

JCMG Group Talk

January 2012 Vol. 15 / Num. 1



Men Thanked for Bravery

Wow, now that was a Christmas party that many will not soon forget! What started as a normal gathering of coworkers to celebrate the holiday ended abruptly when gunfire was exchanged in the lobby of the Capitol Plaza Hotel during the evening of Saturday, December 10, 2011.

Thankfully, over time, JCMG has increased security on and off campus. JCMG has a number of discrete security measures in place at all clinics to keep focus on providing excellent health care in a comfortable, safe environment.

Dr. Richard Jennett, JCMG President/CEO, thought professional security was warranted for the holiday party. Thus, an off-duty, plain clothes deputy was hired. Chris Suchanek, Deputy with the Cole County Sheriff's Department, stood guard at the doorway to the ballroom throughout the evening. It was his quick actions and excellent skill that took down the gunman, keeping our employees, their families and other hotel occupants safe during the incident. His bravery undoubtedly prevented the loss of innocent lives.



On behalf of JCMG, Dr. Jennett wishes to commend the Highway Patrol, Jefferson City Police Department and the Cole County Sheriff's Department for their professionalism and sensitivity in handling the situation.

A special thank you and award presentation was held, during the JCMG Board of Directors meeting in December, to honor Deputy Suchanek and Lyle Rosburg, JCMG CFO, for their professionalism and bravery during the unfortunate incident.

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Month Ahead

Get ready
for your
red dress
both inside & out!

**Women's Health Fair
and Go Red for Women Day**
Thursday, February 2
4-7 p.m.

Topics to include:

- Ask the Doc Desk – Chandra Prasad, MD
- Controlling PMS and menopause symptoms – Brandi Nichols, MD
- "Rock Your Red Dress" while Pregnant – Josi Sanderson, MD
- Heart Healthy Diet – Lisa Finley, dietitian
- Free Chair Massages – Frank Cremin, massage therapist
- BMI and Blood Pressure Screening
- Skin Care Health

Pre-registration required for all sessions. The following sessions also require appointments.

- Free Vein Screenings
- VISIA Complexion Analysis

Everyone that pre-registers will receive a gift bag & the first 25 registrants will receive a gift card for a FREE custom facial.

To register, please call JCMG Laser & Vein Center

Proud to be the **Go Red** Sponsor
American Heart Association
Learn and Live

JCMG
LV Laser & Vein
CENTER

573-761-LASR (5277)
2311 W. Edgewood, Suite 101 (Crestwood Center)
Jefferson City
www.jcmglaser.com

Get Red Dress Ready

The American Heart Association's (AHA) National "Go Red for Women Day" will be held Friday, February 3.

In preparation for the event, JCMG Laser & Vein Center, the 2012 Go Red for Women sponsor, has partnered with the AHA to offer a ladies event, "Get Ready for your Red Dress both Inside and Out!"

The women's health fair will be held Thursday, February 2 from 4 to 7 p.m. at JCMG Laser & Vein Center. Featured topics include: Ask the Doc, Controlling PMS and menopause symptoms, "Rock Your Red Dress" while pregnant, heart healthy diet and skin care health. Free chair massages, VISIA complexion analysis, vein screenings, as well as, BMI and blood pressure screenings will be available.

Registration is required for all sessions. Appointments are necessary for the VISIA and free vein screenings. To register, please call 573-761-LASR (5277). Everyone that pre-registers will receive a gift bag. The first 25 registrants will receive a gift card for a free custom facial.



Can You Spare a Pair?

They're not asking for the shirt off your back, just the shoes of your feet. Well, not quite that drastic but you get the point.

JCMG Podiatry is hosting a collection of shoes and socks to be given to those in need of protection from the winter elements. Your donation may keep someone from facing frostbite during the bitter cold months.

The 6th Annual Shoe and Sock Drive will take place from January 3 to 31. You may drop off new or gently used shoes and new socks at the JCMG Medical Building.

