

BEEBE MEDICAL CENTER



BEACON

JULY 2010



Beebe Medical Center
LEWES, DELAWARE

Students celebrate achieving their weight and body-fat loss goals following their weigh-in at Beebe's Wellness Center at Sussex Central High School in Georgetown.

Chelsea Bailey, Jenna Stewart, Rebecca Van Curen, Nadege Dorleans, Telpia Handy, Rachele Purnell, Tyrence Purnell, Megan Cordrey, Nathan Leibig, Shaquan Worthy, Michael Adams, and Kyle Crowson



Community Wellness

BEEBE STRIVES TO IMPROVE OVERALL HEALTH THROUGH EDUCATION, EARLY DIAGNOSIS, AND DISEASE AND INJURY PREVENTION



Physician assistant Marcy Bradley, PA-C (left), and dietitian Alicia Bomhardt, RD, LDN (far right), with the winning Sussex Central weight loss team, Kyle Crowson and Michael Adams, who each received a three-month membership to World Gym in Millsboro.

Obesity is at epidemic proportions in our nation and in Sussex County.

According to the U.S. Centers for Disease Control and Prevention, about one-third of the nation's population—and that of Sussex County's—is overweight or obese. And while it appears that the rate is not growing as fast as it has over the last 10 years, healthcare professionals are still concerned.

At Beebe Medical Center we know that being overweight (weighing more than one should) or being obese (having much more fat on one's body than is healthy) is directly associated with all kinds of health problems including heart and vascular disease (the number one cause of death), diabetes, breathing problems, and sleep disorders.

That's why we have targeted obesity and related illnesses in our wellness mission to prevent injury and illness. Beebe Medical Center, through several departments, offers education and screening programs to encourage healthy

Cover: CJ Connors and Alexis Cosbey enjoy the slide at the playground in Milton.
See playground safety tips page 6.

“We have kids who already are showing signs of high blood pressure and diabetes. It’s really scary. Gym class is not enough.” —Heather Metzner, RD, LDN

lifestyles and to prevent illnesses, as well as to diagnose illnesses and disease in their early stages. We would like to share some of these education and prevention programs, as well as tips on how to live a safer and healthier life.

Teaching Young People About Healthy Lifestyles to Fight Obesity

At no cost to students, Beebe Medical Center registered dietitians Alicia Bomhardt, RD, LDN, and Heather Metzner, RD, LDN, have spent the last school year helping Sussex County high school students incorporate healthy eating and regular exercise into their daily lives with the goal of fighting obesity. Beebe Medical Center’s Wellness programs at Indian River, Sussex Central, and Cape Henlopen high schools introduced students to the Nemours 5-2-1-Almost None healthy lifestyles program that encourages fruits, vegetables, and physical activity. The Nemours Health & Prevention Services, part of Nemours Foundation based in Wilmington, Delaware, reports that about 40 percent of Delaware children are either obese or overweight, topping the national average of 35 percent. Beebe’s Wellness Centers in the high schools, in cooperation with its Community Health Department, have brought in speakers to make presentations to the general school population, and to share Nemours health information with them.

Beebe’s dietitians also started a “Triple 10 Challenge” program to motivate the students, adding a sense of competitiveness into the mix to help keep students on the path to being fit. Mrs. Bomhardt’s program was introduced at Indian River and Sussex Central high schools. Those students who lost the highest percentage of body weight vied for prizes donated by World Gym in Millsboro, Millsboro Lanes, Clayton Movie Theater in Dagsboro, and Energy Gym in West Fenwick Island.

Mrs. Metzner worked one-on-one with students at Cape Henlopen High School helping them develop personal lifestyle and exercise plans. “Walk-in-Talks” became the norm as she divided students into small groups for enjoyable walking.

“We have kids who already are showing signs of high blood pressure and diabetes. It’s really scary,” she says. “Gym class is not enough.”

Nemours 5-2-1-Almost None

The program encourages young people to live a healthy lifestyle. The program’s formula is as follows:

- Eat at least five servings of fruits and vegetables a day.
- Watch no more than two hours of screen time a day.
- Get one or more hours of physical activity a day.
- Drink almost no sugary beverages.

