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**WINTER 2015
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are in the best hands
at Capital Region

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CAPITAL NEWS

Message from the President



As I reflect on the past year, I am incredibly proud of the accomplishments Capital Region has achieved. The opening of our Medical Center Expansion and transition of our specialty providers into the area ushers in a

new era of health care for our community. We have expanded our services, adding an ENT & Audiology Clinic, additional physical therapy clinic and a second 3D mammography unit. And we are improving access to both specialty providers and primary care physicians with the addition of over 20 new providers in the past 18 months.

This past year we became Jefferson City's only designated stroke center. Our teams worked tirelessly to perfect our processes to give stroke patients the best chance for recovery. Plus, with our affiliation with University of Missouri Health Care, care transitions are seamless. Our Emergency Department has seen unprecedented patient satisfaction scores, and our door-to-doctor times are consistently well below national and state averages.

While our successes are impressive, we still have a lot of work to do. The health care environment is changing, and we are poised to be on the forefront of those changes. By improving access and shifting our focus from caring for the sick to keeping our communities well, we can make a dramatic impact for our future generations.

We are proud to serve this community and continue to forge partnerships to promote health and wellness in the communities we serve.

Thank you!

Gaspere Calvaruso,
President, Capital Region Medical Center

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Outstanding

By Suzanne Gibson

Editor, *Jefferson City Magazine*

Photo by Deanna Dikeman



Capital Region Medical Center has always been committed to improving the health of the communities we serve. In fact, it's our mission. Our promise to fulfill that mission is more evident now than ever before with the completion of our Medical Center Expansion project.

Comfort of home

For years, health care delivery has shifted from an inpatient setting to an outpatient arena. Better technology and the latest innovations mean what would once require a two-day stay at the hospital now means a few days' rest in your own easy chair. Noting the shift in the landscape, Capital Region recognized the need for exceptional outpatient services, with easy access and the safety of a full-service hospital.

On Feb. 27, 2014, Capital Region broke ground on the \$38 million project to add 115,000 square feet of clinical space to house our specialty providers and enhance our outpatient services. Bringing our specialists together under one roof provides better collaboration among care providers and more timely access to services. Patients have access to services such as lab work, mammography and ultrasound just down the hall, not down the street.

We want to serve you


"We know access is an ongoing concern for the communities we serve," says Gaspere Calvaruso, President of Capital Region. "That was a major

outpatient care

Where compassion meets excellence

Capital Region Medical Center is your hospital, in your neighborhood. Visit our website, www.crmc.org, to stay up-to-date on:

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 - ▶ Clinics.
 - ▶ Events.
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consideration in the plan design. We wanted to create an environment that is warm, welcoming and intuitive, and I feel we have accomplished that.”

From the beginning, Capital Region had a commitment to the community to use local talent when and where possible. “We are proud to report that 83 percent of the contracts awarded throughout the project went to local companies,” says Martin Grabanski, Facilities Director at Capital Region.

Complementing the additional space is the Capital Region Physicians group, which has grown by more than 20 providers in the last 18 months.

“We have had tremendous success in recruiting physicians over the past several years,” notes Tom Niekamp, Vice President of Physician Relations. “With the addition of several primary care providers; an ear, nose and throat specialist; and a neurologist, we are successfully fulfilling the needs within our community.”

Built to heal

The physical space in the Medical Center Expansion boasts breathtaking views of historic downtown Jefferson City and bright, open spaces full of natural light and crisp architectural detail.

Patients and guests enjoy comfortable lounging areas on each level of the facility. On the second level, the retail corridor provides convenient access to the pharmacy, a bit of retail therapy in the Gift Shop and a warm cup of comfort in the Capital Cup.

A tribute to life

In keeping with the theme to use local talent, the artwork throughout the space are the works of local artists of local spaces. While traversing the halls, visitors will see beautiful images of our city and surrounding landscapes. Local painter Jennifer Neff brought the walls of the pediatric clinic to life with large murals of playful jungle scenes, sure to help ease the minds of younger visitors.

Welcoming guests in the front of the building is a sculpture of butterflies resting on blades of grass designed and created by a local sculptor. The butterfly symbolizes the never-ending cycle of life, and this monument evokes elements of nature and hope.

“We wanted the new space to be inviting and comfortable, and it is,” Calvaruso says. “While the new facility is certainly something to be proud of, it’s our people that really set Capital Region apart. We have an exceptional team of physicians, nurses and staff that do a tremendous job caring for our patients and guests. It makes me very proud of our organization.”

