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McDonough District Hospital
Employee Newsletter



Making Rounds

April 19, 2016 • www.mdh.org

National Hospital Week

Health Care from the Heart



Photo Courtesy of George Hartmann

This year's National Hospital Week runs from May 8-14. We at McDonough District Hospital are invested in caring from the heart every day of every year. Join us in thanking the many individuals who give their all to their neighbors. From providing medical care in our facilities to running vital programs in our community, we are committed to supporting the health and well-being in Macomb and surrounding communities.

MDH Core Values

Honesty and Integrity • Respect • Exceptional Service • Commitment to Excellence • Teamwork

MDH Hotline

Do you have a compliance concern you need to share confidentially? Remember the MDH Hotline is available at (309) 836-1630.

Next Deadline

The next *Making Rounds* deadline is NOON on **Tuesday, May 10**. Please submit your information, articles, thank-you notes, recipes, achievements, etc., to Public Relations.

MDH Says Goodbye

Heather Camp, Technician, Pharmacy, 3/16/16

Kim Lockard, Registered Nurse, Obstetrics, 4/1/16

Kelsie Ockinga, Registered Nurse, Hospice, 3/21/16

Molly Wolfe, Registered Nurse, Emergency Services, 3/31/16

Thank You

Our mother recently spent many days at MDH before passing away. During her stay our family was so impressed with the ENTIRE hospital staff, from advocacy, hospice, housekeeping, food service and especially the acute care unit. Their caring, compassionate, considerate concern and competent care were greatly appreciated. Dr. McPherson is a treasured resource for your hospital.

Our sincere THANKS.
--MDH patient family members



Job Opportunities



| <u>POSITIONS</u> | <u>DEPARTMENT</u> | <u>SHIFT</u> | <u>STATUS</u> |
|------------------------|--------------------------|--------------|---------------|
| Assistant | Staff Development | Days | 24 hrs/wk |
| Secretary-Float | MMG | Days | Full-time |
| Unit Secretary | Senior Behavioral Health | Days | 24 hrs/wk |
| Clinic RN | Internal Medicine | Days | Full-time |
| House Supervisor | Nursing Support | 7p-7:30a | Registry |
| RN | Intensive Care Unit | 7p-7:30a | Full-time |
| QA Assistant | Health Info Mgt. | Days | Full-time |
| RN | Senior Behavioral Health | 7p-7:30a | Full-time |
| RN | Senior Behavioral Health | 7a-7:30p | Full-time |
| RN | Senior Behavioral Health | 7p-7:30a | 24 hrs/wk |
| RN | Acute Care | 7p-7:30a | Full-time |
| RN | Emergency Room | Evenings | Full-time |
| RN | Emergency Room | 7p-7:30a | Full-time |
| RN | Obstetrics | Variable | 24 hrs/wk |
| RN | Wound Care | Days | Full-time |
| CNA | Senior Behavioral Health | 7p-7:30a | Full-time |
| EMT | Ambulance | 7p-7:30a | Full-time |
| EMT | Ambulance | 7a-7:30p | Full-time |
| EMT | Ambulance | 7p-7:30a | Full-time |
| Medical Assistant | MMG | Days | Full-time |
| Medical Assistant | MMG | Days | Full-time |
| Medical Assistant | Pain Management Clinic | Days | 24 hrs/wk |
| Paramedic | Ambulance | Variable | Registry |
| Paramedic | Ambulance | Variable | Full-time |
| Paramedic | Ambulance | Variable | 24 hrs/wk |
| Paramedic | Ambulance | 7p-7:30a | Full-time |
| Phlebotomist (trained) | Laboratory | Variable | Registry |
| PBX Operator | Communications | Variable | Registry |
| Medical Director | Hospitalist | | Full-time |
| Specialist | Human Resources | Days | Full-time |
| Technician | Pharmacy | 10:00a-6:30p | 24 hrs/wk |

List also available online at www.mdh.org

As of April 12, 2016

Riddle

I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. Who am I?

The letter E.

New Faces at MDH

MDH Welcomes New Employees



Tracie Anderson

Tracie is a RN in Emergency Services. She is originally from Colchester, is married to Keith and they have two children, Taylor and Torie.



Jacob Blankenberger

Jacob is a Social Service Associate in Advocacy. He is originally from New Lenox. In his spare time, Jacob enjoys

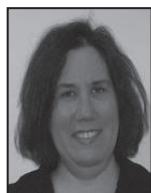
outdoor sports, video games and reading.



Shawn Evans

Shawn is a Tech in Cardiopulmonary. He is originally from Burlington, Iowa and is married to Mindy.

They have five children; Courtney, Shawn, Colton, Rilynn and Brixton.



Joanna Graham

Joanna is a Specialist in Behavioral Health. She is originally from Pittsburgh, Pennsylvania and is

married to Ralph. They have two children, Andrew and Zachary. In her spare time, Joanna enjoys traveling to national parks and watching sports.



Larry Tingley

Larry is a Valet Parking Attendant in Valet Services. He is from Macomb and is married to Anita.

They have two children, Tyler and Amanda. In his spare time, Larry enjoys gardening and traveling.

Moving Around

Robyn Kilburn will be a Secretary/ Receptionist in Pain Management Clinic after previously working as a Secretary/Receptionist for Bushnell Family Clinic.

Lora Vogler will be a Pain Management Clinic Supervisor. Lora was previously a Clinical Care Coordinator in Acute Care.

Just Married



Josie Cassidy and Adam Bauer were married on February 27. Josie is a BHS Specialist and a Senior Behavioral Health Unit Secretary.

Amy Jones and Justin Royer were married on April 15. Amy is a Clinic LPN for Internal Medicine.

Vicky Wallen and Matt Kipling were married on March 29. Vicky is the Leader of Foundation.

Out and About

Stephanie Crockett and **Arden Caffrey** from MDH Outreach Services attended the Minority Health Fair at Western Illinois University on April 6 as part of WIU's kick off to Minority Health Month. They also attended a wellness fair at Pella on April 13 and provided free sun damage screenings.

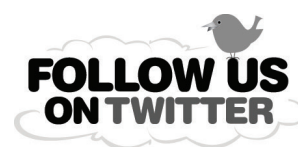
Dr. Gonzales presented at WIU on April 11 for Minority Health Month. He spoke about Colorectal Cancer and what it is like to be a minority doctor.

Business of the Year

MDH received the *Business of the Year* award from the Macomb Area Chamber of Commerce at the February 24 Annual Partners Reception.



