

Fall 2014

CONNECTIONS

A NEWSLETTER FOR ASSOCIATES OF CAPELLA HEALTHCARE

CAPELLA HEALTHCARE'S FIRST STAR AWARD RECIPIENT

Sarah Middleton, RN, Joint and Spine Program Coordinator for Capital Medical Center (Olympia, WA), is the first recipient of Capella's STAR Award. The award is designed to recognize individuals who are shining examples of the organization's values, including being passionate about providing the highest quality of care with an uncompromising focus on safety, being dedicated to exceeding the expectations of all and being a great team member.

One employee at each hospital was honored (*see photos below*). Middleton was selected for company-wide recognition.

Learn more about all of these STARS on pages 4 and 5.



Renee Walker
DeKalb Community Hospital



Carol Urban
EASTAR Health System



Linda Mason
Highlands Medical Center



Cathy Sullivan
Mineral Area Regional
Medical Center



Billy Shuffield
National Park
Medical Center



Nancy Davidson
River Park Hospital



Julie Eckart
Saint Mary's Regional
Medical Center



Toni Henderson
Stones River Hospital



James Chester
Southwestern
Medical Center



Zac Woodruff
Willamette Valley
Medical Center

FIRST RECIPIENT IS ROSEMARI DAVIS OF MCMINNVILLE, OREGON

Founder's Leadership Award established by Capella Healthcare in honor of Dan Slipkovich

A new annual leadership award has been established by Capella Healthcare in honor of Founder and Executive Board Chair Daniel S. Slipkovich. The award will be presented annually to an associate whose leadership style and achievements demonstrate the integrity and commitment exemplified by Slipkovich.

"With Capella having just begun our tenth year of service, it is an especially appropriate time to pay tribute to the single individual without whom the company would probably not even exist," said President and CEO Michael Wiechart in announcing the award during the annual Leadership Conference in Franklin, TN. "It was Dan's vision more than a decade ago that led to our founding. It was his commitment to quality care – first and foremost – that helped craft our mission. And it was his leadership, built on a solid foundation with integrity as its foremost principle, that has been vital to our success."

Slipkovich co-founded Capella Healthcare in 2005, and served as its first CEO. Under his leadership, the company was twice recognized by *Modern Healthcare* as one of the nation's fastest growing health care companies (2012, 2013). More importantly, its hospitals have earned national recognition for quality of care, patient satisfaction and employee satisfaction, Wiechart said.

An Eagle Scout at age 13, Slipkovich was selected from among 13,000 Eagle Scouts in a 37-county region to receive one of middle Tennessee's first Outstanding Eagle Scout Awards in 2011. This prestigious recognition is granted to Eagle Scouts who have demonstrated significant achievements at the local, state, or regional level.

"Honor, duty, respect, and helping others are values that resonate in Scouting, and are also values that reflect who Dan Slipkovich is as well as the foundation upon which he has built Capella Healthcare," said Wiechart, who calls Slipkovich his mentor. "His leadership style epitomizes honesty, integrity, and courteousness, and he leads by personal example, always focusing on what is best for the patients and communities we serve."

The inaugural Founder's Leadership Award was presented to Rosemari Davis, who left retirement last year to serve as Interim CEO of Willamette Valley Medical Center in McMinnville, OR. Davis previously had served as the hospital's CEO from 1994-2011. During her original 17-year tenure, the hospital experienced tremendous growth, achieving national recognition for its high quality care. The hospital has earned numerous accolades, including being named

one of The Joint Commission's top performers on key quality measures for the past three consecutive years.

After she retired, Davis stayed busy with community activities, including working with the GhanaHope Foundation, a partnership between McMinnville health care supporters and providers in Ghana. She agreed at Capella's request to come back and serve as interim CEO in 2013. With the hiring of the hospital's new CEO this summer, she is retiring again. Having begun her career as a nurse, Davis recently donated \$10,000 to Chemeketa Community College to start a scholarship fund for nurses. In her honor and in conjunction with this award, Capella Healthcare matched her donation to fully endow the scholarship. It will provide for at least one \$1,200 scholarship annually.

