

Holiday Festivities

MDH employees brightened the holidays of many area residents. Eighty-five 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 had 530 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 Holiday Reception was also held December 12. MDH would like to thank Morrison employees for catering such a delicious event.



MDH Hotline

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

Next Deadline

The next *Making Rounds* deadline is NOON on **Tuesday, January 15.**

To view the December 2018 MDH Board Report, go to the Intranet and click on Departments → Administration

MDH Says Goodbye

Joshua Connor, Operator, Communications, 11/10/18

Carolyn Cox, Social Worker, Senior Behavioral Health, 11/27/18

Patricia Ferguson, Clerk I, Patient Financial Services, 11/14/18

Ashley Frederick, Registered Nurse, Senior Behavioral Health, 11/16/18

Amy Gaule, Athletic Trainer, Sports Medicine and Rehabilitation Services, 12/14/18

Darian McMahon, Nursing Assistant, Acute Care, 11/16/18

Nancy Richbark, Unit Secretary, Obstetrics, 12/14/18

Adam Sours, Registered Nurse, Emergency Services, 11/7/18

Melissa Swartzbaugh, Accounting Assistant, Fiscal Services, 12/14/18

Colton Tracey, Lab Assistant, Laboratory, 11/23/18

Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Medical Staff Coordinator	Quality and Innovation	Days	Full-time
Registration CL Non Phleb	Registration	11p-7:30a	24 hrs/wk
Unit Secretary	Acute Care	Variable	24 hrs/wk
President/CEO	Administration	Days	Full-time
Supervisor	Quality and Innovation	Days	Full-time
LPN	MDH Clinic	Days	Full-time
LPN	MDH Clinic	Days	Full-time
LPN	OB/GYN Clinic	Days	Full-time
RN	Family Clinic	Days	Full-time
Clinical Coordinator	Quality and Innovation	Days	Full-time
RN	ICU	7p-7:30a	Full-time
RN	Acute Care	7p-7:30a	Full-time
RN	Emergency Department	7p-7:30a	Full-time
RN	Emergency Department	7p-7:30a	Full-time
RN	Operating Room	7a-3:30p	Full-time
CNA	Obstetrics	Variable	Registry
CNA	Acute Care	7p-7:30a	Full-time
Medical Assistant	Cardiopulmonary	8a-4:30p	24 hrs/wk
Medical Assistant	Family Clinic	Variable	Full-time
OR Tech	Operating Room	7a-3:30p	Full-time
Ambulatory Informatics Supervisor	Information Systems	Days	Full-time
Athletic Trainer	Sports Medicine and Rehabilitation Services	Variable	Full-time
Cardiovascular Sonographer	Cardiopulmonary	Days	Registry
Gynecologist	OB/GYN Clinic		Full-time
Nuclear Med Tech	Lab-Nuclear Medicine	7a-3:30p	Full-time
Pediatrician	Pediatric Clinic	Days	Full-time
Physical Therapist	Sports Medicine and Rehabilitation Services	Days	Full-time
Polysomnographic Tech	Cardiopulmonary	7p-6:30a	Registry
Recreation Therapist	Senior Behavioral Health	8a-4:30p	Registry
Respiratory Therapist	Cardiopulmonary	7p-6:30a	Full-time
Section Head	Lab-Nuclear Medicine	7a-3:30p	Full-time
Social Worker	Senior Behavioral Health	Days	24 hrs/wk

Full list also available online at www.MDH.org

As of December 18, 2018

Moving Around

Vickie Vawter was a Patient Care Tech in the ER and is now a Unit Secretary for Obstetrics.

Just Married

Hannah Schulz married Nathaniel Marshall on September 22. Hannah is an Office Assistant in Family Clinic.

Stork Landings

Sarah Kosel and Barry Woodford are the proud parents of Isla Marie born on November 26. Sarah is an Office Assistant for ACO.

New Faces at MDH

MDH Welcomes New Employees



Elizabeth Abe

Elizabeth is an Agency Physical Therapist for Sports Medicine and Rehabilitation Services. She enjoys traveling.



Megan Akins

Megan is a Credentialing Specialist in Physician Practice. She is from Rushville and is married to Christian. They have four children: Genavieve, Benjamin, Thaddeus, and Juniper. Megan enjoys baking, sewing, and crafting.



Melissa Hughes

Melissa is a Certified Nurse Assistant for Acute Care. She is from LaHarpe and has four children: Jordyn, Breanna, Josie, and Alexandra.



Ian McGinty

Ian is a Public Safety Officer. He is from Vermont and is married to Katrina. They have two children: Kaleb and Argiema. Ian enjoys anything outdoors.