Students Enjoy “Triple 10 Challenge” Program

“I’ve always been a bad eater,” says Nadege Dorleans, 16, a junior at Sussex Central High School. “We have a lot of heart disease and diabetes in my family on both sides. I don’t want



Beebe dietitian Heather Metzner, RD, LDN, works with Cape Henlopen Wellness Center students to learn healthy eating and exercise. Mrs. Metzner conducts her classes while walking. Here, students are Vinnie DeGregory and Sara Cox.



The winning Sussex Central team works with weights to achieve their fitness goals. Spotting is Michael Adams; Kyle Crowson is lifting the weights.

to have heart disease when I get older.”

Nadege, who is athletic, took the nutrition information seriously. Through the program she learned how to read labels, cut down on portions, and avoid sweet drinks and salty foods.

“I want to set an example for my younger brother.”

Nadege also has shared her knowledge with her mother and showed her how to use spices as a salt replacement.

Sussex Central juniors Michael Adams and Kyle Crowson took the team approach, focusing on achieving the “Triple 10 Challenge” goals that were set down each week. Each goal had to do with meeting diet or exercise goals such as eating five or more servings of fruit and vegetables a day, or getting at least one hour of exercise or physical activity every day.

“One of the things we teach them is to cut back on their screen time,” Mrs. Bomhardt says, referring to the hours young people spend either watching television or using the computer.

Tyrence Purnell, 16, a junior at Sussex Central, says he learned about portion control.

“I had never thought about calories or how many are in a hamburger,” he says. “I couldn’t believe how many calories are in salad dressing.”

Physician assistant Marcy Bradley, PA-C, coordinator of the Beebe Wellness Center at Sussex Central High School, feels that the program is making a difference in the lives of the students.

“They worked so hard. I am so proud of them.”

Adult Health Education and Screening

Beebe Medical Center Community Health Nurse Coordinator Peggy Bixler, RN, MSN, has introduced a new Healthy Lifestyle Promotion & Disease Prevention education program that focuses on helping adults with chronic diseases to improve their lifestyles and to manage diseases such as diabetes, heart failure, and chronic obstructive pulmonary disease (COPD). This program, a series of eight classes, is being rolled out through the summer and fall months. The first classes will take place at 5:30 p.m. to 7:30 p.m., August 3, 10, 17, and 24, at Beebe Medical Center. Class speakers will include dietitians, physical therapists, and nurses. These classes are being designed to help adults improve their eating habits and to introduce more exercise into their daily lives. They also will include information about smoking cessation and stress management. To register, call 302-645-3337.

The new program is in addition to Community Health’s ongoing screening, early diagnosis, and



Beebe participates in the annual health fair at Iglesia de Dios Maranatha, a church in Seaford. Israel Figueroa, pastor, assures participants that resources for treatment are available if needed.

“This year we have focused on falls and to remind parents and children to be cautious and to follow safety guidelines.” —Emergency Management Coordinator Cheryl Littlefield, RN



Beebe Community Health nurse Doris Hensler, RN, gives Adriana Mejía a bone density screening. In the background are children Gracely Berduo, Wendy Berduo, Rosalva Mejía, and Gabriela Berduo.

disease prevention programs that have taken place in community centers, churches, school sites, and at public events to identify symptoms of diabetes, heart disease, and osteoporosis. The program also is in addition to Tunnell Cancer Center’s outreach cancer screening and education programs.

Preparing Older Adults for Safer Driving

Beebe Medical Center Lead Occupational Therapist Alice Workman, OTR-L, who is a member of Beebe Rehab Services, in March introduced a new safety event to the local community for drivers over the age of 65. CarFit was a free event held at the Beebe Health Campus parking lot. Trained professionals led drivers through a 12-point checklist with their vehicles and recommended a variety of adjustments that would make driving safer for them. Adjustments were as simple as changing a rear-view mirror or repositioning a seat.

