

A NEWSLETTER  
FOR ASSOCIATES OF  
CAPELLA HEALTHCARE

# CONNECTIONS

## ADVANCING OUR MISSION FROM DAN SLIPKOVICH



During one of the hottest summers on record, Capella Healthcare is setting some new records of its own. We continue to make steady progress on all of our major initiatives and are growing in the process.

Among the most exciting developments is our welcoming of three new facilities to our family: DeKalb Community Hospital (Smithville, TN), Stones River Hospital (Woodbury, TN), and Great Plains Ambulatory Surgery Center (Lawton, OK). It's always an honor when we are invited to partner with physicians, employees and the community to help take care to the next level.

Thanks to your hard work, all of our clinical and operational initiatives continue to move forward. We continue making progress with our emergency department initiative, Lean for Healthcare, at several facilities. While it is our goal to have all facilities using the

— continued on page 2



## INSIDE

Capella Healthcare family donates to disaster relief PAGE 2

Honoring Bright Stars PAGE 3

Pillar Talk PAGES 4 AND 5

Hospital Highlights PAGES 6 AND 7

Employee benefits, contest winners and a Health Hero PAGE 8

CAPELLA EXPANDS TO 15 HOSPITALS WITH THE ADDITION OF TWO IN TENNESSEE

## Two new hospitals join Capella Healthcare family

Citing a shared vision and the need for expanded resources to better serve their communities, two Tennessee hospitals joined the Capella Healthcare family in July. DeKalb Community Hospital, a 71-bed hospital in Smithville and Stones River Hospital, a 60-bed hospital in Woodbury, formerly owned by Cannon County Hospitals (CCH), LLC, are now part of a joint venture network that also includes Capella's White County Community Hospital. The facilities are co-owned by a number of medical staff members, with Capella Healthcare assuming a 60% ownership interest.

Bill Little, who has served as CEO for the two facilities since July 2009, assumes responsibility for all three hospitals as Market CEO while current CCH Chief Financial Officer Sarah Clark becomes Market CFO for the new entity.

The addition of these facilities expands Capella's presence in Tennessee to five hospitals. In addition to White County Community Hospital in Sparta, Capella also owns River Park Hospital in McMinnville and Grandview Medical Center in Jasper.

"These two hospitals have a rich history of working together to provide high quality care and excellent service and we are honored they are now a part of our Capella family," said Dan Slipkovich, CEO of Capella Healthcare. "We consider it a privilege to be invited to partner with these physicians, employees and the community to take care to the next level. We look forward to expanding services throughout the region as we build upon this outstanding network of providers to meet the needs of the entire Upper Cumberland Plateau."

Hugh Don Cripps, M.D., a practicing physician and one of the physician partners, said: "We approached Capella because we were seeking

— continued on page 3

Stones River Hospital, Woodbury



DeKalb Community Hospital, Smithville



Stones River Hospital along with sister hospital DeKalb Community Hospital joined the Capella Healthcare family in July. At the celebration on July 6, hospital and corporate leaders cut a cake as they prepare to serve employees. From left they are: Bill Little, Market CEO; Sarah Clark, Market CFO; Dr. James Spurlock; Dr. Leon Reuhland, and Dan Slipkovich, Capella Healthcare Co-Founder and CEO.

## ADVANCING OUR MISSION

— continued from page 1

Lean methodology, we are helping to ensure successful implementation by focusing on approximately 2 to 3 facilities per year. Recent introductions include Willamette Valley Medical Center and Saint Mary's Regional Medical Center. We are pleased to report that our first LEAN project – at Muskogee Regional Medical Center – has resulted in a 39 percentile point improvement in ED patient satisfaction since its implementation last year.

We're also achieving visibility for our market-leading investments in key service lines which is helping position our hospitals well for the future. For example, Willamette Valley was recognized as the first hospital in Oregon to add Breast Tomosynthesis or 3D mammography. And Mineral Area was the first in Missouri to add Airstrip OB wireless technology.

