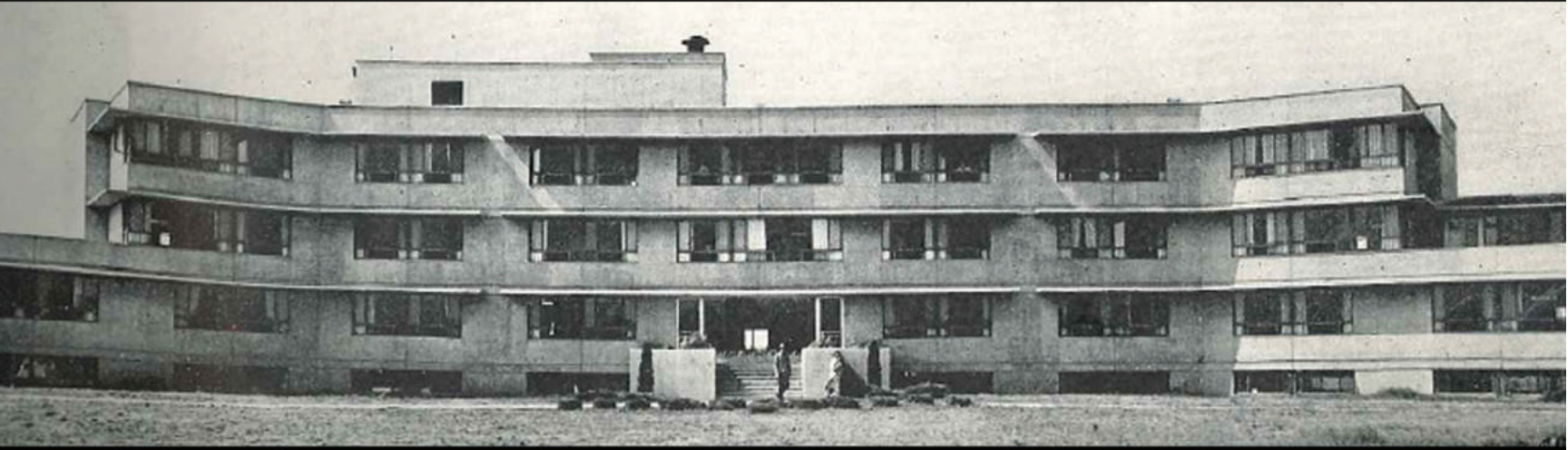


January-March 2019

Health Partners

A quarterly publication of Coffeyville Regional Medical Center



Coffeyville Regional Medical Center is celebrating our 70th year of caring for the community who wanted a hospital. Together, we have accomplished great things.

Inside:

CRMC History
Chronic Care Self-Management Workshops
New Medical Providers
Nutrition Services
Understanding HBO Services
"I Choose CRMC" Chuck Sturdivan
Community Outreach & Events
Physicians Listing and More!

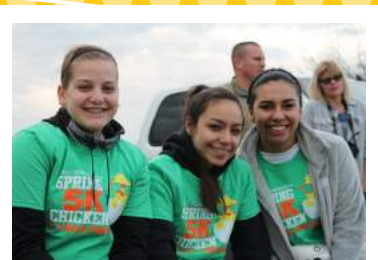
Compliments of:



SPRING **5K** CHICKEN & 1 MILE FUN RUN



SPRING CHICKEN 2018



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DATE

SATURDAY APRIL 13, 2019

Register at : www.crmcinc.org/foundation/foundation-events



Dear Friends,

Happy New Year to you and your family. This is an exciting year for CRMC as we are celebrating our 70th Anniversary! All four issues of Health Partners magazine will focus on a different aspect of our history. In this issue, we focus on how we began. We hope you enjoy reading

about the hospital that was created from a community who desperately wanted one, and support it to this day.

We also share information about our Chronic Care Management program here at CRMC. You will meet Kelle Kiser, RN, Chronic Care Nurse, who describes her work with senior citizens as "an extra blanket of protection for the elderly in the navigation of their healthcare." Kelle also talks about a new group of community leaders who all underwent extensive training to be able to provide educational workshops in our outlying communities. This is all very exciting news for our friends and neighbors.

You will also meet our newest providers. In the fall of 2018, Michael Souter, DO (Family Medicine), Judy Carpenter, APRN (Family Medicine), and Whitney Cline, DO (Pediatric Medicine) joined our Medical Staff and are accepting new patients.

There is much more to share in this issue. You'll learn about Well Child Visits, and better understand Hyperbaric Oxygen Therapy, and read about why Mr. Chuck Sturdivan chooses CRMC for his orthopedic healthcare.

Our annual Wear Red Day challenge will be held on Friday, February 1st (see the back cover for details). Don't forget about the Spring Chicken run scheduled for Saturday, April 13th, and our 70th Anniversary Community Celebration on May 11th (more details to follow). There is much to celebrate this year!

Yours in health,
Lori

Lori Rexwinkle, MSN
Chief Executive Officer

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Ashley Tatman - Outreach & Graphic Design Specialist
Contributing Writer - Nancy Wright & Susan Correll
Contributing Photographer - Mike Elrod

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On the cover:

Celebrating Coffeyville Regional Medical Center for 70 Years.



Photo Courtesy of CRMC Archive Collection

1957 Building , shortly after the renovation adding the fourth floor to expand our services to include a Pediatric Ward.

Photo was taken by Hack Hafford



70 Years of Healthcare provided to our community

Coffeyville civic leaders identified the need for a municipal hospital 75 years ago, in January 1944. Five years later this need was filled with the dedication of the hospital in late May, 1949. The hospital officially opened June 1, 1949. This year our hospital is celebrating the 70th anniversary of Coffeyville Memorial Hospital, now named Coffeyville Regional Medical Center reflecting its regional scope of service.

The new three-story hospital replaced two small facilities in Coffeyville. Today CRMC remains the only hospital in Montgomery County having seen the closure of a hospital in Caney and more recently, a hospital in neighboring Independence.

The five years leading up to the opening of the hospital were filled with acquisition of land, design of the structure, financing plans, establishing bid procedures and finally, construction. In 1945 the local voters passed a \$350,000 bond for hospital construction. In 1946 FV Kershner, Tulsa architect, began drawings for the hospital. That same year the site at Fourth and Buckeye was identified as a possible location. The land, owned by the Coffeyville school district since the 1920s and the adjacent Boswell property, was purchased by Mr. and Mrs. Doug R. Brown and gifted to the city for hospital construction. Estimated cost of the land was \$22,500.

Work was put on hold in late 1946 as community leaders studied funding opportunities. In January 1947, Coffeyville attorney Richard L. Becker introduced a bill in the Kansas House of Representatives which would authorize first class cities in Kansas which had already issued bonds for "purchase of sites, construction or maintenance of municipal hospitals to issue bonds" without voter approval.

This was important to the City of Coffeyville because they were anticipating a \$400,000 federal grant and already had the \$350,000 bonds for construction of the

construction of the \$750,000 hospital. The \$400,000 never became available, the community went back to the polls and approved a \$290,000 bond to make \$640,000 available to build the three-story 72-bed hospital with operating rooms and a reception area.

Community organizations began donating funds to help furnish rooms. The Jaycees (Junior Chamber of Commerce) was the first group to pledge funds. The Kiwanis Club soon followed suit.

