



Rehabilitation Services

The Rehabilitation Services Department at Bates County Memorial Hospital (BCMh) helps both inpatients and outpatients recover from a wide range of conditions, illnesses and injuries.

“We have a great team of therapists and pride ourselves on offering comprehensive care to the community,” says Scott Ridings, Director of BCMh Rehabilitation. “Many people are surprised at how sophisticated our facilities are and that we have physical, speech and occupational therapies available to care for children and adults locally.”

For more about the Rehabilitation Services at BCMh, see page 3.

BCMh Rehab Department Keeps Herman Strauch Going and Going...

At 84 years old, Herman Strauch easily might be compared to the Energizer Bunny—he just keeps going and going!

But he’s also quick to let you in on the secret to how he does it. “The Rehabilitation Services Department at Bates County Memorial Hospital has helped me remain in my home and independent,” he says. “I’m still going strong thanks to them!”

In fact, Herman has a long-standing relationship with the department and its staff dating back 24 years. That’s when his left leg was amputated below the hip due to cancer. “I did most of my rehabilitation right here in Butler after that,” Herman says. “They taught me

how to walk again using two forearm crutches and helped me become mobile. I like to say they got me back on my ‘foot’ again!” he laughs.

Between his crutches and a power wheelchair, Herman was very active until his right knee began bothering him a couple of years ago. “I had my right knee replaced, then did my physical therapy here at the hospital after a brief stay at a nursing facility,” Herman explains. “Because I only have one leg, it’s important that it works well and that I remain strong.”

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Occupational therapist ▶ Shayna Hedrick, left, and occupational therapy assistant Annie Johnson, right, recently helped Herman Strauch rehabilitate his hand after an injury and surgery.





Award-Winning Auxiliary Supports BCMH

The Bates County Memorial Hospital (BCMH) Auxiliary is a special group of men and women who come together for one purpose: to provide support to the hospital staff and raise funds to purchase medical equipment and room furnishings.

Over the years, the BCMH Auxiliary has raised several thousand dollars to help the hospital purchase needed items to provide quality patient care.

Volunteers receive recognition for hours of service and free meals while volunteering. Most important, volunteers have the satisfaction of knowing they are making a contribution to providing quality health care in the community.

Join the BCMH Auxiliary by calling 660-200-7044, or pick up an application at the hospital Information Desk in the front lobby.

BCCHF Ornament is Special Holiday Treasure

The Bates County Community Health Foundation (BCCHF) began a tradition in 2002 of placing a Memory Tree in the lobby of Bates County Memorial Hospital each holiday season. The 2015 tree is now in place, and will remain up through January.

To decorate the tree, the foundation sells special memory ornaments that can be customized in remembrance of a friend or loved one. This year's ornament was designed by Consultechs.

The name of the individual being honored can be displayed on one side, and the ornaments are returned to the purchaser when the holidays are over. Proceeds from sales support the Foundation's IMPACT Concussion Screening Program and the scholarship fund.

Ornaments are on sale now through Dec. 11, for a cost of \$15 for one, or \$25 for two.



For more information on purchasing an ornament, talk with any foundation member, or call Shannon Bjerke, Bates County Memorial Hospital, 660-200-7072.

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“Most people probably would not think of what the Rehab Department has done for me as a miracle, but it’s a miracle to me!”

— Herman Strauch

Because he recognizes how important it is to be active, Herman pays a low monthly fee to use the Rehabilitation Department’s equipment. “If I didn’t do this, I wouldn’t get the exercise I need,” he admits. “They have a couple of machines I like to work out on to keep my upper body and my leg strong. It’s well worth it. Plus, everyone here knows me and they are very encouraging. They won’t let me quit.”

Herman needed their encouragement, skills and knowledge again recently when he crushed the thumb on his right hand. “I was moving a couple of big rocks and my thumb got caught between them. I really did some damage to it.”

After surgery to stabilize his thumb, Herman knew more rehabilitation was in his future, this time with the hospital’s occupational therapist who specializes in hand therapy.

