



Highlights

Healthcare Scholarships Available through IHA

The Iowa Hospital Association (IHA) is proud to support the Health Care Careers Scholarship program. Available through the Iowa Hospital Education and Research Foundation (IHERF), an IHA subsidiary, these scholarships of up to \$7,000 (\$3,500 per year for a maximum of two years) each have supported higher education for more than 450 Iowa college students. In 2018, we expanded our scholarship awards to 50 recipients, and we will continue to award 50 scholarship awards. IHERF has supported higher education for more than 450 Iowa college students.

The ultimate goal of this program is to fill Iowa health care positions that currently have a notable number of openings by offering significant financial support to students seeking health care education or training. In exchange for that financial support, each award recipient must commit to working one year in an Iowa hospital for each year of scholarship award.

Placement opportunities will be identified for each IHA geographic district (a map is included with the application). Scholarship applications will be scored, and awards made based on each applicant's qualifications. The 2019 IHERF scholarship application process launches on December 1, all portions of the application form must be submitted by March 30, 2019.

All applications will be submitted online at the IHERF scholarship website www.iowahospitalsscholarships.org which will help students confirm their scholarship eligibility before beginning the application process. This will allow for electronic submission of their application, college program verification and references.

Clinic Holiday Closings

LCHC Medical Clinic:

Closing at noon on December 24th
Closed on December 25th

Outpatient/Specialty Clinics:

Closing at noon on December 24th
Closed on December 25th

All clinics will reopen for regular hours on December 26th.

Questions or concerns? Contact Amy McCurdy at x3326.

Huddles

Medical Clinic

Daily at 7:45 AM

Finance

Tues., Fri. at 11:15 AM

Rad/ED/Amb/Lab

Mon., Tues., Thurs. at 11:15 AM

Med/Surg

Daily at 3 PM

10 Week Wellness Challenge

Lucas County Health Center employees are encouraged to participate in the Live Healthy Iowa 10 Week Wellness Challenge beginning January 14, 2019. This simple and affordable challenge provides lowans an opportunity to improve their health while engaging in fun, friendly competition.

Participants receive:

- Challenge T-shirt (Adult small - 4XL)
- Personal online dashboard with the ability to sync Fitbit devices and Under Armour apps
- One-year magazine subscription
- Chances to win weekly prizes*
- ...and more!

LCHC is forming teams to motivate and support each other in achieving fitness and weight loss goals. Join by contacting Jena Wiley in Marketing at x3219 or jwiley@lchcia.com.

Diabetes Support Group

Lucas County Health Center's Diabetes Education department will offer free, monthly Diabetes Support Group meetings for those diagnosed with diabetes and their families. The support group will feature a short presentation followed by an open discussion.

The group meets on the second Tuesday of each month from 6:30 – 7:30 PM in the Education Room at Lucas County Health Center. The next meeting is Tuesday, December 11th. Registration is not required.

For more information, please call Diabetes Education at (641) 774-3362 or visit www.lchcia.com.

Provider Spotlight



Craig Hoffman, a native of Carroll, joined Iowa Heart Center's electrophysiology program in 2001.

Craig holds a bachelor's degree in exercise physiology from Iowa State University. He completed his physician assistant training at Des Moines University in 2001. Craig's healthcare career also includes three years as a cardiopulmonary rehab specialist at the Mayo Clinic in Rochester, MN.

Craig practices at the Laurel and West University offices in Des Moines.

Craig Hoffman, PA-C sees patients once a month at LCHC's Specialty Clinic. To make an appointment with Craig, call the Iowa Heart Center at (800) 670-9428.

Upcoming Maintenance Projects

Maintenance has been busy working on several projects around the hospital, including updating our interior.

Upcoming projects:

- ER/EMS Nurses Station has been postponed until next spring
- All hallway lighting upgrades will be completed before years end.
- Rebuilding the chiller (December - January time frame)
- Replacing the circulating pumps for the chiller system (December - January time frame)

If you have any questions about upcoming projects, contact Calvin Dyer in Maintenance at x3228.

HIPAA Reminder:

LCHC employees are reminded to be conscious of HIPAA policies to ensure the safety of our patients' protected health information.

If you have any issues, questions or concerns regarding HIPAA, please contact the following people:

HIPAA Privacy Officer - Terri McCurdy
HIPAA Security Office - Lori Johnson

You may also call our Anonymous Compliance Hotline at (641) 774-3290.