CarFit was developed through a collaboration of the American Society on Aging, the American Automobile Club, AARP, and the American Occupational Therapy Association. Beebe Medical Center will hold these one-day events periodically, including one that is planned for this fall. AARP and the Moss Rehab Driving Program cosponsored the March event with Beebe Medical Center.

Injury Prevention Program for Children

It’s summertime, and children are out playing—in parks, playgrounds, and pools—and swimming and boating in the bay or the ocean. And while we are stressing the importance of exercise, at the same time we need to stress safety.

Beebe Medical Center’s Trauma Department has an active, year-round education program aimed at children that includes safety tips for summer activities. Trauma Registrar and Injury Prevention Coordinator Michelle Arford-Granholm, CSTR; Emergency Management Coordinator Cheryl Littlefield, RN; and Jennifer Whaley, RN, Trauma Program Manager, speak to children at schools, day-care centers, and local events. In 2009, they also took part in the Cape Henlopen State Park Safety Day and the Cape Henlopen High School 9th Grade Campus Wellness Day, sharing tips on how to be safe while bicycling, skateboarding, using playground equipment, and enjoying a day at the beach. They also are actively involved in Safe Kids Delaware, a statewide program.

“This year we have focused on falls and to remind parents and children to be cautious and to follow safety guidelines,” Ms. Littlefield says.

Physicians, nurses, and other medical professionals see their share of children hurt in falls when they



Beebe occupational therapist Jennifer Guerin, MS, OTR/L, works with Alfred Willis of Rehoboth Beach during the Carfit event last spring at the Beebe Health Campus. The program helps people over the age of 65 to be safer drivers.

Playground Safety

SWING SAFETY

- Sit down while swinging.
- Slow down before you get off swing.
- Do not walk near someone who is swinging.



SLIDE SAFETY

- Never climb up the front of slide—someone may slide down and hit you.
- It is safest to slide down feet first.
- Only one person should slide down at a time.

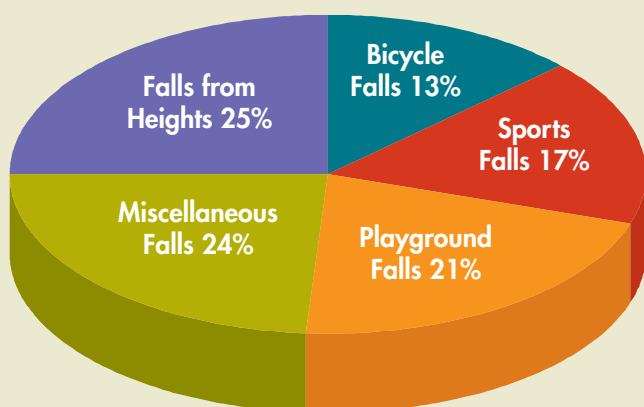


CLIMBING SAFETY

- Use both hands when climbing.
- Only climb on dry equipment.

Serious Pediatric Fall Injuries in 2009

Statistics are taken from Beebe Medical Center's Trauma Registry. Inclusion criteria for the Trauma Registry: all patients with injuries who are admitted, transferred, or died.



Above: Alexis Cosbey (top) and CJ Connors play safely in the Milton community playground.

Above right: Representatives of Beebe's Trauma Department remind bicycle, skateboard, and scooter riders of all ages to protect themselves for safety. (L-R) Jennifer Whaley, Trauma Program Manager; Cheryl Littlefield, Emergency Management Coordinator; and Michelle Arford-Granholm, Trauma Registrar and Injury Prevention Coordinator.



are brought to the Beebe Medical Center Emergency Department. Injuries are caused when a baby falls off of a changing table or a bed. Children have fallen from fences, from the back of a pick-up truck, or from a second-story window.

And while the majority of children are patched up, sewn up, and sent home from the Emergency Department, in 2009 more than 20 children were injured seriously enough to make the Trauma Registry, which documents when a child is either admitted to the hospital, sent to a higher level of care at another facility, or has not survived.