Ground was finally broken on July 14, 1947. On May 20, 1949, Coffeyville Memorial Hospital was dedicated.

In dedicating the facility, former mayor J. B. McCue said it was a community project "built by the people for the people" and was dedicated to the men and women who "put love of country above love of life."

Total cost of the 72-bed hospital was approximately \$875,000. The city of Coffeyville was permitted, if necessary, to levy a 3-mill tax for maintenance.

In addition to patient rooms, the new hospital had two major operating rooms and a nose and throat operating room, three labor rooms, two delivery rooms, a waiting room for fathers and two nurseries with a children's isolation ward.

Also included was a small pharmacy, X-ray room and laboratory, instrument and supply rooms, sterilizing room, record library as well as offices, locker rooms and staff lounge.

Dr. V.L. Partridge was the first patient admitted and the first baby was Bill Beine, son of Dr. and Mrs. Beine.

Hospital Board Hires Superintendant



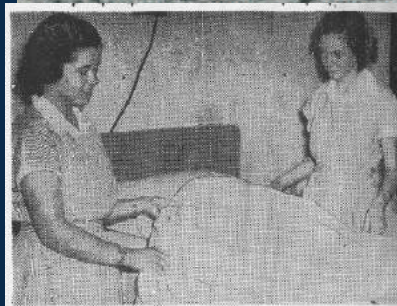
The board chose Mrs. Alma Schiek for the new hospital Superintendant position. She was a registered nurse with nine years experience as a hospital superintendant from Pennsylvania. Mrs. Schiek hired 63 personnel when the hospital opened its doors.

COFFEYVILLE MEMORIAL HOSPITAL THE BEGINNING

Coffeyville Memorial Hospital opened its doors as a brand new, city-owned hospital in 1949. Opening a new hospital was quite a feat to achieve for a small rural town in Kansas in the late 1940's. Prior to its opening in mid-1948, State Representatives came to see the construction project, and to determine status of partial payment from the government. They declared the new hospital was the first in the five-state area to receive state and federal funding. Construction Engineer Fred Mackey stated, "The people of Coffeyville are pioneers in this field, and we are proud of you."

Sixty-two Patients

were treated the first week the hospital was opened.



Girl Scouts Trained To be Nurses Aides

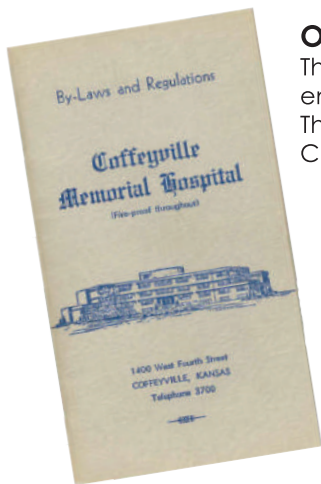
Fifty Coffeyville Girl Scouts received a nurse's aide training course by instructors Mrs. Elmer Hatfield and Mrs. W. L. Garner, both registered nurses. For the opening event, the Girl Scouts made up 70 beds in preparation for the three-day dedication ceremonies, wearing blue and white seersucker pinafore uniforms. Their jobs consisted of distributing mail, filling water glasses and pitchers, straightening rooms after visitors, running the elevator, attending to flowers, feeding child patients or others unable to feed themselves, folding bandages, and making beds.

First Baby Born at Coffeyville Memorial Hospital

Bill Beine was born on Wednesday, June 1 at 6:20 p.m. and was the son of the Chief of Staff, Dr. Beine and his wife.



The hospital opened at 7:00 a.m. on June 1, 1949, with 15 employees on hand, and 19 registered nurses. Patients from Southeast Kansas and Medical Center hospitals were transferred to Coffeyville Memorial Hospital.



Original By-Laws for Coffeyville Memorial Hospital

The by-laws were implemented May 7, 1949 by the original board, enacted by the city commission and appointed by Mayor J.B. McCue. The board members were former Mayor D.R. Brown, Harry Claussen, C.R. Bohan, J.A. Keller, and Aubrey Neale.



Overhanging Ledges formed by concrete were designed to keep the summer sun from shining into rooms.



Ground Breaking Ceremony July 14, 1947

There was a 30-minute ground breaking ceremony, with a brief address by Mayor Jim McCue. He paid special tribute to Mr. and Mrs. Douglas R. Brown, who donated the lot to the city for the hospital site.

Total Cost of Equipment for Hospital - \$135,000

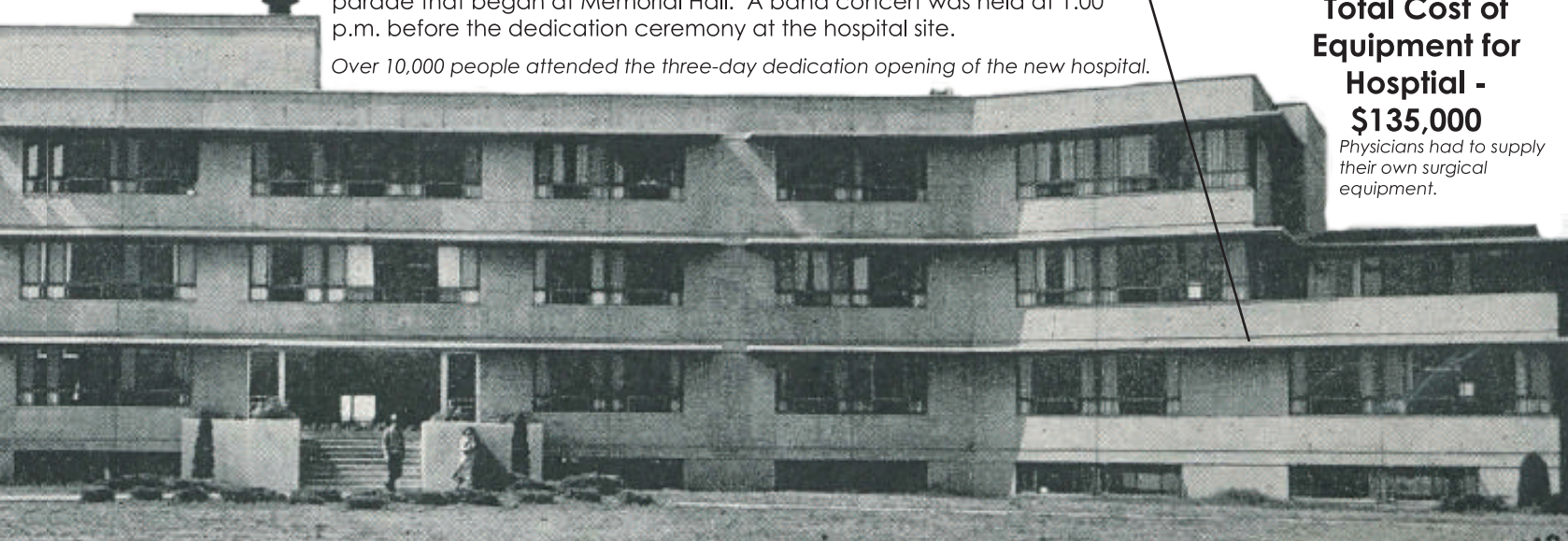
Physicians had to supply their own surgical equipment.

