



Boulder City Hospital
Quality care close to home

901 Adams Blvd
Boulder City, NV 89005

Phone: (702) 293-4111
Fax: (702) 293-0430

bouldercityhospital.org

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



Congratulations

Jennifer Hedland Boulder City Hospital's fourth quarter winner of the Heart at Work Employee Recognition Program. Jennifer is a social worker in our Long Term Care department and was nominated by her fellow co-workers for her outstanding performance.

Boulder City Hospital Bulletin



MARCH 2013

Celebrating our Future

Thursday, March 27, 2013, marked a historical day for Boulder City Hospital. A ground breaking ceremony took place as a finalization of our efforts in securing USDA funding which supports upcoming construction and modernization projects which will begin this spring.



The ceremony marked the collaborative efforts between the USDA, Building Hope Nevada, Rural Community Assistance Corporation, The City of Boulder City, Clark County, the State and various other organizations which made this funding and expansion project possible. Speeches were made by Senate Majority Leader, Harry Reid, Mayor Roger Tober,

Commissioners Steve Sisolak and Mary Beth Scow, State Director of the USDA, Sarah Adler and CEO Tom Maher. This ceremony displayed both

The Hospital will build and/or renovate approximately 36,000 square feet of space to house a variety medical program areas and will include the addition of a 10-bed geriatric psychiatric care unit, a 10-bed acute rehabilitation program, expansion and renovation of the existing long term care unit and emergency department. Surgical services will also be expanded to accommodate both in-patient and out-patient surgeries and is expected to open in the fourth quarter of this year.

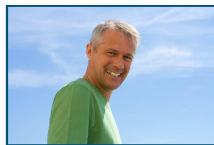
a commitment from our community and the organizations which helped make this project possible.

Boulder City Hospital's future business activities call for an aggressive, focused and sustainable set of programs and activities in pursuit of an "age in place" business model.



Managing Your Diabetes

Have you been diagnosed with diabetes? Do you have questions about



how to manage your diabetes? We can help. Boulder City Hospital has partnered with a Certified Diabetes Educator (CDE) to offer you **FREE** Diabetes Education sessions. These sessions offer one-on-one time with the CDE to answer any questions you may have. During the session, you will have the opportunity to learn about:

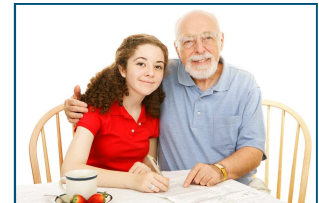
- The latest diabetes information
- The different kinds of diabetes
- The typical course of diabetes

- Different diabetes treatments and tests
- Adequate blood sugar control
- Low or high blood sugar symptoms
- Meal planning and physical activity
- Helpful diabetes resources

have developed prediabetes, we encourage you to attend one of these sessions. Learn how to properly manage your diabetes and not let it manage you. Call today to reserve your **FREE** sessions.

Sessions are held on the 4th Tuesday of each month at 3:00 p.m. in the Board Conference Room at Boulder City Hospital. Sessions are **FREE**, so all you have to do is reserve your place by calling (702) 557-1971 or 1-800-321-0855.

If you have diabetes or believe you



It is important to understand the signs and symptoms of a heart attack since the chances of surviving a heart attack are increased if emergency treatment is not provided as soon as possible. The most common signs and symptoms of a heart attack are:



- Pain or discomfort in jaw, neck or back
- Feeling weak, light headed or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 911 immediately.

(Source: www.cdc.gov/heartdisease)

Boulder City Hospital Auxiliary 2013 Installation of Officers

Shirley Sparks, Secretary
Crystal Galabiz, Treasurer
Barbara Murphy-Framke, President
Jill Lagan, Vice President
Lea Kittleston, Director



Interested in supporting your community hospital by becoming a member of the Auxiliary? Stop by the Gift Shoppe and pick up an application or visit our website.

Boulder City Hospital: In A Nutshell



Boulder City Hospital
Quality care close to home

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

Prevent Medication Errors

Medication errors unfortunately occur with unsettling prevalence in the United States. What can you do to ensure you are not affected by a medication error?



First and foremost, we must all be active participants in our own healthcare. One of the biggest steps you can take to achieve this goal is to know what medications your are taking and why you are taking them. Do not be afraid to ask your doctor questions when you are prescribed a

new drug so that you can truly understand why you need it and what possible side effects to look out for. Your local pharmacist is also a valuable resource for this type of information.

As we get older and our medication lists continue to grow as our memory inversely shrinks, it may be beneficial to carry around a list of your medications. This list should include the name of the drug, dose, how often you take it, and what you take it for. Do not forget to also list any over-the-counter medications and herbal supplements you are taking. It is also good to note any food or drug allergies and reactions



that occur when you ingest any of these substances. Once this list is completed, carry it with you at all times and present it when necessary at your doctor's office or if you ever have to go to the hospital for care. A copy could also be given to a caregiver just in case you are not able to provide the information yourself. These simple acts could prevent a medication error from happening to you.

Quality Home Health Care Close to Home

Home Health care encompasses an array of services provided in the comfort of your own home. Your doctor may prescribe Home Health care to help you recover from a medical condition or illness. Boulder City Hospital's Home Health Agency is equipped with a team of skilled professionals, who strive to enhance your confidence and help you regain your independence.

Our Home Health Agency provide you with individualized, one-on-one personalized care and provides the following services:



- Skilled Nursing
- Physical, Occupational, and Speech Therapy
- Medical Social Worker
- Home Health Aide.

Boulder City Hospital's Home Health Agency has the lowest rate of re-hospitalizations and we also rank higher in patient satisfaction compared to other agencies both state-wide and nationally. (Source: Home Health Agency Compare, 2012) Come and see why more and more patients choose Boulder City Hospital for their Home Health needs. Call (702) 293-2332 if you would like further information.

Turning Team Work.... Into Team Fun!

Take a look at Boulder City Hospital employee's first annual Valentine's Day dessert competition. Many entered and all enjoyed! Congratulations to our winner, Lin from Dietary!

