

BEEBE MEDICAL CENTER



BEACON

JULY 2009



Beebe Medical Center
LEWES, DELAWARE

Walk-in Care for the Beach Community



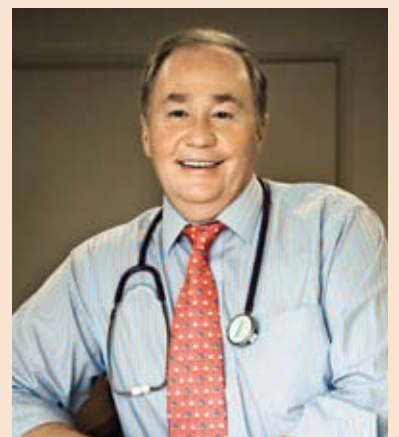
BEEBE HEALTH CENTER WALK-IN CARE OPENS IN THE REHOBOTH BEACH KMART

Rehoboth Beach now offers residents and visitors alike a healthcare facility offering convenient and affordable care to those with non-emergency illnesses and injuries. No longer will people suffering from an earache, painful sunburn, a sprained ankle, or a head-splitting sinus infection find it impossible to get a doctor's visit.

As the 2009 summer season took off, Beebe Health Center Walk-in Care opened in the Rehoboth Beach Kmart on Coastal Highway, Rehoboth Beach. The year-round health center represents a new, national trend in healthcare that has brought medical professionals into retail stores to treat minor illnesses. So far, there are more than 1,000 of these types of convenient, in-store clinics across the nation. These centers treat people with and without health insurance on a drop-in basis. Appointments are not necessary. Beebe Health Center Walk-in Care represents a new relationship between Beebe Medical Center and Kmart, a subsidiary of Sears Holdings, Chicago.

"In-store clinics are becoming a popular trend across the country because they provide care by trained medical providers when it is needed, at a convenient location and at a reasonable price," says Dennis Kondash, DO, Medical Director.

"These clinics are not intended to replace the family physician for long-term treatment of patients. They also



Dennis Kondash, DO, is Medical Director of the Beebe Health Center Walk-in Care at the Rehoboth Beach Kmart.

Beebe Health Center provides walk-in, non-emergency care for residents whose primary care physician is unavailable.

Nurse practitioners and physician assistants offer non-emergency care at Beebe Health Center Walk-in Care. Above, Leighsa Merrick, FNP-BC, and Aaron Block, PA, treat patients Ingrid Torres, of Rehoboth Beach (top left); Sally Kelly, of Millsboro (top right); and Beth Evans, of Bishopville, Maryland (center).

Cover: Stephanie Whitcomb and her 18-month-old daughter Abby are seen here with Leighsa Merrick.

*In the event of a life-threatening illness
or accident, patients are advised to dial 911.*

are not intended to replace emergency room care. Continuous care of patients and follow-up will be ensured as we will be forwarding information about patients to their primary care physicians after each visit, with permission from the patients.”

Beebe Health Center is designed to provide walk-in, non-emergency care for residents whose primary care physician is unavailable. The center also provides non-emergency care to visitors who do not have a local physician or do not feel that it is necessary to go to the hospital emergency room.

The clinic has exam and treatment facilities for adults and children age six months and older. It is staffed with a receptionist and a nurse practitioner or physician assistant, with an on-call physician. These medical professionals can refer patients to Beebe Medical Center’s main hospital and Emergency Department if patients need more advanced care or diagnostic testing.

Services include care for common illnesses such as upper respiratory infections, ear infections, gastrointestinal complaints, sprains, and skin conditions such as athlete’s foot, poison ivy, and ringworm. Some vaccines also will be offered. They include flu, pneumonia, Td (Tetanus, Diphtheria), and Zostavax (for shingles).

In the event of a life-threatening illness or accident, patients are advised to dial 911. ■



Visit Beebe Health Center Walk-in Care

WHEN YOU ARE SUFFERING FROM:

- Upper respiratory infections such as sore throats, sinus infections, flu, laryngitis
- Ear infections
- Eye infections
- Sprains and minor injuries
- Gastrointestinal complaints
- Skin problems such as athlete’s foot, rashes, burns, ringworm, or poison ivy

SOME VACCINATIONS ALSO WILL BE AVAILABLE FOR:

- Flu
- Pneumonia
- Tetanus

CLINIC HOURS:

- Monday through Friday, 9 a.m. to 9 p.m.
- Saturday, 9 a.m. to 7 p.m.
- Sunday, 9 a.m. to 5 p.m.

