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McDonough District Hospital
Employee Newsletter

Making Rounds

December 27, 2017 • www.MDH.org



Employee Holiday Festivities

MDH employees brightened the holidays of many area residents. Eighty-six people from area nursing homes and assisted living facilities were provided with Angel Tree gifts. Thank you to everyone who contributed gifts for Countryview Care Center, The Elms, Mosaic, Wesley Village, Grand Prairie Assisted Living and Prairie City Rehab and Healthcare. Employees also gave to local agencies during “MDH Cares for All” where food, gloves, hats, school supplies, books and pet supplies were collected. Thank you for your kindness and generosity bestowed on others this year!

We also had more than 460 employees and guests enjoy a private showing of several movies at the Rialto Cinemas on two different Saturdays in December. The movies were sponsored by MDH to thank all of our employees for their hard work this year.

A Christmas Reception was also held December 14. MDH would like to thank Morrison employees for catering such a delicious event for the employees.

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, January 16**. Please submit your information, articles, thank-you notes, recipes, achievements, etc., to Public Relations.

MDH Says Goodbye

Stephen Oluwasola Ayosanmi, Certified Medical Assistant, MMG Administration, 11/16/17

Martin Belz, Parking Attendant, Valet Parking, 12/15/17

Hilary Churchill, Clinic Coder, MMG Financial, 12/14/17

Terri Coplan, Secretary, Administration, 12/20/17

Marla Deener, Fast Path, Registration, 12/8/17

Kelly Holesinger, Registered Nurse, Emergency Services, 11/15/17

Josh Lathrop, PT Aide, Sports Medicine and Rehabilitation Services, 12/15/17

Corey Murfin, Maintenance II, Plant Engineering, 12/15/17

Tracie Nichols, EMT, Emergency Services, 12/21/17

Kendrah Ruebush, Specialist, Behavioral Health, 11/15/17

April Shehorn, Clerk, Registration, 12/8/17

Tami Wanack, Clerk, Registration, 11/2/17

Sarah Westfall, Assistant, Convenient Care, 11/30/17

Damon Wright, EMT, Ambulance, 11/15/17

Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Admin Sec - Clin Serv	Administration	Days	24 hrs/wk
Clinic Coder	MMG Patient Financial	Days	Full-time
Health Info/Appl Spec	Home Health Administration	Days	Full-time
Registration CL-NONPHLEB	Registration	Days	24 hrs/wk
Secretary/Receptionist	Family Clinic	7:30a-7:30p	Full-time
Secretary/Receptionist	Internal Medicine	Days	24 hrs/wk
Clinic RN - Float	MMG	Days	Full-time
ICU RN	Intensive Care Unit	7p-7:30a	Full-time
RN	Senior Behavioral Health	7p-7:30a	Full-time
RN	Acute Care	7p-7:30a	Full-time
RN	Hospice	Days	24 hrs/wk
CNA	Acute Care	7p-7:30a	Full-time
Medical Assistant	Convenient Care	Variable	Full-time
Medical Assistant	MMG	Days	Full-time
Medical Assistant	Pediatric Clinic	Days	Full-time
OR Tech	Operating Room	7a-3:30p	Full-time
EMT	Ambulance	Variable	Registry
Paramedic	Ambulance	Variable	Full-time
Prior Authorization Assistant	MMG	Days	Full-time
Nurse Practitioner	Hospitalist	7a-7:30p	Registry
Public Safety Officer	Public Safety	Evenings	24 hrs/wk
Bio-Med Tech	Plant Engineering	7a-3:30p	Full-time
Hospitalist	Hospitalist		Full-time
MT(ASCP)	Laboratory	Variable	Full-time
Pharmacy Technician I	Pharmacy	Days	24 hrs/wk
Physician	Pediatric Clinic	Days	Full-time
Respiratory Therapist	Cardiopulmonary	Variable	Registry
Speech Pathologist NONEX	Sports Medicine and Rehabilitation Services	Days	Full-time

Full list also available online at www.MDH.org

As of December 21, 2017

Moving Around

Shelli Akers is a Registered Nurse in Hospice after previously working as a Registered Nurse in Acute Care.

Kortney Burling is a Clinical Care Coordinator in Emergency Services. Kortney previously worked as a Registered Nurse for the department.

Ken Dahlstrom, **Laura Shake**, and **Michael Thompson** are now Section Heads for the Laboratory. All previously worked as MT(ASCP)s for the department.

Leah Rybakowski is a Counselor in Behavioral Health. Leah previously worked as a BHS Specialist for the department.

Patti Willock is a Valet Parking Attendant after previously working as a Radiology Aide in Radiology.

New Faces at MDH

MDH Welcomes New Employees


Michelle Bartlett

Michelle is a Clerk for Registration. She is from Colchester and is married to Peter. They have two children, Madison and

Abigail. Michelle enjoys reading and spending time with her family.


Miranda Brooks

Miranda is a Registered Nurse in Senior Behavioral Health. She is originally from Tiffin, Ohio, but raised in

Duluth, Minnesota. She is married to Jerry Brooks Jr. and they have three children, Brynn, Cayden and Delaney. Miranda enjoys crafting, gardening and taking care of her children and pets.


Julie Gilson

Julie is a Certified Nurse Assistant for Acute Care. She is originally from Avon and has three children, Justin, Tamra

and Logan. Julie enjoys hunting, fishing, camping and spending time with her family and friends.


Mary Hanlin

Mary is a Registered Nurse for Bushnell Family Clinic. She is originally from Canton and enjoys attending her

niece and nephew's sporting events.


Cheyenna Howell

Cheyenna is a Certified Medical Assistant in MMG Administration. She is originally from Bushnell and has two

children, Taylor and Harlee. Cheyenna enjoys spending time with friends and family, cooking, fishing and four-wheeling.


Rondelle Lawson

Rondelle is a Phlebotomist in Laboratory. She is originally from Vermont and is

married to Brian. They have two children, Marissa and Harper.


Julie Murphy

Julie is a Counselor for Hospice. She is originally from Macomb and has two children, Hannah and Margaret. Julie enjoys

yoga, travel, reading and cooking.


Brooklin Schmalshof

Brooklin is a Secretary in Sports Medicine and Rehabilitation Services. She is originally from Macomb and enjoys

playing with her dog, Violet, and crafting.

Stork Landings

Jeremy and **Danielle Knowles** are the proud parents of a baby boy, Aiden Christopher. Aiden was born on December 1. Danielle is a Clinic RN at the MDH Surgical Clinic.



Project Santa

Admitting, Cardio, Lab, Service Excellence, and the Emergency Department participated in WIRC's

Project Santa this year and adopted 18 kids. They were able to purchase almost all the gifts requested by the kids. In addition to plenty of games and toys, purchases included: two bikes, three tablets, movie tickets, clothes, and shoes. Several employees bought their own gifts for the children and many others donated money that added up to over \$400!

