



Boulder City Hospital
Quality care close to home

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bouldercityhospital.org

**Season's
Greetings
and Happy
New Year!**

**Thank you for
your support
and for allowing
us to serve all of
your healthcare
needs!**



**Save the Date
For the
Fourth Annual
Heart of the
Community Gala**

**Honoring
Former Mayor
Bob Ferraro**

**April 12, 2013
6:00 pm
Boulder Creek
Golf Club**

If you would like to become an event sponsor please
call Wendy Adams at (702) 293-0214

Boulder City Hospital Bulletin



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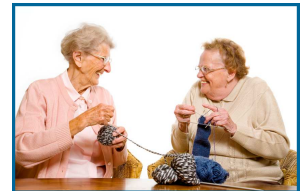
Assisted Living Vs. Skilled Nursing

Not sure which is best for your loved one? You're not alone. While there are many differences between Skilled Nursing and Assisted Living Facilities, it can get confusing when trying to choose the most appropriate facility to care for your loved one.

An Assisted Living Facility is a residence which provides supervision and assistance with daily living activities such as bathing, dressing and toileting. Assisted Living Facilities are typically helpful to those who are capable of handling most daily activities on their own and require little to no assistance. It does not provide around the clock nursing that a skilled nursing facility provides. Nurses are accessible by phone; however, may not be physically present.

Skilled Nursing Facilities are a place of residence for those who require more comprehensive, hands on care. SNF's are able to treat complex health problems that are unable to be managed by home care or assisted living. The care of a loved one is based off of a care plan for treatment and recovery developed by a physician and carried out by a skilled team of health care professions to ensure optimum results. Nurses, pharmacists, physicians, physical and occupational therapists are available on-site. Nurses provide on-site around the clock care, 24/7.

Boulder City Hospital's Skilled Nursing Facility provides you with peace of mind, knowing that your



loved one is in good hands, regardless of the time of day. If you are caring for an elderly parent or loved one, you can trust that our team of health care professionals understands the needs of each individual and works to provide a caring, nurturing and safe environment.

Boulder City Hospital is here to answer any questions and help guide you in making the best choice for the future of your loved one. Call 293-4111 to schedule a tour or to find out more information.



Fall Prevention Awareness Workshop

According to the CDC, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries each year. Injuries related to falls can impact your health and independence. The risk of falls increases with age, but is not an inevitable part of aging.

Since education is key to fall prevention, Boulder City Hospital hosted a free Fall Awareness Workshop in conjunction with Fall Prevention Awareness Week. We would like to

extend our gratitude to the following for donating their time and services to the workshop:

- The Lions Club for the Vision Exams
- Dr. Gerald Torgesen and Dr. Kirk Larkin for the Foot and Shoe Wear Assessments
- Dr. Roger Theobald for the Hearing Exams
- And our very own Physical



Therapy Department for the Balance Testing. The CDC recommends the following steps to help prevent falls:

- Make your home safer
- Begin a regular exercise program (be sure to consult with your physician before starting any exercise program)
- Have your vision checked
- Have your healthcare provider review your medications.

Living With Diabetes Just Got Easier

Living with diabetes can be a challenge, even more so as you age.



Education is an important tool to aid in health and well-being. That's why Boulder City Hospital is proud to offer a FREE Diabetes Education session with a Certified Diabetes Educator (CDE).

A CDE is a healthcare professional specially certified in diabetes education by the National Certification Board for Diabetes Educators (NCBDE). The CDE is required to have a minimum of two years professional practice experience in diabetes and 1000 hours of diabetes education experience.

The CDE will offer education regarding:

- The latest diabetes information
- The different kinds of diabetes
- The typical course of diabetes
- Different diabetes treatments and tests
- Blood sugar control
- Low or high blood sugar symptoms
- Meal planning and physical activity
- Helpful diabetes resources

Free sessions are held in the Boulder City Hospital Board Room on the 4th Tuesday of the month at 3:00pm. Your family and friends are also welcome to attend the free session. Please call Ariana Santo, MS, RD, CDE at (702) 557-1971 to register for your FREE session or for additional information.

Boulder City Hospital: In A Nutshell



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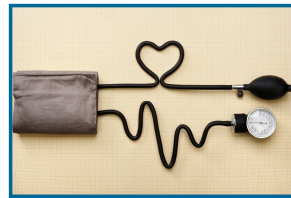
- 20 - bed Medical/Surgical Telemetry Unit
- 4 - bed Intensive Care Unit
- 6 - bed Full Service Emergency Services open 24/7 with Board Certified Physicians
- Outpatient Services
- Laboratory Services
- Radiology Services
- Physical & Occupational Therapy
- Home Health Agency
- 39 - bed Skilled Nursing Facility
- Partial Hospitalization Program

Boulder City Hospital Completes CMS Survey

Recently, the Centers for Medicare/Medicaid Services (CMS) & Critical Access Hospital (CAH) survey team conducted a weeklong survey of Boulder City Hospital. We are pleased to announce that we met **ALL** of the Conditions of Participation for a Medicare Provider/Critical Access Hospital.

Boulder City Hospital is committed to providing high quality care to the community we serve. Each member of our staff and leadership are committed to achieving and exceeding the standard of excellence in health care. This is one of the reasons why we consistently score high in quality core measures.

These accomplishments demonstrate Boulder City Hospital's dedication to providing the high quality, compa-



sionate health care expected by the community of Boulder City. We are focused on the satisfaction of each and every patient and we strive to make your experience here as pleasant as possible. Here is what our patients have said about their experience:

"Thanks for the outstanding service. Keep up the good work."

"Everyone was professional and caring and I was very well taken care of."

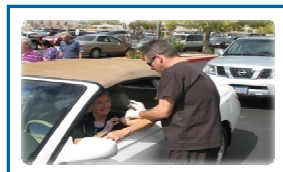
Introducing Our Employee of the Quarter

Congratulations to Marilyn Dines, the third quarter winner of the Heart at Work Employee Recognition Program. Marilyn works in the Patient Financial Services department as the charge master coordinator. Heart At Work winners exemplify Boulder City Hospital's Core Expectations and Values and are nominated by their fellow employees. Way to go, Marilyn!



Flu Vaccine Best Defense Against Flu Viruses

The CDC recommends a yearly flu vaccine as the best protection against flu viruses. With this in mind, Boulder City Hospital has offered several Flu Vaccine Clinics this season, including a Drive-Up Clinic on Halloween. In fact, Boulder City Hospital still has a limited supply of flu vaccines. It's not too late to get your yearly vaccine. Please call our House Supervisor at (702) 293-4111 to get your flu vaccine today. (a donation of \$20 is suggested)



Teamwork is the key to Success

Boulder City Hospital believes that the delivery of outstanding



patient care centers around an exceptional team of employees who are committed to providing high quality health care. Our employees are devoted to the community they serve and the wellness of each of our patients. These attributes are based upon the core values of the hospital that extend throughout the organization, which can be seen within each individual employee at Boulder City Hospital.

Our Halloween team building exercise boosted up the competition!

Each department was provided a pumpkin to decorate without carving! Each department displayed team spirit and a commitment to excellence like no other. This is a true example of the pride and attention that is given to each one of our patients! As you can imagine, judging was a challenge. At the end of the day, hats off to our Physical Therapy department, our first place winners!