Davis played a key role in the establishment of the GhanaHope Foundation, through which McMinnville, Oregon, serves a sister city in Ghana.



In 2011, Davis was honored for her role in supporting the company's local and national Physician Leadership Groups.



Davis donated \$10,000 to Chemeketa Community College to start a scholarship fund for nurses. In her honor, Capella Healthcare matched her donation to fully endow the scholarship.

Troy E. Sybert, MD, MPH, named EVP, Chief Medical Officer



Troy E. Sybert, MD, MPH
EVP, Chief Medical Officer

It was a gift of a jar of Mayhaw jelly that first affirmed for Dr. Troy Sybert that he was heading in the right direction.

When he was a young resident in Texas, one of his patients presented him with this gift in thanks for his service. Made from the berries of Hawthorne trees, the jelly is considered a rare treat because of the short harvest season and the enormous effort it takes to gather the fruit.

"It's that individual patient interaction and their appreciation of our time and service that drives my love of medicine," Dr. Sybert said.

All of his training and experiences have positioned Dr. Sybert to be a significant resource in his new role as Executive Vice President and Chief Medical Officer (CMO), a position he assumed on September 1.

Dr. Sybert has senior leadership responsibility for all of the company's quality and service excellence initiatives. He also facilitates the work of the National Physician Leadership Group, ensuring that physician leaders are continuously involved in shaping the company's vision and future strategies.

Prior to joining Capella, Dr. Sybert served as Chief Quality and Medical Information Officer at Wellmont Health System in Kingsport, TN. Before that, he was Chief Medical Officer for University of Texas Medical Branch in Galveston. Dr. Sybert has earned board-certification in both public health and general preventive medicine.

After earning his medical degree from University of Texas Southwestern Medical School in 2001, Dr. Sybert completed a combined internship and residency in internal medicine and general preventive medicine. He also completed a master's degree in public health at University of Texas Medical Branch while achieving certification in Six Sigma/Lean Thinking from the American Society for Quality.

He gained valuable insight into public health during his residency through a medical missions outreach initiative in Brownsville, TX. "We worked with a Hispanic community around the issues of diabetes and other chronic diseases. I realized that chronic diseases have a huge relationship to societal issues (such as access to care, and best prevention methods such as available food types and exercise facilities). I began to understand that I could have a greater impact on health care from an administrative position, making decisions that would impact communities and the health of populations."

Through his experience at Mayo Clinic, he got to experience how strong organizations involve their physicians in leadership processes to guide change in management, teamwork dynamics, and organizational behavior.

Dr. Sybert was selected by the Tennessee Hospital Association to be a member of the Symposium for Leaders in Healthcare Quality. The American Hospital Association launched the symposium in the spring as a forum for performance improvement by encouraging leaders and caregivers to share best practices. He recently attended the national Quality & Safety Roadmap meeting, participating in sessions focused on engaging patients and families to enhance patient safety. "To be able to collaborate with other professionals across the country who are committed to excellence is a wonderful opportunity, from which patients will receive the ultimate benefit," Dr. Sybert said.

"From the boardroom to the patient's bedside, supporting our physicians, nurses, and other clinical staff must be paramount in this era of health reform," Dr. Sybert said. "It will be an honor to be part of that ongoing effort to provide safe and compassionate care each and every day in the facilities throughout the Capella family."

FORWARD TOGETHER

"People don't care how much you know until they know how much you care."

– Theodore Roosevelt



Michael Wiechart
President and CEO

Patients judge their quality of care, for the most part, by how they are treated. Healthcare professionals evaluate their colleagues in much the same way.

This summer, we were privileged to honor 11 individuals who have been recognized by both patients and peers as being the very best at what they do.

Among them is Capella's very first employee STAR award recipient – Sarah Middleton, Joint and Spine Program Coordinator at Capital Medical Center. She is a remarkable nurse, whose praises her patients and co-workers sing.

Equally compelling are the stories of our other ten nominees. Representing a variety of roles – from nursing and cooking to imaging and housekeeping – these individuals are the heart of our company. They don't let anything – personal struggles, family challenges or other issues – interfere with the way they treat others. Patients, and frankly anyone else these individuals encounter, know they are the priority.

