

Circle News

Senior Circle

Northeast Regional Medical Center

www.nermc.com

Laura Gruber,
Senior Circle Advisor
660-785-1157

Northeast Missouri Chapter ♦ Volume 11, Issue 2 ♦ April/May/June 2011

From Your Advisor:

Laura Gruber

The big question that seems to be on everyone's mind right now is – "Is winter over?" One of the things about working on the Senior Circle Calendar for three months at a time is that I get to think about summer earlier than everyone else! For the past month I have been planning our 10th Anniversary Dance, our summer picnic and flower planting on the hospital patio, not to mention a Cardinals/Royals ballgame trip. This is going to be a fun summer for Senior Circle!

Planning for the 10th Anniversary of Senior Circle has also been an opportunity for me to look back. It seems hard to believe that it has been 10 years! We started with a core membership of NRMCC volunteers and now we have over 1000 members. I hope that all of you that joined Senior Circle in 2001 will come to the Anniversary Celebration so we can get a picture of our 10 year members all together.

I consider myself so lucky to have the opportunity to get to know so many great people through the Senior Circle program. Senior Circle is a great organization in large part due to our wonderful members. Many of you have helped plan events and volunteered to help set up or tear down at an event. Our carry-ins are some of the best events we have because so many of you are such great cooks! I hope some of you who haven't had the chance to participate in Senior Circle yet will take the opportunity to do so during our 10th year and



don't forget to bring a friend!

Happy



Anniversary!!

From Our CEO:

Northeast Regional Medical Center is One of the 50 Best Hospitals in America

By Eric Barber, CEO

Northeast Regional Medical Center has earned another award. We are proud to be named one of the 50 Best Hospitals in America by Becker's Hospital Review. This list focuses on acute-care, multi-specialty academic medical centers and large community hospitals. Also on the list were Mayo Clinic, Johns Hopkins Hospital and The Cleveland Clinic. Very distinguished company to be in! The honors we have been receiving are directly tied to the quality of the physicians and staff at Northeast Regional Medical Center.

The renovations of the 3rd and 4th floors in our patient tower are progressing as planned. The 3rd floor should be completed shortly and then

we will start on the 4th. These renovations should be completed by June 1 and will make your stay at Northeast Regional Medical Center more comfortable. I want to thank the patients who have been here during this time of renovation for their patience. It has been noisier and more congested than usual on the patient floors but the end results will be worth it!

Don't Forget!

- **Monday** Coffee Klatch – Pancake City
- **Monday** Learning Bridge – St. Andrew's
- **Tuesday** Bridge & Bingo

- **Thursday** Cards
- **Friday** Cards
- **MWF** Walking Group



Meet the Doctor

**David E. Butters,
MD,
Urologist**

Kirksville Urology

1108 E. Patterson, Suite 9

Kirksville, MO 63501

Phone: (660) 626-2663

Medical School: University of Ottawa

Residency: Ottawa Civic Hospital

Family: Wife, Maggie

Hobbies: Golf, Hiking, Camping

If you had not chosen the medical field, what was your second career choice?

Historian

What is the most nostalgic item displayed in your office?

A gold cup from my son saying you are a "red neck Dad"



The Doctor Is In

**Jerry D. Burbee, DO
Emergency
Medicine**

Northeast Regional Medical Center

315 S. Osteopathy

Kirksville, M O 63501

Phone: (660) 785-1000

Medical School: A.T. Still University, 1994

Residency: Family Medicine, Northeast Regional Medical Center and A.T. Still University

Board Status: Family Medicine

Hobbies: Music (mandolin, guitar, harmonica), Exercise and Reading

Favorite Food: Usually whatever is setting in front of me (meat, fruit, vegetable, bread)

If you had not chosen the medical field, what was your second career choice?

Missionary

Calendar of Events



Wednesday, April 6

"New Member Orientation": FREE

9:00 a.m., Northeast Regional Medical Center, Cafeteria Learn more about the benefits of Senior Circle at the Member Orientation meeting and get to know other new members over coffee and Danish.