Jennifer's story

By Jennifer Harrington

Patient Service Representative
Capital Region Physicians – ENT & Audiology

Devastation followed by anger. That was my initial reaction when I was first diagnosed with breast cancer. I lost my mother to breast cancer in 2010, and that was the only experience I'd had with cancer.

I wasn't at all ready to tell my children or even prepare myself for possibly leaving them. I have three daughters: Kaytlynn is 22, Abigail is 15 and Ella is 9. My girls are and continue to be my main focus in beating my breast cancer.

When it came to choosing where to go to receive treatment, Goldschmidt Cancer Center at Capital Region Medical Center was the most logical decision, not only for myself, but for my family as well. While I have my father, my boyfriend, my sister, and several friends and family members in St. Louis, being close to home and my children was important to me.

My doctors

Raonak Ekram, MD, is my oncologist, and she is simply amazing! No question went unanswered; no concern was too small. She and her team were always there and more than willing to help in any way they possibly could. I couldn't have done it without each and every member of my team at Goldschmidt.

When you are diagnosed with cancer, you can only retain so much information. The staff at Goldschmidt always had a helpful smile and was always willing to help. Kim Mooney, Kathy Brown and Kara Risse in the

infusion room quickly became friendly faces during some of my darkest days.

Diane Light, DO, is the best of the best, and I am grateful to have had her as my surgeon. She explained the surgical process as many times as I needed. She checked on me and made sure I knew everything went well. The day after my surgery, she walked in my room with a big smile and said, "Your pathology came back great!" What a relief to know they got it all and my margins were clean! That was all her doing; she removed the remnants of this horrible disease.

'Cancer never had me!'

Due to my family history of breast cancer, I had a bilateral mastectomy with reconstruction on July 14. The surgery was my most difficult time. The unexpected physical pain and adverse effects of pain medications were a real struggle for me.

Looking in the mirror after surgery, I was blindsided to find all of the physical things that we as women believe define us gone—my breasts, my hair, the sparkle in my eyes. I only saw the shell of the woman I once was. Only then did I realize, "Oh my gosh, I have cancer." I felt defeated, but only for a moment. You quickly remember, "I'm going



to be OK; I've got this." I had cancer; cancer never had me!

All take part in recovery

The Goldschmidt team continues to help me battle my breast cancer. No question is a silly question. Trust me—I thought some of the questions I called them for were plain silly. They laugh with you, not at you. They are always there to help—you just have to open up enough to allow them to.

Goldschmidt forms a collaborative team effort for each patient. Every doctor, nurse and employee knows you by name. They are all a part of your treatment and recovery. They develop a treatment plan designed for your specific case, working for and with you in your battle. Goldschmidt embodies the word *teamwork*.

At a glance

Feb. 27, 2015
Diagnosed with
breast cancer

March 10, 2015
Meets with Oncologist
Raonak Ekram, MD

March 11, 2015
Meets with Surgeon
Diane Light, DO

March 12, 2015
Undergoes testing and
Mediport insertion



Encouragement Through Caring

Goldschmidt Cancer Center offers patients, family members and caretakers the Encouragement Through Caring (ETC) program. The ETC group was established in 1989 by women diagnosed with breast cancer. Our meetings and activities are designed to offer support for breast cancer patients and their family members. If you need someone to talk with who has experienced breast cancer, we encourage you to see how we may be able to help you.

ETC meets the second Thursday of each month from 6:30 to 8 p.m. at the Goldschmidt Cancer Center, and all are welcome.



For more information, please call Rosie Versleus at 573-635-3283, Joan Kaufman at 573-635-6632 or Sharon Dashtaki at 573-893-8755. When you are ready, we will be here for you.

Patient Education and Resource Center (PERC)

PERC at Goldschmidt Cancer Center is facilitated by the American Cancer Society (ACS). This program provides a vital link to the patient to provide him or her with access to the most current cancer information and resources, including: disease and treatment information, coping and support resources, aids for discussing cancer with children, survivorship issues, nutritional supplements, assistance in application submission for financial support, and the ACS Look Good...Feel Better program.

Cancer Wellness program at Capital Region's Sam B. Cook Healthplex

The Cancer Wellness Program is a collaborative effort between the Goldschmidt Cancer Center, the Sam B. Cook Healthplex and the ACS.

This 12-week program consists of education, support and exercise in a positive atmosphere. The sessions consist of 45 to 60 minutes of supervised exercise and 45 minutes of education and support. The program has been developed by physical therapists and exercise specialists who have specialized training in cancer fatigue, lymphedema, and in designing exercise programs for people who are being or have been treated for cancer.

