

# Health Connection

FROM YOUR FRIENDS  
AT ABILENE REGIONAL  
MEDICAL CENTER

## Mark your calendar!

Health programs and  
events in Abilene

## Meet our medical staff members

## 6 ways to raise a healthy eater

## Easing pelvic pain

 **ABILENE REGIONAL**  
Medical Center

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gift card!



# Proud to bring quality to our neighbors



Michael D. Murphy  
Chief Executive Officer

Dear friends,

**A**bilene Regional Medical Center (ARMC) is proud to be a good neighbor in our community. We're committed to making Abilene healthier. For starters, we make quality healthcare our top priority. With continuous improvement and

new technology, we're dedicated to enhancing the region's overall health. We also want to ensure that our community's economic health prospers and grows from our presence. Whether it's through the people we employ, the local businesses we use or the charities we support, we're committed to making Abilene a better place to live and work.

### HIGH RANKINGS

During the past year, quality measures in healthcare have risen in public awareness. Federal government rankings are now available for a variety of health-related services like never before. Web sites like [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov) are creating more easily understandable star ratings, making healthcare more transparent. ARMC is proud of our rankings and our passionate employees who strive to give advanced care to our patients. Through our fast "door-to-balloon" times for treating heart attacks to our patient- and family-satisfaction scores in our Skilled Nursing Unit, we strive to be your quality healthcare choice.

### OUR PRIORITIES

Providing advanced diagnostic equipment and patient-care standards is another priority at ARMC. In 2008,

ARMC received credentialing as the region's only Certified Chest Pain Center. We pride ourselves on offering the Big Country dedicated cardiac care and have upgraded our women's diagnostics service with digital mammography. Our Catering to You program and all-private rooms continue to represent the standard for patient care and comfort in our area. We're not only committed to providing new technology and equipment but also to offering the staff and physicians needed to provide these services. This year, we'll welcome new physicians, from a neonatologist to a gynecologic oncologist.

### COMMUNITY PROGRAMS

Our Healthy Woman program provides monthly educational programs on a variety of topics for Abilene's women. Senior Circle continues to provide valuable education and services to active adults ages 50 and better. Additionally, ARMC supports our community with more than \$76 million in community investment. As one of the top taxpayers in Taylor County, we're proud that our tax money provides great schools, improved roads and well-trained fire and police departments. We also enjoy supporting nonprofits and charities that improve the quality of life in Abilene.

Whether we're supporting our employees as they coach Little League and lead a Girl Scout Troop or sponsoring the American Heart Association and the Western Heritage Classic, we're glad to be a supporting community member.

Best regards,

**MICHAEL D. MURPHY**  
Chief Executive Officer  
Abilene Regional Medical Center

# Be an ARMC Healthy Woman

Life can be healthy, balanced and fun. Find out how with Healthy Woman, our free program that empowers women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

Become a member today and enjoy:

- monthly health and lifestyle presentations
- health resources
- regular e-mail communications

Join us and see what Healthy Woman has to offer. Call (325) 428-4950 or visit [www.abileneregional.com](http://www.abileneregional.com).



**HEALTHY WOMAN**  
AN ABILENE REGIONAL MEDICAL CENTER RESOURCE

## Join Senior Circle!

Get active and stay healthy. Join Abilene Regional Medical Center's Senior Circle program for just \$15 a year, and you'll get more out of life with health talks; hospital benefits; local business bargains; prescription, vision care, home health and security discounts; and more. Members also enjoy social events, exercise programs and travel opportunities.

If you're 50 or better, you owe it to yourself to live life to the fullest. Visit [www.seniorcircle.com](http://www.seniorcircle.com) or [www.abileneregional.com](http://www.abileneregional.com) to join today!

**Senior Circle**



## PHYSICIAN SPOTLIGHTS

The experienced, dedicated medical staff at Abilene Regional Medical Center (ARMC) can help keep your family healthy. We'd like to introduce two of them to you.



