

shine

Your healthy-living magazine

NO SWAPSIES!

PACK A LUNCH
YOUR CHILD
WILL LOVE

BORN SURVIVOR

Ella Tenney was a tiny
preemie — but Methodist
Mansfield's NICU was ready

Fun at the state FAIR

9 WAYS TO:

- ▶ Make your day out a workout
- ▶ Taste-test health (on a stick)
- ▶ Get a fresh view of garden fare

GRAND OPENING!

BE AMONG THE
FIRST TO TOUR
TOWER TWO

MORE VEGGIES, PLEASE!

Sneaky strategies that'll
have your kids devouring
more veggies

A REHAB REVOLUTION:

Our new
rehabilitation facility
offers innovative care
to help you get back
on your feet

FALL 2015



Methodist

MANSFIELD MEDICAL CENTER

Hey, Mom!

Hi, Sweetheart!

You get your ticker checked?

I will...in time, LOL!

NOT FUNNY MOM!

CALL THEM 214-947-6296

Ok, it's about time. LOL!

Oh Mom, LOL!

Lots Of Love!

Mom, LOL means "Laugh Out Loud"

Oh... LOL!

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shine

Vol. 5, Issue 3

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ONLINE AND INSIDE

Fall
2015

SOCIAL

Instagrammers unite! They say a picture is worth a thousand words. Well, since we have so much to say about health and wellness and the communities we serve, we've joined the Instagram world. Search "MethodistHealthSystem" on your app, and find photos of community events, care providers doing what they do best, and more. Plus, check out our story about the State Fair of Texas on **page 13** to see how your photos could win you a prize!



We're now on Pinterest! If you're like us, we're always looking for new ways to stay healthy — great recipes, workout tips, even beautiful places to go on a berry-picking adventure. To find tips for these and more, check out the boards on Methodist Health System's new Pinterest page. Just go to pinterest.com/methodisthealth.

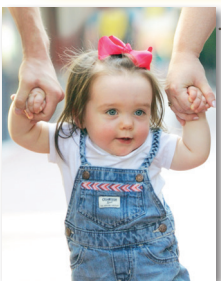
BLOGS

A new place to find answers. No matter where you are in life, your physical, mental, emotional, and spiritual health matters. In our new *answers*² blog, our goal is to meet you where you are — share with you our own experiences in health care, connect you to great wellness information, and invite you to participate in the exciting things happening throughout Methodist Health System. Subscribe today at Answers.MethodistHealthSystem.org.



COMING SOON!

Watch for our new design, starting with the Winter 2015-2016 issue of *Shine*.



On the cover

When Ella Tenney spent almost two months in our Level III NICU, our experienced, specialized staff kept her parents informed and involved.

Read their story on page 10.

SHINE MAGAZINE

TO YOUR HEALTH

4 **What's SUP on Pinterest**

See what our employee wellness manager is pinning up now.

5 **More veggies, please!**

From fruit pizza to zucchini noodles, these tasty tips will tempt even the pickiest eaters.

SPOTLIGHT

6 **Knowledge is power**

The Joint Academy prepared Patrick Russell for hip-replacement success.

13 **Health food on a stick?**

A visit to see Big Tex doesn't have to mean a bigger waistline. The top nine ways to beat the Midway — and have fun at the State Fair of Texas!

FEATURES

8 **'Miracle on the third floor'**

The right people in the right place saved Rachel Nieting from cardiac arrest — and the right care will prevent it happening again.



Methodist's employee wellness manager, Caroline Susie, gets ready to hit the waves with her new stand-up paddleboard in Newport Beach, California.

What we're pinning

Check out our favorite boards on the **Pinterest** page of Caroline Susie, Methodist Health System employee wellness manager

"SUP Board Ideas." While living in Orange County for three years, Susie picked up stand-up paddleboarding, or SUP, for short.

"It's a great workout that engages your core, arms, and legs," says Susie, who started this board to get ideas for designing her very own SUP board (see the photo at left).

"Need a Plane Ticket Stat." To feed her wanderlust cravings, Susie created this board for potential travel destinations.

"Travel is good for the soul," says Susie, who's considering Thailand for her next international getaway. "The greatest gift you can give yourself is to see other cultures and other places. Travel is the only thing you can buy that makes you richer."

"Workin' On My Fitness." This board is peppered with pins about yoga poses and weight training.

"I have no problem with running — I'm strange like that — but I struggle with lifting weights and stretching," Susie admits. "Pinterest helps me change up my workout to keep from getting bored."

