

# Connections

WINTER 2011

## Perfect harmony

Music professor regains quality of life with knee replacements

**THIS** past Thanksgiving found Roger Cole walking along the sandy beach of Oceanside, Ore., thankful for the chance to walk without pain and to enjoy time with his family. In the six months leading up to the holiday, Roger had both his knees replaced at Gritman Medical Center, in what he calls a “remarkable partnership.”

### A solution to knee pain

Roger, a professor of music history and clarinet at the University of Idaho, has been active his whole life. But at the age of 31 he injured his left knee playing tennis, separating the ligaments and dislocating his kneecap. After the injury, he tended to use his right leg more to compensate for the pain. In the end, he had two painful knees, one from injury and one from overuse. His right knee, in fact, was so far out of line that it caused pain all the way up his back.

“I told my doctor, ‘My knees are killing me,’” Roger says. “We’ve got to do something.”

That is where the partnership came in.



 Roger Cole (inset) is thankful for the surgical team that helped him conquer chronic knee pain.

His doctor referred him to a local orthopedic surgeon, and the course toward surgery was charted.

### Taking the joint approach

“The cool thing about our community is we have this relationship between the medical staff and offices and Gritman Medical Center,” Roger says. “It is a bunch of partnerships lined up that make this work so well.”

Three months after having his right knee replaced, Roger came back to Gritman for the left knee. Four weeks later he was back in his third-floor office in the Lionel Hampton School of Music, caught

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## Before and after


At Gritman Medical Center, we use a team approach for joint replacement surgery, and this means better care for you.

Working with orthopedic surgeons, nurses, physical therapists and registered dietitians, as well as lab, radiology, pharmacy and social services experts, we can help you regain your mobility.

Our occupational therapists can survey your home and recommend ways to prepare it for your safety, comfort and convenience after your surgery.

Our dietitians can suggest meal plans for before and after surgery.

Together, we help you reach optimum health and wellness.

 To learn more about knee replacements and other surgeries, talk to your doctor or call us at **208-883-2234**.

A MESSAGE FROM OUR BOARD CHAIR  
AND CFO AND INTERIM PRESIDENT AND CEO

## An enduring legacy

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President and CEO

**AS** the year draws to a close, we have much to reflect on. Losing someone you admire and respect is never easy. On behalf of Gritman Medical Center, we truly appreciate the outpouring of love and support from the many individuals and organizations in our community and beyond in mourning the loss of our President, CEO and good friend, **Jeffrey W. Martin**.



Jeffrey W. Martin

In his 10 years at Gritman Medical Center, Jeff was deeply committed to providing exceptional patient care. Through his leadership and vision, Jeff inspired us to build upon our more-than-100-year culture of serving the community.

Jeff leaves Gritman as a strong, dedicated and deeply compassionate healthcare organization that puts patient needs and community wellness above all else.

Jeff's legacy will endure. Because of Jeff's ability to empower individuals and teams, from our award-winning staff and volunteers to our talented physicians, the daily business of Gritman Medical Center will continue and our patients will remain our top priority.

### Looking to the future

We have a strong administrative team at Gritman, and because of that depth and knowledge we can look within for leadership. Kara Besst has been named interim CEO by the Gritman Executive Board of Directors. Kara is the chief financial officer (CFO) for Gritman and has worked at the Medical Center for 16 years. She has been CFO for 10 years. She and her husband, Tim, live in Moscow with their two daughters.

For more than 25 years, Gritman has collaborated with Quorum Health Resources (QHR). QHR is a national healthcare management and consulting company. Working with QHR, we have begun a national search for a new CEO and expect the process to take six to eight months.

### His inspiration lives on

Jeff impacted many, many people, and he accomplished much in the time he was here. We will miss him deeply. Our hearts go out to Jeff's family—his wife, Becky, and their three children. They are an amazing family and have dedicated themselves not only to Gritman but to the entire community.

Jeff inspired all of us to care for others and to always do our best. We will move forward and continue Jeff's legacy of providing exceptional healthcare for our community. Gritman Medical Center will continue to flourish. We will continue leading the way to wellness.

Sincerely,



B.J. Swanson  
Chair, Board  
of Directors



Kara Besst  
CFO and Interim  
President and CEO

# Shhh...Silent Hospitals Help Healing

Gritman introduces Shhh program

**SEVERAL** studies have identified noise as a factor that can cause stress and anxiety. A calm, quiet environment allows patients to relax and get the rest they need to promote healing.