Groups of MDH employees adopting families through Project Santa started in ER over 10 years ago and has since spread to other departments. Over the years those that have participated have purchased gifts for over 100 local kids.

MDH Welcomes A New Intern


Rachel Hampsmire

Rachel is a Nurse Practitioner Intern in MMG Administration. She is originally from Quincy and is married

to Broc. They have two children, Anna and Emma. Rachel enjoys sewing and gardening.

MDH Welcomes New Volunteers


John Taft

John has recently finished over 20 years on municipal boards and ready for a new challenge. He enjoys

meeting new people and listening to their stories. John also enjoys golfing and riding four-wheelers in the summer.


Kathy Wyatt

Kathy is originally from Good Hope and has recently retired. She enjoys gardening and spending time with

family.



Out and About

Dr. Afriye Amerson represented MDH at several events in November and spoke on women's health topics. She was the keynote speaker for the Mu Chi Lambda chapter of Alpha Phi Alpha Fraternity's scholarship banquet and also at the Macomb Feminist Network monthly meeting at the City Hall.

On November 29, Western Illinois University held a Health & Wellness Fair that she participated in. That night she gave a presentation at Thompson Hall for a Healthy Behaviors seminar.

December 7, Dr. Amerson spoke with the Obstetrics Patient Family Advisory Council about newborn stem cell banking. *(Picture below)*

Thank you, Dr. Amerson for representing MDH and speaking on women's health.



Auxiliary Holiday Raffle Winners

\$100 CASH—Crystal Wilson

Christmas Décor—Nita Burg

Diamond Den Necklace—Barb Walters

John Deere toys & blanket—Billie Kitcham

Baby blanket & cap—Leslie Godfrey

Gift Gallery Necklace & earring set—

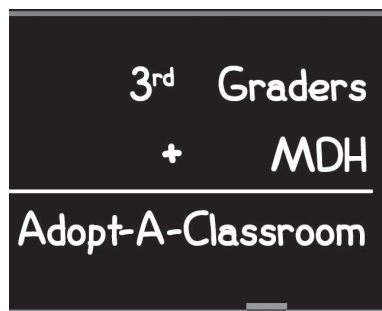
Lorrie Purdy

Attic 2 designer bag—Sarah Stehl

Thank you to everyone who purchased raffle tickets and made donations. The Auxiliary to MDH appreciates your support in continuing their mission of raising funds to support the Auxiliary's Scholarships and Loans program. Happy Holidays!



Auxiliary
to
McDonough District Hospital



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.

MDH EMS Crew Members

EMS Crew Members Tam Reihm and Michelle Hite visited the students to talk about when to call 9-1-1, what to do when talking to the operator, and showed the students all of the tools and gadgets aboard an ambulance. The students toured the whole ambulance and asked many questions!

The students received MDH basketballs as a souvenir.



...Benefit Break...

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

2018 Flexible Benefit Spending Accounts

The Flexible Benefit Accounts are used to pay healthcare and day care expenses with pretax earnings. If elected, a portion of your salary is set aside for these accounts and then deducted from your paycheck. After you have paid for the services and submitted the appropriate paperwork to Human Resources by the last Friday of the pay period, you are reimbursed for a tax-deductible medical expense not covered by your insurance or for daycare expenses for your children or dependent parents on your next paycheck.

The main benefit of this program is the tax advantage – you save approximately \$25 on every \$100 spent. Based on your need and the need of your family, you allocate a certain portion of your salary to be used for these accounts. This amount is then divided by 26 pay periods and deducted from your paycheck on a pretax basis. Please estimate conservatively since unused money is lost.

As a Status 1 or Status 7 employee, you are eligible to participate in the program and will need to sign an enrollment form to participate. The annual enrollment period is will be held in December 2017. Forms need returned to Human Resources by December 31, 2017. More detailed information will come in the near future and will be available in Human Resources or on the Human Resources page of the intranet.

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

Reminder:

Flexible Spending and YMCA Open Enrollment concludes in December. Please stop by Human Resources before December ends to do the appropriate paperwork for 2018.

Flu Shot Winners

Thank you to everyone for participating in our influenza prevention program. The results are 98.66% vaccinated! Here are the individuals from the random drawing who will be receiving a \$25 chamber certificate:

Jodi Anderson - Food Service
 Tyler Arnold - Food Service
 Larry Bartels - Surgery
 Ashley Behymer - Obstetrics
 Kimberly Caulkins - Registration
 Lynn Henderson - Clinical Nutrition
 Trisha Kuster - Emergency Department
 Andrea Lawrence - Staff Development
 Caleb Markey - Fiscal Services
 James Montroy - Information Systems
 Tracy Poffenbarger - Cardiopulmonary
 Hollie Rhoads - Registration
 Amanda Steinkamp - Home Health
 Neda Swanson - Patient Financial Services
 Jennifer Taylor - Surgery
 Julie Trulson - Home Health
 Becky Wayland - Communications
 Jill Whiteside - Surgery
 Megan Wilson - Environmental Services
 Jessalynn Winters - Radiology



Pictured are (l-r): Megan Wilson, Amanda Steinkamp, Becky Wayland, Neda Swanson, Tyler Arnold, Ashley Behymer, Julie Trulson and Hollie Rhoads

12th Annual McDonough District Hospital Festival of Trees

Festival Sponsor

Citizens Bank
(A Division of Morton Community Bank Member FDIC)

Jingle 'n Mingle Sponsor

REMLO - Drs. Ron Rigdon & Alvin Weintraub

Teddy Bear T Sponsors

Laverdiere Construction, Inc.
Magnolia's - Lisa Ward

Gold Star Sponsors

Larry T. Balsamo &
Charlene G. Callison
Emergency Physician Staffing
Solutions, LLC
First Bankers Trust Company, N.A.
Harold O'Shea Builders
The McDonough County
Voice / Choice
NTN - Bower Corporation
Pella Corporation
Table Grove State Bank

Silver Bell Sponsors

Melvin Plumbing, Heating,
Cooling & Electric
Mitch & Brenda Melvin
MidAmerica National Bank
Purdum Gray Ingledue Beck, Inc.
Phil & Jackie Richmond
Dave & Jackie Thompson
Dr. & Mrs. Scott E. Urch
West Pierce Liquors

Tree Sponsors

Kenny & Nakina Boyd
Dr. Ed Card & Wanda Foster
Cathy Early State Farm Insurance
Century 21 Purdum Epperson Inc. Lorraine Epperson
Colchester State Bank
Computer Masters International Inc.
Kim & Lisa Limkeman
Maria & Tom Dunstan
Everly House
Farmers and Merchants State Bank of Bushnell



