

STETHOSCOOP



Santa returns to Shannon!

What's on the Web: Cheer Cards

It's out with the old and in with the new at ShannonHealth.com! We love the new look, and want to share some of the new features as well as some of the old ones we just couldn't get rid of. We know you will want to venture past the home page when you hear about them.

Cheer Cards are a new feature on the site. From the comfort of your home or office, you can send a free card to your loved one in the hospital!

Select a featured card or one from the following categories:

- Adult get well
- Anniversary
- Birth
- Birthday
- Child birthday
- Child get well
- Español
- General
- Holiday
- Sympathy
- Thinking of you

After you select an appropriate card, you can write a personal message that will be delivered with the card. Once your card is complete, you will fill in the recipient's name and any special instructions or requests. After all of your information is received, a Shannon Volunteer will print your card and deliver it, and a smile, to your loved one! Visit www.shannonhealth.com to find the perfect message.

Featured cards

Thinking of you



Select this card

Full strength



Select this card

Not the same



Select this card

Little one



Select this card

New addition



Select this card

Happy birthday



Select this card

Good thoughts



Select this card

Tune for you



Select this card

Thank you for another year of making Breast Cancer Awareness Month a huge success!

The Tee Off for Ta-Tas Golf Tournament and Bra



Drop continued to be a hit for the fourth consecutive year! 136 golfers participated in the tournament at Bentwood Country Club raising more than \$21,000 for the Cancer Empowerment & Resource Center at Shannon. Special thanks to title sponsor Decker Custom Homes and Bentwood Country Club for their support.

A multitude of neon pink shirts shone bright against the gray, cloudy sky at the Sixth Annual Shannon Pink Ribbon Run. More than 900 walkers and runners participated and more than \$18,000 was raised for a great, local cause. Thank you to all of the volunteers, participants and staff for making the Pink Ribbon Run a continual success! See you next year!



Pretty in Pink Shopping Night at Bentwood Country Club continues to grow every year! This year, more than 250 ladies showed up for a pink-filled evening of browsing merchandise from local vendors and learning the advantages of performing monthly breast self-exams from Dr. Michelle Snuggs and breast cancer survivor Amanda Terry. Thank you to all of the vendors and volunteers who help make this evening fun for everyone!



Associate

Accomplishments

Daisy Award



Kristen Sefcik, RN, 4S, is the July Daisy Award winner. She was nominated by a patient who said Kristen was “very attentive in all ways of my care and I will always be grateful.” Congratulations, Kristen!



Mary Brower, LVN III, Trauma Unit, is the August Daisy Award winner. She received nominations from two patients. One patient said, “Mary is not only a compassionate caregiver to her patients, but she is also a friendly listener who offers a warm smile and a genuine interest in their care.” Congratulations, Mary!



GEM Award

Cruz Castillo received the July GEM Award from Shannon Clinic. Cruz works in Radiology. He was nominated for the award for his outstanding assistance and compassion with patients. He helped a patient in a wheelchair, who could not stand up by himself, to the restroom and to his car. On another occasion, Cruz noticed a man bleeding due to a fall and he cleaned and bandaged his wound. Thank you, Cruz!



Hortensia DeLa Paz received the August GEM Award from Shannon Clinic. She works in OB/GYN. Hortensia was nominated by a patient’s family. She went above and beyond to assist the patient during the premature delivery of her baby. Thank you, Hortensia!

Shannon Surgeon Named Giant of General Surgery



Michael Cornell, M.D., general surgeon at Shannon Clinic was named a Giant of General Surgery by the Parkland Surgical Society and Parkland Foundation.

The 18 Giants of General Surgery were nominated for their distinguished teaching and leadership through the decades. Nominations were submitted by a group of former general surgical residents, in cooperation with Parkland Foundation, in an effort to honor their mentors and the legacy of the Surgery Department in the new Parkland hospital. Names and photos of each Giant will appear on a display on the new hospital’s third floor, just outside the 27 surgical suites.

Dr. Cornell completed his internship and residency at Parkland hospital in Dallas. He has more than 40 years of experience in general, vascular and thoracic surgery and has trained more than 300 aspiring young Parkland surgeons in the span of 30 years. During their five-year program, the residents spend one month in San Angelo gaining real-world, hands-on experience.

