



healthy Times



A Message to the Communities We Serve

“Innovative” is a word that is heard quite frequently these days. Smart corporate executives understand the value of an innovative workforce. The top colleges and universities look for innovative programs to educate students. As individuals, many of us – myself included – seek innovative ways to expand our personal horizons, and our lives.

Without a doubt, being innovative is a worthwhile pursuit – and this may be especially true in the field of healthcare.

Since its founding more than 60 years ago, Yavapai Regional Medical Center has grown and expanded and continuously sought out innovative ways to meet the needs of all the people we serve. And that’s regardless of age, income, state of health or stage of life.

To be the best hospital that it can be, and to provide the best possible care to as many people as possible, it’s imperative that YRMC be innovative in adding services and programs. And we are. For example, YRMC offers:

- Two state-of-the-art campuses – YRMC West in Prescott and YRMC East in Prescott Valley – for high-quality care close to home.
- The YRMC Del E. Webb Outpatient Center in Prescott Valley, which marked its ninth anniversary in 2006.
- Partners for Healthy Students, an in-school program to provide free medical and dental services to uninsured and underinsured students.
- The Family Resource Center, which helps families with their child-related concerns at no charge through First Steps and Healthy Families.
- The Pendleton Centers in Prescott and Prescott Valley, where a highly trained staff offers exercise and rehabilitation programs.
- A highly regarded Family Birthing Center and Preparation for Childbirth, a six-week course open to all expectant families.
- YRMC Hospice and Home Health, which offer in-home care to terminally ill patients and help people recovering from illness and injury.

- Inpatient and outpatient surgical services on both campuses to serve the majority of our communities’ surgical needs.
- Two state-of-the-art, eight-bed intensive care units (ICUs) at YRMC West and an equally top-of-the-line ICU at YRMC East.
- A Physical Rehab Services department that offers physical, occupational and speech therapy, plus sports medicine clinics.
- A Palliative Care program to comfort and support both our patients and their families during a patient’s final weeks and days.
- Nursing Services and the skills of hundreds of experienced nurses who are committed to providing the best possible care to their patients.
- A Pastoral Care program that offers spiritual comfort on both campuses by volunteer chaplains, representing multiple faiths.
- Comprehensive diagnostic testing in a number of medical fields that utilizes the best and latest technology and equipment.
- Two 24-hour emergency rooms (one on each campus) with emergency physician coverage that annually treat tens of thousands of patients.

A full list that contained every healthcare service and program YRMC offers would fill at least another page or two, but what you see here should be sufficient to both show how innovative our services and programs really are – and to emphasize how YRMC’s services and programs, when taken as a whole, meet the needs of people from all walks of life.

We have always been very serious at YRMC about our Mission, which is to provide the comprehensive, high-quality healthcare that is consistent with our communities’ needs. YRMC’s innovative spirit is certainly proof of our strong and unwavering commitment to that Mission.

Tim Barnett
Chief Executive Officer

YRMC Home Care Services:

Helping Patients Stay Comfortable at Home

Yavapai Regional Medical Center's Home Care Services includes both YRMC Hospice and YRMC Home Health – making it one of the hospital's most valuable departments to area residents who are approaching their final days, or who are sick or injured but want to stay in their homes instead of a healthcare setting.

YRMC Hospice

YRMC Hospice allows terminally ill people to live out their final days at home – in comfort, with dignity, and with loved ones and family members involved in giving care. The quality, compassionate services of YRMC Hospice are available to anyone with a disease in its final stages.

Hospice works with each patient's physician to coordinate a plan of care that emphasizes quality of life. Plus, we help the family find hope and meaning in a person's final weeks and days.

Hospice care is provided by a team of professionals whose goal is to meet the physical, emotional and spiritual needs of patients and families. In addition to a patient's own physician, the YRMC Hospice team includes:

- YRMC's medical director
- Registered nurses and certified nursing assistants
- Medical social workers
- Physical, occupational and speech therapists
- Spiritual and bereavement counselors
- Trained volunteers

The range of services provided by YRMC Hospice is extensive, with each of our patients receiving care that is consistent with their needs, values and concerns. Our nurses are available for

in-home visits 24 hours a day. Social workers assure timely, adequate support services as needed and conduct a comprehensive assessment to identify emotional, legal and financial concerns.