First State Bank of Illinois
GastroHealth of Illinois Dr. Timothy Biagini
Grand Prairie of Macomb
W. Garry Johnson
Kim & Chuck Laird
Logonix Corporation Kim & Lisa Limkeman
Peggy Ma
Macomb Area Convention & Visitors Bureau
Marine Bank
MTC Communications
No Place Like Home
Senior Behavioral Health at MDH
Springfield Clinic Macomb
WIU College of Fine Arts and Communication

Holiday \$200 Cash Raffle Sponsor

Steve Silberer - Century 21

People's Choice Award Sponsor

Marcia Twaddle

Basket Sponsors

Clugston-Tibbitts Funeral Homes
Steve Tibbitts & Mark Tibbitts and Scott Conlin
Jessica Cremer - Pittman / Rodan and Fields
Dodsworth Piper Wallen Corman Memorial Homes
Lois Ganyard
McDonald's - Blake and Alison Kosanovich
Nick Pano
Pumo Insurance Agency, Inc.
Senator Jil Tracy

Tree Decorators

Auxiliary to McDonough District Hospital
Barb Baily, Cindy Haines & Jeri Harper
Fran Biagini & Sydni Biagini



Bridgeway
 Mary Brookhart & Lorraine Crawford
 Century 21 Purdum Epperson Inc.
 Crooked Creek Outdoors
 The Enchanted Florist
 Kathy Clauson, Activity Director & Everly House Residents
 Mary Harn & Marilyn Cox
 Heartland - Macomb
 Jane & Friends: Kay, Stacy & Tracie
 Matt & Vicky Kipling
 Dr. Thomas Koch
 Kim & Chuck Laird
 The MacGregor Family
 Macomb Area Convention & Visitors Bureau
 Maurices
 McDonough County Farm Bureau
 McDonough County 4-H Federation
 MDH Diabetes Education Center & Nutrition Services
 MDH Emergency Room Staff
 MDH OB Patient Family Advisory Council
 MDH Sports Medicine & Rehabilitation Services
 Patt Murray
 No Place Like Home
 Performing Arts Society
 Mimi Pounders, Dr. Michelle Reeves & Dr. Amy Waschull
 Christie Reynolds & Amber Patrick
 Senior Behavioral Health at MDH
 Jen Smith
 Teddy Bear T Participants
 Carrie Van Vleet, Mariah Huston, Shannon Dexter, Alexa Ashenhurst & Sarah Looman
 Judge Patricia A. Walton & the Courthouse Elves
 Wesley Village
 West Central Illinois Arts Center
 Western Illinois Doll Study Club

Themed Basket Donors

Jack & Barb Baily
 Bruce & Fran Biagini
 Dr. Timothy & Sydni Biagini
 Colchester State Bank
 Commercial Rental
 Jill Cook
 Linda Cremer
 Jessica Cremer - Pittman / Rodan and Fields
 Brandi Jackson
 Matt & Vicky Kipling
 Missy Litchfield
 Adrian & Kathleen MacGregor

Macomb McDonald's
 MDH ENT Clinic Staff
 New Copperfield's Book Service
 Trent & Amber Patrick
 Paws - n - Claws
 Mark & Jane Reynolds
 Phil & Jackie Richmond
 Dr. & Mrs. Scott E. Urch
 Vitale's Restaurant
 Mike & Kathy Waters
 West Side Lumber - Ace Hardware

Entertainment Sponsor

Phil & Jackie Richmond



Special Thank you...

Altrusa Club Volunteers
Susan Czechowski
Julie Golden Baker
George Hartmann
Mari Loehrlein and Ron Green
Madeline MacGregor
Macomb Centennial Morning Rotary Club
MDH Plant Engineering
Miss Margaret Face Painting
Pumo Insurance Agency, Inc.
Sandra Mosley
Ukulele Macomb
West Central Illinois Arts Center
WIU Document and Publication Services
WIU Julstrom String Quartet

FOT Committee

Ann Urch, Chair	Jeri Harper
Jan Armstrong	Vicky Kipling
Barb Bailly	Nancy Laverdiere
Jill Cook	KC MacGregor
Marilyn Cox	Amber Patrick
Linda Cremer	Mimi Pounders
Liz Duvall	Christie Reynolds
Jackie Foxall	Jane Reynolds
Cindy Haines	Jackie Richmond
Mary Harn	Marcia Twaddle

\$200 Cash Raffle Winner: Shirley Adams

"I-Spy" Winner: Cade Westen

People's Choice

1st Place: It's a Jungle Out There - Patt Murray

2nd Place: Star Wars - Dr. Thomas Koch

3rd Place: Tribute to McDonough County Law
Enforcement - Judge Patricia A. Walton & the
Courthouse Elves

***More than 1,300 attended and over \$35,000
was raised in support of the
Dolores Kator Switzer Women's Center at MDH!***

***Thank you to everyone who
supported this year's event!***

****Visit MDH.org for more information and additional photos.***





A "Peek" at PROS!

Employee Giving Club

PROS Meeting Minutes: December 13, 2017, 12:00PM

Present: Gary Anspach, Kenny Boyd, Jill Cook, Linda Cremer, Connie Duffy, Carolyn Grove, Vicky Kipling, Tracey Mowen, Connie Purdy, Linda Sampson, Michael Thompson and Jason Williamson

Welcome and Appreciation: Linda C. and Jill C. thanked everyone with an appreciation gift for their hard work and dedication to PROS. Kenny B. expressed his appreciation to the committee. Kenny noted the positive feedback from the PROS Fitness Room and also extended his appreciation for the \$40,000 pledge to the Women's Center. He announced that because of PROS tremendous support to MDH, there would be a naming opportunity of the DEXA Room in the Women's Center as an opportunity for the hospital to extend their appreciation to PROS. The DEXA Room will benefit both male and female patients.

Review & Approve Minutes & Financial Report: Motion to approve August meeting minutes by Carolyn G. and seconded by Connie D. – Approved. The financial report was presented by Jill C. She reviewed the current and future expenditures – with a current PROS fund balance of \$36,245.99 (as of 12/11/17). Motion to approve the financial report by Michael T. and seconded by Gary A. – Approved.

DKSWC Update: Vicky K. gave an update on the campaign. She stated that the finalized project budget will be presented in January to the Board of Directors.

Foundation Office Store: To date \$3,200 has been sold since having the items available for purchase in the Foundation office. Jill will request samples of new items to add to store. Restocking current items was also discussed. Pending pricing from vendor, Jill will send email to committee for approval.

Christmas Decorations: Positive feedback has been received on current light display but committee would like to expand in the future. Ideas were shared.

