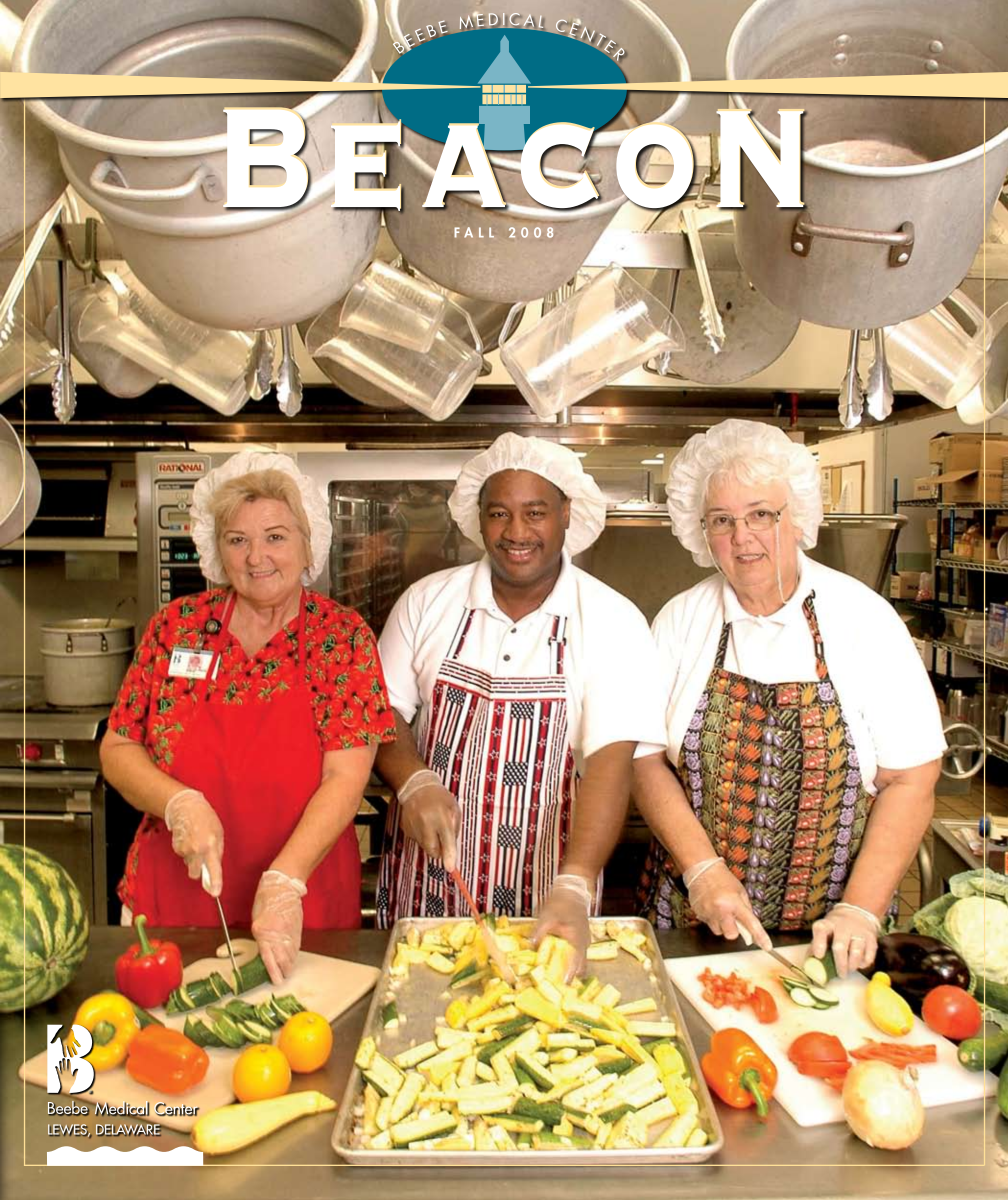


BEEBE MEDICAL CENTER



# BEACON

FALL 2008



Beebe Medical Center  
LEWES, DELAWARE



Cover and above: Fresh vegetables are prepared daily for employees and visitors in the Beebe kitchen. From left, Linda Semone, Michael Berkley, and Wanda Cannabis.

# Healthy Foods at Beebe

A stand near the cash register displays locally grown apples, peaches, plums, cucumbers, and potatoes, and baskets of fresh-cut flowers perched on a shelf. Vegetable and vitamin drinks line the refrigerated cabinet next to organic cookies made at a local bakery.