A breakdown shows that falls at playgrounds and sporting activities made up a little more than one-third of the most serious cases (see graphic). The single highest number were those who fell from heights, which includes the baby's changing table and the second-story window, Mrs. Arford-Granholm explains. ■

Bicycle Safety

Most bicycle injuries include a head injury, which could be avoided by carefully choosing and always using a helmet.

- Pick a bright color that is visible to drivers.
- Make sure it is well ventilated.
- Make sure it has a CPSC or Snell Sticker inside so that it meets the standards set down by the Consumer Product Safety Commission or the Snell Memorial Foundation.
- Make sure the helmet fits properly.

Walk-in Care for the Beach Community

The Beebe Health Center Walk-in Care at Kmart in Rehoboth Beach celebrates its first anniversary this month, culminating a year in which it has successfully met non-emergency healthcare needs of both residents and visitors.

The doctors and nurse practitioners who have staffed the center have treated patients with non-emergency medical problems such as ear infections, fevers, jellyfish stings and insect bites, and respiratory infections. They refer patients to the Beebe Medical Center Emergency Department when the patient needs medical care that is beyond the scope of the facility.

“We are pleased to bring cost-effective and convenient non-emergency healthcare to our community, and we thank Kmart for helping us make it possible,” says Jeffrey M. Fried, President and CEO of Beebe Medical Center. “This past year has shown us that this type of healthcare service is one that is very much needed and welcomed by those who live in our community and those who come here on vacation.”

In-store clinics are becoming a popular trend. They offer timely care by trained medical providers at a convenient location and a reasonable price. A medical service like this has been especially welcomed in the Rehoboth Beach area, where the population has grown dramatically over the past decade. While the ranks of physicians also have grown, the number of primary care providers has lagged behind the increased demand for their services.

Beebe Health Center Walk-in Care at Kmart has created an answer for those who want to see a medical professional quickly. It provides a year-round healthcare service for residents who either don't have a primary care provider or who might have to wait several days for an appointment. The center provides the same

level of care to visitors to the area who need to see a physician.

Beebe Health Center Walk-in Care at Kmart maintains medical records that can be accessed at a later date. The center will send the patient's medical records to the patient's physician, if requested. ■



Beebe Health Center/Walk-in Care at Kmart in Rehoboth Beach

- Convenient, reasonably priced treatment for non-emergency ailments and injuries for patients at least six months of age
- Staffed by nurse practitioners and physician assistants, with back-up, on-call physicians

SERVICES

- Upper respiratory infections; ear and eye infections; skin problems such as rashes, minor burns, ringworm, and poison ivy
- Vaccinations, such as pneumonia and tetanus

HOURS

No appointments necessary; visits cost \$99; some insurances accepted

- 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

Expansion of Services in Millville



What a lovely day it was in Millville on Saturday, April 24. As the sun hovered above, nearly 200 people gathered outdoors to celebrate the expansion of the Beebe Medical Center outpatient facilities in the Creekside Shopping Center along Route 26. The center houses Beebe Imaging, Beebe Rehab Services, and Beebe Lab Express.

Jan Hickman, Manager of Outpatient Imaging facilities, cut the festive blue ribbon stretched across the front of the expanded and modernized Beebe Imaging facility. Jeffrey M. Fried, FACHE, President and CEO of Beebe Medical Center, and Janet McCarty, Beebe Medical Center Board Chair, held the ribbon in place.

“There is such a need for these outpatient medical services in our community,” Charlotte DiFebo, Chairperson of the South Coastal Health Campus Committee, said following the event. “I was very pleased to see the strong turnout. Those of us who live and work locally are happy that Beebe is

committed to bringing diagnostic imaging tools to our area.”

Mrs. DiFebo, who has owned a family business in Bethany Beach for more than 20 years, is heading up the local committee to raise money for the eventual construction of Beebe’s South Coastal Health Campus a few miles away. In the meantime, Beebe has expanded and updated the existing services at the Millville location.

