



Community Connection

COMMUNITY HOSPITAL OF BREMEN — INDEPENDENT, NON-PROFIT



www.bremenhospital.org • Fall 2010

What's INSIDE

2 Focus on Women's Health

3 Year-end Appeal

4 There's a new Chef in town

Swing Bed: A Window of Time

When an acute care hospitalization is no longer necessary and a patient meets the predetermined Medicare criteria, they may be eligible for Swing Bed care. Community Hospital of Bremen's Swing Bed program is a great opportunity for patients who are already hospitalized and require extended therapies and skilled nursing care to continue to do so, without leaving the facility.

When a qualifying acute hospitalization ends, the patient, physician and family members work together to decide whether or not it is appropriate to "Swing" the patient's care to a step-down level. This is where the term "swing bed" derived its meaning.

Common qualifying diagnoses for the Swing Bed program may include but are not limited to:

- Total Knee or Hip Replacement
- CVA (Stroke)
- Long-term antibiotic IV therapy
- Generalized Weakness

Patients electing the hospital's Swing Bed program do not have to be inconvenienced by undergoing a traumatic transfer to new surroundings with new caregivers. They can remain in the same private room, continue their therapies and enjoy having the same nursing staff and clinical professionals that they are familiar with and accustomed to. In addition, the patient's family or caregivers can remain in close proximity to the patient. Travel time to and from the facility is shortened because it is local. Elderly patients with spouses especially appreciate this aspect. For those choosing to room-in with the patient, each room is equipped with a fold out couch.

Community Hospital of Bremen's therapy department provides a highly qualified and certified staff to guide a patient and their fam-

ily through the process of regaining mobility, completing daily activities and greater overall independence. Ultimately, the goal of the Swing Bed program is to see the patient return home to an independent living situation or to transition to a home setting with the help of caregivers and available community resources. Part of the hospital staff's service is to assist the patient and their family in accessing these resources so they are in place once they leave the facility. These services may include but are also not limited to:

- Assessment for out-patient therapies (physical, occupational, IV and speech)
- Home healthcare referrals
- Medical equipment/supplies
- Community resource referrals
- Long term care or Assisted Living referrals
- Transportation /transport
- Meals on Wheels

In many healthcare situations, patients and families are forced to make quick determinations when presented with their healthcare options. Richard King, Swing Bed Coordinator, noted that "Swing Bed provides our families a "window of time" to discuss and make very difficult decisions related to their loved ones future care." Many



who have participated in the program have found it to be an invaluable resource toward achieving recovery goals or transitioning to a long term care situation.

Richard King recently joined the staff of Community Hospital of Bremen as a Case Manager/Swing Bed Coordinator/Discharge Planner. Contact Richard @ (574)546-8039 for more information about the hospital's Swing Bed services.

Dr. Maes Encourages Women not to Take Their Health for Granted

Women play a significant role, in not only keeping their families healthy but also in the healthcare of their community overall. They should see their physician regularly for preventive health care. Early detection is important for the overall treatment of some of the more serious problems women face. As women age, their bodies change. They need to make sure those changes are normal ones and not signs of more serious health issues. This article will focus on some common health issues that women can encounter and their potential medical solutions.

Heavy periods effects one in every five women, seriously interfering with their daily lives. There are now simple medical procedures available to lighten or stop periods permanently without the side effects of hormones or the risks of major surgery. This allows women several choices of the treatment they prefer. Heavy periods can be rectified in many cases by performing an endometrial ablation procedure that can be done on an outpatient basis.

Urinary incontinence is loss of bladder control. Symptoms can range from mild leaking to uncontrollable wetting. It can happen to anyone, but it becomes more common with age. Most bladder control problems happen when muscles are too weak or too active. If the muscles that keep the bladder closed are weak, individuals may have accidents when they sneeze, laugh or lift a heavy object. This is called stress incontinence. If bladder muscles become too active, the individual may feel a strong urge to go to the bathroom even when they have little urine in their bladder. The term for this is urge incontinence

or overactive bladder. There can be other causes of incontinence, such as nerve damage. Fairhaven OB/GYN has diagnostic testing available in the office to determine the best course of treatment. It may include simple exercise, medicines, special devices, procedures or surgery.

Osteoporosis is a silent disease. You might not know you have it until you break a bone. Anyone can develop osteoporosis, but it is most common in older women. Statistics tell us that as many as half of all women older than 50 will break a bone due to osteoporosis. A bone mineral density test is the best way to check your bone health. This is called a dexa scan and can be performed at the Community Hospital of Bremen by appointment. To help prevent osteoporosis from occurring or advancing, it is recommended that individuals eat a diet rich in calcium and vitamin D, exercise and avoid smoking. If needed, medicines can also be prescribed that can help strengthen bones as well.

Infertility is a term doctors use if a woman hasn't been able to get pregnant after at least one year of trying. If a woman keeps having miscarriages, it is also called infertility. Female infertility can result from physical problems, hormone problems, lifestyle or environmental factors. Most cases of infertility in women result from problems with producing eggs. One such problem is called premature ovarian failure, in which the ovaries stop functioning before natural menopause. In another problem, termed polycystic ovary syndrome (PCOS), the ovaries may not release an egg regularly or may not release a healthy egg. If you suspect you are infertile, schedule an appointment with your physician.

