

MAY/JUNE 2017



**BRANCH OUT
WITH FRIENDS**

MONTHLY
SOCIALS

**2017 TRAVEL
OPPORTUNITIES**

DISCOUNTED HEALTH
SCREENINGS

WESLEY FRIENDS STAFF

Wesley Friends invites you to visit our office any time and meet our wonderful staff and volunteers.



Mark Bretches
Manager

“Wesley Friends is one of the most fun groups I have ever had the privilege of being a part of. The members of Wesley Friends are some of the nicest people I have ever met.”

WESLEY FRIENDS BOARD MEMBERS

Randi Williams, President
Jerry Wagner, Vice President
Rose Stroud, Treasurer
Allen Poston, Senior Management
Mark Bretches, Manager
Lois Brooksher
Susan Brumbaugh
Jim Catt
Diana Day
Marie Krehbiel
Marlene Moore
Martha Sharp
Gene Smith



WESLEY FRIENDS

(316) 962-8400

Office Hours: 8 a.m.-4:30 p.m. Monday-Friday

Open doors to the best times of your life! Suddenly, there are more people to meet, more places to go and more interesting things to do. When you join our social club for those 50 and over, the fun potential in your life expands by leaps and bounds. We have thousands of members enjoying discounts, along with exclusive social, travel and health education opportunities. Wesley Friends is a program affiliated with Wesley Healthcare. Annual membership is only \$15 a person. Here are some of our upcoming events:

MEET NEW FRIENDS!

- Monthly dinner socials with guest speakers and entertainment
- Monthly health screenings

SEE THE SIGHTS (READ MORE ON PAGES 6-7)!

- See the buffalo and elk at Maxwell Wildlife Refuge
- Visit the St. Louis Arch, Grant's Farm and Clydesdale horses in the Gateway City

LET US KNOW WHEN YOU ARE HOSPITALIZED

When a Wesley Friends member is hospitalized at Wesley Medical Center or Wesley Woodlawn Hospital & ER, their spouse, loved one or friend receives free meal coupons to use in the hospital cafeteria. When you are admitted, please tell the admissions office clerk that you are a Wesley Friends member. Please call or have your loved one call the Wesley Friends office at (316) 962-8400 to ensure you promptly receive the meal coupons.

If you are admitted on a weekend or holiday, Wesley Friends meal coupons are available at the Emergency Department admissions desk.

JOIN OUR FUN MONTHLY SOCIALS

Our monthly socials feature a delicious meal along with a guest speaker or special entertainment. The cost is only \$8 a person, payable upon arrival.

WHEN TO ARRIVE: Arrive any time after 10:30 a.m. for coffee and socializing. The meal starts at 11:30 a.m. with multiple serving lines that move quickly. The entertainment or speaker begins after the meal. The social ends around 1:15 p.m.

WHERE: Central Community Church, 6100 W. Maple St., east entrance, near the north end

SHOOTING SURVIVOR TO DELIVER MESSAGE OF OPTIMISM, PERSEVERANCE, SAVIORS

Thursday, May 11, 11:30 a.m., Central Community Church

Don't miss this inspirational story from Julie Dombo, a former middle school counselor, who lost her hands and feet after being shot multiple times during a robbery at a cellphone store in Derby. The 62-year-old quadruple amputee received an unexpected gift from Mark Holden, general counsel at Koch Industries, and his wife when the couple gave her new electronic hands worth \$260,000. Holden said, "I heard

TO RSVP: Call the Wesley Friends office at (316) 962-8400 no later than the Monday before the social. We are required to pay for the number of meals we request, so if your plans change and you can't attend, please call as soon as possible. For those attending for the very first time, an ambassador will meet you at the door, introduce you to other people and invite you to sit at his or her table.

her speak and thought this woman had been through so much. She had such poise and grace. She was inspirational, funny and lighthearted." Invite a friend and be prepared to hear a truly remarkable story.



There is no June social due to other commitments at the church.

HI WESLEY FRIENDS! HAVE YOU EVER CONSIDERED VOLUNTEERING AT WESLEY?



On Tuesday, May 2 at 4 p.m. and Tuesday, May 16 at 2 p.m., I am hosting volunteer information sessions. I will discuss volunteer opportunities throughout the hospital.

Volunteering allows for fun social interactions and gives meaning and purpose for those who enjoy helping others. These sessions will give you a better idea of what we do and what might be of interest to you. Whether you are considering

volunteering for a few hours a week or for multiple days, I hope you can join us for one of these sessions! We have many wonderful happenings at Wesley, and I would love for you to be a part of our volunteer team. This meeting will be held in Intrust A conference room at Wesley Medical Center. If you have any questions, please email me at Kari.Bolton@wesleymc.com.

