

JCMG Group Talk

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Seven New Physicians Slated for 2011

JCMG is pleased to announce that several physicians have recently signed contracts to begin practice with the group in 2011.

Todd Kilgore, MD, completed his GI fellowship program at the University of Missouri in June 2010 and will start practice with JCMG Gastroenterology on July 18, 2011.

Amanda Rodemann, DO, will finish her obstetrics and gynecology residency at the University of Missouri and will start with Women's Clinic of JCMG on August 1, 2011.

Jodi Berendzen, MD, will also join Women's Clinic of JCMG effective August 1, 2011 following the completion of her residency at the University of Tennessee Medical Center in June.

Crystal Cook, MD, will complete her family medicine residency at the University of Missouri in June. She will join Dr. Sara Bohn at the JCMG Family Health Clinic located in California on August 1, 2011.

Joyce Wilson, MD, is currently in a hand surgery fellowship program at Mary S. Stern Hospital in Cincinnati, Ohio and will finish in July 2011. She will join JCMG Orthopaedics on September 1, 2011.

Esteban Marten, MD, is currently in an aesthetic surgery and breast reconstruction fellowship program at The Cleveland Clinic in Cleveland, Ohio and will finish in 2011. He will begin practice in plastic surgery with JCMG on October 1, 2011.

Douglas Laux, MD, MS, is currently completing a hematology and oncology fellowship at the University of Iowa Hospitals and Clinics in Iowa City, Iowa. He will begin practice on October 1, 2011.

Please welcome these new physicians when they start practice with JCMG.

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EXCLUSIVE Women's Health Event

We're rolling out the red carpet for you...

Go Red for Women Day

**Friday, February 4th
7 to 10 a.m.**

200 St. Mary's Medical Plaza, Suite 102

If you are 30 to 55 and haven't had your cholesterol checked in the past year, now is the time! For \$11, pamper your inner self with a screening for cholesterol, blood sugar, blood pressure, BMI and various other health risk assessments. A physician will meet with you personally to discuss your results. Gift bags are available for each participant. Reservations are a must. **Please call 635-0234, ext. 5210.**

A 12-hour fast prior to appointment is required.

Women's Clinic
of JCMG

 **American Heart Association®**
Learn and Live

Take a Cigarette Break-Up

Did you know studies show that even long-term smokers still benefit from quitting? Just within 24 hours of quitting, blood pressure and pulse rate may drop; within two to 12 weeks circulation may improve and lung function can increase; within one year excess risk of coronary heart disease is half that of a smoker's; and in more than 10 years the risk of lung cancer is half that of a smoker's.

If you're thinking about quitting smoking, that's great! It can be one of the best things you can do for your health.

JCMG and Pfizer will host a free one-hour smoking cessation workshop. Straightforward information and tools designed to help people quit will be provided, along with refreshments. The workshops will be held on Monday, January 17 at 5:30 p.m. and Tuesday, January 18 at 7:30 a.m. in the Employee Training Room and on Tuesday, January 18 at noon in the Board Room.

Please call Shelly Sappington, QI Coordinator/Clinic Educator, at 556-7745, with questions or to register for one of the workshops.

Chamber Leader



Janet Wear-Enloe, JCMG Chief Marketing Officer, will serve as the 2011 Board Chair for the Jefferson City Area Chamber of Commerce.

Best wishes for a successful year!

Make the Most of What You've Got



In as little as two years, five classes of 74 families have successfully completed the Dave Ramsey "Financial Peace at Work" course held at JCMG, bringing each person a little closer to financial freedom.

"Everyone who has gone through the class says that no matter where they are financially: in debt, home mortgage only, debt free, never have been in debt, they learn something in the class and thoroughly enjoy it," says Rita Rauba, class facilitator. "No one has ever walked away saying they wish they hadn't taken the class. In fact, they wish they had taken it when they were younger."

The class now includes online access to the "lesson" part that is taught by Ramsey. The video is done at the participant's convenience before the class meeting time.

This enables spouses as well as children outside the home accessibility. An in-class discussion of 45 minute to an hour takes place in a group setting.

"During the course of the 13-week class, participants are asked to track their progress of putting money into savings and paying down their debts. Numbers reported (and not everyone reported) show JCMG employees have saved \$165,765 and paid down \$311,239.51 in debt. That makes an average turnaround of \$6,446 per family in just 13 weeks. About \$7 million in credit card debt has been avoided as well," says Rauba. "How's that for improving fiscal fitness?"