You'll also read about Donnie Frederic, former CEO of Saint Mary's, who passed away unexpectedly this summer. Donnie spoke at every new employee orientation, describing what he called the "Mama Standard of Care" – to make sure every employee treated every patient as if they were their own mothers.

Finally, I was honored to bestow our first Founder's Leadership Award, in honor of Dan Slipkovich. It is his vision that led to Capella's founding. It is his commitment to quality care that helped craft our mission. And it is his strong leadership that that has been vital to our success thus far.

Read more about all of these remarkable members of Capella's family in this issue and learn even more on our website.






STAR AWARD RECIPIENTS

The Employee STAR Award is designed to recognize individuals who are shining examples of Capella's values.



Sarah Middleton, RN, receives national STAR Award
CAPITAL MEDICAL CENTER
 Olympia, WA

Established in conjunction with Capella's 10th year of service, the Employee STAR Award is designed to recognize individuals who are shining examples of the company's values. Honored with the 2014 national award is Sarah Middleton, RN, Joint and Spine Program Coordinator for Capital Medical Center (Olympia, WA). In addition to the \$1,000 check Middleton received, \$1,000 was donated in her honor to Seattle Children's Hospital, one of her favorite non-profit organizations.

Middleton is a remarkable nurse whose service has improved quality, delighted patients and inspired staff.

She first set foot in Capital Medical Center when she was just six years old and her mother began working there as a nurse a year after the hospital opened its doors. She officially began her own career at Capital in 2001 as a staff nurse on the medical surgical floor. She set such an example for others that she was quickly identified as a leader and became a charge nurse. Because of her skill at mentoring others, Middleton was promoted to the role of clinical educator for the medical surgical department and then last year to Joint and Spine Program Coordinator.

Her dedication to care and her focus on details were instrumental in developing the foundation for the hospital's Joint and Spine Program, and their subsequent achievement of disease-specific certification from The Joint Commission for hip replacement, knee replacement and spine surgery.

Daily, Middleton demonstrates a passion for her patients. She invests her time, energy and compassion in each patient scheduled for surgery by being their guide through the process even after they return home.

According to Dr. Stephen Snow, an orthopedic surgeon and a member of Capella's National Physician Leadership Group, Middleton does an outstanding job of coordinating the many administrative aspects of the hospital's Joint and Spine Program, but she shines brightest in taking care of people. "Her educational efforts in the joint camp seminars really aid people in preparing for their surgery," said Dr. Snow. "People come in with proper expectations and thus cope better with the procedures. It helps them leave the hospital sooner. While in the hospital, Sarah is great at helping people who might be struggling with some aspect of their stay."

EACH HOSPITAL nominated one of their most outstanding employees as their STAR. The brief overviews below of all of the hospital award recipients are taken directly from the words of those who nominated them.

Renee Walker, Medical Lab Technologist
DEKALB COMMUNITY HOSPITAL
 Smithville, TN



Renee Walker, who will celebrate 20 years of service at DCH in January, is one of the "quiet, extremely competent people" who takes pride in her work and carefully monitors results that affect patients. She is an excellent team player as well as a caring, hardworking individual, making her the perfect coworker. She uses her initiative, taking on more than her fair share of tasks. She also goes out of her way to help people in need in the community.

Carol Urban, RN, 4-East Medical Floor, East Campus
EASTAR HEALTH SYSTEM
 Muskogee, OK



Carol Urban has been a nurse for 34 years, serving patients at EASTAR Health System since 2009. She consistently exceeds expectations in delivering exceptional care. She double-checks charts to make sure everything is updated and correct, and never hesitates to spend a little extra time with patients. She is always courteous to co-workers and willing to help in whatever tasks are needed to make the patient more comfortable. It is not uncommon for her to go to dietary and pick up trays herself if she knows the patient is waiting. She is always sweet and very professional no matter what the situation.