Dr. Cornell received his bachelor’s degree from Texas Tech University in Lubbock. He then earned his medical degree from the University of Texas Southwestern Medical Center where he has served as a professor since 1976. Dr. Cornell was president of the medical staff at the former St. John’s Hospital.

Shannon surgeons John Cargile, M.D., Emmette “Buddy” Flynn, M.D., and William Whitehead, M.D., also work in conjunction with Parkland to host surgical residents.

Shannon Pulmonary Rehab Program Receives Certification

Shannon Medical Center’s Pulmonary Rehabilitation program received a three-year certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The certification recognizes Shannon Pulmonary Rehabilitation’s commitment to improving the quality of life by enhancing standards of care.

“Cardiovascular and pulmonary rehabilitation programs are designed to help people with cardiovascular problems such as heart attacks, coronary artery bypass graft surgery, and pulmonary problems such as COPD (chronic obstructive pulmonary disease) and respiratory symptoms, recover faster and improve their quality of life,” said Chris Easterwood, RN, director of Shannon Pulmonary Rehabilitation. “Both programs include exercise, education, counseling, and support for patients and their families.”

The Shannon Pulmonary Rehabilitation program participated in an application process that requires extensive documentation of the program’s practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other

professional societies. Each program is reviewed by the AACVPR Program Certification Committee and Certification is awarded by the AACVPR Board of Directors.

AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available.



2014 Benefits Update: Important Dates

Date	Time	Event	Location
Nov. 4-22	Monday-Friday, 6-9 a.m.	Wellness Screenings	Former Blood Bank Building 224 E. Harris St.
Nov. 12-27	8 a.m.-5 p.m.	Annual Open Enrollment- Call Center or Online	1-855-720-9931 www.benefitsgo.com/shannon
Nov. 13	Noon & 7 p.m.	401K Meetings, Insurance and ACA Q&A	Women's & Children's Conference Room
Nov. 14	7 a.m., Noon, & 7 p.m.	401K Meetings, Insurance and ACA Q&A	Legacy I
Nov. 15	7 a.m. & Noon	401K Meetings, Insurance and ACA Q&A	Legacy I
Nov. 19	8 a.m.-2 p.m.	Vendor Fair: HR Staff available for Insurance Info	SMC Concourse
Nov. 20	10 a.m.-4 p.m.	Vendor Fair: HR Staff available for Insurance Info	SMC Concourse
Nov. 21	Noon-4 p.m.	Vendor Fair: HR Staff available for Insurance Info	SMC Concourse
Nov. 27		Last day to complete Wellness Screening	
Dec. 31		Last day to bring proof of completing a Tobacco Cessation Program	
Nov. 30, 2014		Last day to complete a Wellness Screening for 2015 Credit	PCP Office

Shannon Clinic Associates should have received their information packets via departmental delivery.

Shannon Medical Center Associates should have received their information packets via mail.



Regional Cancer Treatment Center earns ACR accreditation

The Regional Cancer Treatment Center recently earned a three-year term of accreditation in radiation oncology as the result of a review by the American College of Radiology (ACR).

The Regional Cancer Treatment Center is one of only 14 centers in Texas to earn the accreditation, and the only center in West Texas.

“The ACR seal of accreditation represents the highest level of quality and patient safety,” according to Dr. James Studt, medical director of the center. “It means we meet specific practice guidelines and technical standards for patient care and treatment, patient safety, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs.”

Radiation oncology (radiation therapy) involves careful use of high-energy radiation to treat cancer. A radiation oncologist may use radiation to cure cancer or to relieve a cancer patient's symptoms.

The ACR is a national professional organization serving more than 36,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

The Regional Cancer Treatment Center is jointly owned by Shannon Medical Center and San Angelo Community Medical Center. It is located on the Shannon campus at 102 N. Magdalen, Suite 120.



Shannon Earns Top Quality Recognition!

Shannon Medical Center was named *Top Performer on Key Quality Measures*® by The Joint Commission, the leading accreditor of health care organizations in America. The Joint Commission recognized Shannon for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions. The hospital is recognized for its achievement on the following measure sets: heart attack, heart failure, pneumonia, and surgical care.