This describes Beebe Medical Center’s Sunshine Café, where patients, visitors, and employees alike have been able to enjoy healthy foods and local fruits and vegetables along with the typical fare that includes hamburgers, tuna sandwiches, chef’s salads, and freshly made soups.

“One of our efforts is to continually improve the nutritional status of our customers,” says Kathi Fryling, RD, Director of Nutritional Services at Beebe Medical Center. “We have partnered with Delaware farmers to offer our patients, visitors, and team members the great taste of the locally grown seasonal produce straight from the farm. We’ve eliminated trans fat from our kitchen and have trained our staff on the latest food safety practices.”

The Nutritional Services Department provides meals to those who visit Beebe’s two cafés, the Sunshine Café for the general public, and the employees’ Captain’s Crew Café, as well as to those at Tunnell Cancer Center and Gull House. The department also supplies meals to inpatients and outpatients, as well as nutritional support for services in the hospital, at the high school Wellness Centers, and at the Wound Care Services/ Diabetes Management facility in Long Neck.

Last fiscal year, the department provided



Lourie Cherundolo, MS, RD, a medical nutrition therapist with Beebe, points out the hydrogenated fat, which is a trans fat, that is one of the ingredients on this jar of peanut butter. The nutrition panel states that there is no trans fat in this product because the amount is small; however, the consumer needs to read the entire ingredient list to identify all ingredients.

*“As we have learned more about trans fats, we know that they are more harmful than saturated fats in respect to coronary heart disease. They have no known benefit.”*

—Dr. Habib Bolourchi, Beebe Medical Staff President and cardiologist

110,000 inpatient meals, of which 62 percent were modified, with the cardiac diet being ordered most often. The department provided an additional 3,278 meals to the Emergency Department and 5,359 meals to the Tunnell Cancer Center.

Ongoing improvement has occurred through the use of mystery-shopper surveys. The salad bar has been expanded, Weight Watchers items have been added, and more vegetable and fish dishes have been included in the hot menu. As the growing season kicked off this year, both cafeterias began to offer asparagus and strawberries straight from the farm. Spinach, radishes, peas, and seedless watermelon were available, as well as green beans, blueberries, eggplant, green peppers, apples, peaches, tomatoes, potatoes, and cantaloupe. They were available either in cooked meals, on the salad bar, or in bags for purchase. The health advantages of eating fruits and vegetables every day is well known, with such organizations as the American Heart Association, the American Diabetes Association, and the American Cancer Society urging people to eat several servings a day.

Earlier this year, the department discontinued serving foods that contain trans fats, including commercial cookies and crackers, as well as the oil used in sautéing, frying, and in other means of food preparation.

“Getting rid of trans fats was quite a task and will need to be ongoing,” Ms. Fryling says, explaining that to eliminate trans fats was a lengthy process that took about 10 months. Staff scrutinized the ingredients of more than 600 food products the Nutritional Services Department orders to make sure that none contained trans fat. Those that did were either discontinued or replaced.

Ms. Fryling says that while Beebe Medical Center has been concerned about trans fats, the final decision to get rid of them came after discussions with Beebe Medical Center physicians, especially Beebe Medical Staff President and cardiologist Habib Bolourchi, MD.

“As we have learned more about trans fats, we know that they are more harmful than saturated fats in respect to coronary heart disease. They have no known

benefit,” Dr. Bolourchi says. “As a cardiologist I thank Beebe for making this change. It is for the protection of the patients and staff who eat at Beebe Medical Center. We want them to have a healthier diet.”

An estimated 30,000 to 100,000 Americans die each year because of the trans fat in food, he adds. Another description for trans fat is “partially hydrogenated oils and hydrogenated vegetable oils.” It’s not unusual to have a product label state “trans fat free,” yet a close look at the list of ingredients will reveal that the



**Howard Willis, Food Service Coordinator in Beebe's Nutritional Services Department, orders seasonal produce from local farms.**



**Beebe purchases local fresh fruit and vegetables from Fifer's Orchards in Wyoming and Dewey Beach. Jason Fennemore displays a 25-pound box of Fifer's home-grown tomatoes.**

*“I am happy to see that we have expanded our offerings of fruit and vegetables and have continued to incorporate more vegetables into our traditional foods.”*

—Lourie Cherundolo, MS, RD, a Nutritional Services Department medical nutrition therapist



**Dr. Habib Bolourchi, Beebe Medical Staff President and a cardiologist from Rehoboth Beach, initiated the plan to remove all trans fats from any food served or sold at Beebe. Kathi Fryling, RD, Director of Nutritional Services, with the help of others in her department, accomplished the task.**

item has “partially hydrogenated oils.” This means that the food product contains less than 0.5g of trans fat per serving.