These staff members have completed cancer specialty courses offered by the ACS and the American College of Sports Medicine. A team approach is used, which includes educational sessions provided by a dietitian, a psychologist, an oncology nurse, a cardiac rehabilitation nurse, an exercise specialist, and a physical and occupational therapist.

Participants benefit from improved physical and mental health and a support network of fellow survivors and health care professionals.

It takes a team

Multidisciplinary collaboration among CRMC breast cancer experts achieves the best outcome

From diagnosis through treatment and on to survivorship, Capital Region Medical Center's (CRMC) team of experts is with breast cancer patients each step of the way. Our innovative team of surgeons, cancer specialists, clinical trials experts, oncology nurses, support providers and a survivorship navigator work together to provide advanced medicine to overcome a breast cancer diagnosis.

Multidisciplinary participation among all breast cancer experts means patients receive the best care available. Capital Region's team of experts meets regularly for a breast cancer conference to consult one another on the latest in breast health. Each new breast cancer case is presented and discussed. This includes providing updates on the patient's treatment, viewing pertinent images and evaluating pathology information.

After each case is reviewed, the team generates a letter that is sent to the patient's primary care provider to ensure all parties stay up-to-date on the patient's treatment. This time is also used to provide updates on new therapies, interventions or treatment protocols that will or might influence care.

They all work together

Oncologists

Scott Anderson, DO
Raonak Ekram, MD
Nolyn Nyatanga, DO

Pathologist

Chadwick Linder, MD

Radiation Oncologist

James Allen, MD

Radiologists

Mitchell Godbee, MD
Dennis Luetkemeyer, MD

Surgeons

Carl Doerhoff, MD
Ani Durham, DO
Diane Light, DO
Beverly Wilhelm, MD

Director of Cancer Services

Robert Fluegge

Nurses

March 18, 2015

Chemo begins

June 25, 2015

Receives last round of chemo

July 14, 2015

Has surgery

Aug. 27, 2015

Radiation therapy begins

Oct. 16, 2015

Completes radiation

November 2015

Has final reconstructive surgery



Capital Region just added even more talent



Ani Durham, DO

Capital Region Physicians – General Surgery

Specialty: General Surgery

Medical school: Kansas City University of Medicine and Biosciences

Residency: Des Peres Hospital

Member: American College of Osteopathic Surgeons, American Osteopathic Association, American Medical Association, Missouri Association of Osteopathic Physicians and Surgeons



Craig Luetkemeyer, MD

Capital Region Physicians – Primary Care Clinic

Specialty: Family Practice

Medical School: University of Missouri School of Medicine

Residency: University of Missouri – Columbia

Member: National Rural Health Association, American Academy of Family Physicians, American College of Physicians



Jamie Luetkemeyer, MD

Capital Region Physicians – Primary Care Clinic

Specialty: Family Practice

Medical School: University of Missouri School of Medicine

Residency: University of Missouri – Columbia

Member: American Academy of Family Physicians, National Rural Health Association, American College of Physicians



Clayton Nuelle, MD

Missouri Orthopaedic Institute at Capital Region Medical Center

Specialty: Orthopaedic Surgery/Sports Medicine

Medical School: Loyola University Chicago – Stritch School of Medicine

Residency: University of Missouri – Columbia

Fellowship: University of Missouri – Columbia

Member: American Academy of Orthopaedic Surgeons, Arthroscopy Association of North America, Missouri State Orthopaedic Association, American Orthopaedic Society for Sports Medicine



Nolyn Nyatanga, DO

Goldschmidt Cancer Center

Specialty: Hematology/Oncology

Medical School: Kansas City University of Medicine & Biosciences

Residency: Cleveland Clinical Foundation

Fellowship: Hofstra-North Shore LIJ School of Medicine, Monter Cancer Center

Certified: American Board of Internal Medicine

Member: American Society of Hematology, American Society of Clinical Oncology, American College of Physicians, American Medical Association



Purvi Patel, MD

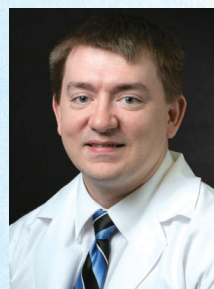
Capital Region Physicians – Internal Medicine

Specialty: Internal Medicine

Medical School: University of Missouri – Kansas City

Residency: Washington University – Barnes-Jewish Hospital

Certified: American Board of Internal Medicine



Morgan Schiermeier, MD

Capital Region Physicians – Holts Summit and Capital Region Physicians – Primary Care Clinic