401(k) Plan Savings Goals for 2012

by Sean Duggan, Moneta Group

It's that time of year to examine your savings rate in the 401(k) plan. The plan matches 50 percent of the first six percent you defer. If you are not deferring at least 6 percent you are missing out on matching contributions and should create a game plan to get to the 6 percent savings rate. Often increasing your savings rate by one percent is a relatively painless way to move towards that goal.

Attention Nurses: Input Needed!

Harvard researchers are recruiting 100,000 female nurses for Nurses' Health Study 3. The Nurses' Health Studies (NHS) are the largest, longest running investigations of women's health.

Since NHS began in the 1970's, the information provided by its 238,000 dedicated nurse-participants has led to much of what we know today about women's health and disease.

Now NHS is looking for 100,000 new participants to form a diverse cohort of female RNs or LPNs (or studying to become one) who are between the ages of 22 and 46 from across the U.S. and Canada.

Participation in the study requires that you complete 30-minute online surveys about lifestyle and health. By doing so, you will help women everywhere, now and into the future. Join a world-renowned group of nurses. Contribute to groundbreaking research on lifestyle, environment, nurses' worklife, and women's health.

For more information, or to join the study, please visit www.nhs3.org.

Physicians Team Up for Breast Cancer Seminar



No one wants to hear the word cancer. However, being armed with the right information and a caring team of educated professionals can make the battle a little easier to bear.

Several JCMG physicians have teamed up to offer a free seminar, "Latest Options for Prevention and Treatment of Breast Cancer." The educational forum will be held from 5:30 to 7 p.m. on Tuesday, January 31 at Hawthorn Bank Community Room in Jefferson City.

If you or someone you know has a family history of breast cancer; are concerned about risk to yourself or your family; want to know what can be done to decrease personal risk for getting breast cancer; or what can be done to reduce your risk of cancer coming back, then you should make plans to attend.

Each physician presenter will talk for 10 minutes on topics including, breast cancer overview and risk factors in the U.S., screening recommendations, genetic testing, surgery and radiation treatment, chemotherapy and reconstruction/cosmetic options. A question and answer session will follow. Reservations are required. Please call 573-635-0234, ext. 5210 or email slehmen@jcmg.org.

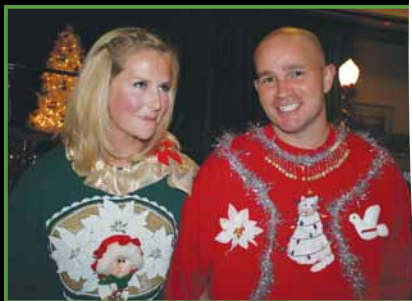
What's Happening!



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.

JCMG Holiday Party Highlights



Recognition for Length of Service

Employees and physicians present at the Holiday Party were recognized for length of service.

(front, L to R) Michelle Hoeller, IS; Lori Smith, FCA; Amanda Nichols, ACCT; Cathy Niekamp, WC; Sherry Cleveland, FCCL; Heather Schulte, IS; Dawn Block, TRANS; Kathy Mattson, LAB; Carla Gredell, LAB; Vicki Muenks, SURG; Shawn Ickes, OSC; **(middle row, L to R)** Barb North, CBO; Dr. John Sennott, PT; Kellie Sennott, PT; Shubha Miller, IM; Debbie Hibdon, MS; Debbie McGowen, CBO; Peggy Scott, CBO; Shelby Koelling, CBO; Betty Jo Halas, CARD; Lisa Macy, OSC; Pam Scherer, OPH; Janet Wear-Enloe, CR; **(back, L to R)** Sara Collins, FM; Debbie Libbert, FCA; Sylvia Sabala, INF; Jennifer Mehmert, IS; Jessie Sneller, CBO; Rhonda Weathers, CARD; Dr. Conrad Balcer, CARD; Carol Backes, WC; Anne Ellis, RAD; Dr. John Sanfelippo, CARD; Ron Rockwood, EHR; Dr. Sarah Gordon, PEDS; Dr. Stanley Dorst, FM; Anne Schutt, MS; Christine Gladbach, OSC; Marsha Ashlock, OSC; Dr. William Duke, POD; Cynthia Kendrick, FP.