ADDRESS

Kmart
19563 Coastal Highway
Rehoboth Beach, DE 19971



**Leighsa Merrick, FNP-BC,
examines Joseph Torres,
of Rehoboth Beach.**



WATER SAFETY

- Always swim or surf at a beach that is patrolled by lifeguards.
- Never swim alone.
- Don't run and dive into the water if you do not know how deep it is.
- If caught in a rip current, float with it and signal for help.
- Understand the posted flag warnings.

Think Safety This Summer

Coastal Delaware offers a place for summer fun, with its ocean fishing, beaches and inland waterways, amusement parks, campgrounds, swimming pools, and golf courses. But just like any other place, unexpected injuries happen, and we need to think about safety first. Beebe Medical Center is ready for you in an emergency. Our Level III Trauma Center, established in 1999, has been continually re-verified by the Committee on Trauma of the American College of Surgeons. Beebe has five trauma surgeons available 24 hours a day and other qualified personnel who are able to stabilize and care for trauma patients. Each year more than 600 patients are treated at Beebe for traumas, including injuries suffered from motor vehicle collisions, boating accidents, ATV rollovers, dangerous riptides, falls, and bicycle accidents.

Beebe's Trauma Department works hard to help those in our community avoid these often serious injuries. Three Trauma Team members, Jen Whaley, RN, CCRN, Trauma Program Manager; Cheryl Littlefield, RN, Trauma and Emergency Management Coordinator; and Michelle Arford-Granholm, CSTR, Trauma Registrar, regularly go out into the community to educate people on injury prevention. They take part in safety checkpoints, safety days at local parks and schools, and speak to many in the community. As Beebe's Injury Prevention Team, they participate in Safe Kids Delaware and are members of the Injury Prevention Coalition of Delaware. Included here are some of their reminders to help you avoid a serious injury.

HEAD INJURIES

Main causes include motor vehicle collisions, bicycle or motorcycle wrecks, falls from windows, and falls around the house. Head injuries can be life-threatening. Seek emergency care if you notice any of the following symptoms:

- Any symptom that is getting worse, such as headache, nausea, or sleepiness
- Nausea that doesn't go away
- Changes in behavior, such as irritability or confusion
- Dilated pupils (pupils that are bigger than normal) or pupils of different sizes
- Trouble walking or speaking
- Drainage of bloody or clear fluids from ears or nose
- Vomiting, seizures, and weakness or numbness in the arms or legs

BIKING & IN-LINE SKATING

Always wear helmets and other full-protective gear. Always maintain control. Bike and skate in areas without traffic. Don't bike or skate at night when others can't see you and you can't see obstacles in your path.



Beebe Trauma Team members take part in the DeldOT bike safety checkpoints. Pictured (left to right) are Cheryl Littlefield, RN, and Michelle Arford-Granholm, CSTR.

Play it Safe!



BOATING RULES

- Wear a life jacket.
- Know boating navigation rules.
- Never be under the influence of alcohol or drugs while operating a boat.
- Do a safety check (www.vesselsafetycheck.org).

More safe boating information can be found at www.safeboatingcouncil.org.

DOG BITE PREVENTION (CDC)

To help prevent children from being bitten by dogs, teach the following basic safety tips and review them regularly:

- Do not approach or play with an unfamiliar dog.
- Do not run from a dog or scream.
- Remain motionless (e.g., “be still like a tree”) when approached by an unfamiliar dog.
- If bitten, immediately report the bite to an adult.

PLAYGROUND SAFETY

- Always supervise children on playground equipment.
- Be sure children play on age-appropriate equipment on cushioned surfaces.
- Do not dress children in clothes that have strings that can cause strangulation.
- Watch for moving swings and other equipment that may cause injury.

