

HealthWise

Fall 2009

Patio of Progress opens

The two-year "Buy-a-Brick" fundraising campaign came to fruition with the laying of the first phase of engraved bricks in our Patio of Progress. "With more than \$42,000 raised through the purchase of personalized bricks, the patio is a wonderful addition to our campus," says Brian D. Burnside, CEO. "Not only is this a fabulous setting, but it has created a special place of remembrance and meaning for all those who have participated in the program."



A stack of bricks is ready to be placed.

Designed by Brant Schmell, of Seymour, owner of WildDesigns Landscaping, the setting provides a quiet space where visitors, patients and staff can sit outside and take a few moments to relax. The enclosed space is designed with two entryways, a short three-foot seat wall and greenery to enhance the setting and overall appeal of the environment. ●



Brant Schmell, John-Mark Clark and Jason Murphy of WildDesigns Landscaping lay the first set of bricks.

The "Buy-a-Brick" program is ongoing and new bricks will be installed every few months. To purchase a brick, contact Laurie Ehrich at **641-872-2260, ext. 5327.**



**One minute
to better
health**

**Is global warming
making you sick?**

**Move your
body, boost
your brain
power**



current and former smokers run a higher risk of the heart-rhythm condition known as atrial fibrillation, which occurs when the heart's two upper chambers beat rapidly and out of synch. While not life-threatening, the condition can factor into your stroke and heart failure risk. In the study, more than 5,500 Dutch smokers and ex-smokers ages 55 and older were 50 percent more likely than people who never smoked to develop atrial fibrillation over seven years. While quitting smoking doesn't seem to affect arrhythmia risk, you should still ditch the habit to reduce your risk of lung cancer and heart attacks.

> Invest in your health

In these tough economic times, you may be tempted to skip checkups and take a break from your medicine. Don't do it without talking with your health-care provider. He or she may be able to offer suggestions on how to reduce your healthcare costs or direct you to local or state assistance programs. Here are some other suggestions:

- **Follow a healthy lifestyle.** A healthy diet and regular activity can keep many diseases at bay.
- **Get screened.** Mammograms, colonoscopies, immunizations and other preventive measures cost money, but in the long run they can spare you from a much costlier health crisis. Ask your doctor about free or low-cost screenings.
- **Go generic.** Talk with your health-care provider about replacing expensive brand-name medications with generic alternatives.



Renovation news

After years of planning and two years of construction, Wayne County Hospital (WCH) is excited to present our newly renovated facility to the community. Structural improvements include a new front entrance built on the east side to better accommodate patients and visitors with a full-service reception desk and upgraded waiting space. The proximity to the parking lot provides a more convenient arrival and departure point for hospital, emergency room and clinic patients.

WE'LL GET YOU WHERE YOU'RE GOING

With the many changes that have been made, some services have been relocated. The careful attention given to way-finding ensures patrons will easily find their way throughout the campus. Clearly marked entrances and directional signs throughout the facility will help you find the most convenient route to your destination. If possible, WCH staff will be happy and willing to escort patients and visitors.

The new Roger & Janet Winslow Maternity Suite, featuring two labor/delivery/recovery and postpartum rooms provides much-needed privacy, comfort and security for our growing obstetric services. The new secure nursery is an added bonus, with a large viewing area and separate procedure room.

Thank you to everyone who has helped make this dream a reality. Join us October 16 and 17 for our grand reopening celebrations. See page 8 for more details. WCH is ready to continue to serve this community for many years to come. ●

4WCH

HealthWise is a
community educational
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Lineville Medical Clinic 641-876-2070
Seymour Medical Clinic 641-898-2898
South Central Iowa Medical Clinic 641-872-2063

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Join us!

Save the dates of October 16–17

- **GRAND REOPENING GALA FUNDRAISER •**
FRIDAY, OCTOBER 16, 6–9 P.M., \$35 PER PERSON

Hosted at the Prairie Trails Museum

Join us for a “Taste of Wayne County” with local restaurateurs and caterers featuring a delectable spread of their own tasty specialties.

Tickets on sale now at Wayne County Hospital and from Wayne County Hospital Auxiliary members.

Fabulous door prizes and giveaways!

You won't want to miss this very special evening!

- **GRAND REOPENING OPEN HOUSE •**
SATURDAY, OCTOBER 17, 10 A.M.–2 P.M.

We're excited to welcome you to our newly renovated facility and show you all the improvements.

Come join the celebration!

- Chamber ribbon-cutting ceremony at noon
- Departmental tours on-going
- Mercy One helicopter as available
- Prizes and giveaways

For more information contact Laurie Ehrich at 641-872-2260, ext. 5327.