

Help Now Available to Find Health Care Information

More and more, we are flooded with information. And we have come to expect it at our fingertips.

When it comes to our health, it is no different; research indicates that of the 278 million Internet searches conducted every day, 12.5 million are health-related.

The challenges for many of us are, first, finding our way around all this information, and then determining what is accurate.

Maybe the first challenge is having the ability to access it at all.

Since July patients, families, health care providers and the community now have new resources to help. Kim Schwartz, who has 30 years of experience, joined the Kadlec Regional Medical Center staff as its medical librarian. The hospital also created a Health Resource Center on the fourth floor of the River Pavilion which has computer kiosks, printers, handouts and other resources.

“At Kadlec, as a Planetree hospital, we want to empower our patients and families. That empowerment is having quality health information available

at a level everyone can understand,” Schwartz said. “Some people may not have computer access. Others may have Internet, but aren’t sure the information is reliable. Patient-centered care means our patients and families need to have access to information but more than that, they need to be able to find it, to be able to read it, absorb it and analyze it. That is not easy. And that is where I can help.”

And help she does. “Information retrieval can be a complicated, time consuming and often multi-step process. There is an overwhelming amount of information available; as a medical librarian I can help sort out what is trustworthy and not someone trying to sell you something,” she said.

She can find information on health problems, treatments, diagnostic tests, medicine and more. She can direct people to dependable sites or do the search on their behalf. She can help link people to support groups. She can access professional websites.

“Recently a family learned that they needed information on interim care facilities in the community. They came running in here and were able to look at area facilities, their rates and information about them. It helped the family at a time of stress. They knew they were getting reliable information and it helped them make



Kadlec Medical Librarian Kim Schwartz is now available to help patients, families and the community find reliable health care information.

(From Page 1) an informed decision. That's exactly what we hope for, to offer help when patients and families need it," she said.

Questions by Mail or Email

Schwartz encourages people to request her assistance using the new "Health Information Request Form." She will do the research, print out applicable information and send it to the person. Forms are available at the hospital, and can be mailed in or, for hospitalized patients, given to a health care provider who will get it to Schwartz.

Requests can also be emailed to library@kadlecmed.org.

"I know for some people coming to Kadlec to access my help or the Health Resource Center is not easy or even possible. I can still help and I want to," she said.

Partnering with Richland Public Library

Not all information needs to be accessed by the Internet. As a part of the effort to provide health information to the community, Kadlec and the Richland Public Library have teamed together to create a consumer health section. It includes books recommended by the national Planetree organization.

"Our vision is to facilitate patients, families and caregivers in connecting with the right health information. That begins with helping people here at Kadlec, but we see it as much wider than that. We see it as benefiting the entire community that Kadlec serves. You don't have to be a Kadlec patient to use our Health Resource Center or request my help," said Schwartz. "As word gets out, we are getting more and more requests and referrals."

Schwartz is at Kadlec Monday through Thursday from 9 a.m. until 2:30 p.m. She can be reached at (509) 727-2571. The Health



Search Confusion? We Can Help

Do you want to become more familiar with finding reliable information on the Internet? Kadlec's Medical Librarian Kim Schwartz is offering to put together free classes to help.

Just fill out the form below and mail it in using the enclosed envelope. If we get enough response, we will put together classes.

Yes! I want to learn more!

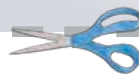
- I am a **Novice** at using the Internet and need a basic class. I have little or no Internet experience and need help with web skills.
- I am an **Intermediate Internet** user. I use the Internet for searching, but am not comfortable with it.
- I am an **Experienced Internet** user and want to build my skills at finding reliable health care sites and learn how to evaluate the information.
- I prefer a morning class. I prefer an afternoon class.
- I prefer a 45 minute class. I prefer a 90 minute class.
- I have no preference.

Name _____

Address _____

Phone _____

Email _____



Resource Center is open 24 hours a day, is open to the public and has information in both English and Spanish.

The creation of the medical librarian position was made possible with the support of Kadlec Foundation.

HEALTHY Foundations

Healthy Foundations is published semi-annually by Kadlec Foundation (509-942-2661) and Kadlec Healthy Ages (509-942-2700), 888 Swift Blvd., Richland, WA 99352. Mary Lynn Merriman, MLM Communications, editor; Sara Nelson Design, design and layout; Esprit Graphic Communications, printing; Delt Clark, Janet Artzer, Barbi Hawkins, Sara Nelson and Mary Lynn Merriman, photography.



Donor Gifts at Work

Kadlec Foundation is diligent about putting donor dollars to work! And we love giving you updates about projects and programs using those dollars. Here are three:

■ **Free Mammograms** for women who would not otherwise be able to afford a screening. The program has grown significantly during the last 12 months; 88 free mammograms have been provided. Some of the growth can be attributed to information about the program being provided to area physicians. These doctors often see patients who qualify for the mammograms and now refer them to this potentially life-saving program.