Thursday, April 7

"Lunch Bunch": Dutch Treat

11:30 a.m., King's Buffet

We missed our Lunch Bunch on the Chinese New Year because of snow! We shouldn't have that problem in April (at least let's hope not!) RSVP to the Senior Circle Office by April 5.

★ **Thursday, April 14**

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

Let's give a big Senior Circle welcome to Dr. David Butters, Urologist as he gives his first Lunch & Learn presentation to Senior Circle. His topic will be incontinence in women. Call 660-785-1153 by April 11 for reservations!

★ **Thursday, April 21**

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

April is Donate Life Month. Chad Earhart, Chaplain at Northeast Regional Medical Center will give a presentation on organ and tissue donation and let us know how easy it is to become a donor. Call 660-785-1153 by April 18 for reservations!

★ **Thursday, April 28**

"Lunch & Learn": FREE

11 a.m., Pizza Haus, Edina

David Pfohl, MD, will give a presentation

entitled "Cardio Vascular Review, 101". Dr. Pfohl has given great presentations when he visited with Senior Circle before – you won't want to miss this one! Call 660-785-1153 by April 25 for reservations!

★ **Friday, April 29**

"Monthly Member Meeting": FREE

2 p.m., NRMCM Conference Room #1

Christy Thompson, Registered Dietitian at NRMCM was scheduled to talk to Senior Circle in March but had something unexpected come up and was not able to come. We have rescheduled her for April and will celebrate birthdays at the

same time.



Tuesday, May 10

"Lunch Bunch": Dutch Treat

11:30 a.m., Jimmy Johns

Jimmy Johns is the newest sandwich shop in Kirksville and Senior Circle is going to check it out! Call 660-785-1153 by May 9 for reservations!

★ **Tuesday, May 17**

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

Have you ever wondered what the doctor is looking for when he/she orders x-rays? Senior Circle has invited Dr. Malcolm Whitaker, Radiologist to speak to us about diagnostic radiology. Call 660-785-1153 by May 13 for reservations!

★ **Friday, May 20**

"Monthly Member Meeting": FREE

2 p.m., NRMCM Cafeteria Patio

Last year Senior Circle had an impromptu flower potting session when we were asked to plant flowers around the patio at the hospital. Employees of NRMC were thrilled with the results. This year we will plan the event in advance and have even more fun. Don't forget to wear gardening clothes!



★ **Tuesday, May 24**

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

Dr. David Cleaver, Dermatologist, will speak and give us information on how to recognize skin cancer. Call 660-785-1153 by May 20 for reservations!

★ **Thursday, May 26**

"Lunch & Learn": FREE

Noon, Depot Inn in La Plata

David Pfohl, MD, will repeat a presentation entitled "Cardio Vascular Review, 101" that he gave to the Edina group when he comes to La Plata. Members from Kirksville are welcome to come down for this event. RSVP to the Senior Circle office by May 24.



★ **Wednesday, June 1**

"New Member Orientation": FREE

9:00 a.m., Northeast Regional Medical Center, Cafeteria Learn more about the benefits of Senior Circle at the Member Orientation meeting

and get to know other new members over coffee and Danish.

Monday, June 6

**"10th Anniversary Dance": FREE
(Donations will be accepted)**

**6 p.m. to 9 p.m., El Kadir Shrine Club,
Kirksville**

Come celebrate the 10th Anniversary of Senior Circle with a dance! The evening will start with a social hour and heavy appetizers. Gary Blurton and the Mystery Train will make a repeat appearance and will play from 7 p.m. to 9 p.m. Call 660-785-1153 by June 1 for reservations!

Wednesday, June 15

"Lunch Bunch": Dutch Treat

11:30 a.m., Pickler's Famous

After many months (or should I say years!) of anticipation Pickler's Famous has now opened in Downtown Kirksville. As you know Senior Circle loves to try new things and here you will get to try specialty hot dogs, baked potatoes, cupcakes and fountain drinks. Call 660-785-1153 by June 10 for reservations!

