



Your Health...
It's important to us.

Try Our Online Calendar

Have you tried our new interactive calendar at meekermemorial.org? You can view many classes, events and support groups and register online. Click "Class and Event Calendar" from the top menu of any page to get started.

At Meeker Memorial Hospital (MMH), our childbirth classes are designed to educate expectant women and their support person during pregnancy in preparation for the birthing experience. And for those who are interested, a breastfeeding class will be offered following each childbirth class.

Childbirth Education Weekend Classes

2011 May 6-7 and September 16-17

Friday from 6:30 - 9:30 p.m. &

Saturday from 9:00 a.m. - 4:00 p.m.

Childbirth Education Four - and Four - Class Series

2011 Four-class series that take place on Mondays from 6:30 - 9:30 p.m.

July 11 - August 1, and November 7-28

Cost: \$60 per couple

Breastfeeding Education

2011 May 9, August 8, September 19 and December 5

Monday following CBE classes at 6:30 - 9:30 p.m.

Cost: \$20 per couple

To register for Childbirth Education or Breastfeeding Education classes, call 320-693-4519 or visit www.meekermemorial.org and register online.

Focus on Healthy Living Program

MMH Healthy Legs ... FREE Vein Screenings:

For individuals who have varicose veins, pain, leg heaviness and fatigue, swollen limbs or skin changes and ulcers. Come to a Free Vein Screening on: Thursday, April 28 from 4:00 - 7:00 p.m.

Thursday, September 22 from 4:00 - 7:00 p.m.

Location: Meeker Memorial Hospital Specialty Clinics

Come for a FREE Vein Screening, learn about diagnostic, surgical procedures and health information to help you get back to healthy legs.

(Continued on opposite side)

I want to receive information about Open Door Gifts, MMH/MMC services.

Name: _____

Email: _____

I want to learn more about: _____

Meeker Memorial Clinic Adds the Convenience of Physical Therapy Services

Patients Can Now Receive Rehab Care in Dassel



While oftentimes a long journey, rehabilitation is one of the most important roads to recovery. Continual care is critical in order to improve, develop and restore strength and functionality that has been lost or impaired as a result of a disease, injury or surgical procedure.

As health care providers, Meeker Memorial understands the importance of being able to supply our patients with the convenient resources needed to meet our patients' goals. Recognizing our patients' struggles, particularly those in need of rehabilitation, we expanded our physical therapy services to our clinic in Dassel.

Physical Therapist Miranda Pommier started offering physical therapy services at Meeker Memorial Clinic (MMC) in January, 2011. She also sees patients at Meeker Memorial Hospital (MMH) when she is not at the clinic in Dassel. She joined MMH in March 2008. She graduated from the University of Minnesota with a Doctorate of Physical Therapy in June 2007, and currently resides in Dassel.

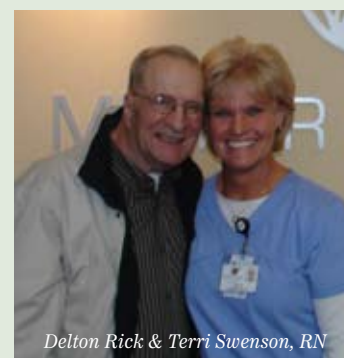
Her specialties include services for after surgery, injury, vestibular, balance, joint pain, headaches, myofascial release for pain management, back pain and sports management. Pommier's addition will give our patients the luxury of more appointment options, a closer alternative for area residents and further opportunities to receive specialized care and expertise.

The addition of physical therapy services to MMC has benefited not only patients, but physicians as well. Closer proximity, in addition to onsite diagnostic testing, has allowed for better communication when detecting the progress or recovery from a disease or injury, and determining best treatments.

Physical therapy services at MMC in Dassel are currently available both Tuesdays and Thursdays. Patients should contact their doctor and check with insurance to see if a doctor's order is needed for treatment. Call for an appointment at 320-275-4330.