“Partially hydrogenated plant oils may contain up to 45 percent trans fat and should not be purchased,” Dr. Bolourchi says. He adds that for women, each two percent increase of calories from trans fat, as opposed to calories from carbohydrates, increases risk of ovulatory infertility by 72 percent.

“You should use non-hydrogenated vegetable oils,” he emphasizes.

The department has a team of medical nutritional therapists who are highly trained and certified to help patients improve their health through appropriate diet and nutrition.

Lourie Cherundolo, MS, RD, a medical nutrition therapist, says that she regularly counsels patients on how to avoid trans fats at home and when they go out to restaurants. The bottom line is to avoid consuming excess unnecessary calories and fat—because moderation is the key to a healthy diet.

“I am also happy to see that here at Beebe we have expanded our offerings of fruit and vegetables and have continued to incorporate more vegetables into our traditional foods,” she says.

The department not only prepares meals according to physician orders, but also works with Beebe’s Pharmacy Department to make sure that patients’ meals will not adversely interact with their medications. For example, because cranberry juice can impact the effect of anticoagulants such as warfarin (Coumadin), and because so many patients are on anticoagulation therapy, cranberry juice has been removed from inpatient trays. It can only be served with physician approval.

“We continually focus on food safety,” Ms. Fryling notes. She also has continually improved the safety of the food by making sure that her staff is well trained. All food preparers have gone through the ServSafe® Food safety certification program, which is sponsored by The National Restaurant Association Educational Foundation (NRAEF).

Last year Ms. Fryling began working with chef consultant Bonnie Aronson, CEC, PhD, a certified executive chef, on special projects, one of which is to encourage Beebe staff members to eat more fruits and vegetables by offering an expanded variety of fresh and cooked items. Ms. Fryling met Ms. Aronson through the ServSafe® Food safety certification program, where Ms. Aronson was teaching.

“I think it is great what the staff at Beebe is doing,” she says. “It is really making a difference.” ■



**Local chef Bonnie Aronson, a certified executive chef, shows Kathi Fryling how easy it is to make ratatouille from scratch using fresh produce in Beebe’s employee cafeteria.**



# Counting Sheep

## SLEEP DISORDER CENTER

The four guest rooms could be found in a popular hotel, with their seaside cottage ambiance, white-washed wood, and wicker furnishings. Each room includes a flat-screen television with a VCR, an easy chair, and its own unique themed décor—the boat room, the sandpiper room, the palm tree room, and the beach room.

In fact, however, these are the patient rooms in Beebe Medical Center's new Sleep Disorder Center, located on the second floor of the Medical Arts Building at the Beebe Health Campus on John J. Williams Highway in Rehoboth Beach. Patients who have displayed symptoms for any one of a number of sleep disorders often spend the night here for diagnostic sleep studies.

"We want the patients to be as comfortable as possible," explains Trina Clark, MS, RRT, Director of Respiratory/Sleep/EKG Services at Beebe Medical Center. "The rooms are designed so that patients will be comfortable, whether they are having a sleep study performed overnight or during the day."

The new Sleep Disorder Center has replaced the one that was located at the main campus of Beebe Medical Center since 1994. It is more than double the size and can accommodate up to 28 patients a week for sleep studies. It has a comfortable waiting area, a kitchen, and a modern conference room with video-conferencing capabilities.

Nearby the four patient rooms is the control room, where registered sleep technologists monitor patients with state-of-the-art sleep monitoring equipment. Technologists perform polysomnogram studies that measure the quality of a patient's sleep by collecting data while monitoring:

- BRAIN WAVES
- EYE AND LEG MOVEMENT
- HEART RATE
- BREATHING EFFORT
- OXYGEN LEVEL

The Sleep Disorder Center also performs daytime testing, including Multiple Sleep Latency Testing (MSLT) and Maintenance of Wakefulness Testing (MWT), when ordered by the patient's physician.

