

A NEWSLETTER
FOR ASSOCIATES OF
CAPELLA HEALTHCARE

CONNECTIONS

Capella Healthcare enters the new year positioned for success and prepared to tackle the newest challenges.

In January, Founder Dan Slipkovich stepped into an Executive Board Chairmanship role, moving Michael Wiechart to the role of President and Chief Executive Officer. In his new position, Mr. Slipkovich will dedicate more of his time to strategic market development and growth along with continued responsibilities in the areas of investor and government relations. Mr. Wiechart assumes the role of day-to-day management with an increased focus on growth.



ADVANCING OUR MISSION – A MESSAGE FROM LEADERSHIP

Celebrating the past, moving forward – leadership directives

TO OUR ASSOCIATES: “We are on the leading edge of a massive transformation of health care. During these past few months, we’ve evaluated our progress over the last eight years and looked at how we could best position the organization for this new environment. We came to the conclusion that we needed to realign our leadership responsibilities in order to focus more effectively on the biggest issues. We aren’t changing directions or priorities. This is about how we best allocate our finite resources to continue to succeed and to thrive during this transformative time in health care. It’s about how we can best take advantage of the significant opportunities ahead of us.

“I’m very proud of the progress we’ve made since our founding in 2005. Even with the industry and economic challenges, our hospitals have made significant and sustained progress, and we’ve been recognized nationally for our growth as a company. The environment now is as choppy, unpredictable and complicated as I’ve ever seen it, but this creates significant opportunities. With the right management and focus, we will be able to fully leverage the right opportunities for Capella.

“Mike is the right leader to move us forward during this new era. During one of the most transformative times in the health care industry, Mike has made a significant impact at Capella. Under his leadership, our hospitals have made outstanding progress, receiving numerous national awards and recognition for their quality and satisfaction. One of his key priorities has been to ensure all of our hospital leaders, including board and medical staff, are educated, resourced and motivated to achieve industry-leading goals in quality care and constituency satisfaction. Mike is passionate and proactive about exploring all solutions to health care’s greatest challenges.

“In Mike, we have someone as committed as I have been to Capella.”

— Dan Slipkovich

MOVING FORWARD

“I am honored and humbled by the trust that Capella’s leaders and Board have placed in me. I’m especially excited about working more closely with all of my corporate colleagues, our hospital leaders and affiliated physicians to make a significant difference for the communities we serve. This new era of value-based care – with an intense focus on quality, collaboration and cost-effectiveness – provides a tremendous opportunity for Capella.

“Dan has been a mentor of mine for most of my 25 years in healthcare. In fact, I’ve worked for him in three different companies. I wouldn’t be here, in this new position of service, without his leadership and encouragement. So, while there are very significant changes impacting the industry now,

— continued on page 2



Dan Slipkovich
Founder and Executive Chairman,
Board of Directors

ABOUT MIKE WIECHART

Since he was very young, Mike Wiechart has had a passion for healthcare and for serving others. And now, with more than 25 years of experience, he assumes a new role as President and CEO for Capella Healthcare that allows him expanded opportunities for both.

"I always knew I wanted to be in healthcare," he said. "The vast majority of my family members are health care providers – my mom as a charge nurse, one sister a midwife and another a hospital dietitian. So, I saw health care as a great avenue for serving others. I saw the administrative track as a way to serve others using the business acumen that I have."

Wiechart began his career in healthcare in 1989 as controller for a small hospital in Statesville, NC. The majority of his career has been spent in the multi-facility environment so he has a unique understanding of the challenges and opportunities. As Senior Vice President and Chief Operating Officer for Capella Healthcare since 2009, Wiechart has had responsibility for hospital operations, physician services, quality improvement, supply chain, revenue cycle, managed care, strategic planning, business development, and labor productivity initiatives. He has also been significantly involved in merger and acquisition activities.

He was just selected as a member of the Nashville Health Care Council's 2014 Fellows Class, a group of senior health care leaders who will participate in a nationally-unique experience focused on transforming the nation's health care system. A member of the Board of Governors for the Federation of American Hospitals, which represents over 1,100 hospitals, he also serves on the organization's Rural Hospital Committee.

Wiechart and his wife Lisa have two daughters, Alexandra and Audrey.

To learn more about Wiechart and to hear him discuss Capella's Five Pillars, visit the CEO Blog under "About us" on Capella's website.