Designated funds for the free mammograms have been provided by the Benton Franklin Fair and Rodeo, Babcock Services, Kadlec Auxiliary and Employees, Chest of Hope and other community organizations.

■ **Kadlec's Intensive Care Unit Waiting Room** is undergoing an upgrade, including new furniture which is made possible with Foundation support. In addition, eight comfortable reclining chairs were purchased for ICU rooms to be used by patients and/or family members. Funding of this furniture came from gifts to Kadlec Foundation, often made by grateful families, specifically designated to benefit Kadlec's ICU.

■ **Glide Scopes for Intensive Care Unit and Operating Rooms.** The Foundation funded two Glide Scopes to be used in difficult intubations when normal airway equipment is not sufficient to allow good visualization. This has been a lifesaving tool for patients when it is difficult to access a patient's airway.

If you would like to support the ongoing work of Kadlec Foundation, you can donate using coupon on page 6 and the enclosed return envelope or donate online at: www.kadlecmed.org and follow the link to Kadlec Foundation.

Back by Popular Demand

In the last issue we offered a free guide entitled "What to Do in the First 48 Hours When You Lose a Loved One."



The response was so significant that we are offering it again.

If you missed it the first time, Kadlec Foundation has a limited number still available. Just clip the coupon on page 6 and return it in the enclosed reply envelope. You will be mailed your copy, compliments of Kadlec Foundation.



Take the Quiz

Kadlec Foundation is offering a useful (and fun) way to review your long-range estate and financial planning issues.

"An Estate Planning Quiz" brochure tests your current situation through true and false questions. After taking the quiz, you may find parts of your plans that need improvement.

To get this brochure, compliments of Kadlec Foundation, just clip the coupon on page 6 and return it in the enclosed reply envelope. You will be mailed your copy.



Watch for Pediatric Champions Event!

Mark your calendar's for an exciting new event sponsored by Kadlec Foundation Pediatric Champions!

It's called Kidz Dig Rigz and will be held May 14 in Columbia Park. It will include big rigs of all kinds – fire trucks, race cars, tractors and more!

If you want to be involved, call Kadlec Foundation at (509) 942-2661. There are opportunities for sponsorships, volunteering and even bringing in a 'big rig.'



Congratulations! Mall Walkers

We salute these Mall Walkers who have accomplished significant milestones:

Joanne Black (left) who has walked 15,000 miles and Mary H. Smith who has logged 5,000 miles. Not pictured are Zena Vaz who has walked 10,000 miles, and Paula Levan who has walked 5,000 miles.

You can join Mall Walkers at anytime. Grab your walking shoes and head out to the Columbia Center Mall. Registration is free – just sign up at the registration table near the Food Court, Monday – Friday, from 8 a.m. until 9 a.m.

End of Life Class

Kadlec Healthy Ages and Kadlec Foundation have teamed together to present quarterly programs on end of life issues. The feedback has been so good, another program will be scheduled shortly after the first of the year.

The program panel includes an attorney, a certified public accountant, a representative of the Richland Fire Department, a financial advisor and a funeral home director.

Seating is limited, pre-registration is required. If you would like to be notified when the class is scheduled, call the Healthy Ages office at (509) 942-2700 or send an e-mail to healthyages@kadlecmed.org.



You can send an email greeting or gift to patients at Kadlec – and we even do the delivery! Just go to www.kadlecmed.org and on to the Foundation page. Flowers, chocolate, balloons and more are just a few clicks away!



Linda Porter, Lois Pedersen, Loretta Allen and Diane Najarian present a blanket to Shane and Jessica Murphy for their tiny daughter who was in Kadlec's Neonatal Intensive Care Unit. It was the 10,000th blanket donated to young patients by the Tri-Cities Chapter of Project Linus. The group delivers new, handmade security blankets to children ages birth to 18 who are severely ill or traumatized.

A Heart to Help:

Foundation Board Member Mary Volpentest

Mary Volpentest's voice cracks with emotion as she talks about the struggles and stress on families when their tiny babies are in Kadlec's Neonatal Intensive Care Unit (NICU). Her voice wavers again as she talks about the care and compassion of the staff caring for those babies.

"My first experience with an NICU was when our first grandchild spent 10 days there. My heart went out to families whose tiny babies needed this level of care. I saw how compassionate a staff can be and the importance of their work," Volpentest said.

But it wasn't just in an NICU that she experienced compassionate care. Around the same time, her father-in-law passed away at Kadlec.

"If love is giving of oneself, then I've experienced it from birth to death through the people who work at Kadlec," she said.

For Volpentest, it's that combination of helping families and patients while supporting the Kadlec staff that drew her to become part of Kadlec Foundation, a place where she believes she can continue to make a difference.