"The impact of our sleep habits goes beyond our health," says Ms. Clark. "There are many daytime consequences of a bad night's sleep. Lack of sleep impairs work



Rudy Daisey, RRT, RPSGT, Manager of the Sleep Disorder Center, demonstrates the use of continuous positive airway pressure (CPAP) therapy for the treatment of Obstructive Sleep Apnea to Trina Clark, MS, RRT, Director of Respiratory/Sleep/EKG Services.

# Symptoms of a Sleep Disorder

Sleep disorders can develop in anyone at any time, even in children.

- DOZING OFF WHILE ENGAGED IN AN ACTIVITY SUCH AS READING, WATCHING TV, SITTING IN MEETINGS, OR SITTING IN TRAFFIC
- SLOWED THINKING AND REACTING
- DIFFICULTY LISTENING TO WHAT IS SAID OR UNDERSTANDING DIRECTIONS
- FREQUENT ERRORS OR MISTAKES
- DEPRESSION OR NEGATIVE MOOD
- IMPATIENCE OR BEING QUICK TO ANGER

There are several sleep disorders that require medical attention. The Sleep Disorder Center at Beebe Medical Center can evaluate, diagnose, and treat sleep-related problems. If you are having the symptoms listed above, please consult your physician and ask if you can be referred to the Sleep Disorder Center.

# Most Prevalent Sleep Disorders

- SLEEP APNEA
- SNORING
- RESTLESS LEG SYNDROME
- NARCOLEPSY
- PERIODIC LIMB MOVEMENT DISORDER
- INSOMNIA

performance, increases the risk for injuries, and can affect our mood and behavior. Sleep disorders that are left untreated can lead to cardiovascular disease.”

Vikas Batra, MD, a Lewes pulmonologist and member of the Beebe Medical Staff, encourages people to be evaluated for a sleep disorder if they find that they regularly wake up tired in the morning and are sleepy throughout the day.

“Sleepiness is not a normal symptom of aging. It can be a sign of sleep apnea, which is a common sleep disorder that, if left untreated, can lead to heart disease and poorly controlled diabetes.”

Dr. Batra explains that sleep apnea causes the patient to stop breathing during sleep, which in turn causes the blood pressure and the heart rate to rise. “This not only is a risk factor for developing cardiovascular disease but also makes it more difficult to control congestive heart failure and diabetes.”

Other sleep disorders, such as narcolepsy and restless leg syndrome, can be just as dangerous to a person’s overall health and wellness. And sleep disorders put people more at risk for automobile collisions, work injuries, and other life-threatening occurrences.

Dr. Batra warns that children also can suffer from sleep disorders, which often are misdiagnosed as attention deficit disorder.

“It is seen in young children who cannot concentrate. Yet, the problem can often be treated with a tonsillectomy.”

Dr. Batra is one of three Beebe Medical Staff pulmonologists who interpret the studies to address sleep-related problems with an effective, potentially life-saving treatment. ■

Administrative assistant Diana Smith welcomes patients to Beebe’s Sleep Disorder Center, located in the Medical Arts Building at the Beebe Health Campus on John J. Williams Highway in Rehoboth Beach.



Rudy Daisey, RRT, RPSGT, Sleep Disorder Center Manager, evaluates readings from a patient’s sleep study.



# *Selfless* commitment to our community

## BEEBE MEDICAL CENTER AUXILIARY

In 1936, a group of women got together at the home of Mrs. Edwin Marshall to form an organization to support Beebe Medical Center, then known as Beebe Hospital. Born that day was the Junior Auxiliary of the Beebe Hospital of Sussex County, Inc., the predecessor to the Beebe Medical Center Auxiliary, Inc.

The organization's purpose was "to promote the welfare of the hospital, provide recreational facilities for student nurses, direct the baby guild, and to take care of the necessary equipment."

Ever since the organization's official birthday of October 23, 1936, members have unselfishly committed untold hours to support Beebe and the healthcare services that it has brought to eastern Sussex County. In May, immediate Past President Pat Sandy, on behalf of the organization, presented a check for \$275,000 to Jeffrey M. Fried, Beebe Medical Center President and CEO, at the Auxiliary's annual luncheon. The amount is the most that the Auxiliary has donated in a single year and is for the construction of Beebe's South Coastal Health Campus. Since 1992, the Auxiliary, through its many fundraising activities, has given more than \$1.65 million to the medical center.