ATVs POSE SIGNIFICANT RISK

- ATVs (All Terrain Vehicles) can be unstable and more likely to roll over.
- The most common injuries are head, trauma to the spine and abdomen, and fractures and dislocations.
- Children 16 years and under account for 28 percent of ATV casualties.
- In Delaware, ATVs are not allowed on paved roads; all riders must wear a helmet; operators must be at least 12 years old, unless on parents’ land; and all ATVs must be registered and renewed every three years.

Always dial 911 for life-threatening emergencies.

Don't forget what happens on the road

BUCKLE UP

- Wearing a seatbelt cuts in half your risk of being killed or seriously injured in a crash.
- Strong seatbelt laws protect families. In Delaware, when parents are buckled up, 90% of the time children are too. However, when adults don't wear seatbelts, child restraint use drops to just 59%.

RULES OF THE ROAD

There is another very important safety tip to think about. In the summer months our local roads and highways are clogged with cars, SUVs, vans, trucks, motorcycles, and bicycles. Some people drive fast and some drive slow. The most important thing is to obey the rules, drive defensively, and do not drive aggressively.

Aggressive driving in Delaware is blamed for more than half of all fatalities in motor vehicle crashes by the state Office of Highway Safety. Aggressive driving includes speeding, changing lanes often, tailgating, and driving under the influence.

Beebe Medical Center's Trauma Registry reports that in the Emergency Department traffic-related injuries are the second most common injuries (after falls) that lead to hospitalization, surgery, or the need for transportation to a higher level of trauma care. ■



Cell phone use while driving is a distraction that can be deadly. Remember, Delaware law prohibits drivers with Learner's Permits to use cell phones.

Beebe Trauma Team members who focus on injury prevention are (left to right) Cheryl Littlefield, RN; Michelle Arford-Granholm, CSTR; and Jen Whaley, RN, CCRN.



Julie Holmon, MD, Medical Director of the Hospitalist program, discusses a patient's diagnosis with Beebe radiologist Michael Ramjattansingh, MD.



A Team Approach for Quality Care

Hospitalist Team

Julie Holmon, MD, Medical Director of the Hospitalist program at Beebe Medical Center, reviews records of hospitalized patients when she comes on duty. The previous night had been a busy one, she observes. One of the floor nursing supervisors called the hospitalist on duty at 2 a.m. to check on a patient, and Dr. Holmon has been asked to discuss the patient's condition with the adult daughter later that morning. She sees that there is a patient who needs a carotid duplex scan. Another patient has been closely watched due to respiratory problems caused by chronic obstructive pulmonary disease (COPD), all too common in a community with an older population of which many have smoked. As she leafs through the pages, the two other hospitalists on duty greet her.

"We have a good team that works well together," she says. "We believe that the Hospitalist program is one that enhances communication between the patients, their families, and our hospital staff. It definitely improves overall patient care."

Beebe Medical Center has 10 hospitalists. They all are Board Certified, with the majority of their certifications in internal medicine, a branch of medicine that deals with the diagnosis and nonsurgical treatment of diseases affecting the internal organs of the body, especially those in adults. As hospitalists, they specialize in caring for hospitalized patients. There



Jennifer Walker, MD, sits in front of an Emergency Department computer.

are at least three hospitalists on duty during the day and one during the night. They are all based in the hospital and do not have separate, private practices.

“I believe having a Hospitalist program makes it easier to get tests done and to order studies. Also, by working with case managers, we can make sure that a patient gets follow-up care after leaving the hospital,” Dr. Holmon explains.

Over the past decade, Beebe Medical Center, like other hospitals across the country, observed that with the advent of better medications, more stringent payer rules regarding hospital stays, and the increased use of outpatient facilities, patients admitted to a hospital often are older and more seriously ill. They are more likely to be suffering from chronic and complex diseases. Many have survived organ transplants and multiple cancer treatments. Consequently, they need more care, more often, and a hospital-based physician becomes a necessity to maintain quality care. While teaching hospitals already had physicians on duty 24 hours, community hospitals did not. The Hospitalist program furnished the solution. Hospitalists provide an around-the-clock physician presence and do not depend solely on Emergency Department physicians who are responsible to care for patients suffering life-threatening illness and injury. Hospitalists, who become familiar with individual medical centers, also are in a perfect position to recommend opportunities for improvement and to develop new methods of care.