Leadership Directives

— continued from page 1

the changes in leadership here at Capella are more subtle than you might think. We aren't headed in a different direction and haven't changed our priorities. We ARE refining how we use our finite resources to focus on the most important issues. We believe these changes will allow us to accelerate our progress and help everyone perform at optimal levels.

"We will remain focused on continuing to make sustained improvements in quality care as well as patient satisfaction. We will continue to work hard to provide great places for our staff to serve, and to partner in meaningful ways with our physicians. And we are seeking to partner with the right organizations as we grow our existing markets while adding appropriate new providers and communities to the Capella family.

OUR HOSPITALS

"As we move from a system that has rewarded volume to one that's focused on value, we want to first make certain our hospitals are in the most advantageous position to thrive. Most of our hospitals are medium-sized facilities serving non-urban communities. The nature of our facilities makes them more at risk to some of the current challenges. But the geographic isolation can work in our favor as well, especially since we have the added size needed for efficiencies through our larger organization.

"At the corporate level, we provide strong resources for our hospitals but we also realize that health care is always a local business. Our priority has to be on nurturing outstanding leadership in each community. We work hard to engage and involve all of our local leaders – boards, medical staff, employees. And so for our corporate resource team, it's about how we can best meet their needs.

"The most important thing our employees and physicians must focus on is how we can continuously improve upon and deliver the highest possible quality of care. That's what our mission is and, frankly, in this new era is the only way hospitals can survive. It will be harder than it's been before, which is why we are reorganizing our corporate resources to be better able to support our hospitals with our priorities on quality, safety and patient satisfaction.

OUR GROWTH AGENDA

"One of the challenges the future holds is that our industry is coming to the realization that the upside to expanded coverage we all anticipated is going to be slower than we thought. In fact, it's difficult to anticipate the time frame in which providers will benefit from expanded coverage. With employers passing on more responsibility to their employees for healthcare expenses, there's more pressure on the health care system as a whole. So the area of uncompensated care is still going to remain a significant challenge for providers in spite of the fact that health care expenses have grown more slowly the past few years than they have in decades.

"While Capella's hospitals are well-positioned for the era of value-based care, there are hundreds of other hospitals that are going to need a partner like us to succeed during the new era. So, we will be re-engaging very actively on the M&A front. We're a good partner for communities and can provide a full gamut of development models, based on what best meets each community's needs. Because of the challenges and the freestanding hospitals' needs for management expertise and capital investments, we are entering a great era of expansion opportunity. And the community hospital will remain the epicenter for health care.

"This is the single most transformative time in our industry in decades, and we want to be able to fully leverage the opportunities out there as we seek to make health care better for the communities we are privileged to serve."



Mike Wiechart
President and
Chief Executive Officer

Dan has been a mentor of mine for most of my 25 years in healthcare. In fact, I've worked for him in three different companies. I wouldn't be here, in this new position of service, without his leadership and encouragement.

— Mike Wiechart



Senior Leadership Team Expanded

Capella's Senior Leadership Team has been expanded with the promotion of a number of executives.

Promoted to Executive Vice Presidents and now part of the Executive Leadership Team along with President and CEO Mike Wiechart are: Denise Warren, Chief Financial Officer; Neil Kunkel, Chief Legal and Administrative Officer; and Andy Slusser, Chief Development Officer.



Denise Warren



Neil Kunkel



Andy Slusser

Promoted to Senior Vice Presidents and now part of the Senior Leadership Team are: Mark Medley, President-Hospital Operations; Carolyn Schneider, Human Resources, SVP; Al Smith, Chief Information Officer; and Lori Wooten, Hospital Operations CFO.



Mark Medley



Carolyn Schneider

"Broadening involvement of key leaders in these senior management roles will help us be more effective in corporate planning, strategy formation and alignment of responsibilities," Wiechart said. "The additional realignment of our staff into a more logical reporting structure will make us a more streamlined and cohesive organization that will serve our stakeholders – the hospitals – more effectively from both a service delivery and cost perspective."