Dedication Parade May 20, 1949

More than 500 people attended the parade that began at 10:30 a.m. The theme of the parade was "Health and Hospital Services". A police escort followed by the color guard from the American Legion and VFW led the

parade that began at Memorial Hall. A band concert was held at 1:00 p.m. before the dedication ceremony at the hospital site.

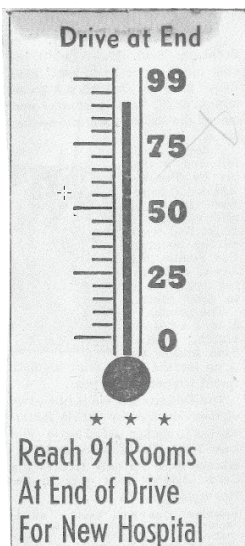
Over 10,000 people attended the three-day dedication opening of the new hospital.



Living Memorial of a Loved One

A hospital gift promotion committee was formed in June 1948 because many residents and groups expressed the desire to contribute to the furnishings for the new facility. The gift committee suggested that furnishing of a hospital room or donating equipment was an ideal way to establish a "living memorial" for a loved one.

The committee formed a formal campaign for funds to furnish rooms in the hospital. There were 99 rooms that needed furnished, after the 3 month campaign, 91 rooms ended up being furnished and a total of \$52,019 money was collected by local citizens to help furnish the rooms. Plaques, like the one above, were placed on the doors of those who furnished particular rooms in the hospital.

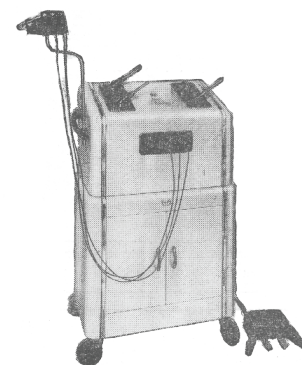


1949 Patient Room

The patient rooms were painted in pleasing pastel shades of pink, blue and cream. Drapes hung at the windows. Small plastic "under pillow" radios, which could be tuned to three stations, were provided in each room, along with the latest nurse call system.

NEW NURSING CALL SYSTEM

To communicate with a nurse, all the patient had to do was push a button and speak. A microphone in the ceiling picked up the message and it was heard on a receiver at the nurse's office. This new system was a time-saver for the nurse, which eliminated the need to make multiple trips to a patient room.



Versatile Power for Surgery

The new Model "AG" bovie electro-surgical unit was used in various types of surgery.

MONTHLY COST TO RUN COFFEYVILLE MEMORIAL IN 1949

- \$9,000 in wages
- \$3,000 maintenance, supplies & utilities
- \$4,000 for food
- \$2,500 medicine

Chronic Care Self-Management Education Workshops Available through CRMC Medical Group

In the fall of 2017 a new program was started at CRMC in the Primary Care Medical Group called Chronic Care Management. This program is to help those patients on Medicare and who have two or more chronic conditions, manage and improve or maintain their health. The CRMC program is facilitated by a Chronic Care Nurse and includes the clinical staff involved in the patients care. The Chronic Care Nurse is Kelle Kiser, RN. Kiser is very excited about the work she does with her patients, "I am always looking for any opportunity to help my patients". Kiser considers herself a Health Coach and more. "Sometimes I am just an extra blanket of protection for the elderly in the navigation of their healthcare". Kiser explains that soon after she started her position she was presented with an opportunity to further help her patients and the community, to become a trained leader for self-management education.

Self-Management Education is a concept that has been around for a while. The programs in Kansas are sponsored by the Kansas Department of Health and Education (KDHE) and Great Plains Quality Innovation Network/Kansas Foundation for Medical Care (GPQIN/KFMC). We currently offer Living with Chronic Conditions and Living with Diabetes. Another name for these courses are Chronic Disease Self- Management Education and Diabetes Self- Management Education. These programs were developed by Stanford University, and are evidence based offerings because they are taught local, national and world-wide with data collected before and after each program.

Kiser attended 40 hours of required training in Wichita over 5 days. She is a Certified Leader for Chronic Disease Self- Management Education and Diabetes Self- Management Education.

Kelle's passion for this important cause is what enabled her to recruit nine other people from Montgomery County to attend a 40 hour training session that was held at CRMC. Four others came from as far away as Kansas City for the training. She explained that there is no cost for the training, or the workshops that we offer, it is fully funded through KDHE. This includes workbooks "Living a Healthy Life with Chronic Conditions" and a relaxation CD.

Tami Sterling, Quality Improvement Consultant had this to say regarding the programs "Montgomery County is the perfect example of the vision we have for the Self-Management Education programs in Kansas. The Great Plains Quality Innovation Network-Kansas is happy to provide the resources and assist in bringing the programs to the community. Residents of Montgomery County are lucky to have community leaders working diligently to bring the evidence-based workshops to the area. "

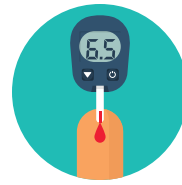
The following are people that attended training and are workshop leaders : Gina Brown, Lisa Shoop and Liz Whitson from Montgomery County Health Department; Marcy Diver and Nancy Foreman from CRMC; Linda Follet who works at the Brown Mansion; Nancy Kishpaugh, Senior Services Independence Public Library; Cindy Hutchison, a stay at home caregiver from Independence and Suzanne Vining from Cherryvale who is retired.

The format for the workshops is interactive. The participants are asked to complete an action plan at the end of each week and report back to the others. Participants are taught decision making, improved communication with family and healthcare providers, healthy eating, importance of physical activity and other self-management activities.

The main purpose of the workshops is to help people take charge of their health and understand the importance of managing their health conditions. This is an excellent workshop for caregivers also. It gives them a better understanding of their role and the conditions they are dealing with.

The workshops last 6 weeks, beginning with an informational session. Workshops will be offered in Coffeyville and Independence. There have already been 4 workshops at CRMC . You can contact Kelle Kiser at 620-515-4568 or kkiser@crmcinc.org for more information.

Self-Management Workshop Class Dates:



DIABETES SELF-MANAGEMENT WORKSHOP (DSME)

If you are living with a diabetes health condition or are a caregiver of someone who has diabetes this workshop is for you. Self-Management Education workshops are interactive learning opportunities that teach techniques to manage common symptoms.

REGISTRATION: 620-515-4568 or
kkiser@crmcinc.org

INFORMATION SESSION: January 15 at 1:30pm

WORKSHOP DATE: Jan. 22 - Feb. 26

TIME: 1:30pm - 4:00pm (6 week workshop)

LOCATION: 822 W. Walnut, Coffeyville, Kansas

FEE: Free * **MUST REGISTER PRIOR TO ATTENDING**



CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

If you are living with a chronic condition this Free workshop is for you. What you will learn:

- Decision-making and problem solving skills
- Communicate effectively with family, friends and healthcare professionals
- Dealing with anger, depression, and difficult emotions
- Manage fatigue
- Learn new ways to eat healthy
- Control pain and much, much more!