Raubas hopes to continue the class in 2011. She is currently assessing the level of interest in additional sessions. If you would like more information or are interested in participating in the Financial Peace course, please call Rita Rauba at 690-7711 or email rauba@mchsi.com.

Step Up for those in Need

During the month of January, JCMG Podiatry will host its 4th Annual Sock and Shoe collection to help those in need have warm, protected feet this winter.

Drop off new socks and new or gently used shoes at the JCMG Medical Building.

Donated items will be given to the Samaritan Center. Please call JCMG Podiatry at 556-7724 with any questions.



What's Happening!

JCMG's Mission

To advance the health of the patients and communities we serve through a culture of compassionate care, cost-effective health care management, and comprehensive community health care services, which are easily accessible, and of the highest quality.

Permanent Sterilization

by Brandi Nichols, MD

Women's Clinic of JCMG, 636-5248



Many people refer to permanent sterilization as getting their “tubes tied.” Permanent sterilization or tubal ligation has been available for many years.

In the past, the techniques for permanent sterilization required one or more incisions in the abdomen. In 2002, a new method became available to allow physicians to provide permanent sterilization without any incisions. This is done by placing a camera (called a hysteroscope) through the cervix and into the uterus. From inside the uterus the opening where the fallopian tube comes into the uterus can be seen (tubal ostia). Once the tubal ostia are visualized soft, flexible coils can be placed into the fallopian tubes. Over the next three months tissue grows into the fallopian tube over the inserts that were placed and creates a blockage.

Pregnancy is prevented by not allowing sperm to reach the egg. A test is required at three months to confirm complete blockage of the fallopian tubes and to assure reliable birth control. This test is called a hysterosalpingogram or HSG. An HSG is done by placing contrast liquid into the uterus and using an x-ray to confirm blockage of the fallopian tubes.

The two options available for this type of permanent sterilization are Essure and Adiana. Both can be performed with minimal sedation and without general anesthesia. While not everyone is a candidate for transcervical sterilization, it is a good option for most people considering permanent sterilization.

Common questions include:

- 1) **Are there hormones involved?** No, the coils are hormone free.
- 2) **Will I continue to have a period?** Yes.
- 3) **Are these procedures reversible?** No, it is considered permanent.
- 4) **Is this 100% effective?** No permanent sterilization is 100% effective; however, efficacy rates are very high at greater than 98%. This rate is similar to other forms of permanent sterilization.
- 5) **Is it covered by insurance?** Often these procedures are covered by insurance.
- 6) **Will I need to use birth control after the procedure?** Yes. Another form of birth control is required until the confirmatory test is done three months following placement.

Dr. Nichols and other JCMG OB/GYNs provide both Adiana and Essure as an option for permanent sterilization in addition to more traditional methods.

Notable News & Calendar of Events

- Congratulations to the following employees who received Signature Care customer service cards since the last GroupTalk: Merlita Beloncio, Patty Blume, John Book, Jennifer Dukes, Susie Eoff, Jodi Farris, Phil Hartman, Cynthia Kendricks, Stephanie Lehmen, Paul Lepper, Sharon Lowder, Lyle Rosburg, Mary Kay Ryan, Rose Spencer, Janet Wear-Enloe, and Sharon Zyla. Thanks to Lisa Clark, Kirby Crane, Stevie Flottmann, Tim Garvey, Cheri Grothoff, Connie Gilmore, Janet Harris, Ellen Kliethermes, Susan Lange, Debbie Langston, Paul Lepper, Rose Spencer, and Donna Wieberg for a job well done.
- EIC is coordinating a Scrubs Drive from January 3 - 28 to benefit Dreams to Reality. Please place new or gently used, clean scrubs in the drop boxes located at the JCMG Medical Building. Employees who donate to the drive are eligible for a 10 percent off coupon from Allmed. Contact Susie Eoff, OPH, for details.
- JCMG Employee Quarterly Meeting will be held Tuesday, January 18 at 11:30 a.m. and 12:30 p.m. Please plan to attend one of the sessions. Lunch is provided for those in attendance.

2011 Goal: Increase 401(k) Savings by 1%

by Sean Duggan, Moneta Group

It is the time of year to determine your savings goals for 2011. As we have discussed in the past it makes sense for participants to try to increase their savings percentage by at least 1% each year. This is easy to accomplish in the 401(k) plan. Just call Evelyn McVicker at 556-5761 and request a deferral percentage change form.



