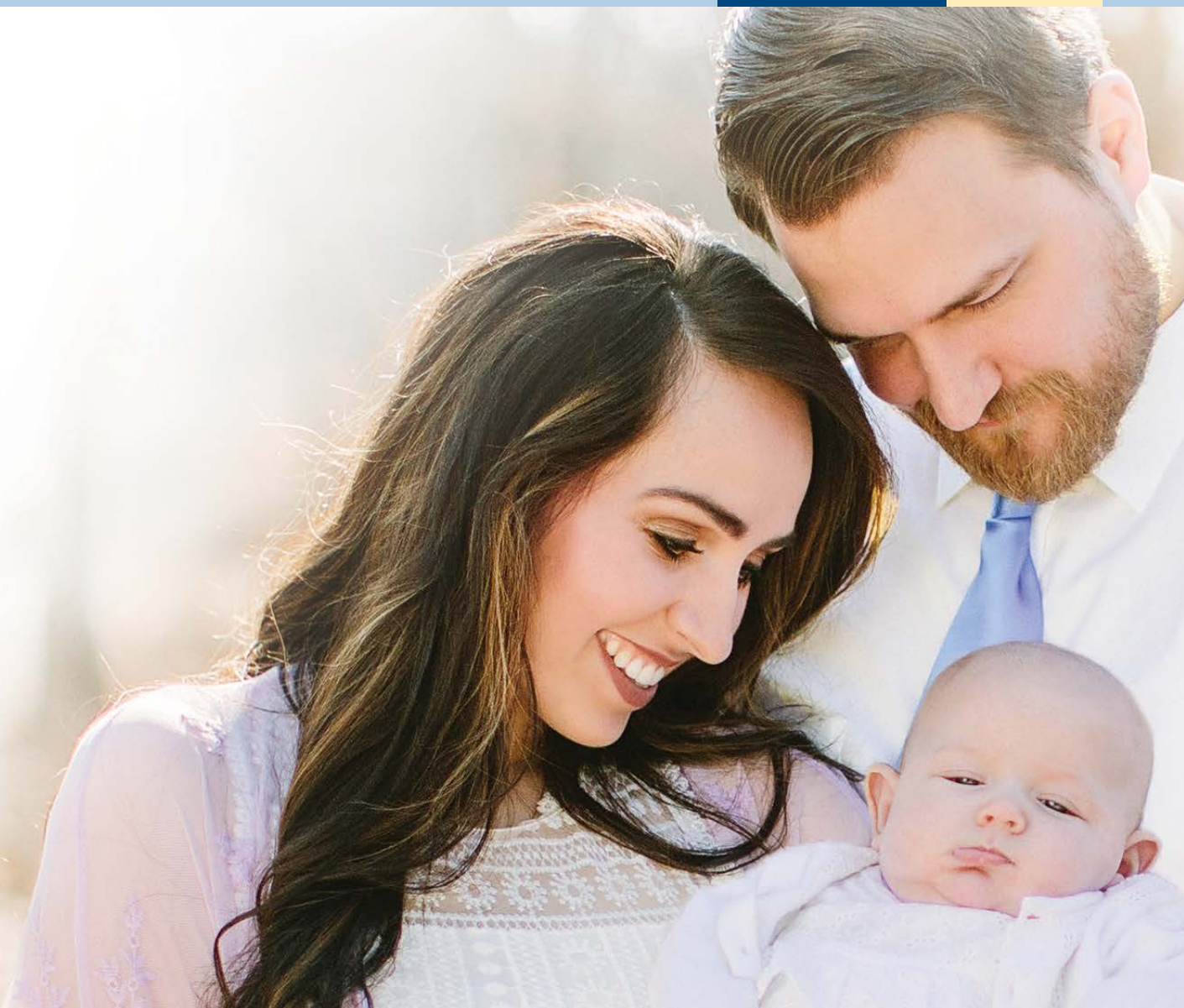


Livewell

VOLUME 10

ISSUE 1



Why Nearly 700 Families Choose Our Maternity Center Every Year
Foundation Update
Rodney's Story: A Stroke Survivor
2018 Community Benefit Report
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inside



Letter from the CEO, Darinda Reberry

Western Missouri Medical Center (WMMC) has positioned itself as a strong, independent health system, which did not happen by chance. This community has been fortunate to have leaders, physicians, and community supporters who have fought to bring the best care possible to this area, which dates back over 150 years ago.