AN INNOVATIVE APPROACH AT BEEBE

Beebe Medical Center introduced the hospitalist concept in 2005 as a way to maintain the quality and continuity of care of its hospitalized patients. It started out with one physician who admitted patients into the hospital who had no



Hospitalist Anas Atrash, MD, reviews a patient's chart before reporting back to the primary care physician.

“We believe that the Hospitalist program is one that enhances communication between the patients, their families, and our hospital staff.”

—Julie Holmon, MD

Julie Holmon, MD, checks on a patient in the Orthopaedic Department at Beebe.



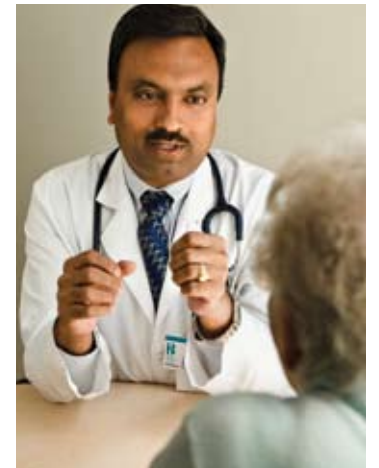


Borislav Antonov, MD, and Linda A. Choy, MD, are among the team of 10 Hospitalists at Beebe who offer hospitalized patients 24-hour, in-house, physician coverage.

physician of their own. Today, hospitalists at Beebe Medical Center can admit any patient who needs to be hospitalized. They will follow up with the patient's primary care physician and communicate with specialists if necessary. Hospitalists monitor the patient's medical care, are available when needed, and serve as the physician on Beebe Medical Center's Rapid Response Team, a select group of medical specialists who can be called by anyone, such as a nurse or family member, who fears that a patient's condition is worsening.

"Our Hospitalist program is now fully staffed and working excellently," says Vikas Batra, MD, Chief of Medicine at Beebe Medical Center. "It gives the primary care physician time to concentrate on the office and allows the hospitalized patient to be seen by a physician in a timely manner, day or night."

Beebe Medical Center is proud to have initiated its Hospitalist program, which is an integral part of the quality and continuity of care provided to its patients.



Hospitalist Maneshkumar Patel, MD, discusses a patient's diagnosis with a family member.

BEEBE MEDICAL CENTER'S HOSPITALISTS



JULIE HOLMON, MD
Medical Director

Dr. Holmon is Board Certified in both Internal Medicine and Pediatrics. She earned her medical degree at Johns Hopkins University School of Medicine, Baltimore. Dr. Holmon's residency in Internal Medicine/Pediatrics was completed at Christiana Care Health Systems in Newark, Del.



AFSHIN ADILI-KHAMS, MD

Dr. Adili-Khams is Board Certified in Internal Medicine. He earned his medical degree at University Medical School of Debrecen in Debrecen, Hungary. He did his residency in Internal Medicine at Trinitas Hospital in South Orange, N.J., and a fellowship in Geriatrics at Albert Einstein Medical Center in Philadelphia.



BORISLAV ANTONOV, MD

Dr. Antonov is Board Certified in Internal Medicine. He earned his medical degree at Medical University-Sofia in Sofia, Bulgaria. His residency in Internal Medicine was completed at Crozer Chester Medical Center in Upland, Pa. He earned his Masters of Public Health at Johns Hopkins University Bloomberg School of Public Health.



ANAS ATRASH, MD

Dr. Atrash is Board Certified in Internal Medicine. He earned his medical degree at Damascus University, School of Medicine, Syria. He completed his internship and residency at Temple University Memorial Medical Center in Philadelphia with endocrinology and diabetes training.



LINDA A. CHOY, MD

Dr. Choy is Board Certified in Internal Medicine. She earned her medical degree at the University of Pittsburgh School of Medicine in Pittsburgh, Pa. She completed Internal Medicine residency programs at Syracuse University Hospital Health Science Center in Syracuse, N.Y., and at North Shore University/Cornell Medical College in Manhasset, N.Y. She did a fellowship at North Shore University/Cornell Medical College.