Finally, building on the excitement of our recent growth, we've unveiled a new brand initiative and logo. Our new look and communication approach is designed to help better convey our distinct personality. In the past months, we've focused on more compelling and timely communication as we launched our new website, introduced a YouTube channel and started using Twitter. What makes Capella different is in how we listen to and collaborate with others – patients, physicians, employees and communities. So we'll be sharing more success stories, personal interviews and videos that showcase how we work.

Our new logo better reflects our stature as a strong, growing and people-focused company. As you may know, the name "Capella" and the eight-point star emblem have significant meaning. Of the millions of stars in the sky, Capella is known as the brightest star closest to the celestial North Pole. It serves as a reliable guidepost in the night sky, pointing the way to True North. And, although it appears to be a single star to the naked eye, it is actually a system with several stars.

The vision we have for our Company is to be a reliable and constant resource – much like the collection of stars that makes up the Capella constellation. By working collaboratively, the Capella family helps to elevate the care available in all communities as together we navigate the complex and ever-changing world of healthcare delivery. With your support, we are leading the way to a brighter future.

## Capella Healthcare family gives more than \$28,000 to aid in disaster relief

More than \$28,000 was given by the Capella Healthcare family to assist in disaster relief efforts throughout the south. The company presented a check for \$14,156.10 to The Care Fund, matching dollar-for-dollar donations made by the company's workforce.

"People throughout the South and Midwest, where a majority of Capella's hospitals are located, suffered devastating losses from the recent tornadoes and floods. While many other organizations and businesses can close in preparation for tornadoes, blizzards or floods, hospital employees and physicians must work around the clock, caring for their communities while often entrusting their own families to someone else's care," Dan Slipkovich said. "We chose to give this donation to The Care Fund to recognize the dedication and commitment of healthcare professionals throughout the country."

"It is heartening to see a company like Capella stepping forward to assist fellow healthcare workers," said Craig Becker, president of the Tennessee Hospital Association. "Every day Capella caregivers provide services to their patients and communities and now to their fellow caregivers."



*Prompted by Capella's offer to match funds donated to The Care Fund and other disaster relief organizations, employees of Saint Mary's Regional Medical Center and the affiliated Millard-Henry Clinic, popped pounds of popcorn and baked mounds of cookies, cakes and other delicious treats to help raise money for disaster victims in seven southern states.*

*In total, staff donated \$3,206.10, the highest dollar amount of any Capella hospital. Of that, \$2,181.75 went to the local American Red Cross.*

*CEO Mike McCoy praised the staff saying "I am always amazed with the amount of kindness shown by our staff to help others in need. I'm very proud to work with such an outstanding team of caring individuals."*

## Partnership for Patients: Better Care, Lower Costs

Partnership for Patients is a public-private partnership designed to bring together leaders of major hospitals, employers, physicians, nurses, and patient advocates, along with state and federal governments, in an effort to make hospital care safer, more reliable, and less costly.

"We've signed on and are pledging to build on the work we already have underway to achieve the safest and highest quality care by using tools and processes that improve safety for patients," said Beverly Craig, Vice-President, Regulatory Compliance and Clinical Risk Management.

The goals of this national partnership are to:

- **Keep patients from getting injured or sicker.** By the end of 2013, preventable hospital-acquired conditions would decrease by 40%, resulting in approximately 1.8 million fewer injuries to patients with more than 60,000 lives saved over three years.
- **Help patients heal without complication.** By the end of 2013, reduce preventable complications during a transition from one care setting to another so that hospital readmissions would be reduced by 20%, effecting more than 1.6 million patients.

Achieving these goals has the potential to save up to \$35 billion, including up to \$10 billion in Medicare savings over the next three years. Over ten years, it could reduce costs to Medicare by about \$50 billion and result in billions more in Medicaid savings.



## HONORING BRIGHT STARS

### BECKY ELLIOTT HONORED FOR INFECTION CONTROL WORK

**BECKY ELLIOTT**, infection preventionist at Muskogee Regional Medical Center (OK), has been recognized by the Centers for Medicare and Medicaid Services Quality Improvement Organization Program, receiving a certificate for continuous reporting of quality data to the National Health Safety Network. She also was honored for participation in a collaborative effort with other Oklahoma hospitals supporting the use of evidenced-based practices for reducing the rate of healthcare-associated Methicillin-Resistant Staphylococcus Aureus (MRSA) Infection in Acute Care Settings. Through the collaboration MRMC has been able to reduce the number of cases of MRSA infection in the Intensive Care Unit.