1. Financial Peace at Work participants ended their 13-week course with a graduation celebration.
- 2&3. Employees had an opportunity to adopt an angel from the wreaths displayed in the Lobby. Many employees went above and beyond to be sure their “angels” had a good Christmas.
4. Employees were quite grateful for the bonuses distributed prior to Christmas.
- 5&6. Several employees chose to ring the bell, for the Salvation Army Red Kettle Campaign, during their lunch hour.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the February issue is January 14. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



January Birthdays

1	IM	Jodi Farris
1	IM	Dr. Krishna Mettu
1	CBO	Kathy Hayes
2	FLP	Cynthia Kendrick
2	FCA	Dr. Zshvetta Jones
4	OSC	Rebecca Schmidt
4	CBO	Carol Hamilton
5	WTC	LeGreta Hudson
6	WC	Sarah Cain
7	CBO	Debbie McGowen
7	OSC	Shawn Ickes
7	LAB	Joni Hensley
8	PHARM	Dick Sartor
9	IM	Marc Eubanks
10	IM	Jennifer Dukes
12	FCA	Katy Loesch
13	CARD	Lisa Coffman
14	OSC	Sandy Benne
14	PEDS	Krista Duncan
15	FM	Leeann Paterson
15	FHC	John Huhmann
15	FM	Regina Garriott
16	IS	Michelle Hoeller
16	EHR	Elizabeth Carver
17	TRAN	John Leininger
17	CBO	Pam Werdehausen
17	MAIN	Christopher Hibdon
18	IM	Marlene Riney
18	ORTHO	Rebecca Hurst
18	CBO	Cheri Chiles
19	WTC	Beverly Pethan
19	CBO	Elaine Barnett
20	FM	Dr. Thomas Robbins
20	FCA	Deborah Libbert
21	FCA	Sandy Lawrence
22	LVC	Lori Jones
22	WC	Dr. Brandi Nichols
23	ENT	Whitney Krieg
23	PEDS	Sarah Rembecki
23	CBO	Anna Mayberry
24	FCA	Jamie Meyer
25	ACCT	Beth Durham
26	FHC	Tina Kliethermes
27	SURG	Neva Bryant
27	FM	Saira Babar
28	RAD	Michael Mallonee
28	CARD	Laura Buehler
29	ON/HM	Kara Maher
29	MAIN	John Book
30	OSC	Barb Redus
31	FP	Dr. Lory Feeler
31	PTC	Dr. John Sennott

January Meeting Schedule

New Employee Orientation	Jan. 11 & 12	8:00 a.m.	Training Room
FM Staff	Jan. 18	7:00 a.m.	JCMG Lounge
Employee Quarterly Mtg	Jan. 18	11:30 a.m. & 12:30 p.m.	JCMG Lounge
Outpatient Surgery Center	Jan. 19	7:00 a.m.	Board Room
EIC	Jan. 19	1:00 p.m.	Board Room
Board of Directors	Jan. 20	7:00 a.m.	Board Room
FM Physicians	Jan. 20	6:00 p.m.	Board Room
Building LLC	Jan. 25	7:00 a.m.	Board Room
Education Committee	Jan. 25	11:30 a.m.	Training Room
Safety Committee	Jan. 27	7:45 a.m.	Training Room
Department Meeting	Jan. 27	9:00 a.m.	Board Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	JCMG Lounge
Cardiology Committee	Every Friday	7:00 a.m.	Board Room

JCMGuess Who?

Each month GroupTalk will highlight a JCMG employee. Clip off the form or send your entry on a 3" x 5" card to Community Relations, by January 14. If more than one correct entry is received, a drawing will be held.

December's mystery employee was Susan Claypole, WC, and the winner was Kathy Hayes, CBO. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee is preparing for a destination wedding this summer. But don't let the lace and sequins fool you, this girl is anything but frilly. She works and plays hard. She and her fiancé are in the midst of finalizing renovations to their first home. She enjoys playing with children, being around family, and riding four wheelers. Her hunting skills aren't too shabby either. This year, she brought home a button buck and last year it was an 8 point buck. When she's not tearing or fixing things up, she enjoys traveling. This Guess Who has worked for JCMG for seven years.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