★ **Thursday, June 23**

"Lunch & Learn": FREE

11 a.m., Pizza Haus, 116 N. 4th Street, Edina, MO

Kelly Foley, PA, from the Family Health Center of Edina, will be our speaker this month. When he was asked to pick a topic he turned the tables on us as asked what Senior Circle members wanted to hear about. At our April meeting we will decide what topic to ask for – another reason to come to the meeting in April! Call 660-785-1153 by June 21 for reservations!

★ **Friday, June 24**

"Monthly Member Meeting": FREE

2 p.m., NRMC Conference Room #1

This month we will offer the Bone Density Heel Scan screening that we had to cancel in February due to the weather. RSVP to the Senior Circle office by June 22.

★ **Tuesday, June 28**

“Lunch & Learn”: FREE

Noon, St. Andrew’s Apartments, Dining Room

Dr. Gemma Ceisemier will be our speaker for this Lunch & Learn. Come to learn more about Pre-Diabetes and its consequences. Call 660-785-1153 by June 24 for reservations!

Wednesday, June 29

“Senior Circle Picnic”: Bring a Dish

11:30 a.m., Middle Shelter, Rotary Park

What better way to spend a morning than having a picnic with your Senior Circle Friends? We have reserved the middle shelter at Rotary Park (Formally Swimming Pool Park) for our picnic. You bring a lawn chair and a side dish and Senior Circle will bring fried chicken, table service, and drinks. Our picnic will start at 11:30 a.m. in an effort to beat the heat! Let the Senior Circle office know by June 24 if you plan on coming so we have enough for everyone!

Local 2011 Trips

IMPORTANT NOTICE: If you are planning on taking any of the Senior Circle trips this year it is imperative that you put down your deposit as soon as possible and make your final payment by the deadline. In order for us to go on these trips we need to have at least 30 people going. If we do not have the number by the deadline we will have to cancel the trip.

► **Bridges of Madison County
April 4 – 6, 2011**

It is amazing how often we ignore the great opportunities in our own back yard. This trip

isn’t far from home but if full of fun and unusual sites. Included will be a guided tour of Madison County where the Movie *Bridges of Madison County* was made. We will also visit the birthplace of John Wayne and Howells Dried Floral and Greenhouse. A more extensive itinerary is available in the Senior Circle Office. Cost: \$310.00 pp (double) Includes everything except the bus drivers tip. Reservations and full payment are due April 1. Please note that the deadline for this trip has been extended!

► **Savannah, Jekyll Island & Beaufort
May 1 – 7, 2011**

Savannah, Georgia – a beautiful spring destination! Included will be 6 nights lodging, 6 breakfasts and 4 dinners. We will have a guided tour of historic Savannah, the “Belle of Georgia” including free time on historic River Street. Also included are tours of Jekyll Island, St. Simons Island and Beaufort, South Carolina. On our return trip we will visit Cannonhball House Antebellum Home and Museum in Macon, GA. More details on this trip are available in the Senior Circle Office. Cost: \$525 pp (double), \$675 (Single). **This trip is still open – only a few seats are left so if you want to go call the Senior Circle office immediately.**

► **Father’s Day Baseball Game
June 19, 2011**

What better way to treat Dad on Father’s Day than a trip to the ballpark! The St. Louis Cardinals are playing the Kansas City Royals in St. Louis in the afternoon that day and we will be there! As another treat for Dad we will stop at the Bass Pro shop in St. Charles before the game. Cost: \$115.00 per person. Deadline for payment May 16, 2011.

► **Atlantic City, Philadelphia & New York
June 24 – July 2, 2011**

“The Big Apple”, “The City of Brotherly Love”, and world class gambling with ocean views – what’s not to love! Included will be 8 nights lodging, 8 breakfasts and 5 dinners. Also included are guided tours of Manhattan and Philadelphia, a free day in Atlantic City and more! More details on this trip are available in the Senior Circle Office. Cost: \$705 pp (double),

\$1,034 (Single). Deadline for payment: April 18, 2011.

► **Mall of the America's & Minneapolis, Minnesota**

August 12 – 15, 2011 (Please note a change in trip dates from last newsletter)

This trip is still in the planning stages however we do know that the cost will be \$310 pp (double). More information will be in the next newsletter.