She was joined by others who support Beebe Medical Center’s growth in the area, including local business leaders Michael Cummings, George “Buck” Smith, Harold Steele, Michael Wilgus, Vickie York, State Representative Gerald Hocker, and retired Lewes physician James Beebe, Jr., MD, son of one of the founders of Beebe Medical

Beebe Imaging

Beebe Rehab Services

Beebe Lab Express

**Conveniently
located in one center!**



Donna Strelitzky, Beebe’s Vice President of Operations, led the medical center’s renovation team at Millville. (L-R) Jan Hickman, Manager of Outpatient Imaging facilities; Barb Myers, Director of Imaging Services; Donna Strelitzky; Greg Tylecki, Chief Engineer Project Coordinator; Jim Keyzer, Director of Plant Operations; Mike Burget, IT Operations Manager; and Gerry Smith, Director of Materials Management.

Donna Strelitzky, Beebe’s Vice President of Operations, led the medical center’s renovation team at Millville. (L-R) Jan Hickman, Manager of Outpatient Imaging facilities; Barb Myers, Director of Imaging Services; Donna Strelitzky; Greg Tylecki, Chief Engineer Project Coordinator; Jim Keyzer, Director of Plant Operations; Mike Burget, IT Operations Manager; and Gerry Smith, Director of Materials Management.



Center and a member of the Beebe Medical Center Board. Millville Mayor Don Minyon, representatives of the Bethany-Fenwick Chamber of Commerce, Beebe officials, and local residents also attended. The day's events included tours of the facilities.

"I live in Bethany Beach and I like the convenience of having lab, imaging, and physical therapy all in the same campus," Mr. Smith said. "You can get lab work done at 6 a.m. and there are no parking issues."

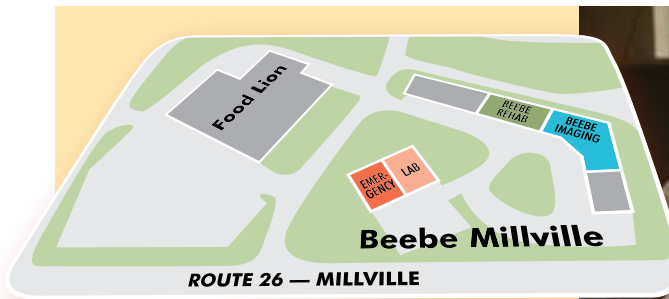
The biggest change at the Creekside Shopping Center is the expansion—in space and services—of Beebe Imaging. It moved into the largest space in the shopping center, more than doubling in size and introducing new technologies. It offers computed axial tomography (CAT scan), magnetic resonance imaging (MRI), dual-energy X-ray absorptiometry (DEXA scan, which tests bone density), ultrasound, digital mammography, and digital radiology (which has replaced traditional X-ray film technology).

This expansion, completed in the spring, introduced the first collection of advanced imaging services to the south coastal area. Beebe Rehab Services, which formerly shared space with Beebe Imaging, also expanded.

"While people may know that we offer physical therapy services, they may not know that we also offer occupational therapy and speech language pathology services," says Timothy Phelps, PT, Manager of Beebe Rehab Services in Millville.

Beebe occupational therapists, focusing on getting patients to be independent after suffering

a debilitating injury or illness, help patients perform such functions as bathing and dressing themselves, preparing food, and picking up objects they have dropped or need to carry. These therapists can evaluate the patient's level of function and create an occupational therapy plan to aid them in improving



Outpatient Services

- BEEBE IMAGING
- BEEBE REHAB SERVICES
- BEEBE LAB EXPRESS
- EMERGENCY SERVICES
Memorial Day to Labor Day



Timothy Phelps, PT, Manager of Beebe Rehab Services in Millville, helps a patient regain arm strength on the Total Gym.

range of motion, strength, and endurance. The speech language pathologists not only specialize in helping patients with a variety of speech and swallowing problems caused by stroke, head injuries, or other illnesses but also can teach memory strategies to patients suffering from early dementia.

