



## Healthy University Hosting “Financial Health Check-Up” Series Beginning March 26

When considering your health, most people think of the traditional areas – body and mind. However, one area that should also be included is your financial health. To assist, Lucas County Health Center’s Healthy University will host a 4-week “Financial Health Check-Up” series.

This series brings together financial experts from Lucas County to share information about improving your financial health. Topics and dates are as follows:

Kick-off will be held on Tuesday, March 26th at 6:30 PM with “Borrowing Money: What You Need To Know.” Join us from the comforts of your own home for a Facebook Live focused on what you need to know about borrowing money, from student loans to mortgages and everything in between. Presented by Community 1st Credit Union and Midwest Heritage Bank.

“Basics of Budgeting” will be held on Tuesday, April 2nd from 5:30 – 6:30 PM. Attendees will learn how creating, managing, and using a budget can help you accomplish your financial goals. Participants can join from the comfort of their own home via a Facebook Live or join in LCHC’s Education Room. Dinner will be provided for those who attend in person. Presented by Ameriprise Financial and Community 1st Credit Union.

Week 3 will cover “Planning For The Future: Retirement and Investing” on Tuesday, April 9th from 5:30 – 6:30 PM in LCHC’s Education Room. This seminar will address the basics of investing, retirement planning, and financial principles. Dinner will be provided. Presented by Ameriprise Financial.

The series will wrap up on Tuesday, April 16th with “Understanding Credit Scores.” Attendees will learn the importance of credit scores, what impacts their scores, and what actions can be taken to make improvements. Participate from the comfort of your own home or join us in LCHC’s Education Room. Dinner will be provided for those who attend in person. Presented by Community 1st Credit Union and Midwest Heritage Bank.

No registration fee applies, but spaces are limited. To register, call (641) 774-3219 or email [jwiley@lchcia.com](mailto:jwiley@lchcia.com). Additionally, registration and information can be found at [www.lchcia.com](http://www.lchcia.com).

This event is made possible by Healthy University sponsors including: Hy-Vee, Midwest Heritage, Ameriprise Financial, The Porch, Community 1st Credit Union, Ellis Greenhouse, Cater 2 U, KIIC Radio, and Screen-Tech.

# We're moving!

## Accounting:

Bev Bear, Kristine Young, and George Esper's offices are all now located on the lower level in the previous Counseling Services area.

## Diabetes Education/Wound Clinic:

Diabetes Education and Wound Clinic have moved to the rooms previously used as OB delivery rooms.

## Infusion Clinic:

The Infusion Clinic has temporarily relocated to the Med/Surg East Hall. Rooms 129 and 130 are set up for patient treatments and room 131 will be utilized as the infusion services office.

## Clinical IT:

Becky Runnells and Kami Welch are now located in the previous Accounting offices.

## Med/Surg Manager:

Jessica Goben has relocated to the previous Finance Manager (George Esper) office.

## Utilization Review:

Ashleigh Carroll and Tami Adams have moved to Room 132 in the Med/Surg East Hall.

# 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*

# 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.

# Provider Spotlight



Dr. Lin's practice encompasses most areas of general orthopaedics. He has special interests in joint replacement, arthroscopy, sports medicine and trauma. He presented and published scientific papers on the Biomechanics of hip replacement surgery and foot and ankle surgery. Joined DMOS in 1997.

## Professional Membership:

Board Certified - American Board of Orthopaedic Surgery  
Fellow - American Academy of Orthopaedic Surgeons

Dr. Lin sees patients every other Friday in LCHC's Specialty Clinic. To make an appointment, call (800) 688-3980.

## Healthier Habits: A Word From Our Dietitian



March is National Nutrition Month® and this year it will be honored as its own theme to allow for greater flexibility in the promotion of healthful messages. Included below are my top 4:

**Portion control:** I have heard many people say, “If it tastes good, I can’t eat it!” This statement is hugely false. If it tastes good, you should DEFINITELY eat it. Enjoy a variety of food, just in moderation.

**Keep it simple:** You don’t have to buy expensive ingredients from fancy stores to create a healthy meal. What’s already in your freezer and pantry? Veggies? Chicken? Rice? Throw together a quick stir-fry!

**Consult the nutrition experts:** Registered Dietitians can provide easy-to-follow personalized nutrition advice to meet your lifestyle, preferences, and health-related needs.

**Self-compassion:** So you snacked too much after work one night? Pinpoint how you felt, learn from those feelings, and construct a new plan to do better at the next meal. Just as you would encourage anyone else to do, free yourself from any guilt, shame, and anxiety.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

**Protect yourself and the ones you love.**

**Get vaccinated**  
Influenza or “flu” can cause serious illness. Vaccination is the best way to protect yourself and your family.

**Cover your cough or sneeze**  
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

**Wash your hands**  
Wash you hands symbols  
Wash your hands often with soap and water or use an alcohol-based hand cleaner.