Specialty: Family Practice

Medical School: University of Missouri School of Medicine

Residency: University of Missouri – Columbia



Jason Showmaker, MD

Capital Region Physicians – ENT & Audiology

Specialty: Otolaryngology

Medical School: University of Missouri School of Medicine

Residency: University of Missouri – Columbia

Member: American Academy of Otolaryngology – Head and Neck Surgery, Alpha Omega Alpha honor society, Missouri Society of Otolaryngologists



Laura Sievert, MD

Capital Region Physicians – Radiology

Specialty: Radiology

Medical School: University of Missouri School of Medicine

Residency: University of Missouri – Columbia

Fellowship: Mallinckrodt Institute of Radiology, Washington University

Certified: American Board of Radiology





Sharmila Suri, MD

Capital Region Physicians – Neurology

Specialty: Neurology

Medical School: Madurai Medical College

Residency: University of Missouri – Columbia

Member: American Academy of Neurology



Sandra Brenner, FNP

Capital Region Physicians – Urgent Care

Specialty: Family Nurse Practitioner

Degree: Master of science in nursing, Graceland University

Certified: American Nurses Credentialing Center

Member: American Association of Nurse Practitioners



Keri Low, AuD

Capital Region Physicians – ENT & Audiology

Specialty: Audiology

Degree: Doctor of audiology, Ohio State University

Externship: Central Institute for the Deaf, Washington University

Member: American Academy of Audiology, Educational Audiology Association



Julia Fiecke, FNP

Capital Region Physicians – Owensville
and Capital Region Physicians – Miller Clinic

Specialty: Family Nurse Practitioner

Degree: Master of science in nursing, Research College of Nursing

Certified: American Nurses Credentialing Center, American Academy of Nurse Practitioners



Deanna Mantle, DNP

Capital Region Physicians – Hospitalist/Intensivist

Specialty: Nursing Practice

Degree: Doctor of nursing practice, Sinclair School of Nursing,
University of Missouri

Certified: American Academy of Nurse Practitioners



Krista Jacques, FNP

Capital Region Physicians – Owensville

Specialty: Family Nurse Practitioner

Degree: Master of science in nursing, University of Missouri – Columbia

Certified: American Nurses Credentialing Center



Kevin Lockett, CRNA

Capital Region Physicians – Anesthesia

Specialty: Certified Registered Nurse Anesthetist

Degree: Truman Medical Center, School of Nurse Anesthesia

Member: American Association of Nurse Anesthetists



John Kerr, FNP

Capital Region Physicians – Urgent Care

Specialty: Family Nurse Practitioner

Degree: Master of science in nursing, University of Missouri – Columbia



Jaime Basnett, FNP

Missouri Orthopaedic Institute at Capital Region Medical Center

Specialty: Family Nurse Practitioner

Degree: Master of science in nursing, University of Missouri –
Columbia

Certified: American Nurses Credentialing Center, Association for
Professionals in Infection Control and Epidemiology



Ashley LePage, FNP

Capital Region Physicians – Urgent Care


Specialty: Family Nurse Practitioner

Degree: Master of science in nursing, Maryville University

Certified: American Academy of Nurse Practitioners


Keep in touch!

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ENT & Audiology Clinic

Now listen to this!



Capital Region Medical Center

is pleased to offer the community a new clinic for the treatment of ear, nose and throat disorders: Capital Region Physicians – ENT & Audiology.

The clinic welcomes two new specialists: Jason Showmaker, MD, and Keri Low, AuD.

Jason Showmaker, MD, provides a number of office-based procedures for diagnosis and treatment of otolaryngic disorders for pediatric and adult patients including: ultrasound examination and biopsy of adult and pediatric neck masses as well as vocal cord analysis with video stroboscopy. Dr. Showmaker offers in-office minimally invasive sinus procedures with a much shorter recovery period than traditional sinus surgery. A comprehensive allergy testing and immunotherapy program will include subcutaneous injection and sublingual drop therapy beginning Summer 2016.

The audiology services offered by Keri Low, AuD, are wide-ranging and include audiologic evaluations for kids and adults, auditory processing evaluations, hearing aid technology (traditional, bone-conduction, CROS/BiCROS, etc.), assistive listening/hearing technology such as FM systems and alerting systems, tinnitus evaluations and management, aural rehabilitation, and custom earmolds for hearing/ear protection.

Capital Region Physicians – ENT & Audiology

is located on the first floor in the Capital Region Medical Center Expansion.

Dr. Showmaker and Dr. Low are both accepting new patients. To schedule an appointment, call **573-632-4970**.