

JCMG Group Talk

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Remembering a Devoted Physician

The Jefferson City community -- and particularly the JCMG family -- have lost a beloved member. Dr. Ronald E. Strong passed away January 21, 2012, leaving his colleagues saddened, yet blessed to have worked alongside this exceptional physician.

Dr. Strong was cherished by his patients. He was recognized as a skilled professional, a compassionate caregiver and a kind and humble man. "He was ready to do whatever was good," said Pastor John Tarbet, in his message describing Dr. Strong.

As a family doctor for more than four decades, he kept his patients' best interests always at the center of his focus. Even as he drew closer to retirement in 2011, Dr. Strong continued to take advantage of opportunities to learn additional skills and adapt to new technology if it meant better care for his patients.

For a physician, that's legacy enough. But Dr. Strong's impact extended more broadly. With his natural personal skills and the professional respect he'd gained, he became a leader in breaking down barriers so that all physicians in the community -- whether MDs or DOs, primary care doctors or specialists -- could work together to improve patient care. That laid the foundation for the formation of a multi-specialty group, and in 1995 the Hancock-Strong-Feeler Family Clinic merged with the new Jefferson City Medical Group. Today, JCMG has 90 health care providers dedicated to physician-led health care.

Fortunately, his example of what it means to be a physician will live on. He influenced hundreds of young doctors, as a clinical professor of family medicine for Kirkville College of Osteopathic Medicine and as a mentor to many students who shadowed or interned with him.

The JCMG family sends condolences to Dr. Strong's wife, Linda, and the rest of the family. We hope they find comfort in his enduring legacy.



- 2 Cosmetic Surgery Seminar
- 2 Weight Treatment Center Enhances Program
- 2 Work Begins on New, Employee Parking Lot
- 3 Is It a Heart Attack?
- 4 A Look at the Month Ahead

Work Begins on New, Employee Parking Lot



Construction of two new parking lots recently began in preparation of building the JCMG Women & Children's Center.

Excavating crews are stripping, chipping rock, digging and mulching the hillside across from the JCMG Medical Building, where a 64-car parking lot will offer spaces for employees. A temporary road to Satinwood is being used to access this area.

In addition to this parking area, 21 patient spots are being created near the Ameren substation. This parking lot is scheduled to open by the week of Feb. 20.

Eventually, a third new parking lot will be developed near Purchasing by the trash area.

The main entrance to JCMG on Satinwood is in the process of being widened. In order to do this work, one lane will be closed, the cedar tree will be removed and the light pole and sign will be moved.

Please be patient and drive carefully as much work will be done over the next several months.

The JCMG Women & Children's Center is scheduled to open in early 2013.

Cosmetic Surgery Seminar

Tuesday, Feb. 28, from 5:30 to 6:30 p.m. at the Hawthorn Bank Community Room.

Dr. Marten will discuss facelifts, brow lifts, eye lids, nose surgery, breast augmentation/lift, breast reduction, tummy tuck, liposuction/body contouring, as well as, after weight loss procedures (skin removal).

The seminar is free to the public but reservations are required. Please email slshmen@jcmg.org or call 573-635-0234, ext. 5210 to reserve your seat today!

WTC Enhances Program

NEW FOR 2012! JCMG's Weight Treatment Center is offering a new program for the Maintenance Phase which builds on the skills introduced during the weight loss phase and incorporates practical applications based on the latest research regarding weight maintenance success. It is also important to JCMG's Weight Treatment Center that clients are offered value for their investment of time and dollars. The S.T.A.R.® program (Steps To Avoid Regain) will be offered in 12-week sessions, resulting in a lower overall cost than the previous six-month (24-week) maintenance program. Further, those clients who would prefer to attend for a longer period of time or at a frequency of their own choosing will be able to do so at a reduced cost. A minimum of three months' participation in the reducing phase is a prerequisite.

For more information, please call JCMG Weight Treatment Center at 556-5774 or visit <http://www.jcmg.org/jcmg.nsf/web/Weight-Treatment-Center>.