Linda Mason, Dietary Cook / Aide
HIGHLANDS MEDICAL CENTER
 Sparta, TN



Linda Mason, who joined the HMC family in 2005 as a Dietary Cook / Aide, epitomizes the Studer pillars with not only her conscientious job performance but through taking ownership for the viability of not only her department but the facility as a whole.

Mason lives the hospital's mission statement, treating others as if they were a member of her own family. She wants everyone to have a positive experience whether it is through her abilities to provide eye-catching and appetizing food service or through her abilities to give that extra touch to patients, families, visitors, medical staff and co-workers. Recently, after learning a pediatric patient was having trouble with his therapy, she talked with the family and discovered what he liked. Then, each time the young boy came for outpatient therapy, she made sure his "treat" was waiting for him when he finished his treatments.

Cathy Sullivan, Housekeeping Supervisor
MINERAL AREA REGIONAL MEDICAL CENTER
 Farmington, MO



Cathy Sullivan is, according to her supervisor, the hardest working person he has ever known. Anytime Sullivan is called upon, she tackles it full steam ahead.

And she's been that way since joining the MARMC staff in January of 2006. For example, Sullivan noted that the surgery department had a very busy day on the first night of the hospital's free Sports Physicals. Knowing the housekeeper assigned to the area would not be able to finish cleaning the area in time, Sullivan came in after working her normal morning shift to help get the rooms ready.

Billy Shuffield, Interventional Radiology Supervisor
NATIONAL PARK MEDICAL CENTER
 Hot Springs, AR



Serving at NPMC for 23 years, Billy Shuffield is a consistent, dependable, knowledgeable person who genuinely cares about his patients, their families, physicians and co-workers. He has an infectious positive energy and manages to make an impact in every encounter he has. A satisfaction-focused attitude is hard-wired, and Shuffield treats everyone with the utmost respect and care.

With patients, from the start of the procedure until the end, he explains everything regarding pre- and post-procedure to the patient and their family. During the case, he personally comes out to the waiting room to update the family. He's even been called in to work special cases because his skills are so highly valued by physicians.

Nancy Davidson, Occupational Therapist
RIVER PARK HOSPITAL
 McMinnville, TN



Shortly after beginning her journey as an occupational therapist at RPH less than two years ago, Nancy Davidson was diagnosed with breast cancer for the second time. Throughout the months of treatment, her focus remained on the well-being, safety and comfort of her patients. She arrived to work each day with enthusiasm and a smile so infectious that many of her colleagues were unaware of the pain she was suffering. Throughout health issues that would have sidelined most folks, Davidson was still a cheerleader for and a teacher to her patients.

Julie Eckart, HR Coordinator
SAINT MARY'S REGIONAL MEDICAL CENTER
 Russellville, AR



Working in the Human Resources Department for four years, Julie Eckart has contact with every occupation, every department and, potentially, every individual at Saint Mary's. She treats all employees with respect and goes out of her way to make certain their needs are addressed. A team player, Eckart is inclusive. She encourages consensus and cooperation, enabling people to understand how their actions and attitudes impact other individuals, departments and even patients.

Eckart works long hours in a fast-paced profession, but she is never too busy to take time to listen or share the wisdom of her experience, education, and expertise. Many times Eckart will recognize that an employee needs additional help with a problem. She often goes above and beyond the call of duty to find resources and solutions that will benefit employees and their family members.

James Chester, Director, Behavioral Health Center
SOUTHWESTERN MEDICAL CENTER
 Lawton, OK



James Chester has proven himself to be strong, competent and compassionate in his responsibilities and his dealings with all he serves – patients, families, providers and team members.

Beginning his SWMC career as a mental health tech, he is now Director of the Behavioral Health Center – a testament to his determination, hard work and effectiveness. Chester maintains a positive presence, works well under pressure, and is a noted problem-solver. Under his leadership, employee retention has improved, quality has been enhanced, and more patients are seeking care at SWMC's Behavioral Health Center.