We understand that quality healthcare is essential when you need it the most, which is why WMMC has strategically facilitated partnerships with nationally recognized organizations from the Kansas City area to provide the same advanced specialty care you would expect to receive at a larger health system.

These providers that we have partnerships with not only know the high quality care that is provided at WMMC, but they also have access to the resources provided in the bigger systems. This means that our team and partners know when your healthcare can stay in Johnson County, and when it should be moved to the city in case you should need a more critical level of care.

We have established these partnerships to help maintain high quality healthcare in our community while remaining independent so patients like you receive the best care possible. Remaining county owned not only allows us to keep decision making capabilities about our providers and services here, but it also allows us to provide the same care that you would receive in the city, just closer to home. It also enhances economic development capabilities, and allows WMMC to grow and meet the growing needs of our community.

Thank you to all of our patients that continue to choose WMMC, and we hope that you will continue to choose us and support the community as we grow our facility and the quality of care that we provide for you.

Kindest Regards,

A handwritten signature in dark ink that reads "Darinda Reberry".

Darinda Reberry, President/Chief Executive Officer

OUR SERVICES for your health...

Western Missouri Medical Center

- Diagnostic Imaging
- Family/Express Care
- General Surgery
- Inpatient Care
- Internal Medicine
- Laboratory Services
- Maternity Center
- Orthopedic Services
- Pain Management
- Pediatrics
- Pulmonology
- Rehabilitation Services (PT, OT, ST)
- Rheumatology
- Sleep Medicine (Adult/Pediatric)
- Sports Medicine
- Urology (*coming soon!*)
- Women's Services

OUR PARTNERS for your health...

ConnectCare

- Hospitalist

ENT of Greater Kansas City

- Ear, Nose and Throat/Audiology (Adult/Pediatric)

Envision

- Emergency
- Anesthesia

Healogics

- Wound care

HCA

- Senior behavioral health
- Tele-neurology & tele-neonatology
- Multi-specialty clinic includes: vascular, cardiology, neurology (*coming soon!*) care

Kansas City Nephrology

- Kidney disease management and treatment

Saint Luke's Health Systems

- Cardiology
- Endocrinology
- Infectious Disease
- Neurology
- Oncology

The WMMC Foundation...A History of Giving

The WMMC Foundation was established in 1984 as "Friends of WMMC." In 2015, the WMMC Foundation began a reinvigoration process and formed seven committees, currently comprised of more than 70 community leaders. Each committee is charged with answering the call to meet the growing health care needs of those we serve – our families, our friends and our neighbors. Gifts to the WMMC Foundation touch every area of our medical center. They help attract the most talented physicians, fund facility expansions and ensure you benefit from the best equipment and technology.

1984

Foundation established as "Friends of WMMC"

Feb. 2017

Telemedicine Robot purchased (\$60,000)

2018

Launched "Advancing Cancer Care, Closer to Home" campaign (Goal: \$330,000)

Jan. 2019

First annual fundraising event, Fire & Ice, raised over \$50,000

2015

Renamed the "WMMC Foundation"

2018

Donated \$180,468 for medical equipment and Care Relief Funds

Jan. 2019

Launched Talk2Me, behavioral health hotline (\$20,000)

April 2019

EBUS Machine purchased for Cancer Project (\$264,073)



For information on the WMMC Foundation or to donate, visit WMMC.com/Foundation or call (660) 262-7464.