Healthier Habits: A Word From Our Dietitian



Research shows the act of giving has many positive outcomes, not only to the recipient, but also to the contributor. These include decreased blood pressure, stress, and depression, increased self-esteem, happiness, and even living a longer life. Giving evokes gratitude and is contagious. How can you give a gift that continuously cascades this Christmas season and throughout the New Year? Here are a few ideas:

1. Chariton Middle School Food Pantry

- open every 2nd and 4th Tuesday of the month from 4-5pm
- There are no income requirements. It is available for anyone who has or takes care of a child in the Chariton Community School District.
- In addition to food we also have gently used clothing items and coats available.
- For more information, call the Middle School at 641-774-5114.

2. Volunteer-Salvation Army Bell Ringing

- Sign up outside Jena Wiley's office. Shifts are one hour (paid) on Friday, December 7th, 9AM-7PM. Maximum of two employees per shift.

3. Lucas County Senior Center coat collection

- For adults only, new or gently used. Donations accepted through January. Extra are donated to Hope Ministries in Des Moines in February. Open 8 AM - 2 PM, Monday - Friday.

4. Interchurch Council Food Pantry

- Limited to one visit per month.
- Located at 410 South 7th Street in Chariton. Call 641-774-8146 for information.

5. Blessing Boxes - Take what you need, leave what you can

- The Porch - 705 Auburn Avenue, Chariton
- St. Andrew's Episcopal Church - 1112 North 7th Street, Chariton
- Senior Center - 117 South Grand, Chariton

6. Random Acts of Kindness

Provide emotional support by sending an encouraging email, being nice on the road, buying local, starting a fundraiser or even wheel out your neighbor's trash can!

Visit randomactsofkindness.org for further information and to find out ways to give this holiday season and beyond!

Medicare Open Enrollment

The Medicare Open Enrollment period, October 15-December 7, is the one time all year when Lucas County residents can review and compare their current Medicare Part D drug plan or Medicare Advantage with new options for 2019—and make changes for 2019. Individuals may find lower costs, better coverage, or both. Call or refer patients to SHIP at (641) 774-3226 for free confidential help comparing plans.

Progressive Potluck

LCHC's Annual "Progressive Potluck" will be held from 11:30 AM - 2 PM on Tuesday, December 11th. Assignments are as follows:

Main and Side Dishes - Conference Room A

- Accounting
- Administration
- Business Office
- Education
- Health Information
- Human Resources
- Infection Control
- Medical Staff Services
- Marketing
- Nutrition
- Quality
- Volunteer Services

Desserts - Former OB Waiting Room

- Ambulance
- ER
- Laboratory
- Med/Surg
- Pharmacy
- Radiology
- Surgery

Drinks/Appetizers - Hallway behind Education Room

- Cardiac Rehab
- LCHC Medical Clinic
- Housekeeping
- Infusion Clinic
- Maintenance
- Materials
- Physical Therapy
- Specialty Clinic
- Wound Clinic



Kudos

Thank you for sponsoring our softball tournament! We appreciate all of the support. Also, thank you for playing in it!

Lucas County Girl Scouts

On behalf of the Alumni Association, we would like to thank the health center for the donation of onions for our Chili Luncheon on Homecoming. This donation helped us have a successful scholarship fundraiser.

Marcia Fenton, Treasurer

Thank you for inviting us to learn about First Aid and then having us make our own kit. The girls loved it! Also, for the tour of the ambulance.

Lucas County Girl Scouts

						1
2	3	4 All Staff Meetings 9 AM, 10 AM, 2 PM, 5 PM Educ. Room EPIC Celebration Meal 11:30 AM - 1:30 PM 6:30 - 7:30 PM Hall near Educ. Room	5	6 Holiday Open House Gifts Galore 9 AM - 3 PM	7	8
9	10	11 Progressive Potluck 11:30 AM - 2 PM CRA, Educ. Room, Former OB Waiting Room  Diabetes Support Group Ed. Room, 6:30 PM	12 Nutman Company Sale Atrium	13 Nutman Company Sale Atrium	14	15
16	17	18	19	20	21	22
23	24 Clinics Closing at noon Clinics Closing at noon	25 Clinics Closed Clinics Closed	26	27	28	29
30	31	1				

Anniversaries

32 Years:
LuAnn Krutsinger - December 8

5 Years:
Mary Coddington - December 2

3 Years:
Branigan Head - December 4
Sonya Bellon - December 8

19 Years:
Lisa Richmond - December 2

4 Years:
Nora Kirkpatrick - December 16
Paige Nelson - December 22

2 Years:
Ashleigh Carroll - December 5

6 Years:
Mim Kurimski - December 31

1 Year:
Kim Powell - December 21

Birthdays

- December 2 - Lydia Edwards
- December 3 - Melody Gibson
- December 5 - Ann Moon
- December 6 - Alicia Davis
- December 7 - Karey Brandon
- December 8 - Kerri Guthrie