“I have to have the use of my hands,” Herman says. “To walk with my crutches, I have to be able to grip them, and put all of my weight on my palms. I couldn’t do that after surgery. I went to therapy three times a week for a couple of months to regain the strength in that hand so I could use my crutches again. Without them, I would be trapped in my home.”

Today, Herman is back to his daily routine and on the move. “I can do everything now that I did before,” he says. “I go to the store and load and unload my groceries myself, and go to the high school football games. I am very independent.

“I can’t praise the staff at the Bates County Memorial Hospital Rehabilitation Department enough,” Herman adds. “Their skills, knowledge and how they relate to their patients is excellent. I have had therapy in a couple of other places over the years, but no one compares to what we have here. I call them my PT Department, and I recommend them highly!”

MEET THE BATES COUNTY MEMORIAL HOSPITAL

Rehabilitation Services Staff

Physical Therapy

The experienced physical therapy team at BCMH provides hands-on treatment for patients with sports injuries, gait and balance challenges and rehabilitation following joint replacements.

The BCMH physical therapy team includes:



- **Scott Ridings**, *Director of Rehabilitation*, 26 years of experience, bachelors of science in physical therapy. Scott specializes in adult orthopedics, including shoulders, knees and hips.
- **Jaime Marsh**, *Physical Therapist*, 16 years of experience, masters degree in physical therapy. Jaime is certified in wound care.
- **Jeremy Jones**, *Physical Therapist*, 11 years of experience, masters degree in physical therapy. Jeremy specializes in orthopedic cases.
- **Kennette Bilyeu**, *Physical Therapist*, nine years of experience, masters degree in physical therapy. Kennette is wound care certified, a CLS-certified lymphedema specialist and is diabetic wound certified.
- **Bryan Gentry**, *Physical Therapist*, four years of experience, doctorate of physical therapy. Bryan specializes in general orthopedics.
- **Sharon Hoots**, *Physical Therapy Assistant*, 29 years of experience, associates degree as physical therapy assistant. Sharon treats neurological/orthopedic conditions.

- **Leisa Vigliaturo**, *Physical Therapy Assistant*, 19 years of experience, associates degree as physical therapy assistant, and certified in podiatry. Leisa treats children and adults with a variety of neurological/orthopedic conditions.
- **Andrea Gregory**, *Physical Therapy Assistant*, one year of experience, associates degree as physical therapy assistant. Andrea treats general neurological/orthopedic conditions for inpatients.

Speech Therapy

Certified speech-language pathologists evaluate and treat patients who have neurological deficits due to stroke or head injury, neuromuscular disorders and developmental delays.

The BCMH speech therapy team includes:

- **Anna Campbell**, *Assistant Director*, 19 years of experience, masters of speech and audiology, certified in vital stimulation, certificate of clinical competency in speech and language disorders. Anna specializes in treating children and adults with swallowing disorders.

- **Loretta Terpening**, *Speech Pathologist*, two years of experience, doctorate of speech pathology, certified in vital stimulation. Loretta treats children and adults with a variety of swallowing and speech disorders.

Occupational Therapy

Occupational therapists provide therapy to restore skills or adapt tasks to achieve maximum independence and enhance quality of life. A hand therapy program also is available.

The BCMH occupational therapy team includes:

- **Shayna Hedrick**, *Occupational Therapist*, one year of experience, masters degree in occupational therapy. Shayna works with children and adults with a variety of diagnoses, and specializes in hand therapy/splinting.
- **Annie Johnson**, *Occupational Therapy Assistant*, eight years of experience, associates degree as occupational therapy assistant. Annie treats adult inpatients and outpatients with a variety of diagnoses.

Sandy Hines and Rachele Davis staff the department's front desk.

To schedule an appointment, contact the Rehabilitation Services Department at 660-200-7073.



BCMh Clinic Relieves Pain for Area Resident

Sixty-eight-year-old Jerry Wood lives with pain every day—pain from scoliosis, pain from fibromyalgia and pain from arthritis. On good days, he rates his pain a two to four on a scale of one to 10, but on bad days, it’s a 10.

