



BACK TO SCHOOL
HEALTH FAIR

Brought to you by The Memorial Hospital and Northwest Colorado Visiting Nurse Association

Got Kids? Don't Miss the Back to School Health Fair!

Bring your children ages 4 to 18 to this **FREE** kids' health fair!

Saturday, August 17, 2013

TMH Medical Clinic - 785 Russell Street

10:00 a.m. – 4:00 p.m.

This **FREE** event will include:

- Height, weight and blood pressure checks.
- Blood screening for lead, glucose (diabetes) and hemoglobin.
- Developmental screenings.
- Hearing and vision checks.
- Dental screenings.
- Immunizations - for more information see box to the right.
- Education on fire extinguisher use, concussions, bike helmet fitting and bike safety, hand-washing, nutrition and exercise, and more!
- Free hamburgers and hot dogs from 11:30 a.m.-2 p.m.
- Free bike helmets, backpacks and school supplies will be given to the first 250 children!

And yes, your favorite docs will be there too!

"A lot of communities have health fairs, but not many are focused on children," said Dr. Kelly Follett, new TMH pediatrician. "This is a great opportunity for parents to easily get important health information about their children, and also a fun thing for the kids to do on a Saturday. I am looking forward to meeting some families in the community!"

Dr. Kristie Yarmer agrees. "As a pediatrician, I care about the health of our community's children," she said. "The health fair gives us an opportunity to educate parents and children about pediatric health and offer screening services that children may not otherwise have."

Welcome, Chris Smolik

Our new CEO!

The Memorial Hospital is thrilled to welcome James Christian Smolik (who goes by "Chris") as our new Chief Executive Officer.



Chris comes to us from Riverton Memorial Hospital in Riverton, Wyoming, where he served as CEO for the past six years. Before that he held the CEO position at Edinburg Regional Medical Center in Edinburg, Texas. Chris was interviewed by TMH board members as well as a number of physicians and staff before being chosen above 36 other applicants for the CEO position.

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Immunizations

The Northwest Colorado Visiting Nurse Association will be available to immunize children at the health fair. Bring up-to-date immunization records if you would like to take advantage of this service. While the health fair is free, there may be fees for immunizations, so bring your insurance information if you have insurance. Immunizations are available to those who are on Medicaid or who do not have insurance at a reduced or no cost.

10 Tips for Tempering Your Kids' Sweet Tooth

We all love sweet treats, but when we eat too many, we gain weight and put ourselves at risk for diabetes and other serious diseases. This is true for kids as well as grown-ups! Here are ten ways to curtail your kids' sugar addiction:

1. Think small

Split a candy bar or a large cupcake. Think morsel instead of mound.

2. Quench smart

Sodas and other sugary drinks are extremely high in calories. Offer water, 100% juice or skim milk to thirsty kids.

3. Choose candy-free

At the grocery store, find the check-out lane that's candy-free and use it.

4. Don't reward with sugar

Reward your children's good behavior with kind words, hugs and non-food items, like stickers, instead of desserts.

5. Make fruit your go-to dessert

Fresh fruit and frozen juice bars (100% juice) make yummy desserts.

6. Create fun with food

We tend to think of sweet treats as "fun food" but healthy food can be fun too! Make a smiley face with sliced bananas and raisins or cut fruit into fun shapes with cookie cutters.



7. Let kids invent

Set out bowls of healthy whole-grain cereals, dried fruits and unsalted nuts or seeds. Let kids create their own snack concoctions!

8. Be a sugar snoop

In the cereal aisle, teach kids to read nutrition labels and find cereals with the lowest amount of sugar.

9. Keep treats, treats

Sugary treats are extra-special when we eat them just once in a while. Limit treats to truly special occasions.

10. Don't allow sweet substitutions

Kids should never be allowed to fill up on candy and cookies in place of the food they chose not to eat at mealtime.

Adapted from DG TipSheet No. 13 on the USDA website www.choosemyplate.gov.

"The incidence of obesity among children is increasing at a scary rate. Numerous health problems can result from childhood obesity, similar to the problems adults can get. By teaching kids at a young age what healthy eating habits are like and encouraging a lifelong commitment to healthy eating, we have a chance to slow down the obesity epidemic. Ways to eat healthy can even be fun for kids to learn about and implement within their own families!" – Dr. Kelly Follett

Welcome, Chris Smolik *continued*

Focusing on patients is Chris' number one goal. "TMH must be a place employees want to work, doctors want to practice, and patients want to receive care," he said. "Every decision is about what is best for the patient."