- December 10 - Kurt Reineck
- December 14 - Heidi Braby
- December 15 - David Cronin
- December 16 - Diane Carruthers
- December 16 - Christina Umbenhower
- December 19 - Michelle Oelmann

- December 19 - Lorie Anderson
- December 24 - Sara VanHulzen
- December 27 - Jacob Cockerham
- December 29 - Laura Miller



Specialty Clinic Schedule - December 2018

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	3
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	6, 17
	Tyler Duraes, AuD	(800) 233-4327	4, 18
	Michael K. Webb, AuD	(712) 623-4802	10
	Leah Uthe, AuD	(515) 225-2242	No clinic
	Donal Welch, AuD, FAAA	(712) 366-0503	13
Cardiology	Martin Aronow, DO	(800) 670-9428	5
	Craig Hoffman, PA-C	(800) 670-9428	19
ENT	Simon Wright, MD, PhD	(515) 223-4368	6
	Dave Wonnell, PA-C	(515) 223-4368	6
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Midwifery	Sharon Squibb, CNM, ARNP, NCMF	(515) 643-6869	12
Oncology	Seema Harichand, MD	(641) 774-8103	11
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	14, 28
Podiatry	Randy Metzger, DPM	(641) 203-4664	4, 10, 11, 18
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	17
	Dustin McCann, DO	(515) 875-9550	No clinic
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Wednesdays
	Tim Mayfield, MD	(641) 774-8103	Fridays
Urology	Stephanie L. Pothoven, DO	(641) 774-3245	20
Vascular Surgery	Eric Scott, MD	(515) 875-9090	21
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays



An Affiliate of  UnityPoint Health

1200 North 7th Street
Chariton, IA 50049
(641) 774-3245 • (800) 404-3111 ext. 3245
www.lchcia.com

All Staff Meetings

All Staff Meetings will be held on December 4th in the Education Room at 9 AM, 10 AM, 2 PM, and 5 PM. All employees are encouraged to attend.

Additionally, in celebration of our 1 year anniversary with EPIC, all employees will be treated to a meal on December 4th in the hallway behind the Education Room. Meal times will be 11:30 AM - 1:30 PM and 6:30 - 7:30 PM.

We've Moved!

A few offices in the Administration and OB areas have changed.

- Twilla Kruzic, Quality Manager moved to the old Volunteer Services office (across from Administration)
- Kristine Kennedy, Volunteer Services Manager moved to the old OB Manager office (across from Darcy Juline's office)
- Ashleigh Carroll, Utilization Review/Discharge Planning moved to the old OB/LDR Suite #1
- Tami Adams, Utilization Review/Discharge Planning moved to the old OB/LDR Suite #1
- Becky Runnells, Clinical IT moved to old OB Suite #2
- Kami Welch, Clinical IT moved to old OB Suite #2
- Jessica Goben, Med/Surg Manager moved to the old OB PACU
- SHIIP Office moved to Twilla Kruzic's old office (across from Accounting)

Be a penguin on ice and snow



Wear footwear with slip-resistant soles and good treads

Walk like a penguin with arms extended to the side
and feet pointed slightly outward

Adjust your pace to surface conditions

Watch where you're stepping

Safety is everyone's responsibility – prevent falls



Avoid the flu

- C**over your cough or sneeze with your tissues or sleeve (not your hands).
- O**ptimize your immune system with adequate exercise, sleep, and nutrition.
- V**isit www.gannett.cornell.edu often for health info and updates.
- E**very time you use a tissue, throw it in the trash, then wash your hands.
- R**emember not to share cups, bowls, pipes, lip balms, etc.
- &**
- W**ash your hands often and well. Scrub with soap and warm water for 20 seconds.
- A**void close contact with sick people.
- S**tay home if you are sick and away from others if you are coughing.
- H**ave on hand an alcohol-based sanitizer for times when you can't wash with soap and warm water.

More info: www.gannett.cornell.edu
NYS flu hotline: 800-808-1987



Cornell University
Gannett Health Services

5/1/09

New Volunteer Position: Clinic Ambassador

Volunteer Services has a new position in the Clinic! This volunteer position is stationed near the Specialty Clinic and volunteers will be there to greet and escort patients, assist and push patients in wheelchairs, offer support for the Clinics, provide patient amenities, find transportation for patients and so much more. Please stop by when you notice a Clinic Ambassador in the area and ask them questions about their duties or for assistance.