Pictured are (l-r): Kenny Boyd, MDH President/CEO; Kathy Waters, President of Macomb Area Chamber of Commerce; and John Armstrong, Chairman of the Chamber Board of Directors





Eric Reinertson, MD, FACOG

Interim Obstetrics/Gynecology physician Dr. Reinertson will join Dr. Tamara Smith in the MDH Obstetrics & Gynecology Clinic May 2.

Dr. Reinertson received his medical degree from the University of North Dakota Medical School in Grand Forks, ND in 1990. He completed an Obstetrics and Gynecology internship and residency from Washington University/Barnes Hospital in St. Louis, MO in 1994. After residency, he returned to his home state of North Dakota to begin practice.

For the past 18 years Dr. Reinertson has been practicing in Pekin, IL. Most recently he was the Director of Ob/Gyn Services with Premier Ob/Gyn (ProHealth Inc.) in Pekin. He has held many leadership positions; President of Tazewell County Medical Society, Department Ob/Gyn Chairman at Pekin Hospital, President of Medical Staff at Pekin Hospital and Executive Committee Member of ProHealth Inc.

He is a member of the American College of Obstetrics and Gynecology and the American Association of Physician Leaders. Dr. Reinertson is an accomplished gynecologic surgeon who specializes in minimally invasive surgery and pelvic floor reconstruction surgery. He treats many disorders including prolapse and abnormal bleeding. He loves doing deliveries and has brought over 4,000 babies into this world.

Dr. Reinertson joins MDH on an interim basis, not employed by MDH, starting in May and will work collaboratively with Dr. Smith to provide continuity of care to the Macomb and surrounding communities. His interim status will continue while MDH works to recruit another permanent OB/GYN physician to serve the community long term.

He and his wife Betty have two grown children. In his spare time he enjoys playing guitar, golfing and traveling with his family.

To schedule an appointment, call MDH Obstetrics & Gynecology Clinic at (309) 836-6937. For more information visit mdh.org.



Layne Stambaugh, PMHNP-BC

Board Certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) Layne Stambaugh joined the McDonough Medical Group working with Drs.

Sarwar and Wright in the MDH Psychiatry office in April.

Layne completed a Bachelor of Science in Nursing at Northern Illinois University in DeKalb. She earned her Master of Nursing (PMHNP) from Saint Francis Medical Center College of Nursing in Peoria. Prior to schooling, she had served in the United States Navy.

Layne has worked as an RN since 2010 where she started in the Cardio-Thoracic Step-Down Unit at OSF Saint Francis Medical Center. She then moved to Community-Behavioral Health at Methodist Medical Center. Prior to coming to MDH, Layne was an RN in Foster Care Services for the Children's Home Association of Illinois.

Layne has been an American Red Cross CPR Instructor since 2012. In her spare time, she enjoys traveling as well as spending time with her family.

Her office is located in Health Services Building 2, Suite 212. In addition to the Psychiatry office, she will be assisting in the Senior Behavioral Health Unit. For more information call (309) 836-6400.

Primary Care

MMG Primary Care services are expanding in the Health Services Building 2 this summer. Construction is on track for the new MDH Family Clinic to open in July. The new clinic will include up to seven new and existing primary care providers and will give us the opportunity to provide extended clinic hours to our patients.



Accountable Care Organization

We successfully had our Accountable Care Organization Launch Meeting on March 24 and have hired two RN Care Coordinators, **Sarah Skiles** and **Lindsey Woodford**.

They will begin training very shortly to obtain a Health Coach Certification aimed to give them the skills necessary to work with complex patients needing additional services and assist with coordination of care across all settings.



McDonough District Hospital PAIN MANAGEMENT CENTER

Over 100 million* Americans suffer from chronic pain—that's more than diabetes, cancer and coronary heart disease combined. Chronic or acute pain can diminish the individual's quality of life when it hinders them from participating in everyday activities. A balanced pain treatment program is an effective way to regain control over pain.

MDH will soon offer hope to those suffering from debilitating pain—MDH Pain Management Center will open its doors June 13 in Health Services Building 1, Suite 201. We open to start accepting referrals in May. Remaining in communication with primary care physicians, the center will provide balanced pain treatment for the whole community.

The Macomb and Surrounding Communities

If a patient is suffering from debilitating pain on a daily basis, they should not be expected to travel far for treatment. McDonough District Hospital anticipates the MDH Pain Management Center will be an integral part of the Macomb and surrounding communities by offering local, balanced and effective pain treatment for many years to come.

More information coming soon!

*Institute of Medicine (IOM)



MDH Recognized for Donations to McDonough County United Way

Tobie Richey, Human Resources (right), accepted the McDonough County United Way Platinum Award on behalf of McDonough District Hospital for donations by MDH employees to the 2015 campaign. More than 150 employees made an annual contribution, totaling almost \$6,000, to the McDonough County United Way. Tobie Richey coordinated the United Way appeal to MDH.



May is Mental Health Month Senior Behavioral Health Meet and Greet!



Join us May 11
Spoon River College
Community Outreach Center
4:30 - 6:00PM

Dr. Sarwar will be discussing dementia in seniors and the SBH staff will be there to answer questions about the unit.

Light appetizers will be served!

Email Heather Uppinghouse to RSVP at hjugglinghouse@mdh.org

SBH will also be selling t-shirts to promote being stigma free! Shirts are being sold at cost at the following prices \$8.50, \$10.50 and \$12.50 depending on the size! Contact Heather Uppinghouse to order or watch your email for an order form to be sent out!

Loan & Scholarship Applications

The Auxiliary to McDonough District Hospital is now accepting applications for health career loans and scholarships for the 2016-2017 school year.

MDH and the Auxiliary to MDH have established funds for students to help financially fulfill their academic goal in a healthcare field. The Auxiliary Scholarship Fund offers assistance to students enrolled in a curriculum leading to a career in a health-related field or to McDonough District Hospital employees who wish to expand their skills through additional course work, job-related seminars, or professional certification programs.

Scholarships available are; the Ruby Teel Health Career Scholarship, the Gabbert Nursing Scholarship, the Gayle and Ron Peterson Nursing Scholarship, the Donna M. Twomey Nursing Scholarship, the Maxine Simeral Scholarship, the Helen Meek Scholarship, the Haldon and Hazel Curless Nursing Scholarship, the Carolyn J. Baumann Nursing Scholarship, and the Ruth Dexter Scholarship in Nursing. Applications for these scholarships may be made in conjunction with the Auxiliary scholarships.

Interested persons may also apply for additional funding through the MDH and Auxiliary loan program. Upon completion of the education, loan recipients may repay their loan in full or if employed by MDH in the newly qualified position may apply a portion of their salary or hourly wage (typically \$1 per hour worked) toward repayment of the loan.