– Kari Bolton



AUXILIARY MEMBERS, VOLUNTEERS GET FREE MEMBERSHIPS IN WESLEY FRIENDS

We appreciate the time, energy and gift of volunteering that our members provide Wesley Medical Center. Our volunteers are important to us, and we are grateful for their efforts.

One way to show our appreciation is a free Wesley Friends membership for all volunteers and their spouses. If you are already a member, we will annually renew your membership

for free. When a volunteer receives renewal information in the mail, simply call the Wesley Friends office at (316) 962-8400 and ask for the free volunteer membership. For those who are not current members, please request a Wesley Friends application from Guest Services. Wesley wants to thank our volunteers for the great work they do.



WESLEY'S MEDICAL-SURGICAL UNITS HONORED FOR NURSING EXCELLENCE

WICHITA – Wesley Medical Center's 10 Tower Hospital and Stroke Unit and its 3 Tower Surgical Telemetry Unit both received honorable mention designations as part of HCA's Unit of Distinction Program which recognizes and rewards exemplary medical-surgical units at HCA facilities.

Medical-surgical nursing is the heart of patient care in acute care hospitals. Medical-surgical nurses provide expert monitoring as patients recover from injury, surgery or illness and make the transition out of the hospital.

An important component of the program is company sponsorship of nurses to obtain national certification through programs accredited by the American Board of Nursing Specialties. This year, more than 600 HCA-affiliated nurses expanded their professional knowledge and advanced their individual and professional skills to earn certification.

"This is such a testament to the amazing care these nursing teams provide every day at Wesley. It is an honor to have two units recognized for the second year in a row," said Joyce Soule, Wesley's chief nursing officer. "Every nurse strives to go above and beyond to offer the best patient care possible. The dedication of these teams has underscored that being good isn't good enough – we need to be the best."



2017 TRAVEL OPPORTUNITIES

MAY

Maxwell Wildlife Refuge

Tuesday, May 16



One of the few wild buffalo herds today can be found at the 2,800-acre Maxwell Wildlife Refuge near Canton, Kansas. You'll board a modern-day covered wagon, also known as a tram, to roam the refuge to see the bison, elk, birds and wildflowers in this natural prairie habitat. After lunch at a local McPherson restaurant, we'll tour The Clayworks, a unique artists' studio in McPherson that is the entrepreneurial creation of Disability Supports of the Great Plains, and visit a nearby gallery, One Door North.

Cost is \$99, which includes motorcoach transportation, admission and lunch. Call Village Tours and Travel to make your reservation: (316) 721-4455 or (800) 333-0312.

JUNE

Gateway City

Thursday, June 1 –Saturday, June 3

We are headed to St. Louis, known as the Gateway City, for a three-day trip. Our first two stops will include lunch at Cinzetti's in Kansas City and then Warm Springs Ranch near Boonville, Missouri. The 300-acre ranch is the breeding farm for the Budweiser Clydesdales. We will settle in for the night in a hotel near the Gateway Arch. The next morning, we will visit the arch, the tallest man-made monument in the U.S., and then tour the Anheuser-Busch Brewery. We will have lunch in the brewery's beer garden. In the afternoon, we'll visit Grant's Farm, the ancestral home of the Busch family that is named for Ulysses S. Grant, who once worked a portion of the land. You can enjoy the evening on your own again in Ballpark Village. On day three, we'll head for home, stopping along the way to have lunch in Columbia and to tour the National World War I Museum and Memorial in Kansas City.

Cost is \$499 per person double, with single, triple and quad prices available, and includes motorcoach transportation, accommodations, admissions and five meals. Call Village Tours and Travel to make your reservation: (316) 721-4455 or (800) 333-0312.



COME HAVE FUN WITH US!

JULY

Woolaroc & Candles

Wednesday, July 19

Tour the Price Tower, the only fully realized skyscraper designed by Frank Lloyd Wright, a 19-story landmark completed in 1956. The guided tour includes a visit to the restored 19th floor executive office of H.C. Price and the H.C. Price Company Corporate Apartment displaying original Wright interiors. After the tour, enjoy a light lunch on the 15th floor of this incredible feat of architecture. Next stop is hidden away in the rugged Osage Hills of northeastern Oklahoma. Woolaroc was established in 1925 as the ranch retreat of oilman Frank Phillips and is also a museum with an outstanding collection of western art and artifacts, Native American material, historical displays and one of the finest collections of Colt firearms in the world. The final stop takes us to a factory tour of Oklahoma's premier candle maker since 1969 – Keepsake Candles



Cost is \$119 per person, which includes motorcoach transportation, admission and lunch. This trip is not handicapped accessible. To make a reservation, call Village Tours and Travel at (316) 721-4455 or (800) 333-0312.