REGISTRATION: 620-515-4568 or
kkiser@crmcinc.org

INFORMATION SESSION: January 17 at 3:00pm

WORKSHOP DATE: Jan. 22 - March 1

TIME: 2:00pm (6 week workshop)

LOCATION: Independence Public Library

FEE: Free * **MUST REGISTER PRIOR TO ATTENDING**



Left to right: (Back Row) Nancy Foreman & Nancy Kishpaugh
(Front Row) Cindy Hutchison, Kelle Kiser, RN, & Linda Follet.
Not pictured Lisa Shoop, Gina Brown, Liz Whitson, Marcy Diver and Suzanne Vining



Kelle Kiser, RN
Chronic Care Nurse

Kelle was born in Oklahoma and later moved to Coffeyville with her family. She was raised and attended schools in Coffeyville. As a teenager she worked at CRMC as a Candy Stripper, then later became a Certified Nurse Aide under the tutelage of Earline Clairborne. Upon High School graduation she moved away to go to Nursing School. Kelle graduated from Labette Community College and also attended Friends University. Kelle has been a Registered Nurse for 32 years.

During her nursing career, she has worked in the hospital setting in various nursing roles. Just prior to coming here in the fall of 2017 she was working in Tulsa as a Case Manager at a large hospital. During that time, Kelle was helping some very needy patients, and began feeling the need to care for people in her own community. The Chronic Care Program was a perfect fit for her knowledge, compassion and experience.

She lives in rural Caney with her significant other, 3 dogs and 5 cats. Kelle has 3 grown sons and 3 grandsons.

New Providers

On staff at Coffeyville Regional Medical Center

Michael Souter, DO **Family Medicine**

Please join us in welcoming Michael Souter, DO to the medical staff at Coffeyville Regional Medical Center. He comes to CRMC from Bartlesville, Oklahoma where he has been working in a private group practice. He brings much experience in family medicine from clinics throughout Oklahoma and Kansas.



Dr. Souter completed his undergraduate degree at Northeastern State University in Tahlequah, Oklahoma, and went on to medical school at Oklahoma State University of Osteopathic Medicine in Tulsa, Oklahoma. Residency and Internship was completed at Riverside Health System in Wichita, Kansas.

Asked why he chose to be a physician, Dr. Souter explained, "Initially I was in college to become a teacher and coach. My roommate was premed and after my sophomore year, I made a change after realizing the challenges and rewards of becoming a physician. After all the different training rotations as a medical student and internship, I felt that seeing the whole family – from babies to grandparents - gave me the most satisfaction."

"I chose Coffeyville because it offers me an opportunity to help while allowing my daughter to finish her high school with her friends and to stay close with family and friends."

Dr. Souter is married to Marilyn and they have two daughters. The oldest is a nursing student at Oklahoma Baptist University; the youngest is a high school senior in Bartlesville. His personal interests include collecting vintage and current comics and toys.

Dr. Souter is now accepting new patients. To schedule an appointment, call CRMC Medical Group, 1400 W 4th Street in Coffeyville at 620-688-6566.

Judy Carpenter, APRN **Family Medicine**

Coffeyville Regional Medical Center would like to announce the addition of Judy A. Carpenter, Family Nurse Practitioner, to our provider staff. Judy is no stranger to Coffeyville or to CRMC.



She is a native of Coffeyville and graduated from Field Kindley High School. She has returned to her roots, most recently from Brea, California.

Judy received her RN degree from Neosho County Community College in Chanute, her BSN from the University of Phoenix, and her Masters of Science: Family Nurse Practitioner, from the University of Phoenix, Costa Mesa, California.

"My focus is on providing quality patient care and maintaining excellent communication with my patient and the healthcare team. And, I am extremely happy to be back at CRMC. I originally joined the hospital at the age of 16 as a medical assistant – now I'm here caring for the community I love."

Judy will be seeing patients in both Coffeyville and Independence and is accepting new patients. To schedule an appointment, please call:

CRMC Medical Group - Primary Care Clinic
1400 W. 4th Street in Coffeyville at 620-688-6566

- CRMC Medical Group - Independence Clinic
122 W. Myrtle in Independence at 620-577-4062

Whitney Cline, DO Pediatrics

Please join us in welcoming Dr. Whitney Cline, Board Certified Pediatrician, to our medical staff and CRMC family.



Dr. Cline is a 2005 graduate of the Oklahoma State University Center for Health Sciences in Tulsa, Oklahoma. She completed her Pediatric Residency in 2008 at the University of Oklahoma College of Medicine (St. Francis Children's Hospital) in Tulsa, Oklahoma and a Postdoctoral Fellowship in Neonatal-Perinatal Medicine in 2011 at the University of Oklahoma Health Sciences Center (OU Children's Hospital) in Oklahoma City, Oklahoma.

She is Board Certified in Pediatrics and is a Fellow of the American Academy of Pediatrics. After Fellowship, she practiced Neonatology in Springfield, Missouri at Cox Health South and in Tulsa, Oklahoma at Hillcrest Medical Center and St. John Medical Center for another six years. This practice time was spent caring for premature and critically ill infants in a Level 3 Neonatal Intensive Care (NICU) environment.

She most recently served as an Assistant Professor of Pediatrics at the University of Oklahoma/University of Tulsa School of Community Medicine Pediatric Clinic in Tulsa, Oklahoma. In her pediatric practice there she cared for many children with special needs and high risk health conditions. She has a special interest in patients with asthma, ADHD, complications of prematurity, end-of-life issues, Neonatal Abstinence Syndrome, physician-family interaction, as well as all other pediatric patient care. She is currently practicing Pediatrics at Coffeyville Regional Medical Center in Coffeyville, Kansas.

She has two sons, a daughter-in-law, and a grandson who all live in Oklahoma. She is an operatically trained singer who enjoys singing all genres of music. She also enjoys fishing, spending time with family, collecting antiques and art glass, making jewelry, painting, sewing, making crafts, lampwork glass bead making, and writing.

She moved to Kansas in September of 2018 after meeting a Kansan and deciding to settle with him in southeastern Kansas. She is looking forward to learning more about the communities she will call home in Kansas and serving the children of those communities.

Dr. Whitney Cline is now accepting new patients. To schedule an appointment, call:

- CRMC Medical Group - Primary Care Clinic
1400 W. 4th Street in Coffeyville at 620-688-6566

- CRMC Medical Group - Independence Clinic
122 W. Myrtle in Independence at 620-577-4062

Physician Spotlight

Well Visits and Immunizations are an Important Part of Your Child's Healthcare Routine

By Whitney Cline, DO
Specialty: Pediatrics

Well visits and immunizations are an important part of your child's healthcare routine as they are a vital component needed to achieve and maintain the optimal physical and emotional well-being of all children.

During well visits, your pediatrician will help you monitor your child's physical and mental health, his or her overall sense of well-being and safety, provide ongoing care, help you access and coordinate other healthcare services and educational services when necessary. You can also get help if you are in need of family support or other non-medical services.

Well visits should be scheduled at the following times in your child's life: newborn, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years old, and then yearly after that until the age of 18 years old. More time is allotted for well child visits than sick visits because there is much more to be accomplished.

During a well child visit, the pediatrician's objectives are:

- The observation of growth and development
- Detection of illness by screening examinations and tests
- Immunization maintenance
- Counseling and education of parents and children
- Promotion of mental health

This is a great time to discuss any concerns you might have about your child. Your pediatrician can help you access many resources such as other medical professionals, counselors (child and/or family), or educational testing to name a few.