Quality, Safety & Service Help Define Our Mission, Vision & Values

Go to meekermemorial.org and Tell Us How You Have Experienced "Care as it should be"



Delton Rick & Terri Swenson, RN

Delton Rick, a lifelong Litchfield resident and retired postal worker, is something of an expert on hospital service and quality. Not only has he undergone several surgeries himself, but he also spent 10 years as a medivan driver, assisting other patients to and from their medical appointments. Still, Delton proudly gives Meeker Memorial Hospital (MMH) top honors.

"The care was totally exceptional," Rick says while recalling his most recent hospital admission. "Everyone - bar none - was polite and caring. They are truly professional."

Ann Lien, Chief Nursing Officer at MMH explains that a great deal of effort goes into developing a culture where service and quality thrives. "We actively measure, and act on, information we learn from both voluntary and compliance-driven evaluations of customer service, patient care and patient safety," Lien says. "At the top of our four values is 'A commitment to quality that ensures the safety of our patients.'"

MMH uses industry-adopted quality criteria and unique internal measurements to monitor its performance in areas of patient care, safety and satisfaction - and independent, third-party evaluations are used to track all three. The Centers for Medicaid and Medicare Services and Minnesota Department of Health are government agencies who routinely monitor hospital performance. MMH also uses an outside company called Press

Ganey to measure and track patient satisfaction. By the end of 2010, MMH was scoring among the top 3 percent of similar hospitals for patient satisfaction.



Have you experienced "Care as it should be" at MMH? Go to meekermemorial.org to share your story.



MEEKER MEMORIAL HOSPITAL
Care as it should be.

Horizons

A PUBLICATION OF MEEKER MEMORIAL HOSPITAL

Investing in You & Your Community

After nearly six decades, MMH remains a sound, vital economic asset to Meeker County

Inside



Home Away From Home
Page 2



The nation's economic downturn has affected public and private organizations alike, and health care entities have not been immune to the recession. Meeker Memorial Hospital continues to report a positive net income and healthy balance sheet.

YOUR BILL LINE

Pay Your Bill Online
Page 3



Outstanding Surgical Care
Page 3



Convenience of Physical Therapy
Page 4



Help Define Our Mission
Page 4

Prior to financing its building expansion project, the financial underwriter for the sale of the gross revenue bonds required the organization to develop a pro forma - a formal statement outlining projected financial performance measures. Not only has MMH met the goals of its pro forma - it has exceeded expectations. Kyle Rasmussen, Chief Executive Officer, says that given the circumstances, the organization's strong performance in 2010 has been the most satisfying financial result he has seen in his 20 years of hospital administration.

"Projections when our revenue bonds were sold were for a \$352,000 loss in 2010, but in fact we were able to make a profit and increase revenue from the previous year," Rasmussen said. "This is very significant in a year that was tough for many neighboring hospitals. And this was on the heels of a major building project."

Steve Plaisance, Chief Financial Officer, said, "The hospital's commitment to the community does not stop at providing excellent care. The organization continues to meet its responsibility to protect our economic asset to Meeker County. Our community needs us and we plan to be here for them. MMH has sustained a good financial position, increasing its current assets by 3.3 percent in 2010 and decreasing its liabilities by 11.8 percent during the same time period."

"Not only has MMH met the goals of its pro forma - it has exceeded expectations."

"The additional capital on hand will allow MMH to allocate supplementary resources towards potential growth, investment and improvement opportunities," added Greg Brock, MMH board member. Brock said MMH demonstrated a substantial increase in liquidity, meaning the hospital is in a comfortable position to meet financial obligations, both short-term and long-term.

A study published in October 2010, in the *Journal of Rural Health*, found that in addition to enhancing a community's quality of life, the presence of a critical access hospital (such as MMH) can also be beneficial for retail activity. According to the paper, communities with a critical access hospital saw retail sales nearly 28 percent higher than those without one.

MMH contributes to the local economy in several ways. For example, MMH currently employs more than 200 individuals and is among the largest employers in Meeker County. The organization also turns to local service providers and merchants for various operational needs. Moreover, MMH invests in local and state initiatives to make Meeker County a healthier place to live.

