



Special points of interest:

- March/ April/May Birthdays
- In Memoriam
- New Faces
- Take Advantage of Your Benefits
- Corporate Culture
- EOMC'S Very Own Motocross Racer
- Getting to Know Your Co-Workers

In this issue:

- CNO News
- Employee Health
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- CFO Update
- Meet Our Board

We're on the Web!
www.eomchospital.com

January - March 2008

Volume IV, Issue I

PRIDE

FROM THE DESK OF THE CEO

Spring is here, my taxes are filed, and I was informed last night that School will be over in less than a month! I guess time flies when you are having fun or at least it seems to go by faster the older I get. Either way I hope you all have plans to take some time off this summer and enjoy your family and friends.

I want to thank everyone who participated in the City of Poteau's annual "Trash-Off". We had over 80 people representing EOMC and we won the prize for the largest group and for picking up the most trash. Everyone seemed to have a good time and it made a big difference in the appearance of our City. I look forward to the hospital participating in other events like this.

I am confident all of you are aware that we are experiencing another extremely busy year at the hospital and our clinics. Patient volume is higher in almost every area as compared to last year and our budget. We are having another very successful year financially. This would not be possible if not for your hard work and dedication. The compliments we receive from patients and visitors continue to



grow and this is a direct result in how you perform your job.

One of our goals for the year was to replace all patient room furniture throughout the hospital and we are well on the way to accomplishing this goal. Our Medical-Surgical unit was first and we purchased patient beds, recliners, side chairs and furniture for all of these rooms. Then we replaced our labor and delivery beds and we have ordered new emergency room stretchers. We will purchase new ICU beds before the end of the year.

The inside of our new office building is complete and is very nice. Construction of the parking lot has taken much longer than expected but will be complete very soon. Following this, we will move our Home health Agency into the building and soon after this; our physicians will relocate to the new building. You will receive plenty of notice before we begin to move so please be patient.

EMPLOYEE HEALTH

Soon schools will let out and Oklahomans will once again head to the lakes and pools to soak up the sun. As the link between lifetime sun exposure and skin cancer becomes even clearer, it's important to protect your skin. For many people, May and Memorial Day kick off the summer season. Since it's also Melanoma and Skin Cancer Detection and Prevention Month, it's a good time to encourage safe sun behavior. Skin cancer is by far the most common form of cancer in the world. Yet, it is also a highly preventable and curable cancer – with early detection.

Melanoma is the most deadly form of skin cancer, and accounts for nearly three-fourths of skin cancer deaths. Skin cancer tends to strike people with light skin color. An estimated 40 – 50% of fair-skinned people who live to be 65 will develop at least one skin cancer. Just five or more sunburns during your lifetime double your risk of developing skin cancer.

Listed below are some sun protection tips:

- Stay out of the sun during peak hours: 10 a.m. until 4 p.m.
- If you must be outside, seek shade. Limit even this exposure since you are still exposed to reflective light.
- Wear a wide-brimmed hat and sunglasses.
- Use sunscreen correctly and regularly. (Limit sun exposure even with sunscreen.)

Use sunscreen regardless of your skin tone – fair or dark. Don't assume you can skip the sunscreen if you or your children have darker skin.

Apply a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 any time you will be outside for 20 minutes or more.

Apply liberally to dry skin 15 – 30 minutes before going outside and reapply every two hours. If you swim, get wet or sweat profusely, apply even more frequently.

Use enough sunscreen. The average adult needs an ounce (enough sunscreen to fill a shot glass) for each application in order to provide adequate coverage.

Remember to apply sunscreen to the nose, ears, scalp, top of the feet and back of the hands.

Don't skip the sunscreen on cloudy days. Eighty percent of the sun's rays can penetrate clouds.

Use sunscreen year-round. You get significant sun exposure driving in your car or running errands at all times of year.

- Use lip balm or cream with a sun protection factor (SPF)
- Avoid tanning booths.

Keep children under the age of six months out of the sun entirely. And, teach your children the importance of sun protection. Because children spend so much more time outdoors, most of our lifetime sun exposure takes place before the age of 18. Don't consider a tan a good form of sun protection. The amount of sun exposure needed to get a tan can cause skin damage by itself. And, if you have a suspicious lesion or mole, report it to your doctor at once.



Larry Lucas, Board Member of the LeFlore County Hospital Authority Board, passed away on February 22, 2008. Mr. Lucas served on the board for eight years and was instrumental in authorizing the completion of the Family Medical Clinic and many other positive changes at the hospital. Larry's leadership and friendship will be missed by all of the EOMC family.