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.

Is it a Heart Attack?

by Ashley Schreiner, Pharm D

JCMG HealthMart Pharmacy Manager, 556-7780



More than a million Americans have heart attacks each year. Nearly half of them die. Why does this happen? In many cases, it's because people don't take action quickly enough – or at all.

A heart attack occurs when blood flow to part of the heart muscle is blocked. If blood flow isn't restored quickly to that part of the heart muscle, it lacks nutrition and dies. That's why it's so important to seek medical help right away.

If you or someone you're with may be having a heart attack, call 9-1-1 without delay. This needs to be an ambulance trip to the hospital, not a joy ride. If you get caught driving in traffic, you can lose valuable minutes. To help you visualize the urgency of the situation, think of a heart attack as a gunshot to the heart. If symptoms stop within five minutes or come and go, don't just thank your lucky stars. Call your doctor and describe what happened. A blood vessel could be on its way toward blockage.

Cardiologists call the 60 minutes after a heart attack the "golden hour." That's because this is the narrow window of time when treatment can open arteries and prevent permanent heart damage. These heart specialists have two methods for doing this. They can use a clot-dissolving drug. Or, they can perform a procedure to open blocked heart arteries.

If treatment is so effective, why don't people get themselves promptly to the hospital where they belong? Maybe it's because many have a Hollywood image of a heart attack: the clutching of the chest, the unbearable pain, the dramatic collapse onto the floor.

But a heart attack can have several guises. Symptoms can begin quickly or slowly. They can be severe or mild. They may come and go. They can even vary from one time to the next, and some people may have no clear symptoms at all. These are called "silent heart attacks." They are more common in people with diabetes.

Chest discomfort or pain may be a hallmark of heart attack. But it can feel more like pressure than pain. It may be a squeezing or heaviness, making it difficult to catch your breath. Or, you may have a feeling of fullness or indigestion, resembling heartburn. You may have other warning signs of a heart attack, including: discomfort in one or both arms, or your back, neck, jaw, or stomach; nausea, vomiting, lightheadedness, or fainting; and sweating.

So if this happens to you or someone you know, will you take the needed action? Or will you be afraid you're being alarmist and worry that the symptoms were nothing but a case of indigestion? If so, remember this: You can't die of embarrassment. But a heart attack can most definitely kill you.

After a heart attack, doctors often prescribe medications to prevent a second one. These work in various ways. For example, they might prevent blood clots, lower cholesterol, or lower blood pressure. Don't stop taking these without your doctor's okay. If you run into any problems or have any questions, I'm here to help guide you.

Notable News & Calendar of Events

- Congratulations to the following employees for receiving a Signature Care customer service card since the last GroupTalk: Lyle Rosburg, Patty Blume, Susie Eoff, Michelle Hancock, Stephanie Lehmen, Paul Lepper, Emily Mantle, Mary Kay Ryan, and Janet Wear-Enloe. Thank you to Melissa Downing, Teresa New and Brian Ridenhour for a job well done.
- Congratulations to Dr. Sarah Dunn on her election as a Fellow of the American Congress of Obstetricians and Gynecologists and to Dr. Krishna Mettu for becoming a Board Certified Diplomate in Sleep Medicine.
- Congratulations to Mary Ulm, Sue Gump, Crystal Foley, and Louise Hune, who were the 50 mile walking challenge winners. They each received a \$50 gift certificate to either Macy's or Dillards.
- EIC is hosting Casino Night on "Fat Tuesday" February 21 from 7 to 9:30 p.m. at VFW Post 35 in St. Martins. Registration begins at 6:30 p.m. Prizes will be awarded after 9 p.m. A 32" flat screen TV and Kindle Fire are among the fabulous prizes. Be sure to register on the JCMG Intranet by February 15 if you plan to attend.