AUGUST

To Great Bend & Back!

Monday, August 7

Begin the day with a tour of the packing floor of the Hudson Flour Mill in Stafford. This Kansas mill has been producing flour for over 110 years. After lunch in Great Bend, visit the Fuller Brush Outlet store. Through the years, the Fuller Brush Co. has grown from one man's fiber suitcase filled with custom-made brushes to an exciting collection of home/business care and personal care products, all crafted with the same quality and precision that have made the Fuller Brush Co. a name welcomed everywhere. On the way home, stop in Nickerson at Hedrick's Exotic Animal Farm. Experience an educational, entertaining and interesting tour, including being taken into areas where you can touch and feed the animals. Feed and pet kangaroos and be up-close to the giraffes. The first 10 people to sign up get a FREE camel ride!

Cost is \$89 per person, which includes motorcoach transportation, admission and lunch. To make a reservation, call Village Tours and Travel at (316) 721-4455 or (800) 333-0312.



A PICTURE'S WORTH A THOUSAND WORDS

These fun images are from our recent Ballistic Missile Silo trip and monthly socials.



CAN'T MAKE AN EVENT? BE SURE TO CANCEL RSVPS

We need your help in being good stewards of our event resources. When possible, please let us know as far in advance as you can if you need to cancel your reservation for a Wesley Friends event.

When you make a reservation for a monthly social, a party bus trip or another special event, we are required to pay our vendors – such as

caterers or bus service companies – based on the number of reservations we have provided. That means that if you cancel, we are still accountable for that reservation. We realize some circumstances might require last-minute cancellations, such as an illness, but if possible, please let us know to help us plan more efficiently.

WESLEY MEDICAL CENTER FIRST HOSPITAL IN KANSAS TO USE NEW FDA-APPROVED AORTIC VALVE SYSTEM

Medical professionals at Wesley Medical Center have implanted Kansas' first EDWARDS INTUITY Elite valve system, a rapid deployment device for surgical aortic valve replacement, adding to Wesley's ever-growing cardiovascular services program.

The procedure was led by Sanjay Khicha, MD, a cardiothoracic surgeon with Wichita Surgical Specialists.

Incorporating innovations from transcatheter heart valves (TAVR), the Elite valve system is designed to facilitate minimally invasive surgery and streamline complex aortic valve replacements, thereby offering a leading-edge treatment for patients with aortic valve disease.

"Cardiothoracic surgery has had major technology advances in its field over the last several years," Khicha said. "This new device reduces the number of steps involved to implant or replace a heart valve, allowing surgeons to use smaller, less invasive incisions, causing less blood loss and promoting faster recovery for the patient."

There are generally two options to treat valvular heart disease: One is to repair the native valve, and the other is to replace the native valve with a prosthetic valve. Over time native and prosthetic valves may need to be replaced due to disease, damage or the valve not working properly. The Elite rapid-deployment system is designed to enhance the ease of valve implantation or replacement through small incisions using three guiding sutures as opposed to traditional surgical valves that require 12 to 15 sutures. Incisions are made between the ribs or a smaller breastbone incision whereby the surgeon can repair or replace the valve.

"Valve replacements and repair can now be done so much simpler and quicker," Khicha said.

According to an article published in the Journal of the American College of Cardiology, aortic stenosis (narrowing of the aortic valve opening) is the most common valvular heart disease in developed countries. Aortic stenosis mainly affects older people and is anticipated to become a major health concern in coming years due to the aging population.



WESLEY ONCOLOGY PROGRAM EARNS COMMISSION ON CANCER ACCREDITATION

A lengthy accreditation process underscores Wesley's commitment to maintain levels of excellence in the delivery of comprehensive patient-centered care.

Wesley Medical Center's outstanding cancer program just earned accreditation from the Commission on Cancer (CoC) – part of the American College of Surgeons – underscoring its commitment to providing comprehensive, high-quality, and multidisciplinary patient-centered care.

To earn this gold standard for oncology, Wesley met 34 required quality-care standards, proving the hospital is committed to improving the survival and quality of life for cancer patients through standard-setting, prevention, research, education and the monitoring of care.

"This is all about focusing on what is best for our patients," said Cheryl Bolton, director of oncology for Wesley Healthcare. "Not that we didn't have these things before, but now it's more of a standardized way of having these things with national recognition."

Being a CoC-accredited cancer center means Wesley takes a multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists. This multidisciplinary partnership results in improved patient care.

The program recently hired a nurse dedicated to running Wesley's new Survivorship

Clinic, which focuses on patients who are in remission and surviving a cancer diagnosis.