Preparing for a well child visit is simple. Before the visit, make a list of things you would like to discuss with the pediatrician. Be sure to talk to teachers and family who spend time with your child as they can help you identify any issues you may have overlooked.

Don't be afraid to bring up a subject you may be worried about. The good health of your child depends on teamwork between your pediatrician, you as parents, family, teachers, and especially your child. I look forward to seeing you at your child's next well visit!

NUTRITION SERVICES

AT COFFEYVILLE REGIONAL MEDICAL CENTER

Food is such an important part of our lives. Feeding an entire hospital, with special dietary needs to be considered for patients, and appetizing menus offered for staff and visitors, is a challenge for any institution that serves the public. That's what CRMC does every day, 24 hours a day, seven days a week.



Meet Maelene Wilson, Dietary Supervisor of Nutrition Services as she provides a glimpse into Nutrition Services where volumes of food are prepared each day. Maelene has been with CRMC for two years now – and brought a wealth of experience with her as she worked in Dietary Services at Mercy Hospital in Independence for 30 years.

When asked about some of the functions the department handles, Maelene said “We do patient meals, patient floor and non-patient stock orders (stocking of various items such as juices, crackers, sandwiches to be used on the floor), provide breakfast and lunch for coworkers beginning at 6:45 a.m. until 2:00 p.m., and then we provide box lunches and desserts, chips, etc. for staff after hours.” Whew! She continued, “We also provide internal and external caterings. Two functions we cater every year are the Thompson Brother’s Golf Tournament (a local welding and industrial supply business), and a luncheon for the Coffeyville Rotary Club once a week for the entire month of July.”

Maelene commented on the awesome team in Nutrition Services, and wanted to especially recognize a couple of long term Dietary staff: Carol Henry, Certified Dietary Manager (CDM) who has been with CRMC for 23 years. She works closely with the Dietitian and is helping to implement the new menu system. Also, Cyndi Pfister has been a valuable asset with her 17 years of experience working in all areas of the department.

Maelene closed by saying, “Stay tuned for the implementation of the new menu planning and production system; we expect it to be a great asset to Nutrition Services and to CRMC.”

NEW WEB-BASED MENU PLANNING SYSTEM COMING SOON

Net IPAC, is a web-based menu planning and production system, that will be added to the Nutrition Services Department.

Maelene explained, “This menu system will take us from a 7 day, 1-week cycle to a 7 day, 4 week cycle. The program is capable of menu planning, recipe creation, production, and costing and order generation.

It will enable us to edit menus with the option to spread items to therapeutic diet restrictions. It will allow us to see how menu changes affect cost and nutrition.

Patients will have new food choices, as well as some of the favorites they now receive. The hope is to have this system up and running by later this year.



CRMC Nutrition Services Team (L to R): Cooky Riley, Jessica Mansfield, Carol Henry, Cyndi Pfister, Robert Vansickle, Maelene Wilson, Director, Tabitha Vail, Jessica Howard, Charlese Luckett and George Ulibarri

Understanding Hyperbaric Oxygen Therapy (HBO)

Hyperbaric Oxygen Therapy is part of the Wound Care Services offered at Coffeyville Regional Medical Center (CRMC). CRMC started offering Wound Care and Hyperbaric Oxygen Therapy in early 2014. We sat down with Janna Baker, RN, Wound Care Services Director and asked her a couple of questions on how Hyperbaric Oxygen Therapy works.



Question: HBO? What is it?

Answer: HBO stands for Hyperbaric Oxygen Therapy. Hyper means increased, baric refers to pressure. Hyperbaric oxygen therapy can increase circulation and oxygenation, it allows the oxygen to build and repair damaged blood vessels, as well as triggering collagen growth, which leads to healing. The increase in pressure can also reduce swelling, which in turn, increases blood flow. Oxygen also helps the body create new white blood cells which help the body fight off infection.

Question: How does it work ?

Answer: The air we breathe contains 21% oxygen. Our red blood cells carry the oxygen by way of plasma to distribute it throughout the body to where it is needed most. When there is restriction (occlusion) in blood flow due to surgery, illness, or injury, the red blood cells block the blood vessel and are unable to transfer oxygen to the cells on the other side of the occlusion. This causes swelling and starves the area of oxygen, causing hypoxia (a lack of oxygen). When this occurs, the tissue begins to break down. With HBOT, the patient is breathing 100% oxygen under pressure. The increased amount of oxygen combined with pressurizing the patient causes the oxygen to diffuse into the blood plasma. This oxygen-rich plasma is able to travel past the restriction, diffusing up to three times further into the tissue. The pressurized environment helps to reduce swelling and discomfort, while providing the body with at least 10-15 times its normal supply of oxygen to help repair tissue damaged by the original occlusion or subsequent hypoxic condition. Hyperbaric Oxygenation (HBOT) directly increases the saturative effects of tissue oxygenation slowing and reversing hypoxic induced tissue death, restoring blood supply to the compromised region by the development of new capillary networks (angiogenesis), enabling the body to alter the course and impact of the disease process.

Question: What benefits does it provide?

Answer: 5 Benefits of hyperbaric oxygen therapy: increases oxygenation to the body's tissues; increases blood flow and circulation; boosts white blood cell counts; enhances the effectiveness of antibiotics; reduces swelling and pain.

Question: What patient does this benefit?

Answer: Hyperbaric oxygen is used to treat all conditions which benefit from increased tissue oxygen availability, as well as infections where it can be used for its antibiotic properties, either as the primary therapy or in conjunction with other drugs. Insurance and Medicare consider the following conditions for HBOT to be covered for payment: Compartment syndrome/crush injury/other traumatic ischemias, diabetic and selected wounds, gas gangrene, necrotizing soft tissue infection, osteoradionecrosis and radiation tissue damage, osteomyelitis (refractory), skin grafts and (compromised) flaps and burns.

Question: How do I know if this treatment is for me?

Answer: HBO is a daily commitment. Are you able to arrange transportation daily? Patients must be able to come to the wound clinic daily for the 1 1/2 hour treatment. Do you have any issues with claustrophobia? Patients suffering from claustrophobia may need to discuss treatment with their wound care physician prior to HBO treatment. Are you able to sit/lie in one position for a longer period of time? Patients must sit/lie on the HBO gurney for approximately 1 1/2 hours each treatment. Do you have problems with ear pain/ringing in the ears? Patients must be able to clear their ears of any congestion during the HBO session. You may discuss being seen by an ENT with your wound care physician if this is an issue.