This fall, the Beebe Medical Foundation and Beebe Medical Center are

**The Beebe Medical Center Auxiliary Board of Directors:**  
 Peggy Selph; Joyce Gresco; Elizabeth Surbaugh, President; Ginger Snowden, Member-at-Large; Betty Barnes; Donald Lund, Treasurer; Pat Sandy, 2nd Vice President; Eva Fleming; Marne Coppinger, Recording Secretary; Muriel Pfeiffer; Sara Spencer; Sarah Ortolani; Henrietta Belcher-Stack, Assistant Treasurer; Edna Woodhall; Wendell Alfred; Betty Gleeson, Corresponding Secretary; Mike Clemmer, 1st Vice President.

**Not pictured:** Dorothy Bly, Joan Brown, Ed Noyalis, and Peggy Weaver.



**Beebe Auxiliary immediate Past President Pat Sandy, right, presents a check for \$275,000 to Jeffrey M. Fried, President and CEO of Beebe Medical Center, left, and Paul Mylander, Treasurer of the Beebe Medical Center Board of Directors.**

*“The commitment by these dedicated volunteers has helped make Beebe Medical Center what we are today.”*

—Jeffrey M. Fried, FACHE, President and CEO of Beebe Medical Center

## Beebe Treasure Chest Thrift Shop

In February 2007, the Beebe Medical Center Auxiliary, Inc., in cooperation with the Beebe Medical Foundation, opened the Beebe Treasure Chest Thrift Shop in a retail space in the Midway Shopping Center on Route 1.



“The idea for a thrift shop grew out of the Beebe Medical Foundation’s survey of other healthcare center thrift shops, which determined these ventures not only raised significant support, but also were a source of new volunteers and great community relations,” Eugene Bookhammer, Chairperson of the Beebe Medical Foundation, said at the time.

The little shop has become far more popular than anyone imagined, according to Ed Noyalis, the shop Manager. The shop carries clothing, housewares, books, and furniture.



“Clothing sells the best, but furniture is also very popular,” Mr. Noyalis says. “And if you’re looking for furniture and don’t see it, ask us if we have it in storage.”

The shop is open on Tuesday, Wednesday, Friday, and Saturday from 9 a.m. to 3 p.m. and on Thursday from 9 a.m. to 6 p.m.

honoring the Auxiliary with the Healthcare Philanthropy Award, named after John W. Rollins, Sr., who felt that personal wealth was a poor measure of success if one did not give back to the community.

“The commitment by these dedicated volunteers has helped make Beebe Medical Center what we are today,” says Mr. Fried. “Over the years, these men and women have raised more than \$1.6 million to help pay for the Women’s Health Pavilion, Tunnell Cancer Center, and the Beebe Health Campus and other services we might not have been able to afford. As the availability of healthcare dollars has diminished, the role of the Auxiliary has become crucial, and one which we honor, and appreciate.”

### HISTORY

One of the first fundraising activities was a bridge party and tea in 1937 at the home of the Auxiliary’s first President, Mrs. Edwin Marshall, who lived in Lewes and was married to a river pilot. The wives of hospital founders Richard C. Beebe, MD, and James Beebe, Sr., MD, “poured.” According to a “History of the Auxiliary” compiled by Auxiliary historian Betty Barnes, a local newspaper reported: “During the short time the Auxiliary has been functioning, it has supplied two dozen blankets, \$25 worth of supplies for the baby nursery, two dozen hot water bag covers, and various other needs for the hospital.”

The 1930s had been a growth period for Beebe Hospital as more visitors were coming to the area. Two major additions funded by Benjamin F. and Helen M. Shaw, of Wilmington, had brought the hospital to 60 beds by 1927. Mary Thompson, another Wilmington resident who came to Rehoboth Beach to vacation, raised \$100,000 in 1934 that led to the construction of yet another addition. In 1938, the fledgling Auxiliary organized a Charity Ball to raise funds to furnish one of the new rooms in the Thompson

### Beebe Auxiliary Officers



**BACK ROW (L–R):**

Pat Sandy  
2nd Vice President  
Henrietta Belcher-Stack  
Assistant Treasurer  
Mike Clemmer  
1st Vice President  
Marne Coppinger  
Recording Secretary

Donald Lund  
Treasurer

**FRONT ROW (L–R):**

Betty Gleeson  
Correspondence Secretary  
Elizabeth Surbaugh  
President  
Ginger Snowden  
Member-at-Large