Insert A



Jolly Ol' St. Nick

Insert B

Modern Approaches to Bunions

by Jody P. McAleer, DPM, FACFAS
JCMG Podiatry, 556-7724



The winter is almost upon us and with the cold icy weather we must pack away our sandals and flip-flops and dust off our shoes and boots. These snug fitting enclosed warm vessels are welcomed by those individuals trying to stay warm in the inclement Missouri weather and feared by others who are remiss at memories of pains past. Hallux abducto-valgus, commonly referred to as a 'bunion deformity', is one such foot ailment which can strike a significant cord of disgust in the hearts and minds of those who prepare for the cold weather seasons.

The bone prominence and enlargement of the great toe joint (first metatarsal phalangeal joint) encroaches on the interior aspect of enclosed shoes and causes pain and nerve impingement. Early in its development, this deformity may appear as a slight swelling on the side of the joint and may not be painful. However, as the problem progresses, the lump becomes larger and more prominent. The great toe begins to drift leading to an irregularity at the joint which causes pain, localized tenderness, and limitation of motion and it results in permanent deformation.

Bunions can develop following acute blunt joint trauma or repeated small injuries to the feet over many years. Many patients develop this problem due to factors associated with genetic predisposition, which may be passed on to later generations. Early diagnosis is key to prevent the problem from progressing. Custom made shoe orthotics can be fabricated to slow and even reverse the deformity process. These devices work by improving stability and reducing inappropriate joint compensation.

In those cases of significant deformity with joint adaptation and arthritis, surgery is usually the best option for treatment. The management of this problem typically includes balancing of the joint capsule/tendons/ligaments of the great toe. The joint is also remodeled and requires the bone to be cut, properly positioned and fixated while it heals in the proper reduced position. Most patients can walk on the surgical foot the day of surgery and undergo a four to six week recovery period. Surgical results are lasting and resolve the discomfort experienced with shoe wear.

Computer assisted digital plain film radiographic analysis of the skeletal deformity prior to surgery is key to procedure planning. This method involves taking digital x-ray images with the patient standing in the angle and base of gait to simulate the weight bearing position while walking. The bones and joints of the foot and ankle are then evaluated using computer assistance to measure their exact alignment and position. Based upon established normal skeletal reference angles, surgical procedures can be customized and tailor fit to the needs of the patient in order to correct and realign the foot.

Notable News & Calendar of Events

- Congratulations to employees receiving Signature Care customer service cards since the last GroupTalk: Patty Blume, Lisa Coffman, Amy Dunn, Amanda Nichols, Kim Shepherd, and Janet Wear-Enloe. Thank you to Nicki Kloeppel and Carrie Utterback for a job well done.
- Congratulations to the following physicians who have recently passed board examinations to attain certification: Dr. Samuel Brayfield, Hospice and Palliative Medicine; Dr. Rolando Breier, Oncology; Dr. Crystal Cook, Family Medicine; Dr. Douglas Laux, Hematology and Oncology.
- JCMG Laser & Vein Center charity for January is Dreams to Reality. In addition to providing them with a portion of proceeds for the month, they are hosting a scrubs drive. Donations of scrubs are greatly appreciated.
- JCMG Employee Quarterly Meeting will be held Tuesday, January 17 at 11:30 a.m. and 12:30 p.m. Select one session to attend and remain clocked in for the meeting. This is an opportunity for employees to receive the latest JCMG updates, announcements and other information from Administration. Quarterly Service Awards will also be announced.
- JCMG Quarterly Cleaning Day is scheduled for Friday, January 20. It's the time to spruce up your area and help the Housekeeping staff keep JCMG looking great. Employees may wear jeans.
- JCMG is partnering with St. Marys Health Center to host the community's first baby expo. Mark your calendars (and tell mommy friend's) that "Baby Bonanza, Every Stage & Age" will be held Sunday, March 18 from 1 to 5 p.m. at the Capitol Plaza Hotel.