Janna Baker, RN
Wound Care Services Director

FOR MORE INFORMATION ABOUT THIS SERVICE

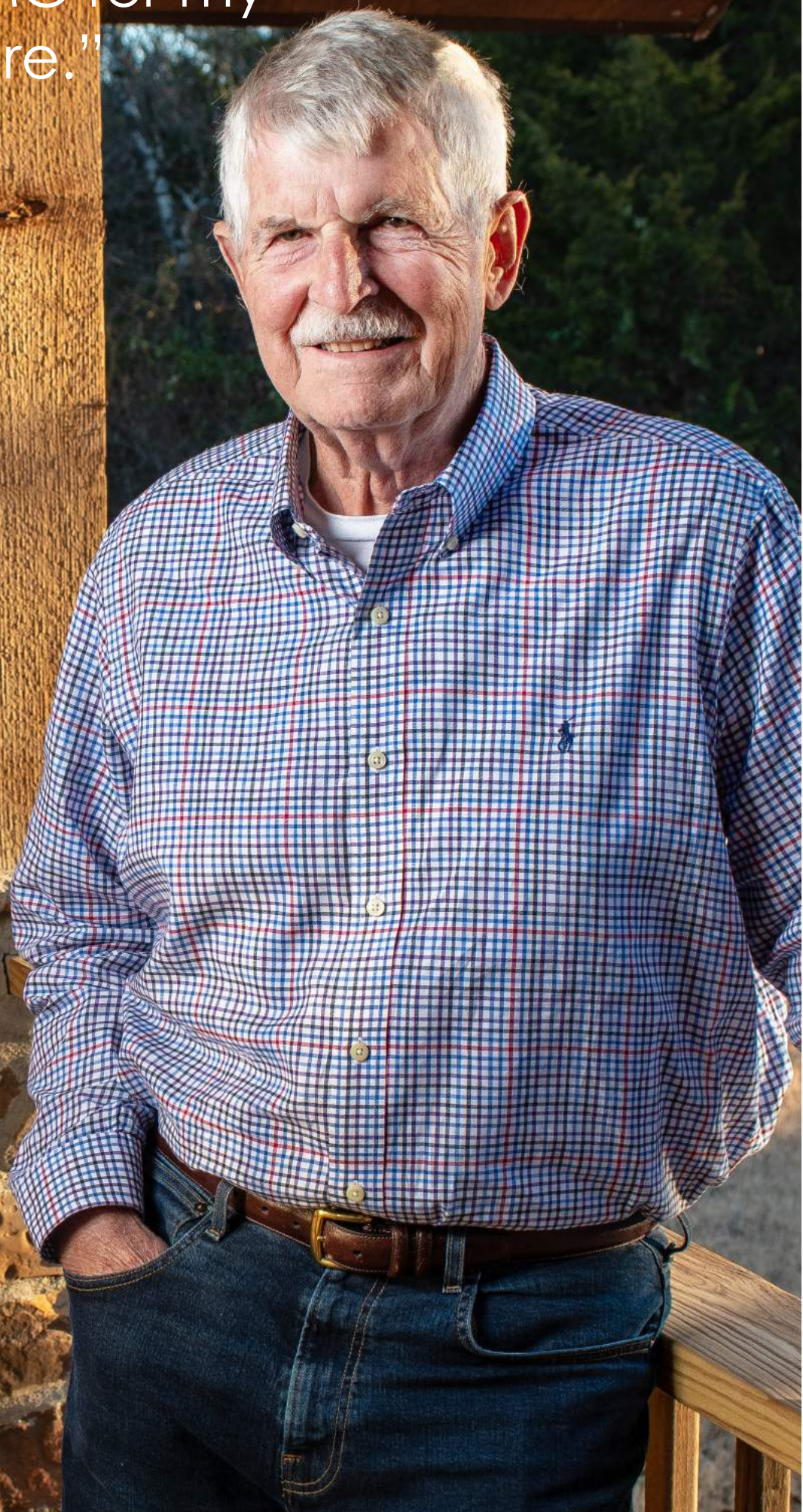
Please contact Janna Baker, RN at 620-252-1173 or jbaker@crmcinc.org

**"I Choose CRMC for my
Orthopedic Care."**

"I wanted to do both knees at the same time so I could get over the therapy and be back playing ball."

I wanted to go to Dr. Menon because he has done thousands of operations with low complication rates."

*Charles "Chuck"
Sturdivan*



Double Knee Replacement at Coffeyville Regional Medical Center

"Exercise. Exercise. Exercise."

That's the simple advice of Charles "Chuck" Sturdivan who chose to have total knee replacement (TKR) in both knees at the same time last fall at Coffeyville Regional Medical Center. Orthopedic surgeon Dr. K. Sunil Menon agreed to do both knees at the same time. Most patients often do one, recover, and then return for the second surgery.

Originally from Owasso, OK, the 78-year old Sturdivan now lives in rural Coffeyville where he maintains a physical lifestyle that might put a 50-year old to shame. He hikes, bikes, goes to a weekly exercise class and plays basketball once a week. Each week he travels to Tulsa where he plays on a senior basketball team for players age 50 and over. Two years ago his team competed in the National Senior Games. The players, one of whom is a player from Sturdivan's high school team, have again qualified for national competition.

"When we have a loose ball, I'm the one who can run over, get it, and scoop it up," he said demonstrating his swift moves.

"I wanted to do both knees at the same time so I could get over the therapy and be back playing ball," he said while taking a break from assembling a ping pong table at the Senior Services Center. He exercises three times a week at CRMC and plans to add some robust ping pong games to his day.

He was scheduled for double knee replacement on Sept. 6, 2017, so he began the suggested "joint camp" exercise program two weeks prior. I reminded my doctors Allen Gillis and K. Sunil Menon that I was old, but they assured me if I could run and play ball I wouldn't have any problem.

Sturdivan's surgery was delayed 30 days until Oct. 6, 2017 so he ended up having six weeks of joint camp exercise.

"Dr. Menon had to use a different type of appliance for each of my knees because the damage to each of them was so different. I now have the best knees in Coffeyville," he said. "I am so glad to have the ability to have my active lifestyle."

"The nursing staff at CRMC was super and I couldn't ask for better help. While I was going through rehabilitation, they came up with a special program for me because of doing both knees at the same time," he continued. "Kudos to the rehab department."

On Jan. 3, 2018, less than three months after his double total knee replacements, he played basketball in Tulsa.

"The first 12 seconds I was in I made a 3-point shot."

"Do your exercises," Sturdivan stressed once again. "You've got to be in shape before you start."

Left: Photo of legs before double knee replacement.

*Right: Photo of legs after double knee replacement.
Photos courtesy of Chuck Sturdivan*



COMMUNITY OUTREACH

FAMILY LIFE EDUCATION

CHILDBIRTH PREPARATION

The aim of this class is the preparation of the mother and father (or other support person) emotionally, physically, and intellectually for active participation in the birth process. The course includes: relaxation exercises, what to expect during labor and delivery, practice with breathing and pushing techniques, and care after the birth. Infant care including breastfeeding and infant CPR is also included.

DATES:

Weekend Classes (2019):

January 12th & 13th

February 9th & 10th

May 4th & 5th

June 22nd & 23rd

August 24th & 25th

November 16th & 17th

Tuesdays:

March 5th - April 6th

September 3rd - October 8th

TIMES:

Weekend Classes -

Saturday - 9:00am-4:00pm

Sunday - 1:00pm-5:00pm

Weekday Classes -

Tuesday - 6:30pm-8:30pm

REGISTRATION: 620-252-1589

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

LACTATION CONSULTANTS

The Geeta Sandhu Women's Health Unit has two Lactation Consultants on staff and are willing to help any mother with questions or concerns about breast feeding. The Lactation Consultants are registered nurses and you can reach them in the unit.

REGISTRATION: Not Required

LOCATION: Women's Health Unit at Coffeyville Regional Medical Center

FEE: Free

NURSES: 620-252-1510



In addition to free classes offered on the Women's Health Unit, tours of our lovely facility can be done at your convenience.