LNO

LADIES' NIGHT OUT IS BACK.
OCTOBER 15, 2019
5-8 PM | UCM ELLIOT BALLROOM
WMMC.COM/LNO

SAVE THE DATE,
UPCOMING EVENTS!



Your Partner For *miracles*

These are the stories of why nearly 700 families every year trust WMMC for Labor & Delivery.



ASHLEY & BEN TORKELSON...

moved to Whiteman Air Force Base and knew they wanted a baby. After a lot of research, testing, preparation, and several appointments with Dr. Deborah Gregory, OB/GYN, at Western Missouri Medical Center, the couple went to Spain to complete the IVF process. **They knew they were embarking on a long journey, but they were determined to have their miracle.** After IVF, Dr. Gregory and the rest of the WMMC medical team helped them welcome baby Corban into the world.



BO & LOGAN KIRCHHOFF...

discovered they were pregnant and knew exactly where they were going to bring their baby girl, Jade, into the world. **There was only one medical team they trusted - Western Missouri Medical Center.** Bo's pregnancy was normal, but her delivery could have had serious complications. She had an extra lobe of placenta, but thanks to Dr. Ashley Alumbaugh, OB/GYN, who caught and treated the issue before the complications could occur. Both both Bo and baby Jade went home happy and healthy, and they love their WMMC family!



TAYLOR & DERIK KINDE...

met at the University of Central Missouri, and after years of college and some travel, they finally found their way back to Warrensburg and delivered their baby girl at Western Missouri Medical Center. **"It was the most beautiful journey, and we owe that to the doctors because they made that journey so special and made us feel so at home,"** Taylor said. They choose WMMC as their partner for labor and delivery because of Dr. Birchmier, OB/GYN, and the friendly staff that respected their birth plan.

Book a FREE tour and child birth class at [WMMC.com/Obstetrics](https://www.wmmc.com/Obstetrics)

Rodney's Story: A Stroke survivor

Recognizing the Signs

Rodney Higgins woke up at 1:30 am on October 22, 2018, with leg cramps. Although uncomfortable, not anything unusual, he walked it off and went back to bed.

Donna, Rodney's wife, woke up that morning to go to her regular volunteer shift at the hospital that day. As Rodney got up with her, he noticed that the left side of his face felt different. When he went to the bathroom to examine his face in the mirror, the left side of his face was noticeably drooping. Immediately he knew he had a stroke. Donna took one look at him and after hearing his slurred speech she knew exactly what was happening. She called 9-1-1 and Rodney was rushed to Western Missouri Medical Center's (WMMC) Emergency Department.

Receiving Lifesaving Care

WMMC is a Level III Stroke Center which means that the Emergency Department meets the standards to provide definite and timely treatment for stroke patients.

"I was extremely impressed with how fast they moved," Rodney stated.

Strokes occur when a blood vessel carrying oxygen and vital nutrients to the brain is either blocked by a clot or ruptures. When this happens, part of the brain is deprived of blood and oxygen, destroying millions of valuable nerve cells within minutes. Medication needs to be administered to the patient within a certain amount of time after the stroke. This time is referred to as the



"Golden Hour." The sooner the medication is administered, the less brain function that is lost and chances at recovery improve significantly.

After nurses and doctors moved him swiftly through the Emergency Department, he was given the medication within the "Golden Hour" of discovering his stroke. He quickly stabilized at WMMC and was then life-flighted to Saint Luke's (a partner of WMMC's) where he stayed for 10 days for recovery.

Knowing the Symptoms

When Donna and Rodney were asked how they both immediately knew Rodney was having a stroke, their answer was clear. They both were educated on F.A.S.T. Donna explained she had learned the signs from being a volunteer at WMMC, and knowing F.A.S.T. taught her what to look for in stroke patients.

FAST: Stroke Warning Signs and Symptoms

F – Is the person's FACE drooping?

A – Can the person lift both ARMS?