When patients receive care at Wesley, they have access to information on clinical trials and new treatments and on genetic counseling. They also can receive patient-centered services, including psycho-social support, a patient navigation process and a survivorship care plan that documents the care each patient receives and seeks to improve a cancer survivor's quality of life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Volunteer Info Session 4 p.m. (WMC)				
	7	8	9	10	11	12
					Monthly Social Shooting Survivor 11:30 a.m. (CCC)	
	14	15	16	17	18	19
		Maxwell Wildlife Refuge (VT) Volunteer Info Session 2 p.m. (WMC)	Lunch Bunch, 1 p.m. Livingston's Diner	Health Screenings 7-8:45 a.m. (WW)		
	21	22	23	24	25	26
28	29	30	31			27

CCC – Central Community Church
 WW – Wesley Woodlawn
 WMC – Wesley Medical Center

VT – Village Tours and
 Travel Departure Center

wesleyfriends.com

OUT TO LUNCH BUNCH

Join our fun and friendly group for lunch in local restaurants. Call Wesley Friends at (316) 962-8400 to make a reservation.

LIVINGSTON'S DINER

Wednesday, May 17 at 1 p.m.
 9747 E. 21st

Livingston's diner serves breakfast all day and has a nice menu that includes meatloaf, shepherd's pie and pot pies. They also feature a "pie shop" with a variety of yummy pies to take home.

Livingston's is located just east of Webb Road on 21st Street. They are on the far east side of the Cambridge Market Shopping Center (formerly the Cinnamon Deli location).

EL MEXICO CAFE

Wednesday, June 14 at 1 p.m.
 2544 S Seneca

Come enjoy your favorite Mexican dish. El Mexico Cafe is located south of Pawnee street on South Seneca, on the east side of the street.



HEALTH SCREENINGS

Expanded benefits
 for our members

Keep tabs on your health by having your blood levels checked at our monthly screenings. This is a simple blood draw that takes five minutes. Wesley Friends has partnered with Wesley Woodlawn Hospital & ER to offer you this service. Times are 7-8:45 a.m. Dates and locations are:

THURS., MAY 18

Wesley Woodlawn Emergency Room
 2610 N. Woodlawn

THURS., JUNE 15

Wesley Woodlawn Emergency Room
 2610 N. Woodlawn

Members (you must show your Wesley Friends card at the time of screening to receive discount):

- \$10 for lipid, glucose, hemoglobin
- \$15 for prostate cancer blood test

Non-Members:

- \$15 for lipid, glucose, hemoglobin
- \$30 for prostate cancer blood test

Make your screening reservation by calling the Wesley Friends office at (316) 962-8400. It is important to schedule an appointment so we know how much equipment to bring, so please call if you plan on attending the screening.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Gateway City Tour (VT)	2	3
4	5	6	7	8	9	10
11	12	13	14 Lunch Bunch, 1 p.m. El Mexico Cafe	15 Health Screenings 7-8:45 a.m. (WW)	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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wesleyfriends.com

On a recent trip, these words of wisdom were enjoyed by many.

THE PARADOX OF OUR AGE

We have bigger houses, but smaller families;
 more conveniences, but less time.

We have more degrees, but less sense;
 more knowledge, but less judgement;
 more experts, but more problems;
 more medicines, but less healthiness.

We've been all the way to the moon and back,
 but have trouble crossing the street to meet
 the new neighbor.

We built more computers to hold more
 information to produce more copies than ever,
 but have less communication.

We have become long on quantity,
 but short on quality.

These are times of fast foods,
 but slow digestion;

tall men, but short character;

steep profits, but shallow relationships.

It's a time when there is much in the window,
 but nothing in the room.

JUST FOR LAUGHS

Wesley Friends
550 N. Hillside
Wichita, KS 67214-4976

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Revision of '60s and '70s songs

They just don't make the songs like they used to anymore! Some of the artists of the '60s and '70s are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday.

They include:

Bobby Darin - Splish, Splash, I Was Havin' A Flash

Ringo Starr - I Get By With A Little Help From Depends

The Bee Gees - How Can You Mend A Broken Hip

Roberta Flack - The First Time Ever I Forgot Your Face

Johnny Nash - I Can't See Clearly Now

Paul Simon - Fifty Ways To Lose Your Liver

The Commodores - Once, Twice, Three Times To The Bathroom

Leo Sayer - You Make Me Feel Like Napping

The Temptations - Papa's Got A Kidney Stone

Abba - Denture Queen

Tony Orlando - Knock 3 Times On The Ceiling If You Hear Me Fall

Leslie Gore - It's My Procedure, And I'll Cry If I Want To

And last but NOT least ...

Willie Nelson - On the Commode Again

RETURN SERVICE REQUESTED

Meet new friends at our monthly socials



Wesley Friends is published by



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