For more information about our Women's Health Unit contact, Director, Jennifer Wintjen at 620-252-1589.

MATERNAL & INFANT (M&I) CLINIC

CRMC Medical Group provides and facilitates access to comprehensive prenatal care and follow-up for mother and infant for up to one year post delivery.

We hold an M&I clinic at our Independence location every Wednesday from 9:00am - 4:00pm. We provide financial assistance and a nutritionist to expecting mothers during their visits. Patients will see Nancy Barkley, APRN for the majority of their appointments, and will be provided a CRMC Medical Group OB/GYN physician. Patients will receive post-op care from CRMC Medical Group.

APPOINTMENT REQUIRED:

620-577-4062

DATES: Every Wednesday

TIME: 9:00am-4:00pm

LOCATION:

CRMC Medical Group

122 W. Myrtle

Independence, KS 67301

FEE: Free for women who qualify

WEE CARE BABY SUPPORT

CRMC helps new mothers in the adjustment period of parenting with all its new responsibilities. We understand many questions and fears may arise in the first weeks and months when a new little one joins the family. Mothers are encouraged to come with baby to the Geeta Sandhu Women's Health Services unit to receive support and encouragement.

REGISTRATION: 620-252-1589

LOCATION: Women's Health Unit at Coffeyville Regional Medical Center

FEE: Free

SUPPORT GROUPS

BARIATRIC SUPPORT GROUP

Open to those who have undergone weight-loss surgery or who are considering the procedure. Friends and family are welcome.

TIME: 1st Thursday of the month, 7:00pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

MORE INFO: 918-331-8940

CANCER SUPPORT GROUP

This group provides educational and spiritual support for families living with cancer.

TIME: 3rd Thursday of every Month, 6:00pm

LOCATION: 4th Floor lobby at CRMC

FEE: Free

MORE INFO: 620-252-1606

EDUCATION CLASSES

DIABETES SELF-MANAGEMENT WORKSHOP (DSME)

If you are living with a diabetes health condition or are a caregiver of someone who has diabetes this workshop is for you. Self-Management Education workshops are interactive learning opportunities that teach techniques to manage common symptoms.

REGISTRATION: 620-515-4568 or

kkiser@crmcinc.org

INFORMATION SESSION: January 15 at 1:30pm

WORKSHOP DATE: Jan. 22 - Feb. 26

TIME: 1:30pm - 4:00pm (6 week workshop)

LOCATION: 822 W. Walnut,

Coffeyville, Kansas

(Info session and for workshop)

FEE: Free * **MUST REGISTER PRIOR TO ATTENDING**

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

If you are living with a chronic condition this Free workshop is for you. What you will learn:

- Decision-making and problem solving skills
- Communicate effectively with family, friends and healthcare professionals
- Deal with anger, depression, and difficult emotions
- Manage fatigue
- Learn new ways to eat healthy
- Control Pain

and much, much more!

REGISTRATION: 620-515-4568 or
kkiser@crmcinc.org

INFORMATION SESSION: January 17
at 3:00pm

WORKSHOP DATE: Jan. 22 - March 1
TIME: 2:00pm (6 week workshop)

LOCATION: Independence Public
Library

(Info session and for workshop)

FEE: Free * **MUST REGISTER PRIOR TO ATTENDING**

***** Please watch our website and
social media for information on dates
for upcoming classes.*****

Questions or for more information,
Please contact Kelle Kiser, RN



DID YOU KNOW...

that you can find healthy recipes
for the wholefamily?

The recipes that you will find on our website change monthly and are geared towards the season. Make sure you check out our winter recipes that will warm you up and fill your tummies.

SAFESITTER COURSE

SafeSitter® prepares students in grades 6th - 8th to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR mannequins to practice CPR and choking rescue!

- Safety Skills
- Child Care Skills
- First Aid & Rescue Skills
- Life & Business Skills

REGISTRATION:

Required, 620-252-2201 or email
ashleyt@crmcinc.org

DATE: Classes in 2019, TBA

TIME: 9:30am-4:30pm

LOCATION: 2nd Floor Administration
Board Room at CRMC

FEE: \$35 (includes manual and Safesitter Kit)

**** Please bring a sack lunch to the
safesitter course. The class will be
going into the lunch hour.****

**Limited space available, please
register your child.**

More classes are available
on our website
www.crmcinc.org/classes

SMOKING CESSATION

Thinking of quitting smoking or chewing tobacco but not sure where to turn? Have you quit before and started again? We understand that quitting tobacco is difficult. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

REGISTRATION: 620-252-1606

DATE: January 8 - March 5

TIME: Tuesdays 12:00pm-1:00pm
(8 Sessions)

FEE: Free

LOCATION:

CRMC Basement Boardroom

FITNESS CLASSES

LOW IMPACT CARDIO CLASS

You can burn serious calories without all that jumping around. We don't have anything against bouncing, but sometimes you want to give your joints a rest, and with this low-impact workout you can do just that.

DATE: Every Tuesday and Thursday

TIME: 10:00am-11:00am

LOCATION: Located in the
multipurpose room located across
the hall from the CRMC
Rehabilitation Department

FEE: Free

EDUCATOR:

Ashley Tatman

ashleyt@crmcinc.org

WALKING CLUB -

CRMC Basement Bunch

This is an all year walking program to help you keep fit, and there are prizes along the way. Sign up today down by our Rehabilitation Department on the Walking Track.

REGISTRATION: Sign up at the
Walking Track at the designated
table outside the Rehabilitation
Department

TIME: 5:00am-9:00pm, 7 days a week

LOCATION: Walking Track

FEE: Free

YOGA CLASSES

Do you want to be more relaxed, strengthen your spine, improve your circulation? Come join one of the Yoga classes offered at CRMC.

DATE:

Mon/Wed/Fridays - 9:00am-10:00am

Tues/Thurs - 5:00pm-6:00pm

LOCATION: Class located on the
north side of CRMC, in North Auxiliary
Classroom- Enter in North Entrance
clinic

FEE: \$7 a Class or \$35 a Month

**WHEN YOU'RE HEALTHY-
WE'RE HAPPY!**

Visit our Website:

www.crmcinc.org/wellness-education

CRMC NEWS

Foundation Spring Chicken 5K and 1 Mile Fun Run Scheduled

The Coffeyville Regional Medical Center Foundation will hold the annual Spring Chicken 5K and Chicken Little 1 Mile Fun Run on Saturday, April 13, 2019. Registration is available (closer to event) online, or you can get them from the Foundation Office.

All proceeds from this event will benefit Coffeyville Regional Medical Center Foundation. The CRMC Foundation provides support and financial assistance to CRMC to achieve and maintain excellence as a healthcare provider and leader in our region.

For more information please contact Cari Redden in the CRMC Foundation office at 620-252-1674 or foundation@crmcinc.org

CRMC is turning 70 Years old, Help us celebrate !

2019 marks the 70th Anniversary of Coffeyville Regional Medical Center.

Mark your calendars for Saturday, May 11th, 2019. CRMC will be hosting a community- wide event that day. More details to come!



Come see us at the Farm and Home Show hosted by KGGF

CRMC will be at the 3rd Annual Inter-State Farm and Home Show on Friday, March 1st and Saturday, March 2nd, 2019 at Nellis Hall at the Coffeyville Community College Campus.