Al Smith



Lori Wooten

CORPORATE PILLAR AWARDS PRESENTED

The Corporate Pillar Awards recognition program was established in 2012 to recognize outstanding contributions in each of Capella's five Pillars by staff who serve at the corporate office. The following were honored with 2013 awards by corporate office staff members:

- **QUALITY PILLAR AWARD:** Beverly Craig, VP, Regulatory Compliance and Clinical Risk Management
- **SERVICE PILLAR AWARD:** John Bradford, VP, Associate General Counsel
- **PEOPLE PILLAR AWARD:** Robert Wampler, VP, Hospital Operations COO
- **GROWTH PILLAR AWARD:** Rick Charbonneau, VP, Business Development
- **FINANCE PILLAR AWARD:** Michelle Carpenter, VP, Revenue Cycle

Finally, a very special award was presented – the **Capella Shining Star Award** – in recognition of an individual who was nominated for excellence across all five pillars. That award went to Al Smith, SVP, Chief Information Officer.

"These past two years have been critical years for the company to achieve IT objectives that will enhance our quality initiatives through information technology," said Mike Wiechart, President and CEO. "Additionally, achieving these objectives led to the receipt of additional payments that will significantly benefit each hospitals' financial health. Al did an exceptional job in recruiting key individuals and leading them through this difficult and stressful time frame. Through the second half of 2012 and first half of 2013, the company successfully converted eight hospitals to an enterprise-wide 'design and build' model of Meditech 6.0 which, based on our best knowledge, is the only conversion done this way in the country. Because of this collaborative and creative approach, Al and his team enabled the company to deploy a high quality IT system at a fraction of what stand-alone organizations would have had to pay. As a result, all of Capella's hospitals were able to successfully attest for Meaningful Use Stage 1 on time and below budget."



Shown from left with Dan Slipkovich: John Bradford, Robert Wampler, Michelle Carpenter, Rick Charbonneau, Beverly Craig and Al Smith. To read more about these individuals and their accomplishments, visit the "News Room" section of our website at CapellaHealthcare.com





PILLAR TALK

Pillar achievements

QUALITY

WVMC named Top Performer again

For the third consecutive time, Willamette Valley Medical Center (McMinnville, OR) has been named a Top Performers on Key Quality Measures® by The Joint Commission in recognition of their exemplary performance in the use of evidence-based clinical processes. The staff was honored for its achievements in heart attack, pneumonia and surgical care.

March of Dimes recognizes Saint Mary's for its work to give more babies a healthy start in life

Saint Mary's Regional Medical Center (Russellville, AR) has been recognized by the March of Dimes for having zero elective inductions and scheduled caesarean deliveries before 39 completed weeks of pregnancy. "We're proud of our expert team of physicians and nurses who recognized the importance of full-term gestation and put in place policies to avoid scheduling elective inductions or caesarean deliveries before 39 weeks of pregnancy, except when medically necessary," said Donnie Frederic, Saint Mary's CEO.



From left: Pam Brown VP of Quality and Patient Safety at the Arkansas Hospital Association; Sherry McClure, Nurse Director, Saint Mary's Women's & Children's Department; Pat Torrico, RN, Chief Nursing Officer, Saint Mary's Regional Medical Center; Tina Long, MS, CHES, March of Dimes, Arkansas, Director of Program Services and Government Affairs; and Donnie Frederic, FACHE, Saint Mary's Chief Executive Officer.

EHS earns quality recognition

The Cancer Center at EASTAR Health System (Muskogee, OK) has earned accreditation with commendation from the American College of Surgeons. They've also been recently recognized for outstanding trauma care (see article on the right on page 5).

SERVICE

Tackling heart disease in Missouri

The Cardiac Rehab "crew" and staff members from Mineral Area Regional Medical Center, (Farmington, MO), joined together to walk to tackle heart disease, educating residents about the fact that heart disease is the #1 killer in the community. Marketing Director Chris Westrich co-chaired the event. "It was a wonderful event with a great turnout as it was held during a Friday night football game between the two local rival high schools!"



Corporate staff serving others

This fall, Capella's corporate staff in Franklin participated in several community projects, including Light up the Night, an event in which staff raised more than \$6,000 to help leukemia and lymphoma patients.



The staff also raised a record \$35,000+ for the United Way, and served at the Nashville Rescue Mission.



DCH honored for most improved ED patient satisfaction

DeKalb Community Hospital has been recognized by HealthStream for "most improved" ED patient satisfaction. DeKalb Community Hospital reached a 99% overall satisfaction rating in 2012.