Benches in Memory of Angie Haulk: Installed at Main and ER Entrances. Positive feedback has been received.

Big Game & Summer Block: Plans will begin soon for the Big Game Party set for February 2, 2018. A sub-committee was formed: Tracey M., Connie P., Michael T., Linda C. Following discussion, the committee agreed to host the 2018 Summer Block Party on the back patio with a date and theme TBD. A sub-committee was formed: Mel D., Jason W., Linda S., Linda C. and Barb W.

Teddy Bears & Umbrellas: Currently there is an ample supply. Jill will reorder as needed. She stated that she has found a vendor that will save us money on future teddy bear purchases. She requested a sample bear from a new vendor but same manufacturer to make sure same quality.

First Aid Kits: Committee agreed to order first aid kits for Farm Safety Day Camp 2018. Motion to approve by Connie P. and seconded by Gary A. – Approved.

Adjournment: 12:55PM - Motion to adjourn by Connie P. and seconded by Linda C. -Approved.

Community Support

WIU Big Pink Volleyball donates \$2,620 to the Dolores Kator Switzer Women's Center.

Pictured are (l-r): Amanda Chambers, Erica Smith, Kenny Boyd, President/CEO, Alexa Shaw, Carissa Kinman and Patrick Osterman



Looking for Advice?

Dear Lucy,

It's that time of year to make New Year resolutions. My husband wants to lose weight. I want to have a healthier life style. These are not new ideas for us; we know they're important and we start out with the best of intentions, but we slowly fall back into our old habits. Do you have any tips for maintaining our goals? We're both betting you don't believe in making resolutions and will suggest we're too stuck in our ways.

Sincerely,

Can't seem to change

Dear can't change,

You're right, I'm not real keen on New Year resolutions as I'm a firm believer in why put off until tomorrow what you can begin today. Especially when it comes to bettering your health. Today seems like a great day to try to do things differently. You can incorporate walking by parking your vehicle farther away from the store when you go shopping and your husband can fill up on sparkling water before you head out to the New Year's Eve party. That being said, you've taken a step to identify something you want to work on. Setting a goal improves your chances of making the change. Establishing a healthier eating style, self-improvement and making better financial decisions are this year's top three resolutions. About 45% of people are able to maintain their goals after six months so resolutions can work.

Here are some tips to improve your chances of sustaining this year's resolutions. Be sure to make realistic and attainable goals. Specifically, what is it you're going to do differently? You might want to consider adding exercise three days a week or working towards walking 10,000 steps a day. Your husband might want to limit eating out to one time each week, and of course always ask for a to-go box so he can cut his meal in half and take half home. Moderation is important instead of emphatically cutting something out of his diet that he really enjoys.

I would encourage you to share your resolution with others as this allows people to encourage you to stick with it and it also keeps you accountable. You might find that others have similar desires and would want to join you. The buddy system really does work, especially with exercise. Walking with a friend or going to a class at the gym might be what sustains your interest. Keeping track of your progress by writing it down or using a Fitbit can help keep you on track.

It's important to accept there will be slip-ups, but that doesn't mean you've failed. Being shameful doesn't lead to better outcomes. In February, when your motivation is waning, remind yourself why you chose your goals and take notice of the changes you have made. Remember to be your own best cheerleader.

If you would like more information about this topic or any mental health or substance abuse concern, please call Behavioral Health Services at 836-1582.

Best regards,

Lucy

Liberty Street Barbecue

It's official, Liberty Street will be returning to MDH on

Thursday, January 18

Lunch (11:00 a.m.-1:30 p.m.)

Dinner (4:30-7:00 p.m.)



Art with Heart

Students from the Western Illinois University Recreation, Park, and Tourism Administration (RPTA) department teamed up with Big Brothers Big Sisters of Warren and McDonough Counties for the Art with Heart project.

Youth from Big Brothers Big Sisters decorated and painted rocks with quotes and pictures, and donated their creations to MDH to brighten the halls of hospital.



APPLE Winner November 2017



Theresa Schaer

Please join in congratulating **Theresa Schaer**, Registered Nurse in Obstetrics, on being named the recipient of the MDH **APPLE** Award for November 2017. APPLE stands for "Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH."

Theresa is a graduate of St. Francis School of Nursing in Peoria. She began working at MDH as a Registered Nurse in Obstetrics, Surgery and Post-Anesthesia on September 11, 1989. Her primary department became Obstetrics on May 31, 1993.

She has an excellent bedside manner. Theresa can sit with the patient and talk them through each and every contraction. She is there to hold their hand, rub their back or cry with them. She can always set the patient's fears, concerns and worries aside with her explanations. Theresa's knowledge and experience is immeasurable by her patients and her co-workers.

Theresa is a team player. She works diligently to provide an equitable schedule to the OB staff and tries to accommodate staff requests as much as she can. She often comes in to work extra or picks up extra on-call shifts to help the department. Her effort given to her position is phenomenal. She is dedicated and loyal to OB and her love for the department and her patients shows in every interaction. Theresa can see the big picture and puts her efforts towards the greater good of the patient, department and hospital. She is a strong role model and leader for the department.

"Theresa is a true asset to the department," explains her nominator. She is a wealth of knowledge and is always willing to give a helping hand when needed. She has been fantastic as a mentor helping the nurses learn the trade of the OB department. She is also phenomenal with patients as she provides "a calming sense that always seems to put her patients at ease." She always has a smile on her face and her co-workers can depend on her for anything.

Theresa and her husband, Dean, have three children, Matt, Caitlin and Kirsten. Theresa is an avid Chicago Cubs fan. She also enjoys walking in her spare time.



President's Report

The MDH Board of Directors met December 18. Here is Mr. Boyd's report to the Board for the accounting period of November 21 - December 18, 2017.



Quality

Service Excellence

- Revisions to the lobby display were made for FY18 First Quarter Data:
 - Data now reflects Hospital CAHPS, Home Health CAHPS, Clinician and Group CAHPS, Hospice CAHPS as well as patient satisfaction scores for the following service lines: Ambulatory Surgery, Home Health, Inpatient, and Medical Practice.
 - The mandatory implementation for Outpatient Ambulatory Surgery CAHPS has been delayed but is anticipated to be mandated in the near future, as early as, January 1, 2019. MDH will continue to participate in the voluntary data collection program.

Projects

- Patient Satisfaction by MDH
 - December 18, 2017 is the GO LIVE date for inviting Outpatient, Convenient Care and Emergency Room patients to complete a patient satisfaction survey. The survey is being administered by MDH, not Press Ganey, and requires an Access Code to initiate. The Access Code is given to the patient during their visit, and initiation of the survey can be accomplished from the MDH.org website.