Toni Henderson, LPN, Medical Surgical Floor
STONES RIVER HOSPITAL
 Woodbury, TN



A "people person" who knows how to provide tough love, Toni Henderson is an LPN who's been known to follow an inpatient into the parking lot to convince them to stay and fight for their sobriety. Doctors request her at the bedside for procedures. She fills in open shifts for the unit. It is not a rare occurrence to see Henderson in the ER assisting with a code or transporting patients to different departments.

The quote "have a heart that never hardens, a temper that never tires and a touch that never hurts" exemplifies how Henderson serves every day. She consoles family members at the bedside of dying patients, calms the nerves of struggling detox patients, and holds the hands of elderly patients. Serving at SRH since 2009, Henderson inspires and motivates everyone she encounters.

Zac Woodruff, RN, BS, Medical/Surgical Unit
WILLAMETTE VALLEY MEDICAL CENTER
 McMinnville, OR



Three years ago, Zac Woodruff sought out WVMC while he was still finishing his associates' degree. He quickly became "employee of the month" on night shift, recognized for his intelligence and work ethic.

When he completed school, he became a full-time nurse on the med/surg unit, rising to the position of assistant nurse manager. He quickly assumed leadership of the Med/Surg Rounding and Bedside Shift report team, and now serves on the Med/Surg Lean Committee. His peers chose him to be part of the Nursing Leadership Committee. He is also the hospital's number one Social Media blogger, posting educational articles on the hospital's Facebook page.

But it's his patient focus that is most respected. Woodruff shows each and every day that the human spirit is alive, and that each patient and family member can be touched in one way or another, forever changing the way they feel, not only about themselves but about the care they are receiving.

Learn more about these inspirational employees by visiting our website at CapellaHealthcare.com/ForEmployees



HOSPITALS AWARDED FOR OUTSTANDING ACHIEVEMENTS IN KEY PILLARS

National Park Medical Center takes the top honor

One of the highlights at Capella Healthcare's annual Leadership Conference is the recognition of hospitals for their outstanding achievements in the key pillars: Quality, Service, People, Growth and Finance.

National Park Medical Center took the top honor – the STAR Award – for its exceptional achievements in all five pillars. They also won individual awards in three of the five pillars. Congratulations to NPMC CEO Jerry Mabry, also the Arkansas Market President, and the entire team at NPMC!

Here's a complete listing of all of the hospital's pillar awards. Congratulations to all.



INDIVIDUAL HOSPITAL ACHIEVEMENTS IN PILLAR CATEGORIES

QUALITY

- **Best Overall – Quality Measures**
Willamette Valley Medical Center (OR)

SERVICE – BEST OVERALL

- **ED Satisfaction** – Southwestern Medical Center (OK)
- **Outpatient Satisfaction** – National Park Medical Center (AR)
- **Inpatient Satisfaction** – Willamette Valley Medical Center (OR)
- **Physician Satisfaction** – National Park Medical Center (AR)

PEOPLE

- **Highest Achievement – Employee Satisfaction**
Southwestern Medical Center (OK)
- **Most Improved – Contract Labor**
Highlands Medical Center (TN)
- **Best Overall – Employee Retention**
DeKalb Community Hospital (TN)

GROWTH

- **Greatest Achievement – Admissions Growth** – National Park Medical Center (AR)
- **Greatest Achievement – Overall Volume Growth** – Saint Mary's Regional Medical Center (AR)
- **Best Overall – Medical Staff Retention** – Capital Medical Center (WA)
- **Best Overall – Physician Recruitment** – Saint Mary's Regional Medical Center (AR) and EASTAR Health System (OK)

FINANCE

- **Best Overall – Net Revenue per Adjusted Admission** – Capital Medical Center (WA)
- **Best Overall – Expense Management Improvement** – Mineral Area Regional Medical Center (MO)
- **Highest Achievement – EBITDA* Goal** – National Park Medical Center (AR)

*Earnings Before Interest, Taxes, Depreciation and Amortization

STAR Award

For outstanding achievement in all five pillars
National Park Medical Center (Hot Springs, AR)

National Park Medical Center, which celebrates 60 years of service to its community this fall, took the company's top honor for the fourth time. They also honored for a top achievement in three of the five pillars, including service, growth and finance.