Marcy Moulton

Marcy is a Housekeeping Aide in Environmental Services. She is from Vermont and has one child, Emily. Marcy enjoys reading and riding her side by side.



Jennifer Pontifex

Jennifer is a PBX Operator for Communications. She is from Macomb and enjoys watching the St. Louis Blues and Cardinals and antiquing.



Kellie Stewart

Kellie is a Certified Nurse Aide in Senior Behavioral Health. She is from Bushnell and is married to Edward. They have four children: Michael, Brittany, Michaela, and Mackenzie. Kellie enjoys fishing.

MDH Welcomes New Volunteers



Sabrina Nichols

Sabrina is a Volunteer and originally from Chicago. She is a kidney disease warrior and enjoys traveling with her family.



Ifeoma Okani

Ifeoma is a Volunteer and is originally from Nigeria. She is a registered nurse completing her master's degree in Public Health at Western Illinois University. She enjoys reading, meeting people, and caring for people's needs.

A+ Achievements

Dr. Edwin Card, Medical Director for Vascular; **Dr. John Gill**, Medical Director for Echocardiography, along with **Jill Foster**, Registered Diagnostic Cardiac Sonographer, Registered Vascular Specialist, and Certified Respiratory Therapist, and **Tracy Poffenbarger**, Registered Nurse, Registered Cardiac Sonographer, and Registered Vascular Specialist with the Cardiopulmonary Department recently earned both Vascular Testing and Echocardiography reaccreditation by Intersocietal Accreditation Commission (IAC).

Accreditation by IAC indicates that the MDH Cardiopulmonary Department has undergone an intensive application and review process and is found to be in compliance with the published *Standards*. Comprised of a detailed self-evaluation followed by a thorough review by a panel of medical experts, the IAC accreditation process enables both the critical operation and technical components of the applicant facility to be assessed, including representative case studies and their corresponding final reports.



Pictured are (l-r): Tracy Poffenbarger and Jill Foster

Get to Know the OB/GYN Locums



Donna Jensen, DO

Dr. Jensen attended medical school at Chicago College of Osteopathic Medicine in Chicago, IL. She completed an internship at Chicago Osteopathic Medical Center and residency programs in the

Department of Obstetrics and Gynecology at Mt. Clemens General Hospital in Mt. Clemens, MI., and Parkview Osteopathic Hospital in Toledo, OH. Most recently she worked at Winn Army Community Hospital in Ft. Stewart, GA.

Dr. Jensen is board certified in Obstetrics and Gynecology.



Chudi Nwawka, MD

Dr. Nwawka attended medical school and completed an internship in Nigeria at the University of Ibadan. He went on to complete an additional internship at University

College Hospital. He completed residency in the Department of Obstetrics and Gynecology at McMaster University in Ontario, Canada. Most recently Dr. Nwawka worked at Lodestar Obstetrics and Gynecology Ltd. in Hazel Crest, IL.

Dr. Nwawka is board certified in Obstetrics and Gynecology.

Recognition for Outstanding Customer Service

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 Patient Satisfaction surveys call attention to employees who demonstrate excellent customer service, according to Vice President of Quality and Innovation Maggie Dubil. Individuals recognized receive a customer service *Thank You Certificate* for their outstanding hard work.

Recognition for outstanding customer service goes to the following professionals:

Acute Care: **Sandy Theis**, RN; **Keith Engel**, RN

Cardiopulmonary: **Tracy Poffenbarger**, RN; **Shawn Evans**, Cardiopulmonary Technician

Convenient Care: **Krystal Nelson**, FNP; **Dorothea Carr**, CMA

Emergency Services: **Adams Sours**, RN

Home Health: **Sarah Skiles**, RN

Laboratory: **Kory Harman**, Phlebotomist; **Matt Kessler**, Laboratory Assistant

MDH Clinics: **Dr. Sparks**; **Dr. Urch**; **Dr. Gonzales**; **Dr. Ali**; **Sue Adams**, FNP-BC; **Mary Thompson**, CNM; **Brenda Powell-Allen**, WHNP; **Beverly McFadden**, LPN

Obstetrics: **Mary Thompson**, CNM; **Rachel Lawver**, RN; **Shawna Sprinkle**, RN; **Shannon Jackson**, RN; **Ashley Behymer**, RN; **Jennifer Olson**, RN; **Stephanie McCleery**, RN; **Sandy Heckwine**, RN

Radiology: **Dr. Oden**; **Lynn Durso**, X-Ray Technician; **Theresa Anderson**, X-Ray Technician; **Debbie Kliffmiller**, Office Assistant