**Avoid touching your eyes, nose, and mouth**  
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.

**Stay home if you are sick**  
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

**Fight the Flu**  
It starts with you

GET MORE INFORMATION AT [WWW.IMMUNIZEFLORIDA.ORG/FLU](http://WWW.IMMUNIZEFLORIDA.ORG/FLU) OR EMAIL [IMMUNIZATION@DOH.STATE.FL.US](mailto:IMMUNIZATION@DOH.STATE.FL.US)

Flu Prevention  
Part of a healthy Lifestyle.

HEALTHY  
Bureau of Immunization

Network used with the permission of the Florida State Department of Health

## It's flu season again...

Lucas County Health Center's policy for patient safety requires staff to receive the flu vaccination or wear a mask. Hospitalized patients are more susceptible to acquiring influenza from healthcare workers than the general population.

If you do not receive the vaccination, a mask must be worn during ANY patient contact as the policy states. Wearing the mask will be effective from November 2018 through April 2019.

If you have any questions or concerns, contact Joyce Dyer, Infection Control Nurse, at x3220.



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3	<b>4</b> Mandatory Reporter Educ. Room, 1 PM  <b>Healthy University: Healthy Crockpot Cooking</b> Educ. Room, 4 PM, 5:15 PM  <b>Board Meeting</b> Board Room, 6:30 PM	5	<b>6</b>  <b>Managers Meeting</b> CRA, 2 PM	7	<b>8</b>  <b>New Employee Training</b> Education Room 8:30 AM	9
10	11	<b>12</b>  <b>Diabetes Support Group</b> Ed. Room, 6:30 PM	<b>13</b> <b>A-Team Meeting</b> Board Room, 2 PM  <b>PALS Full Course</b> Education Room, 9 AM	<b>14</b> <b>Jeans Day &amp; Jello Cake</b> Bistro 61, 2 PM  <b>PALS Full Course</b> Education Room, 9 AM	15	16
17	18	19	<b>20</b>  <b>BLS Training: 8 AM</b> <b>First Aid Training: 3 PM</b> <b>CPR Training: 6 PM</b>	21	22	23
<b>24</b>  <b>31</b>	<b>25</b>  <b>Welcome to Medicare Seminar</b> Education Room, 4 PM	<b>26</b>  <b>HU: Borrowing Money</b> Facebook Live 6:30 PM  <b>Board Meeting</b> Board Room, 6:30 PM	<b>27</b>  <b>Managers Meeting</b> Educ. Room, 2 PM	<b>28</b>  <b>Scrubs on Wheels Sale</b> North parking lot 9 AM - 3 PM	29	30

## Anniversaries

**13 Years:**  
 Jessica Goben - March 30

**6 Years:**  
 Jena Wiley - March 26

**5 Years:**  
 Michelle Brooks - March 24

**4 Years:**  
 Amber Schacherer - March 3  
 Lydia Edwards - March 4  
 Kristine Kennedy - March 25  
 Kristine Young - March 30

**3 Years:**  
 Deb Clark-Muilenburg - March 38

**2 Years:**  
 Diane Musick - March 27  
 Tatum Sulser - March 28

**1 Year:**  
 Kelly Mundt - March 9  
 Niyole Kuzee - March 14

## Birthdays

March 1 - Mary Jo Fisher  
 March 3 - Lisa Strip  
 March 4 - Jessica Wiederholt  
 March 5 - Erin Andersen  
 March 6 - Laurie Schroeder  
 March 7 - Colleen Enns  
 March 8 - Jamie Swan  
 March 9 - Cindy Polo  
 March 11 - Sonya Bellon  
 March 12 - Sara Anderson  
 March 13 - Lana Kuball  
 March 17 - Teresa Reed  
 March 19 - Aaron Keeney  
 March 22 - Tami Adams  
 March 22 - Darcy Juline  
 March 22 - Chasity Musick  
 March 23 - Amanda Snider  
 March 26 - Brooklin Atwell

March 26 - Jayma Hoch  
 March 28 - Stacia Black  
 March 29 - Dr. Cohen  
 March 29 - Mike Smith  
 March 30 - Christina Busick  
 March 30 - Kristine Kennedy  
 March 31 - Joyce Dyer



## Specialty Clinic Schedule - March 2019

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	4
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	18
	Tyler Duraes, AuD	(800) 233-4327	5, 19
	Michael K. Webb, AuD	(712) 623-4802	11
	Leah Uthe, AuD	(515) 225-2242	28
	Donal Welch, AuD, FAAA	(712) 366-0503	14
Cardiology	Martin Aronow, DO	(800) 670-9428	6
	Craig Hoffman, PA-C	(800) 670-9428	20
ENT	Simon Wright, MD, PhD	(515) 223-4368	No clinic
	Dave Wonnell, PA-C	(515) 223-4368	7
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Oncology	Seema Harichand, MD	(641) 774-8103	12, 26
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	8, 22
Podiatry	Randy Metzger, DPM	(641) 203-4664	5, 11, 12, 19, 25, 26
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	18
	Dustin McCann, DO	(515) 875-9550	No clinic
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Wednesdays
	Tim Mayfield, MD	(641) 774-8103	Fridays
Vascular Surgery	Eric Scott, MD	(515) 875-9090	22
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays

**LUCAS COUNTY  
HEALTH CENTER**

An Affiliate of  UnityPoint Health

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

## A-Team Update

A-Team's St. Patrick's Day festivities will be held on Thursday, March 14th.