For more information, call (309) 836-1577, or pick up an application in the Human Resources Department. You may also download an application from our website at www.mdh.org. Completed applications must be submitted no later than June 1, 2016.

May Meetings Calendar

Monday, May 2

Ethics Committee, 12:00 PM, Auditorium B

Wednesday, May 11

PHO Office Managers, 12:00 PM, PDR

Thursday, May 12

Department of Medicine, 12:00 PM, Auditorium B

Friday, May 13

- Finance Committee, 7:00 AM, TFBR
- Exec Committee, 12:00 PM, PDR

Monday, May 16

Board of Directors, 5:30 PM, TFBR

Tuesday, May 17

MMG Governance Council, 5:30 PM, TFBR

Thursday, May 19

Tumor Board, 12:00 PM, Auditoriums A/B

Tuesday, May 24

OB-Gyn Dept, 12:00 PM, Auditorium B

Wednesday, May 25

- Quality Council, 1:30 PM, TFBR
- PHO Physicians, 12:00 PM, PDR

Friday, May 27

Medical Staff Quality Improvement, 12:00 PM, TFBR

Are you Cerner ready?

We are now -60 days to the Cerner Safari!

Have you received your user name and temporary password for Cerner?

- If you have not, please call x13263.
- If you have, did you activate your Cerner account?
- If you did not, do you need assistance? Call x13263.
- If you did, are you able to access everything?
- If you cannot, please call x13263.
- If you can, enjoy learning this wonderful new program!

The screenshot shows the Cerner Intranet homepage. The main content area features a large banner for 'Cerner Safari Information' with a cartoon illustration of people on a beach. Below the banner, a prominent message states: 'Build-A Domain will be UNAVAILABLE 4/11 - 4/15'. A secondary message reads: 'Please be aware that Cerner Build-A Domain will be unavailable for maintenance from April 11 until April 15 (Monday - Friday)'. To the right, there is a 'Quick Links' section with various utility links. At the bottom, a 'Key Cerner Implementation Dates' table is visible.

| Complete | Name | Start Date | Finish Date |
|----------|----------------------|------------|-------------|
| ✓ | Leadership Alignment | 8/3/2015 | 8/7/2015 |

MVP Awards

Has someone done something special for you? Has this person gone above and beyond his or her normal duties to help you? Consider completing an MVP Thank You to show your appreciation.

MVP Award - \$50

Angela Gibbs

Social Worker - Hospice

MVP Thank Yous - \$25

Cathy Dean (Not Pictured)

Clinic Transcriptionist - MMG

Jessica Schade

Clerk/Phlebotomist - Registration



Angela Gibbs (Left)



Jessica Schade (Left)

DKSWC Support Continues...

The Dolores Kator Switzer Women's Center will benefit thousands of women with its modernized private OB/GYN suites, state-of-the-art labor/deliver/recovery rooms, new nursery and imaging center.

First State Bank of Illinois Pledges \$15,000 to MDH



First State Bank of Illinois has pledged \$15,000 and presented their first installment of \$3,000.00 toward the Dolores Kator Switzer Women's Center (DKSWC) at McDonough District Hospital. With this generous commitment, First State Bank will be recognized as Partner level of the MDH Business Honor Roll giving club. "First State Bank understands the importance of healthcare in the community and surrounding counties and has always been extremely supportive of MDH," said MDH President/CEO Kenny Boyd.

Pictured are (l-r): Kenny Boyd, MDH President/CEO; Vicky Kipling, MDH Foundation Leader; Liz Swigart, First State Bank Branch Manager (Macomb); and Jesse Kugler, First State Bank Mortgage Loan Officer (Macomb).

Save the Dates

Tevar 5K Run/Walk
April 23

**Memory Matters Ladies Caddie Auction/
Cocktail Party and Golf Tournament**
June 2 & 3

Summer Block Party
June 22

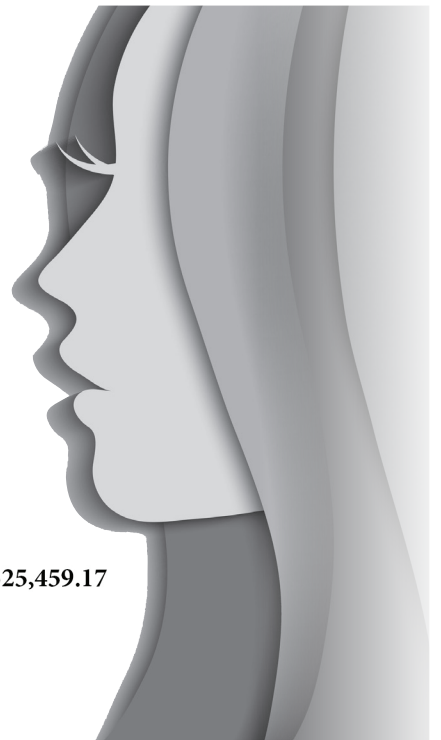
MDH Foundation Golf Tournament
September 10

Teddy Bear T
November 28

**Jingle 'n Mingle
(Illumination Gala)**
December 1

Festival of Trees
December 2-5

DKSWC



Dolores Kator Switzer Women’s Center Capital Campaign “Casual for a Cause in May”



Shirt: \$20
\$5 per Friday in May to wear the shirt
Bundle: Shirt & five Fridays in May = \$40



Quantities and sizes are limited. Available on a first-come-first-serve basis.

Employee dress code still applies-no jeans.

The DKSWC t-shirt is the only change in the attire for FRIDAYS in MAY ONLY.
(clinical employees wear scrub pants, non-clinical dress in business casual)

Available for purchase in the Foundation Office 8:30 AM – 4:30 PM.

(Located in the lower level of the hospital in the old Sports Medicine & Rehabilitation Services Reception area)
Payroll deduction, check or exact cash. If our office hours are not convenient for you and you would like to participate, call ext. 13496 and we will make arrangements that work for you.

Community Support:

The McDonough County Voice donated \$933.40 to Linda’s Fund from proceeds raised from a Breast Cancer Awareness advertising segment.

V.I.T. South Fulton Lady Rebels donated \$1,625.00 to Linda’s Fund from their Rebels Pink Night.





A "Peek" at PROS!

Employee Giving Club

Minutes from the April 5, 2016 PROS Meeting - 12:00 PM

Present: Rhonda Briney, Jill Cook, Linda Cremer, Mel Dorethy, Connie Duffy, Lynn Durso, Jill Foster, Carolyn Grove, Vicky Kipling, Tracey Mowen, Connie Purdy, Vicki Reimolds, Linda Sampson, Jason Williamson

Review & Approve Financial Report: The financial report was presented by Jill C. - Current PROS fund balance \$71,258.80 (as of 3/31/16). Motion to approve the financial report by Vicki R. and seconded by Lynn D. - Approved.