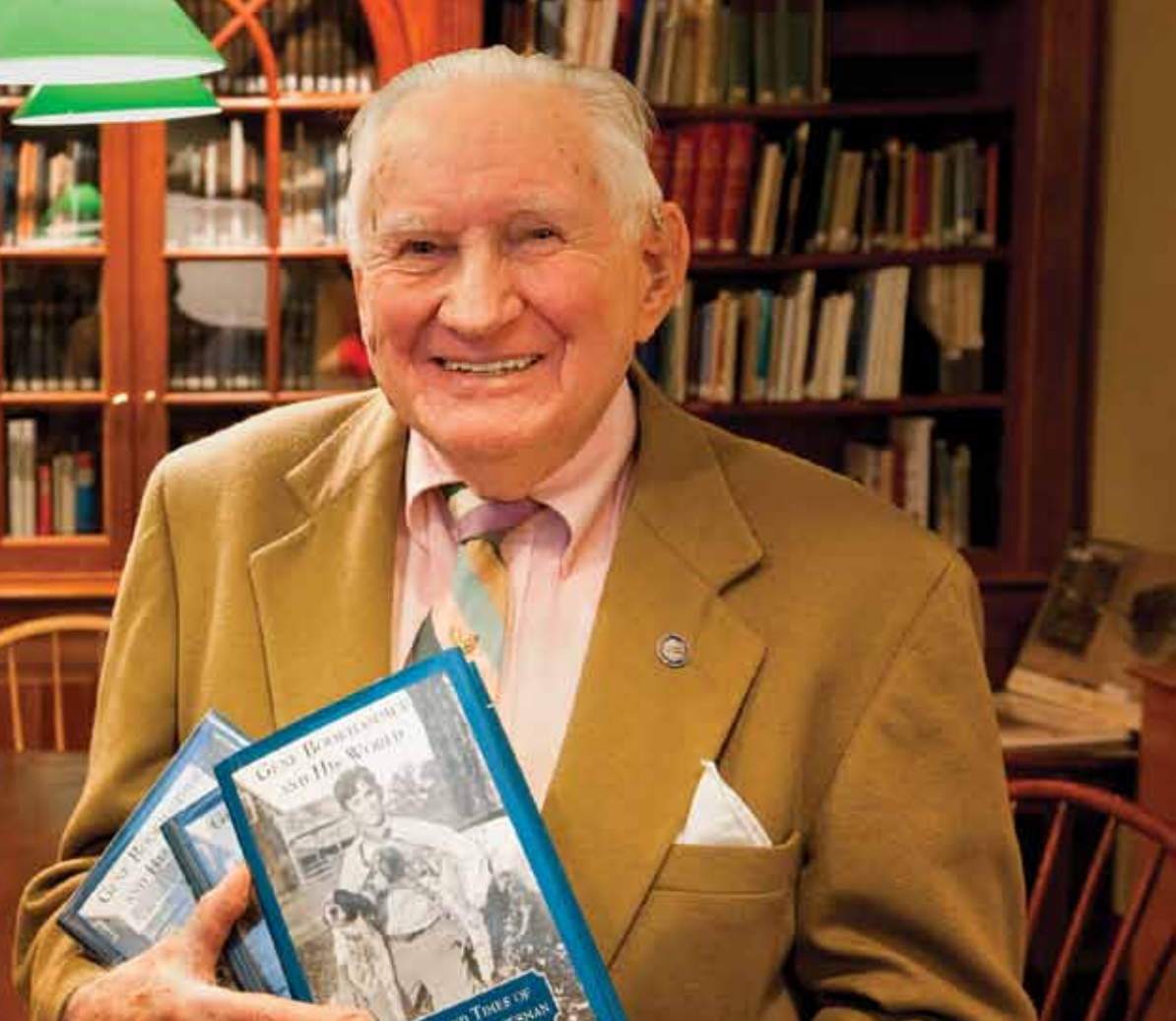
Beebe Lab Express is located in the free-standing building in the parking lot that houses the twenty-four-hour Beebe Emergency Center, which is open in the summer months. Beebe Lab Express offers blood work, urine testing, and electrocardiography (EKG) on a walk-in basis.