MEET OUR BOARD

Please welcome Mary Helen Lucas, our newest member to the board. Ms. Lucas has lived in Poteau since 1952. Her family has always been involved with the hospital. Her dad was Head of Maintenance for many years and her mom was the Medical Records Librarian for 30 years.

Ms. Lucas graduated from Poteau High School. She attended and obtained her RN degree from St. Edwards School of Nursing. During Summer breaks she worked at good ole' LeFlore County Memorial Hospital and after graduation had her first full-time job at the hospital. She later moved to St. Louis, Missouri and worked at Barnes Hospital in the Med/Surg unit. Deciding the "big city" life wasn't for her, she returned to Poteau and became the first school nurse for Poteau Public Schools. After four years of service to Poteau Schools she was the nursing instructor for Kiamichi Area Vo-Tech's Nursing Assistant class for three years.

Ms. Lucas met Larry Lucas and was married in 1973. Mr. Lucas wanted her to be an "at home" wife so she took a part-time job as the Nursing Supervisor for three area nursing homes until their first child was born. They have two children: Larry B. Lucas who is an intern Architect in Tulsa and Lacey Lucas, a law student, in Salem, Oregon.

As you may or may not know, Mr. Lucas passed away in February, vacating a seat on the hospital authority board. Ms. Lucas was appointed to the board and would like to express how honored she is to fill the position and that she will work closely with the board and hospital administration to make EOMC an outstanding facility for this area.



THE MATT DUKE ENTROUGE



ROXY ON THE PROWL



CEO FINDS TREASURE

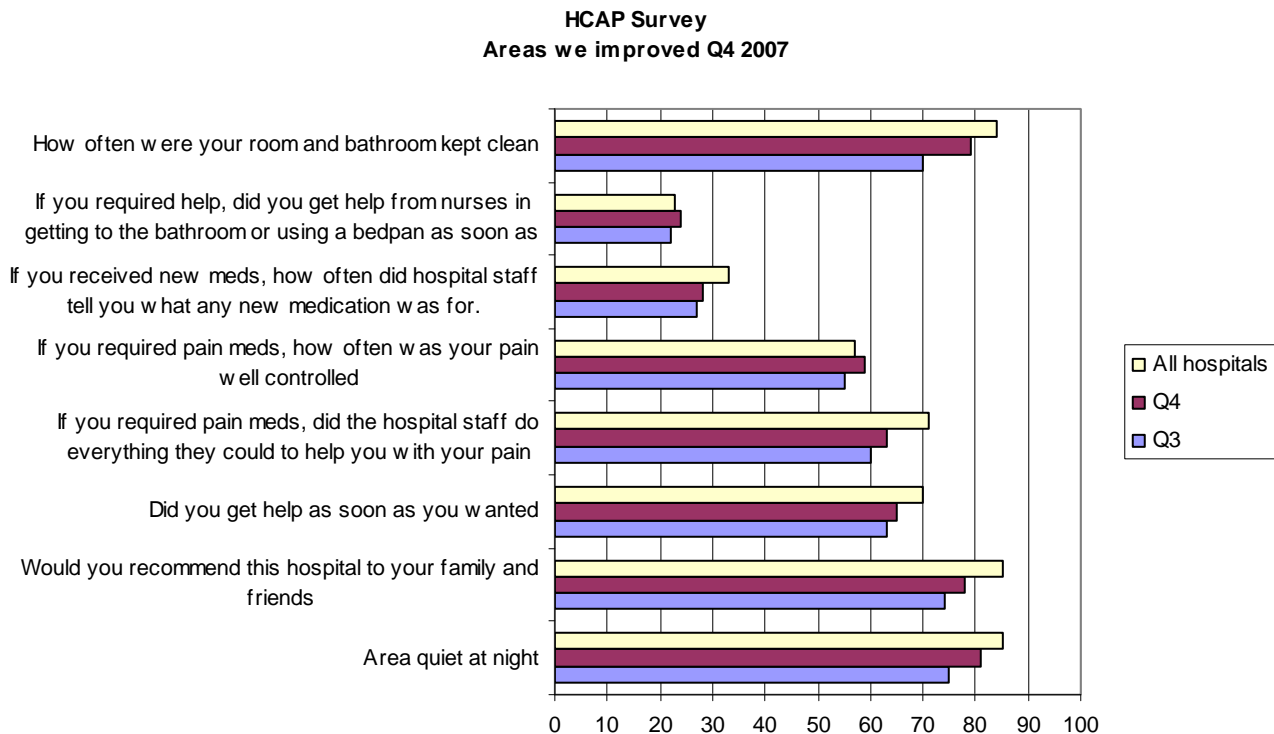
- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
- ★ **MAY BIRTHDAYS** ★
- ★ Amy Cagle ★
- ★ Melinda Davis ★
- ★ Annie Warren ★
- ★ Thomas Vineyard ★
- ★ Peggy Storer ★
- ★ Amanda Morrison ★
- ★ Pamela McKinney ★
- ★ Valerie Hallen ★
- ★ Adam Cormier ★
- ★ Tashanna Hinson ★
- ★ Diana Pitt ★
- ★ Janis Hatcher ★
- ★ Sara Buntin ★
- ★ Cathy Reeves ★
- ★ Joy Hinson ★
- ★ Stephanie Roza ★
- ★ Brittany Lemus ★
- ★ Margaret McKibbon ★
- ★ Ester Sears ★
- ★ Don Schumpert ★
- ★ Lisa Craig ★
- ★ Angie Turner ★
- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