{ Was-SUP? }

Did you know stand-up paddleboarding is offered locally? SUP board rentals are offered at Joe Pool Lake, Lake Grapevine, and White Rock Lake, to name a few. See you on the water!



FOLLOW US

Health tips are just a click away on Methodist's new Pinterest page. Find us at pinterest.com/methodisthealth.

Lunchtime? Think outside the box

Have you ever opened your daughter's lunch bag after school only to find that she ate just the jelly side of her PB&J? Or maybe you've wondered, a little too deeply, what goes into those cafeteria sloppy Joes. If so, maybe it's time to up your school lunch game.

Follow these sure-fire tips for packing a healthy lunch even the pickiest eaters will appreciate.

Make lunch look fun. Sure, sandwiches can be made into terrific shapes, but get creative and pick a different entrée.

Try this: Send the fixings for lettuce wraps, such as leftover grilled chicken, black beans, and shredded cheese. And with the right accessories, a boiled egg makes a fun snowman.

Pick a theme. Does your kid fixate on a particular topic, say dinosaurs? Or maybe he loves a specific character, book, or movie. Work that into the design.

Try this: Use a black marker to turn a banana into a *Despicable Me* minion, or top a peeled mandarin with a pea for Cinderella's pumpkin.





SEE YOU ONLINE!

You're on your way to a sneak attack on nutrition! Search "vegetables" for more nutritious tips in our health library at MethodistHealthSystem.org/HealthLibrary.

Veggies on the sly

How to sneak more produce into your daily diet

Mom said, "Eat your vegetables!" Turns out, Mom was right: Eating vegetables and fruit helps you feel better, maintain a healthy weight, and perhaps reduce your risk of disease.

But just because Mom was right about veggies doesn't mean it's easy to get the number of servings we need — or to get our kids to eat them.

Sometimes you have to be sneaky.

In honor of Fruit and Veggies — More Matters® month in September, try sneaking vegetables into your meals. To help jog your creative juices, we invited our food services team members to offer their crafty tips:

- ▶ "Top baked potatoes with salsa," says Chef Eladio Ollarzabal, Methodist Mansfield Medical Center. "Sneak kale into meatloaf or broccoli into omelets. Use shredded cauliflower for a pizza crust and top with vegetables. Grill veggie kebabs and let the kids select the veggies (bell pepper, mushrooms, zucchini, red onion) and place them on the skewer!"
- ▶ "Turn zucchini or squash into noodles for pasta dishes, or throw spinach or kale into your morning smoothie," says Ashlyn Harmon, registered dietitian, Methodist Charlton Medical Center.
- ▶ "Make a 'sneaky dessert' with a fruit pizza," offers Chef Jose Soto, Methodist Dallas Medical Center. "Slice watermelon into circles, then into triangles like pizza slices. Top with kiwi, strawberries, blueberries, mango, and peaches. Add crumbled goat cheese."
- ▶ "Sneak shredded carrots into muffins or diced squash into mac and cheese," suggests Chef Salvador Gomez, Methodist Richardson Medical Center. "Toss leftover vegetables and fruit into the next-day salad. Try roasted pears with pecans or oranges with wonton strips."

Additional source: Produce for Better Health Foundation



DON'T FORGET

Our "Healthy School Lunches" board on Pinterest has plenty of ideas to spark creative lunches for your kids. Visit us at pinterest.com/methodisthealth.

Grab inspiration from the Internet. More and more, parents are posting, pinning, and tweeting their creative takes on school lunches.

Try this: On Pinterest, check out our new "Healthy School Lunches" board, or do your own online search: #kidslunch #kidfood #lunchideas #schoollunch #bentoforkids.

Choose the right container.

Not only do they provide portion control, but containers also give you a consistent canvas to plan around. Reusable containers often have bright colors and inside compartments to keep food separate, and disposable bags come in all shapes and sizes.

Try this: Cinch a snack-size zip-close bag full of grapes in the middle with a decorated clothespin to make a butterfly, or send a smoothie in a silicone ice pop mold.

You've got questions, we've got answers

When Patrick Russell was studying to become a mechanical engineer back in the 1970s, he learned an important lesson: Question everything.

So in 2012, when doctors started telling him he needed hip replacement surgery, he asked why.

"We had a problem finding a physician who would explain," says Patrick, who lives in Paradise, Texas, with his wife, Pamela. He finally found one in Jason Lowry, MD, FAAOS, orthopedic surgeon at Methodist Mansfield Medical Center, in 2014.

By then, Patrick's condition had devolved into extremely painful arthritis.

Why a new hip?