Pictured from left: Dr. Erik Swensson, Chief Medical Officer of Capella Healthcare; DCH's ER Director Daniel Goodson and CNO Kim Frazier; Bobby Frist, President and CEO of HealthStream, and Sue Conley, CEO of DeKalb Community and Stones River hospitals.

HONORING BRIGHT STARS

EASTAR's trauma team honored

EASTAR'S Trauma Center has been recognized for outstanding performance and dedication to the highest standards of excellence. The hospital was the recipient of the C.T. Thompson, M.D. Award for Excellence in Trauma Care, given annually by Saint Francis Hospital Trauma Institute, Tulsa, to organizations or individuals whose contributions to patient care exemplify trauma care at its best. They were recognized for exceptional care of a trauma patient with a very significant injury and whom the trauma surgeons and clinicians feel would not have survived had the system not worked near perfection.

The award was based on a series of events in which the patient entered EASTAR's Emergency Trauma Center with extreme life-threatening injuries. The nurses and medical staff rapidly assessed the complexity of injuries and implemented a surgical stabilization plan that not only saved the individual's life, but also facilitated a rapid recovery permitting the patient to return home within days. According to a Saint Francis Trauma spokesperson, "for a trauma injury of this magnitude....the level of result exceeded all normal expectation."

EASTAR CEO Tony Young stated, "We are fortunate to witness on a daily basis the exceptional care provided patients through our hospital associates and medical staff. It is particularly meaningful when our dedicated and skilled professionals are recognized by their peers, especially on this level. We commend the entire team for their skills and dedication. In particular we acknowledge Dr. James Campbell, Emergency Department Medical Director; Dr. John V. Tedesco, General Surgery and Cardiovascular Surgeon; and Dr. George S. Cohlmiya, Cardiologist, along with our ER Director Amber Henson and Trauma Coordinator Stacey Jarrard for their expertise and compassion in saving this life."

Hospital honors Dr. Turner for more than 30 years of service

Saint Mary's and the Arkansas River Valley celebrated Dr. Finley Turner for more than three decades of service. More than 600 people attended Turner's retirement party at the hospital on November 14. Dr. Turner, who received Capella's prestigious Physician Leadership Award in 2013, began his 33-year career as a family practitioner in 1980.



Dr. Finley Turner with his wife, Raye.

Dr. Dwayne Damba promoted to Colonel

Mineral Area Regional's ED Director Dr. Dwayne Damba has been promoted to colonel in the United States Army Reserves. Colonel Damba has served in the Army Reserves since 1985 when he began as an enlisted soldier. He has been deployed several times, including to Iraq. Dr. Damba has been on MARMC's medical staff for more than 16 years. He is pictured here with his wife, Dr. Victoria Damba, Hospitalist Medical Director at MARMC, and their daughter.



PEOPLE

Southwestern Medical Center named top workplace

SWMC (Lawton, OK) has been named a Top Workplace in the state of Oklahoma. The hospital was one of 10 in the large employer category to receive this honor, which was based on employee surveys. According to a letter from *The Oklahoman*, working in partnership with Workplace Dynamics which conducted the survey: "Not all [participants] made the list and rankings, but your employees answered the questions with enthusiasm for your company and we want to recognize you."

Earlier this year, Southwestern was named to Becker's *Hospital Review* and Becker's *ASC Review's* annual "100 Great Places to Work in Healthcare" list. "This national recognition is a testament to the team of professionals we have at Southwestern and the culture we have tried to instill over the last three years. I couldn't be more proud of our entire organization," said CEO Steve Hyde.

GROWTH

NPMC invests in property, plans for expansion

National Park Medical Center (Hot Springs, AR) is gearing up for a major expansion project, purchasing nine acres adjacent to their current location. "We are looking forward to expanding some key service lines, and continuing to meet the growing healthcare needs of the Hot Springs region," said Jerry Mabry, Capella Healthcare's Arkansas Market President. Plans call for an investment of \$40 million to expand key service lines including cardiology, surgery, medical imaging, emergency services and women's services.