CNO NEWS

The Centers for Medicare and Medicaid or “CMS” as most of us refer to them, are collecting patient satisfaction scores from patients discharged from every hospital that participates in the Medicare program. Only certain companies, which have been approved by Medicare, are allowed to conduct these surveys and the majority of the survey questions are the same for all. The survey results will be posted on the CMS website and will give patients another tool to aide in their decision making process when it comes to determining what hospital to use for their care.

July – September 2007 was the first Quarter of this survey process and not many of our patients chose to participate in the survey. So, to increase awareness and to educate everyone on the importance of the survey we provided survey information to all patients admitted to the hospital and informed each patient that they may be asked to take the survey and even gave them a sample of some of the questions they would be asked.

Recently, we received the results from October – December 2007 patient surveys. (As you can see, survey results are approximately 4 months behind). Survey participation was once again not as high as we want and is something we will continue to try to improve. Below are some of the results and a comparison of our first two quarters of survey information.



Although we want to improve in all areas, some of the areas we did not improve in include the patients understanding the side effects of their medications; how we treat patients and how good of a job we do listening to our patients. Changes have been made to these areas, which should result in improved results, but we will not know for another 4 to 5 months. In the meantime, please do everything you can to make our patients feel safe and welcome and want to return to EOMC for their healthcare.

GETTING TO KNOW YOUR COWORKERS

Every edition of the newsletter, "PRIDE" features an employee of the hospital enabling other employees in getting to know their coworkers a little bit better. This issue features Judy Mathis. When passing in the hall give her a big EOMC Welcome. She was asked and commented as follows:

Favorite Food: Steak

Hobby: Riding motorcycles

Role Model: Mother

Music: Country

Family: Loyd Mathis, husband; 2 sons, John Cody Cupp & Christopher Mathis; 1 daughter, Rebecca Mathis



APRIL BIRTHDAYS

Beulah Curry
 Joseph Darneal
 Linda Thornburg
 Joanna Soden
 Danna McFarland
 Carol Gonzalez
 Keith Phillips
 Tiffany Griffis
 Ami Hess
 Angelia Newby
 Stacey Gleason
 Timothy Olive
 Lujana Tiffie
 Justin Adams
 Kelly Faulkenberry
 Sarah Ward

CFO UPDATE

Whew! This year has been a busy one! That means that financially, EOMC has been doing quite well. We continue to invest our earnings in ways that we believe will benefit the hospital the most. We have purchased new hospital room furniture and several other pieces of equipment that help us keep up with new medical technology so that we can continue to provide the best care for the patients that we serve.

Speaking of serving, I read an article recently that talked about the financial impact that a hospital has on a community. I think that in our case, that is definitely true. This facility is a large employer for the area. Not only that, but we have a great staff that is also active in the community in ways outside of their careers. We have many staff members that are coaches, members of great civic organizations, volunteers in many ways. This volunteerism directly impacts our area. It is great to be affiliated with such a giving group of people. Thank you all.

CORPORATE CULTURE

Hospital week May 12-16

To show appreciation to all our employees we have a fun filled week's worth of events.

- Moonshine Monday—will start a weeks worth of games with prizes and giveaways;
- Flap jack Tuesday—pancake breakfast served by the managers;
- Swap meet Wednesday—goodies to the employees;
- BeeKnees Thursday—picnic gangster style with live entertainment, prizes and games;
- Bootleg Friday—root beer and coke floats

The week will be concluded Friday night at the Rip Roaring awards banquet to honor all the employees with milestone years of service. The employee of the year and the leadership award will be announced!