"The hip is a ball-and-socket joint," says Dr. Lowry. "But instead of nice spherical ball joints, Mr. Russell's were almost egg-shaped, which caused the hips to wear out faster."

Dr. Lowry agreed that Patrick needed a hip replacement but went on to explain why he needed it and how it could best be accomplished with the anterior approach. This procedure allows the surgeon to operate between muscles rather than cutting them, resulting in less pain and a faster recovery.

Getting ready for a new joint

Patrick got even more answers through the Joint Academy, a workshop for joint replacement patients that explains how to prepare for the procedure, what to expect on the day of surgery, and what to do when they return home.

"When patients are educated, they have less anxiety," says Paula McMahan, RN-BC, nurse navigator with the Joint Academy. "They're at Methodist Mansfield

only a couple days, but then they have weeks at home to fully recover from the surgery. The Joint Academy prepares them to have the best outcomes."

At the Joint Academy, Patrick was also able to review with his team of providers his choice to not have blood transfusions. As a Jehovah's Witness, Patrick appreciated the extra precautions taken to accommodate his faith's understanding of Scripture.

"We were able to confirm that his blood count was high enough before each procedure, but if it hadn't been,

we could have used iron and nutritional supplements and medications to boost his blood count," Dr. Lowry says.

'Couldn't be happier'

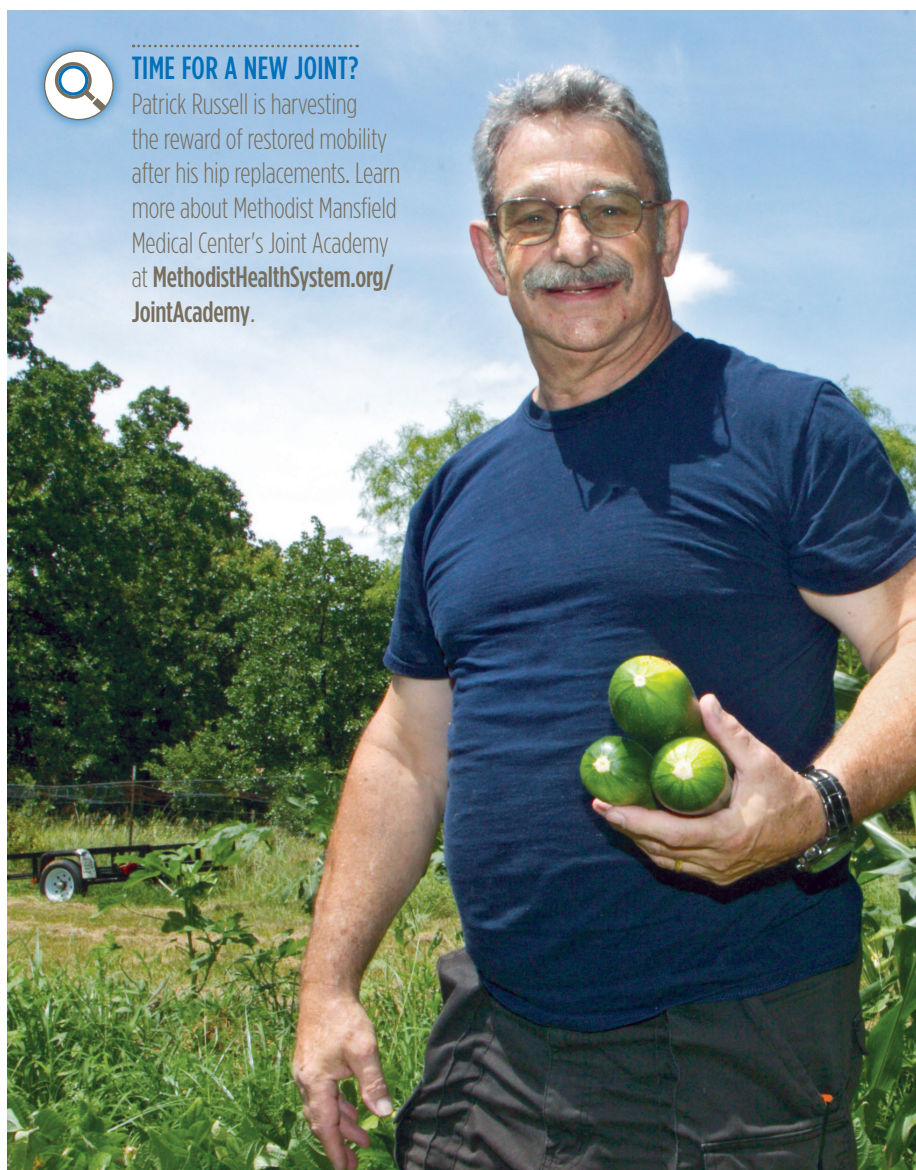
Patrick is now enjoying restored freedom of movement since his right hip was replaced in December 2014 and his left one this past February.

