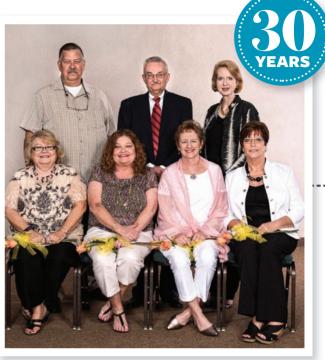
Paul L. Usher, past president/CEO, and Marilyn Pearcy.



Paul L. Usher, past president/CEO, and Pat Purdy.



Front row, from left: Tammy Cornelious, Kim Bartrom, Patty Gilson and Tressa Kilgore. Back row, from left: Kim Lovelady, Paul L. Usher, past president/CEO, and Kathy Wert. Not pictured: Julie Kelley.



Front row, from left: Suzi Welker, Kim Jeffries, Jane Cline and Mindy Himelick. Back row, from left: Kenny Jackson, Paul L. Usher, past president/CEO, and Marsha Harwell-Gunyon.



Front row, from left: Kathy Taylor, Karen Turner, Sheila Eib and Karen Foust. Back row, from left: Sue Nicholson, Paul L. Usher, past president/CEO, Harold Chaney and Cindy Columbus. Not pictured: Jeannie Starr.



Front row, from left: Cindy Futrell, Amy Eberle, Julia Schache and Patti Osborne. Back row, from left: Mike Backs, Paul L. Usher, past president/CEO, and Jeffrey King. Not pictured: Marilyn Simons and Liz Vanhoosier.



MGH staff raise their level of care by earning professional certification

Three Marion General Hospital employees have proved their dedication to providing our Healthcare Community with the highest level of quality healthcare. They have chosen to further their education and advance their knowledge within their chosen professions. This dedication is demonstrated by their commitment to study for and pass a professional examination to become certified.

In healthcare, professional certification helps ensure excellence. MGH staff members pursue this with enthusiasm.



Jodi King is now a certified clinical medical assistant from the National Healthcareer Association. She earned her associate's degree in medical assisting from Ivy Tech Community College. She currently works at MGH Obstetrics & Gynecology.

King resides in Marion with her husband, Robbie; 7-year-old son, Cleo; and 3-year-old twin sons, Kollin and Kegan. She enjoys spending time with family and friends, being outdoors and watching her sons play sports.

The four-year MGH employee says she enjoys "all of the friendships you make with co-workers—they are like a second family"-as well as the relationships she has built with patients.



Dawn Holtzleiter is now a certified clinical medical assistant from the National Healthcareer Association. She earned her associate's degree in

business management from Ivy Tech

Community College. She currently works at Upland Health & Diagnostics.

Holtzleiter resides in Hartford City with her husband and three children. She enjoys watching her children participate in sports and other activities.

The seven-year employee says she likes working at MGH because of the "flexibility, patients and staff."

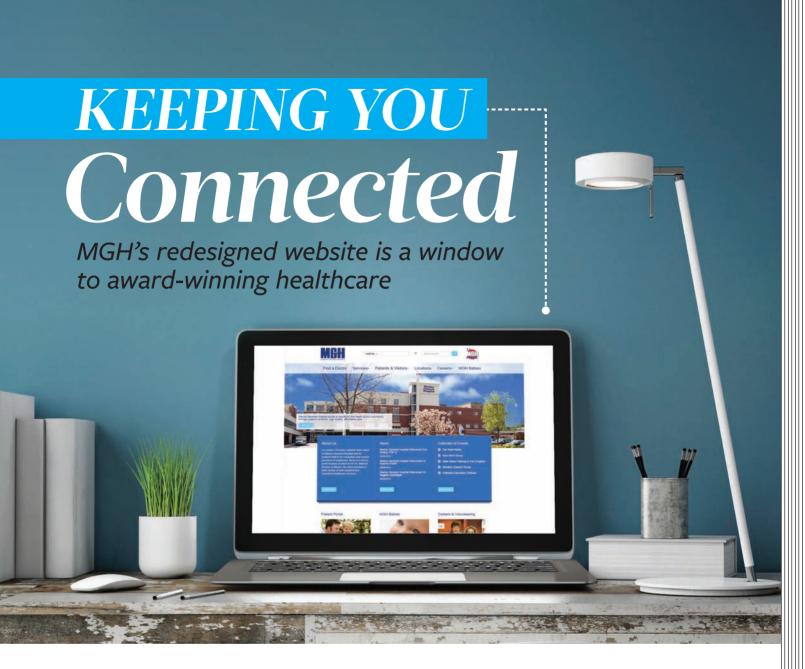


Danielle Gross is now a certified clinical medical assistant from the National Healthcareer Association. She also holds a certificate in insurance coding from Ivy

Tech Community College. She currently works at Upland Health & Diagnostics.

Gross resides in Matthews with her husband, Jim. They have three sons: Trenton, Rian and Hunter. Her hobbies and interests include women's life and cancer care ministries.

The four-year MGH employee says she enjoys "being able to work with patients and assist in their care."



n today's electronic, fast-paced world, a website is an organization's opportunity to inform the public and to make a great first impression. Marion General Hospital and other healthcare providers are no exception. People access hospital websites to find a wealth of information.

MGH's newly redesigned website www.mgh.net—reflects the hospital's award-winning, nationally recognized healthcare.

Take a moment to check out the following improvements:

- More professional look.
- · Easier navigation.

- · Quicker access to local health issues and information.
- User-friendly calendar.
- Online process for requesting medical records.
- · Faster access to physician information.

Also at the site, you can access the MGH health library. In an instant, you'll find articles on thousands of diseases and conditions, tests and procedures, nutrition and more, including over 1,400 vivid medical illustrations and photos.

"The newly redesigned website is just one more way MGH is evolving and WEBSITE



Visit Us Online

Discover all that Marion General Hospital's redesigned website has to offer. Go to www.mgh.net.

improving to best serve the needs of our Healthcare Community," says Ann Vermilion, administrative director of medical staff services and community outreach.

COMMUNITY CONNECTIONS



EVENTS & ACTIVITIES



Continuous education programs/support groups

Classes **Diabetes**

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690

Prenatal Education

Classes provided in conjunction with Family Service Society Inc. Classes are held at various times throughout each month. Please call 765-660-7893 or visit www.mgh.net for more information.

Support Groups

(All support groups are free)

New Mom Group

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are just a few of the topics covered. Refreshments available. Call 765-660-6866.

Dates: Meets every Tuesday

Time: 1:30-3 p.m.

Location: MGH Fourth Floor, Lactation Office, 441 N. Wabash Ave.

Bariatric Support Group

Support group for individuals who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information.

Dates: Meets the third Thursday of each month (does not meet in December)

Time: 6:30-8 p.m.

Location: MGH 330 Building, Conference Rooms 1-2, 330 N. Wabash Ave.

Community Service Car Seat Safety

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must be at inspection.) Call 765-660-6860 for appointment.

Date/Time: By appointment only **Location:** MGH Parking Garage, 441 N. Wabash Ave. ■

CLASS



For More Information

To register or learn more about our programs, please call the numbers listed or visit our website at **www.mgh.net** (click "Calendar/Events/Groups"). YOUR LOCAL HOSPITAL . . .



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