

Caring Connection



Pediatrician, Ron Jones, M.D.

Dr. Jones is accepting new patients. He is available each Monday and Thursday at NRM Primary Care Clinic, 627 S. Ash Street, Suite B. Schedule your appointment by calling **(417) 667-6800**.

Welcome Back!

When Nevada native Ron Jones, M.D. finds something he likes, he sticks with it. Just five years ago, he retired after more than three decades of practicing children's medicine with his nurse Brenda Richards at Nevada Medical Clinic.

While in retirement, Dr. Jones spent his time doing more of some of his favorite activities, including flying his Alarus two-seat, low-wing plane, researching for his newspaper column "Food for Thought" published in the Nevada Daily Mail and traveling to beautiful destinations such as Costa Rica with his wife Valo.

However, it wasn't long before Dr. Jones knew he was missing something and perhaps so was the community. Now he's back to keeping children healthy in the charming way that his patients recognize as unique to Dr. Jones.

"He was our children's doctor from the first checkup. He was kind, soft-spoken but clear. Whether it was a cold or broken bone or even a grand mal seizure, we still got the same care and concern. My daughters who are now 18 and 21 both fondly remember Dr. Jones!" Darlene Hallford said.

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A health and wellness newsletter from

NEVADA REGIONAL MEDICAL CENTER

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Expanding Primary Care

NRMC closes on an exciting new investment.

A letter from NRMC CEO/President, Kevin Leeper

Nevada Regional Medical Center has made a financially and strategically important decision to purchase the Nevada Physician Park on 625 and 627 S. Ash Street. One of the owners, Dr. Scott Beard, has already left the community and his vacated space has been leased by NRMC for nearly a year, to house a provider based Rural Health Clinic, named the Primary Care Clinic. Having a facility near the hospital, but off campus, affords NRMC a further opportunity to capitalize on one of the most beneficial federally sponsored programs still intact for rural hospitals since it was created in 1987 (The Rural Health Services Act PL 95-210).

“Purchase of this property has a payback return of less than three years”

Application for this program at this site was started back in November of 2015 and was concluded with the issuance of an approved provider number in late June of 2016. The cost report currently being prepared for

this period ending June 30, 2016 will soon yield an encounter rate to be paid moving forward by CMS for its Medicare and Medicaid beneficiaries who utilize services at this Clinic. This model of payment will yield NRMC at least 2.5 times the reimbursement it currently receives for like services inside the hospital walls, which do not yield a premium for our “rural status”.

Purchase of this property has a payback return of less than three years and will greatly improve cash flows for our Physician – Nurse Practitioner practices. We are very grateful for the opportunity that Drs. Lovinger and Beard have given us through the orchestration of ownership for these building(s)...627 now and 625 in a few months. We will be moving all qualifying outpatient physician services (those designated as primary and behavioral care) to this site from the hospital over the coming weeks, in addition to opening a behavioral clinic on Saturdays, beginning Nov. 12th.

I will add that currently among our departments within NRMC yielding the highest margins are our other three Rural Health Clinics in Rich Hill,

Sheldon, and the NowCare Clinic. It is important to note that the NowCare Clinic is currently operating at near capacity, and could not easily absorb any of the existing practices now being delivered inside the hospital.

A new Internal Medicine-Pediatrician, Dr. Vickey Edge, has agreed to join our team in Nevada and will arrive in late January to shore up physician access at the Primary Care Clinic. On arrival she will be working 10 hour shifts to extend into the evening hours (8:00 A.M. to 6:30 P.M.), to further enable access for working customers. We also have plans in the future to add x-ray services at this location.

In addition I want to remind our readership that Dr. Ron Jones, Pediatrics, began work at this location on October 3rd. He decided retirement was not all it was cranked up to be and desired to apply his professional services for young folks once again.

We thank you in advance for supporting the use of our newly acquired Primary Care Clinic!