“My pain varies in intensity, but I know when it consistently reaches a six to seven, everyday tasks like taking out the trash or going for a brief walk are no longer possible, and it’s time to do something about it,” Jerry says. That’s when he schedules an appointment with the Bates County Memorial Hospital (BCMh) Pain Management Clinic for a steroid epidural injection.

“I’ve been seeing Dr. Hamilton for three or four years now,” Jerry says. “The injections I receive help relieve the pain in my lower back and neck for several months. I usually need two to three injections a year.”

Like many people, Jerry has suffered with back pain much of his life, but he’s never had back surgery. “I used to go to Kansas City for my injections, but I’m glad the hospital offers them here. It’s only 20 miles from my home in Appleton City, so it’s much more convenient for me, and I am very pleased with the staff in the Outpatient Clinic. I have nothing but good things to say about them!”

About the BCMh Pain Management Clinic

According to a web-based survey of patients in the United States and published by the American Pain Society, as much as 30 percent of the population suffers from chronic pain lasting six months or longer, like Jerry. Lower back pain and chronic osteoarthritis

pain are the most common painful conditions.

The two physicians providing pain management services are Dennison R. Hamilton, M.D., and Roger Misasi, D.O. Both doctors see patients in the BCMh Outpatient Clinic. They specialize in treating:

- Back and neck pain
- Joint pain, including hand, wrist, elbow and shoulder pain
- Knee pain and injury
- Foot, ankle and hip pain
- Disc bulges, protrusions and extrusions
- Back and neck pain that has failed to respond to surgery

BCMh offers a variety of therapies to aid in the management of pain performed under X-ray guidance. These include:

- Steroid epidural injections
- Nerve blocks
- Joint injections
- Trigger point injections

Minimally invasive surgical procedures typically performed on an outpatient basis to relieve acute, chronic or cancer-related pain conditions include:

- Kyphoplasty
- Radiofrequency ablation
- Spinal cord stimulator implantation



▲ Jerry Wood, left, a patient in the BCMh Pain Management Clinic, concludes an appointment with his physician, Dennison Hamilton, M.D., right.

The BCMh Pain Management Clinic can perform botox injections to provide pain relief from headaches.



Digital Mammography Available at BCMH

According to the Missouri Department of Health, breast cancer accounts for one-third of all cancers diagnosed in the state, and is the leading cause of cancer deaths in women after lung cancer.

To effectively detect breast cancer as early as possible, Bates County Memorial Hospital (BCMH) uses digital mammography. A digital mammogram uses X-rays to generate images of the breast. However, instead of using film to capture and record the image, a digital mammogram uses a special detector to capture and convert X-ray energy into digital data.

This technology allows the radiologist to view the images on a high-resolution computer monitor that helps them better see the structures within the breast tissue. The radiologist also can adjust brightness and contrast, and zoom in on specific areas to help detect small breast tissue changes that may be signs of early cancer.

BCMH also uses a Computer-Aided Detection (CAD) system for the early detection of breast cancer. In mammography, CAD highlights tiny calcification clusters and extremely dense structures in soft breast tissue. This technology helps the radiologist to diagnose breast cancer accurately.

Digital mammography significantly reduces the time patients spend at their mammography appointments, as well as the need for repeat examinations and additional views.



What BCMH Patients Are Saying...

At Bates County Memorial Hospital (BCMH), we pride ourselves on providing the highest quality patient care in a compassionate and healing environment. Recently, several patients have shared their experiences with us.

“Very caring. Five stars! Friendly, competent and thorough. A great example of nursing for the love of patients!”

“Thank you for all the loving care and professionalism of everyone while I was in the hospital. You all are excellent and thank you to my doctors for being so great!”

“I was impressed with the nursing staff. They were readily available and very friendly. They were knowledgeable about what I needed and professional.”

“All of my nurses provided me with excellent care. They were very helpful, professional and caring. A 10 out of 10!”

“The staff was excellent. Everyone was so nice and caring. They took the time to answer my questions and make sure I had everything I needed. I felt very comfortable and would recommend the hospital. Everyone who cared for me was wonderful!”