The expanded services highlight Beebe Medical Center's continued commitment to improving healthcare services in this growing part of Delaware. Though construction of the proposed South Coastal Health Campus on Route 17 has been delayed due to the economy, Beebe Medical Center continues to look forward to the time when that project will begin. ■



Phlebotomists and EKG technicians at Beebe Lab Express in Millville are, from left, Doris Garrison, CPT, ASPT; Sharon Faulkner, CPT, ASPT; and Angel Tipton, CPT, ASPT.

A HISTORY OF CARING FOR HIS COMMUNITY



The Honorable Eugene Bookhammer, at age 92, stands out as a true, lifetime friend and supporter of Beebe Medical Center. He is a Sussex County native, a World War II veteran with a Purple Heart and a Bronze Star, a former Delaware Lt. Governor, a successful entrepreneur, and a man who continues to give to the community.

“He’s been on Beebe’s Board for more than 50 years and he is still raising money for this hospital,” says Alex Sydnor, Executive Director of the Beebe Medical Foundation.

Mr. Bookhammer’s personal story, as well as his family’s story and a piece of Delaware history, too, is told in the book *Gene Bookhammer and His World: The Life and Times of Lewes’s Elder Statesman*, published late last year by the Beebe Medical Foundation.

It is an illustrated biography and oral history packed with old family photographs and historic ones, including a 1952 photo of former Delaware statesman U.S. Senator John G. Townsend with then Presidential Candidate General Dwight D. Eisenhower, and interviews with dozens of people. The book paints a picture of a man who has made a significant impact on the state and the way of life for many of its residents.

Mr. Bookhammer continues to serve on the Beebe Medical Center Board of Directors. Last summer he stepped down from his position as Chairman of the Beebe Medical Foundation Board of Directors, but he remains on the Board as Chairman Emeritus. In 2007 he was presented with the Beebe Medical Foundation Lifetime Achievement Award.

Above: The Honorable Eugene Bookhammer in the Delaware History Room at the Lewes Public Library, which has several copies of his book *Gene Bookhammer and His World: The Life and Times of Lewes’s Elder Statesman*.

Below: Mr. Bookhammer sits at his desk in his Lewes home, in front of memorabilia representing his life of giving to his country, his state, and his community.



Although the initial idea for the book came about following Cape Gazette Publisher Dennis Forney’s insistence that it was an important story to tell, Mr. Bookhammer only agreed to have the book written about himself if it was sold as a fundraiser for Beebe Medical Center. All proceeds are going into the Gene and Kitty Bookhammer Endowment, set up in 2006 following Mrs. Bookhammer’s death in December 2005. “There is no such thing as ‘I.’ You can’t accomplish anything unless someone else helps you,” he said in a recent interview.

“I have always been struck by his humility,” Mr. Forney says. “He has a great life story. He is a Sussex County native and a World War II hero who became a successful entrepreneur and politician. He has had an ability to deal with people and to understand the needs of the community.”

Mr. Forney suggested Richard Carter as a good person to write the book because of his vast writing experience and because of his own history in Sussex County. Mr. Carter was born at Beebe Medical Center and grew up locally. His father is William Carter, the former Chairman of the Board of Delaware Technical & Community College in Georgetown and a key figure in the founding of the college. He and Mr. Bookhammer remain peers and friends.

The book is Mr. Carter’s second historical biography of a Delaware elder statesman. His first book was about John G. Townsend, another Sussex County native, who served as Governor of Delaware and as a U.S. Senator. Mr. Carter first met Mr. Bookhammer in 1972 when he was a reporter on a Sussex County newspaper and covered Mr. Bookhammer’s campaign for re-election as Lieutenant Governor.

Mr. Carter is a senior staff person with the Delaware State Senate and serves as Chairman of the Delaware Heritage Commission and the Delaware Revolutionary War Monument Commission. Mr. Bookhammer’s daughters, Joy



A snapshot of Mr. Bookhammer at the Longchamps Racetrack in Paris in 1945 while on leave.