Summer Blast/ Summer Block Party: A sub-committee was formed: Connie D., Tracey M., Lynn D. and Vicki R. The committee agreed the name of the event be called "Summer Block Party" since it will be held on campus. The sub-committee met following the regular meeting to discuss a date, theme, budget, food and giveaways. An email will be sent closer to time to request volunteers.

Foundation Office Store: To date \$810 has been sold since having the items available for purchase in the Foundation office. There was discussion to expand the inventory in the future.

Umbrellas: Jill C. displayed the new umbrellas purchased (100) by PROS for staff and visitors to use in inclement weather when traveling between buildings.

Teddy Bears: 1,000 more teddy bears have been received for departments to use for children receiving services at MDH.

Farm Safety Day: 300 First Aid Kits have been received for the Progressive Ag Day Camp (formally called Farm Safety Day) on April 14. All McDonough County fourth graders participate in this event at the 4-H center in Macomb.

PROS Fitness Room: Flooring has been chosen but moisture readings under the current floor were high and floor must be mitigated before installation can take place (MDH will incur those expenses). Doorways have been built and equipment is scheduled for delivery the first week of May. An open house will be planned for a later date once the construction is finished. The fitness room will have a shower and men's and women's locker room. To keep the fitness room clean, it was suggested those using the room bring in clean shoes for workouts. Approximately \$40,000 has been spent, leaving \$3,000 to purchase televisions.

PROS Brochures: New brochures were distributed with discussion centered on recruiting new members and retaining them.

Adjournment: 12:45 PM



It's not to late to sign up for the April 23 Tevar 5K Run/Walk!

Registration for Tevar 5K Run/Walk

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age _____ Gender _____

Event Participation (circle one): 5K Run 1 Mile Walk 2 Mile Walk

Adult Shirt Size (circle one): S M L XL XXL

_____ Check enclosed payable to MDH Foundation

Credit Card Information:

Credit Card # _____ Exp. Date _____

Name on Card _____ 3 Digit Code (on back of card) _____

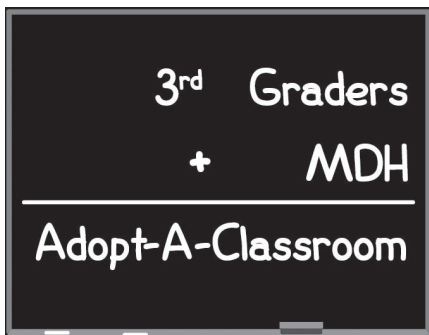
Billing Address _____ Signature _____

Waiver: In consideration of my entry, I, intending to be legally bound for myself, my heirs, my executor and administrators waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the directors of the race, MDH, the town of Macomb, and all sponsors and workers for any and all accidents or injuries incurred by me at their event and while traveling to and from this event. I certify that I have trained for a race of this distance; and weather condition and am in suitable athletic condition to participate in the race I have entered.

Signature _____

Signature of parent/guardian _____
if participant is under age 18

Race Admin Use Only

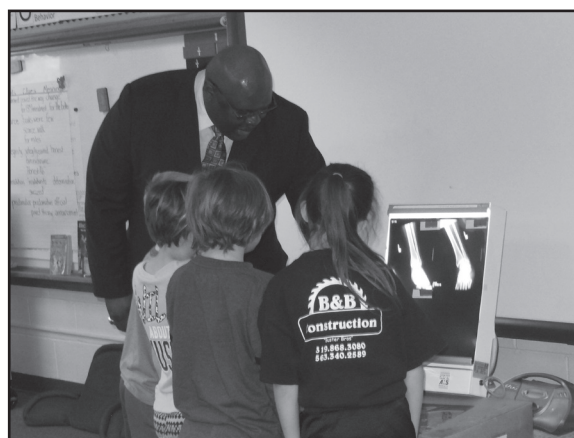


Each month during the school year McDonough District Hospital participates in the Adopt-A-Classroom program. This year MDH has adopted Mrs. Linda Poore's 3rd grade students at Lincoln School. A representative from MDH visits the classroom to educate students about various departments at the hospital.

Radiology

Tim Tyler, Leader of Radiology, visited the students to talk about human anatomy and x-rays. He brought in a view box to show them x-rays of various parts of the body as well as fractures. He even had a model, Valencia, who came into the classroom to show the students the scars on her ankle that matched one of the x-rays. The students talked about their experiences with x-rays and Tim talked about the schooling it takes to be able to take and read x-rays.

The students received a mini purple football as a souvenir.



Wellness Coaching is for you!

- Want to lose weight?
- Need to start exercising more?
- Need to start managing your time and stress better?
- Do you feel ready but need help planning reachable goals?

YOU
were meant for
greatness

What people are saying about their experience!



I was very pleasantly surprised at how in depth and helpful this program was!

My Coach helped me prioritize my life and how to find time for exercise!

I have now lost 19 pounds, my blood work is within normal limits, and I have this program and my coach to thank!

To learn more about the Wellness Coaching and how you can get started, contact Outreach Services at x13415.

May Calendar of Events

Breast Cancer Support Group

Monday, May 2

5:30 PM, Auditorium B

Contact Outreach Services at (309) 836-1584.

Bereavement Support Group-New Horizons

Mondays, May 2 & 16

3:00-4:00 PM, Medical Arts Building, Conference Room

For more information, call Hospice at (309) 836-1543.

Anger Management

Tuesdays

3:30 PM-5:00 PM Health Services Building 1 Auditorium

Pre-registration required.

Call Behavioral Health Services at (309) 836-1582.

Community First Aid

Tuesday, May 3

6:00 PM, Auditorium A

Cost: \$32.00, Pre-registration required.

Contact Outreach Services at (309) 836-1584.

Seniors' Day at Citizens

Thursday, May 5

8:30 AM-4:30 PM, Citizens Bank, Downtown Macomb

Topic: Free Osteoporosis screenings from 8:30-10:30 AM

Contact Outreach Services at (309) 836-1584.

Divorcing Parents Education Program

Friday, May 6

1:00-5:00 PM, HSB 1 Auditorium

Cost: \$60.00 payable at session, Pre-registration required.

Contact Behavioral Health Services (309) 836-1582.

Risk Education

Monday-Thursday, May 9-12

1:00-4:00 PM, HSB 1 Auditorium

Fee: \$150.00 Pre-registration required.

Call Behavioral Health Services at (309) 836-1582.