"I couldn't be happier," he says. "If you want to get up again and get moving properly and take part in life, the Joint Academy will help you get there."



TIME FOR A NEW JOINT?

Patrick Russell is harvesting the reward of restored mobility after his hip replacements. Learn more about Methodist Mansfield Medical Center's Joint Academy at MethodistHealthSystem.org/JointAcademy.





Rehab and recovery CLOSE to HOME

There's good news for Tarrant County patients in need of long-term rehabilitation: Texas Rehabilitation Hospital of Arlington.

This joint venture with Methodist Health System, Texas Health Resources, and Kindred is now open and ready to serve patients requiring inpatient rehabilitation after a stroke, complex orthopedic injury, or serious illness.

"We are so happy to have this new innovative rehabilitation facility serving our communities and close to our hospital," says John Phillips, FACHE, president, Methodist Mansfield Medical Center. "We have the privilege and opportunity to make a positive change in patients' lives after they have gone through a drastic, adverse event and help them recover."

Facility features

The \$15.8 million, 46,449-square-foot facility has 40 beds and is focused on improving patients' mobility, self-care, communication, and social skills. Commonly treated conditions include stroke, brain and spinal cord injury, amputations, orthopedic injuries, and other neurological and musculoskeletal conditions.

The rehabilitation hospital features:

- ▶ A fully furnished apartment for practicing daily living tasks
- ▶ An outdoor healing garden and walking trail with different walking surfaces to encourage mobility
- ▶ A specialized, monitored brain injury unit with a dedicated therapy space and dining area
- ▶ A dedicated stroke unit

- ▶ Gymnasiums with high-tech therapy devices and treatments
- ▶ Specially equipped rooms for bariatric patients
- ▶ Private, family-friendly rooms
- ▶ Pet therapy and community recreation programs.

Expert care

At Texas Rehabilitation Hospital of Arlington, patients are under the care of a dedicated team of clinicians and specialists who provide nursing care, occupational therapy, physical therapy, speech-language pathology, respiratory therapy, nutrition counseling, and case management.

These rehabilitation professionals provide the exceptional patient care for which Methodist Mansfield is known, with an emphasis on improving and restoring independence and quality of life.



Stephen L. Mansfield, PhD, FACHE, president and CEO, Methodist Health System (at the podium), helps celebrate the opening of Texas Rehabilitation Hospital of Arlington.

Saving graces



When Rachel Nieting went into cardiac arrest at church one Sunday, Dale McCaskill (left) and Steve Bean (center) came to her rescue, while their pastor, the Rev. Bill Dasch (right), prayed.

HOW AN OUT-OF-CONTROL HEART WAS SET ON THE STRAIGHT AND NARROW

When most people say that church saved them, they're talking in spiritual terms. But when Rachel Nieting says it, she's speaking quite literally.

Last December, the 41-year-old mother of two decided to go to Sunday services at St. John's Lutheran Church, despite feeling ill.

"I couldn't put my finger on it, except to say that I was jelly-legged and feeling feverish and extremely tired," Rachel recalls.

As Rachel and her husband, Craig Nieting, were about to enjoy a coffee break with fellow church members, Rachel was suddenly overcome by dizziness and collapsed.

"My husband turned to me and asked me if I wanted a doughnut," she says.

"The next thing I remember is waking up in an ambulance headed to Methodist Mansfield Medical Center."

Lifesavers

Craig caught Rachel mid-fall and eased her to the floor. Two nearby church members, Steve Bean and Dale McCaskill, rushed to help.

Fortunately for Rachel, Steve and Dale are veteran paramedics of the Arlington and Midlothian fire departments, respectively. Even more fortunately, Rachel's church was equipped with an automated external defibrillator (AED), a device that sends a shock to the heart to correct abnormal, life-threatening rhythms.

"Our pastor was there praying, and the paramedics gave Rachel CPR," Craig says. "I then watched as they placed the AED on my wife's chest to administer a shock. Steve, Dale, and the AED saved Rachel's life."

That's an assessment echoed by Alan Taylor, MD, cardiologist on staff with Methodist Mansfield.

"After multiple tests, we determined that Rachel had experienced a ventricular fibrillation [v-fib] cardiac arrest," Dr. Taylor says. "This happens when the heart goes from a normal rate of 60 to 100 beats per minute to something like a thousand beats per minute, which the body can't sustain."