Since joining Kadlec Foundation as a board member three years ago, much of her work has been focused on children.

She is chair of Pediatric Champions, whose goal is to support the physical and emotional needs of pediatric patients, their families as well as the staff of the Don and Lori Watts Pediatric Center.

"We know there are things such as specialized equipment that are important, but would not be in the hospital's budget. We want to help with that. We keep the refrigerator in the Family

Haven stocked. We keep adding age-appropriate games for the children and their families. It is big things and small things, but it all makes a difference in creating the kind of pediatric center we envision," she said.

Volpentest is also excited about the state of Washington's approval to make Kadlec's NICU a Level III unit, the highest level available, and allowing it to now treat most critically ill infants. Kadlec is one of only four Level III units in Washington.

"The demand for our NICU is at an all time high and we are faced with needing it to grow to meet these demands. It is the Foundation's hope to support the building of a new NICU in the next few years and it is a wonderful project for the community," she said.

She also represents the Foundation on the medical center's Patient Advisory Council. "It's wonderful. As a Planetree hospital, the focus at Kadlec is on patient-centered care, and this council is a part of that. We offer insight from a different perspective and the hospital listens to it."

Being a part of the Foundation Board has allowed her to get a wider view of the broad range of the work of the Foundation at the hospital, from



Mary Volpentest

providing support for the purchase of important equipment to providing scholarships for health care students to funds for mammograms for women who could not otherwise afford the screening.

"The Foundation wisely spends each donated dollar and takes that responsibility seriously. Those who donate can rest assured that what they give to Kadlec Foundation is being used carefully," she said.

"I have always been impressed with the warm, caring people who work with the Foundation. I've gained great friendships with people who are so dedicated to this community," she said. "It's a place where we can all give of ourselves to help."

Making a Difference

Each year, many generous and dedicated people host fund raisers to benefit Kadlec Foundation. We've highlighted several that support pediatric care at Kadlec.

Riding for Kids

Chris Pumroy of Kennewick is an endurance athlete. In October, the former Marine combat soldier took part in a 508-mile bike race through Death Valley, Calif., called the Furnace Creek 508. The race is nicknamed the "the toughest 48 hours in sports." He was one of only 200 chosen to participate.

As difficult as the race was, Pumroy wasn't riding alone. He was riding to help children undergoing cancer treatment at Kadlec.

Pumroy's motivation goes back to 2006 when his mother was in a Seattle hospital waging a courageous battle with leukemia. Pumroy saw young patients sharing his mom's strength in coping with disease. Those lasting impressions gave him the idea to use his talents as an endurance athlete to raise money in support of young children undergoing cancer care at Kadlec.



Chris Pumroy rides through Death Valley during the grueling Furnace Creek 508 race.

An excerpt of the statement prepared by Pumroy reflects his desire to help:

"God blessed me with an uncanny ability to suffer physical, emotional and mental pain. I truly appreciate the gift of life, and so long as I am blessed with good health, and the means to make a difference in the lives of those less fortunate, I will...

"...As a lifelong athlete, I can say unequivocally that endurance events such as ultra-cycling, Ironman and ultra-marathon competition are the apex of physical and emotional exertion... I believe that by engaging the community we can seemingly

lessen the gap between those suffering through the turbulent times of illness, and those of us fighting for them, as we suffer on their behalf to raise money for treatment."

Pumroy sought pledges both "by the mile" and cash donations, all to benefit pediatric oncology patients treated in Kadlec's Don and Lori Watts Pediatric Center.

At the 190 mile mark, having pedaled for 19 straight hours, Pumroy was in the top 30 racers.

After a grueling 252 hours, exhaustion overcame Pumroy, and despite his protests, race officials insisted he

The coupon you've been looking for!

Kadlec Foundation and Kadlec Healthy Ages are again offering two free — and important — resources. Just mail in this coupon in the enclosed envelope!

You can also support the work of Kadlec Foundation with this coupon.

Please send me a free copy of **"An Estate Planning Quiz"**

Please send me a free copy of **"What to Do in the First 48 Hours When You Lose a Loved One"**

I would like to **make a gift** of \$_____ to support:

Free mammogram program

Kadlec's Pediatric Oncology Program

Kadlec's Health Resource Center

The ongoing work of Kadlec Foundation

Name _____

Address _____

Phone _____



withdraw after collapsing twice.

“We are so proud of and amazed by Chris,” said Kadlec Foundation Director of Philanthropy Rozanne Tucker. “He took this idea and ‘rode’ with it. He talked to community groups. He made presentations. His passion is remarkable and people responded.”

To date, he has raised nearly \$25,000, “We believe that this will be an ongoing effort by Chris, and our Foundation is proud to be a part of,” she said.

Contributions can still be made to support his efforts by using the coupon (at left), by visiting www.kadlecmed.org or by calling (509) 942-2661.