Community CPR Class

Tuesday, May 10

6:00 PM, Auditoriums A & B, Auxiliary conference room

Fee: \$32. Pre-registration required.

Contact MDH Outreach Services at (309) 836-1584.

Meet and Greet with Senior Behavioral Health

Wednesday, May 11

4:00-6:30 PM, SRC Outreach Center

Dr. Sarwar to present on Dementia in Seniors. Light appetizers will be served. Pre-registration required.

Contact Senior Behavioral Health at (309) 836-1568.

Childbirth and Infant Care: Sibling Class

Saturday, May 14

10:00-11:00 AM, MDH Auxiliary Workroom

Pre-registration required.

Contact Obstetrics at (309) 836-1570.

Look Good Feel Better

Monday, May 16

4:00-6:00 PM, Auxiliary Workroom

Pre-registration required.

To register contact Outreach Services at (309) 836-1584.

LIFE Course: Caring Is the Gift of Making the Ordinary Special: Volunteer

Wednesday, May 18

10:00-11:30 AM, SRC Outreach Center

Fee: \$5. Pre-registration is required.

For more information or to pre-register call WIU Study Abroad and Outreach at (309) 298-1911.

Cesarean Section Class

Thursday, May 26

7:00-9:00 PM, Auditorium B

Pre-registration required. Call Obstetrics at (309) 836-1570.



Gift Gallery - Mother's Day Sale!

May 5-8

Receive 20% off jewelry, purses, accessories and Mother's Day items!

Excludes: fresh flowers, candy, greeting cards, magazines, newspapers, used books and stamps.

New!

The Gift Gallery is now selling Pease's Candy!

Current selection includes popcorn and candy



Looking for Advice?

Dear Lucy,

I'm becoming increasingly concerned about my 22 year old son who spends an inordinate amount of time getting ready for work in the morning. Brushing his teeth and getting dressed can take up to an hour and he changes outfits several times before he's out the door. He also seems overly concerned about germs so he washes his hands dozens of times each day to the point where he has scrubbed them raw. I remember when he was a young boy he would line up his toys perfectly and he made it clear they weren't to be touched by others. Even the slightest rearrangement resulted in a major melt down. I suspect my son is suffering from obsessive-compulsive disorder. Would you please provide more information about this?

Sincerely,

Concerned Parent

Dear Concerned Parent,

All of us at times get a thought stuck in our head or can't seem to stop singing a tune we hear on the radio, or maybe we double check to be sure we turned off the stove before leaving the house. This is normal behavior. What is different between the person who is cautious or is preoccupied with a thought compared to a person suffering from obsessive-compulsive disorder is that he or she has irrational recurring thoughts and fears (obsessions) and repetitive behaviors (compulsions) that interfere with daily living. The obsessions or persistent thoughts can cause overwhelming anxiety which can only be relieved by performing certain acts or compulsions. Common examples of obsessions are; a fear of germs, a fear of losing control which might result in harm to self or others and an inability to make a decision for fear of choosing the wrong thing. Allowing superstitions to interfere in our daily routine may also be a symptom. Examples of compulsive behavior include; excessive cleaning or washing, arranging or organizing items in a particular order, repeatedly checking to see if doors are locked or only performing tasks in a specific sequence or a certain number of times before being able to move on. The act of performing some of these rituals often takes up many hours each day, are repeated over and over and result in significant distress. While 80 percent of OCD sufferers have both obsessions and compulsions, about 20 percent have only one or the other.

Many people who suffer from OCD are embarrassed about their symptoms and hide them from family and friends. They may also be reluctant to seek treatment believing no one will understand what they're experiencing. Most sufferers realize the irrational nature of their thoughts and behaviors, but feel helpless and hopeless about controlling them. Letting your son know there is help available is important. Medication may diminish symptoms in addition to treating anxiety and depression that are frequently known to accompany OCD. Behavioral therapy is also recommended to help a person confront fears and reduce anxiety without the need to perform rituals or repetitive behaviors. Best results are likely achieved by utilizing both. Although stress isn't the cause of OCD, learning ways to manage it may be helpful. Learning relaxation skills, meditation and yoga could all be beneficial. If you would like more information about this topic or any other mental health or substance use concern, please contact Behavioral Health Services at 836-1582.

Best regards,

Lucy

President's Report

The MDH Board of Directors met April 18, 2016. Here is Mr. Boyd's report to the Board for the accounting period of March 22 through April 18, 2016.



Quality and Innovation

Service Excellence

In partnership with Press Ganey Associates, Inc., coordination of the Physician and Advanced Practice Provider engagement survey is underway. The survey will be active from mid-April to mid-May and will be conducted electronically with email notification to providers on or around April 25.

This confidential survey asks providers to answer questions and express opinions in the areas of quality, teamwork, resources, alignment, engagement and hospital leadership.

A summary of the results will be available and provided to the executive team and the medical staff in July.

Projects

HOME TO STAY

This project is working to reduce 30 day readmissions for three populations: CHF patients, Knee/Hip replacement patients, and finally, any patient at risk for readmission. Next steps include: assign intervention workload for CHF patients; define intervention for Knee/Hip replacement patients; and document data recording method for patients at risk for readmission.

Infection Control

The Hand Hygiene Team has developed an "It Takes Two" initiative to promote hand hygiene. The goal is

to achieve at least 80% compliance. This presentation focuses on the impact that hospital acquired infections have and the role hand hygiene plays. The message has 3 simple elements; Your 2 eyes, You and another and finally Your 2 hands. The program is currently targeting staff meetings, Making Rounds and the PI Boards this month.

Patient Safety

MDH's Fall Prevention Team continues researching and implementing improvement efforts to reduce harm occurred from patient falls. Audits have been conducted by unit champions and there was a two percentage point increase in compliance from February to March. Results of the audits are shared at monthly staff meetings. The post fall huddle report was redesigned and implemented on March 31st.

Physician Recruitment/Retention

Physician, Advance Practice Provider Recruitment & Outreach Services – Update:

Outpatient Primary Care

On boarding activities are taking place for Drs. Ali, Wehner, and Patel as they make their way to Macomb and begin their respective practices throughout August 2016. A community welcome reception will be announced at a later date.

Hospitalist Medicine

A Medical Director candidate is currently reviewing a proposal for the practice opportunity and we are awaiting his final decision.

OB/GYN

We have begun an active search for a full-time Obstetrician & Gynecologist to join Dr. Tammi Smith. Eric Reinertson, MD from Pekin, IL has

agreed to serve as an interim provider during this transition period. Dr. Reinertson brings to us over 25 years of practice experience, with 18 years at Pekin Hospital. Please join me in welcoming Dr. Reinertson to Macomb as he provides both clinic and call support to MDH and Dr. Smith.

