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MEMORIAL'S R.O.S.E. UNIT

Memorial Hospital's best kept secret may be the R.O.S.E. Unit which is located on the third floor. R.O.S.E is an acronym for Rehabilitation of Special Elderly. The R.O.S.E Unit is a geriatric behavioral health unit that primarily serves patients over age 65.

R.O.S.E Unit staff work one-on-one with patients who may be experiencing a change in behavior such as marked personality changes, depression, unexplained physical ailments or changes in eating and sleeping patterns, confused thinking, inability to concentrate, fears or anxieties, withdrawal from friends or family, abuse of alcohol or medications, increasing inability to cope with daily living, hallucinations, or hearing voices.

The goal of the geriatric behavioral health unit is to maintain and improve each patient's quality of life and enhance the patient's self respect and dignity. Each patient receives a comprehensive medical and psychiatric evaluation and an individualized treatment plan. Professional staff work together as a team using therapy, coping and life skills training, medication management, socialization adjustment, and other methods to help the patient and his/her family members begin the recovery process.



Patients are referred to the R.O.S.E Unit by physicians, care facilities, mental health centers, psychologists, agencies serving the elderly, or the individual's family.

Memorial Hospital's R.O.S.E Unit has served nearly 2300 patients since it opened in December 1997. The number of patients treated each year has grown almost every year. It is a Medicare certified 10-bed unit, and the average length of stay is 10 to 14 days. The R.O.S.E Unit is staffed by a Psychiatrist, Family Medicine Physician, Social Worker, Registered Nurses, LPN, and CNAs. If you would like more information about services provided by the R.O.S.E Unit, call 785-263-6625.



At Heartland Health Care Clinic, same-day call-in appointments are available for common health conditions such as:

- Cold, cough, and flu symptoms
- Sinus infections
- Sore throats
- Earaches
- Conjunctivitis (pink eye)
- Skin rashes
- Urinary tract infections
- Migraine headache
- Minor burns
- Minor lacerations
- Strains
- Sprains
- Seasonal allergies

Available Monday - Friday, 8:30 a.m. - 5:00 p.m. by call-in appointment. Do not have to be a current patient of Heartland Health Care Clinic.

Payment, including co-pays, are required at the time of service.



511 NE 10th St. • Abilene • 785-263-4131

Give Impact Sports & Fitness a Try

Impact Sports & Fitness is a full-service fitness center nestled in downtown Abilene with the goal of promoting health and wellness to our community by offering a wide variety of classes, personal training, and massage therapy.

A friendly staff member is always on duty to help. All ages of individuals and all levels of fitness use the facility every day so everyone 'fits in'.

You'll find many membership plans to choose from including discounts for senior citizens, students, and active military.

Impact Sports & Fitness is located at 418 N. Broadway. Stop by and give it a try!

Slots Available for 3 & 4 Year-Olds



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Call for a tour



Memorial Health Foundation Holding iPod Drive to Support Music and Memory Program

If you have a gently used iPod that you no longer use, please consider putting it to good use by donating it to Memorial Health Foundation. The Foundation is accepting donations of used and new iPods with charging cords to be used in the Music and Memory programs at both Village Manor and the Memorial Hospital R.O.S.E. Unit.

The Music and Memory program provides residents and patients an iPod with a personalized playlist of their favorites. Studies have shown that listening to familiar and beloved music improves mood, decreases stress and agitation, and helps boost cognitive skills, especially for those suffering from the effects of dementia and Alzheimer's.

A donation box is located in the lobby of Memorial Hospital. Donations of iTunes cards will also be greatly appreciated as will headphones, but only new headphones can be accepted.

Funding for the Music and Memory program was originally provided by a Community Health Investment grant from Salina Regional Health Foundation, the Frank W. and Gwendolyn Jordan Endowment Fund, and Memorial Health Foundation. Donations are being accepted to help the program continue.

If you have any questions or would like further information, please contact Jennifer Elliott, Memorial Health Foundation, 785-263-6688, or email at jelliott@mhsks.org.



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NEW TECHNOLOGY For Treating Women's Health Issues

Women sometimes face unique health issues and struggle when trying to find solutions. Dr. Amanda Baxa, Heartland Health Care Clinic, is offering a new treatment method that offers solutions for infertility, repetitive miscarriage, PMS, postpartum depression, irregular or abnormal cycles, polycystic ovarian disease, and many other conditions.