S – Is the person slurring SPEECH?

T – TIME lost is brain lost, call 911 immediately.

Additional stroke symptoms include sudden numbness or weakness on one side of the face or body, confusion, trouble speaking or understanding speech, trouble seeing, dizziness, loss of balance or coordination, and severe and sudden headache.

Rehab and Recovery

Rodney is grateful to be in recovery and doing well after his stroke. He continues to see Dr. Olds from Saint Luke's monthly during his recovery, and he receives rehab therapy twice a week with Angela, Eric, and Kelly. When asked where he wanted to receive rehab treatment, he immediately said WMMC's Rehab Center and complimented the staff.

At 84 years old, Rodney is functioning almost as well as he was before his stroke. Rodney and Donna are grateful to have known the signs of a stroke and want more people to be educated on the symptoms. ▲

Show your *heart* some love with a Heart Scan!

This quick, safe and painless exam assesses your risk of heart disease and stroke for **ONLY \$50!**

(660) 262-7370

You may benefit from this exam if you:

- Are a woman over the age of 50
- Are a man over the age of 45
- Have a family history of heart disease
- Have high blood pressure
- Are a smoker
- Are at least 20 lbs overweight
- Are diabetic



Community Benefit Report

This Community Benefit Report highlights some of the advancements Western Missouri Medical Center (WMMC) made in 2018.

Financial Strength

- WMMC launched a hospital-wide **cost saving strategy** and reduced fees for outside services, consulting, software, supplies, and more resulting in a **savings of \$9 million**. Our 2018 audit showed a \$127,430 loss (nearly break even) – a significant turnaround from an \$11 million loss in 2017.

Patients

- Nearly **400 women** attended Ladies' Night Out hosted by WMMC and UCM Health Center. **90 mammograms were scheduled**, which speaks to the importance of early detection to women in our community.
- WMMC's Auxiliary purchased a **LUCAS device** for WMMC's Emergency Department that provides CPR during prolonged cardiac arrest.
- WMMC's Auxiliary raised \$3,600 at the Annual Ice Cream Social for an Obstetrics Hemorrhage Emergency cart.

Employee/Community

- Greg Hassler** was sworn into the WMMC Board of Trustees.
- WMMC became the Official Healthcare Provider for **University of Central Missouri (UCM) Athletics**.
- WMMC partnered with the **American Heart Association (AHA)** for the 2018 Johnson County Heart Walk.
- Kellie Baker, RN**, a Patient Care Supervisor at WMMC was honored as a **"Nurse of the Year"** award recipient at the Annual March of Dimes – Kansas City Nurse of the Year Awards.

Quality

- WMMC was recertified by The Joint Commission for both total knee and total hip replacement with the **Gold Seal of Approval**.
- Johnson County Community Health Services partnered with WMMC to launch of a new online community resource portal called **JoCo Helps: WMMC.com/JoCoHelps**.
- Advanced Wound Center** was designated as a National Center of Clinical Excellence and among a select group of 34 prestigious wound centers (out of 800 centers nationwide) to receive the **Healogics President's Circle Award**.
- WMMC's **Sleep Center** received accreditation from the **American Academy of Sleep Medicine (AASM)**.
- WMMC became a designated **Level III STEMI Center** (ST-elevation myocardial infarction, heart attack).

Key Operating Statistics

	2016	2017	2018
Admissions	3,399	3,526	3,571
Outpatient Visits	54,337	61,979	64,195
Emergency Department Visits	20,666	20,757	21,288
Clinic Visits	76,731	136,222	132,274
Newborn Deliveries	689	707	657

Balance Sheet

	2016	2017	2018
Assets	\$120,112,797	\$108,616,410	\$100,429,131
Liabilities	\$64,861,877	\$65,073,547	\$57,192,482
Fund Balance	\$55,250,920	\$44,542,863	\$43,236,649