**Top: Store Manager Ed Noyalis displays some of the jewelry on sale at Beebe’s Treasure Chest Thrift Shop.**

**Bottom: Volunteer Carol Reed shows off beautiful quilted handbags that are handmade by volunteer Carol McDonald from recycled clothing donated to the Treasure Chest Thrift Shop.**



The Beebe Medical Center Auxiliary Arts and Crafts Group has completed a king-size quilt, to be raffled by the Auxiliary. From left, Carol Hohman, Nancy Horneck, Gwendolyn Fisher, and Eva Fleming display their handwork. The quilt, hanging on the wall behind them, was dedicated to the memory of Phyllis White, who began it in 2005. Gwendolyn Fisher completed the quilt in 2008. Customers can also purchase stylish aprons, similar to the one that Gwen is displaying, at Beebe's Gift Shop.

addition. A craft group was formed to make items such as children's pajamas, layettes for babies, and even curtains for the hospital. The craft group continues to this day, making things for sale in the Gift Shop and holding annual holiday sales. In 2001, it presented the Tunnell Cancer Center with a cancer survivor quilt that hangs on display to provide hope to patients and their caregivers.

Early Auxiliary members came from several outlying communities, with Rehoboth Beach forming its own branch in 1953 they later merged. Through the 1950s the Auxiliary held card parties, bake sales, fashion shows, dances, and other fundraising events. It organized the hospital carts that were taken from room to room to bring writing materials, books, and toiletries to patients. In 1963, the gift shop was opened, and eventually the carts were discontinued as the hospital's needs changed.

While the Auxiliary is an incorporated organization that primarily focuses on raising money, the volunteer group is based at the medical center and is focused on helping patients directly, as well as assisting Beebe Medical Center staff members.

## THE AUXILIARY TODAY

There are 186 Auxiliary members whose primary focus is raising money through a variety of projects, including the Beebe Treasure Chest Thrift Shop in Midway Shopping Center, the Beebe Auxiliary Gift

Shop in the medical center, the annual Fun Fest that takes place each fall at Winswept Stables on Route 24, and special sales of uniforms, jewelry, and books. Another important fundraising activity continues to be the making and selling of craft items.

Last year, when Mike Clemmer retired as Executive Director of the Beebe Medical Foundation, he volunteered to serve as the Manager of the Gift Shop. With Joyce Gresco, who serves as Assistant Manager, and with the support of more than 40 volunteers, exciting changes have been brought to the shop. The result has been an emphasis on offering items made in the United States that are environmentally friendly. The inventory includes T-shirts, sweat shirts, women's clothing, handmade



Volunteer Carol Reed and Store Manager Ed Noyalis sort through and price merchandise generously donated to the Thrift Shop by the public.

*“I enjoy the people and the camaraderie. It’s a wonderful environment. People work so hard to help others.”*

—Betty Surbaugh, Auxiliary President, who has been involved with the group for 25 years



The Auxiliary also operates a Gift Shop at the Tunnell Cancer Center in the Jean & Joan New Reflection Center. Volunteering their time at the Gift Shop are Kathy Cole, Manager, and Peggy Selph.

jewelry, singing stuffed animals, educational videos and CDs, and all kinds of unique seasonal gifts. New inventory is constantly arriving. A second Gift Shop is open three days a week in the Jean & Joan New Reflection Center at the Tunnell Cancer Center.

“Our philosophy is that the Gift Shop should be a positive, public relations effort on behalf of the hospital,” says Mr. Clemmer, who now serves as the 1st Vice President of the Auxiliary. “It is a place where family members can come to relax and get away from the bedside. It is a place of respite.” He adds, “It is also very rewarding to see so many individuals new to our area or recently retired wanting to join the Auxiliary as a way of supporting the medical center and giving back to their community.”

Betty Surbaugh, who took over as Auxiliary President this past spring, has been involved in the group for 25 years.

“I enjoy the people and the camaraderie,” she says. “It’s a wonderful environment. People work so hard to help others.”

Ginger Snowden, who serves as Member-at-Large on the Auxiliary Board, has been a member for 34 years. “I love it,” she says. “It’s a lot of fun and we do so much good.”

Dawn Beach, who owns Winswept Farms with her husband, Jay, says Jay wanted to do something for the community, so he jumped at the chance to host the Fun Fest. Each year, Beebe supporters and their families spend much of the day playing games, taking part in pony rides and train rides, and watching horse-jumping demonstrations, knowing the money they are spending is going to support Beebe Medical Center.