To help decrease the volume and increase periods of quietness, Gritman Medical Center has launched a program called Silent Hospitals Help Healing (Shhh). The program is intended to raise awareness among staff members and guests and help produce a quieter environment.

A team of seniors from the University of Idaho is working on



identifying noise within various departments. Gritman maintenance engineers are improving the function of doors to make them quieter. A mobile sound meter measures the volume level in different departments and turns red when noise levels get too high. Posters and table tents have been created to remind

visitors, doctors and staff to keep conversations at a low volume.

Gritman Medical Center has a reputation for delivering high-quality patient care. With the Shhh program, we hope to improve noise concerns and make each patient's stay as positive and comfortable as possible.

## Janie Nirk named Idaho Trustee of the Year

### CONGRATULATIONS

to Gritman Medical Center board member Janie Nirk, of Potlatch, who was recently named the 2010 Trustee of the Year by the Idaho Hospital Association.

Janie has served on the Gritman Medical Center general board for 14 years and has been with the Board of Directors since 2000.

Janie is a passionate advocate for improving access to local healthcare. She is vice chairwoman of the Gritman Board of Directors; she chairs the Quality Improvement Committee and serves on the Nominations Committee of the Board of Directors, the Adult Day Health Board and Friends of Hospice of the Palouse Advisory Committee. She is part of the Strategic Planning Committee and has



**▲ It's an honor.** Janie Nirk receives the Trustee of the Year award from Steven Millard, president of the Idaho Hospital Association.

been involved in the master facilities plan that included the 2004 addition to Gritman Medical Center.

Janie and her husband, Ron, live in Potlatch, where they own and operate a cattle ranch. They are

known for their philanthropy and commitment to wellness. The Nirks recently played an integral role in the renovation of the therapy pool and spa at the Jeff and Becky Martin Community Wellness Center.



# From **BUM** Your go-to guide

**P**regnancy has some certainties: At some point it's going to be hard to see your toes when you look down. And as your tummy grows, so will your curiosity, especially if this is the first time you're expecting. When will you feel your baby's first kick? Will you have a boy or a girl? And most important: Will your baby be healthy?

Thankfully, there's much you can do to help the answer to that last question be yes. After all, from conception through birth, you are your baby's support system. How you take care of yourself can significantly shape how your baby develops. That's a big responsibility, certainly. But it's also an entirely manageable one, especially if you take some simple advice to heart.

## See a doctor along the way

One of the most crucial ingredients in growing a healthy baby is early and regular prenatal care. If you think you might be pregnant, be sure to schedule an appointment with your doctor right away. Then follow through with every visit.

Typically, this means having a pregnancy checkup about once a month

for weeks 12 through 32, then twice a month through week 36, and once a week in the home stretch of pregnancy. If you're older than 35 or if you have a chronic medical problem such as diabetes, expect to make more frequent visits.

These checkups allow your doctor to keep close tabs on your baby's and your own health and to respond quickly should a problem develop, such as a slowing of your baby's growth or a spike in your blood pressure. Among other things, you'll be screened for harmful infections, anemia, diabetes and other conditions that—if not detected and treated—could harm your health or your baby.

These visits are also an opportunity to ask your doctor any questions you have about your pregnancy—

and to find out all you can

about how to stay healthy.

How valuable

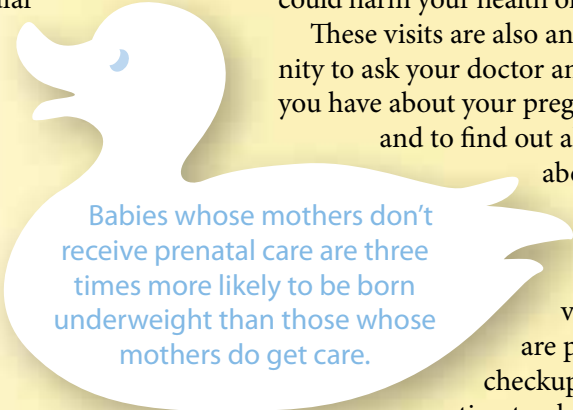
are prenatal

checkups? By some

estimates, babies whose

mothers don't receive prenatal

care are three times more likely to be



Babies whose mothers don't receive prenatal care are three times more likely to be born underweight than those whose mothers do get care.

# UP *to* BABY

## for a healthy pregnancy

born underweight than those whose mothers do get care.

### Make good choices day to day

Every day of your pregnancy is a chance for you to practice habits that are good for your growing baby—and you too. Among the most essential:

**Nourish your body.** Eating a variety of foods from all five food groups is the best way to get all the nutrients you and your baby need. Focus on fruits; vegetables; whole grains; low-fat, calcium-rich foods; and lean sources of protein, such as poultry and beans. Also, be sure to drink plenty of fluids, especially water.