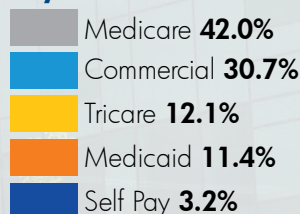
	2018
County tax appropriation received	\$945,664

*Bad debt expense	\$11,740,025
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*Charity care	\$2,003,205
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Total Charity Care & Bad Debt Expense	\$13,743,230
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Payor Mix



**Bad debt consists of services for which hospitals anticipated but did not receive payment*

**Charity care consists of services for which hospitals neither received, nor expected to receive, payment because they had determined, with the assistance of the patient, the patient's inability to pay*

Providers

WMMC welcomed new physicians to our community in 2018:

Sarah Kirchhoff, MD

Western Missouri Family Healthcare – Concordia

Jackie Yates, DO

Building Blocks Pediatrics and Sleep Center

Tracey Arwood, MSN, CNM

Western Missouri Bone & Joint

Auxiliary Report

- The **Auxiliary** celebrated its **50th anniversary** by donating **\$16,856.50** to purchase equipment for 4 different departments + **\$88,000** to remodel the Women's Health Center.
- Volunteers **donated 12,178 hours** and made over **670 pillows** for surgical patients for 2018.
- The WMMC Auxiliary provided **\$5,000 in scholarships to 5 students**.

Foundation Report

- The **Foundation** contributed **\$180,468** back to the **Medical Center, its employees and patients**:
 - \$100,000** for a Radio Frequency Ablation machine
 - \$20,000** for Talk2Me
 - \$19,132** for a Radio Navigator
 - \$15,120** for inpatient mattresses
 - \$14,500** for Employee Relief Funds
 - \$10,944** for cell phone charging stations
 - \$773** for baby changing stations
- Announced 1st major campaign **Advancing Cancer Care, Closer to Home**, a \$330,000 project.

Growth

- Expanded pediatric services** to Western Missouri Family Health in **Knob Noster**.
- Launched **pediatric sleep medicine program** with the addition of board-certified pediatrician and fellowship-trained sleep medicine physician, **Dr. Yates**.
- Western Missouri Bone & Joint** added **platelet-rich plasma (PRP) therapy** services. PRP uses injections of a concentration of a patient's own platelets to accelerate the healing of injured tendons, ligaments, muscles and joints.
- Western Missouri Women's Health Center** began offering **hormone therapy treatment**. Hormone therapy is most commonly used to improve the side effects of menopause in women, but there are several benefits for both men and women.
- Starting August 28, 2018 all insurances were mandated by the state of Missouri to cover **3D mammograms**.



Provider Updates...



Aaron Rupp, DO, Achieves Board Certification

Congratulations! Dr. Rupp, Orthopedic Surgeon at Western Missouri Bone & Joint, recently earned his Board Certification from the American Board of Orthopedic Surgery. Dr. Rupp joined the WMMC Team in 2016.

(660) 747-2228



Meet Our New General Surgeon: Brandon Machicao, DO

Welcome! Dr. Machicao graduated from Kansas City University of Medicine and Biosciences with his Doctorate of Osteopathic Medicine. Dr. Machicao is moving to Warrensburg with his wife, Emily.

(660) 747-5558



Meet Our New Family Nurse Practitioner: Kenyon Hagen

Welcome! Kenyon joined Western Missouri Family Healthcare - Warrensburg and Higginsville. Kenyon graduated from the Graceland University in Lamoni, Iowa, and relocated to the area to be closer to her family.

**Higginsville: (660) 584-7751
Warrensburg: (660) 747-7751**

There's no pressure to say everything. Their job is to listen when you feel like there's no one else who can help.
Identifying information may be obtained in an emergency situation.

Talk2Me

Text
"Talk2Me"
to 81509.

A secure communication service that allows you to receive help with a crisis through text by linking you to a licensed professional.

Break the code of silence. Visit WMMC.com/Talk2Me