"Becky has been instrumental in leading infection prevention initiatives that have positively impacted outcomes at Muskogee Regional Medical Center," said Teresa Williams, RN, MSN, CLNC, MHA, PhD, Vice President and Chief Quality Officer for Capella Healthcare. "She also has provided 'champion' leadership for training/educational efforts for her peers across Capella."

### MONA MURRAY VOTED OUTSTANDING RAD TECH TEACHER BY STUDENTS

**MONA MURRAY**, RTR, has been recognized as the Outstanding Radiology Technologist by the National Park Community College's two-year Radiology Tech students.



Murray has worked as an Interventional Radiology Technologist at National Park Medical Center since August of 2007, having begun her career as an x-ray tech in 1986. The thirteen NPCC graduates chose Murray as the one "Rad Tech" who taught them the most and went above and beyond during their clinical rotations which included a number of area hospital, clinics and physician practices.

"I'm absolutely honored and humbled by the recognition," said Murray. "Working with the students is a highlight of my position, and I'm so glad that I could enhance their experience at such a level."

## DeKalb Community Hospital and Stones River Hospital join Capella

— continued from page 1

a larger footprint in the Upper Cumberland area. We wanted to improve and strengthen our position by having the availability of Capella's financial assets and leadership team.

"We are excited about collaborating to jointly lead in molding the future development of healthcare in this region. We're excited about being a partner with Capella for the opportunities it offers our employees, physicians and the community. We are blessed to be able to continue to be led so ably by CEO Bill Little and CFO Sarah Clark."

Located halfway between Chattanooga and Nashville, the two hospitals have worked collaboratively since both became owned by a group of investors, primarily physicians, in July 2006. There are approximately 80 physicians on the combined medical staffs, representing nearly every medical specialty.

Established in 1980, SRH is a 60-bed hospital accredited by The Joint Commission. Located at 324 Doolittle Road in Woodbury, the hospital provides 24-hour emergency care as well as surgical procedures, same day outpatient services, cardiac rehabilitation services, and comprehensive imaging ser-

vices. Through the Riverside Center, a full range of mental health services for older adults is available, with intensive inpatient services at a 14-bed geropsychiatric unit at the hospital and outpatient care at a separate facility in Murfreesboro.

Established in 1969, DCH is a 71-bed hospital also accredited by The Joint Commission. It

is located at 520 West Main Street in Smithville, offering 24-hour emergency services and comprehensive diagnostic, medical, surgical and rehabilitative services. The hospital has enjoyed a long history of medical excellence having been named one of the 100 Top Hospitals® in America by Thomson Reuters (formerly Solucient) for five years.



*At the celebration at DeKalb Community Hospital in Smithville, TN, corporate and hospital leaders posed for this photo. From left they are: Capella leaders Mark Medley, President-Hospital Division; Dan Slipkovich, Co-Founder and CEO; and Mike Wiechart, COO; then from DCH Bill Little, Market CEO; Dr. Melvin Blevins, and Dr. Hugh Don Cripps.*

**To see videos and more photos from this event, go to [CapellaHealthcare.com](http://CapellaHealthcare.com) or visit our YouTube channel.**







## PILLAR TALK

# Five Pillars are our guiding lights, servant leadership our style

by Mike Wiechart, Chief Operating Officer

Capella Healthcare's operating philosophy revolves around five pillars which serve as guiding lights for everyone – in the hospitals and at the corporate office. The pillars help us set goals, focus on priorities and achieve balance. Most importantly, they help ensure that everyone knows that quality and culture, service and finance are not separate concepts distinct from each other, but are all vital for success. Here are some of the different ways we are putting the pillars in action.



COO Mike Wiechart talks about the five pillars with members of the staff of DeKalb Community Hospital at the July 6 celebration which formally announced the partnership between Capella Healthcare, DeKalb Community Hospital and Stones River Hospital.