- Kevin Leeper, CEO

Proactive Approach to Health

Medicare Part B and Yearly Wellness Exams

Did you Know? Medicare Wellness Exams are part of your Medicare coverage. When you signed up for Medicare Part B, you were offered an introductory visit within your first 12 months of coverage. If you've had Part B longer than 12 months, you are now eligible for a yearly wellness exam. The purpose of this yearly exam is to develop a personalized plan to prevent disease and disability based on your current health and risk factors.

You pay nothing for the yearly "Wellness" visit if your doctor or other qualified health care provider accepts Medicare. The Part B deductible doesn't apply on this wellness visit. However, if your healthcare provider performs additional tests or services during the same visit that aren't covered under these preventive benefits, you may have to pay coinsurance, and the Part B deductible may apply. It is important to ask questions so you understand why your doctor is recommending certain services and determine whether Medicare will pay for them.

At your appointment you will fill out a Health Risk Assessment as part of this visit which will help you and your physician develop a personalized prevention plan to help you stay healthy and get the most out of your visit. Some of the discussion may include:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Height, Weight, blood pressure, and other routine measurements
- Detection of any cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options for you
- A screening schedule for appropriate preventive services, which could include the following:

Common Preventive Services

- Cardiovascular Screening (Lipid profile)
- Bone Mass Measurement
- Cervical Cancer Screening and/or Mammography
- Prostate Screening
- Colorectal Cancer Screening (Colonoscopy)

While it may be tempting to think of the wellness exams as optional, they provide a unique opportunity for exchanging vital information with your doctor, and it's free!

Get the most out of your Medicare plan. Schedule a wellness exam with your primary care provider today and improve your long-term health!

A Road Map for Diabetes

“Your test results indicate you have diabetes.” What does this mean for you and your family? There are many questions you may have as someone recently diagnosed with diabetes. Where do you go for help? Well, the answer is clear: Nevada Regional Medical Center's Diabetes Education Program offered through the NRMC Specialty Clinic.

The program is accredited by the American Association of Diabetes Educators (AADE) and is managed by our Certified Diabetes Educator, Carla Reed, FNP-BC. Through the program, diabetics learn about proper use of a glucose monitoring device, healthy blood glucose levels, basic meal planning and label reading, how to accurately treat low blood sugar, and how to correctly administer medications. Care plans are based on each person's individual needs and classes are structured to help them maintain their plan.

If you have been diagnosed with type 1, type 2, or gestational diabetes, we can help you develop a plan to manage your condition. Medicaid, Medicare and many private insurance plans will cover this education.

Your healthcare provider must refer you to this program, so ask for a referral today. If you do not have a healthcare provider, please call the hospital to discuss options available to you. You can take control of your diabetes, and live the life that you deserve!

Diabetes doesn't have to control you. Take back your life! Call NRMC Specialty Clinic at (417) 448-2121 for more information.

CaringConnection

Steve Russ, Chairman, NRMC Board of Directors

Kevin Leeper, President and CEO

Judith Herstein, Community Relations/Foundation Director

The **CaringConnection** is published by the community relations department at Nevada Regional Medical Center. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call (417) 448-3620.

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Upcoming Events



Blood Pressure Screening

Get a quick pressure check each month.
Dates/Times: Nov. 16, Dec. 21, Jan. 18, 10:45 a.m.
Location: Vernon County Senior Center
 Free screening!

Caregiver's Support Group

Discussion meeting for family members and caregivers of those with Alzheimer's disease and related dementia. **To learn more, call Barone Alzheimer's Care Center at 417-448-3999.**
Dates/Times: Nov. 9, Dec. 14, Jan. 11, 1:30 to 2:30 p.m.
Location: Barone Alzheimer's Care Center
 Free group!

Veteran's Health Fair

Free screenings and health information for veterans. Part of a full day of events. **To learn more, call Nevada Elks Lodge at 417-448-3999.**
Dates/Times: November 11, 12:30 to 3:30 p.m.
Location: Nevada Elks Lodge Bingo Hall
 Free screening!

