

JCMG Group Talk

December 2011 Vol. 15 / Num. 11



JCMG Taking Care of More than Health Care Needs of Community

The recent successful food drive is another example of how JCMG contributes to the well-being of our community. This year, JCMG raised \$282.75 and collected 730 pounds of food for the Central Missouri Food Bank. Every dollar raised equates to 15 meals or 20 pounds of food. Thus, JCMG created 4,230 meals for area families or 5,640 pounds of food.

The distribution of food by the Central Missouri Food Bank helps families throughout our service area, including the counties of Cole, Callaway, Camden, Maries, Miller, Moniteau, Morgan and Osage.

Specifically in Cole County, food is distributed to the Boys & Girls Club, First Christian Church Pantry, First United Methodist Church Pantry, Food Bank Emergency Services, Food Bank Mobile Pantry, Jefferson City Daycare, Jefferson City Food 4 Kids, Rape & Abuse Crisis Services, Salvation Army and Samaritan Center, as well as, Buddy Pack Schools. That is truly making a difference in our community this holiday season!

Keep in mind that JCMG Podiatry will hold their 5th Annual Shoe & Sock Drive in January to benefit the Samaritan Center. Watch for more details about this and other upcoming donation opportunities.

Thank you for your continued support.

Winter Hats Available in Dermatology

Who says that you need to sacrifice style for warmth this winter? Definitely not JCMG Dermatology! They are now offering the latest styles in seasonal hats by Sunday



Afternoons. Whether you're taking on the high-altitude sun and cold nights during a holiday adventure to the Colorado Rockies or just strolling down High Street partaking in some window shopping, they have the hat to fit your needs. The variety of colors, sizes and styles are sure to tempt any hat wearing connoisseur.

For these and other gift-giving ideas, including gift certificates, be sure to check their Facebook page, JCMG Dermatology. As always, JCMG employees receive a 10 percent discount!

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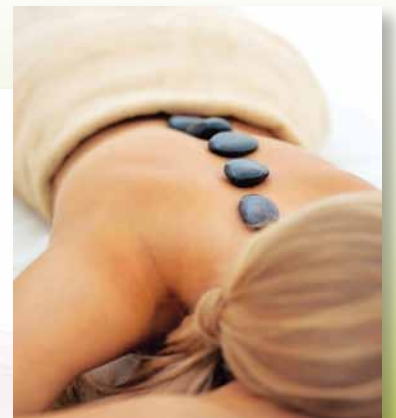
Massage Therapy Offered in PMR

Did you know that Frank Cremin, massage therapist, with Dr. Tom Folz, offers a variety of massage therapy?

Cremin has more than 17 years experience with various types of massage therapy:

- Neck and shoulders
- Therapeutic
- Deep tissue
- Swedish
- Mom-to-Be
- Japanese Stone
- Sports
- Arms and legs

Currently, you can receive 1/2 off your initial treatment. To make an appointment, please call, JCMG Physical Medicine & Rehabilitation at 556-7725.



Thanksgiving Dinner Highlights

EIC hosted Thanksgiving dinner for JCMG employees and physicians. Everyone was asked to contribute non-perishable items for the food drive.



Open Enrollment Goes Online

This year, insurance enrollment is going online to make it easier for employees and physicians to select their benefits package. On another good note, the employee portion of the health insurance premium will not increase this year, for the fifth straight year.

JCMG provides a competitive benefits package to assist employees in managing their health and well being. Once a year, the company allows employees to change certain benefit elections during the Annual Benefits Enrollment.

Everyone's benefit needs are different and may change over time. It is important to take time during this period to review your benefit options and make changes as allowed.

Wallstreet and JCMG will be conducting mandatory informational meetings, once again, to address changes to the 2012 employee benefit program. Individualized employee enrollment packets will be distributed at that time.

Employees are reminded to:

1. Attend mandatory meeting
2. Review current benefit elections.
3. Make changes as allowed.
4. Complete a salary redirection agreement.
5. Review paycheck after new deductions begin in January. Contact HR immediately if they are incorrect.

Online enrollment must be completed by Wednesday, December 21, or there may be an interruption and/or late enrollment penalties in your insurance coverage.

