

HealthLines

Healthy Employees = Productive Worksites

Whether you're a small business owner or work for a large corporation, Margaret Mary Community Hospital offers an Occupational Health Services clinic specially designed to provide businesses with a variety of affordable health programs. Open Monday-Friday, the clinic is staffed by Dr. Michael Parker, along with a support staff consisting of a registered nurse, medical assistant and billing specialist.

"We treat a variety of patients at the clinic," said Dr. Parker. "We see everything from workers who got injured on the job to new hires in need of physical assessments."

Located just off State Road 229 across from The Hansen Center, the clinic offers convenient on-site programs, drug and alcohol testing, hearing and vision screenings, wellness assessments and injury care. The program also provides physical examinations and other services required by the Department of Transportation, Federal Aviation Administration, OSHA and other state and federal regulatory agencies.

"One of our goals is to help employers control costs," said Dr. Parker. "When workers come to us with an injury, we help them recover so they can return to work

and personal activities as quickly as possible."

Steven Disbro of Sunman is just one of many workers who has benefitted from Margaret Mary's Occupational Health Services program. Formerly a tow truck operator, Disbro parked his truck on railroad tracks in Aurora and was hooking up a vehicle that needed to be towed when he heard a train approaching in the distance. He jumped on the truck to move it off the tracks, but the train hit the vehicle, throwing him from the truck. Although Disbro sustained no major injuries, he had a lot of pain in his pelvic area for months after the accident.



Steven Disbro
with Dr. Parker

"My employer sent me to Margaret Mary's Occupational Health Clinic for treatment,"

said Disbro. "I was extremely satisfied with my care. I appreciated how much time Dr. Parker spent explaining things to me. He was very knowledgeable."

Once diagnosed, Disbro's condition responded well to a combination of medication and physical therapy.

"I feel fine now. I hope I never get hurt on the job again," said Disbro, "but if I do, I would go back to the clinic."

For more information on Occupational Health Services, call (812) 932-5105.

Margaret Mary Minor Care

Did you know Margaret Mary offers Minor Care - located right inside our Emergency Department? This walk-in urgent care service is available 24/7 for patients of all ages with minor emergencies and injuries that require immediate care but are not serious enough to treat in the ER. Examples include colds, coughs, rashes, earaches, small cuts and minor sprains. Fees, although less expensive than traditional ER charges, will be based on the level of care provided. What's more, if advanced care or X-rays are needed, our patients can rest assured they're already in the right place. To learn more, visit www.mmch.org.



Community Benefit Report 2010

In 2010, Margaret Mary invested more than \$5.6 million in community benefit programming, as well as charity and unreimbursed care, to ensure patients had access to services they needed, regardless of their ability to pay.

In the words of our Community

"It is very comforting to know that when an injury happens on the court, we have a sports medicine team that can diagnose and remedy our athletes."

*- Aaron Garrett, Batesville
(BHS boys basketball coach)*

"My best friend and I signed up for the hospital's Slim Down Now class. My goal was to lose 20 pounds in 10 weeks and I did it!"

*- Jackie Wilhelm, Oldenburg
(Nutrition class attendee)*

"Girls on the Run has not only helped me feel better physically, but I've become a better person and friend."

*- Ayla Ziegenfus, Greensburg
(Girls on the Run participant)*

"A cancer diagnosis can be very overwhelming. The breast cancer support group provides a wealth of information and offers insight on what lies ahead."

*- Kim Zimmerman, Sunman
(Breast cancer survivor)*

"It's so nice the hospital offers free immunizations for children. The nurses at the clinic are great with my son - very friendly and patient."

- Rachel Nunlist, Batesville (Mother)

\$297,453 invested ♦ 9,650 served

Access to Care

- Nurseline
- Health insurance enrollment
- Referrals
- Osgood Primary Care
- Recruitment efforts



\$206,487 invested ♦ 9,982 served

Safety/Prevention

- CPR, First Aid and AED training
- Handwashing education
- Safe Sitter training
- Sports Medicine services
- Emergency preparedness
- Sharps disposal
- Bike safety
- Car seat safety checks



\$177,302 invested ♦ 5,116 served

Cancer Prevention

- Think Pink breast cancer event
- Discounted mammograms
- Colon cancer, prostate and skin cancer screenings
- Cancer Survivor's Day
- Cancer research
- Get Your Rear in Gear 5k
- Relay for Life Involvement



Building a STRONGER Community

\$363,901 invested ♦ 6,850 served

Health Education

- Prenatal classes and lactation support
- Nutrition/weight loss classes
- Speaker Services
- Speaking of Women's Health event
- Tune into Wellness radio show
- Heart health presentation
- Joint pain presentation
- Diabetes classes
- Health fairs



\$113,657 invested ♦ 4,998 served

Kids' Programs



- Childhood obesity programs
- Farm Fit field trips to Merkel Farm
- Girls on the Run programs
- Sports physicals
- Speech and Language screenings
- Kindergarten hospital tours

\$276,803 invested ♦ 2,210 served

Career Development

- Student Mentoring
- Career Fairs
- Area Health Education Center
- Simulation Lab
- Scholarships



\$408,807 invested ♦ 14,111 served

Disease Prevention

- Balance screenings
- Smoking cessation support
- Stress management classes
- Immunizations/Flu shots
- Blood pressure checks
- Body composition screenings
- Finger stick blood sugar checks
- Osteoporosis screenings
- Cholesterol screenings



\$677,395 invested ♦ 56,895 served

Community Support



- Support groups
- Blood drives
- Community board involvement
- EMS
- Cash and Inkind donations
- Meeting space
- Community Health Assessment
- Community fund raising



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Sports Physicals

During the month of May, more than 300 local students received their annual sports physicals at clinics hosted by Margaret Mary Community Hospital and area physicians. Students were charged a discounted price of \$20 which was then donated back to the schools' athletic programs. Through the clinics, more than \$6,000

was raised
for local
schools.

Pictured:
DeAnn
Brewer, MD
examines
Chloe
Rennekamp.



Farm Fit Field Trip

This spring, nearly 450 second-grade students from Batesville, Sunman, Jac-Cen-Del and Milan schools experienced farm life through Margaret Mary's Farm Fit program. Farm Fit is a field trip

experience to Merkel Goat Farm designed to show students the benefits of gardening, healthy eating and physical activity.

Pictured: L.J. McQueen and Annalise Boor smell and taste fresh vegetables, including sugar snap peas.