OOPS! The computer crashed and we have no new faces to show off. Apologies to all!

WELCOME ABOARD!

Margaret McKibbon
 Pricilla Brown
 Ester Sears
 Julie Hill
 Pearlde Degiusti
 Korina Rutledge
 Vicki Sales
 Leonard Weaver
 Mitchell Lanning
 Willie Carver
 Teresa Sanford
 Deborah Davis
 Lacey Mattox
 Amy Herrera

Christie Hudlow
 Adam Richard
 Suzette Burkholder
 Amanda Scott
 Rosezenia Collins
 Janet Davis
 Jeanie Baker
 Tracey Silverberg
 Mariana Enriquez
 Tristen Davis
 James Stewart
 Windy McPherson
 Tracy Callahan

FROM THE DESK OF THE CEO CONTD.

Dr. Patrick Martin will move to Poteau and begin his practice this August. Dr. Martin and his wife Sarah are moving here from Corpus Christi Texas where he is finishing his residency in Family practice and Obstetrics. The Martin's will be a great addition to our community and I look forward to working with them. We will announce when his practice will open later this summer.

Dr. Jamison Alexander is our newest recruit and will finish his residency in OB-GYN in June 2009. He and his wife grew up in East Texas and they are looking forward to moving to Poteau. The Alexander's will also be a fine addition to Poteau and I look forward to working with them over this next year. As far as our overall recruitment plan goes, we continue to look for family practice and Internal medicine physicians and are prepared to make offers to the "right" candidates when we have

the opportunity. Medical staff development is not something that happens overnight and we will continue with our plan to recruit physicians that are a strong match for us, rather than just hire Doctors for the sake of building our numbers.

The Board of Trustees and I have spent a lot of time over the past few months working on our facility master plan. The plan includes at a minimum a new labor and delivery and obstetrics department, a central storeroom and a new mechanical room. We also want to build a new ICU and patient care rooms. We hired "Med-Arch" architects out of Tulsa Oklahoma to design the project and in May they will begin the schematic design and the design development, which should take approximately 5 months to complete. Once we have the drawings we will go to the construction market to get estimates on the price of the project and then determine the best way to proceed. Our financial situation has improved to a point that we will have many options to finance the project. We also hired a firm to provide an "outside" review of our financial situation to further help in determining the amount of money we can borrow and the best source of financing. All of this takes time but I expect to announce the final version of this plan no later than the end of this year!

Finally, I want to thank you once again for the great job you are doing and encourage each of you to do even better in the future. Healthcare is one of the few professions where what you do can truly make a difference in someone's life. Please take advantage of this awesome opportunity!



EOMC TRASH OFF CREW READY AND WILLING

TAKE ADVANTAGE OF YOUR BENEFITS

Employee Assistance Program (EAP)

As a part of your Long Term Disability Plan with UnumProvident. They provide a work-life balance employee assistance program. It can be difficult to balance the demands of work with those of your personal life. The work-life balance EAP is here to help. It provides unlimited telephone consultations with master's-level consultants, web-based tools and online information for you and anyone in your family who needs help.

Visit the website or call a master's-level consultant if you need help and information with issues such as:

- problems with a manager or coworker;
- coping with stress, anxiety and depression;
- organization tips and prioritization ideas;
- caring for an elderly relative or finding senior assistance;
- raising children and finding child care in your area;
- dealing with a family member who has an addiction;
- improving your health or controlling a chronic condition;
- getting out of debt and managing your finances;
- relationship issues, legal issues and much more.

Help is only a call or a click away. Call whenever you like, as often as needed. Consultants can help you work through your concerns and develop a plan to address your problems. Calls are confidential*; no one will know you use this service unless you tell them. You can also use the website at www.lifebalance.net to e-mail a consultant, locate area resources or download information. Our Work-life balance EAP is *the* comprehensive resource available to help you face life's everyday challenges.