Advanced Practice Provider

Convenient Care: Kaye Stone, FNP has accepted a full-time with the Convenient Care Clinic. We anticipate her starting to practice on/around June 1st, 2016. Currently, we are working on various on-boarding activities, including IL APN licensure. Please join me in welcoming Kaye and her husband to Macomb, IL. We are evaluating several candidates for the second, full-time opportunity for Convenient Care at this time.

Primary Care: On-boarding activities are taking place with Megan Clemens and we look forward to her joining the McDonough Medical Group this summer (2016).

Psychiatry: We are evaluating candidates for the second, full-time Psychiatry NP practice opportunity with Drs. Wright and Sarwar at this time.

ENT: On-boarding activities are taking place with Kamie McKee and we look forward to her joining Dr. Sparks this summer (2016).

Outreach Services

Outreach & Provider Programming

Dr. Biagini and Dr. Gonzales provided an excellent program regarding GI Tract Cancer Prevention in March 2016. Thus far, over 80 plus hemocult kits have been distributed by Outreach Services. Dr. Gonzales was the keynote speaker for Western Illinois University's Minority Health Month program in April

2016. Dr. Gonzales presented on considerations for cancer prevention in minority populations.

Occupational Health

Outreach Services in partnership with Rehabilitation Services recently met with representatives from NTN Bower Corporation to discuss a variety of ergonomic related services and how MDH can assist to incorporate this expertise in several areas within the plant. Outreach Services, at the request of Macomb Schools, is developing an additional 2 year employee wellness proposal at this time.

Information Systems

Cerner Electronic Medical Record

We are just under 2 months to go to the Cerner go-live date of June 6th. The next clinical integrated testing week will start on April 18th with the financial Integration testing the week of April 25th. Staff and physician training will occur from the end of April to just before the June 6th go-live date.

Optimum Payroll and Time and Attendance

We have completed the go-live with the Optimum time and attendance and payroll system. We are working through a few minor adjustments to the processes, but overall the move has been successful.

We will be completing a roll out of an employee self-service portal over the next few pay periods. This will allow staff to access their direct deposit and pay stub information on-line.

Cafeteria Payroll Deduction

As a part of the change to Optimum for payroll we have also changed the cafeteria meal payment process for employees. Staff will now charge their meals at the cash register and it will

accumulate during the payroll period and be deducted from their check at the next payroll cycle. This will eliminate some issues at the check-out line when staff had reached their prepaid limit on their account and should keep the line moving.

Financial Performance

March 2016

Volumes were mixed for the month. From an inpatient perspective, the only area that hit budget targets was newborn admissions. Both Swing Bed and Senior Behavioral Health admissions were more than 50% below their budgeted targets for the month. On the outpatient side however, Surgery, Cardiopulmonary and Rehab services had notable good volumes months compared to budget as did Convenient Care and Behavioral Health.

Actual patient revenue generated from the activity was above budget. Total Patient Revenue for the month was above the fixed budget by 3.1% or \$495K. Total Deductions from Revenue was negative to budget by 2.5% due to the increase in contractual adjustments from the mix of payers. Net Patient Revenue ended the month above the fixed budget by \$267K. Total Operating Expenses were below the fixed budget by 1.8% or \$118K. We ended the month with a positive bottom line of \$1,031,204 – \$786K above the fixed budget for the month.

Year To Date -- When just looking at the expected activity compared to actual -- Year to Date activity is still down 2.0% -- with the largest revenue impact in Swing Beds and Emergency Services. Total Operating Revenue YTD overall, though, is still above budget by 3.4% or \$2.0M with Total Operating Expenses below budget YTD by 2.1% or \$1.2M. YTD

Net Income is \$5.3M -- above both budget and last year.

Facility Planning

MDH Renovation

Work on phase 2 of Acute Care Renovation is substantially complete with IDPH occupancy inspection scheduled for April 18th. Upon IDPH approval the West wings of Acute Care can be occupied and work on phase 3 which is the North and South corridors of 2nd and 3rd floor can begin. Phase 3 work will take approximately 13 weeks once begun.

Phase 4 of the ED project, which is the renovation of old ER space is progressing well with substantial completion by the contractor currently scheduled for around June 22nd. IDPH will of course need to inspect this area following substantial completion as well.

HSB 2 Renovation

Work to finish out the second floor of the HSB 2 addition is well underway, with the projected substantial completion date now moved up to the middle of June. There is no IDPH inspection required for occupation of this space.

Public Relations Report

Public Relations & Marketing Report for Activities within the month of March 2016.

Website and Social Media

During March there were 20,840 home page visits (+1,582 from February), 3,963 career views and 9,692 calendar views.

The MDH Facebook page is now at over 1,256 likes, gaining 35 likes in March. Twitter has increased to over 260 followers. Information promoted in March on Social Media included; Colorectal cancer test kits available,

MDH Valet Parking Services, Colorectal Cancer community program, Hospice Volunteer training, Tevar Run/Walk, Doctor's Day promotion, generous donation to OB, Ag Week baby, Apple Award, MDH Economic Impact, First Aid Class and job of the week. The most viewed and liked post in March was the donation of "Thirty One" bags from Rachel Smith to the OB department. This post reached 10,900 people, was clicked on by over 1,000 people and received over 540 comments, likes and shares.

News media

March news included the following: Free colorectal cancer tests available, community colorectal cancer program featuring speakers Dr. Gonzales and Dr. Biagini, Hospice volunteer training, Tevar Run/Walk registration, first aid class and the MDH economic impact on the local community.

KHQA came to MDH March 9 and highlighted our CPR Classes being offered. Laci Zurek in Staff Development spoke with the reporter on camera about what our CPR class offers and how people can sign up.

Advertising/Marketing

Commercial spots are running for Sports Medicine & Rehabilitation Services, Home Health and general MDH spot. General radio spots include Dr. Smith, Senior Behavioral Health Orthopedics & Sports Medicine and Home Health. Other March advertising included; senior behavioral health, home health & hospice, orthopedics, Dr. Smith, Doctor's Day and Tevar Run/Walk.

Foundation Report

This report reflects activity held within the month of March 2016.

Annual Support

In March \$19,734.34 was received and \$19,961.51 was pledged for a total of \$39,695.87 raised; 345 gifts and 20 memorials were processed. Some of the areas receiving support include: Linda's Fund, Hospice, Dolores Kator Switzer Women's Center (DKSWC), and PROS.