Cruisers to Cure Kids Cancer & Wing Wars

What do you get when you combine classic cars and chicken wings?

The answer may not be what you expect. In this case, it was a day to support pediatric oncology patient families at Kadlec.

In October, Pastor Tom Trimble initiated a fund raising event and involved the members of his congregation at City Church in Kennewick.

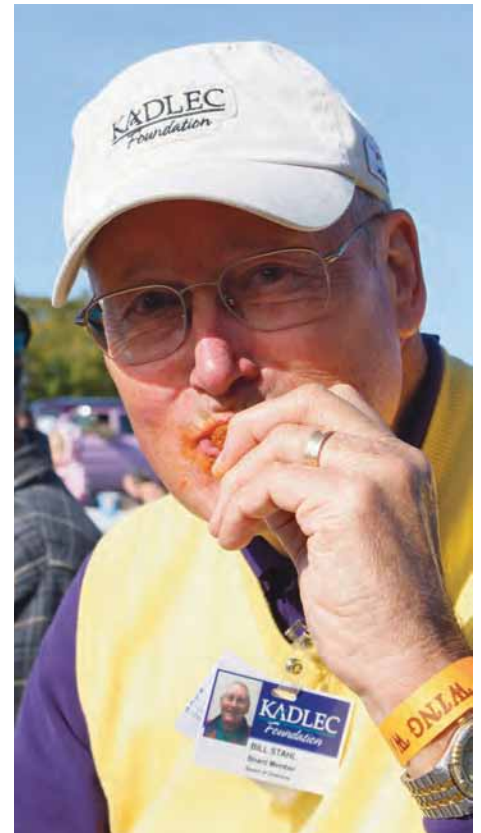
Proceeds from the event will go specifically to support pediatric oncology patient families who are financially struggling.

Pastor Trimble's own son, Malachi, has been diagnosed with leukemia, and will be starting his follow-up chemotherapy treatments at Kadlec soon.

“Tom told us that he is very grateful that his son can have follow-up treatments locally, instead of having to travel back and forth to Seattle,” said Kadlec Foundation Director of Philanthropy Rozanne Tucker. “He wanted to do something for other families who may be struggling under the financial strain of having a child with cancer.”

The event included “Wings Wars.” Participants paid \$5 for the right to eat all the chicken wings they could – then judge who made the best ones. Restaurants generously competing were from Famous Dave's BBQ, Ice Harbor Brewing, Kimo's, HotWingz, 6 Degrees and Jackson's in Richland. There was also a speed “Wing Eating” contest!

To round out the event, a classic car show with over 150 cars was onsite.



Bill Stahl of the Kadlec Foundation Board of Directors enjoyed the many flavors of chicken wings at Wing Wars.

“We live in a very giving, compassionate community, and the Trimble family's efforts to benefit others in need is a gift,” said Tucker.

Contributions can still be made by using the coupon (at left), visiting www.kadlecmed.org or by calling (509) 942-2661.

Local Foundations Support Pediatric Patients

Kadlec Foundation is very grateful for the support of the Beverly Jewell Memorial Foundation and the Fighting Children's Cancer Foundation for their generous support and commitment to benefit pediatric and pediatric oncology patients and their families. When families are dealing with sick children, it is a great comfort for them to know that there are resources available to them when they need it most.

Many thanks to both of these Foundations for making a difference!



HEALTHY *Foundations*

A publication of
Kadlec Healthy Ages and
Kadlec Foundation

Spiced Apple Cider Muffins

Streusel:

- 2 T. packed light brown sugar
- 4 t. whole-wheat flour
- 1/2 t. ground cinnamon
- 1 T. butter, cut into small pieces
- 2 T. chopped walnuts (optional)

Muffins:

- 1 c. whole-wheat flour
- 1 c. all-purpose flour
- 1 1/2 t. baking powder
- 1/2 t. baking soda
- 1/4 t. salt
- 1 T. ground cinnamon
- 1/2 t. ground nutmeg
- 1 large egg
- 1/3 c. packed light brown sugar
- 1/2 c. apple butter
- 1/3 c. maple syrup
- 1/3 c. apple cider
- 1/3 c. low-fat plain yogurt
- 1/4 c. canola oil

Directions

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

To prepare streusel: Mix brown sugar, flour and cinnamon in a small bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs. Stir in walnuts.

To prepare muffins: Whisk flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.

Whisk egg and brown sugar in a medium bowl until smooth. Whisk in apple butter, syrup, cider, yogurt and oil. Make a well in the dry ingredients; add the wet ingredients

and stir with a rubber spatula until just combined. Scoop the batter into the prepared muffin cups (they'll be quite full). Sprinkle with the streusel.

Bake until the tops are golden brown and spring back when touched, 15- 25 min. Let cool in the pan for 5 minutes before turning them out to cool further.