## QUALITY

***We are passionately committed to providing the highest possible quality of care.***

- Providing the tools and training that help caregivers follow best practices as shown through evidence-based medicine is vital. The Crimson Clinical Advantage is a new tool launched this year at all Capella hospitals to help physicians focus on quality improvement across inpatient and, later this fall, all outpatient settings. The Crimson initiative is helping Capella's hospitals and physicians work collaboratively to advance quality goals while delivering the most efficient, compassionate care. Selected by Capella's National Physician Leadership Group, it's the tool hospitals are using to meet the newest Joint Commission requirements for Ongoing Professional Practice Evaluation (OPPE).

- The Joint Commission recently recognized eight of Capella's hospitals for significant improvement and/or consistent high performance in various elements of the core measures, inviting them to participate in a project to help other hospitals throughout the nation. (Core measures are a set of care processes developed by The Joint Commission to improve the quality of health care by implementing a national, standardized performance measurement system.) Hospitals that have dramatically improved and sustained their performance are being asked to contribute to The Joint Commission's Core Measure Solution Exchange™, which was introduced in April to help hospitals learn from each other. Capella's most recently recognized hospitals include:

- > Capital Medical Center (Olympia, WA)
- > Grandview Medical Center (Jasper, TN)
- > Hartselle Medical Center (Hartselle, AL)
- > Jacksonville Medical Center (Jacksonville, AL)
- > National Park Medical Center (Hot Springs, AR)
- > River Park Hospital (McMinnville, TN)
- > Saint Mary's Regional Medical Center (Russellville, AR)
- > Willamette Valley Medical Center (McMinnville, OR)

## SERVICE

***We are dedicated to exceeding the expectations of all we serve, and achieving continuously high customer satisfaction feedback.***

While the Quality Pillar is all about the kind of care we provide our patients, including how satisfied they are with how they were treated, the Service Pillar is about how we interact with our partners and stakeholders, including physicians, Boards and communities.

- Having earned a reputation for working well with physicians, Capella recently partnered with two more hospitals that were owned by physicians. Hear what they have to say about us at our YouTube Channel. But whether physicians are our partners in a joint venture arrangement or they simply choose to practice at one of our hospitals, their leadership is vital and essential.

Additionally, we have a stewardship back to the communities we serve and we take this very seriously. Some recent examples of community service by our hospitals include:

- At Willamette Valley Medical Center, the hospital created and continues to support a nonprofit Cancer Foundation that provides for non-medical needs of cancer patients.

- Many Capella hospitals are major supporters of the American Cancer Society's Relay for Life. Capital Medical Center's staff (Olympia, WA) raised almost \$25,000 for their local Relay and was second in overall fundraising at the Thurston County event. National Park Medical Center's staff (Hot Springs, AR) raised more than \$20,000 making the hospital the top fundraising team for the event.

There are many other examples of how Capella hospitals are serving their communities. See pages 6-7 for a few others. And for an even more comprehensive view, visit Capella's website to see the latest Community Benefit Reports from each hospital.

## PEOPLE

***From our Physician Leadership Groups and our strong local Boards of Trustees to our focus on fully engaged employees, Capella invests in people. We aggressively seek ideas, initiative and involvement from patients, providers and our publics.***

- We believe in investing to develop strong leaders. During this past year, all of our department leaders received intensive training in Evidence-Based Leadership™ through our partnership with the Studer Group. This training and the tools help all of our leaders work with their staff to align goals, behaviors and processes to help each hospital achieve its overall goals.

When everyone is united, working towards a common purpose, the hospital's quality and service as well as operational performance takes a giant step forward. The department manager is key to leading this process with their teams and with each of their individual employees.

So it's no coincidence that the People Pillar is in the center. It's through our employees that we take quality and service and manifest that into strategic growth and sustainable performance.

## GROWTH

***With solid financial strength, we provide the resources that enable our hospitals to purchase new technologies, add services and recruit physicians to broaden the scope and quality of care; strengthening our relationships with physicians, recruiting strategically to meet community needs, and partnering to align incentives.***

Today hospitals are in a growth-challenged environment across the country. Inpatient volumes are shrinking. Outpatient care is migrating to other settings such as free-standing centers and physician practices. Physician recruitment is more challenging than ever before. So it's essential each hospital has a focused strategy around creating growth.

