

FALL 2008

Health Connection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER



**The right
medical staff
for you**

**Seniors: Join our
circle of friends!**

**Mark your
calendar!**
Health happenings
in your hometown

**Protect your
heart this
holiday season**

In case of emergency
Know when to go to the ER

MOBERLY REGIONAL
MEDICAL CENTER

www.moberlyhospital.com

Dear friends,



Kevin Clement
Chief Executive Officer

It's our goal that you always receive comprehensive care at Moberly Regional Medical Center, from the moment you step through our front door until you return home.

Receiving this care begins with your physician, and that's why we're excited to introduce Jana Brock, M.D., in this issue. Dr. Brock is a great addition to our primary care provider team and brings a keen interest in family and sports medicine.

JOIN THE CIRCLE

Whatever your age—stay young at heart! Senior Circle enhances life for adults ages 50 and better by encouraging a healthy, active lifestyle. Senior Circle accomplishes this mission by providing programs that encourage continued learning, wellness, health and volunteering coupled with a host of social activities. Sign up for Senior Circle by completing the application on this page.

Thank you for supporting our hospital and community by keeping your healthcare close to home.

Regards,

KEVIN CLEMENT
Chief Executive Officer
Moberly Regional Medical Center

From one of our patients ...

"I'm writing to say thank you for all you did for my family member when she entered your emergency room [ER] having a heart attack. My family in Moberly and her physicians in Columbia have had nothing but praise for the members of your ER team who took care of her."

—Cathy N., from Moberly

Join Senior Circle!



MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

MOBERLY REGIONAL MEDICAL CENTER CHAPTER		<input type="checkbox"/> New <input type="checkbox"/> Renewal
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mrs. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	Birthday Mo. ____ Day ____ Yr. ____	
Address		APT #
City	State	Zip
E-mail		
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.		
Signature: _____		
COMPLETE SECTION BELOW FOR SECOND MEMBER, SAME HOUSEHOLD ONLY		
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mrs. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	Birthday Mo. ____ Day ____ Yr. ____	
Address		APT #
City	State	Zip
E-mail		
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.		
Signature: _____		
PAY BY CHECK ONLY		
<input type="checkbox"/> One Year Membership \$15.00 (SC1) <input type="checkbox"/> Two – One Year Memberships \$27.00 (TW1) (you save 10% - Same Household only) <input type="checkbox"/> Two Year Membership \$27.00 (SC2) (you save 10% compared to a one year membership)		
Return your completed application and check or money order to:		
Senior Circle 1515 Union Ave. Moberly, MO 65270 Attn: Lisa Guerrero, Advisor (660) 209-3121 Senior Circle Association Member Services: 1-800-211-4148		

A membership to Senior Circle is a great gift idea!

MEET OUR NEW MEDICAL STAFF MEMBER

The experienced, dedicated medical staff members of Moberly Regional Medical Center (MRMC) can help your family stay healthy. We'd like to introduce you to one of them.



JANA BROCK, M.D.
Family Medicine

**Professional Arts Building
1513 Union Ave., Suite 1600
Moberly
(660) 263-4770**

Jana Brock, M.D., is a recent graduate of the University of Missouri–Columbia Department of Family and Community Medicine in Columbia. Dr. Brock specializes in family medicine, with a special interest in sports medicine and women's and children's care. Along with being a member of the medical staff at MRMC, she's a provider with Moberly Medical Clinics. Dr. Brock is accepting new patients and has same-day appointments available. Call to welcome her to the community and to schedule an appointment.



If the pain gets unbearable here,

trust the ER specialists here.

Don't second-guess your health. Trust the area hospital whose quality of care for heart failure, pneumonia and surgical care consistently beats the national average. Moberly Regional Medical Center, a Get with the Guidelines coronary artery disease improvement hospital. Here when you need us.



1515 Union Ave., Moberly, Missouri • 660-263-8400 • www.moberlyhospital.com

Health Programs & Events

MOBERLY REGIONAL MEDICAL CENTER

EXERCISE

Strength Training for Seniors

Exercises designed to gradually increase strength, muscle tone, range of motion and/or balance. Ideal for older seniors.

When: Tuesdays and Thursdays, 11 a.m.–noon

PREPARING FOR CHILDBIRTH

Childbirth Preparation Classes

Call: (660) 269-3262 to enroll in weeknight or weekend classes

Breastfeeding Classes

When: Mondays, four-week series, 6–8 p.m.

Call: (660) 269-3262

REHABILITATION

Cardiovascular Rehabilitation

Pulmonary Rehabilitation

Call: (660) 269-3060 for an appointment



Outpatient Sports Medicine and Rehabilitation (Physical, Occupational and Speech)

Call: (660) 269-3189 for an appointment

HEALTHY WOMAN



Free monthly healthcare programs empowering women with the knowledge to make informed healthcare decisions.

Call: (660) 269-3121 or log on to www.moberlyhospital.com to register

EVENTS

Healthy Woman holiday event

When: Tues., Nov. 18, 6–8 p.m.

Where: Moberly Municipal Auditorium

Call: (660) 269-3121 to register

WELLNESS

Blood Pressure Screenings

Blood Sugar Screenings

FREE

When: Tuesdays, 8:30 a.m.–3 p.m.

Call: (660) 269-3060 for information

Diabetes Self-Management and Education Classes

Schedule group or individual multi-disciplinary diabetes education sessions. Covered by most insurance plans.

Call: (660) 269-3060 for information

FIND A PHYSICIAN (660) 269-3101

Nutrition Consultations

Call: (660) 269-3047 for an appointment

Senior Circle



A program dedicated to enriching the lives of individuals ages 50 and better. Only \$15 annually.

Call: (660) 269-3121 for information

Smoking Cessation

Call: (660) 269-3060 for an appointment

Stress Management Education

Group classes are available by appointment.

Call: (660) 269-3060

DIRECTORY OF IMPORTANT NUMBERS

Emergency (911) or	(660) 269-3157
Heart & Vascular Ctr	(660) 269-3280
Hospital Operator	(660) 263-8400
Human Resources	(660) 269-3083
Laboratory	(660) 269-3172
Outpatient Dietitian	(660) 269-3047
Outpatient Diagnostic Ctr . . .	(660) 269-3288
Outpatient Services & Wound Care Clinic	(660) 269-2974
Patient Business Office	(660) 269-3146
Pulmonary Medicine	(660) 269-3182
Radiology	(660) 269-3166
Rehabilitation & Sports Medicine	(660) 269-3189
Volunteers	(660) 269-3121
Wellness Ctr	(660) 269-3060

www.moberlyhospital.com

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MEDICAL CENTER

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1515 Union Ave.
Moberly, MO 65270

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Health Connection

Health Connection is published as a community service of Moberly Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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