Bonuses Continue; Employee Credited for Cost Saving Suggestion

There's no denying that health care has not been exempt from the economic downturn that exists globally. With the decline in reimbursement and changes to the way health care is being managed, it's essential that everyone be cognitive of cost-saving ways to conduct business. That's the very concept behind the recent employee award.

Patty Blume was honored with a \$100 check for her cost-saving suggestion related to the calculation of employee bonuses. Her idea was to restructure the taxes that JCMG pays on behalf of the employees. Employees still receive bonus checks at the same net bonus amount. The suggestion is a win-win for employees and JCMG. Employees will still receive bonuses this year and JCMG will benefit from the tax savings.



What's Happening!



JCMG's Mission

To advance the health of the patients and communities we serve through a culture of compassionate care, cost-effective health care management, and comprehensive community health care services, which are easily accessible, and of the highest quality.

The Safety of Facelift Surgery in Older Adults

by Esteban Marten, M.D.
JCMG Plastic Surgery, 556-7720



As we all know, the American population is aging. The number of Americans age 65 and older is expected to more than double by 2050, and the number age 85 and older may increase fivefold. While the elderly account for only 12 percent of the U.S. population, they undergo nearly 40 percent of all surgical procedures. As more nonagenarians and even centenarians, now undergo major surgery such as cardiac bypass, the medical literature has become replete with hundreds of articles within the past twenty years assessing the safety of surgical procedures in older adults. Some studies have identified ages above which certain procedures become too risky, such as lung transplantation above age 70. Others have instead shown the relative safety of surgeries such as breast reconstruction in patients 65 and older. Unfortunately, very few studies have addressed the safety of cosmetic surgery in older adults. Despite this, the number of cosmetic procedures performed on patients age 65 and older has increased six fold in the past ten years, a 30 percent greater increase than for all ages combined. There is no doubt that the graying of America will continue to manifest itself in surgeons' waiting rooms around the country, and good medical research will be needed to establish what procedures can be done safely in this age group.

Recently, a group of researchers at the Cleveland Clinic decided to examine whether the risk of complications of facelift surgery was any higher in patients age 65 and older than it was in adults under age 65. The study was published in the June 2011 issue of the journal *Plastic and Reconstructive Surgery*, and was subsequently cited by many in the media including the *New York Times* and *ABC Nightly News*, as well as by the websites of plastic surgeons across the nation. The authors reviewed over 200 facelift surgeries performed over a three year period by the same surgeon. An identical surgical technique was performed for both older and younger patients. The oldest patient was 83. The study showed that for seniors with appropriate medical screening, complication rates were no greater than in adults under age 65. The authors then asked: "How old is too old for a facelift?" The data did suggest that complication rates may increase for patients age 70 and older, but the results were not conclusive due to small numbers of patients in this age group. Thus, the answer to this question will have to wait for another day.

Notable News & Calendar of Events

- Congratulations to the following employee who received a Signature Care customer service card since the last GroupTalk: Rhonda Weathers. Thank you to Carrie Holohan for a job well done.
- Congratulations to JCMG Laser & Vein Center (1st), Dr. James Weiss (1st) and Dr. Cindy Leahy (3rd) for being selected among the "Best of Jefferson City" in a readership poll conducted by *Jefferson City Magazine*.
- Reminder: All staff need to complete their 2011 Annual Required Training courses by Dec. 14, 2011 via the careLearning website. The 2011 ART courses will no longer be available after this date. The 2012 ART program will be available beginning January 1.
- JCMG Holiday Party featuring Buddy & the Notes will be held Saturday, Dec. 10 at the Capitol Plaza Hotel. Registration begins at 6 p.m., followed by length of service recognition, dinner, dance and an ugly Christmas sweater contest. Don't miss out!
- JCMG Clinics will be closed in observance of the Christmas and New Years Holiday on Monday, Dec. 26 and Monday, January 2. Extended Care and Pharmacy will be closed Christmas Day.