GEORGE M. KLUCHNIK, MD

Dr. Kluchnik is Board Certified in Internal Medicine. He received his medical degree at Georgetown University School of Medicine in Washington, D.C., where he also completed his residency in Internal Medicine.



MANESHKUMAR PATEL, MD

Dr. Patel is Board Certified in Internal Medicine. He earned his medical degree at The Government Medical College in India and did his residencies in Internal Medicine at Lutheran Medical Center in Brooklyn, N.Y., and at Jamaica Hospital in Jamaica, N.Y.



EMAD E. SHOUKRY, MD

Dr. Shoukry is Board Certified in Internal Medicine and Geriatric Medicine. He received his medical degree from Ain Shams School of Medicine in Cairo, Egypt. He completed his Internal Medicine residency in Paris, France. He also completed another Internal Medicine residency program at Newton Wellesley Hospital in Newton, Mass. He subsequently completed a Geriatric fellowship at the University of Maryland in Baltimore.



PREACHESS VELLAH, MD

Dr. Vellah is Board Certified in Geriatrics and Internal Medicine. She earned her medical degree at the University of Zimbabwe Medical School, and she completed her residency in Internal Medicine and a fellowship in Geriatric Medicine at the University of Tennessee Medical School in Knoxville.



JENNIFER WALKER, MD

Dr. Walker is Board Certified in Internal Medicine. She earned her medical degree at New York School of Medicine and completed her residency in Internal Medicine Primary Care at George Washington University.

Rapid Response Team

A 911 SYSTEM WITHIN THE HOSPITAL

Beebe Medical Center nurse Laura Smith, RN, MSN, remembers calling the Rapid Response Team when she was working in the Medical-Surgical Unit on the third floor.

“The patient started to have some trouble breathing and I became concerned,” says Ms. Smith. “We know that the Rapid Response Team brings together a variety of expertise from different areas of patient care. Each member of the Rapid Response Team has a different focus when assessing a patient in need and is able to identify a patient’s needs and act quickly.”

Ms. Smith says that floor nurses appreciate being able to call the Rapid Response Team when they are concerned about the condition of a patient. All staff is educated about Beebe’s Rapid Response Team and its positive effect on patient outcomes.

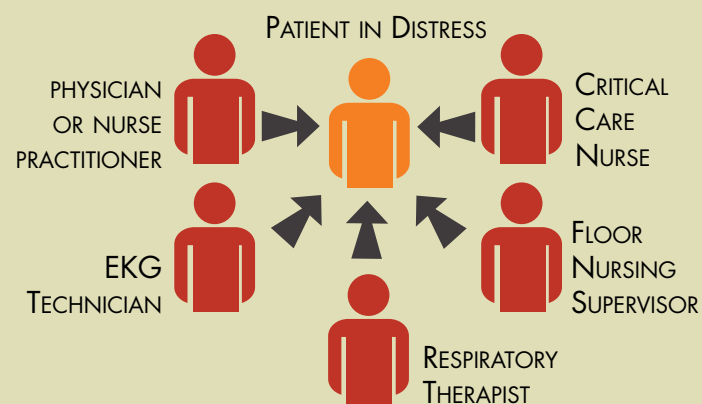
“Our goal is to prevent the patient’s condition from further deterioration,” says Ms. Smith, who teaches at Beebe School of Nursing, “and to get the patient the optimal care as quickly as possible.”

Beebe Medical Center introduced the Rapid Response Team concept in 2005, soon after the concept was recommended by the Institute for Healthcare Improvement in 2004 as part of the Saving 100,000 Lives Campaign, the first national campaign focused on saving lives by implementing new healthcare



The Rapid Response Team arrives to evaluate and treat a patient. Members are (left to right) respiratory therapist Bobette Clay, RRT; Julie Holmon, MD, leading the team; and critical care nurse Jennifer Mancuso, RN.