**CHARLES ANDERSON, M.D.**  
Obstetrics/Gynecology

1680 Antilley Road, Suite 350  
Abilene  
(325) 690-1663

ARMC would like to spotlight Charles Anderson, M.D., an obstetrician/gynecologist in the community.

Dr. Anderson, who grew up in West Texas, has practiced at ARMC for 12 years and has delivered more than 5,000 babies in Abilene! He has special interests in endometrial ablation, a quick, easy and almost painless alternative to a hysterectomy (removal of the uterus). Dr. Anderson finished his undergraduate degree at Abilene Christian University in Abilene and completed his medical degree, internship and residency at Baylor University in Waco. Dr. Anderson enjoys spending time with his wife, Shannel, and their five children.

To make an appointment with Dr. Anderson, call (325) 690-1663.



**MARK REEDY, M.D.**  
Gynecology and Gynecologic Oncology

6250 Regional Plaza, Suite 1050  
Abilene  
(325) 428-5577

We'd like to welcome Mark Reedy, M.D., board certified in gynecology and gynecologic oncology, to the ARMC medical team. Dr. Reedy specializes in gynecologic oncology and has special interests in pelvic surgery. He received his medical degree from Texas Tech University Health Sciences Center in Lubbock and completed his internship and residency at Scott & White in Temple. Dr. Reedy trained at the Mayo Clinic in Scottsdale, Ariz., and the University of Kentucky in Lexington, Ky. The care and compassion his patients receive makes us proud to have him on our team. Dr. Reedy is now accepting new patients by referral. Call (325) 428-5577 to make an appointment today!

For a list of physicians by specialty, visit  
[www.abileneregional.com](http://www.abileneregional.com).

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## SENIOR CIRCLE

For those ages 50 and better, Senior Circle is a nonprofit organization that offers fellowship and activities, health education, parties, travel, local and national discounts and hospital benefits and discounts—for only \$15 a year. Activities include game days, monthly meetings, driving safety classes and more.



### Upcoming activities:

**Dominoes and Games:** Mondays, 1:30 p.m.  
**Stretch & Flex:** Tuesdays and Thursdays, 9 a.m., at the Dave Collins WellHealth Center  
**Annual Senior Circle Picnic at Perini Ranch Steakhouse:** Fri., June 26, 6–8:30 p.m.  
**Call:** Linda Rutledge Smith at (325) 428-4935

## HEALTHY WOMAN

This free program improves the emotional, physical and fiscal well-being of

women and their families through free seminars, health fairs, educational programs and interactive events. Healthy Woman meets each month in the Women's Center at ARMC.



### Upcoming topics:

**Healthy Moms:** Mon., May 11, 11:45 a.m. lunch program and 6 p.m. dinner program  
**Fit and Healthy:** Mon., June 15, 11:45 a.m. lunch program and 6 p.m. dinner program  
**Healthy Skin:** Mon., July 13, 11:45 a.m. lunch program and 6 p.m. dinner program  
**Healthy Families:** Mon., Aug. 10, 11:45 a.m. lunch program and 6 p.m. dinner program

**Call:** Julia Belcher at (325) 428-4950 or visit [www.abileneregional.com](http://www.abileneregional.com)

## TINY TOES

The Tiny Toes program prepares mothers-to-be for labor, delivery and postpartum and newborn care. Tiny Toes also offers the Pregnagym and new prenatal yoga classes in the Dave Collins WellHealth Center at ARMC. Breastfeeding basics and sibling classes are also available.

**Call or visit:** (325) 428-INFO (4636) or [www.abileneregional.com](http://www.abileneregional.com) for class schedule or to register



## VOLUNTEER SERVICES PROGRAM

Our volunteer program for adults and teens offers a wide range of assignments to suit personal interests, skills, career goals and schedules. ARMC also has a successful Pet Therapy program that continues to grow and expand with its four-legged volunteers. Summer junior volunteer opportunities for teens ages 15 to 18 are available from June to July.

**Call:** Julie Bell at (325) 428-4953