There are tests that may tell a woman if she indeed has fertility problems. When it is possible to find the cause, treatments may include medicines, surgery, or assisted reproductive technologies. Happily, two-thirds of couples treated for infertility are able to eventually go on to have babies.

These are just a few of the common health problems that effect women. Should you have any signs or symptoms that concern you, it is important to consult with your physician to get them assessed. Women shouldn't take their health for granted, as so often they are primary caretakers of others.

Fairhaven Obgyn
FAIRHAVEN OBSTETRICS AND GYNECOLOGY

Care for women has been the focus of Fairhaven Obstetrics & Gynecology for many years in the Goshen community. Dr. Vernon Maes has brought this focus to the Bremen community by providing care at the Community Hospital of Bremen Medical Office Suites. He has found the staff and physicians at Community Hospital of Bremen to be exceptionally caring and helpful. Dr. Maes is board certified in obstetrics & gynecology. He is married and has 3 young daughters.



To schedule an appointment with Dr. Maes at the Community Hospital of Bremen Medical Office Suites please call 574-533-0648. For more information about Dr. Maes visit Fairhaven Obstetrics & Gynecology secure patient portal at www.fairhavenobgyn.org.

Greetings to our Hospital Family & Friends,

The last couple of years have been challenging for the majority of us financially. It has been equally challenging in a small hospital setting to provide the same level of services that our facility has maintained in the past. Unfortunately, the cost of providing most of our healthcare services outweighs the reimbursement we receive.

Every year at this time, the Foundation asks you to consider making a year end donation to our facility. There are also other opportunities to give throughout the year. I would be happy to discuss these opportunities for donation with you. I can be contacted at (574)229-7124 or you can e-mail me at lkipfer@bremenhospital.com.

By completing the contribution form, you can be a part of our ongoing effort to continue to provide hospital services close to your home. If you are unable to make a donation, our request is that you support us by utilizing the healthcare services that we provide. Both methods of support are necessary to our future existence and growth.

Thank you for your consideration. Our hospital family wishes you and your family a happy and safe holiday season and blessings in the New Year.

With Warmest Regards,

Lon Kipfer, Director of Development
Community Hospital of Bremen Foundation



Community
Hospital of Bremen

Year End Appeal

Name: _____

Address: _____

Phone: _____ Donation Amount: _____

Check: _____

Money Order: _____

Please make checks payable to Community Hospital of Bremen Foundation.

Credit Card: Visa/MC/AMEX (Circle One)

Credit Card # _____

Expiration Date: ____/____ Security Code: _____

Please mail this form to Community Hospital of Bremen Foundation,
P.O. Box 8, Bremen, IN 46506

Cash donations also accepted in the Foundation Office Only.

Contributions postmarked by 12/31 will be credited to 2010 calendar year.

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CHB welcomes Chef Perry

Community Hospital of Bremen is proud to introduce Chef Alan Perry as Nutrition Services Director and Executive Chef at Community Hospital of Bremen.



Chef Perry comes to the hospital with exceptional qualifications and experience. He has been a Certified Executive Chef in the American Culinary Federation for approximately twenty years. Prior to coming to Bremen, he was the Executive Chef for Saint Joseph Regional Medical Center. He also worked at the University of Notre Dame for twelve years. The chef was also active in the opening of the Swan Lake Resort in Plymouth.

Chef Perry was a two term President of the American Culinary Federation in Northern Indiana and currently serves as Chairman of its Board of Directors. He also serves on the Board of Directors for the Culinary Arts at Elkhart Community Career Center.

In 1999, Chef Perry received a scholarship to attend the Culinary Institute of America in Hyde Park, New York. This honor was given to him by the Junior League of South Bend in recognition of his involvement with the organization for many years.

Cooking and creating are integral parts of his leisure time as well as his work life. He has competed in about fifteen culinary competitions. Chef Perry noted that he "enjoyed them all, learned a lot, and garnered some medals along the way". He also teaches cooking classes at Martin's Supermarkets. For enjoyment, during the winter months, he and some colleagues carve ice sculptures at twelve to fifteen venues in Northern Indiana.

He obviously enjoys his profession and is anxious to have the public visit the Community Hospital of Bremen Café to sample what he and the dietary staff have prepared.

The Community Hospital of Bremen serves breakfast and lunch for the public Monday through Friday.



Community Hospital of Bremen Auxiliary President Gloria Krieg, presents a check in the amount of \$12,000.00 to Scott Graybill, hospital President/CEO. The Auxiliary sponsors several fundraisers throughout the year including the Annual Chicken Barbecue held in August at Sunnyside Park. Recent donations have been designated toward provision of digital mammography services at Community Hospital of Bremen. Since 2006 the Auxiliary has raised and donated approximately \$79,000.00. Their ongoing support is greatly appreciated.

Save the Date

Spring Sensation

April 16,
2011