RAPID RESPONSE TEAM MEMBERS



“The Rapid Response Team is a critical care team within the hospital that is available 24 hours to respond and reverse a catastrophic medical event, whether being suffered by a patient, visitor, or staff member of the hospital.” —Denise Pecora, RN, APN, MSN, CRNP

Rapid Response Team members bring their expertise to the bedside. Members here are (left to right) critical care nurse Jennifer Mancuso, RN; respiratory therapist Bobette Clay, RRT; nurse practitioner Denise Pecora, RN, APN, MSN, CRNP, leading the team; and Beebe pharmacist Michael Fraundorfer, PharmD.



techniques proven to improve patient care and prevent avoidable deaths.

At first, through the evolution of developing such a team, Beebe Medical Center's team was made up of a critical care nurse and a respiratory therapist. The floor nursing supervisor also was on hand. Then, in early 2008, it was expanded to include a medical provider such as a physician or a nurse practitioner, as well as an EKG technician. Vice President of Patient Care Vendla Esler, RN, BSN, MBA, CNA, BC, was instrumental in changing the policy. She worked closely with critical care nurse practitioner Denise Pecora, RN, APN, MSN, CRNP, who had experience working on rapid response teams before joining Beebe Medical Center.

"I felt very strongly that the team needed a physician or a critical care-trained nurse practitioner who could prescribe and treat immediately," Ms. Esler says. The committee members at Beebe Medical Center she worked with, all with expertise in critical care, included Betsy Frederick, RN, MS, CCRN, Director of the Critical Care Unit and the Cardiovascular Step Down Unit; Kathy Cannatelli, RN, BSN, Nurse Manager of the Critical Care Unit and of the Cardiovascular Step Down Unit; Julie

Holmon, MD, Medical Director of the Hospitalist program; nurse practitioner Denise Pecora, who works in the Interventional Cardiology program; and pulmonologist and critical care physician Michael Salvatore, MD.

Beebe Medical Center's written policy on the Rapid Response Team, updated last year, details when any staff member should initiate the team by telephoning a hospital extension number. After listing such reasons as an increase or decrease in a heart rate, altered mental status, or acute bleeding, the policy ends with "the primary nurse has no real clinical indicators; however is concerned or worried about the patient."

Vikas Batra, MD, Chief of Medicine at Beebe Medical Center and Chairman of the Special Care Committee, says the team is working well and has many advantages. "It improves the comfort level of the nurses if there is



Vendla Esler, RN, BSN, MBA, CNA, BC, Vice President of Patient Care, is a strong advocate of rapid response teams.



Vikas Batra, MD, Chief of Medicine, says rapid response teams are an asset to patient care.

Giving Back

a problem, and anyone, even a family member, can activate it. It allows us to identify a patient before a cardiac or pulmonary arrest occurs and to get that patient to a more appropriate unit, such as intensive care.”

Nurse practitioner Denise Pecora, who has years of experience in critical care, acts as a team leader when she is available. Otherwise, a hospitalist, who is a hospital-based physician, will respond. Because of the makeup of a Rapid Response Team, more than one can be called at the same time.

“The team has extensive knowledge and background,” Ms. Pecora says. “Today the acuity of the patients has increased. People have more complex problems and are living longer, and they are sicker when they get to the hospital.”

Rapid response teams are proving to improve patient outcomes nationwide.

“The important thing is that this is a hospital-based response team,” Ms. Pecora says. “The Rapid Response Team is a critical care team within the hospital that is available 24 hours to respond to and reverse a catastrophic medical event, whether being suffered by a patient, visitor, or staff member of the hospital.”

Laura Smith adds that the use of the Rapid Response Team also keeps the Critical Care Unit (CCU) keenly aware of the needs of patients throughout the hospital in case a patient in another unit needs to be transferred to the CCU.

“If the patient condition deteriorates and needs to be transferred to the CCU, that patient already has been assessed by a CCU nurse and the staff is already planning what is needed next. The whole process helps contribute to a better transition of patient care. It is anticipatory care.” ■

Rapid response teams are proving to improve patient outcomes nationwide.

Beebe Auxiliary Winner Helps Others

Paul Ravilious, of Selbyville, bought a few tickets in the Beebe Medical Center Auxiliary raffle when he brought his friend to the hospital. He was surprised a few weeks later to find out that he, in fact, has won a 2009 BMW Cruise Bike valued at \$990 that had been donated by IG Burton. The bicycle raised \$1,947, more than any other Beebe raffle.