"If not for the church's AED and the paramedics, her story would have a very different ending," he says.

Nothing short of a miracle

A number of factors, including reactions to medications and electrical heart abnormalities, can cause v-fib. But, as in Rachel's case, sometimes the cause is unclear.

"What we can do in a situation like this is make sure that the patient has an excellent chance of survival should it happen again, hence the decision to fit her with an implantable cardioverter defibrillator, or ICD," Dr. Taylor says.

An ICD is like a mini AED that's placed under the skin with a wire threaded to the heart. It administers a lifesaving shock if the heartbeat accelerates to a dangerous rhythm.

Rachel, who describes the device as her "safety net," says her care team at Methodist Mansfield helped her adjust to living with the ICD.

"Anytime I needed anything, including answers, the staff was right there," she says. "Their care and compassion really made a difference. When it was time for my implant procedure, I felt informed and confident."

"I feel that God had the paramedics and the AED in place for me when I needed them, as well as the hospital staff," she adds, smiling. "The nurses called me their 'miracle on the third floor.' I liked that."



We've got a challenge for you!

When it comes to heart health, walking is a step in the right direction. To encourage this excellent form of achieving physical fitness — and celebrate the city of Mansfield's 125th birthday — Methodist Mansfield Medical Center has partnered with city parks to launch Mansfield Move 125.

The goal: Walk 125 miles by Nov. 20, 2015, in recognition of the city's birthday. You can register and download a logbook at Info.MethodistHealthSystem.org/MansfieldMove125. Those who meet the 125-mile goal will be recognized at Hometown Holidays.



START HERE

This summer, Methodist Mansfield opened the Health Is in Our Nature trail at Elmer W. Oliver Nature Park. The almost-1-mile trail is a great place to rack up your miles for Mansfield Move 125 and do something good for your heart health. For park details, visit olivenaturepark.com.



TELL US YOUR STORY!

Is your child a success story like Ella Tenney? We'd love to hear all about your great experience in the Methodist Mansfield NICU. Tweet your baby photos or share your story on Facebook with #MyMethodistBaby.

The fight of her life

When Ella Tenney was born prematurely, our NICU team rallied

For Jalin and Nick Tenney, Monday, May 5, 2014, was going to be an exciting day. Nick had taken the day off work, and the couple was going to shoot maternity photos that afternoon.

But first on the schedule: A checkup with OB-GYN Carolyn Kollar, DO, on the medical staff at Methodist Mansfield Medical Center.

"The nurse took Jalin's blood pressure and left, and when Dr. Kollar walked in, she was just serious

The NICU team at Methodist Mansfield helped Ella Tenney, now 16 months old, take her first steps toward a healthy future.



DELIVER AT METHODIST MANSFIELD

The NICU at Methodist Mansfield offers a highly experienced team of specialized caregivers. To find an OB-GYN on our medical staff, visit Answers2.org or call 214-947-6296.

FOR NICU PARENTS

Answers to common questions

Ben Brann, MD, is no stranger to questions. As a neonatologist and medical director of Methodist Mansfield Medical Center's neonatal intensive care unit (NICU), he welcomes parents asking about the care of their newborn infants and the medical team in charge of that care.

To help set parents' minds at ease, here are answers to a few of those frequently asked questions:

Q How experienced is your team?

Dr. Brann: "We're a very experienced team. Every NICU nurse and respiratory therapist on staff has

Level III NICU experience. Our neonatologists are all board certified, and our nurse practitioners are certified through the Neonatal Resuscitation Program™ of the American Academy of Pediatrics. That level of experience makes us a good team."

Q What level of care do you provide?

Dr. Brann: "Methodist Mansfield consistently provides Level III care. We can care for infants born at 32 weeks' gestation and younger and are fully equipped with the latest technology to offer a full range of

respiratory support and perform advanced imaging. Our medical subspecialists, including neurologists, cardiologists, and ophthalmologists, are readily available for consults."

Q Who is with my baby when I can't be there?

Dr. Brann: "At Methodist Mansfield, your baby is never alone. Seven experienced NICU nurses tend to the care and medical needs of each baby. In addition, a neonatologist makes rounds daily, and a nurse practitioner is on-site 24 hours a day, 7 days a week."

and said, "We're sending you straight to the hospital," Nick says.

The day was not going as planned.

"At the hospital, my blood pressure was sky-high, like 200 over craziness," Jalin says. In addition, she had gained 20 pounds of water weight in recent weeks, and Dr. Kollar feared the onset of preeclampsia.

With Jalin only 31 weeks into her pregnancy, the decision was made to deliver Ella prematurely.

Ella's first moments

Fortunately, the nurses in Methodist Mansfield's Level III Neonatal Intensive Care Unit (NICU) knew how to make the Tenneys as comfortable as possible. They gave Nick a tour of the NICU and educated the couple on what to expect.

"I'm the type of person who asks a million questions, and they gave me the answers before I even asked," Nick says.

With trust established, the couple was amazed at the level of care that followed for both them and their daughter.

Ella was born May 7 at 7:15 p.m., weighing only 2 pounds, 15 ounces, and measuring a mere 14 inches. And she wasn't responsive.

The neonatal team went into action to restore and aid Ella's breathing. The Tenneys barely saw their baby before she was whisked away for treatment.

"Despite our fears, the nurses kept us in high spirits," Jalin says. "That first night was the hardest, but our nurse brought me a little foam heart with Ella's hand and footprints." She also brought a little diaper and blanket to acquire the new mother's scent, which would bring comfort to the struggling infant.

Ella's second family

The weeks that followed were filled with milestones, and the nurses gave Jalin and Nick the confidence to not only be NICU parents but also first-time parents.

"They showed us how to do the things they were doing, like taking her temperature, changing her

— Continued on page 12



While Ella Tenney showed off her Preemie Power Pose in Methodist Mansfield's NICU, nurses showed her parents how to care for and connect with her.



The Tenneys are grateful to the family of nurses at Methodist Mansfield Medical Center.

— Continued from page 11

diaper, or putting monitors on her,” Nick says. “It gave us some control.”

The nurses even saved bath time till evening, when both parents could be there.

“We bonded with all the nurses, but really at night,” Jalin says. “We were off work and could spend as many hours with Ella as we wanted.”

“Plenty of times we stayed up till 2 a.m., just talking to the nurses,” Nick adds.

Ella comes home

Ella took her time getting used to bottle-feeding, but once she mastered it, she was able to come home — two weeks before her original due date. Today, there is no sign of the little preemie in the darling 1-year-old.

“Ella is crazy and happy and healthy,” Jalin says.

Reflecting on the family’s experience with Methodist Mansfield’s NICU, the Tenneys have only positive thoughts.

“Yes, my child was in the NICU for almost two months, but I don’t look at it negatively at all,” Jalin says. “That’s why we still stay close with the nurses. I want Ella to know who had her for two months and who helped her survive. They’re going to be a part of her life.”



READY FOR BABY

A NICU is never part of the plan, but parents are always grateful to know it’s ready if their infant needs specialized neonatal care. To learn more about delivering at Methodist Mansfield, visit MethodistHealthSystem.org/MansfieldChildbirth.



PRECIOUS MOMENTS

More information about our Level III NICU is just a click away at MethodistHealthSystem.org/MansfieldNurseries.

Being born in the right place matters

With four possible levels of care, a neonatal intensive care unit (NICU) can make a difference in the well-being of a newborn. It’s important to know the care provided with each NICU level.

Level I	A well-care nursery; cares for newborns in stable condition.
Level II	Cares for infants requiring assisted ventilation or continuous positive airway pressure. These babies may be 32 weeks or older, weighing 1,500 grams or more.
Level III	Offers a full range of respiratory support with access to pediatric medical subspecialists. Infants may be 32 weeks or younger, usually weighing less than 1,500 grams.
Level IV	Provides surgical repair of complex congenital or acquired conditions with immediate on-site access to subspecialty care.

Methodist Mansfield Medical Center boasts a Level III NICU. With a staff of experienced nurses, respiratory therapists, and neonatologists, Methodist Mansfield treats a number of infant-related illnesses with some of the latest technology and treatment options.

“Having this level of care close by benefits both babies and their families,” says Ben Brann, MD, neonatologist and medical director of Methodist Mansfield’s NICU.

“Our Level III NICU means that young infants can be treated locally and don’t have to be transferred to another facility for care,” he says. “This offers stability and convenience to parents, who usually want to be closely involved with their baby’s care and recovery. We make it easier for families to heal together.”



9 healthier ways to do the State Fair of Texas

This year, more than 3 million people will visit the State Fair of Texas. If you're one of them, you're probably anticipating a day of eating too much and moving too little, sabotaging your health goals.

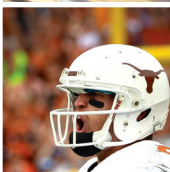
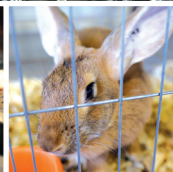
Lucky for you, we've pooled nine tips to give your fair visit a wellness makeover.



CAPTURE THE FLAVOR OF THE FAIR – AND WIN!

The fair has healthy food options! Snap a photo of you and your friends and family enjoying #HealthyFairFood. Then share it with us on Facebook, Twitter, or Instagram using the contest hashtag #HealthyFairFood for a chance to win one of three Fitbits. Contest dates are Sept. 25 to Oct. 18, 2015.

Photo credits: Kevin Brown/State Fair of Texas



- 1 Mind the sun.** Don't forget to slather on sunscreen and drink plenty of water.
- 2 Share with friends.** You'll get your fried food fix with fewer calories when you enjoy one bite of that fried red velvet cupcake — not the whole thing.
- 3 Try foods that aren't fried.** Some options we're looking forward to: mango on a stick, guacamole salad, and Greek honey frozen yogurt (yum!).
► Find a full menu of healthy fair fare on our blog at Answers.MethodistHealthSystem.org.
- 4 Get moving!** The fairgrounds have 277 acres of ground to cover. We suggest you start by walking the parade route (for the fun of it) and then head to the Texas Discovery Gardens, where there's lots of green space for your kids to run around.
- 5 Dance with the stars.** Plan your fair visit around concert performances that will get you dancing. One hour of rocking out can burn hundreds of calories.
- 6 Swan boats, anyone?** Just 30 minutes of paddling could shed almost 150 calories.
- 7 Get a primer on produce.** Check out the gardening demos in the Errol McKoy Greenhouse on the Midway and the cooking demos in the Creative Arts Building to learn more about farm-to-fork dining.
- 8 Scrub up.** Prevent the spread of germs, especially in the livestock areas, by taking advantage of hand sanitizing stations throughout the fairgrounds.
- 9 Meet your local farmers.** It's good to know how your food is grown and raised. Bonus: You might find a more cost-effective way to access foods you love, like farm-fresh eggs or grass-fed beef.



We're grateful to the many donors who've contributed to the Tower Two Capital Campaign, including (clockwise from top) Dallas Renal Group; Deepika and Ketan Trivedi, MD; and Ed and Carol Esstman.

Help us build a safer community

New Tower Two to advance patient care

At Methodist Mansfield Medical Center, we are proud of our commitment to provide superior medical care to the residents of and visitors to Tarrant County. We're also proud of the steps we're taking to keep up with the tremendous growth this area has seen.

We love being here, so we understand why you do, too!

In fact, it's why community leaders and businesses are joining Methodist Health System Foundation to support construction of a new five-story patient care tower

at Methodist Mansfield, scheduled to open this December.

Tower Two includes 118 new patient care beds, an expanded postcoronary intervention unit (PCIU) to support cardiology services, and two additional surgical suites to accommodate the increased volume of surgeries.

Won't you join us in making Tower Two a reality and expanding health care services in Tarrant County? Your generous gift will have a lasting impact on the lives of your family, neighbors, and friends.



HOW TO GIVE

Every gift counts, and several giving and naming opportunities are available. To support the Tower Two construction at Methodist Mansfield, call the Methodist Foundation at 682-622-2085 or visit Foundation.MethodistHealthSystem.org/MansfieldTowerTwo.



GET AN INSIDE LOOK

Watch the new Tower Two being built from the ground up – and get a sneak peek at the new facilities.

YOU'RE INVITED TO THE

Tower Two GRAND OPENING!

Thursday, Dec. 17
10:30 a.m. to noon

**Methodist Mansfield
Medical Center**

2700 E. Broad St.
Mansfield, TX 76063

Be among the first to tour
Methodist Mansfield's new patient care
tower and see the latest amenities.

Register online by Dec. 1, 2015, at
Info.MethodistHealthSystem.org/Tower-Two
to reserve your seat.



Methodist Mansfield Medical Center
2700 E. Broad St.
Mansfield, TX 76063
682-622-2000

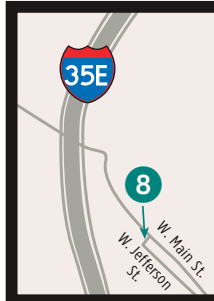
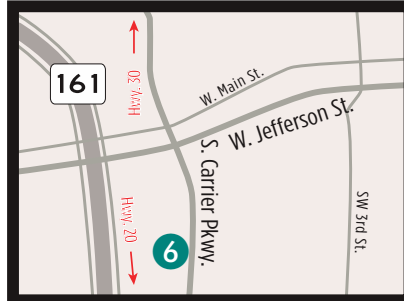
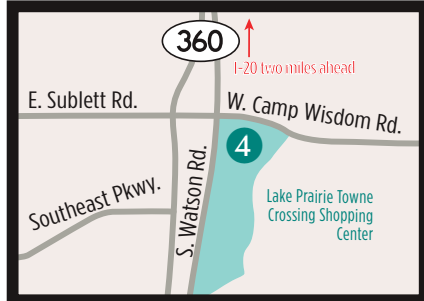
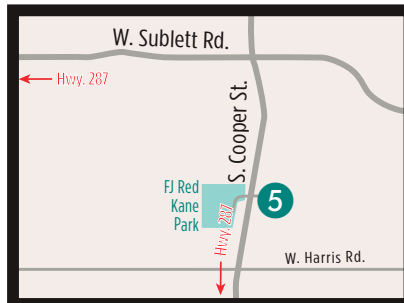
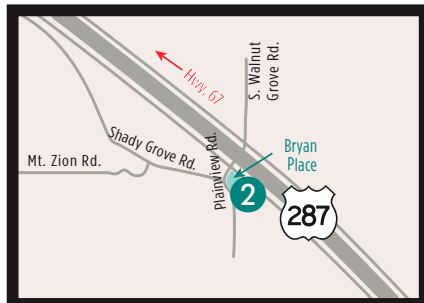
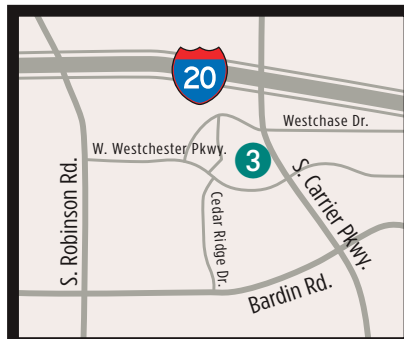
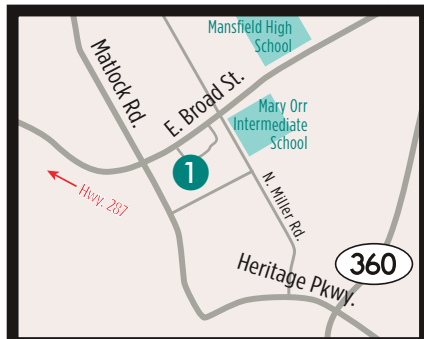
Methodist Rehabilitation Hospital
3020 W. Wheatland Road
Dallas, TX 75237
972-708-8600

Methodist Family Health Centers and Medical Groups

- 1 Mansfield Medical Group**
2800 E. Broad St., Suite 318
Mansfield, TX 76063
817-473-7184
- 1 Methodist Mansfield Health Care Associates**
2800 E. Broad St., Suite 212
Mansfield, TX 76063
817-473-8791 | 817-473-6867
- 2 Midlothian**
2230 Bryan Place, Suite 200
Midlothian, TX 76065
972-775-4132
- 3 South Grand Prairie**
4116 S. Carrier Parkway, Suite 250
(in the Albertsons shopping center)
Grand Prairie, TX 75052
972-263-5272
- 4 Lake Prairie**
5224 S. State Highway 360,
Suite 230 (in the Lake Prairie Towne Crossing shopping center)
Grand Prairie, TX 75052
972-522-0691
- 5 South Arlington**
6507 S. Cooper St., Suite 105
(in the Cooper Street Market shopping center)
Arlington, TX 76001
817-466-9100
- 6 Central Grand Prairie**
820 S. Carrier Parkway
Grand Prairie, TX 75051
972-262-1425
- 7 Mansfield North**
1601 E. Debbie Lane, Suite 2109
Mansfield, TX 76063
817-473-9125
- 8 Waxahachie**
1410 W. Jefferson St.
Waxahachie, TX 75165
972-937-1210
- 9 Texas Rehabilitation Hospital of Arlington**
900 W. Arbrook Blvd.
Arlington, TX 76015 (near Matlock Road and I-20)
682-304-6000

Other facilities

- 10 Methodist Mansfield Medical Center Greater Therapy Center**
400 W. Arbrook Blvd., Suite 151
Arlington, TX 76014
817-472-8383





9 TIPS

for a healthier
State Fair visit
SEE PAGE 13

M



Heyyy, sis!

Heyyy girl, how's the new house?



And the new hubby?



Almost your 1st anniversary!!!

Yeppers, know what you can get me?



???

Nope, a phone number...

???

to your OB-GYN...
you're gonna be an aunt!



Yayyy!!!!!!