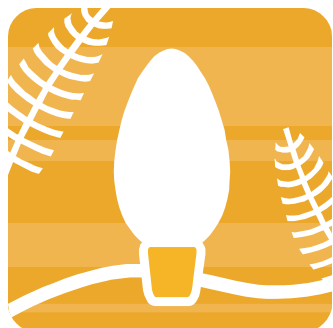




When they saw the star,  
they rejoiced with  
exceeding great joy.

Matthew 2:10



### *The President's Message*

Each year the Holiday season moves me to reflect on the last year and look forward to the New Year. My professional life reflection centers on reviewing the vision, guiding behaviors and strategic goals to see if we have made good steps toward achievement.

In our case I do believe that in two short months we have made some great initial steps. As a reminder our Saint Alphonus Health System has established the following:

**Vision:** Unified by our faith-based mission, Saint Alphonus Health System will: Provide healing and hope close to home. Help our local communities grow and thrive. Be a trusted partner for life. Deliver value in everything we do.

**Guiding Behaviors:** We support each other in serving our patients and communities.

- We communicate openly, honestly, respectfully and directly
- We are fully present
- We are all accountable
- We trust and assume goodness in intentions
- We are continuous learners



### **Strategic Goals:**

1. Achieve top decile quality/patient safety outcomes.
2. Develop a strong culture of regional health care delivery, integration, excellence, coordination and care management.
3. Build an integrated physician delivery network throughout the regional geography.
4. Advance regional clinical specialty programs.
5. Develop an Accountable Care Organization model.
6. Achieve financial and operational targets.

The combination of Vision, Guiding Behaviors and Strategic Goals provide the focused direction for moving forward. The success of these efforts depends on each Associate embracing their unique part in providing the “Critical Difference” for those we serve. One thing we can all do is to respectfully communicate with each other on a daily basis. If we embrace our GUIDING BEHAVIORS 2011 will be a great year. Best Wishes and God’s grace to each of you during this Holiday Season. —Ray Gibbons, CEO and NEW BHS Bulldogs Fan

### *Medical Benefit Update*

There has been some confusion regarding physician preferred providers in the Baker area. While the ACN network has not come to our region yet AETNA has agreed to use the Providence Preferred network as the in-network preferred providers (with

which most of the local doctors are already associated). Therefore if you have an appointment with your physician, rest assured that you will receive the best rate possible (as well as excellent care!).

Please see Jerry if you have any questions or if you run into any problems with your AETNA Medical benefit.

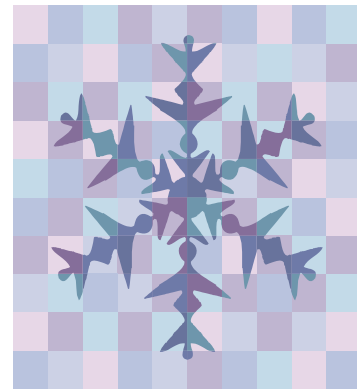
## *A King in Straw*

A sobering thought, (as well as the basis on which I personally view the Gospel) comes from the touching gesture that the King of Kings—foretold to the greatest prophets—misunderstood and feared, even before his birth, by the mightiest political powers on earth during His time—was born the poor son of poor parents. Upon His arrival, His bed was straw. I wouldn't be the first one to point-out the meek beginnings of Christ, but this time of year, I'm humbled anew at the thought that the person most deserving a lavish bed of finest purple and luxuriously warm covers rested in the most humble surroundings while, miles away, Herod lay uneasy in his opulent sleeping chambers with troubled thoughts towards preserving his position and power by finding and destroying the babe that he ignorantly believed had come to establish an earthly kingdom.

One infant asleep in straw whom one king sought to destroy, three others traveled great distances to pay homage to, and an

entire heavenly host heralded throughout the cosmos. Do not kid yourself—a true servant is humble, but never trivial. The Savior and “True Ruler of All” taught through service, removing Himself from trappings of leadership, but readily accepting the responsibilities. Dear Lord, may my prayer always be in everything I do, I never be identified as anything less than your servant.

—Davey



## *Our Sincere Condolences*

We wish to extend our heartfelt sorrow and sympathies to our friend and Associate, Cathy Roach who recently lost her husband Richard Rivas (March 25th, 1961—December 3rd, 2010).

Our thoughts and prayers will be with you and your family.

—The Associates of  
*Saint Alphonsus Medical Center,  
Baker City*

## *Filled With Gratitude*

Dear Friends,

I can't find the words to thank you enough for all that you have done for me and my family. When I think of the wonderful place I work, I can't believe how lucky I am to work with such incredible people. I feel like you all treat me like you are my extended family.

