

## “Wheel of Life” continues to raise money for TMC

Have you ever noticed the big wagon wheel in the breezeway between Teton Medical Center and the Great Falls Clinic-Choteau? Have you wondered what it is for? Twenty-seven years ago, in March 1981, the TMC Auxiliaries of Choteau and Fairfield started a new project called “The Wheel of Life.” The project was designed to honor friends and family. It also raised funds for Teton Medical Center.

Nora Malone, then Choteau Auxiliary president, and Fannie Hatcher of the Fairfield Auxiliary, were inspirational in getting the project started. Nora, along with her husband, Jesse, donated the wagon wheel to the auxiliaries. Chairwoman of the



**TMC photo Honor loved ones with Wheel of Life donation.**

project, Nora said, “This is an interesting and unique way to remember loved ones and friends on birthdays, memorials, for anniversaries, for get well wishes,

and even to just say, ‘I’m thinking of you and loving you,’ and the recipient will know you care and are concerned about them and the hospital.” This statement is as true today, as it was 27 years ago.

Today, TMC’s Wheel of Life keeps turning. Although the TMC auxiliaries disbanded in 2004, the TMC Foundation has continued the Wheel of Life project. Donations are accepted year round and in any amount. Acknowledgment cards are placed on the Wheel in the entry area of the building in honor of the recipient, and notices are sent to family members, notifying them of the donation received.

All funds raised from the

Wheel of Life are used to purchase equipment and improvements for TMC. Some items that have been purchased through donations include cardiac equipment, batteries for portable X-ray, a big screen television for the extended living residents, and many materials for the activities department.

If you would like to make a donation to the Wheel of Life, please contact Joyce Lindgren, TMC Foundation officer, at 406-466-5763, or send your gift to Wheel of Life, Teton Medical Center Foundation, 915 4th Street N.W., Choteau, MT 59422. Your donation will be tax deductible as the TMC Foundation is a 501c-3 corporation.

## Avoid “weekend warrior” injuries; start out slowly

**By Grant Poor  
Director of**

**Rehabilitation Services**

Summer is a busy time of year for most people in Montana, as yard work and outdoor projects top most everyone’s list.

Getting in shape is also a top priority; everyone wants to look good in their new bathing suit! With that being said, I want to encourage everyone, men especially, to avoid the weekend warrior mentality. Remember you are not as young as you once were! And, what you were able to do at 20 you may not be able to do now. You need to ease into activities. Begin a walking program prior to running. Initiate a stretching program; this will prevent a muscle strain that could nag you the rest of the season. In addition, start a realistic weight

lifting program — we lose approximately 2.5 percent of our muscle mass after the age of 25, unless we do something to combat those sagging forces of nature.

Consider changing your activities for a lifetime, instead of just the summer. You won’t be in such a hurry to get into shape, and you will be less prone to ruining the season with an irritating injury.

If you are not able to control your enthusiasm for attacking summer activities warrior-style, and end up being one of this summer’s injury statistics, feel free to contact us at 466-5763 and set up an appointment for physical therapy. We will get you ready for next summer, and the rest of your life, with a more sensible plan of attack.

## Transformation at TMC PT Department is underway

Transformation! This is what is occurring in the Physical Therapy Department at Teton Medical Center in Choteau. The department will soon be undergoing a remodel face-lift to make our Choteau P.T. room more “user friendly.” The transformation is designed to enhance outpatient physical therapy and our community wellness program, while maintaining the highest quality inpatient care. We are excited about larger treatment rooms, new equipment, and wide open spaces, all of which will better allow us to restore our patients back to full function. The construction will be completed in August, barring any unforeseen obstacles. In the meantime, we will continue to provide the people of Choteau and surrounding areas top-notch care at all our TMC-Benchmark physical therapy locations in Choteau, Fairfield, and Conrad.

## TMC’s spring health fair in April served more than 500 patients

TMC had a smashing success at the Spring Health Fair in April. About 500 patients participated — an increase of 100 over last year. This equates to more than 4,000 tests performed by the TMC Laboratory staff that week. Good job to the laboratory technicians!