Employees are invited to stop by the Bistro at 2 PM for free Jello cake and green punch.

This will also be a jeans day.

Upcoming Events:

\* Paper Flower Craft Night Fundraiser

\* Hospital Week (May 12 - 18)

*Reminder:*

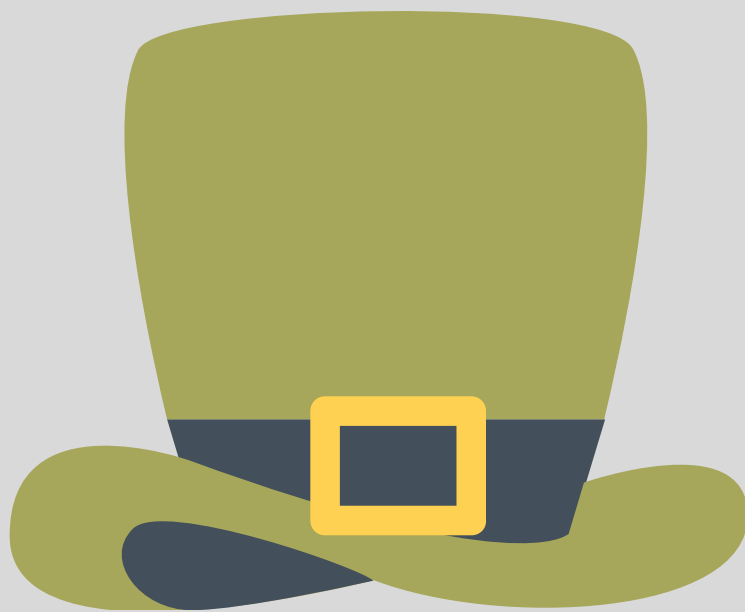
*All money raised from A-Team fundraisers is used to purchase hospital week gifts, hospital week prizes, Winterfest entertainment, Winterfest prizes, and more! We need your support to make these events successful!*

# Compassion.

**LUCAS COUNTY  
HEALTH CENTER**

An Affiliate of  UnityPoint Health





A-TEAM PRESENTS:

# ST. PATRICK'S DAY CELEBRATION

Thursday, March 14th

Jeans Day

Jell-O cake & punch served in the  
Bistro at 2 PM



HEALTHY UNIVERSITY PRESENTS:

# FINANCIAL HEALTH CHECK-UP

**When was your last financial health check-up?**

Healthy University brings you a series of FREE workshops to answer your financial health questions including:



## Borrowing Money: What You Need To Know

**Tues., March 26 | 6:30 - 7 PM | Where: Facebook Live**

*Enjoy the comforts of home and join us for a Facebook Live focused on what you need to know about borrowing money, from student loans to mortgages and everything in between. Presented by Community 1st Credit Union and Midwest Heritage Bank.*



## Basics of Budgeting

**Tues., April 2 | 5:30 - 6:30 PM | Education Room and Facebook Live**

*Learn how creating, managing, and using a budget can help you accomplish your financial goals. Participate from the comfort of your own home or join us in LCHC's Education Room. (We'll even make dinner!) Presented by Ameriprise Financial and Community 1st Credit Union.*



## Take Charge of Your Retirement

**Tues., April 9 | 5:30 - 6:30 PM | Education Room**

*Join us for a free retirement planning seminar to make sure you're aware of and planning for the 5 realities you'll face in retirement. Begin planning now so you can pursue a more confident retirement! Presented by Ameriprise Financial and RiverSource.*



## Understanding Credit Scores

**Tues., April 16 | 5:30 - 6:30 PM | Education Room and Facebook Live**

*Learn the importance of credit scores, what impacts your score, and what actions you can take to make improvements. Participate from the comfort of your own home or join us in LCHC's Education Room. (Dinner provided.) Presented by Community 1st Credit Union and Midwest Heritage Bank.*



## Get in Touch

Information/Registration:

(641) 774-3219 | [jwiley@lchcia.com](mailto:jwiley@lchcia.com)

[www.lchcia.com/upcoming-events](http://www.lchcia.com/upcoming-events)

*Dinner will be provided for all seminars held in LCHC's Education Room.*

*Registration required. Weekly drawings will occur at each seminar.*

**Attend all seminars to be entered to win a \$100 Visa Gift Card!**

## Healthy University Sponsors:

