



MESSAGE FROM CEO



Christopher Bjornberg,
CEO

Hello Team!

I am writing this today not only as the new CEO of our amazing healthcare district but also as an individual filled with gratitude and admiration for the dedication you

exhibit every day. Your commitment to providing exceptional care to our community is very evident, and I want to extend my heartfelt thanks to each one of you.

As we stand on the threshold of a new chapter, I am filled with optimism. Together, we have the opportunity to build upon our hospital's legacy, enhancing the services we offer and the care we provide. The road ahead is filled with challenges, but with our collective effort and commitment, I am confident that we will achieve our goals and set new standards of excellence in healthcare.

Thank you for welcoming me into this amazing team. I look forward to working alongside you and witnessing the incredible things we will accomplish together.

Thank you,
Chris Bjornberg

HEALTHY DIET TIPS FROM JENNA

March is often known for its rainy weather which ultimately means less sunshine. When skin is exposed to safe amounts of sunlight, our bodies can naturally produce Vitamin D. However, many Americans suffer from low vitamin D levels regardless of sun or rain. Here is a list of foods that are rich in vitamin D that can be added to a healthy diet.

- Halibut
- Trout
- Sockeye Salmon
- Tuna
- Eggs
- Mushrooms
- Cow's Milk
- Soy Milk

- Orange Juice fortified with Vitamin D
- Yogurt fortified with Vitamin D
- Post Honeycomb Cereal (among others but this is the highest of the cereals)

The American Heart Association recommends eating 2 servings of fish (particularly fatty fish) per week. If you are concerned you might have low vitamin D levels, talk to your doctor about having your vitamin D levels checked at your next annual physical.

CHIEF OF MEDICAL STAFF CORNER

March 30th is traditionally celebrated as National Doctors Day in the U.S.

It is a day to recognize the contributions of physicians to individuals and the communities they serve. The various principles of medical ethics advocated by several medical societies remind us of our obligation to place our patients' welfare above our own.

Not long ago COVID-19 pandemic made acutely aware of the heroism and courage displayed by the physicians and, the healthcare workforce. In times of war and peace, under the most urgent and trying circumstances, physicians are trained and effectively execute these principles. Our commitment to help others is evident every day in what we do.

The medical staff at the PMHD are proud to carry out this tradition to serve our community with exemplary skills and compassion. Technological advances have made a huge difference in how we deliver our care. The widespread use of AI is already changing how we deliver health care. But, the 'art' of medicine is a unique skill that comes by life-long learning and practice and, not always guided by a simple algorithm. We treat the patients, not the labs, not the X-rays.

This is core of the 'patient centered care'. To reiterate the wisdom of a great physician "The good physician treats the disease. The great physician treats the patient who has the disease" - Sir William Osler.

Dr. Ramaiah Indudhara, MD, MBA, FACS.

OBSERVANCE DAYS

- Colorectal Cancer Awareness Month
- Healthcare HR Week 11-15
- Patient Safety Awareness Week 10-16
- Certified Nurses Day March 19th
- March 30th is "Doctor's Day" and would like to thank the physicians for all they do.



FINANCE UPDATE

January 2024

- \$3.7 M Profit with FYTD: \$8.0 M
- Average Daily Census: 59
- ER Visits: 3,931
- Rural Clinic Visits: 5,308
- Deliveries: 206

NATIONAL SOCIAL WORKER'S MONTH