Dr. Baxa states, "The patient's health issue is the outcome of a medical problem. The patient and I will work together and use a system to track and monitor biological markers to understand her body's health. I'll then use NaPro Technology to diagnose and treat the medical condition in a safe manner that has been proven to be effective."

NaPro technology gives patients the opportunity to know and understand the causes of the symptoms that cause them to suffer. This technology has been shown to be nearly three times more successful than IVF for assisting infertile couples. It has a 95% success rate for treating PMS and postpartum depression. Women of all ages and backgrounds can benefit from this modern, scientific, and research-based method.

For more information, call Heartland Health Care Clinic in Abilene at 785-263-4131 to schedule a consultation with Dr. Baxa.

Amanda Baxa, M.D., Heartland Health Care Clinic, is offering a service using new technology to diagnose and treat women's health issues.

HEALTH CARE DURING PREGNANCY IS A TEAM EFFORT



Heartland Health Care Clinic physicians and Memorial Hospital's ultrasound technologists are on the health care team that provides obstetric services. Shown standing are Heartland Health Care Clinic physicians (from left) Dr. Wendy Dinkel, Dr. Heather Bloesser, and Dr. Amanda Baxa. Shown seated are Memorial Hospital Ultrasound Technologists Danielle Oliver and Kayla Webb. Memorial Hospital Radiology and Imaging Services offers 2D, 3D, & 4D ultrasounds.

Planning to become a parent is an exciting time while it also presents many questions such as 'what doctor do I choose' or 'at what hospital do I want to deliver my baby'. At Memorial Health System, physicians, ancillary services, and a birthing center are all located under one roof.

The three physicians at Heartland Health Care Clinic who accept obstetrics patients are Dr. Amanda Baxa, Dr. Heather Bloesser, and Dr. Wendy Dinkel. No matter which physician provides care during the pregnancy, she will make the patient comfortable during pre-natal visits and answer questions. During regular visits, the mom-to-be will have tests including, but not limited to, blood tests, pelvic exams, blood pressure checks, a glucose tolerance test, and breast exams. At approximately 20 weeks gestation, the physician will order a 2D diagnostic ultrasound for a fetal anatomy scan.

Memorial Hospital Radiology and Imaging Services Department offers 2D, 3D, and 4D ultrasound services. The 3D/4D ultrasounds are not diagnostic and are not covered by insurance so typically these are not ordered by physicians; however, they are available. Danielle Oliver and Kayla Webb, Ultrasound Technologists at Memorial Hospital's Radiology and Imaging Services, are experienced in providing ultrasounds. They are pleased to work with soon-

to-be moms and take the time to make the patient comfortable during the procedure.

When expectant parents choose a physician, they are also choosing the hospital where the baby will be born because most physicians have admitting privileges at only one hospital. The Heartland Health Care Clinic physicians deliver babies at Memorial Hospital's Birthing Center. There the patient will find family-centered, individualized care and nurses dedicated to teaching moms how to care for a new baby.

Family-centered care means that family members are welcome to visit the new mom and baby. The nurses take extra time to provide one-on-one attention and teaching to help mom feel comfortable and secure. The Memorial Hospital Birthing Center has been recognized as a 'High 5 for Mom & Baby' hospital for incorporating specific procedures based on the proven health benefits associated with breastfeeding and other key elements of bonding between mother and the newborn. The birthing center has also been recently recognized by the National Safe Sleep Hospital Certification Program as a Gold Level Safe Sleep Champion for its commitment to educating new parents on the best practices for safe infant sleep. The gold level is the highest designation awarded by the program. Memorial Hospital is one of the first hospitals in Kansas to receive the title.

Health care at Memorial is a team effort with the goal of providing the highest quality of care for patients. Members of the health care team feel it is a privilege to assist families during the special time of pregnancy and childbirth.



The nurses at Memorial Hospital's Birthing Center spend extra time giving each new mom one-on-one care and attention. Shown are (from left) Katie Snapp, RN, April Calovich, newborn Corbin, and Joel Calovich. Corbin will be joined at home by brothers Ethan, Brody, and Elias along with sister Alyssa. All of the Calovich children have been born at Memorial Hospital.