- At Capital Medical Center, the hospital has been preparing for over a year to expand neuroscience services, recruiting physicians, adding new equipment and training staff. With the addition this summer of a second neurosurgeon, they are experiencing unprecedented growth as well as national recognition for their quality.
- At Saint Mary's Regional Medical Center (Russellville, AR), more than \$5 million has been invested to expand oncology services,

including replacement of the high energy linear accelerator and addition of a new low energy system.

*The Elekta Synergy® linear accelerator includes 3D image guidance and helps clinicians visualize tumor targets and normal tissue, and their movement between and during fractions.*



*The integration of this technology in the gantry enables physicians to perform imaging with the patient in the treatment position, to optimize patient setup before therapy.*

*Key imaging tools include 3D volumetric cone-beam imaging for soft tissue visualization.*



## FINANCIAL PERFORMANCE

***We are focused on being good stewards of all we have. Together, by sharing experiences and leveraging our size, we grow by identifying best practices and creating efficiencies.***

Unless a hospital performs well and is truly committed to quality, service, people and growth, they will really struggle with the finance pillar. Achieving excellent financial performance requires a separate discipline and focus, much like each of the first four pillars.

- Several members of our corporate staff work together to form an Operational Assessment Team, which partners with two to three hospitals each year to perform an intensive audit designed to help identify ways hospitals can maximize their resources. Based on an OAT audit last year at Saint Mary's Regional Medical Center, the hospital changed from a contract dietary service to using internal resources. Not only are they spending less, they're also getting higher marks on food quality from their staff and patients.
- Finally, two hospitals have been recognized by The Joint Commission for their outstanding achievement during the 2010-11 Flu Vaccination Challenge. Saint Mary's Regional Medical Center achieved "Gold Level" status for 90% compliance and Capital Medical Center earned "Silver Level" status for 85% compliance. So not only were fewer employees at risk of catching the flu, which is obviously the main goal, but there was less risk of employees having to miss work due to illness or of staff infecting patients.

These awards represent a significant accomplishment, according to Diane M. Sosovec, RN, MS, The Joint Commission Program Manager, who said these hospitals' "...commitment to patient and employee safety deserves the highest level of recognition."

A newsletter for associates of Capella Healthcare



"I'm not a runner but I wanted to do something like this," says Carlyon. "We wanted to raise money that would stay here." The money raised from the WaterLoop Trail Run is given to two charities: Women Who Care and Women in Safe Homes (WISH). Last year's WaterLoop Run organizers were able to donate \$2,000 to each charity.

In other news, Major League Baseball Hall of Famer Johnny Bench spoke recently at the hospital about joint pain, arthritis, and new technologies in knee and hip replacement.

## **SOUTHWESTERN MEDICAL CENTER** Lawton **Patient sings hospital's praises after back surgery and rehab**

Riley Brannon (standing with megaphone) is a real cheerleader for the Inpatient Rehabilitation Unit at Southwestern Medical Center. The 61-year-old retired truck driver is always ready to tell his friends and anybody else about the great care he received after his back surgery at the hospital.

"I had two discs in my lower back removed and replaced with three 6-inch titanium rods," says Brannon. "All that heavy loading and unloading of steel that was part of my job as a truck driver for 16 years had really hurt my back."

Brannon spent a month doing inpatient therapy at the Southwestern Rehabilitation Center, followed by six weeks of outpatient therapy. "I give the rehab people at Southwestern 235% approval rating!" he says. "Victor Corral (seated), Scott Ferrin, Michael Moreland and Joanna Leavitt (left to right) were all wonderful. They were kind and understanding and never rushed me through my exercises. I even go back to see them every now and then just to visit. Now I feel wonderful. It's so great to have my back feeling normal again."



In other news, SMC has acquired Great Plains Ambulatory Surgery Center (ASC), in Lawton, OK. The acquisition adds two operating rooms and a gastrointestinal laboratory to the hospital. The Great Plains ASC is located at 5404 SW Lee Boulevard, less than a mile from the hospital.