Patient Safety

- MDH completed Project ECHO (Extension for Community Health Outcomes) which focused on the treatment of resistant hypertension. Project ECHO participants included clinicians and staff from multiple campus locations including primary care, emergency medicine, and hospitalist. The didactic project provided access to specialty consultation and evidence based practice recommendations to better serve the patients in our rural community.
- During the State of Illinois' 100th General Assembly, McDonough District Hospital received a Certificate of Recognition signed by State Senator Jil Tracy for receiving an "A" grade in patient safety. Receiving Leapfrog's patient safety grade marks the third national recognition earned by MDH this calendar year. Earlier this year, McDonough District Hospital was recognized as a 'Top 100 Rural and Community Hospital' by Becker's Hospital Review, and also a 'Most Wired' Small and Rural Hospital by the American Hospital Association's Health Forum.

Infection Control

- Infection Control participated in the 8th Annual Illinois Statewide Conference on Healthcare-Associated Infections in November. The Conference was sponsored by the Central Illinois Association for Professionals in Infection Control and Epidemiology (CI -APIC). The two day conference included speakers on safe construction management, new and re-emerging vector-borne diseases, proper collection of urine and blood samples, infection prevention in surgical settings and other prevention/educational topics. The annual conference

also provides opportunities to collaborate with other Infection Preventionist and review new products and technologies on the market for preventing healthcare-associated infections.

Physician Recruitment/Retention

Physician Recruitment and Outreach Services - Update:

Hospitalist Medicine: We are actively discussing a draft, part-time agreement with a practicing Hospitalist from the Chicago area and have set a deadline to finalize within the week of December 11, 2017.

OB/GYN: A conversation with a practicing OB/GYN has come to a close. Adrian MacGregor is moving forward with additional contingency firm recruitment resources at this time.

Psych NP: Our Behavioral Health team recently interviewed a Family Nurse practitioner with Psychiatric nursing experience. We have decided to pass on this candidate and move forward with our active search.

MDH Sponsored Physicians

in Training: We have had recent communication with two of our physicians in training. One candidate is completing her second year of Family Practice residency by June 2018. The second candidate will be completing her first year of General Surgery residency in June of 2018. Both candidates are training in Springfield, IL and continue to express a desire to return to the area.

Medical Student in Training

at MDH: Catherine Jimenez is a second year medical student with the University of Illinois, College of Medicine in Peoria and is participating in the Rural Student Physician Program. Through a partnership with MDH, Catherine is completing a 28 week, medical school rotation at MDH and her lead preceptor is Dr.

Edwin Card. Over the 28 week period, Catherine will be working alongside our medical staff in the specialties of OB/GYN, General Surgery, Family Medicine, Pediatrics, Hospitalist Medicine, and Psychiatry.

Physician, Provider, and Other Student Training/Shadowing Experiences at MDH:

As we finish out the calendar year, MDH has continued to partner with several area medical training programs, universities, as well as local high school students. Coordinated by Molly McGrew-McKee in Outreach Services, since January 1, 2017, MDH has hosted eight Nurse Practitioner & Physician Assistant students, 15 area high school students for shadowing with a medical staff member, one medical student from A.T. Still University in Kirksville, MO, and two physicians within residency programs in ENT (Kirksville, MO) and Emergency Medicine (Saint Louis University). These partnering opportunities help MDH create a future “pipeline” for the further development of our medical staff.

Outreach Services

Community Outreach

Stephanie Crockett and Diane Tate, Health Educators, conducted several community outreach programs throughout the month of November. In summary, their activity included First Aid and CPR training for two area schools (West Prairie and Macomb), a hand washing clinic for MacArthur Schools, Breast Cancer Support Group at MDH, and teaching two community First Aid & CPR classes. Approximately 97 people participated in these various MDH Outreach Services classes or events.

Provider Outreach

Dr. James Gonzales, General Surgeon, MDH Surgical Clinic was the keynote speaker for the Retirement Learning Institute held at the Spoon River College Outreach Center on November

3, 2017. Dr. Gonzales’s spoke to a group of over 60 participants on the “Pearls, Pitfalls, and Myths of Geriatric Surgery.”

Weili Zhang, DO, Family Medicine, MDH Family Clinic, spoke to a capacity crowd on November 7, 2017 on “Food As Medicine – An Integrative Approach To Diabetes.” Dr. Zhang discussed how foods that we eat every day can be integrated into the overall care plan when dealing with Diabetes.

Dr. Brianne Wehner, Family Medicine & Neuromuscular Manipulation Medicine presented on, “What is OMT and How Can I Benefit From It” at the 9th Annual, Hat’s Off To Women’s Health Program at the Mt. Sterling YMCA in Mt. Sterling, IL. Held on Thursday, November 16, 2017, Dr. Wehner spoke to a group of approximately 40 women on the benefits of Osteopathic Manipulative Therapy.

Employer Outreach

Our work with area employers continues to move forward. Over the last month, MDH Outreach Services staff in addition to MMG Family Clinic provided services to four area employers including an on-site First Aid & CPR classes at one community nursing home, provided a health fair at one regional detention center, and pre-employment physicals & drug screens with two Macomb employers (one manufacturer and one transportation company) totaling 34 physicals and screenings. Adrian MacGregor, Stephanie Crockett, and Jody Heller, FNP have made several outreach visits to Macomb based employers and two have expressed interested in working with MDH for work place health services. Proposals for services are being developed at this time.

Information Systems

Cerner Update

Implementation for Cerner Power Chart Maternity continues. Training

for the fetal monitoring (Fetalink) system with our OB Super Users was completed in late November. Additional Fetalink staff training occurred the week of December 11th. Physician training will be held December 19th and 20th. We are still on target for go live the first week of January 2018.

Bedside Glucose Testing

The transition to nursing staff completing bedside glucose testing instead of lab began December 13th. We will continue to monitor this process to address any unforeseen complications as they arise. This transition should help to expedite the process for routine point of care glucose tests.

PET/CT Service

We have terminated our agreement with Shared Service for the use of their PET/CT services and are transitioning to Alliance Healthcare. Alliance is the same service that we currently contract for MRI services. The first on-site use of the PET/CT through Alliance service will be December 22nd.

Financial

November

We ended the month with a positive bottom line of \$143,396. Total Patient Revenue was 0.4% above budget or \$69,361 for the month. Total Patient Revenue year to date is now 1.8% above budget or \$1,471,451. ED volumes are 17.5% below budget with revenues down 13.2% and 9.7% below budget YTD. Volumes in both Home Health and particularly Hospice lead to a 21.6% negative variance in revenue to budget. Swing Beds admissions were about 50% below target but the revenue was not significantly impacted as there was a high concentration of therapy services provided in this month and the average length of stay was at 11.9 days compared to a 6.9 days budget. Acute Inpatient revenue was up 6.5% due to higher admissions as well as higher number of patients

seen in the ICU. Outpatient revenue was above budget by 5.4% or \$425,928 due to mix of things – positive OR procedures as well as mammography procedures.