Mammograms Save Lives

The cure rate for breast cancer is 97 percent, when detected early. If you have no signs or symptoms of breast abnormalities, you should schedule a screening mammogram according to the American Cancer Society’s recommendations:

- Women 40 years of age and older should have routine mammograms every year. Women who are at a high risk for being diagnosed with breast cancer should talk with their health care providers.
- If you experience any changes in your breasts, contact your primary health care provider as soon as possible for an evaluation. These changes include:
 - Development of a lump
 - Swelling
 - Skin irritation
 - Nipple pain
 - Nipple retraction
 - Redness or cracking of the nipple or breast skin
 - Any discharge other than milk, especially if spontaneous



For more information or to schedule your mammogram, call 660-200-2370 or 660-200-7085.



Robert F. Smith, M.D.



William "Tad" Wilson, M.D.

Urologists Provide Board-Certified Care at BCMH

Quality urology care has long been available at Bates County Memorial Hospital (BCMh), thanks to the services of Keith Abercrombie, M.D., urologist. Dr. Abercrombie is retiring at the end of 2015, but two board-certified urologists will continue this long-standing tradition.

They are Robert F. Smith, M.D., and William "Tad" Wilson, M.D.

They also perform surgical procedures at the hospital. Both physicians are board certified in urology and are fellows of the American College of Surgeons.

Both physicians cover all facets of urology care, including:

- Kidney stone disease
- Urologic cancers
- Benign prostatic hyperplasia (BPH)
- Urinary incontinence
- Erectile dysfunction
- Vasectomy

No referral is necessary to schedule an appointment with the urologist. Just call 660-200-7006.

REMEMBERING

Harold L. Caskey, BCMH Board Member

Recently, retired Missouri Senator and Bates County Memorial Hospital (BCMh) Board Member Harold Caskey passed away. Senator Caskey had served on the board for several years, and was quoted as saying, "The most rewarding aspect of serving on the board is the fact that I am able to play a role in keeping affordable medical care local for all area residents. We can be proud that we have been able to keep our hospital here. We have great local doctors and continue to grow."



Senator Caskey was 77 years old and had been in ill health with Parkinson's disease.

BCMh Specialty Clinics

Bates County Memorial Hospital makes quality health care convenient for area residents by bringing medical specialists to our community on a regular basis. To schedule an appointment with one of the specialists, contact the number below.

Cardiology

Gerald Mancuso, M.D. 913-956-2250
 Craig Lundgren, M.D. 913-956-2250
 Jin Park, M.D. 913-956-2250