FINANCE

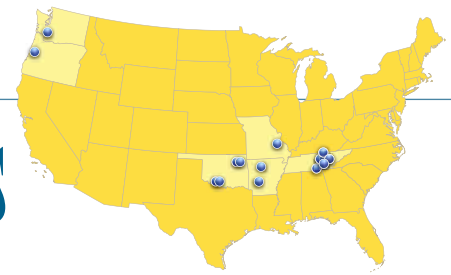
Helping people navigate the new Healthcare Marketplace

River Park Hospital (McMinnville, TN) hosted a series of informational seminars to inform the community about health insurance options under the new Affordable Care Act (ACA). With six Certified Application Counselors on staff and multiple wi-fi-enabled computer kiosks available, River Park is well equipped to help people navigate the new healthcare marketplace.

All of Capella's affiliated hospitals have Certified Application Counselors on staff who are trained to help people compare plans and sign up for health insurance options under the ACA. Additionally, each hospital has a special section on their website under "Health Info" to provide information about what the new health care law means and to offer assistance to those who need help getting insurance.

The Affordable Care Act requires everyone to have health insurance as of January 1, 2014, with the goal of making coverage more accessible and affordable for those who do not currently have health insurance or who have limited coverage. Those who enroll by March 31, 2014 won't have to pay a penalty.

CAPELLA'S HOSPITAL HIGHLIGHTS



ARKANSAS

NATIONAL PARK MEDICAL CENTER Hot Springs **NPMC raises awareness and funds for Rose Parade's Donate Life Float**

National Park Medical Center took part in the world-famous Rose Parade on New Year's Day in Pasadena, California. In cooperation with ARORA (Arkansas Regional Organ Recovery Association), NPMC employees helped raise awareness and funds for "Team Eli" as part of the Donate Life float for the event. The Donate Life float featured a "Light up the World" theme with memorial "floragraphs" (photos recreated with flowers) depicting 75 donors. Additionally, there were 30 riding organ recipients and 12 living donors who walked alongside the float.

NPMC is a part of "Team Eli," named for Elijah "Eli" Cole McGinley, who was born in Little Rock with Spina Bifida alongside his healthy twin brother Walker. Soon after birth, Eli's medical team informed the family that Eli's condition was much more severe than initially thought and his prognosis was grim. His parents immediately knew what they had to do. They chose to give another baby the opportunity at life, and another family the chance to keep their baby in their arms. To read more about Eli and his family's story, visit *Capella Connections* in the "For Employees" section of Capella's website.



Jerry Mabry, Capella Healthcare's Arkansas Market president, dedicated a rose vial for the float, in memory of the four donors from National Park Medical Center during 2012.

SAINT MARY'S REGIONAL MEDICAL CENTER Russellville

Saint Mary's Facebook page may be saving lives

Saint Mary's set a new record this year, with more than 1,100 followers on their Facebook page. It's been a great tool for the hospital to educate the community, and could perhaps even be credited with saving a few lives. In fact, they experienced a 50% increase in mammograms during October, which is Breast Cancer Awareness Month by promoting a special event using primarily free media, such as their Facebook page. At the after-hours event – called "Mammograms and Martinis" – attendees enjoy refreshing martini "mocktails" (with a healthful twist and no alcohol) and gourmet cupcakes. There's even a contest for the best "mocktail" recipe!

MISSOURI

MINERAL AREA REGIONAL MEDICAL CENTER Farmington **Hospital earns an A for safety**

Mineral Area Regional Medical Center earned an A grade on the most recent LeapFrog Group's Hospital Safety Score report. That's the second consecutive time they've scored an A.

Students get free sports physicals

More than 225 local school athletes were given free sports physicals by Mineral Area Regional Medical Center prior to the start of school. More than 50 physicians and staff volunteered their time to provide the 4th annual free sports physicals. CEO Lynn Mergen says, "Sports are a strong tradition in our region and we are proud to give back to our community in this way."



OKLAHOMA

EASTAR HEALTH SYSTEM Muskogee **EASTAR Health System expands services, earns recognition**

It's been a busy few months at EASTAR Health System. First, the hospital opened a new Senior Behavioral Care unit and launched a bariatric surgery program. Then the American College of Surgeons' Commission on Cancer conducted its triennial survey and the hospital earned a three-year accreditation with commendation.

Finally, following completion of an extensive renovation project, OB services moved to the east campus, formerly Muskogee Community Hospital. The women's unit features five labor-delivery and recovery rooms on the second floor and 12 post-partum rooms on the third floor. Each room features a full-sized sofa that converts into a bed and a wide-screen TV doubles as a computer. And there's a special care nursery with 24-hour neonatology coverage.