Operating Expenses were below budget by 3.8% with the positive variances in Employee benefits due to lower health insurance claims and purchased services due to timing. Professional fees were below budget as we start to see some of the swings of the contract renewals even out. Employee salaries were above budget again due to some continued reliance on contract labor. Deductions from revenue were also above budget by \$509,936 mostly due to the increase in OP Medicaid services.

Public Relations

Carried over into November was the October 31 announcement on the Leapfrog “A” grade for patient safety story. Numerous posters were put up around the hospital and clinic areas, along with stories in the newspaper, social media posts and advertising.

Website and Social Media

During November there were 36,103 home page visits, 2,855 career views and 17,165 calendar views (all three numbers increased from last month). The most-read news story for the month of November was the nominations for PFAC Council being accepted.

Press release topics included: receiving Certificate of Recognition from Illinois State Senate, Emergency Staff receiving Healing Hand award, Senior Behavioral Health stories, Festival of Trees, Donation from Farmers & Merchants Bank, CPR/First Aid classes offered and Sports Medicine and Rehab partnering with Tivity Health.

The MDH Facebook page increased to 1,769 likes overall, increasing 37 likes from last month. During the month of November, 21 Facebook posts recorded a reach of 1,000 or more. We currently have 1,785 followers.

Twitter gained another 11 followers, increasing to 380. Our Tweets earned 13,800 impressions, averaging 462 per day. At the end of November, in preparation for Festival of Trees, Public Relations/Marketing began a new Instagram (MDH_Hospital) and Snapchat (MDH_Hospital) account. A new filter for Snapchat was created for the Jingle & Mingle event.

Information promoted in November on social media included:

- APPLE Award winner Theresa Schaer (highest performing post in November).
- Festival of Trees events.
- Handmade Thanksgiving cards created by Bushnell-Prairie City FFA group after school program, and delivered to our patients.
- MDH leaders showing their support for WIU in a social media contest.
- National Diabetes Awareness month, including the capacity crowd Diabetic Cooking Class event.
- Nurse Practitioners week promotion.
- Outreach services speaking engagements.
- Liberty Street BBQ promotion.
- HealtheLife PORTAL.
- Donations received for the DKSWC.
- Big Brothers Big Sisters Bowling sponsorship.

Advertising/Marketing

During the week of November 6, MDH was the Regional Media Business of the Week. We received several live reads in addition to our normal commercial inventory.

Several newspaper and website ads were ran on Festival of Trees, Convenient Care Holiday hours and Leapfrog “A” grade for patient safety. A full front page ad on the Leapfrog “A” grade ran in the McDonough Choice on November 14. A new marketing effort to highlight the Bushnell

Family Practice began in the Canton newspaper.

Television commercial spots are running for MMG Family Clinic, Sports Medicine & Rehabilitation Services, Home Health, and General Branding. General Radio spots include: Bushnell Family Practice, McDonough Medical Group, Pain Management, Orthopedics & Sports Medicine, Obstetrics & Gynecology Clinic, 3-D Mammography, Leapfrog “A” grade for patient safety, and Home Health.

Foundation

This report reflects activity held within the month of November 2017.

Annual Support

In November, \$69,587.17 cash received and \$50,000.00 pledged for a total of \$119,587.17 raised; 329 gifts and 14 honor/memorials were processed. Some of the areas receiving support included: Cancer Education & Screening, Diabetes Center, DKSWC, Festival of Trees, Hospice, Linda’s Fund and Surgery.

Golden Apple Society

New pledges for the month include Dr. Jack and Kathy McPherson (Diamond) and Kenny & Nakina Boyd (Platinum). The next meeting is Feb 8.

Teddy Bear T Nov 27 Magnolia’s ~ Jingle ‘n Mingle Nov 30/ Festival of Trees Dec 1-4 WCIAC

A meeting was held on Nov 7 to finalize plans for upcoming Festival events. A total of 108 ladies attended Teddy Bear T at Magnolias on Nov 27 and over 150 stuffed animals were donated for pediatric patients. Jingle ‘n Mingle was a success with 178 attending the festive event. A total of 39 trees were displayed decorators and 18 themed baskets were in the silent auction. To date, more than \$35,000 has been raised in support of DKSWC. The wrap-up meeting will be scheduled in January.

PROS

Last year, PROS purchased outdoor Christmas lights for the main/emergency entrances. Plant Engineering is scheduled to hang the lights and flip the switch on December 1. The annual PROS meeting is Dec 13.

DKSWC Capital Campaign

To date, a total of \$4,640,942.73 has been raised toward the campaign goal of \$5.5M. Dr. Jack and Kathy McPherson pledged 50,000 for a naming opportunity in LDR 3 in the new Obstetrics Unit.

Foundation Board

The next quarterly meeting is scheduled for Jan 10 directly followed by the annual finance meeting.

Community Support

Farmers & Merchants State Bank of Bushnell "Casual Friday" \$195 to Cancer Education & Screening; WIU Harry Mussatto Golf Customer Appreciation Day \$352.75 to DKSWC; Pella Employees fund-raiser \$160.11 to Linda's Fund; WIU Big Pink Volleyball \$2,620 to DKSWC; BPC Elementary & Preschool Students & Teachers "Penny Drive" \$72.80 to Linda's Fund.

Grateful Patient Program (GPP)/Healing Hand

A Healing Hand award was presented to the Emergency Department staff including a \$100 donation from Sarah Schoper for saving her life!



HOLIDAY HOURS

New Year's Eve:

9:00 AM - 5:00 PM

New Year's Day:

9:00 AM - 5:00 PM

(309) 836-1700

Recognition for Outstanding Customer Service – November

For the month of November, the Service Excellence department at McDonough District Hospital would like to recognize and say thank you to **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:

Advocacy: **Denise Reed**, Social Services Associate-BS; **Michaela Dean**, Social Services Intern

Environmental Services: **Brenda Vaughn**, Aide

Food and Nutrition Services: **Yagonda Stewart-Hall**, Aide

Home Health: **Kathy Burton**, RN; **Danelle Smith**, Physical Therapist; **Maresa Visel**, Physical Therapist; **Jeanne Meehan**, Occupational Therapist; **Connie Duffy**, COTA

Hospice: **LaDawna Royer**, RN

Inpatient: **Dr. Ruiz**; **Dr. Gonzales**; **Chris Schone**, RN; **Ketra Atwater**, CNA; **Tiffany Bigsby**, CNA; **Audra Kerr**, CNA; **Corina Kitch**, CNA; **Elizabeth Tefera**, CNA; **Emily Kelly**, RN

Laboratory: **Paul Copeland**, Phlebotomist

McDonough Medical Group: **Dr. Zhang**; **Dr. Amerson**; **Dr. Sparks & Staff**; **Sharie Harden**, CNM; **Brenda Powell Allen**, WHNP; **Mary Thompson**, CNM

Obstetrics and Gynecology: **Dr. Smith**

Surgical Services: **Dr. Trost**

Valet Services: **Randy John**, Valet Parking Attendant

The **MDH Hospice Clinical Team** was also recognized in two Deyta surveys with words of recognition and acknowledgement for the compassionate and professional care provided to patients and their families. Here are the comments:

"I want to thank all the staff of Hospice that came through our door. Each and every one of them was so wonderful. They made my husband feel like they were family. I will never forget them. Thank you so much!"