Shannon is one of 1,099 hospitals in the U.S. to earn the distinction of *Top Performer on Key Quality Measures* for attaining and sustaining excellence in accountability measure performance. The ratings are based on an aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year. The list of *Top Performer* organizations increased by 77 percent from last year and it represents 33 percent of all Joint Commission-accredited hospitals reporting accountability measure performance data for 2012.

“We understand that what matters most to our patients is safe, effective care,” says Bryan Horner, CEO and President of Shannon Medical Center. “That’s why we have made a commitment to accreditation and to positive patient outcomes through evidence-based care processes. Shannon is proud to receive the distinction of being a Joint Commission *Top Performer on Key Quality Measures*.”

Shannon Medical Center and each of the hospitals that were named as a *Top Performer on Key Quality Measures* must: 1) achieve cumulative performance of 95 percent or above across all reported accountability measures; 2) achieve performance of 95 percent or above on each and every reported accountability measure where there are at least 30 denominator cases; and 3) have at least one core measure set that has a composite rate of 95 percent or above, and within that measure set all applicable individual accountability measures have a performance rate of 95 percent or above.

Quality & Affordability...

Shannon is the Most Affordable Hospital in Texas!



NerdWallet Health, a website that empowers consumers to make better decisions about healthcare and insurance, found the ten most affordable hospitals in Texas. Shannon Medical Center ranked first!

NerdWallet Health used its Best Hospitals tool to analyze the 100 most common treatments at more than 300 hospitals in Texas and sought answers to the following questions:

- 1) Which Texas hospitals offer the highest number of affordable treatments, and where are they located?
- 2) What are these treatments?
- 3) How satisfied are patients of these hospitals?

Analysts for NerdWallet Health determined the rankings by using data submitted by hospitals to the Centers for Medicare and Medicaid Services including Medicare Provider Charge Data, Medicare patient discharges and HCAHPS survey data. NerdWallet determined the 50 hospitals in Texas (of 308 total) with the most Medicare patient discharges per year. For each of the 100 most common medical procedures, it then found which hospital of these 50 charged the least. The resulting list ranks the 10 hospitals with the highest number of least expensive procedures.

“More than six million Texans are uninsured and it’s essential that these residents compare prices before receiving healthcare,” said health analyst Napala Pratini. “We hope that our study and best hospitals tool will help support many of these important decisions.”

Serving the Concho Valley for over 80 years, Shannon Medical Center offers the highest number of affordable treatments in Texas and boasts an 80 percent patient satisfaction rate.

Visit the Nerd Wallet site at www.nerdwallet.com to view the top 100 most common treatments and compare information from hospitals in each city or state. To read the full study, visit www.nerdwallet.com/blog/health/2013/10/08/most-affordable-hospitals-texas/.

NerdWallet Health provides cost transparency to patients, empowering them to choose better and more affordable healthcare and insurance by providing free tools and articles. The company has been featured on CNBC, MarketWatch, and NPR, among others.

Fall Team Mystery Challenge

**If it doesn't challenge you,
it won't change you!**



The important stuff:

- You will get five tasks per week. You won't know what they are until the Wednesday before the week starts.
- Each task will be worth 10 points per team member.
- If you complete at least four out of the five tasks, you get 50 bonus points that week (50 points per team member that completes four out of five).
- Give your weekly total to your captain. Captains will average the team's points and email weekly totals to Health & Wellness.
- There will be a challenge from each of the following categories: Eat Well, Move Well, Be Well, Work Well and the fifth category will be a surprise!
- Tasks may vary from one time activities to something you have to do all week.

Challenge Dates: Monday, November 11-Friday, December 13

The first set of challenges will be sent via email on Wednesday, November 6.

Choose a team captain and have them email your team name and list of members to septembersummers@shannonhealth.org or beccabrannan@shannonhealth.org.

For questions or more information, call September at (325) 657-5065 or Becca at (325) 657-8231.

Have fun! Let's see who can take the banner and bragging rights away from the reigning challenge winners
Backs in Action, Shannon Clinic Orthotics!