To top that off, the first baby of 2014 in Muskogee was born to a maternity nurse at EASTAR Health System. Megean Hoffman says the experience will help her be a better nurse because she can now relate better to what her patients are experiencing. "In the 32 years I've worked at this hospital, I've never had an employee have the New Year's baby, not in the OB department," said Debi Ousley, a charge nurse.



SOUTHWESTERN MEDICAL CENTER Lawton

Employees recognized for service

Despite inclement weather, more than 200 SWMC team members and guests gathered in early December for the 2013 Annual Service Awards Banquet and Holiday Celebration. Forty team members were honored who, collectively, have served Southwestern 455 years. The hospital also recognized the contributions of time, effort and energy of the Hospital Auxiliary Volunteers, Volun"teens" and Chaplains.



Charles Jones, Jr., Orderly-Surgery Department, was named the Medical Staff Team Member of the Year.



(Far right) Jennifer Benson, Phlebotomist-Laboratory, was named the Clinical Team Member of the Year. (Right) Sue Thompson, Human Resources Supervisor, was named Non-Clinical Team Member of the Year.



OREGON

WILLAMETTE VALLEY MEDICAL CENTER
McMinnville

Stuff the Bus collects 5,281 pounds of food

In spite of the bitter cold, Willamette Valley Medical Center's Community Service Team collected 5,281 pounds of food and two pallets of toys for needy Oregon families in December. The food collected is a 136% increase over last year.

"Nice work, everybody," said Jill Addison, who, along with Carrie Schadewitz, spearheaded the event.



With temperatures well below freezing and a serious wind chill factor, two dozen employees worked hard to collect the donations for the local food bank and battered woman's shelter.

Carrie Schadewitz with a stash of toys collected for needy families.



TENNESSEE

DEKALB COMMUNITY HOSPITAL Smithville
Hospital named a "Top Performer"

DeKalb Community Hospital has been named a Top Performer on Key Quality Measures® by The Joint Commission in recognition for their exemplary performance in the use of evidence-based clinical processes. The staff was recognized for its strong performance in pneumonia and surgical care.

GRANDVIEW MEDICAL CENTER Jasper
GMC participates in major disaster drill

Grandview Medical Center, along with 53 other hospitals in eastern Tennessee, participated in one of the nation's largest disaster drills ever conducted. Held November 6, the scenario opened with two coordinated simulated explosions at Knoxville's Neyland Stadium during a college football game with 100,000+ in attendance.

Approximately 1,000 volunteers acted as victims, with many "severely injured" during the mock explosion and others "sustaining injuries trying to flee" the chaotic scene. Additionally, some of the "survivors" had to be transported without identification, being separated from

friends and family. Grandview's staff performed very well, under the direct observation of state emergency planners, using volunteer "patients" from the Marion County 4-H Program. The youth really got into the spirit of the drill, complete with "wounds" and even panic-driven "behavior."

Serving children, parents and schools

Grandview also recently completed the annual Marion County School health screenings, seeing thousands of kids from nine different schools. They checked blood pressure, height/weight, hearing, and vision in every other grade, from pre-k through 9th grade.

HIGHLANDS MEDICAL CENTER Sparta
HMC shows off renovations

HMC recently hosted an open house to show off renovations to patient rooms, cafeteria and lobby.



Above, CEO Bill Little visits with Dr. Carolyn Ross and her husband at the open house. Right, a newly renovated patient room.



— continued on page 8

DeKalb and Stones River facilities help
Indian Mound Boys have a Merry Christmas

The employees and staff at DeKalb Community and Stones River Hospital raised more than \$2,500 to purchase Christmas gifts for the teens at Indian Mound Home for Boys located in DeKalb County. Gifts included requested and needed items such as shoes, clothes and work boots.

The hospital hosted a pizza party in honor of the boys including a visit from Santa himself. When asked about his gifts, one teen replied, "This is so cool! I got everything I asked for on my list. I can't wait to get back and try on my new Nikes."

"Of all the things our hospitals do to help the community, this is the event I love the most," said Director Linda Gagne, "It is such a special time for us as well as the boys."