Counselors provide spiritual and emotional support and help individuals and family members cope with grief and loss. Volunteers sit and socialize with patients to give family members free time, as well as share their talents by providing music, massage and pet therapy. And, this is just a sample.

Reimbursement for YRMC Hospice services is available through Medicare, private insurance and/or the Arizona Long Term Care System. Where there is no insurance or other financial resources, Hospice care is still provided to hospice-eligible patients and their families. For more information, call **(928) 759-5910**.

YRMC Home Health

Home Health is a special blend of care and services delivered at home to help patients achieve an optimal level of health and independence outside of a healthcare setting such as a hospital or assisted-living facility.

Registered nurses first evaluate a patient's individual care needs, and then establish a plan to deliver safe and appropriate treatment. The nurses regularly consult with each patient's referring physician, as skilled care is provided during intermittent visits to the home as directed by the physician. Home Health RNs provide the following services:

- Wound care
- Medication management
- IV therapy

- Ostomy care

Under the direction of an RN, Home Care aides may also assist with a patient's general and personal care. And if required:

- A registered physical therapist will use exercise and therapy techniques to restore and preserve function
- A certified occupational therapist will help with self-care activities to improve independent functioning in daily living
- A certified speech pathologist will assist with communication and swallowing disabilities
- A medical social worker will assist patients and their families with planning to meet medically related social needs

A physician's referral is necessary to receive Home Health services, which are available to clients 24 hours a day, seven days a week. When possible and practical, home visits will be scheduled between 8 a.m. and 4:30 p.m.

The overall goal of Home Health is to help patients maintain and restore health while minimizing the effects of illness or disability.

Home Health services are available to everyone, provided that the individual's needs can be met safely and appropriately at home. The program serves adult residents of Prescott, Prescott Valley, Chino Valley, Dewey, Humboldt, Paulden and Mayer. For more information, call **(928) 759-5900**.



Do you speak and understand English??

If not, YRMC will provide you with free interpreter services.

¿Habla y entiende el idioma inglés??

Si no es así, YRMC le proporcionará servicios de traducción sin costo.

No Tax Dollars Used

Yavapai Regional Medical Center is a full-service, not-for-profit community hospital that relies solely on patient revenues and community support for all of its funding. No property taxes have ever been levied to fund YRMC programs or to pay for capital improvements.

Think Positive! It Can Perk Up Your Health and Well-Being

New year, new you! As a new year begins, you may see and hear this phrase repeatedly. But what are you *really* thinking as you put a new calendar on the wall? Do you look at it as a fresh, clean slate to fill with exciting experiences, or do you sigh and mutter, “Same old, same old...”?

How you perceive this new beginning – and your life in general – can affect your overall health. According to researchers at Yale University, people with a positive outlook live 7.5 years longer than those with a gloomy view of the future. If you take an optimistic approach, you may be doing your mind and

body a favor. The following tips can help you persuade your thoughts, emotions and actions to work for you.