► **Stages**

August 17, 2011

Join us on a trip to St. Louis to stroll through the beautiful Missouri Botanical Gardens and then onto Stages Theatre to see *The Secret Garden*. Based on Frances Hodgson Burnett's treasured Victorian novel comes to wondrous life in this Tony Award -winning musical adaptation. Three lonely children are forever changed as they learn to trust each other while finding refuge in the restoring of *The Secret Garden* where magic and hope bloom. This uplifting tale of the heart is a celebration of the essence of life itself!

Join us for a day of beauty and relaxation.

Included: Transportation, snacks and water on the bus, tickets to both attractions and a special gift. Cost: \$109

Deadline: July 10

► **Washington, DC – Our Nation's Capital
September 21 – 28, 2011**

Washington, DC is a city built to inspire. Join us as Senior Circle explores our nation's capital.

Included will be 7 nights lodging, 7 breakfasts and 5 dinners. Tours include the new WWII Memorial, Capital Hill, Embassy Road, The Korean War Veterans Memorial, The Vietnam Veterans Memorial, The Smithsonian, Lincoln Memorial, and much more. Cost: \$649 pp (double), \$879 (Single). Deadline for payment:

July 16, 2011.

Senior Circle Memories



Bingo at the Senior Circle Grand Opening in 2001



Senior Health & Fitness Day



Easter Bonnets

Throughout the Years



Mardi Gras Party!!



Senior Circle's First Holiday Dance



Ice Cream Social



What is an INR?

A story of interest to people taking blood thinners.

By Dr. David Pfohl

In the 1930's when cows in Wisconsin were dying from internal bleeding, a chemical, later called warfarin, for the Wisconsin Alumni Research Foundation, the organization that identifies it, was to be the cause. Warfarin is the active ingredient in Coumadin, the commonly prescribed anticoagulant, or "blood thinner".

INR is not a new governmental agency. It is the abbreviation for how results of blood tests measuring the effects of Coumadin, are most usefully presented. As diabetic patients understand results of blood sugar test, so too people taking Coumadin (or warfarin), need to know about INR. They should know their own INR and the range they are trying to achieve. Most people need an INR between 2.0 and 3.0. People with certain medical conditions (some

artificial heart valves) need a higher value. Values above 4.5 are always too high. Healthy people not taking warfarin, have an INR of 1.0.

INR stands for "International Normalized Ratio". It is more accurate than the prothrombin time, or "PT" test, traditionally used to measure anticoagulation. Coumadin interferes with the production of prothrombin a protein in the liver, causing blood to take longer to "coagulate", thus it is an "anticoagulant". The "PT test" is the traditional measure of anticoagulation. It compares the time it takes for blood from a patient taking Coumadin (warfarin) to clot, with the time it takes for blood from someone not taking Coumadin to clot. Blood from a person not on Coumadin usually clots in 11-12 seconds. Blood from someone on Coumadin takes longer; typically 17-30 seconds. This is reported as the "PT time".

Because the "PT time" depends both on the amount of Coumadin and the sensitivity of a patient's liver to Coumadin, someone taking a large dose or someone whose liver is very sensitive, may develop an excessive "PT time". If too excessive, bleeding is a risk. This can be minor, as from the gums with tooth brushing, or major as from the bowels or other abdominal structures, or the head. Importantly, any person taking Coumadin (warfarin) must periodically know how anticoagulated or "thinned" their blood is. Their dose of Coumadin is then adjusted or "titrated" to achieve an effective and still safe level of anticoagulation.

The traditional "PT time" test has a problem. Results from the same patient taken at the same time and on the same dose of Coumadin, may vary depending on the chemicals (called thromboplastins) used by any give laboratory. The makers of Coumadin report an example where blood from a single patient sent to five different laboratories had "PT time" test results varying from 17 seconds to 38 seconds. By applying a mathematical calculation (the patient's PT in seconds divided by the

average normal PT in seconds, raised to the power of ISI, the international sensitivity index) an INR is obtained. The INR for all of the samples above was 2., an appropriate level of anticoagulation, Relying on the PT test to choose the dose of Coumadin would have been a game of chance.

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