A roll-up-your-sleeves kind of leader, Chris also emphasizes the importance of teamwork and leading by example. He believes that every employee at the hospital is a caregiver at some level, regardless of whether they are directly involved in patient care. He said he likes working alongside staff to learn every aspect of the hospital.

Immunizations Needed for School

The Colorado Board of Health and the Colorado Secretary of State have approved the 2013-14 Colorado School Required Immunization schedule. To attend school, a student must have an age- or grade-appropriate Certificate of Immunization. For more information, visit the Resources page at www.thememorialhospital.com.

Grades K – 5 (5-10 years)

	# of doses	
Hepatitis B	3	*fewer doses may be acceptable. See the Immunization Requirements at the Resources page at www.thememorialhospital.com .
Pertussis/Tetanus/Diphtheria	5*	
Polio	4*	
Measles/Mumps/Rubella	2	
Varicella (chicken pox)	2*	

To find out if your child's immunizations are up-to-date, visit your primary care provider or come to the back-to-school health fair (see page 1) and bring your immunization records.

Sports Physicals

Sports and camp physicals are offered year-round for \$15 at The Memorial Hospital Clinic. Your child will need a current physical to play team sports in middle and high school. Call 970-826-2400 to schedule an appointment today!



Meet Pediatrician Dr. Kelly Follett



TMH welcomes Dr. Kelly Follett, who joins fellow pediatrician Dr. Kristie Yarmer in August. Dr. Follett and her husband, Tate, grew up in Walden and are excited to be living in Craig with their new baby daughter, Jade, and son, Brock.

Dr. Follett will begin seeing patients August 26th.

"Having a baby has already made me a better doctor," said Dr. Follett. "Now I can really relate to the issues parents go

through and appreciate how hard it can be at times."

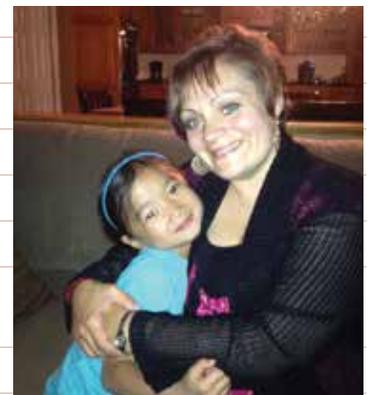
"I really wanted to practice rural medicine," added Dr. Follett. "I relate best to a small town environment and small town people. My official start date is August 19th, and I can't wait to get to know everybody. Everyone is so welcoming, and I'll be joining a great group of colleagues. I'm excited to get busy!"

To see the complete interview with Dr. Follett, visit thememorialhospital.com.

Recipe from a TMH Family Member

Emilee Yarmer's Fruit Kebabs with Yogurt Honey Dip

- Bananas
- Strawberries
- Grapes
- Blueberries
- 1 T honey
- 1 cup plain yogurt
- Brown sugar or pink sprinkles
- Gumdrop (optional)



Dr. Kristie Yarmer and 5-year old daughter Emilee

For the Kebabs, cut up bananas, strawberries, grapes and blueberries and put the fruit on a toothpick. Adding a gumdrop on one end to hold the fruit in place is fun, but optional.

For the dip, mix a tablespoon of honey into 1 cup of plain yogurt. Sprinkle a little brown sugar (or pink sugar sprinkles to make it fancy).

Dip and enjoy. This is the perfect snack for a warm afternoon or a fancy girl's tea party. It is perfect when served with raspberry fizzy punch!



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What to Expect When You're Expecting Event

Come tour TMH's birthing unit and get the chance to ask our physicians all those parent-to-be questions you have about labor and delivery!

Tuesday, August 13

6:00 p.m.

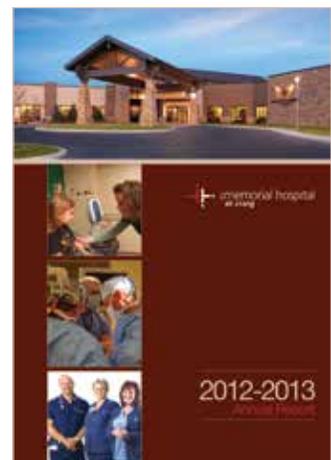
Call 824-9411 to RSVP

Meet in the main lobby of TMH. All are welcome.

This event takes place just four times a year, so if you're expecting, we hope to see you on August 13th!



Read All About Us



The TMH 2012-2013 Annual Report
is now available on our website at
www.thememorialhospital.com/about.