## THE INFORMATION DESK

Besides the fundraising efforts, an important role of the Auxiliary is its members’ service at the Information Desk located near the East Entrance to the medical center in the Emergency Department area. The volunteers answer patient questions, direct visitors, and will help with wheelchair transport if needed.

“We try to keep people informed,” says Wendell Alfred, who is in charge of the Auxiliary’s Information Desk effort. “We console people. I’ve never had such personal satisfaction in my life. I go home at the end of the day and know I’ve helped someone.” ■



The hospital Auxiliary Gift Shop’s profits are donated to the medical center. Manager Mike Clemmer organizes magazines in the foreground; Assistant Manager Joyce Gresco poses a singing bear; and volunteer Sara Spencer waits on customers behind the counter.

## How to Become a Member

Those interested in becoming a member of the Beebe Medical Center Auxiliary should contact the Auxiliary Membership Chairperson, c/o Beebe Medical Center, 424 Savannah Road, Lewes, DE 19958, or by phone at (302) 645-3300.



# FOR OUR COMMUNITY

## SCREENINGS

### FREE GLUCOSE SCREENINGS

**Every Wednesday at Three Locations  
1 p.m. – 2:30 p.m.**

Free, finger-stick, glucose screenings are offered every Wednesday at four locations. No appointments are necessary. The results of these screenings can indicate whether a patient needs to see a physician for evaluation for diabetes.

*They are not intended for diabetes management.*

- Beebe Lab Express  
Beebe Medical Center, 1st Floor, East entrance  
(302) 645-3568
- Beebe Lab Express  
The Beebe Health Campus, Route 24  
(302) 645-3010 ext. 2444
- Beebe Lab Express—Milton  
(302) 684-8579

## CAPE SENIOR CENTER

*Rehoboth Beach*

**Second Tuesday of Each Month**

- Blood pressure screenings every month
- Glucose/cholesterol screenings offered periodically
- Bone density screenings offered periodically

Contact Bernita at (302) 227-2055.

*Beebe's Community Health Department supports our charitable mission to encourage healthy living and prevent illness among residents and visitors to our community. Beebe provides a range of free health screenings throughout our community, including blood pressure, cholesterol, osteoporosis, and skin and prostate cancer screenings. To schedule screenings for your group or event, please contact Beebe Medical Center's Community Health Department at 645-3337.*

## SUPPORT GROUPS

### FIBROMYALGIA SUPPORT GROUP

For further information please contact Beebe Medical Center's Integrative Health Department at (302) 645-3528.

### DIABETES INSULIN PUMP SUPPORT GROUP

If you wear an Insulin Pump or are interested in learning about wearing a pump, come join us. A support group provides an opportunity to meet others who also live with diabetes and share concerns. Beebe Medical Center's Certified Diabetes Educators will be available to answer questions. For further information, please call (302) 947-2500.

### CAREGIVERS' SUPPORT GROUP

**Third Thursday of Each Month**

A support group for caregivers of those with Alzheimer's disease and related diseases meets at The Gull House (Bay Mart Shopping Center, opposite Spring Lake, Rehoboth). For further information, please call Kathleen Graham Frey at (302) 226-2160.

## CLASSES

### CPR

Beebe Medical Center offers CPR classes (both Healthcare Provider and Heartsaver) every other Tuesday throughout the year. ACLS (advanced cardiac life support) and PALS (pediatric advanced life support) classes are also available. Please feel free to contact the Education Department at (302) 645-3248 to sign up.

### TAI CHI

**Every Wednesday**

**Beebe Medical Center's rehab waiting area, Lewes  
5 p.m. – 6:30 p.m.**

The Yang short form. Taught by Mark Blaskey and sponsored by the Department of Integrative Health.

## DIABETES

Diabetes educational programs are offered three times each month for persons newly diagnosed and those who need a refresher course for managing their disease. An 8-hour diabetes self-management education series is presented as four 2-hour classes or as two 4-hour classes each month. Both provide the ADA standard curriculum for healthy eating, increasing activity, monitoring blood glucose, taking medications, healthy coping, problem solving, and preventing complications. Programs also are offered in the Spanish language, and Certified Diabetes Educators teach all classes. Contact: Wound Care Services/Diabetes Management Department at the Beebe Long Neck Health Center, 32060 Long Neck Road; telephone (302) 947-2500.