**Do keep in mind that—sorry!—being pregnant is not an excuse to overeat.** Now that you're expecting, you only need about 300 more calories every day to nourish your developing baby. Those calories add up quickly—so quickly, in fact, that a glass of low-fat milk and half a sandwich covers them.

**Watch your weight.** Adding too many pounds increases your risk of high blood pressure, gestational diabetes or a difficult delivery. Gaining too few pounds, on the other hand, raises your risk of having an underweight baby.

Your doctor will advise you on the right amount of weight to gain. If you were at a healthy weight before you conceived, your likely target will be 25 to 35 pounds.

**Take a multivitamin or prenatal vitamin with 400 micrograms of folic acid daily.** This simple safeguard reduces your risk of having a baby with birth defects of the brain and spine.

**Make time for exercise.** Unless your doctor says otherwise, try to fit in at least 30 minutes of exercise (such as swimming or brisk walking) on most or all days of the week.

**Don't smoke, drink alcohol or**

**use illegal drugs.** Doing any of these things could seriously endanger your baby's health. Tell your doctor if you need help quitting any of these risky habits.

By caring for yourself, you are caring for your baby—the much-anticipated son or daughter you are about to meet and will continue to protect.

Sources: American College of Obstetricians and Gynecologists; U.S. Department of Health and Human Services

## Gritman loves new moms!

If you are expecting your first baby, you'll probably have lots of questions about childbirth. When should you come to the hospital? How long will labor last? What pain relief options are there?

We believe the best way to approach pregnancy, labor and delivery is to be informed. Our classes help you be exactly that—prepared for and confident about welcoming the newest member of your family.

### Childbirth Education Series

**Six-week series on Monday evenings  
First Floor Conference Center  
\$40 per couple**

This six-week series gives expectant parents an understanding of labor and delivery, breathing and relaxation techniques, and baby care and feeding. Preregistration is required. Call



**208-883-6385** or e-mail  
[childbirth.education@gritman.org](mailto:childbirth.education@gritman.org)

### Motherhood Connections

#### Ongoing

#### Free

This weekly group is designed to provide new moms with the support, tools and resources they need as they start this new chapter in life. Topics include feeding, baby massage, fussy babies, family relationships after having a baby, etc. For all new moms and their babies, newborn to 6 months.



For dates and locations, call  
**208-883-6399** or e-mail  
[childbirth.education@gritman.org](mailto:childbirth.education@gritman.org)

Schedule a tour of the Gritman Family



Birth Center and meet our wonderful nurses. Call **208-883-2229** for more information.

## Perfect harmony

—Continued from page 1

up on his lessons and ready to try out his new knees.

“The care was remarkable,” he says of his time at Gritman. “I didn’t know there were different levels of nurses responsible for different things. They seem to really understand their roles about what they can and can’t do.”

### Smooth recovery

After surgery, Roger started therapy at Gritman Therapy Solutions, learning how to exercise his new knees.

“That whole facility is terrific,” he says. “The equipment is great.”

Cole grew up as a “military brat” and saw his parents through illnesses at military hospitals.

“I didn’t see the level of service I see at Gritman Medical Center,” he says. “We have the opportunity here to have such a high level of care right here at home.”



### REGISTERED DIETITIANS

## Your guides to healthy eating

On the road to eating well, directions can sometimes be confusing. Between well-meaning friends and family and the media, there are all sorts of claims about what to eat and what to avoid.

Fortunately, there’s an expert whose advice can help you find the right path: a registered dietitian. These nutrition pros can work with you and your doctor when you have specific nutritional needs. They can also be a big help when you have a health goal in mind or just want to learn to eat better. What’s more, the advice will be tailored to you.

Gritman Medical Center has registered dietitians who can help you with:

- ▶ Living with a long-term health problem, such as heart disease, diabetes or high blood pressure.
- ▶ Trying to reach your ideal weight.
- ▶ Eating well during pregnancy or while breastfeeding.
- ▶ Coping with a digestive condition, such as irritable bowel syndrome.

Registered dietitians can also be a great resource if you are wondering what to feed that finicky toddler, are concerned about your teen’s eating habits or are caring for an aging parent with changing nutritional needs.



To learn more, visit our website at [www.gritman.org](http://www.gritman.org) or call 208-883-6341.



## Courtyard Café goes local and organic

Fresh fruit, organic greens, local meat—these are the makings of a fine meal at the fanciest of restaurants.