(Continued on Page 2)



MESSAGE from our CEO Kyle Rasmussen

Spring has finally arrived and with it a sense of renewal and excitement. After coming off a very meaningful and successful 2010, Meeker Memorial Hospital has several new providers and services to offer all of you:

- We have expanded our orthopedic surgical coverage with the additions of Dr. Jason Barry and Dr. Gordon Walker who have started their practices this month. They bring a lot of expertise and skills to the organization, all the way from knee surgery and hip replacements through sports medicine consultations and general office visits.
- We are also happy to announce the upcoming arrival of an OB/Gyn specialty physician coming to the area. Dr. Elton Fennell will begin his practice in early June. Dr. Fennell will complement our highly qualified staff in the obstetrical area as well as provide gynecological surgery that the community has been missing for several years.
- In the radiology area, Dr. Nihar Shah and his colleagues at Suburban Radiology have joined the medical staff at MMH. Sub-specialization in all areas of radiological interpretations and on-site procedures will include enhanced breast care services, ultrasound guided procedures and fluoroscopic procedures and injections.
- To help facilitate the additional surgery volume that we will be able to provide, we have expanded our anesthesia department as well. Jason Mabee, CRNA and Thad Larson, CRNA will be relocating to the community to add anesthesia coverage for our operating rooms and outpatient surgical areas.

MMH will continue to add new, high-quality services for you, our area residents. Together with a new, state of the art medical facility and the finest health care team around, we will provide you with the best health care experience available anywhere. We welcome you to come and see what all the excitement is about!

Visit us at www.meekermemorial.org

Helping Families Make the Most of Their Special Experience

Meeker Memorial Hospital's Birth Center is a Home Away From Home

The arrival of a baby is one of the most extraordinary times a family can enjoy. At Meeker Memorial Hospital (MMH), our goal is to create a home-like atmosphere for moms, babies and their loved ones. Our Birth Center team strives to accommodate parents' unique wishes and birth plans, helping them to make the most of this special experience.

Joan and Nick Olson, who recently moved to the Litchfield area, had planned some specific details for the birth of their son, Abe, who was born on January 25. They envisioned a joyful but calm delivery setting where they could be joined by their doula and Nick's mother as well. Joan preferred to deliver without pain medication, and the new parents wanted Abe to be in the room with them throughout their hospital stay.

"They followed our birth plan to a T," said Joan, noting that the nurses made a point of communicating the family's wishes with each other so nothing would be overlooked. "The mood was very relaxed, and those in the room were cheering and encouraging me through the delivery. It was important to me to have that support group."

Nancy and Jerry Bonniel's son, AJ, was born on January 6 – MMH's first baby of 2011. The Bonniel's are residents of Dassel and while AJ is their third child, this was their first experience delivering at MMH.

"I needed to know that the hospital was prepared for a birthing emergency," said Nancy. "I felt reassured knowing that my doctor was confident in the hospital's ability to handle any need." "The surroundings were very comfortable," said Nancy. "We had all the attention we could have wanted."



Jerry, Nancy and Abe Bonniel

Both moms expressed appreciation for how quickly their rooms took on a non-clinical feel after their babies were delivered – a detail that happens by design according to MMH Inpatient / ED Nurse Manager Angie Dietel.

"Our concern first and foremost is for the care and well being of our moms and newborns," says Dietel. "And we also want to provide a warm, inviting environment where families can enjoy this special time. Therefore, our rooms are set up with the capability to store medical equipment out of sight when deliveries are completed."

equipment out of sight when deliveries are completed."

Announcing OB/GYN Specialist Elton Fennell, MD

Meeker Memorial Hospital will welcome the expertise of a new medical staff member in June of 2011. Dr. Elton Fennell, a specialist in obstetrics and gynecology, will begin consulting with patients at Affiliated Community Medical Clinic in Litchfield. The addition of Dr. Fennell will expand access to a full range of women's health services for residents of Litchfield and surrounding communities. Obstetrics services available include prenatal care, labor and delivery, and postpartum care. Gynecological services include routine preventive care, basic infertility services, evaluation of abnormal PAP smears and bleeding problems, and surgery.

