



Nine Months and Counting

As we prepare for the birth of a new era in health care in the RMH community, we want to remind our neighbors that June 22, 2010 will mark the birthday of the new RMH—and a new beginning for healthcare in our community.

We've been planning for this move for a long time, but as we get closer to the "due date," we are planning activities for the RMH team and the community to get ready for the transition! At the end of September, we are marking the nine month countdown to remind us of the tasks—and celebrations—ahead.

As with a baby's birth, the period of expecting is marked by sore feet, planning, packing, sleep loss and much lifestyle adjustment. But ultimately, RMH hopes you will join us in celebrating the new life of our hospital as we are reborn for a second century of service to the community.

Want to know more? Visit RMHOnline.com and visit our Web page devoted to the new hospital and health campus. Check out the Web cam, along with exterior and interior photo slide shows—updated monthly.

You can also receive this newsletter monthly by e-mail. Contact destinationhealth@rhcc.com.

Top 10 Things to Expect When You're Expecting... to Move a Hospital

1. **Expect the unexpected.** Almost everything will be different and there will be a lot of surprises. Don't always do things the way you have in the past...be flexible and go with the flow.
2. **You will experience fatigue.** You will get tired, and you will need your rest. Rest when you can, and be prepared to stay up all night when needed.
3. **You will have cravings.** If you are craving party food, make plans to attend the onsite event before the grand opening. At other times, eat a well-balanced diet.
4. **There will be times of denial.** Be prepared to make the move, even when it seems like an unreal expectation. Clean out your files and empty out those closets... you can't take it with you!
5. **You will have mood swings.** Be patient with co-workers and do your best to control your emotions.
6. **Be prepared for extra attention from the community.** Reassure those who ask that we will take care of our patients and are prepared to provide high quality care for another century.
7. **Your entire life will change.** You will need to develop a new routine and learn new skills. Be excited about the opportunities.
8. **You will have a lot to do at the last minute.** Develop a checklist and check off all you can now. Don't let things build up until the last minute. You never know how much you will have to do at the last minute.
9. **Your body might begin to show signs of stress.** Take care of yourself. Exercise (there will be sneak peak tours...wear your walking shoes!) and eat right.
10. **The event will arrive.** It will be painful, exciting and joyous. After we recover, we will celebrate our new life—being reborn for second century of service to our community.

Roads Q&A

Q: I read in the local paper that the funding for Port Republic Road widening funding was cut by VDOT in its six-year plan. How does this affect my getting to the hospital from Port Republic Road?

A: While the funding for the widening of Port Republic Road was cut from the VDOT six-year plan, \$22.1 million of stimulus money from the Federal Recovery Plan has been awarded to complete this project. As we understand VDOT plans, this project will be advertised for bids in Nov. 2009. VDOT will award the contract and work will begin in March 2010. The widening of Port Republic Road from the city limits to Boyers Road will be completed by the end of 2011.

Q: Does this mean that when the hospital opens, Port Republic Road will be under construction?

A: Yes. While this construction may be inconvenient when RMH opens, every effort will be made to coordinate the construction in such a way that traffic on Port Republic Road will flow continuously and smoothly. Public access to the hospital will remain open at all times.

Q: What are the different ways I can get to the new hospital campus?

A: There will be two entrances to the new campus. The main entrance will be from Reservoir Street. It will be located near the Albert Long Ball Park. This will be built to allow access from Reservoir and points north and west. This entrance will be configured to handle additional future traffic from the Southeast Connector Road once it has been completed. The second entrance will be located on Port Republic Road at the current construction entrance.

Q: There will be a lot of traffic coming and going from the hospital. How will I ever be able to make the turns into and out of the campus?

A: Both entrances will have traffic lights with turning lanes and merge lanes to allow traffic to flow smoothly and continuously.

Q: I have heard about the Southeast Connector. How will this affect access to the hospital?

A: This is a limited access road that is being planned to address long-term traffic flow within both the city and county. When hospital officials selected our new location, we agreed to provide land for this future road. We also agreed to build at least two lanes of this road as it crosses our property. Other parties, including private investors and our local governments, are working together to fully develop and build this road. Some portions are already under construction and efforts are underway to find additional funding to complete this project. While it will not be completed by the time we move, we expect it to be a major traffic corridor for our customers in the future. A timeline for completion of this road has not been determined at this point.

Q: How will the rescue squads get through the traffic on Port Republic Road?

A: All new traffic lights are to be installed that will have the capability to be controlled by the EMS system. This allows rescue units to control the flow of traffic as they reach each intersection.

Q&A



Project Update

- Half of all plantings and landscape work around the building are complete.
- Structural steel for the Hahn Building is in place.
- The main stair and elevator towers of the Hahn Building are under construction. These are the tall concrete structures rising from the ground.
- The main air conditioning equipment (chillers) have been started and are supplying conditioned air to a majority of the building.
- A number of areas within the building are essentially complete. Only minor trim work and cleaning remain to be done in areas such as the main hallway on the lower level and the Cardiac Rehab area on the first level.
- RMH began installing owner furnished/owner installed equipment in September.

Letter of Appreciation

RMH has continued to donate furniture and supplies as we clean out and ready for our move to the new hospital. Recent donations to the Rockingham Educational Foundation, Inc. included chairs, tables, sofas, desks, bedside cabinets, picture frames and office chairs. Here is a letter we got in the mail in return...

Dear Mrs. Trumbo,

On behalf of the Rockingham Educational Foundation, Inc., I would like to thank you for the recent donation of supplies to the Teacher's Supply Depot.

Your continuous effort has made the Depot a huge success. Teachers utilize this resource and are very appreciative of the community support, and the children benefit greatly from the wide variety of items donated.

Thanks again for your donation, and we look forward to continuing our relationship in the future.

Sincerely,

Janet Wendelken

Executive Director

Rockingham Educational Foundation, Inc.