## **OREGON**

### **WILLAMETTE VALLEY MEDICAL CENTER** McMinnville **WVMC first in Oregon to use 3D Mammography**

Willamette Valley Medical Center is the first hospital in Oregon to use breast tomosynthesis imaging – or 3D Mammography – which produces both a traditional 2D digital image as well as a set of layered images providing a 3D view. To read more see the "In the News" section of Capella's website.

### **WVMC honors physician, renames Cancer Center**

To honor Dr. Joe Hoover's tremendous influence on cancer care in McMinnville, Willamette Valley Medical Center has renamed its cancer center the HR Hoover, MD, Cancer Center.

According to Dr. Erik Swensson, who worked with Dr. Hoover and is now Capella's Chief Medical Officer, Dr. Hoover was a guiding light in the success and growth of the Cancer Center. As chairman of the cancer committee he instigated monthly meetings to review cases with radiation therapists, medical oncologists, surgeons, pathologists, urologists, radiologists and nurses. He also hosted cancer conferences and spearheaded the successful efforts to receive formal accreditation for the center.

"Dr. Hoover was an amazingly brave individual. He was diagnosed with melanoma and prostate cancer, which took his life last November. Dr. Hoover worked until three weeks before he died. He was an honest, ethical, humble, hard-working man who did the very best he could for his family and his community, and in the process, improved cancer care for the entire community."

## **TENNESSEE**

### **GRANDVIEW MEDICAL CENTER** Jasper **Grandview opens new Multispecialty Clinic**

Physicians and staff of the Monteagle Multispecialty Clinic, locally referred to as the "M," welcomed a great turnout from the community when they held an open house and ribbon cutting ceremony in June.

Dozens who attended the event were given tours of the facility with affiliated physicians available to answer questions about the services they'll provide at the facility. Current specialties represented include cardiology, ENT, general surgery consultation, gynecology, podiatry, and urology.



### **RIVER PARK HOSPITAL** McMinnville **River Park gets Susan G. Komen Grant... again**

For the third year in a row, River Park Hospital has partnered with the Warren County Educational Foundation to apply for and receive a grant from the Upper Cumberland Affiliate of the Susan G. Komen Foundation. This year's grant funds a breast health education and breast cancer awareness initiative in the community as well as 90 free mammograms for qualifying women in the Upper Cumberland.

"Over the past two grant cycles, we've been able to provide a total of 125 free mammograms to uninsured and underinsured women in the Upper Cumberland. We are so excited to have the funding to provide 90 more free mammograms this year," says grant coordinator and River Park Marketing employee Ashley Wright.

River Park Hospital also recently launched a new Facebook site to keep the community better informed.

### **WHITE COUNTY COMMUNITY HOSPITAL** Sparta **WCCH adds specialists**

White County Community Hospital recently added three new specialists to their medical staff; urologist Dr. Lee Moore with Upper Cumberland Urology Associates (Cookeville), critical care specialist and pulmonologist Dr. Douglas Kane with Highland Rim Respiratory Specialists (Cookeville), and general surgeon Dr. Jeff Moore with Middle Tennessee Surgical Specialists (Cookeville). Dr. Kane has begun a new practice as the only pulmonologist at WCCH and all three physicians will be working out of the specialty clinic adjacent to the hospital. Recruiting these new physicians to practice part-time in White County was a team effort.

Additionally, the hospital wished David Steitz well as he concluded his role as Interim CEO. Bill Little assumed the role of Market CEO for the three hospitals in the Upper Cumberland Plateau (*see article on pages 1 and 3*).

## **WASHINGTON**

### **CAPITAL MEDICAL CENTER** Olympia **Capital Medical Center earns impressive ranking**

Capital Medical Center was ranked by HealthGrades as the best hospital for general surgery in Thurston County. The hospital's ratings place it among the Top 10 Hospitals in Washington for General Surgery as well. HealthGrades, the leading independent healthcare ratings organization, analyzes patient outcomes at virtually all of the nation's hospitals.

"Capital Medical Center is very fortunate to have such a high caliber group of general surgeons on its medical staff. This award is also a direct result of the hard work of a great hospital staff and their commitment to service excellence," CEO Jim Geist said.