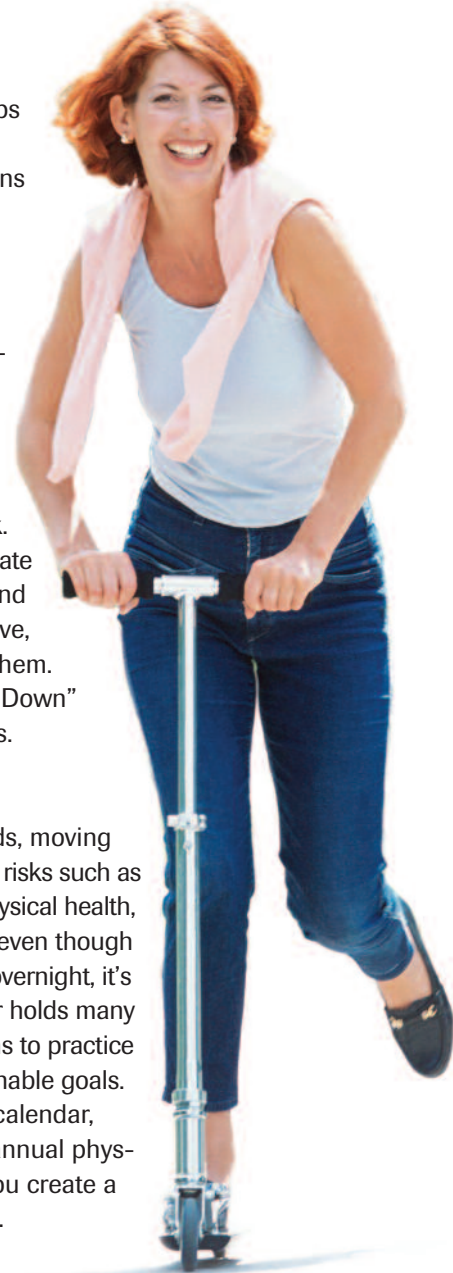
Mind over Matter

No matter if you have a glass-half-full or a glass-half-empty point of view, there’s an automatic stream of thoughts moving through your head every day. This automatic thinking is known as self-talk. During the day, stop and evaluate what you’re thinking. If you find that your thoughts are negative, try to put a positive twist on them.

See “Turn a Frown Upside Down” for positive self-talk examples.

A Healthy Balance

Just as eating healthy foods, moving your body and avoiding health risks such as smoking can enhance your physical health, so can positive thinking. And even though changes likely won’t happen overnight, it’s a new year, and your calendar holds many hours, days, weeks and months to practice positive self-talk and set attainable goals. While you’re looking at your calendar, remember to schedule your annual physical – your doctor can help you create a plan to be happy and healthy.



Self-Talk: Turn a Frown Upside Down



Negative

- ☹️ I've never done this before.
- ☹️ I don't have the knowledge.
- ☹️ No one tells me anything.
- ☹️ I don't have enough time.
- ☹️ It's adequate.

Positive

- 😊 I have the chance to learn something new.
- 😊 I'll do research or find people to help me.
- 😊 I'll work on opening the doors of communication.
- 😊 What can I work on now, and what can I do later?
- 😊 What can be improved?

Believing in yourself paves the way for self-acceptance and self-improvement rather than self-criticism. A positive state of mind can help you handle everyday stress in a constructive way, and in time your family, friends and co-workers will take notice. What’s more, your body may reap the health benefits of being an optimist.

YRMC's Mission, Vision and Values

Mission

To provide comprehensive, high-quality healthcare consistent with our communities' needs.

Vision

Creating a Total Healing Environment – an environment in which the people of YRMC

work in partnership with patients and their families to provide peace of mind and peace of heart, as well as physical cure and comfort, because we understand the indivisible relationship that exists between body, mind and the human spirit.

Values

- **Respect**, behaving in a way that honors self and others;
- **Integrity**, being consistent in word and deed;
- **Quality**, providing service excellence in meeting others' expectations;

- **Commitment**, demonstrating dedication to one's work, personal development, the organization, and our Mission and Vision; and
- **Accountability**, following through and answering for one's performance.

Act F.A.S.T. to Save a Stroke Victim

One in three Americans can't name a single stroke symptom, according to the National Stroke Association. Yet getting medical help quickly is vital to saving a life and limiting disability. Here's how to act F.A.S.T. to recognize stroke symptoms and take action:

Face. Ask the person to smile. Does one side of the face droop?

Arms. Ask the person to raise both arms. Does one arm drift downward?

Speech. Ask the person to repeat a simple sentence. Are the words slurred? Can he or she repeat the sentence correctly?

Time. If the person shows any of these symptoms, time is critical. Call **911** immediately.

Hot Topics on Health



Yavapai Regional Medical Center is dedicated to helping our communities become healthier. As a public service, the YRMC Speakers Bureau brings health and health-related information directly to you and your community group.

We offer a multitude of topics, and all of our topics are presented by highly knowledgeable healthcare professionals and YRMC staff members. Each presentation is approximately 30 minutes.

To arrange for a Speakers Bureau presentation at your group's meeting, please call **(928) 771-5674**. For more information on the Speakers Bureau, go to YRMC's Web site at www.yrmc.org and click on News & Events on the home page.

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