They are also the standard at Gritman Medical Center’s Courtyard Café.

**Emphasizing healthier choices.** “Buying local and/or organic is important to our customers, and it is important to us,” says Erin Richardson, culinary coordinator at Gritman. All of the produce used in the café and

in patient meals is purchased from Charlie’s Produce, a local vendor, and the bread is provided by Wheatberries Bake Shop.

In addition, recipes incorporate ingredients that keep healthy eating at the forefront.

**Nutrition for a better life.** “Nutrition is vitally important to a healthy lifestyle, and Gritman is always looking for ways to expand its wellness offerings,” says Nancy Kure, nutrition, diabetes and culinary director. “This is one way.”

In keeping with the café’s focus on the community as well as the shift to providing local food, Erin purchased a steer and hog at the Latah County Fair. Vandal Meats processed them both, and the fresh beef and pork were included in numerous meals served in the café.

◀ Erin Richardson and Nancy Kure have introduced fresh, local and organic food to the Courtyard Café at Gritman Medical Center. The two work together with their talented staff to provide delicious and healthy meals to patients and guests.



## Classes to improve your health and well-being



Find all of our classes and programs at [www.gritman.org](http://www.gritman.org). For more information, call 208-883-2232.

### EVENTS

#### Red Dress Run

February 26

Give your heart a little workout and have fun while helping promote heart health. Dress in your flashiest red dress—accessories are encouraged—and join the crowd in a walk and run. Watch our website for details or call 208-883-6233 for more information.

### EDUCATION AND WELLNESS

#### Osteoporosis Exercise Group

Tuesdays and Thursdays, 9:30 to 11 a.m.

Gritman Cardiac Rehab Center

\$6 per session

One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. Call 208-883-6088.

### SPECIALTY HEALTHCARE CLINICS

We work with many specialists who travel to us so you don't have to leave town to address your health concerns. Call 208-882-4511 for information about these clinics: ▶ Allergy and asthma. ▶ Cardiology (pediatric and adult). ▶ Nephrology. ▶ Neurosurgery and spine. ▶ Oncology.

#### Fit and Fall Proof

▶ Mondays and Wednesdays, 1 to 2 p.m.

▶ Tuesdays and Thursdays, 9 to 10 a.m. and 10 to 11 a.m.

Gritman Community Wellness Center, 510 West Palouse River Drive

FREE

Reduce your risk of falling by increasing your muscle strength and balance.

#### Diabetes Wellness Classes

First Tuesday of each month, 4 to 5 p.m.

Gritman Conference Center

FREE

Diabetes affects 80,000 adults in Idaho. Learn how to live with diabetes from local physicians, nurses and dietitians. Sponsored by Gritman Medical Center Diabetes Care. For more information, call 208-883-6341.

### SUPPORT GROUPS

#### Breast Cancer Support Group

Second Monday of each month, 7 p.m.

Gritman Conference Center

FREE

Open to all breast cancer patients and survivors. For more information call 208-883-4968 or 208-883-1422.

#### Caregivers Support Group

▶ Second Wednesday of each month, 3:30 to 5 p.m. (respite care available)

▶ Third Tuesday of each month, 6 to 7:30 p.m. (no respite care available)

Adult Day Health, 225 E. Palouse River Drive

FREE

Meet others and share information and resources in a relaxed, supportive setting. To learn more, call 208-883-6483 or e-mail [barbara.mahoney@gritman.org](mailto:barbara.mahoney@gritman.org).



#### Palouse Women Artists showcase work at Gritman

The word *vessel* took on a variety of forms as local artists explored their responses to its meaning in The Vessel Show at the Gritman Conference Center. The exhibit is on display through January.



#### Pink Tea raises more than \$34,000

Thank you to everyone who helped to make the ninth annual Pink Tea a stunning success. More than \$34,000 was raised with all proceeds going to the Bosom Buddies fund.

#### Motorcycle event benefits Cancer Resource Center

Many thanks to Jill Wagner, who presented a check for \$5,000 to the Gritman Cancer Resource Center after organizing Hogfest. The community event included a motorcycle show and shine, a rib barbecue cook-off, live music, kids' activities and more.



THANKS FOR MAKING OUR COMMUNITY A GREAT PLACE TO LIVE

GRITMAN MEDICAL CENTER  
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# Connections

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**Did you know?** *Gritman Medical Center is a not-for-profit 501(c)(3) hospital.*



## Holiday greetings from the Gritman Medical Center Foundation

We wish you a healthy and happy New Year! Visit us online at [www.gritman.org](http://www.gritman.org).