2012 Savings Goals

by Sean Duggan, Moneta Group

In last month's article we discussed savings goals for your 401(k) plan. It is also important to set goals for other types of savings, like an education account for children (529 Account) an IRA or just additional dollars to a savings account. A simple way to accomplish these goals is to set up automatic payroll deductions where money is automatically deducted each paycheck and deposited to an account of your choice. This is a very successful way to be sure the money actually gets saved.



1. Women's Clinic of JCMG and JCMG Plastic Surgery were exhibitors at this year's Bridal Spectacular.
2. New Employees (front L to R): Erin Angerer, LVC; Stephanie Schenewerk, LVC; Sheri Dye, INF; Lynn Nolasco, FHC; Sylvia Wiles, LVC; (rear L to R): Jennifer Simmons, CBO; Jennifer Kuljak, IM; Tabettha Jones, CARD; Courtney Killday, PEDS; Katie Eidson, EC; Lauren Holbold, FCA; Vicki Salas, PS.
- 3&4. JCMG was well represented at Deal or No Deal. The banker and two lovely "ladies" worked their magic to raise money for Easter Seals.
5. JCMG Podiatry conducted another successful Shoe & Sock Drive. This is the 6th year that they have held the drive to benefit the Samaritan Center.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the March issue is February 20. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



February Birthdays

1	OSC	Geneva Wyatt
3	IM	Carol Schneider
3	ON/HM	Karen Goodenough
3	ENT	Peggy Buersmeyer
3	RAD	Lori Caton
4	WC	Cathy Niekamp
5	CBO	Merlita Beloncio
5	FCA	Terry Krantz
5	LVC	Diane Garber
6	SURG	Bev Cearlock
6	LAB	Tabatha Lancaster
7	PMR	Dr. Thomas Folz
7	IM	Nicole Klund
8	CBO	Linda Ridenhour
8	ENDO	Jennifer Kuljak
9	HSK	Kim Edwards
9	ENT	Rhonda Bestgen
9	ORTHO	Dr. Joyce Wilson
12	GI	Jo Stieferman
13	FCA	Donna Wieberg
13	MS	Anne Schutt
14	FCA	Lori Smith
15	ENT	Nancy Goode
15	RAD	Ashley Smith
16	CLR	Dottie Webb
16	FCCL	Clarissa Hock
17	PEDS	Colette Lee
19	INFO	Debbie Coon
20	WC	Shawn Otto
21	RAD	Randy Fuhrman
22	LAB	Violet Mattson
22	LVC	Brandi King
22	FCA	Haven McCarty
23	GI	Lana Jennett
23	RAD	Dr. Bonnie Smith
23	CBO	Rachel Brizendine
25	CBO	Tammy Beasley Schaefer
25	RAD	Dr. Ravi Bodiwali
25	FM	Nicole Allen
26	SURG	Kelli Green
28	OSC	Tabitha Tarrant
29	IM	Diane Carey

February Meeting Schedule

New Employee Orientation	Feb. 14 & 15	8:30 a.m.	Training Room
Board of Directors	Feb. 16	7:00 a.m.	Board Room
FM Physicians	Feb. 16	6:00 p.m.	Board Room
FM Staff	Feb. 21	7:00 a.m.	JCMG Lounge
Risk Management	Feb. 23	7:00 a.m.	Board Room
Safety Committee	Feb. 23	7:45 a.m.	Training Room
Department Meeting	Feb. 23	9:00 a.m.	Board Room
Education Committee	Feb. 28	11:30 a.m.	Training 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 February 20. If more than one correct entry is received, a drawing will be held.

January's mystery employee was Judy Holzem, INFO, and the winner was Carol Mize, INFO. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee enjoys shopping which one could determine by simply checking out her jewelry collection. Her two teenage daughters help to keep her young. She enjoys quiet time to sit and read. She also likes spending time at the river on nice summer days. Her faith is very important to her. She recently was able to attend a "Women of Faith" conference in Kansas City. This Guess Who has worked for JCMG for a combined total of three years, although she's been in her current position for one year.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