Thank you to all who participated. TMC has received a lot of positive comment on the organization and providing of this service. If you have any questions or comment, please let us know. Look for the Fall Health Fair in October.

# U.S. healthcare/sick care policy

By H. Ray Gibbons  
TMC Administrator

I'd like to pose a question to our readers: Can our grass-roots efforts have an impact on national healthcare policy?

The definitions of current U.S. health or sickness issues usually depend on the individual's perspective, and if the individual and their family has private or public insurance coverage. There are several points of view, and they will fuel future debates on the direction of national health care.

I recently received the following series of opposing statements in a national survey from the American College of Healthcare Executives. I think they provide a framework for interesting discussions of our national health issues:

1. The government should not

require anyone to buy health insurance. OR, the government should require most, if not all, people to have health insurance.

2. The government should not require insurers to sell health insurance to those with existing medical problems. OR, the government should require insurers to sell health insurance to anyone who applies for it.

3. Tax incentives should be used to encourage people to buy their own health insurance, rather than obtain coverage from their employers. OR, to encourage more people to have health insurance, the current system of employer coverage should be bolstered.

4. Healthcare reforms should be more government-driven (e.g. expanded government programs, more regulations) to protect consumers. OR, healthcare reforms



TMC photo

H. Ray Gibbons of Choteau is the TMC administrator.

should be more market-driven (e.g. insurance industry deregulation, tax credits).

I would be interested in your thoughts on the above statements. If you would like to discuss this, or contact me with any other questions, please feel free to call or drop by my office.

## Career Corner: Activities Director

What is an "activity director"? An activity director is responsible for directing the development, implementation, supervision and ongoing evaluation of a hospital or nursing home activities program. Directing the activity program includes scheduling of resident activities, both individual and groups, implementation of the programs, monitoring and evaluating response to the programs to determine whether the activities meet the assessed needs of the resident, and making revisions as necessary. The activity director contributes to the individual care plan goals.

If you enjoy planning parties, games, decorating, simple manicures, arranging outings, or holiday planning, this may be the perfect career fit for you. You will find big rewards talking and planning with the residents, individually or in groups, what they would like to do each day.

The federal and state governments require an activity director in a government-run facility to be a qualified therapeutic recreation specialist, an occupational therapist, or an assistant occupational therapist. As an alternative, a director can get training and certification through a state approved training program. Montana Health Care Association offers an annual training course, titled "Basic Activity Coordinator Course." This program is an intensive 40-hour course held annually, and approved by the Montana Department of Public Health and Human Services. For information on this training, contact Montana Health Care Association at 406-443-2876, or visit its Web site: [www.mthealthcare.org](http://www.mthealthcare.org).

Teton Medical Center allows job shadowing in various departments of the facility. If you are interested in a career in the medical field, contact Shirley Johnson, TMC human resource manager, at 406-466-5763.

## Welcome to our new employees!



Haley Rogers  
in the  
Business Office



Jeanie Rae  
Hanusa in the  
Business Office



Dana Stott  
in Patient  
Support  
Services



Nancy Crawford  
in Medical  
Records



Genny  
Barhaugh,  
new program  
development  
officer

The TMC Foundation expresses its heartfelt thanks to the following individuals for their memorials, gifts and contributions.

*Thank You*

### MEMORIALS:

- In memory of Fern Carter  
*Marjorie Carter  
Lillian T. Roedel  
Jack and Sandy Runkel*
- In memory of Dorothy Cook  
*Ron and Shari Burgess*
- In memory of Esther Hogwood  
*Michael and Karen Delamore  
Clark and Pat Inbody  
James and Verda Krause*

- In memory of Gary Moulton  
*Carole Jones*
- In memory of Dorothy VanSetten  
*Donald and Ida Alfson  
Farm Credit Services  
of Great Falls  
Clark and Pat Inbody  
Elsie Pelzman  
Herbert and Esther Schmidt*
- In memory of Robert Lee

*Ray Spartz & Family*

### IN HONOR OF:

- Nancy Milewski & Family  
*Leah McDonald*

### OTHER CONTRIBUTIONS:

*Pendroy Social Club  
Garlington, Lohn &  
Robinson, P.L.L.P.  
Clark and Pat Inbody*