

JCMG Group Talk

August 2011 Vol. 15/ Num. 7



Helias Grads Return to Join Women's Clinic of JCMG Childhood experiences set the stage for career in medicine



It was her beloved hometown physician, Dr. Thomas Hancock, who most influenced the direction Dr. Jodi Berendzen's life would take. "It all stems from my childhood," she explains. She was only 4 years old when her older brother was diagnosed with a brain tumor. Tragically, he didn't survive long, but her family's relationship with Dr. Hancock continued through the years. He was a JCMG family physician before he passed away in 2005.

"We absolutely loved Dr. Hancock. The personal care that we had is something I so much valued, and I knew that's what I wanted to do when I grew up," Dr. Berendzen says.

The former Jodi Burns grew up in Linn, worked as a patient care tech at St. Mary's Health Center and graduated from Helias High School in 1999. She received an undergraduate degree in biology and a medical degree from Saint Louis University. She recently completed a residency in obstetrics/gynecology at the University of Tennessee Medical Center in Knoxville and joins the Women's Clinic of JCMG.

"I believe that a woman's health is such an emotional journey throughout life," she says. "As a physician, I can be a part of some of the very happiest moments of life, as well as some of the challenges when there are difficulties with pregnancy or emotional changes with age. It's so important that they be appreciated by the physician, and that's why I love the job I do." She brings expertise in minimally invasive surgery for numerous gynecological procedures, enabling quicker recovery.

After 12 years away, she's happy to be returning to her roots. Her husband, Jeff, is a carpenter. They have two young children and live in Westphalia. She lists her interests as reading, cooking, hiking and camping, adding, "I mostly enjoy being a mom."

Personal understanding helps doctor relate with new moms



As the mother of a 2-year-old girl, Dr. Amanda Rodemann has a still fresh and personal perspective on bringing a child into the world.

She's found that her own experience helps put expectant mothers at ease when they visit her. "When women come in with complaints during pregnancy, and I reassure them it's normal, I can empathize and connect with my patients, having gone through the experience," she says.

As a new obstetrician/gynecologist with the Women's Clinic of JCMG, Dr. Rodemann enjoys taking care of new mothers during one of the most memorable times in their lives. She also likes the balance of clinical work with surgical procedures, many of which are now minimally invasive.

"In gynecological care, we're able to do the surgeries that your mother and grandmother had, but with minimally invasive procedures, you can now go home the same day or the next day and the recovery is very short," she notes.

After finishing medical school at the A.T. Still University, Kirksville, College of Osteopathic Medicine, she completed an internship and residency in obstetrics and gynecology at the University of Missouri-Columbia, where she was appointed administrative chief resident. She also won a resident research award for her project, "Show-Me Healthy Babies."

Dr. Rodemann is returning to her hometown with her husband, Jake, and their daughter. The former Amanda Brondel is a 1999 graduate of Helias High School, where a course in sports medicine sparked her interest in a medical career.

She played on the Westminster College women's basketball team, ranking 14th in the nation in assists one year. She enjoys riding bicycles, running and watching sports.

For an appointment with Dr. Rodemann or Dr. Berendzen, please call 573-636-5248.

2 FHC Welcomes
Dr. Crystal Cook

2 Make 'Em Dunk for
United Way

2 Under Construction:
Project Updates &
Timelines

3 Facts about High
Blood Pressure

4 A Look at the
Month Ahead

Make 'Em Dunk for United Way



Here's your chance to dunk Phil Hartman and many others. Actually, several employees and physicians have stepped up to the plate to help make the United Way fundraiser a great success.

A barbecue, sponsored by Hospice Compassus, accompanied with cheesecake on a stick and a dunking booth will surely be a fun way to beat the heat one early August afternoon.

Be sure to gather your co-workers for some good food and fine entertainment in the JCMG back parking lot from 11:30 to 1:30 on Tuesday, August 2. Cheer on Phil Hartman, Evelyn McVicker, Chris Karungi, Dr. Reese Thompson, Frank Cremin, Craig Brand, Sean Allen, Dr. Leon Robinson, Stephanie Lehmen, Michelle Hancock, Anneke Stefka and Amanda Nichols as they take their turn in the "hot seat."

Another way to stay cool and support United Way is by purchasing YoYums frozen yogurt certificates. There available in \$5 increments. Twenty percent of sales will be put toward the JCMG campaign.

Watch for more on these and other fundraising activities.

FHC Welcomes Dr. Crystal Cook



After buying a farm and a few cows and planting a huge garden, Dr. Crystal Cook is ready to go to work -- as California's newest family physician. She joins Dr. Sara Bohn in the JCMG Family Health Clinic, 606 E. Buchanan St.