Tevar 5K Run/Walk Saturday, April 23, Old Dairy

This year's Race sponsor is Bushnell's Pink Warriors. To date more than 80 individuals have registered for the event and more than \$5,000 has been raised in support of Linda's Fund and Cancer Education & Screening.

PROS

More than 400 meals were served at the Big Game Party. A big thanks to the Morrison food service team for catering the event! Plans are moving forward to renovate the previous therapy gym into an employee Fitness Room. A contract with O'Shea Builders was signed to construct new doorways and install a badge reader for entry. An eco-friendly floor covering was chosen and ordered. The PROS committee voted to increase the project pledge to \$43,000 to cover the additional cost involved with construction, flooring and equipment. Estimated time of completion is early May followed by a grand opening event for all to attend. Sales continue for MDH apparel and promotional items on-line and through the Foundation office. To date, \$810 has been sold.

Golden Apple Society

New members for the month of March include Dr. Liberty Balbort and Matt and Jamie McClure. The next meeting is scheduled for April 7.

DKSWC Capital Campaign

To date, more than \$3.3 million

has been raised for the DKSWC Campaign. A meeting was held March 23 to review campaign goals and update prospect lists. Colchester State Bank pledged \$10,000 and First State Bank of Illinois pledged \$15,000 toward the project. Grant applications were submitted to McDonough Power Round-Up and Wal-Mart Local. Grants in-progress are Wal-Mart State, BNSF and Verizon Foundations. The next meeting is scheduled for July 13. DKSWC t-shirts were designed, ordered and received to kick-off "Casual for a Cause" in May. The shirts will be sold to raise funds and awareness for the Women's Center and can be worn on Friday's during the month. Cost is \$20 per shirt and \$5 for each Friday worn for a total package of \$40. Payment can be made by cash, check, credit card and payroll deduction.

Community Support

WIU Think Pink Women's Basketball raised \$1,000 in support of Linda's Fund and the DKSWC campaign. Linda's Fund received \$1,625.00 from V.I.T./Astoria South Fulton Lady Rebels Pink Night. The McDonough County Voice donated \$933.40 to Linda's Fund from proceeds raised from a Breast Cancer Awareness advertising segment.

Generosity Inspires Appeal

A giving envelope was provided in the March issue of Generosity Inspires as an opportunity to support the DKSWC. To date, \$330 has been received.

Foundation Board

The next Board meeting is set for April 13.

Recognition for Outstanding Customer Service – March

For the month of March, the Service Excellence department at McDonough District Hospital would like to recognize and say thank you to **58 employees and physicians** for their outstanding customer service to patients.

The Press Ganey, Deyta (Hospice) and Senior Behavioral Health surveys call attention to employees who demonstrate excellent customer service, according to Administrative Leader of Quality and Innovation Maggie Goettsche. Individuals recognized receive a customer service *Thank You Certificate* and are nominated for the MVP award for their outstanding hard work.

Recognition for outstanding customer service goes to the following professionals:

Acute/ICU: **Heather Gonzales, RN; Joyce Romine, RN; Lori Ackman, RN; Dr. Jack McPherson; Melody McGrew, RN; Jennifer Sullivan, RN; Donna Nelson, RN**

Behavioral Health Services: **Susan Denecke, MSW, LCSW**

Cardiopulmonary: **Deann Yerk, CRT, RPSGT; Donna Myers, RRT, RPSGT**

Environmental Services: **Mona Smith, Aide; Cindi Thompson, Aide**

Home Health: **Megan Carter, RN**

Infusion Services: **Emily Kelly, RN**

Laboratory: **Matt Kessler, Phlebotomist**

McDonough Medical Group: **Dr. Scott Urch; Dr. Tamara Smith; Mary Crater, Medical Asst.; Danielle Knowles, RN; Dr. Weili Zhang; Rachele McCoy, RN; Dr. Scott Wright; Dr. Dan Ruiz; Dr. Edwin Card; Amber Heitz, Medical Asst.; Dr. Jeffrey Sparks**

Obstetrics: **Crystal Dobbs, RN; Dr. Troy Eckman; Sandy Heckwine, RN; Sara Jones, RN; Alicia Napier, RN; Nicole Carithers, RN; Ashley Kessler, RN; Ashley Behymer, RN; Julie Elliott, RN; Janet Sullivan, RN; Theresa Schaer, RN; Lisa Patton, RN; Stephanie McCleery, RN; Linda Greene, RN**

Senior Behavioral Health: **Lynn Allen, CEM; Monique Ramsay, MSW; Rhonda Briney, RN; Carolyn Cox, Social Worker**


Sports Medicine and Rehabilitation Services: **Angelica Markey, PT; Carolyn Grove, RN, BSN, CWON; Susan Briggs, RN, BSN; LaDawna Royer, RN**

Surgical Services: **Debbie Bainter, RN; Sue John, Secretary; Nichole Hyde, Prep Aide; Deb Elsner, RN; Danelle Kirkpatrick, OR Tech; Jessica Gale, RN; Holly Torrance, RN; Kathy Taylor, RN; Jana Petersen, RN; Dr. Shea Trost**

The **Acute Staff, Food and Nutrition Services, Environmental Services and Sports Medicine and Rehabilitation Services** were all recognized by a patient for their outstanding care.

The **MDH Hospice Team** was also recognized in a Deyta survey with words of recognition and acknowledgement for the compassionate care provided to patients and their families.

Congratulations to those recognized in this article and thank you for your ongoing commitment to providing an exceptional patient experience!



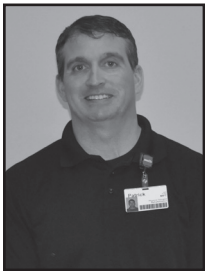
Reminder

Don't Forget...

Please pick up your direct deposit stub EACH pay period from Human Resources Monday-Friday, 7 AM - 5 PM. Paychecks will be mailed the Thursday of pay week.

Thanks for your cooperation.

APPLE Winner March 2016



Patrick Smith

Please join me in congratulating **Patrick Smith**, Physical Therapist at Bushnell Family Practice, on being named the recipient of the **APPLE** Award for March 2016. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH.”

Patrick attended Illinois State University for his undergraduate degree in Biology. In November 1996, Patrick earned a Master of Physical Therapy degree from Northwestern University. Patrick began his employment with MDH in Rehabilitation Services on October 1, 2012.

Patrick is respected by all his co-workers and patients. He is extremely professional. Patrick has outstanding communication skills and is always a pleasure to interact with. He is very diligent regarding progress notes, faxes to doctors and discharge summaries. Patrick is also good about keeping the staff updated and always communicates patient handoffs between locations for optimal continuity of care.

