

Rice Medical Center Gives 2006 Year In Review

The year 2006 brought with it a new and exciting course for Rice Medical Center (RMC). The most important investment the Board made for the hospital's future was a new clinic in East Bernard. Rice Medical Associates – East Bernard opened its doors in July to a very welcoming community, one that is growing and holds promise for future growth. To staff this new clinic, RMC hired a new physician, Larry

Penick, MD, who is an excellent fit in the community and also helps to staff the ER at the hospital.

RMC also added orthopedic surgery to the long list of services we offer to the community. Sandy Bahm, MD performed the first ortho surgery here in May, and his practice continues to grow. We purchased new surgery equipment and a C-Arm to enhance this new specialty.

Another investment the hospital made was in the field of Radiology. We purchased a state of the art bone density machine last month. It is now up and running and we anticipate that it will receive much usage.

Although the number of newborns delivered at Rice Medical Center increased this year, our patient levels were down, which had an adverse effect on our financial

performance. We expect that our investments in our facilities, new service line, equipment and loyal employees will help to turn this around. We conducted several health fairs throughout the year to increase community awareness and well-being.

We also offer a range of specialties including Neurology, Urology, Surgery, Podiatry, Cardiovascular, Dermatology, OB and Swingbed.

We are here for you and your family's health care needs. If you need to make an appointment, please call the hospital at 979/234-5571 or one of our clinics at 979/234-2551 (Eagle Lake) or 979/335-3344

(East Bernard). At Rice Medical Center and Associates, it really is 'Our Family Caring for Yours.' Thank you for letting us serve you for over 60 years.

Study Shows Happiness Increases With Age

Television, movies and popular music may tell us otherwise, but a new study suggests that older people may be happier than younger ones.

Back in 1965, the rock band The Who wailed the line "I hope I die before I get old," but they may have fallen victim to a commonly mistaken belief that the happiest days of people's lives occur when they're young.

In fact, a new study from researchers at the VA Ann Arbor Healthcare System and the University of Michigan indicates that seniors may actually be happier.

Interestingly, however, stereo-

types continue to abound among both young and old whereby people think seniors are unhappy. According to the study, older people "mis-remember" how happy they were as youths, just as youths "mis-predict" how unhappy they will be as they age.

The new research involved more than 540 adults who were either between the ages of 21 and 40, or over age 60. All were asked to rate or predict their own individual happiness at their current age, at age 30 and at age 70, and also to judge how happy most people are at those ages.

The older respondents tended to

be happier than the younger ones at their current ages. And yet, participants of all ages thought that the average 30-year-old would be happier than the average 70-year-old, and that happiness would decline with age.

"Overall, people got it wrong, believing that most people become less happy as they age, when in fact this study and others have shown that people tend to become happier over time," says the study's lead author Heather Lacey. "Not only do younger people believe that older people are less happy, but older people believe they and others must have been happier 'back then.'

Neither belief is accurate."

The findings have implications for understanding young people's decisions about habits -- such as smoking or saving money -- that might affect their health or finances later in life. They also may help explain the fear of aging that drives middle-aged people to "midlife crisis" behavior in a vain attempt to slow their own aging.

Stereotypes about aging abound in our society, Lacey says, and affect the way older people are treated as well as the public policies that affect them. That's why research on the beliefs that fuel those one-size-fits-all depictions of older people is

important, she explains.

"People often believe that happiness is a matter of circumstance, that if something good happens, they will experience long-lasting happiness, or if something bad happens, they will experience long-term misery," says Peter Ubel, the senior author of the new study. "But instead, people's happiness results more from their underlying emotional resources -- resources that appear to grow with age. People get better at managing life's ups and downs, and the result is that as they age, they become happier -- even though their objective circumstances, such as their health, decline."

Rice Medical Center & Associates

where your health and well-being are our first priorities.

We are a 25-bed critical access hospital with Trauma IV designation. We have faithfully served our community since we were founded in Eagle Lake in 1942. Our community includes the greater Colorado County area and parts of Austin and Wharton Counties. We are proud of our many talented doctors, and employees. We invite you to come to us for all of your medical needs. At Rice Medical Center and Associates, it truly is...

"our family caring for yours."

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