May you have a wonderful Christmas, and may God bless you like you have blessed me.

*Steve Wriston*

## *C. H. J. P. And Sharman Lorimer Visit*

Sharman Lorimer CFM, (Certified Prosthesis Fitter) who works for Idaho Orthotics & Prosthetic Services was here in the hospital November 9th taking appointments for fittings and also training our Look Good Feel Better Coordinator Linda Lang and Community Advocate, Gloria Schott on fitting prosthesis. Eight women were fitted for prosthetics in a day that can only be described as amazing! We are currently in the process of remodeling a room in the Sleep Center to permanently house Look Good Feel Better and Sharman when she is here for fittings. Sharman will be back February 17<sup>th</sup> and will attend the monthly CHIP meeting, The Baker County Cancer Survivor support meeting, and will also perform more fittings.

We already have four more ladies scheduled to be fitted. Sharman was brought to Saint Alphonsus Medical Center - Baker City through CHIP (Community Health Improvement Partnerships) which is an organization of community partners who have a shared interest in improving the health and well being of the community. If you are interested in learning more about CHIP and the volunteer opportunities available with this fine organization, please call **Laura Huggins** at **541-523-8102**.

## *January Birthdays*

Marissa A.	January 2
Coby M.	January 5
Christian H.	January 5
Rhonda S.	January 6
Cheryl P.	January 8
Chris M.	January 8
Angela C.	January 9
Barbara S.	January 14
Laurel O.	January 17
Melanie H.	January 20
Jamie V.	January 21
Shelly P.	January 21
Nathaniel N.	January 22
Leona C.	January 22
Thomas L.	January 24
Kimberly S.	January 24
Hannah A.	January 25
Deborah H.	January 25
Shelly C.	January 26
Kathryn S.	January 28
Angela C.	January 28
Betty K.	January 29
Kathleen S.	January 30

## *Sweet Potato Casserole Recipe*

**4 cups** Sweet potatoes cooked and mashed  
**8 oz** cream cheese, softened  
**1/2 cup** unsalted butter, softened  
**2** eggs, beaten  
**1/4 cup** brown sugar  
**1 1/2 TBL** dry sherry wine  
**1/4 tsp** salt  
**3/4 cup** black walnuts, chopped  
**1/2 tsp** freshly grated nutmeg

Preheat oven to 350 - With electric mixer (not food processor) whip all ingredients, **except**, walnuts and nutmeg, until light. Stir in walnuts and put into a buttered casserole dish. Spread evenly and top with grated nutmeg. Bake 45 minutes until golden.

**—Submitted by Sheri King**

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**We're on the Web!**

[www.StElizabethHealth.com](http://www.StElizabethHealth.com)

*The Pulse* is a monthly newsletter  
published by  
Saint Alphonsus Medical Center—  
Baker City  
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## Bits and Pieces, Odds and Ends

As we end this this year (not to mention the first decade of the New Millennium), many of us engage in the time-honored tradition of establishing resolutions for the coming year. While most of us are thinking along the lines of health, self-improvement, and intellectual enrichment, I would challenge you to personally give some consideration to finding a way to volunteer in our community. I am constantly amazed and impressed with many of the fine efforts and organizations that a good number of Saint Alphonsus—Baker City Associates already participate in. However, if you are currently not involved in one capacity or another, I encourage you to come by my office or give me a call: (541) 523-1795—and by discussing your interests, passions and concerns, perhaps we can find a great opportunity for you to plug-in. You might be pleasantly surprised at the tremendous satisfaction that comes from doing good things for your community!

—Davey

## Mission Moment

As I sit here in front of my computer I am flooded with memories. This is the 135th Pulse with which I have been involved (*and thank-you Davey for taking over the responsibility of producing this newsletter monthly!*). This is the 12<sup>th</sup> Christmas that I have written a seasonal message, the twelfth time that I have wondered how to share the glorious Gift that was given over 2,000 years ago.

Some will say that the story has been told so many times that there is nothing new to share. But with my mind's eye I find myself drawn back to that hillside where the shepherds watched their sheep, focused on protecting the lambs that were even now snuggling up to their moms. It seemed so peaceful, so quiet, so normal.

And then the angels sang.

How many times have I been so focused on my own life that I forget

that beyond me there is a big world? That when I limit myself to my “normal” life I might be missing the song of angels - a song that I am encouraged to sing?

These past several weeks I have heard angels sing. You may have thought that they were just Associates doing what they do best – caring. But I swear I heard music. Beautiful, caring music.

Thank you for joining in the song. And may God bless you and give you and yours a very Merry Christmas!

*Jerry Nickell*  
VP Mission & OTE/LJO