For the second consecutive year, they took the award for Highest Outpatient Satisfaction, raising their mean score from 9.37 to 9.52 and into the 80th percentile. In the area of physician satisfaction, they achieved a top box score of 3.61, representing a significant increase from 3.41 the year prior. And, they had the highest admissions growth which, at least in part, led to the highest achievement in EBITDA* growth. To accommodate their significant growth, they've purchased nine acres of land adjacent to the hospital for a major expansion project.

Active in the community, NPMC sponsored an organ donation campaign, cardiac education program for young women, and an award-winning American Cancer Society Relay for Life team. Employees were recognized at a regional level for raising more than \$20,000.

Pictured above are Michael Wiechart, President & CEO of Capella Healthcare (left) and Mark Medley, SVP, President-Hospital Operations (right) with the NPMC senior leadership team, including (from left): Brian Bell, COO; Patsy Crumpton, CNO; Marti Dreamer, CQO; Robbie Pettey, CFO; and Jerry Mabry, CEO.

Individual Leadership Awards presented

HOSPITAL LEADERSHIP AWARD

- **CEO Leadership Award**
The CEO Leadership award was presented posthumously to Donnie Frederic, CEO, Saint Mary's Regional Medical Center, Russellville, AR (see story right).
- **CFO Leadership Award**
Wendell Van Es, CFO, Saint Mary's Regional Medical Center, Russellville, AR
- **CNO Leadership Award**
Connie Pullen, CNO, Willamette Valley Medical Center, McMinnville, OR
- **CQO Leadership Award**
Tim Copeland, CQO, Saint Mary's Regional Medical Center, Russellville, AR

CORPORATE PILLAR AWARDS

- **Quality** — Magda Osburn, Director – Clinical Informatics
- **Service** — Kathy Van Horne, Director – HRIS
- **People** — Lori Wooten, SVP, CFO – Hospital Operations
- **Growth** — Rick Charbonneau, VP – Business Development
- **Finance** — Christina Patterson, VP – Finance and Investor Relations

For more information on these award recipients, visit the News Room section of Capella's website at www.CapellaHealthcare.com



CFO Leadership Award: Wendell Van Es
CNO Leadership Award: Connie Pullen
CQO Leadership Award: Tim Copeland

Capella Healthcare donated \$500 to each of these hospital leadership award recipients' favorite charities. To see who they honored, visit the News Room on our website.



Quality: Magda Osburn
Service: Kathy Van Horne
People: Lori Wooten
Growth: Rick Charbonneau
Finance: Christina Patterson

CEO LEADERSHIP AWARD

Donnie Frederic honored posthumously



Donnie Frederic, former Chief Executive Officer (CEO) for Saint Mary's Regional Medical Center, Russellville, AR, was posthumously awarded Capella Healthcare's annual CEO Leadership Award. Frederic, who passed away on July 4, also received the award last year.

"Donnie's commitment to quality, his passion for excellent service, and his skill in relationship building along with his tremendous work ethic and genuine kindness resulted in remarkable success over the past two years for Saint Mary's," said Michael Wiechart, President and CEO of Capella Healthcare. "Saint Mary's experienced remarkable growth last year, and received our overall volume growth award as well as our physician recruitment award. Donnie oversaw the investment of more than \$25 million, the completion of numerous projects under development, and – earlier this year – the opening of the new facility housing Millard-Henry Clinic.

"Donnie attended every new employee orientation personally to meet new employees, and to describe what he called the 'Mama Standard of Care' – treating each patient as if they were our own mothers. At his memorial service, we learned about how deeply Donnie loved his wife and soul mate, Jeanne, and how good it was for the staff to see this – fully understanding that any man who could so thoroughly love and treasure his wife was someone who valued what was important and could be deeply trusted."

In conjunction with the CEO Leadership Award and to match donations by the hospital's employees, Capella Healthcare presented a check for \$2,500 in memory of Frederic to the Donnie Frederic Memorial Scholarship Fund, which will be used to provide scholarship funding for employees seeking nursing and clinical degrees.