Dr. Cook and her husband, David, are returning to their hometown, along with their baby daughter. The former Crystal Haile grew up on the family farm and loved science and math. She graduated from Moniteau County R-1 High School in 2000, already set on being a doctor. "I like to solve problems and help people. It seemed like a good fit," she says.

She went to the University of Missouri-Columbia as a Bryant Scholar and received an undergraduate degree in biology, followed by a medical degree. She recently completed her residency there in family medicine.

During her training, Dr. Cook participated in medical missions to Kyrgyzstan and Guatemala. She coordinated medical supplies and served as a health care provider.

After being away for medical training for 11 years, she was drawn back to California by their large families and the quality of life. "It's the rural lifestyle I love," she says. "I'm just a farm girl."

A full garden of fruits and vegetables has been planted, some of which will become fresh baby food for daughter Lydia. She also enjoys cooking and canning, as well as sewing and embroidery.

Dr. Cook says she's looking forward to cultivating long-term relationships with patients. As a family medicine physician, she loves taking care of a variety of patients -- from expectant mothers to newborn infants to elderly in the later stages of life.

To make an appointment with Dr. Cook, call the clinic at 573-796-3600.

Under Construction: Project Updates & Timelines

Several construction projects are in the works for the remainder of 2011 through the summer of 2012. Here's a run down of what to expect.

Pool Conversion: The pool has been drained and construction has begun to convert that space into Plastic & Reconstructive Surgery. The space will be ready for Dr. Marten's arrival October 1.

Outpatient Surgery Center: Renovation of the OSC began July 25. Updates to the existing facility, as well as, GI expansion are expected to be completed September 7.

Oncology Expansion: The Oncology department will expand to accomodate Drs. Brier and Laux. Construction began July 18 with a completion goal of September 1.

Women's and Children's Center: Groundbreaking to be held September 17 with the plan for a grand opening in late 2012.



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.

Facts about High Blood Pressure

by Saira Babar, MD, JCMG Family Medicine, 635-JCMG (5264)



Arteries are blood vessels that carry blood from your heart to the rest of your body. Normal arteries are smooth and flexible, and blood flows easily through them. As the blood moves through your arteries, it puts pressure on the artery walls. This is your blood pressure. High blood pressure (also called hypertension) occurs when your blood moves through your arteries at a higher pressure than normal.

Blood pressure is really two measurements, separated by a slash when written, such as 120/80 or you may hear it as “120 over 80.”

The first number is the systolic blood pressure. This is the peak blood pressure when your heart is squeezing blood out. The second number is the diastolic blood pressure. It's the pressure when your heart is filling with blood--relaxing between beats

A normal blood pressure is less than 120/80. High blood pressure is 140/90 or higher. If your blood pressure is between 120/80 and 140/90, you have what is called “prehypertension,” which means that if you don't take important steps, your blood pressure can turn into high blood pressure.

After age 18, have your blood pressure checked at least once every two years. Do it more often if you have had high blood pressure in the past.

Both high blood pressure and prehypertension damage your blood vessels. This in turn raises your risk of stroke, kidney failure, heart disease and heart attack.

Treatment begins with changes you can make to your lifestyle to help lower your blood pressure and reduce your risk of heart disease. If these changes don't work, you may also need to take medicine. Even if you need to take medicine, making some changes in your lifestyle can help reduce the amount of medicine you must take.

- Don't smoke cigarettes or use any tobacco products.
- Lose weight if you're overweight.
- Exercise regularly.
- Eat a healthy diet that includes lots of fruits and vegetables and is low in fat.
- Limit your sodium, alcohol and caffeine intake.
- Try relaxation techniques or biofeedback
- Many different types of medicine can be used to treat high blood pressure. These are called antihypertensive medicines.

The goal of treatment is to reduce your blood pressure to normal levels with medicine that's easy to take and has few, if any, side effects. This goal can almost always be met. If your blood pressure can only be controlled with medicine, you'll need to take the medicine for the rest of your life. You may need to take more than one medicine to help control your blood pressure. Don't stop taking the medicine without talking with your family doctor or you may increase your risk of having a stroke or heart attack.