Patrick goes the extra mile to accommodate patient needs and the variations of treatment required to improve their condition. He is respectful of patients’ time and investment in the therapy process. Patrick’s clinical skills are excellent and delivered in a compassionate manner. He presents in a calm yet knowledgeable manner that is evident in his daily work. Patients ask for him by name.

Patrick’s nominator states that Patrick is very attentive and personable when relating to the patient’s physical therapy treatment and needs. “Patrick always presents himself to his patients with an attentive demeanor and a smile as well as being a consummate professional. He is always polite and very responsive with his phone conversations and is flexible with patient needs and with all inter-department employees. Patrick is always willing to share new ideas, treatments and concepts obtained from continuing education seminars. I feel he has made a real contribution to the Rehabilitation Department since beginning his employment at MDH.” Patrick is an exemplary employee.

Patrick and his wife, Ingrid, have two sons, Tiernan and Aidan. In his spare time, Patrick enjoys spending time with his children, playing guitar and taking care of his dogs.



...Benefit Break...

Take a minute to learn more about your benefits and other HR issues.

Six Flags Tickets



One-day tickets are available for the St. Louis Park. Season passes can be used at any Six Flags location after an initial trip to St. Louis. Tickets are purchased conveniently through a one-time only payroll deduction.

2016 ticket prices are:

One-Day Ticket - \$39.99 Individual Season Pass - \$59.99

Please contact Human Resources if you have questions regarding the Six Flags tickets. To purchase tickets, please stop by Human Resources.

If you have questions concerning this topic or any suggestions for future Benefit Breaks, please contact Human Resources at extension 13492.

MDH Staff,

I received the following letter from one of our patients and I believe it speaks volumes in regards to the positive impact we have on our patients' lives.

This letter illustrates that day in and day out, we become part of each patient's story and we have the opportunity to shape those stories.

A special thank you to those staff members and departments mentioned specifically in this letter and to all MDH staff for your ongoing support and efforts as we strive to improve the experiences of our patients.

Kenny

Thank you!

I wanted to write you and let you know what an excellent job you guys are doing! I'm a chronically ill patient. I was diagnosed with PPMS (multiple sclerosis) by Mayo Clinic in 2003. I also have connective tissue disease which causes my blood pressure to bottom out when I stand too long. My neurologist also ordered a genetic test and I have another issue that isn't documented in any medical journal.

When I first began visiting McDonough Hospital in December 2013, I was in bad shape. My MS was out of control and the connective tissue was keeping me severely disabled. I couldn't walk more than 100' because of it. My wife would wheelchair to me PT when it was in the basement to see your Physical Therapist Victor.

I also have a torn meniscus in my right knee. When I first met Victor I couldn't stand straight at all and my blood pressure would bottom out after only 20-30 seconds of trying to stand. He was very accommodating! He started me off with easy exercises and made sure I had a chair or whatever I need to safely perform my exercises.

Victor was patient and consistent with me for the past year. He understands what I'm dealing with and was able to get my leg straight enough to start using it again. Almost all of 2014 was painful and I struggled. I looked forward to my PT appointments with Victor because he is always smiling. Also, ALL of your staff in the PT department and Admitting/Registration are absolutely wonderful people!!!

Please forgive me I am terrible with names! Your gal that does the MRI's is a rockstar! I have been getting multiple MRI's almost yearly since my MS diagnosis. As many MRI's as I have had you would think I would remember to show up 30 minutes early. Well I showed up for my last MRI on time, which is 30 minutes late, she gave me a bit of a hard time because I of all people know the MRI process. She prepped me and got me into the MRI and she got it done quick. She is awesome, she has done all my brain scans since 2013.

I'm sorry this is getting long winded. I will get to the point. So, I started in a wheelchair visiting McDonough District. As of today I park my car in front of the new ER. I WALK into the Hospital and take the elevator to the awesome new Physical Therapy wing on the third floor and I WALK all the way to the back gym. I love doing my exercises there in PT because my connective tissue. I get cardiac MRI's in Springfield. I hope my aorta never detaches!!!

I can do a full workout plus bike for 10 minutes and use the nu-step machine for 8 minutes!!! Did I mention I walked thru Walmart before I went to PT? I have been a very sick person and I'm doing much better thanks to your hospital. The medicines I am on and the Physical Therapy have given me more of my life back! Before I became ill I was a conductor on the railroad and before that I was a project manager. I am doing things I haven't done in over a decade!!!

I want to thank McDonough District Hospital for my healthcare!!! Just ask your PT people about me. I was in rough shape! Thank you so much for all you do! Thanks to Victor my physical therapist!! Thank you to all the kind and sincere staff in; Admitting/Registration, Radiology, the Blood suckers, Cafeteria and Physical Therapy!!!!

Keep up the great work you guys do!

Regards,
MDH Patient

National Hospital Week Festivities

May 8-14, 2016

Random prize drawings will begin on Monday and conclude Friday. Each employee will have a chance to win one of 15 Macomb Area Chamber of Commerce Gift Certificates for \$20 each. Employees will automatically be included in the drawing and winners will be announced during the week.

Fun Estimation Games will also be available during the week.



Monday, May 9

Be a hero and donate your blood to help those in need during our Employee Blood Drive. The blood drive will be in Auditoriums A&B. Call Human Resources to schedule an appointment.

Tuesday, May 10

Tasty Treats Tuesday will be from 2:00 - 4:00 PM in Side Dining Room. Employees can enjoy a cookie for an afternoon snack. Cookies will be delivered to 3rd shift employees.

Wednesday, May 11

Popcorn, pop and photos will be at the Wacky Wednesday POP-arazzi Party from 2:00 - 4:00 PM. The PROS popcorn machine will be making an appearance in the back patio behind cafeteria (weather permitting) along with a fun photo booth. 3rd shift employees will be given a bag of popcorn during their shift.

Thursday, May 12

Carnival Crazyness & Captivating Cupcakes will be 2:00 - 4:00 PM in Auditorium B. Feel like a kid again as you enjoy a few games including the Grand Prize Bucket Game, a Nerf gun game, indoor bowling, ring toss and more. Employees can also enjoy a free cupcake at the event. Cupcakes will be delivered to 3rd shift employees during their shift.

Friday, May 13

Smokin' Hot Sandwich Sensations will be held from 11:00 AM - 1:30 PM in the back patio behind cafeteria (weather permitting). MDH will be providing a Morrison-catered meal including a smoked pork or chicken sandwich on fresh baked buns, Kettle chips, homemade Coleslaw and Homemade Creamy Macaroni Salad.

Dinner will be served to evening shift employees from 5:00 - 6:00 PM. Dinner will be sent to the floor and delivered to 3rd shift employees as well.