## EVENTS

### 21ST ANNUAL BEEBE BALL

**Saturday, November 1, 2008**

Baycenter at Ruddertowne, Dewey Beach

For more information, call the Beebe Medical Foundation at (302) 644-2900.

BEEBE MEDICAL FOUNDATION'S 13TH ANNUAL

## *Holiday of Lights*

**THURSDAY, DECEMBER 4**

**Beebe Medical Center  
424 Savannah Road, Lewes, Delaware**

Honor or remember someone you love by sponsoring a light for the tree. Join us as we light our tree and share in holiday caroling, light refreshments and community spirit. For more information, please contact the Beebe Medical Foundation at (302) 644-2900 or visit [www.beebemedicalfoundation.org](http://www.beebemedicalfoundation.org).





## 21<sup>ST</sup> ANNUAL BEEBE BALL

**Saturday, November 1, 2008**

Baycenter at Ruddertowne, Dewey Beach

Enjoy a night overlooking the Bay while supporting construction of a new education building for the Beebe Medical Center School of Nursing.

Help us to expand the Beebe School of Nursing and double our enrollment so we can train even more nurses to care for our patients.

For more information about the 2008 Beebe Ball or to receive an invitation, please contact the Beebe Medical Foundation at (302) 644-2900.

### Our Mission

Beebe Medical Center's charitable mission is to encourage healthy living, prevent illness, and restore optimal health with the people residing, working, or visiting the communities we serve.

### Our Vision

Beebe Medical Center will be a community-based healthcare system committed to providing high-quality, cost-effective healthcare in fulfillment of our charitable mission.

## BEEBE MEDICAL CENTER PHONE DIRECTORY

General Information .....	645-3300
Admitting Office .....	645-3214
<b>Beebe Health Campus</b>	
Baylis Rehabilitation Center .....	645-3010
• Physical Therapy • Speech Therapy • Occupational Therapy	
Bookhammer Outpatient Center .....	645-3010
• Diagnostic Imaging • Women's Imaging • Express Testing	
<b>Beebe Imaging</b>	
— Lewes, Main Campus .....	645-3275
— Georgetown .....	856-9729
— Millsboro .....	934-9039
— Millville .....	539-8749
— Rehoboth Beach .....	645-3010
<b>Beebe Lab Express</b>	
— Lewes, Main Campus .....	645-3568
— Georgetown .....	856-7781
— Long Neck .....	947-1202
— Millsboro .....	934-5052
— Millville .....	539-1620
— Milton .....	684-8579
— Rehoboth Beach .....	645-3010
<b>Beebe Physical Rehab</b>	
— Lewes, Main Campus .....	645-3235
— Millsboro .....	934-1500
— Millville .....	539-6404
— Rehoboth Beach .....	645-3010
<b>Beebe Medical Foundation</b> .....	644-2900
<b>Clinical Case Management</b> .....	645-3313
• Discharge Planning • Inpatient Education • Utilization Review	
<b>Community Health Department</b> .....	645-3337
<b>Emergency Services</b>	
— Lewes .....	645-3289
— Millville (summer only) .....	539-8450
<b>Gull House Adult Activities Center</b> .....	226-2160
<b>Hastings HeartCare Center</b> .....	645-3258
• Cardiac Catheterization • Cardiac Rehabilitation • EKG • Stress Testing	
<b>Home Health Agency</b> .....	854-5210
<b>Human Resources</b> .....	645-3336
<b>Integrative Health</b> .....	645-3528
<b>Medical Records</b> .....	645-3282
<b>Patient Advocate</b> .....	645-3547
<b>Patient Financial Services</b> .....	645-3546
<b>Physician Referral Service</b> .....	645-3332
<b>Pulmonary Services</b> .....	645-3298
<b>School of Nursing</b> .....	645-3251
<b>Sleep Disorders Center</b> .....	645-3186
<b>Tunnell Cancer Center at Beebe Health Campus</b>	
— Medical Oncology .....	645-3770
— Radiation Oncology .....	645-3775
<b>Vascular Lab</b> .....	645-3710
<b>Volunteer Services</b> .....	645-3531
<b>Women's Health Pavilion</b> .....	645-3726
<b>Wound Care Services/Diabetes Management</b> .....	947-2500

The *Beacon* is published by Beebe Medical Center to present health information to the people of Sussex County. Health information provided in the *Beacon* should not be substituted for medical advice offered by a physician. Please consult your physician on medical concerns and questions.

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