Gastroenterology

Donald Clement, M.D. 660-200-7006
 Todd Kilgore, M.D. 660-200-7006

General Surgery

William Joyce, D.O. 660-200-7134
 Robert Wetzel, M.D. 660-885-8141

Nephrology

Ryan Lustig, M.D. 660-200-7006
 Barry Wood, M.D. 660-200-7006

Neurology

Roxane Bremen, D.O. 660-200-7006

Oncology

Timothy Pluard, M.D. 660-200-7006

Ophthalmology

Joseph Parelman, M.D. 800-628-4258

Orthopedics

Danny Carroll, M.D. 816-322-0688
 James Whitaker, M.D. 660-200-7006

Pain Management

Dennison Hamilton, M.D. 660-200-7006
 Roger Misasi, D.O. 800-858-8131

Podiatry

Robert Shemwell, D.P.M. 660-200-7006

Psychology/Counseling

Jerry Morris, Psy.D., MBA, MSPharm, ABPP,
 ABMP, NBCC, NCSP, CCM. 660-200-7528

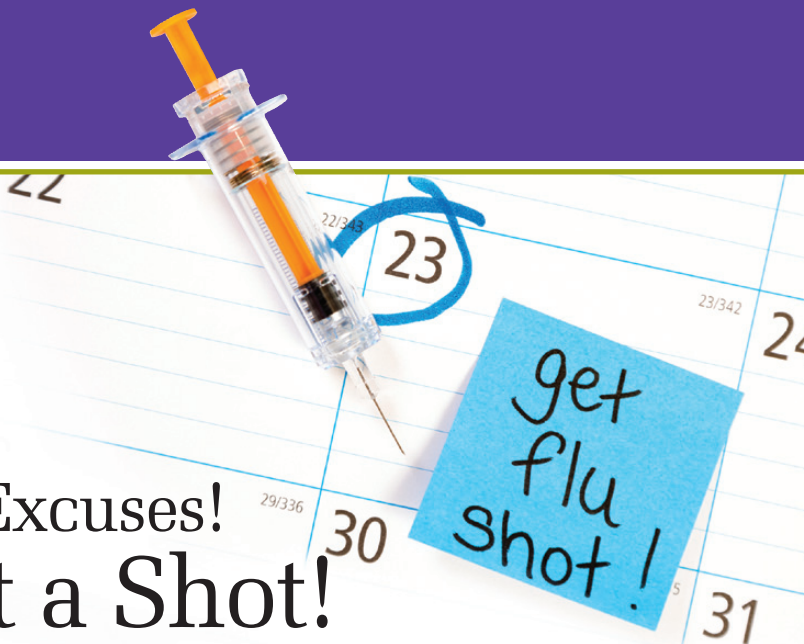
Pulmonary

Cosmo Caruso, M.D. 660-200-7006
 Patrick Perkins, M.D. 660-200-7006
 Timothy Smith, M.D. 660-200-7006

Urology

Robert F. Smith, M.D. 660-200-7006
 William Wilson, M.D. 660-200-7006

For more information visit www.bcmhospital.com.



No Excuses! Get a Shot!

Every year, according to the Centers for Disease Control (CDC), as many as 20,000 people die from the flu, and another 18,000 adults 65 years or older die from pneumonia. Thousands more end up hospitalized, but vaccinations can prevent both the flu and pneumonia.

What You Can Do About the Flu...

With few exceptions, the CDC recommends everyone get a flu vaccine. If possible, try to get the flu vaccine before the holidays. This allows time for the body to produce antibodies to protect against the flu, before the season typically hits in the Midwest.

Protection lasts several months to a year. Still, you need to get a flu vaccine each year because the influenza virus is constantly changing. The vaccination that protected you last season may not help this year.

The flu vaccine cannot cause the flu because it uses inactivated virus. Still, some people do experience soreness at the spot where the shot is given. This usually lasts a day or less. Some people also may have a low-grade fever, muscle pain or feelings of discomfort or weakness. In addition to the shot, an inhaled vaccine also is available.

You May Need a Pneumonia Vaccination

The CDC recommends two pneumococcal vaccines for all adults 65 years or older and adults 19 years old or older with certain health conditions, or those taking medications that may lower the body's resistance to infection.

Discuss which pneumonia vaccination is right for you, and when you need the vaccination with your health care provider.

Most private health insurance plans cover pneumonia and flu vaccines. Check with your insurance provider for details on whether there is any cost to you. Medicare Part B also covers 100 percent of the cost for the pneumococcal vaccine.

Where You Can Get the Flu and Pneumonia Vaccines



Call 660-200-DOCS (3627)
or toll-free 855-414-3627.

Bates County Memorial Hospital's Family Care Clinics located in Butler and Adrian offer the flu and pneumonia vaccines.

- **Adrian Family Care Clinic** (Adrian)
 - John Bustle, M.D.
 - Glenn Gardner, MS, PA-C
 - Laura Thiem, MSN, APRN, FNP-C
- **High St. Family Care Clinic** (Butler)
 - William Haynie, M.D.
 - James Patterson, D.O.
 - Misty Tourtillott, MSN, APRN, FNP-C
- **Nursery St. Family Care Clinic** (Butler)
 - John Bustle, M.D.
 - James Miller, D.O.
 - Glenn Gardner, MS, PA-C
 - Robin Spencer, MSN, APRN, FNP-C

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VitalSigns


Billboards Highlight Family Care Clinics

Bates County Memorial Hospital recently placed billboards on I-49 facing southbound traffic at the Archie exit, and facing northbound traffic near the Passaic exit. The billboards promote the hospital's family care clinics in Adrian and Butler.



**Family Care
Close to Home.**

**Clinics in
Adrian and Butler**



(660) 200-DOCS

To schedule an appointment at one of the hospital's family care clinics, call 660-200-DOCS.