BENEFITS BRIEF

TWO NEW BENEFITS INTRODUCED

SCHOLARSHIPS AND TUITION DISCOUNTS AVAILABLE

Capella has entered into a partnership with Western Governor's University (WGU) to assist employees who wish to pursue higher education while continuing to work. Created to expand access to higher education through online, competency-based degree programs, WGU's mission is to help hard-working adults meet their educational goals and improve their career opportunities.

Through this partnership, Capella employees receive the following:

- 5% tuition discount for up to four terms
- Eligibility to apply for Healthcare Partners Fund Scholarship, valued at \$2500

The first employee to receive a scholarship is Shanna Creighton, RN, Director of Inpatient Services at River Park Hospital, McMinnville, TN. Creighton, who received the Healthcare Partners Fund scholarship worth \$2,500, is enrolled in the RN-BSN program, with plans next to earn a master's degree in nursing with a focus on nursing leadership.

WGU offers a variety of graduate and undergraduate degrees through its College of Business, College of Information Technology and College of Health Professions. **To learn more, visit:** tennessee.wgu.edu/landing/capellahc



LEARNVEST SIMPLIFIES MONEY MANAGEMENT

Employees now have access to a new benefit, one focusing on financial wellness. **LearnVest** is a program that includes website features and financial counseling designed to simplify personal budgeting and financial management. This enables employees to work toward goals that matter most to them – like saving for retirement, paying down debt or buying a home.

What do you get with the LearnVest program?

- Your own dedicated LearnVest Planner who will help you and your family create a personalized financial plan
- A custom budget and financial plan that take your goals and lifestyle into account
- LearnVest classes that will explain the why and how behind the plan
- Premium LearnVest.com features, which include your Progress Board, your Goal Calendar, and personal Challenges

To access your membership and claim this free benefit, employees should visit: www.learnvest.com/capella5year



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.

HONORING BRIGHT STARS

LUCILLE KUHN: CELEBRATING 50 YEARS OF SERVICE



Lucille Kuhn, RN, just celebrated 50 years of service at Willamette Valley Medical Center. But in typical fashion, Kuhn is taking it all in stride. She earned her BS degree in nursing from the University of North Dakota in May of 1964, landed at the old McMinnville Community Hospital four months later, and never left.

She helped set up the short stay department around 1984 at the original facility when sending surgery patients home from the hospital the same day became the standard of care for many procedures. She managed the department for the next 16 years until 2000, when she decided to work fewer hours.

"I meet the most wonderful patients and families. Many I have cared for often over the years and I love being there for them," she said. "Just doing extra things always makes me feel good. After several days off I'm ready to go back for a day or two, not only because I enjoy the patients, but because I work with the most wonderful caring staff anyone could ask for."

So, what will she do with the extra time now that she is working fewer days? "I want to spend more time with my husband, my friends, my flower garden, reading more, going for longer walks, playing my piano and lingering with my morning coffee." Kuhn and her husband, Al, have been married 53 years, and have two children and five grandchildren.

MILA VAZQUEZ: CELEBRATING U.S. CITIZENSHIP



Mila Vazquez, Physical Therapy Director for DeKalb Community and Stones River hospitals, is celebrating the achievement of earning U.S. citizenship. "It has taken me ten years to make it through the process of becoming a U.S. citizen. I definitely do not take my responsibility as an American lightly. It took so much for us to get where we are."

Born of humble beginnings on a small island in the Philippines, Vazquez says: "Growing up, we didn't have much, but we always shared what we **did** have. My father was always inviting people to eat or stay with us. He has always been a very giving person."

Following in her father's footsteps, Vazquez wanted to pursue a career that would help people, which led her to become a physical therapist. And she started 'The Philippine Project' – partnering with The Filipino American Association of TN to help raise money to give back to the people and place that raised her.

"Growing up, there was a big ship that came to our island. It was full of mission workers who came to help our village and the villages around us. As a child, I said to myself, 'I want to be one of those people when I grow up.' Now, it is like I am living that dream by making a difference for my people of the Philippines as well as my patients here in the United States. It makes me very happy."