For more information on how to Be Well, Eat Well, Live Well and Work Well visit www.wordsofwellness.org.



Make this holiday season a healthy one with one of these recipes!

Spiced Pumpkin Biscuits

9 ounces all-purpose flour (about 2 level cups)	1/3 cup fat-free buttermilk
2 1/2 teaspoons baking powder	3/4 cup canned pumpkin
1 1/4 teaspoons pumpkin pie spice	3 tablespoons honey
1/2 teaspoon salt	
5 tablespoons chilled butter, cut into small pieces	

1. Preheat oven to 400°.
2. Combine flour, baking powder, pumpkin pie spice, and salt in a large bowl; cut in butter with pastry blender or 2 knives until mixture resembles coarse meal. Chill 10 minutes.
3. Combine buttermilk and honey, stirring with a whisk until well blended; add canned pumpkin. Add buttermilk mixture to flour mixture; stir just until moist.
4. Turn dough out onto a lightly floured surface; knead lightly 4 times. Roll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds. Reroll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust with flour. Fold dough crosswise into thirds; gently roll or pat to a 3/4-inch thickness. Cut dough with a 1 3/4-inch biscuit cutter to form 14 dough rounds. Place biscuits, 1 inch apart, on a baking sheet lined with parchment paper. Bake for 14 minutes or until golden. Remove from pan; cool 2 minutes on wire racks. Serve warm.

Nutritional Information - per serving

Calories: 122, Calories from fat: 32%, Fat: 4.3g, Saturated fat: 2.6g, Monounsaturated fat: 1.1g, Polyunsaturated fat: 0.2g, Protein: 2.3g, Carbohydrate: 18.9g, Fiber: 0.9g, Cholesterol: 11mg, Iron: 1.1mg, Sodium: 192mg, Calcium: 59mg

Recipe from Cooking Light magazine.

Pumpkin Pie Shake

2 cups vanilla reduced-fat ice cream, softened
1 cup fat-free milk
2/3 cup canned pumpkin
1/4 cup packed brown sugar
3/4 teaspoon pumpkin-pie spice
3 tablespoons frozen fat-free whipped topping, thawed
Pumpkin-pie spice (optional)

Combine first 5 ingredients in a blender; process until smooth. Pour 3/4 cup ice cream mixture into each of 4 glasses. Top each with about 2 teaspoons whipped topping; sprinkle with the additional pumpkin-pie spice, if desired.

Nutritional Information - per serving

Calories: 198, Calories from fat: 13%, Fat: 2.8g, Saturated fat: 1.8g, Monounsaturated fat: 0.6g, Polyunsaturated fat: 0.1g, Protein: 6.1g, Carbohydrate: 38g, Fiber: 1.4g, Cholesterol: 18mg, Iron: 1.3mg, Sodium: 180mg, Calcium: 157mg
Recipe from Cooking Light magazine.

Cookies & Milk with Santa

Every year, Santa leaves the chilly North Pole early to escape to the warmer climate of San Angelo before beginning his trek across the globe. Enticed by the beaming smiles of local children and the delightful scent of cookies galore, he sets up shop in the Women's & Children's Conference Room for two days in early December for Cookies & Milk with Santa.

This event, which benefits Children's Miracle Network, has been a family affair for the Van Stockum's for the past 10 years— including Santa and Mrs. Claus.

Sisters Sandy Simpson, Shannon Clinic Business Office manager, and Tammy Van Stockum, RNC-NIC, BSN, staff nurse NICU/NIMC, enjoy working with the families who attend Cookies & Milk to capture special memories for them.

"Watching the kids' reaction to Santa and their interaction with him on such a personal level is one of our favorite things," the sisters say.

"What makes this so special and unique is the families are included and they can spend as much time with Santa as they like, taking pictures and videos and sharing their Christmas list and wishes with him."

What might surprise some, is the wishes of these children don't always include the latest and greatest toy or video game.

"Sometimes, these wishes are so personal and selfless they bring a tear to Santa's eye," Sandy says.

Santa also treasures his time visiting patients at the Women's & Children's Hospital on the pediatric unit and newborn babies and their families.