"I would like to thank all of the employees for all of the fund raisers and hard work throughout the year to make this happen," said HR Assistant Jennifer Tramel, "We could never say enough about the good-hearted people who help all year long for this one special day. It warms my heart."



From left: Angela Stockton, Denise Griffin, Brian Woods and Alan Sharp of DeKalb Community and Stones River hospitals gather gifts to distribute at Indian Mound Home for Boys.



HOSPITAL HIGHLIGHTS – continued from page 7

RIVER PARK HOSPITAL McMinnville Hospital participates in career days

River Park Hospital attends numerous school career days to provide children with an idea of the variety of jobs available in a hospital. At West Elementary School in Warren County recently, following a brief talk from a hospital employee, all classes had the opportunity to play a fun and educational game illustrating how hospital employees from all different departments (the kids) have to work together to keep the patients (balloons) safe and healthy (up in the air)! Every age group enjoyed and understood the game ... and who doesn't love playing with balloons?

STONES RIVER HOSPITAL Woodbury Stones River Hospital hosts volunteer holiday brunch

Stones River Hospital hosted a Holiday Brunch for their local volunteers from the Ladies Auxiliary of Cannon County.

“Stones River Hospital is known for our wonderful volunteers of the Ladies Auxiliary who work year round, while always providing a warm smile as you enter the facility,” said Marketing Director Shan Burklow of Stones River and DeKalb Community Hospitals.

To show their appreciation, the hospital, along with HR Director Brian Woods served up the festive meal in the ladies' honor. “Brian takes a hands on approach to this event. He made his famous breakfast casserole and served the ladies himself,” said CEO Sue Conley of Stones River and DeKalb Community Hospitals.



The Ladies Auxiliary enjoyed a Holiday Brunch in their honor served by HR Director Brian Woods.

WASHINGTON

CAPITAL MEDICAL CENTER Olympia Becky Means named CNO

Becky Means was promoted to CNO at Capital Medical Center on September 1. Becky had been serving as Interim CNO since June. She joined the hospital in 2011 as Director of Women's Services.




CAPELLA HEALTHCARE™

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To see this issue on-line, or learn more about Health Heroes and Bright Stars, visit our website's "For Employees" section.

CAPELLA CORPORATE

Mark Medley, President of Hospital Operations, has been installed as Chair-Elect of the Tennessee Hospital Association. He recently participated in the ribbon-cutting ceremony for THA's new offices.



The Source, the magazine for HealthTrust Purchasing Group, is featuring Capella in two major articles in its fall issue. Brian Hitchcock, VP, Materiel Resource Operations and Lori Wooten, SVP, Hospital Operations, CFO are pictured on the cover. Al Smith, SVP, CIO, is featured inside.

Becker's Hospital Review has recognized Dan Slipkovich, Executive Board Chair and Founder, on the "300 Hospital and Health System Leaders to Know" list and Al Smith, SVP, CIO, on the "100 Hospital and Health System CIOs to Know" list.

To read these articles, visit "News Room" on Capella's website.

HEALTHY HERO HOLLY CLARK

Holly Clark has lost 65 pounds in less than 10 months. She credits her iPad. Or more accurately, she credits her iPad apps and a very strong desire to get healthier.



Holly Clark
VP, Chief Clinical Officer
Hospital Operations

“When I was in my 30s, I was in great shape, lighter than I am now even. I lifted weights and exercised every day. Then I got married and my routine changed. I came home after work and cooked supper instead of exercising.

“My mom is wheelchair-bound because of osteoarthritis and I don't want to end up like that. But I had already started getting arthritis in my ankles and hands. And my back hurt all the time. That's when I made the decision to just focus on getting healthier and developing healthier habits.

“I started with a Weight Watchers app and I still use it. It's taught me how to eat healthy. No foods are forbidden, you just learn to balance what you eat. It's not about a diet but a lifestyle. Then I added yoga, learning how from an app. I do yoga every day in my kitchen after dinner. I believe in it wholeheartedly.

“Now that I'm healthier, I am also more emotionally clear and relaxed. I've learned to breathe and to de-stress. And nothing hurts anymore.”

To see which yoga apps Clark recommends, visit "Health Heroes" in the "For Employees" section of our website.

To learn more about free wellness resources provided for all employees, visit MyCapellaWellness.com. There are millions of pages of health content, including recipes, videos and health calculators as well as an on-line store with discounted health products.