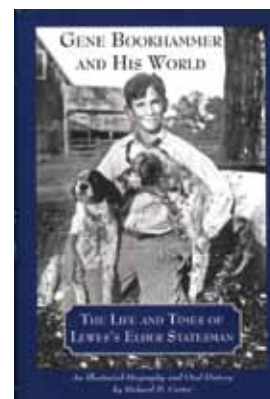
Mr. Bookhammer and his wife Kitty at a Lion’s Club convention in Atlantic City, circa 1948. Joy Basinski Collection

Basinski and Jeanie Greenhaugh, worked closely with Mr. Carter, supplying many of the photographs, gathering family history, and editing galley sheets before they went to the printer.

“Mr. Bookhammer is an extremely important figure in the history of this state and to southern Delaware,” Mr. Carter says. “He took this hardscrabble existence and used his knowledge for the good of the state and its people.”

Mr. Carter was captivated by the stories about Mr. Bookhammer’s sawmill and the steam engines that powered it. Mr. Bookhammer had started a wholesale/retail lumber company and later became a land developer. Mr. Carter captured some Beebe hospital history as well, documenting the close friendship between Mr. Bookhammer and James Beebe, Jr., MD, the son and nephew of the two Beebe brothers who founded the hospital. These two men also remain friends.

“Dick has done an excellent job of capturing the man and his family throughout the 20th century,” Mr. Forney says. ■



The book is available for purchase at the Beebe Medical Foundation by calling 302-644-2900.

ENDOWMENTS AT BEEBE MEDICAL FOUNDATION

To encourage donors to establish endowment funds, the Beebe Medical Foundation Board of Directors in 2007 set aside \$500,000 to match new gifts to endowments. The matching funds are focused on Beebe Medical Center’s most critical programs: Tunnell Cancer Center and the Cardiovascular Institute. This matching program means that a gift to establish an endowment or a gift to an endowment focused on either of these two critical areas will be worth twice the value of the gift.



For Our Community

SCREENINGS

DIABETIC FOOT SCREENINGS

Wednesday, August 18 • 12:30 p.m. – 4:30 p.m.
Sunday, September 19 • 12:30 p.m. – 4:30 p.m.

All screenings will take place at the Long Neck Health Center and are free to persons with diabetes who do not see a foot doctor or a podiatrist. Foot exams are performed by an advanced practice nurse to evaluate circulation and nerve sensation, as well as evaluation of footwear to determine correct fit comparison to foot shape. To register: 302-947-2500.

SUPPORT GROUPS

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.

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.

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 the same concerns. 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 meets at the 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.

The group is hosting a Parkinson Symposium, 9 a.m. to 4 p.m., November 6, at Cape Henlopen High School in Lewes. The cost is \$25 per person and includes lunch. 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.

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 AND WOUND CARE

The Wound Care Services/Diabetes Management Department offers educational and management services for people with diabetes, as well as outpatient wound care. Diabetes educational programs are offered three times each month for persons newly diagnosed and those who need a refresher course for managing their disease. A diabetes self-management education series is presented at various days and times on a rotating basis. Individual sessions are available for specific needs. A new insulin pump education program designed to help people with diabetes better manage their disease also is available. For information, call 302-947-2500.

FUNDRAISING EVENTS

For more information on the events below, contact the Beebe Medical Foundation at 302-644-2900.

7TH ANNUAL PROGRESS FOR PROSTATE CHARITY GOLF TOURNAMENT

Thursday, July 15
Cripple Creek Country Club
Dagsboro, Delaware

11TH ANNUAL JEAN & JOAN GOLF TOURNAMENT

Tuesday, October 5
King's Creek Country Club
Rehoboth Beach, Delaware

INAUGURAL TREAT THE BEAT 5K WALK

Sunday, September 12
Lewes, Delaware

23RD ANNUAL BEEBE BALL

Saturday, November 6

15TH ANNUAL HOLIDAY OF LIGHTS

Thursday, December 2
Beebe Medical Center Front Lawn/Sunshine Café
Lewes, Delaware



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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With photography by **Kevin Fleming**



Beebe Medical Center

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

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.