Sandy, Tammy, Santa and Mrs. Claus are anxiously awaiting their tenth Cookies & Milk event. They only have one Christmas wish.

"We hope to continue Cookies & Milk for many more years to come."



Cookies & Milk with Santa

Friday, December 13 from 6-8:30 pm

Saturday, December 14 from 10 am-2 pm

Tickets are \$10 per child (includes one digital photo, cookies and milk)

Additional photos are \$2 each and \$2 extra to mail photo.

Please call (325) 481-6160 for ticket info or other questions.



Your
Children's
Miracle Network
Hospital

Helping Local Kids

EVENTS

events

Thursdays: Breastfeeding Community Gathering, 11 a.m. to noon, Women's & Children's Family Room, third floor Shannon Women's & Children's Hospital, 201 E. Harris. For more info, call (325) 481-6326.

Nov. 3: Daylight Savings Time ends

Nov. 7: Survivor Sisters Breast Cancer Support Group, 5:30 p.m., Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen. For more info, call (325) 481-2065.

Nov. 5 & 21: Cancer Survivorship Classes, 1st Tuesday: noon to 1 p.m., 3rd Thursday: 5:30 p.m. Cancer Empowerment & Resource Center at Shannon. For more info, call (325) 657-5590.

Nov. 12: Healthbeat Live! Diabetes Update, 5:30 p.m. in the Shannon Women's & Children's Conference Room, 201 E. Harris. To RSVP or for more info, call (325) 657-5064.

Nov. 28: Happy Thanksgiving!

Dec. 1: White Rose Bereavement Candlelight Ceremony, 6 p.m., Baby's Rose Garden at Shannon Women's & Children's Hospital. For more info, please call Cindy Rogerson (325) 481-6332.

Dec. 3 & 19: Cancer Survivorship Classes, 1st Tuesday: noon to 1 p.m., 3rd Thursday: 5:30 p.m. Cancer Empowerment & Resource Center at Shannon. For more info, call (325) 657-5590.

Dec. 5: Survivor Sisters Breast Cancer Support Group, 5:30 p.m., Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen. For more info, call (325) 481-2065.

Dec. 13 & 14: Children's Miracle Network Cookies & Milk with Santa, Friday, Dec. 13, 6-8:30 p.m. and Saturday, Dec. 14, 10 a.m.-2 p.m. in the Shannon Women's & Children's Conference Room, 201 E. Harris. Tickets are \$10 and available in the CMN office. Call (325) 481-6160 for more info.

Dec. 18: Main Campus Associate Christmas Meal

Dec. 19: St. John's Campus Associate Christmas Meal

Dec. 25: Merry Christmas!

Volunteer Spotlight

Jim Hutchins is the afternoon service head of the Women's & Children's Gift Shop, and he also works at the front desk at Women's & Children's. He said that he works with great people and likes volunteering. He considers it as a time that he "schedules to give."



Jim gives not only his time, but he also gives out walking canes he carves out of aspen he and his late wife got in Colorado during their travels. Photography is another hobby, and he also still travels.

Jim grew up in El Paso where his dad was a career soldier at Ft. Bliss. After graduation, Jim joined the Navy. He was in the Pacific for four years on an aircraft carrier as a lithographer. Then, he worked in a refinery in El Paso for 33 years and was in the Naval Reserves. After retiring, Jim and his late wife sold their house and traveled in a motor home for five years before moving to San Angelo in 1997. His wife passed away in 2007. Jim has one living son and one deceased, two daughters, three grandchildren, and one great grandchild.

The Shannon Volunteers are happy that Jim joined us and happy that he is such an encouraging friend!

VOLUNTEER EVENTS

Nov. 6: Board Meeting

Nov. 7-8: Alters Jewelry Sale

Nov. 19: Bake Sale

Dec. 4: Christmas Social

Dec. 20: Blood Drive

Dec. 23: Blood Drive



STETHOSCOOP

is published by
Shannon Medical Center



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OUR MISSION:

*Founded on a legacy of caring,
Shannon is a locally owned healthcare
system dedicated to providing
exceptional healthcare for our family,
friends and neighbors.*

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