## BENEFITS BRIEF

### Employee Discount Programs

by Anthony Scott, Director of Benefits

Did you know that being part of the Capella Healthcare family can save you money? Your benefits team is trying to protect your financial health in these challenging economic times with unique benefits like the ones below.

Employees now have access to the AAA group membership discount program that allows employees and their family members to join AAA at significantly reduced rates. In addition to their nationwide 24-hour emergency road service, AAA offers many discounts at retailers, restaurants, hotels and attractions.

If you are interested in this new benefit you can contact the Capella Healthcare representative listed below or your Human Resources Team for a copy of the form.

Kay Smith, Membership Representative

Phone: 615-269-1896

Email: [kasmith@AAASouth.com](mailto:kasmith@AAASouth.com)

There's also a new Employee Purchase discount program available through Dell. You'll need a special website link and a member ID to access the Dell EPP website which will provide you with the Capella discounted pricing. Contact your HR Team for this exclusive information.

The other discount program available to Capella Healthcare employees is through our arrangement with the Corporate Shopping Company. By going to the website below, employees can access discounts from over 100 companies including:

- Verizon, Sprint and AT&T cell phone plans (even if you are an existing customer).
- Appliances at the GE Store
- Uniforms and scrubs at Medline

You can find the link on: [www.MyCapellaBenefits.com](http://www.MyCapellaBenefits.com) or directly at: [values.corpshoppingco.com/affiliates/capella](http://values.corpshoppingco.com/affiliates/capella)

## SALUTING A HEALTH HERO

### Setting the example by biking to work

**Jan Kozak** used to ride her bike to school every day. Now she rides it to work every day at River Park Hospital in McMinnville, TN. While she thinks it's important for people working in health care to set a positive example for others, she says it's almost a selfish thing for her. "I never feel good unless I do something physical. It is really just such a part of my life that it's normal. I tell people it comes to be like brushing your teeth in the morning, it's just what you do."



Learn more about Kozak, including her "worst wreck ever," by visiting the "For Employees" section of Capella's website.

*Do you work with someone whose personal commitment to their own health is an inspiration to others? Or who deserves to be "A Bright Star?"*



Nominate them for our Health Heroes or Bright Star feature. Email us at [Connections@CapellaHealth.com](mailto:Connections@CapellaHealth.com)

## WINNERS

### CONTESTS, SURVEYS AND POLLS, OH MY!

**EDITOR'S NOTE:** In the last issue of *Capella Connections*, employees were invited to participate in a survey and a contest. Here's how you responded.

#### PHOTO CONTEST

More than 140 photos were received for the First Annual Capella Communities Photography Contest with submissions from employees, physicians and volunteers. Winners will be announced the first week in September. Watch the website or follow us on Twitter if you want to be the first to know.

#### SOCIAL MEDIA SURVEY

A very impressive 840 people responded to the "Social Media Savvy Survey." Congratulations to Monica Owens of Muskogee Regional Medical Center who won the drawing for a \$50 gift card.

Of the questions that had a "right" or "wrong" answer, the majority of respondents got the answers correct on all but two. To find out which ones you got right (and which two you got wrong), visit our website at: [www.CapellaHealthcare.com/for-employees](http://www.CapellaHealthcare.com/for-employees)



## We're Connected!

Want to stay connected with Capella and your sister hospitals?



**Follow us** on Twitter: <http://Twitter.com/CapellaHealth>



**Subscribe** to our YouTube Channel: [www.YouTube.com/CapellaHealthcare](http://www.YouTube.com/CapellaHealthcare)



**Connect** with us on LinkedIn: [www.Linkedin.com/company/capella-healthcare-inc](http://www.Linkedin.com/company/capella-healthcare-inc)



Beth B. Wright, *Capella Connections* Editor  
Vice-President Corporate Communications  
& Strategic Marketing  
501 Corporate Centre Drive, Suite 200  
Franklin, TN 37067  
(615) 764-3000  
[Connections@CapellaHealth.com](mailto:Connections@CapellaHealth.com)  
[CapellaHealthcare.com](http://CapellaHealthcare.com)