Tuesday/Thursday Childbirth Class

Intended for women in the last trimester of pregnancy. Includes information about childbirth, infant care and emergency planning and breastfeeding, as well as a tour of the maternity department.
Dates and Times: Nov. 14/15 (Mon/Tues), Dec. 13/15, Jan 10/12, 6 to 8:30 p.m.
Location: Medical Arts Building, 3rd Floor Classroom
 \$15 Registration Fee. To register, call (417) 448-3622.

Great American Smokeout

We want to support your effort to kick the habit! Stop by NRMCM to receive a quitters "survival kit".
Date and Time: November 17, 8:30 a.m. to 4 p.m.
Location: NRMCM Main Lobby
 Free offer.

Saturday Childbirth Class

Intended for women in the last trimester of pregnancy.
Date and Time: Nov. 19, Dec. 17, Jan. 14, 8 a.m. to 12:30 p.m.
Location: Medical Arts Building, 3rd Floor Classroom
 \$15 Registration Fee. To register, call (417) 448-3622.

Lunch & Learn: Break the Chains of Drugs and Alcohol

Presented by New Vision Service Coordinator, Valerie Ashcraft, LBSW, LAC
Date and Time: November 18, 12 p.m.
Location: Mezzanine Conference Room
 Free seminar! Reserve a \$3 lunch by calling (417) 448-3622 or you're welcome to bring your own.

NRMCM Foundation Tree of Shining Memories Lighting Ceremony

Special memorial presentation prior to Nevada's Christmas Parade. See information at the bottom of this page.
Date and Time: December 10, 2:30 p.m.
Location: SE corner of Nevada Square

Holiday Festival

Games and crafts for children up to age 12. Special guests: Santa and Mrs. Claus.
Date and Time: December 11, 1 to 4 p.m. Registration required. Call (417) 448-3622.
Location: NRMCM Main Lobby and Mezzanine
 Free admission!

Blood Drive

This holiday, give the gift of life! Just one donation can help save the lives of two local hospital patients.
Date and Time: December 22, 1 to 5 p.m.
Location: Moore-Few Community Room
 To make an appointment, call (417) 448-3622.

Sibling Celebration

Designed for children ages 2 to 6. Helps kids celebrate becoming a big brother or sister.
Date and Time: January 10, 3:30 to 4:15 p.m.
Location: Medical Arts Conference Room
 Free class!

Scan the QR code for quick registration via email. 



Registration is required for all programs. For more information, or to register, please call NRMCM Community Education at **(417) 448-3622** or email community@nrmchealth.com.



You are cordially invited to join the
 Nevada Regional Medical Center Foundation
 for the Annual
Tree of *Shining* Memories
 Lighting & Naming Ceremony
Saturday, December 10 at 2:30 p.m.
 (prior to the Nevada Christmas Parade)
 Southeast corner of the Courthouse

We hope that you will renew your gift of the past or, if you are a first time donor, will join the many supporters of this event by making a special tribute in memory or honor of someone dear to you.
 Each gift of \$10 will purchase one light.
 Acknowledgement cards may be sent to the families of those being honored by request. Memorial names, along with donor names, will appear in the Nevada Daily Mail on Saturday, December 24th and in the hospital lobby during the holiday season.
 For more information call (417) 488-3620

We hope you will help to make this the **BRIGHTEST** year ever!

I/We wish to purchase ___ light(s) on the Tree of Shining Memories.

Enclosed is a contribution of \$10 for each light.
(Please make checks payable to NRMCM Foundation)

Please Charge My: Visa Mastercard Discover

Card #: _____ Expiration Date: _____

Signature: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

This contribution is in memory of: _____

like an acknowledgement sent to:

Name: _____

Address: _____

State: _____ Zip: _____

(For additional memorials, please complete another form or attach a separate sheet.)

Return completed form to: NRMCM Foundation
 800 S. Ash, Nevada, MO 64772

Forms must be received by Wednesday, December 7th for Parade or Tuesday, December 20th for paper.

For questions or special requests, please call the NRMCM Foundation at (417) 448-3620

Thank you for your support.