"Every member of the Hospice Team who took care of dad was wonderful."

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

Interdepartmental Satisfaction Survey

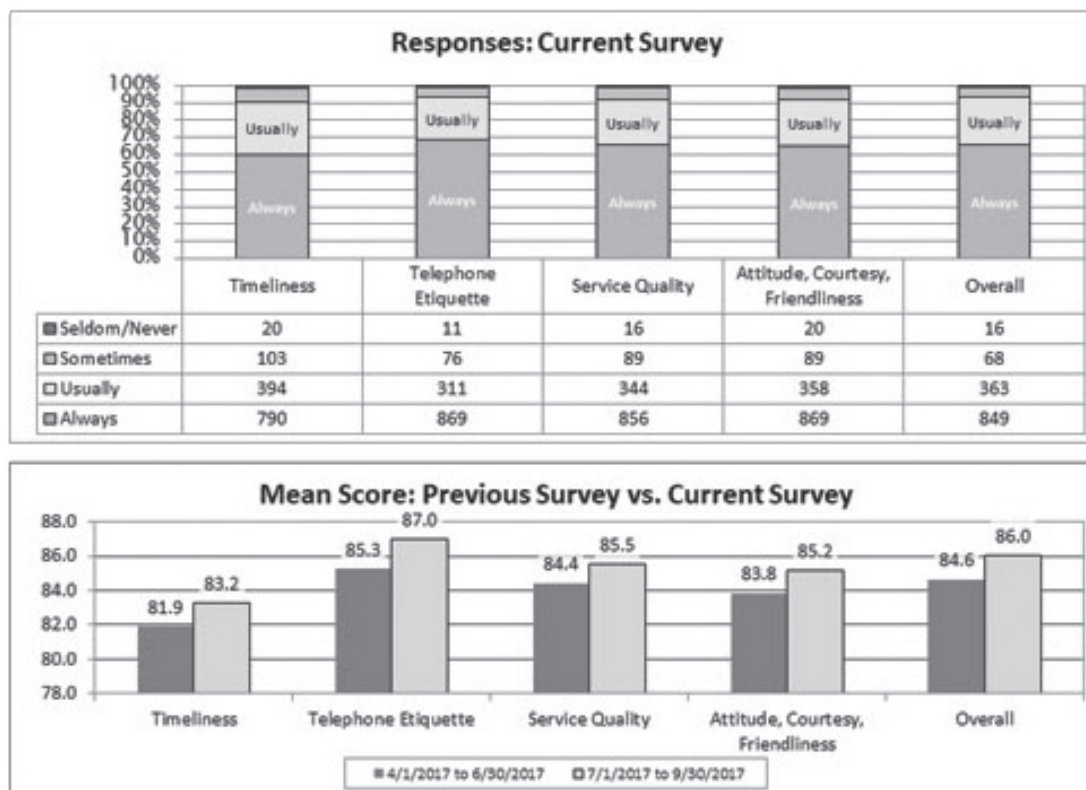
Organization-wide IDS Results | 272 surveys were completed this quarter!

Overall mean score = 86.0

Individual department results and comments were distributed to department leaders November 7, 2017

Interdepartmental Satisfaction Survey (IDS)

Survey Completion Period: 10/9/2017 to 10/23/2017 Rating Period: 7/1/2017 to 9/30/2017



Winter Biometric Screenings

Screening Dates for Surgery/PAR/PASS, ER, Radiology, OB, Acute Care, Cardiopulmonary, Communications, Intensive Care, Pharmacy, Registration, Lab and Senior Behavioral Health

- January 17 and 31 – 6-9:30 a.m. Cardio Department (1st Floor, Hospital)

Screening Dates for ALL other departments

- January 16, 18 and February 1 – 6-9:30 a.m. Lower Level (Health Services Building 1)

To sign up for a screening, you will need to login to the MDH LifeSteps Portal (Manage Well), complete the Required Participation (doctor's information request), then you will be prompted to sign up for a screening time. Visit the LifeSteps Intranet page for detailed sign up instructions.

If you have additional questions about the screening, or trouble scheduling your screening time, contact Outreach Services at extension 13415.



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



Kateryna Ganzha (right)

MVP Thank Yous - \$25



Jennifer Olson



Kaila Spahn

SAVE THE DATES

WIU Think Pink Game
January 27

PROS Big Game Party
February 2

HIPAA: Dos and Don'ts

There are many common-sense things you can do to protect privacy. Becoming familiar with the Patient Rights and HIPAA policies can seem overwhelming at first. Here is a summary of some Dos and Don'ts:

Do:

1. Check that the patient was provided with a Notice of Privacy Practices at first delivery of service. Make sure it is documented in the Electronic Medical Records.
2. Understand and respect the patient's right to restrict the communication of health information to friends and family.
3. Understand the difference between 'authorization' and 'informed consent'.
 - **Authorization**- also known as precertification, is a process of reviewing certain medical, surgical or behavioral health services to ensure medical necessity and appropriateness of care prior to services being rendered.
 - **Informed consent**- is a process for getting permission before conducting a healthcare intervention on a person, or for disclosing personal information.
4. Give a copy of the signed authorization to the patient.
5. Share information with providers for treatment, including outside records in our possession.
6. Allow patients to access and obtain copies of their health records.
7. Refer patients to Health Information Management if they want health information.
8. Ensure someone in your area is tracking disclosures subject to the accounting requirement.
9. Proactively address patient complaints about privacy breaches.

Don't:

1. Agree to restrict uses and disclosures for treatment, payment, and health care operations. Make sure the patient receives the proper form to make this request, then send it on to the Privacy Officer.
2. Be afraid to ask your supervisor for guidance if you are not sure how to proceed.
3. Share your password or log on.
4. Forget to log off when you step away from a workstation.
5. Feel like you're alone.