- 1 Dr. Sara Bohn, FHC, and staff spread holiday cheer throughout JCMG as she delivered homemade pecan pies.
- 2 New Employees (front L to R): Britany Shultz, NEURO; Dana Jobe, TRANS; Lindsey Dahler, PHARM; Heather Kidwell, PHARM; (back L to R): Brandi Williams, CARD; Michael Fooks, MC;; Emily Williams, CBO; Sarah Pritchett, CBO; Angie Rummerfield, CBO; Nancy Rowden, IM; Linda Kiesling, RAD; Jonetta Lintzenich, LAB.
- 3&4. Dr. Lory Feeler, FM, and Dr. Sarah Gordon, PEDS, shared inspirational reflections at the Thanksgiving Service.
5. The JCMG choir made their debut performance at JCMG during the Thanksgiving Service.

2011 Retirement Planning Calculator

by Sean Duggan, Moneta Group

When was the last time you calculated your progress toward saving for your retirement goals? On the home page of the website for your 401(k) plan record keeper, Retirement Plan Services, you can use their retirement calculator to gauge your progress. Go to www.rpsbenefits.com, click on Participant Resources, then Retirement Plan Calculator. Be sure to see where you stand then consider any recommended changes.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the January issue is December 16. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



December Birthdays

2	LAB	Tealah Hill
2	RAD	Wendy Reifsteck
2	IS	Heather Schulte
4	OFC	Dr. Samuel Brayfield
4	OSC	Dawn Cook
6	CR	Emily Mantle
6	IM	Melissa Schaumberg
6	PHAR	Jana Yarnell
7	PMR	Frank Cremin
7	GI	Dr. Sara Echelmeyer
7	FM	Jane Gregory
7	WTC	Ginger Meyer
7	OPH	Pam Scherer
8	RAD	Jason Caton
11	RAD	Mike Jones
12	LAB	Tatyana Gulyayeva
13	RAD	Anne Ellis
13	"O"	Shirley Presberry
13	FM	Joan Schaefer
14	RAD	Perry Bass
14	IS	Phil Hartman
14	IS	Jennifer Mehmert
15	PEDS	Erin Barbour
15	OSC	Laura Scheppers
16	LVC	Tammy Doerhoff
16	FCA	Debbie Langston
17	PEDS	Dr. Lora Folz
17	FCA	Dinah Lichtenberg
17	ON/HM	Barb Spencer
18	FM	Sara Collins
18	FM	Sheron Humphries
19	ON/HM	Cynthia Brownfield
19	RAD	Greg Bruce
19	WC	Dr. Sarah Dunn
19	FM	Merrie Pendleton
19	FM	Terri Phillips
21	GI	Dr. Todd Kilgore
21	ACCT	Tina McCulloch
22	OSC	Christine Gladbach
23	FM	Deborah Dooley
24	OSC	Pamela Jarvis
25	HSKP	Harold Hazlett
25	RAD	Sheryl Bacon
27	"O"	Karen Brown
27	PEDS	Tami Caine
28	EHR	Abby Duke

December Meeting Schedule

EHR Committee	Dec. 6	7:00 a.m.	Board Room
EIC	Dec. 6	1:00 p.m.	Board Room
Board of Directors	Dec. 9 & 16	7:00 a.m.	Board Room
Safety Committee	Dec. 15	7:45 a.m.	Training Room
FM Physicians	Dec. 16	6:00 p.m.	Board Room
FM Staff	Dec. 21	7:00 a.m.	JCMG Lounge
Education Committee	Dec. 21	11:30 a.m.	Training Room
Department Meeting	Dec. 23	9:00 a.m.	Board Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	JCMG Lounge
Cardiology Committee	Every Friday	7:00 a.m.	Board Room

JCMGuess Who?

Each month GroupTalk will highlight a JCMG employee. Clip off the form or send your entry on a 3"x5" card to Community Relations, by December 16. If more than one correct entry is received, a drawing will be held.

November's mystery employee was Becky Thompson, OSC, and the winner was Heather Baltzell, OSC. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee was born in the state of Washington. She grew up in Portland, Ore. Today, you'll find her working at JCMG. She is an active participant in the JCMG choir. She considers herself speedy and someone who "gives good shots." She has two sons, five grandchildren and a dog named Libby. This Guess Who will soon be honored for five years of service to JCMG.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