Dr. Fennell completed his undergraduate studies at the University of South Carolina and the Medical University of South Carolina; he earned his medical degree in 1982 from the American University of the Caribbean. He completed his family medicine residency in 1986 and his obstetrics and gynecology residency in 1996 from East Tennessee State University, James H. Quillen College of Medicine. Dr. Fennell is certified by the American College of Obstetrics and Gynecology.

Community support for MMH is evident by the volunteer growth at the organization and by the success of the hospital's "Invest in the Future" fundraising campaign – an effort to help fund its building expansion project. "Invest in the Future was the largest, single capital campaign ever held in Meeker County, and it was phenomenally successful," said Mike Boyle, Executive Director for the Meeker Memorial Hospital Foundation. Boyle explained that the campaign committee rallied enough community support to exceed the original goal and raise more than \$1.5 million from local businesses and individuals by reengaging community and business members about the need and importance for the hospital's growth.

CEO Rasmussen is optimistic that MMH will remain a fiscally strong community asset for years to come thanks to its generous community and outstanding employees. "We have a fantastic new building, but that's bricks and mortar," Rasmussen said. "I attribute our success to Meeker Memorial employees who have done a tremendous job of caring for our patients, and we will continue to seek new ways to enhance that experience."

You Can Pay Your Bill Online Now

Convenient & Secure

**PAY MY BILL
ONLINE**

Area residents can take advantage of the new option to pay your bills online for both the Meeker Memorial Clinic (MMC) and Meeker Memorial Hospital (MMH) by going to the hospital web site: meekermemorial.org. Use the "Pay My Bill Online" option to make a one-time payment or set up a monthly payment plan. "The new option should make it more convenient for our patients," says Connie Liimatta, director of patient financial services.

Contact MMH Patient Financial Services with questions about your bill at 320-693-1392.

Registration at the Hospital & Clinic

Online & On-site Options Available

Through the use of the credit card system, patients also have the option to pay their bills with convenience at registration. With a simple transaction, registration personnel can assist patients or family members with a speedier process. In addition, both online and at registration, patients can sign up to receive more information about hospital and clinic services by email. "It's a digital age and we are preparing for the future," says Michael Boyle, Executive Director of the Foundation and Community Relations. As the hospital and clinic look to offer more service opportunities and improve the patient experience, technology will play a helpful role.

Outstanding Surgical Care is Close to Home

Patients Need Not Look Far to Find Skilled Clinicians and Top Technology



The 2009 expansion at Meeker Memorial Hospital (MMH) included three new state-of-the-art surgical suites, where an in-house surgical team and other visiting specialists perform a number of general and specialized procedures such as ear, nose and throat surgery, foot surgery, orthopedics, eye surgery and urology.

Dr. Timothy Peterson leads the surgery program at MMH. He assures patients that for many common procedures, MMH surgical technology, capabilities and most importantly, patient outcomes, rival those of larger institutions.

"A visiting urologist recently remarked that our surgical suites are 'hands down...the best he's worked in'," Dr. Peterson says, noting that the suites were remodeled to allow for continued growth. "We are teaming up with other departments and personnel to expand the services we can provide."

One such example of that team effort is MMH's approach to diagnosis and treatment for venous reflux disease (or venous insufficiency), which commonly results in varicose veins and may be treated with minimally-invasive surgical and non-surgical therapies. Physicians work with our Diagnostic Imaging Department, Wound Care, Specialty Clinics and Rehabilitation Services teams to recommend the most appropriate treatment.

Karen Dick had lived with varicose veins for years and had undergone traditional treatment for venous reflux disease such as vein stripping and blood clot removal. Unable to tolerate the discomfort caused by her condition, she sought treatment once again last December. Dr. Peterson, Dick explained, was able to perform a minimally invasive outpatient surgical procedure and she is very pleased with the results.

"It was no big deal at all," she says. "I'm kicking myself for having not done this sooner. I'm not having any pain at all." Dick says she is looking forward to being active this spring, working on her family's farm west of Litchfield.

Call 320-693-4519 if you're interested in learning more about venous insufficiency at one of our upcoming screenings. To learn more about surgical services available at MMH, call 320-693-4575 or go to meekermemorial.org and see our surgical suites in an online tour.