Annual Appeal

You may have noticed the “Annual Appeal” fundraising thermometer located in the Atrium - but what is it and what are the funds for?

Each year, LCHC conducts an “Annual Appeal” and encourages those in our community and facility to consider making a donation.

With generous donations last year, we were able to update the furnishings in the Specialty Clinic, Same Day Surgery, and Cataract waiting areas. New carpeting, improved lighting, wall art, and new furnishings were added to all areas.

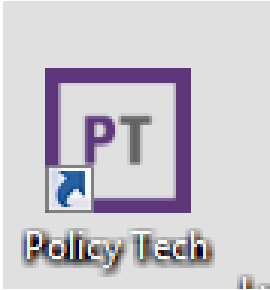
In our continuous efforts to improve the Patient Experience, our goal this year is to update equipment in our Cardiac/Pulmonary department. A new cardiac stress testing treadmill system is needed that will provide early detection of cardiac abnormalities and assist with identifying problems that could save lives. Our goal is \$26,000.

The newly updated donor recognition Giving Tree in the LCHC atrium reflects the generosity of our donors over the years.

If you have any questions or would like to make a contribution, contact Lana Kuball at x3202.

PolicyTech Reminder

All LCHC policies can be found electronically via the PolicyTech icon located on each LCHC computer.



After logging in to the system with your user name and password, you can quickly access any current LCHC policy by searching for a word in the title of the policy.

The screenshot shows the PolicyTech web application interface. On the left is a blue navigation sidebar with the 'PolicyTech® Policy & Procedure Management' logo and menu items: Home, My Dashboard, Documents, Search (highlighted), Browse, and Favorites. The main content area is titled 'SEARCH' and shows the user 'Lori Johnson'. It includes filters for 'Site' (Lucas County Health Center), 'My Relationship' (All), and 'Status' (Published). A search input field with a magnifying glass icon and a search button is present.

There is also the option of browsing policies, which would allow you to click your department and see all applicable policies for your area.

The screenshot shows the PolicyTech web application interface in 'BROWSE' mode. The left sidebar is identical to the search view, but the 'Browse' option is highlighted. The main content area shows the same filters for 'Site' (Lucas County Health Center), 'My Relationship' (All), and 'Status' (Published). Below the filters, there is a 'LCHC Documents' dropdown menu with a plus sign, and a list of document categories: Forms (39), Plans (3), and Policies (1323). The 'Policies' category is expanded, showing sub-categories: Accounting (41), Administration (27), Ambulance (38) (highlighted), and Anesthesia (69). To the right, a table titled 'Documents' displays a list of policies with columns for 'Ref #' and 'Title'. The table contains three rows of data.

Ref #	Title
1860	After Hours Visitor Policy
1885	Ambulance Dress Code & Appearance
2182	Ambulance Driving Policy



Progressive Potluck

Tuesday, December 11
11:30 AM - 2:00 PM

Main Dish & Side Dishes in Conference Room A

*Accounting, Administration, Business Office, Education, Health Information,
Human Resources, Infection Control, Medical Staff Services, Marketing, Nutrition,
Quality, Volunteer Services,*

Desserts in Former OB Waiting Room

Ambulance, ER, Lab, Med/Surg, Pharmacy, Radiology, Surgery

Drinks & Appetizers in Hallway Behind Education Room

*Cardiac Rehab, LCHC Medical Clinic, Housekeeping, Infusion Clinic, Maintenance,
Materials, Physical Therapy, Specialty Clinic, Wound Clinic*

Night Staff

*Night staff members are welcome to use the upper level employee kitchen (located near
the Education Room) for their potluck.*

& Jeans Day!





ALL – STAFF MEETINGS

All employees are strongly encouraged to attend one of the following meetings.

Tuesday, December 4th

9 AM | 10 AM | 2 PM | 5 PM

Education Room

LUCAS HEALTH **LC** **COUNTY** **HC** **CENTER**

An Affiliate of  UnityPoint Health

EPIC Celebration Meal:

In honor of our 1 year anniversary with EPIC, all employees are invited to a celebration meal on the same day.

11:30 AM - 1:30 PM

6:30 - 7:30 PM

Hallway behind
Education Room

WINTERFEST 2019

CASINO NIGHT



01
26
19

CARPENTER'S HALL
5 PM | SOCIAL HOUR
6 PM | AWARDS
7 PM | DINNER
8 PM | CASINO
10 PM | DANCE