English 1-800-854-1446 • Spanish 1-877-858-2147 •

TTY or TDD 1-800-999-3004

EOMC'S VERY OWN MOTOCROSS RACER

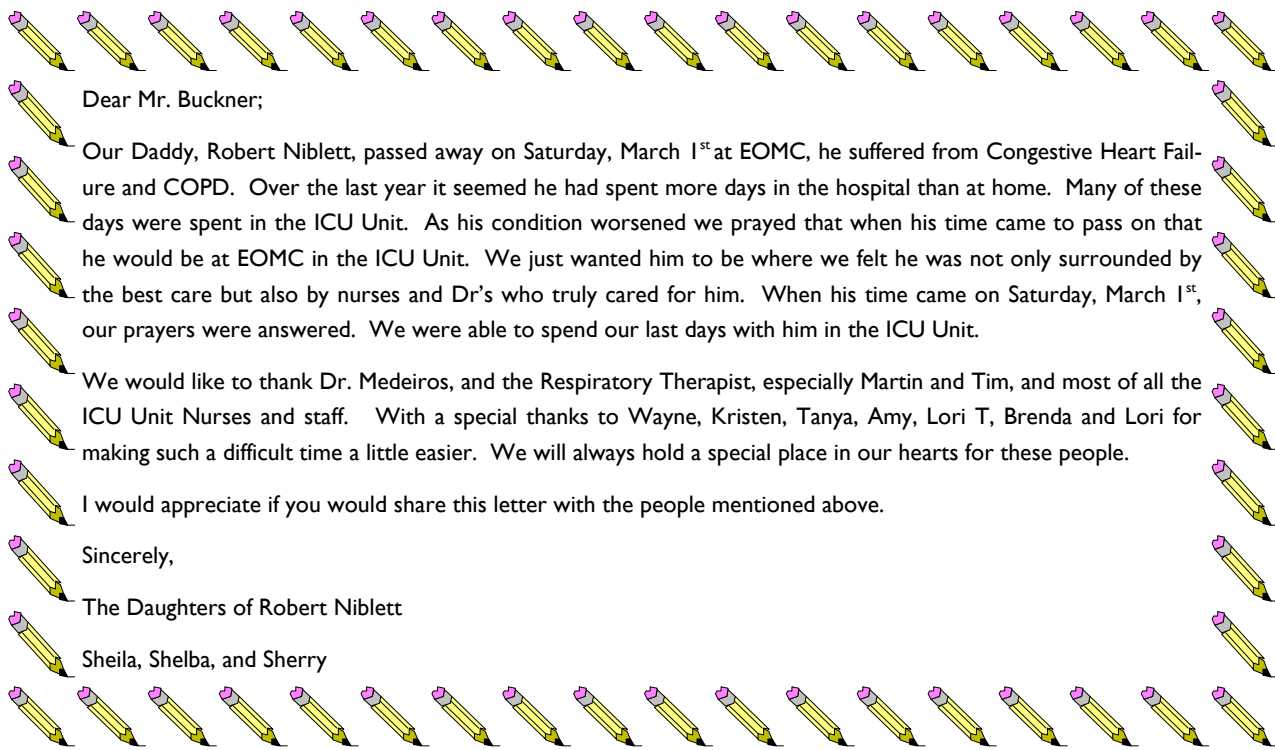
Lynda Sinkuler, our very own Director of Materials, was in Jefferson, Texas at Diamond Don's 6th Annual Riverfront National Motocross Race, April 3-6th. This was Lynda's first competitive race in the AHRMA,(American Historic Racing Motorcycle Association), Women's class.

She took First Place in her Class!!!

This ties her for First Place in the Nation in the Vintage Women's Novice Class. She rode a 1971 Honda 125 built by Bart Winters, Corgill's Yamaha and Hess Die Mold in Fort Smith, AR.

Lynda has only been riding for a short time and really enjoys the challenge of Trail riding as well as the Motocross.





Dear Mr. Buckner;

Our Daddy, Robert Niblett, passed away on Saturday, March 1st at EOMC, he suffered from Congestive Heart Failure and COPD. Over the last year it seemed he had spent more days in the hospital than at home. Many of these days were spent in the ICU Unit. As his condition worsened we prayed that when his time came to pass on that he would be at EOMC in the ICU Unit. We just wanted him to be where we felt he was not only surrounded by the best care but also by nurses and Dr's who truly cared for him. When his time came on Saturday, March 1st, our prayers were answered. We were able to spend our last days with him in the ICU Unit.

We would like to thank Dr. Medeiros, and the Respiratory Therapist, especially Martin and Tim, and most of all the ICU Unit Nurses and staff. With a special thanks to Wayne, Kristen, Tanya, Amy, Lori T, Brenda and Lori for making such a difficult time a little easier. We will always hold a special place in our hearts for these people.

I would appreciate if you would share this letter with the people mentioned above.

Sincerely,

The Daughters of Robert Niblett

Sheila, Shelba, and Sherry

PRIDE



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Melinda Davis, CNO
Nancy Frier, CFO
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<p>MISSION STATEMENT</p> <p>EOMC is dedicated to providing quality care through commitment and compassion.</p>
<p>VISION STATEMENT</p> <p>To be the healthcare provider of choice for Eastern Oklahoma.</p>