- 1 JCMG employees helped make Christmas brighter for patients and employees having a difficult time financially.
2. One by one the angels from the tree came and went.
3. Numerous JCMG employees volunteered on their lunch time to ring the bell for the Salvation Army.
- 4&5. Santa was greeted by many excited children. Thanks, Santa, for visiting JCMG and to EIC for planning the fun activities! Be sure to check out more photos on Insert B.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

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



January Birthdays

1	IM	Jodi Farris
1	CBO	Kathy Hayes
1	IM	Dr. Krishna Mettu
2	FCA	Dr. Zshvetta Jones
2	FLP	Cynthia Kendrick
2	ON/HM	Dr. Douglas Laux
3	CARD	Tammy Martin
4	OSC	Becky Schmidt
4	CBO	Carol Hamilton
7	LAB	Joni Bailey
7	OSC	Shawn Ickes
7	CBO	Debbie McGowen
8	PHAR	Dick Sartor
10	IM	Jennifer Dukes
12	FCA	Katy Loesch
13	CARD	Lisa Coffman
14	OSC	Sandy Benne
14	PEDS	Krista Duncan
15	FM	Leeann Paterson
15	FHC	John Huhman
16	IS	Michelle Hoeller
16	EHR	Elizabeth Carver
17	MAIN	Chris Hibdon
17	TRAN	John Leininger
17	ORTHO	Diana Strange
17	CBO	Pam Werdehausen
18	CBO	Cheri Chiles
18	ORTHO	Rebecca Hurst
18	IM	Marlene Riney
19	WTC	Beverly Pethan
19	CBO	Elaine Barnett
20	FM	Dr. Thomas Robbins
20	FCA	Deborah Libbert
22	LVC	Lori Jones
22	WC	Dr. Brandi Nichols
23	CBO	Anna Jarvis
23	ENT	Whitney Krieg
23	PEDS	Sarah Rembecki
23	CBO	Emily Williams
24	OSC	Karen Loaiza-Wulff
24	FCA	Jamie Meyer
25	ACCT	Beth Durham
26	FHC	Tina Kliethermes
27	FM	Dr. Saira Babar
27	OFC	Colleen Brayfield
27	SURG	Neva Bryant
28	CARD	Laura Buehler
28	RAD	Michael Mallonee
29	MAIN	John Book
29	ON/HM	Kara Maher
30	OSC	Barb Redus
31	FP	Dr. Lory Feeler
31	PT	Dr. John Sennott



January Meeting Schedule

New Employee Orientation	Jan. 10 & 11	8:30 a.m.	Training Room
Finance Committee	Jan. 12	12:00 p.m.	Board Room
FM Staff	Jan. 17	7:00 a.m.	JCMG Lounge
Employee Quarterly Meeting	Jan. 17	11:30 a.m. & 12:30 p.m.	JCMG Lounge
Board of Directors	Jan. 19	7:00 a.m.	Board Room
FM Physicians	Jan. 19	6:00 p.m.	Board Room
Education Committee	Jan. 24	11:30 a.m.	Training Room
Safety Committee	Jan. 26	7:45 a.m.	Training Room
Department Meeting	Jan. 26	9:00 a.m.	Board Room
Building LLC Meeting	Jan. 31	7:00 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" x 5" card to Community Relations, by January 16. If more than one correct entry is received, a drawing will be held.

December's mystery employee was Donna Oswald, FM, and the winner was Peggy Benson, FM. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee will celebrate her 30th wedding anniversary this year. She is the proud mother of three grown children. Her oldest son is a family medicine physician; her youngest son is engaged to be married; and her only daughter is preparing to bless her with a fourth grandson. This employee loves to decorate. Currently, she's helping to make silk floral arrangements for her son's wedding. She's also involved in a room-by-room remodel of her home. She loves to travel to the New England states and dreams of one day taking an Alaskan cruise. This Guess Who has worked for JCMG for a total of five years.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