Come visit our booth at the Farm and Home Show. you will see displays on everything from farm & ranch, to hunting & leisure, home & garden, antiques & gifts to household and business services to health & wellness. Make sure you stop by our booth to win our awesome door prize and check out the services and CRMC Medical Groups we provide to our community.



The City of Coffeyville Celebrates 150 Years!

Watch local papers for special community events such as:

Coffeyville Birthday Party

Saturday, June 1, 2019

Coffeyville Celebrating 150 Years

Gala – Fall 2019



If you would like to help with these events or would like more information, please contact the Coffeyville Chamber of Commerce at 620-251-2550. You can also purchase your commemorative merchandise at the Chamber as well. Calendars, hats, coins, coffee cups and more are available for purchase.

March COLON CANCER AWARENESS MONTH

CRMC will be offering FREE Fecal Immunochemical Test (FIT) Kits to members of the community age 50 or older during the month of March. **Contact Vicky Portwood, Director of Cancer and Outpatient Services.** vportwood@crmcinc.org or 620-252-1606



Physician Directory by Specialty

CARDIOLOGY

Anderson Mehrle, MD

Clinic Location:
CRMC Outpatient Services/Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337
Clinic Days: Every Monday at CRMC
Call Bartlesville Office – 918-332-3600

EAR, NOSE & THROAT (ENT)

Charles Holland Jr., MD

Office Location:
205 SE Howard Ave, Bartlesville, OK 74006
Office: 918-333-0474

FAMILY/GENERAL MEDICINE

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Shravan Gangula, MD

Office Location: CRMC Medical Group
Primary Care Clinic (North Entrance)
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-688-6566

Bridget Gibson, MD

Office Location: CRMC Medical Group
Primary Care Clinic (North Entrance)
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-688-6566

Michael Souler, DO

Office Location: CRMC Medical Group
Primary Care Clinic (North Entrance)
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-688-6566

NEPHROLOGY

Paul Maraj, MD

Clinic Location: CRMC Outpatient Services/
Tatman Cancer Center
1400 W 4th Street, Coffeyville, KS 67337
Clinic Days: Every Second Thursday of the month
Office Number: Wichita Office – 316-263-5891

OBSTETRICS & GYNECOLOGY

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Dara Gibson, MD

Two Office Locations:
CRMC Medical Group
Women's Health Clinic
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

Independence Clinic
122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062

Stephen Miller, DO

Two Office Locations:
CRMC Medical Group
Women's Health Clinic
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

Independence Clinic
122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062

Perry Lin, MD

Two Office Locations:
CRMC Medical Group
Primary Care Clinic (North Entrance)
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

Independence Clinic
122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062

ONCOLOGY

Akinola Ogundipe, MD

Oncology/Hematology
Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Outpatient Services/Oncology/
Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1501

Nathan Uy, MD

Radiation Oncology
Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Jerry Marquette Radiation Oncology Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1563

OPHTHALMOLOGY

Garrick Reffele, MD

Office Location: Coffeyville Regional Medical Center
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-251-3235

ORTHOPEDICS

K. Sunil Menon, MD

Office Location: CRMC Medical Group
Specialty Clinic
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

PODIATRY

Jeffrey Hogge, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

Barry Wesselowski, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

SURGERY (GENERAL)

Michelle McGuirk, MD

Office Location: CRMC Medical Group
Specialty Clinic
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

Aaron Russell, MD

Office Location: CRMC Medical Group
Specialty Clinic
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

UROLOGY

Bernard Howerter, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

WOUND CARE

Shravan Gangula, MD

Stephen Miller, DO
John Line, PA-C
Office Location: CRMC Medical Group
Specialty Clinic
1400 W. 4th Street, Coffeyville, KS 67337
CRMC, 3rd Floor, Blue Elevators
For Appointments: 620-252-1173

HOSPITAL BASED PHYSICIANS & PROVIDERS:

ANESTHESIOLOGY:

Baba Abudu, MD
Christopher Hogan, CRNA
Susan Jenkins, CRNA
Julie Moses, CRNA
Cole Shawver, CRNA

HOSPITALIST :

Anne Hogsett, MD
Alix Oreck, MD
Joshua Wyckstandt, MD

PATHOLOGY:

Chitra Kohli, MD

RADIOLOGY:

David Gutschenritter, MD
Dan Gillespie, MD

EMERGENCY MEDICINE:

Russell Anderson, DO
John Michael Carlson, DO
Jerry Castleberry, DO
Cass E. Cherry, DO
James L. Christensen, DO
Jeffrey A. Coldwell, MD
Jeffrey Dixon, MD
William Gray, MD
Jesse Hatfield, MD
James Hensel, DO
Timothy D. Herrington, MD
Shane B. Hnatusko, DO
Jeffrey Johnson, MD
Craig Kennedy, MD
Kevin Kierl, MD
Derek Knotts, MD
David P. McAdams, DO
Joshua R. McFalls, MD
Gregory A. Melish, MD
Wolfgang P. Miggiani, MD
Brian D. Milman, MD
Kenneth E. Phillips, DO
Eric A. Reddick, MD
Jonathon Robins, DO
Donald Sanders, DO
Amanda N. Satterwhite, MD
Matthew W. Smith, DO
Jaron J. Soulek, MD
Garrett Taylor, MD
Emily A. Williams, MD
Eric Woolley, MD

ADVANCED PRACTICE REGISTERED NURSE (APRN)

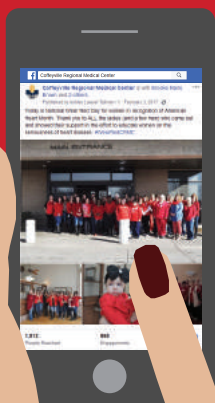
CRMC Medical Group - 620-577-4062
Independence Clinic - 122 W. Myrtle, Independence, KS
Nancy Barkley, APRN

CRMC Medical Group - 620-688-6566
Primary Care Clinic - 1400 W. 4th Street, Coffeyville, KS
(North Entrance)
Judy Carpenter, APRN Mary Beth Hartley, APRN
Heather Pollet, APRN Barry Phillips, APRN

Hospital Main Number: 620-251-1200
Website: www.crmcinc.org

FIND YOUR RED

NATIONAL WEAR RED DAY – FRIDAY, FEBRUARY 1, 2019



Did you know that heart disease is the #1 cause of death in women? CRMC has partnered with The Heart Truth and KGGF Radio to encourage women to take action and lower their chance of developing heart disease. We are asking you to make a commitment to find out your risk for heart disease and take steps toward a heart healthy lifestyle!

How do you do that? To learn more about Tips for Heart Health, Making Changes for a More Healthy Life, or Find out Your Personal Risk for Heart Disease, please visit www.crmcinc.org/TheHeartTruth.

Take the Red Dress Social Media Challenge!

On Friday, February 1st, take the Red Dress Social Media Challenge with us. Here's how it works:

- Wear RED on Friday, February 1st
- Take a selfie
- Take group photos at your place of work
- Take a photo with a friend
- Take a photo with a heart attack survivor
- Challenge your friends, co-workers, organizations, civic groups to take the challenge
- POST PICTURES on Facebook and Twitter with the #WearRedCRMC
- Listen to KGGF and watch the CRMC Facebook page for a listing of all the participants.