Timothy Peterson, MD

Dr. Peterson earned his undergraduate degree at the University of Minnesota, Morris and attended medical school at the University of Minnesota, Minneapolis. He completed a family practice residency at the Family Practice Center in Sioux Falls, SD and a general surgery residency at University of Iowa Hospitals and Clinics, Iowa City, Iowa. Dr. Peterson is certified by the American Board of Family Practice and American Board of General Surgery.

His surgical interests include:

- Laparoscopic abdominal surgery including G.E.R.D. corrective surgery
- Thyroid and parathyroid surgery
- Breast surgery
- Endoscopy
- Sentinel node biopsy
- Trauma surgery
- Varicose veins (radio frequency ablation, injection sclerotherapy and segmented vein surgery)

To schedule general surgery or consultation with Dr. Tim Peterson, appointments can be made through the Affiliated Community Medical Center in Litchfield at: 320-693-3233.

Here's to Your Health

Events, Classes & Support



**Your Health...
It's important to us.**

Community Heartsaver CPR and First Aid Classes

Litchfield Community Education and MMH are partnering to offer American Heart Association (AHA) Heartsaver CPR and First Aid Classes, which will be taught by Wendy Foley, certified AHA instructor, in the conference center at the hospital. The cost is \$40 for those over 55 years old and \$45 for those under 55 years old. Eight or more participants from the same business receive a discounted price of \$35 per person.

Class Dates:

2011 CPR: 6:00 - 9:00 p.m. on June 6, August 22, October 17 and December 5

2011 First Aid: 6:00 - 9:00 p.m. on June 13 and October 24

To register, call Litchfield Community Education at 320-693-2354.

Bone Builders Classes

Developed by Tufts University, the Bone Builders program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis. The program is offered nationwide through the Retired Senior Volunteer Program (RSVP), and is grant-funded by Prime West Health in partnership with Ecumen of Litchfield, MMH, Mid-Minnesota Development Commission and The Minnesota River Area Agency on Aging.

Bone Builders Classes at MMH

Weekly on Mondays and Wednesdays at 3:30 p.m. Location: MMH Conference Room A (lower level)

Those interested in attending a Bone Builders Class sponsored by MMH at this community site should call 320-693-4573 or the RSVP office at 800-669-6714.

Spring MMH Auxiliary Masquerade Jewelry & Accessory Sale

The \$5 Masquerade Jewelry and Accessory Sale has a variety of items for sale from necklaces, earrings, watches to handbags. There are items for women, men and all ages. Come join us and get a special gift for your mom!

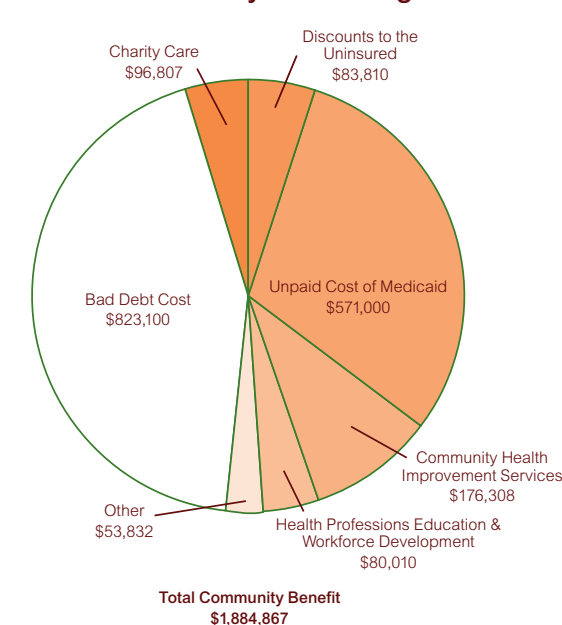
2011 9:00 a.m. - 5:00 p.m. on May 4

Location: MMH Conference Center

Investing in You & Your Community

(Continued from Page 1)

2009* Community Benefit Figures



*2010 Data is currently being tabulated.

Open Door Gifts
20% OFF
(next item purchase)
Sign up to get information about our next sale or information about Meeker Memorial Hospital/Clinic services. See back.