GET TO THE **HEART** OF OUR PROVIDERS

*Kamie McKee, NP-C
Ear, Nose and Throat Clinic*



Kamie began her healthcare career as a nurse's aide on the medical/surgical floor at McDonough District Hospital. She then worked for 10 years as a Registered Nurse before obtaining a Family Nurse Practitioner license.

Kamie's goal in patient care is to establish a good relationship with her patients by working with them and helping to achieve their own individual health goals so they feel well and enjoy a good quality of life.

Kamie grew up on a farm north of Sciota, IL. She and her husband have 4 children ranging in age from 6-12 so they stay very busy with school functions and sport activities.

In her spare time she enjoys spending time with family and friends, cooking, scrapbooking, reading, and traveling.

"I strive to provide a good experience for my patients and their family when they come to me about their healthcare needs. I want them to feel that their concerns were heard and taken care of."

- Kamie McKee, NP-C

"Working in ENT provides me the opportunity to help patients of all ages. I like the variety of caring for patients in every stage of life."

A+ Achievement

Over 600 attendees gathered in Phoenix, Arizona for the second annual Caravan Health Accountable Care Symposium on December 6-7. The event included a banquet dinner where Caravan Health presented the inaugural Population Health Pioneer Awards. This was an opportunity to honor healthcare organizations and individuals who transcended quality of care in 2017.

The Illinois Rural Accountable Care Organization (ACO), of which McDonough District Hospital is a member, received a Population Health Pioneer Award for Highest Engagement from Caravan Health.

"Winning this award was a true team effort. We are very fortunate to partner with some amazing organizations across Illinois who take providing high-quality care to their patients as seriously as we do," said Carissa Kinman, Director for Practice Management and Transformation with the McDonough Medical Group. "We are part of a very engaged team of doctors, nurses and administrators who are working hard on a daily basis to really impact the health of our communities and improve care for our patients. It is a very exciting time to be in healthcare."



Word Search!

CAROLING	MISTLETOE
CELEBRATE	ORNAMENT
EGGNOG	POINSETTIA
ELVES	REINDEER
EVERGREEN	SNOWFLAKE
FAMILY	SNOWMAN
FESTIVE	STOCKING
GARLAND	TINSEL
GIFTS	TRADITIONS
LIGHTS	WREATH

E R E U E Y S S Y P W W W T A U C X B R
 Q O X V J G T T O A R G E I E L Z W V Q
 A I T E I O G I F E V K Z N T C C D H O
 M X J E C T N N A I A M M S A O A M X D
 E A X K L S S T O L G E V E R G R E E N
 P I I X E T H E F G K Y J L B C O F O A
 L N E T L W S W F V G L F S E D L T V L
 G T T O S N O I T I D A R T L V I P P R
 R I W Q J N B R M Y I S E E E U N S A A
 A E G J S T N E M A N R O E C A G E E G
 E O I A T K D P F S T Q T J M G E V O W
 X U F N T B C E P U K U I W A S L L Z O
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 T G N S O M H R K S J T Y S D M P F F S
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 E C N N T V W W T Y F A M I L Y O A W Z
 K W R G D M R S H M G J O J D R A Y R K
 B N D O D W I R F Q F J Y B J D P T W F

January Calendar of Events

Anger Management

Tuesdays

3:30-5:00 p.m., Health Services Building 1 Auditorium

Pre-registration required.

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

Divorcing Parents Education Program

Friday, January 6

1-5 p.m., HSB 1 Auditorium

Cost: \$60 payable at session, Pre-registration required.

Contact Behavioral Health Services (309) 836-1582.

Childbirth & Infant Care: 4-Week "L.A.T.E." Class

Thursdays, January 11, 18, 25 & February 1

6-8:15 p.m., Auditorium B

Class will meet one night a week for four weeks.

Pre-registration required.

Call Obstetrics at (309) 836-1570.

Bereavement Support Group-New Horizons

Monday, January 15

3-4 p.m., Medical Arts Building, Conference Room

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

Community CPR Class

Tuesday, January 23

6:00 p.m., Auditoriums A & B, Auxiliary conference room

Fee: \$40. Pre-registration required.

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



January Meetings Calendar

Wednesday, January 10

- PHO Office Managers, 12:00 p.m., PDR
- OB-Gyn Department, 12:00 p.m., Aud. B

Thursday, January 11

Department of Medicine, 12:00 p.m., Auditorium A/B

Friday, January 12

Executive Committee, 12:00 p.m., PDR

Wednesday, January 17

PHO Board of Directors, 12:00 p.m., PDR

Thursday, January 18

- Planning/Recruitment & Administrative Committee, 7:00 a.m., TFBR
- Tumor Board, 12:00 p.m., Aud. A/B

Friday, January 19

Finance Committee, 7:00 a.m., TFBR

Monday, January 22

Board of Directors, 5:30 p.m., TFBR

Tuesday, January 23

MMG All Provider, 5:30 p.m., TFBR

Wednesday, January 24

- PHO Physicians, 12:00 p.m., PDR
- Quality Council, 1:30 p.m., TFBR

Friday, January 26

Medical Staff Quality Improvement, 12:00 p.m., TFBR

2018 First Aid & CPR Classes

First Aid Classes



February 6

March 6

April 3

May 1

September 5

October 2

November 6

These cover injury assessment, first aid techniques for various medical situations and safety and injury prevention.

Accidents, injuries and health emergencies can occur despite our best plans. Up-to-date knowledge can help you respond appropriately and confidently to an emergency and could save a life. Classes offered at MDH are taught according to the American Heart Association guidelines and focus on remaining calm, performing proper techniques and obtaining medical assistance.

First Aid course completion cards are valid for 2 years.

Fee: \$40.00 | 6:00 PM | MDH Auditorium A

CPR (Cardiopulmonary Resuscitation) Classes



January 23

February 13

March 20

April 10

May 8

July 11

August 28

September 11

October 9

November 13

A life-saving technique to be used if someone would choke, stop breathing or experience cardiac arrest. This class offers adult, child and infant techniques for American Heart Association CPR and an obstructed airway. Instruction for the Automated External Defibrillator (AED) will also be covered.

CPR course completion cards are valid for 2 years.

Fee: \$40.00 | 6:00 PM | MDH Auditorium A&B,

Auxiliary Workroom & Conference Room

The Basic Life Support Course (for healthcare professionals) and the Heartsaver Course (for the layperson) are both offered on these dates.

There is a \$40.00* fee per course. (MDH employees and volunteers may attend the CPR class free of charge). Pre-registration is required. A minimum of six participants is necessary for the community class to be held. In accordance with the Americans with Disabilities Act, anyone having special needs should give advance notice when pre-registering for the class. A discount will be offered if registration and payment are taken at the same time for both CPR and First Aid. Private classes are available for businesses and organizations. Please contact MDH Outreach Services for details.

*Fee subject to change