Notable News & Calendar of Events

- Congratulations to the following employees who received Signature Care customer service cards since the last GroupTalk: Patty Blume, Ellen Kliethermes, Evelyn McVicker, Shirley Presberry and Sherri Whittington. Thank you to Kay Brewer, Phil Hartman, Chris Hibdon, Rebecca Hurst, Marla Schaefer and Patient Account employees for a job well done.
- Congratulations to Lisa Finley, RD, JCMG WTC, who recently achieved a Level 2 advanced certification in adult weight management with the American Dietetic Association and the Commission on Dietetic Registration.
- Travel notice: Construction of retaining walls and a bridge over Mission Drive will close Route 179 beginning mid-August until the end of October. Please be aware of this in your travels and as you provide patients with directions.
- The Heart Walk team will offer Culver's flavor of the day ice cream for \$1 on Wednesday, August 10 from noon to 2 p.m. in the Employee Lounge.
- EIC blood drive to benefit the American Red Cross will be held Tuesday, August 16 from 8 a.m. until 1 p.m. in the Lounge. Please contact Amanda Nichols at 556-7737 with questions.

Free Credit Report

by Sean Duggan, Moneta Group

With the news of cell phone hacking and computer security glitches hitting the front page, be reminded to periodically review your credit history for someone stealing your identity or illegally using your credit. There are many sources in which to review this information. A great place to start for free is www.annualcreditreport.com.



1. The Books are Fun book fair raised \$510 for the JCMG United Way campaign.
2. New employees (L to R): Ruth Block, L&VC; Macandy Fairfax, IM.
3. Metro Business College recorded several graduates and a current student to include in their upcoming commercials.
4. Department managers vote on the top five quality service award actions each quarter. Those individuals each receive a \$25 gift card.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the September issue is August 15. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



August Birthdays

1	ON/HM	Robert Greene
1	PUR	Louis Branson
2	RAD	Laura Adams
4	CBO	Carol Sanderson
5	"O"	Orvella Wright
5	SURG	Melissa Hiatte
5	MAIN	Gary Steelman
6	OSC	Helen Bax
6	OSC	Paula Bone
6	CARD	Barb Campbell
9	WC	Rachel Patterson
10	HR	Louise Hune
10	EHR	Nicole Pohlmann
10	FHC	Lesley Boze
11	TRAN	Debbie Dittmer
11	CARD	Betty Jo Halas
11	FCCL	Dr. Mark Rosales
13	FCA	Dr. William Kimlinger
13	OSC	Becky Thompson
13	FCA	Janel Kleffner
14	RAD	Craig Brand
14	RAD	Trina Holtschneider
14	PEDS	Jennifer Chapman
15	CBO	Michael Clayton
16	CBO	Tarina Bowers
16	PHAR	Kathy Bremer
17	CARD	Dolores Desha
18	OPH	Patricia Deen
19	TRAN	Glenda Graham
19	CARD	Dr. Wendell Williams
20	OSC	Mary Backes
21	OSC	Deborah Shafer
21	WC	Lisa Markway
21	EHR	Sheri Libbert
22	ORTHO	Carol Williams
23	CARD	Rhonda Weathers
23	RAD	Dr. David Burns
24	CBO	Tina Smith
25	CBO	Sue Tuttle
26	IM	Kay Hood
26	FM	Dr. George Carr
27	CBO	Shelby Koelling
28	TRAN	Dawn Block
28	PEDS	Angela LeRoy
28	CBO	Nickole Roberts
29	RAD	Dr. Steven Harper
29	IM	Susan Brookins
30	IM	Lera Hardin
30	RAD	Stephanie Patrick

August Meeting Schedule

EHR Committee	August 2	7:00 a.m.	Board Room
EIC	August 2 & 16	1:00 p.m.	Board Room
Board of Directors	August 4 & 18	7:00 a.m.	Board Room
Ancillary LLC	August 9	7:00 a.m.	Board Room
New Employee Orientation	August 9 & 10	8:30 a.m.	Training Room
Finance Committee	August 11	12:00 p.m.	Board Room
FM Staff	August 16	7:00 a.m.	JCMG Lounge
Policy & Procedure	August 18	9:00 a.m.	Board Room
FM Physicians	August 18	6:00 p.m.	Board Room
Education Committee	August 23	11:30 a.m.	Training Room
Safety Committee	August 25	7:45 a.m.	Training Room
Departmental Meeting	August 25	9:00 a.m.	Board Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	Training Room
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"x5" card to Community Relations, by August 15. If more than one correct entry is received, a drawing will be held.

July's mystery employee was Shawn Otto, WC, and the winner was Cathy Niekamp, WC. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee drives 100 miles each day so that she can care for patients at JCMG. When she's not at work you can find her enjoying a number of outdoor activities. From watching her boys play ball to keeping up with the Cards, Chiefs and Colts (yes, she's gotta route for those Manning boys), she loves year round sporting events. She is also fond of camping, fishing, reading and singing. In fact, she used to sing with a band on Saturday nights and has even performed at Lee Mace's Ozark Opry. This Guess Who will soon celebrate her five year anniversary with JCMG.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