“I can tell you I was really surprised when I got the call that I had won the bicycle,” says Mr. Ravilious, 80. Mr. Ravilious decided to use the bicycle to raise more money for healthcare. He is donating it to the American Cancer Society (ACS) in nearby Ocean City, Maryland. The ACS will auction it in October during a fundraising event to battle breast cancer.

Mr. Ravilious and his wife, Elizabeth, have supported the ACS and have been involved in the community for years. Mr. Ravilious recently was presented with the Melvin Jones Fellow humanitarian award by the Lions Club’s International Foundation. Mrs. Ravilious has been active in humanitarian efforts through the Women’s Club of the Keenwicks.





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

SUPPORT GROUPS

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.

FIBROMYALGIA SUPPORT GROUP

First Friday of Each Month at 1 p.m.

Integrative Health sponsors a support group with a positive approach to help with lifestyle, exercise, cooking, and networking. The group meets at Lewes Senior Center in Nassau. Contact Sherry McGoldrick for more information at (302) 644-8181.

DIABETES INSULIN PUMP SUPPORT GROUP

If you wear an insulin pump or are interested in learning about wearing a pump, come join us. Beebe Medical Center's Certified Diabetes Educators will be available to answer questions. For further information, please call (302) 947-2500.

MENDED HEARTS SUPPORT GROUP

Third Tuesday of Each Month at 2 p.m.

A support group for those who have had open-heart surgery. McCurry Conference Center in the Medical Arts Building, next to the Tunnell Cancer Center on Route 24. Call (302) 645-3514 for more information.

PARKINSON'S DISEASE SUPPORT GROUP

A Parkinson's Disease (PD) support group has formed to help those with PD, their caregivers, and anyone else who may be afflicted with body movement disorders. The group meets monthly at the McCurry Conference Center in the Medical Arts Building, next to the Tunnell Cancer Center on Route 24. For more information, call Dennis Leebel at (302) 644-3465.

STROKE SUPPORT GROUP

Fourth Thursday of Each Month at 5 p.m.

A stroke support group meets at Tunnell Cancer Center, 18947 John J. Williams Highway in Rehoboth Beach. The group provides support to stroke survivors, care partners, spouses, and friends. It provides education and resources to maximize participation in home and community. The instructor is Holly Sullivan, Speech/Language Pathologist at Beebe Medical Center. For additional information, call (302) 645-3100 ext. 2436.

BETTER BREATHERS CLUB

Third Wednesday of Each Month at 1:30 p.m.

A support group for those with pulmonary diseases. Information on pulmonary disease and treatments is presented by respiratory therapists, physicians, dietitians, and pharmacists. Attendees suggest topics to discuss. The group meets at the McCurry Conference Center in the Medical Arts Building in the Beebe Health Campus on John J. Williams Highway (Route 24). For information, call the Beebe Medical Center Respiratory Department at (302) 645-3245.

CLASSES

CPR

Beebe Medical Center offers CPR, ACLS (advanced cardiac life support), and PALS (pediatric advanced life support) classes. For further information and to sign up, please call the Education Department at (302) 645-3248.

DIABETES

Diabetes educational programs are offered three times each month at the Wound Care Services/Diabetes Management Department at the Beebe Long Neck Health Center, 32060 Long Neck Road, for persons newly diagnosed and those who need a refresher course for managing their disease. Programs also are offered in Spanish, and Certified Diabetes Educators teach all classes. Contact: (302) 947-2500.

FUNDRAISING EVENTS



10TH ANNUAL JEAN & JOAN FUND GOLF TOURNAMENT

Tuesday, October 6
Kings Creek Country Club

9TH ANNUAL FUNFEST

Saturday, September 26
10 a.m. to 3 p.m.
Winswept Stables, Lewes



22ND ANNUAL BEEBE BALL

Saturday, November 7
Rehoboth Beach Convention Center

14TH ANNUAL HOLIDAY OF LIGHTS

Thursday, December 3
Beebe Medical Center

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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Beebe Medical Center

Lewes, Delaware • (302) 645-3300 • www.beebemed.org

With photography by Kevin Fleming

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.