Registration: **Susannah Lester**, Registration Clerk-Phlebotomist; **Judy McKee**, Registration Clerk-Phlebotomist

Senior Behavioral Health: **CL Tarantola**, Recreation Therapist

Sports Medicine and Rehabilitation Services: **Jennifer Wagoner**, PT

Surgical Services: **Dr. Biagini**; **Dr. Sparks**; **Jill Whiteside**, CRNA

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



Pet Therapy

Rosie and Daisy wanted to show their holiday spirit by dressing up for their visit! They provide Pet Therapy for Senior Behavioral Health patients. Did you know therapy dogs can help relieve stress, calm nerves, ease depression, and help bring blood pressure down? For more information on Pet Therapy and the Senior Behavioral Health Unit visit www.MDH.org.



A "Peek" at PROS!

Employee Giving Club

PROS Meeting Minutes: December 12, 2018, 12:00 p.m. – Auxiliary Workroom

Present: Gary Anspach, Crystal Carson, Jill Cook, Glynnis Coplan, Linda Cremer, Dick Ford, Kyle Magee, Brittany Moore, Connie Purdy, Linda Sampson, and Lynn Durso

Welcome: Linda C. welcomed the group and thanked everyone for their commitment to PROS. Both Linda and the Foundation staff gave gifts to each committee member as a thank you.

Review & Approve Minutes & Financial Report: Motion to approve September 19 meeting minutes by Dick and seconded by Crystal. – Approved. The financial report was presented by Brittany. She reviewed the current and future expenditures and outstanding expenses – with a current PROS fund balance of \$37,085.05 (as of 12/11/18). Motion to approve the financial report by Dick and seconded by Gary. – Approved.

2018 Review: Linda reviewed the projects from 2018 and touched on projected projects for 2019. There are 332 active members and 43 new members in 2018.

Benches: Brittany reported the benches have arrived and will be installed at HSB 1&2 entrances in the spring.

Big Game & Summer Block: Big Game Party was set for February 1, 2019. A sub-committee was formed: Dick, Kyle, Glynnis and Crystal. Following discussion, the 2018 Summer Block Party was set for June 26, 2019 and theme TBD. A sub-committee will be formed at the April meeting.

First Aid Kits: Committee agreed to order first aid kits for Progressive Ag Day 2019. Motion to approve by Connie P. and seconded by Kyle. – Approved.

PROS Store/Umbrella/Teddy Bear Update: Brittany reported that \$1,426.95 worth of merchandise has been purchased in the PROS store YTD. Feedback from reverse umbrellas has been good, ordering more teddy bears.

Fall Treat: Brittany reported feedback on the fall treat and it was deemed a success. All members heard positive feedback. Plans for upcoming treats were discussed.

Christmas Lights: Linda led a discussion regarding holiday decorations at the hospital and the need to add more for next year.

Other: Jill reported that we have enough bariatric wheelchairs, they just need to be returned to their original location. We had additional topics discussed that are being reviewed by the committee to determine greatest need.

Adjournment: 12:55 p.m. – Motion to adjourn by Brittany and seconded by Gary. – Approved.

Flu Shot Winners

We exceeded our goal of over 95% vaccination. Our results are 99.1% vaccinated! Here are the individuals from the random drawing who will be receiving a \$25 chamber gift certificate:

Angela Waller - Information Systems
Annette Ault - Acute Care
Aubree Ourth - Acute Care
Brenda James - Rehabilitation Administration
Crystal Carson - Laboratory
Deborah Kliffmiller - Radiology Administration
Erin Sinnett - Emergency Department
Grace Laktas - Patient Financial Services
Jennifer Wagoner - Physical Therapy
Jessica Schade - Registration
JoAnna Eidson - Behavioral Health Services
Mariah Valdez - Food Service
Melissa Ervin - Obstetrics
Michelle Lorton - Nursing Support
Molly McGrew-McKee - Outreach Services
Patti Smyth - OB/GYN Clinic
Samantha Ford - Senior Behavioral Health
Sharon Tracey - Intensive Care Unit
Taylor Peacock - OB/GYN Clinic
Todd Rash - Inventory Control



Pictured are (l-r): Deborah Kliffmiller, Michelle Lorton, Grace Laktas, Brenda James, Todd Rash, Crystal Carson, and Angela Waller

...Benefit Break...

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

SELL BACK OF SICK TIME:

An Employee Opinion Survey was conducted in November 2003, which solicited comments from employees regarding many aspects of their employment experience including the salary and benefit package. Common requests on this survey were for some type of payout of accumulated sick time, recognition for employees with good attendance, recognition of employees with seniority, and a bonus for employees who have reached the maximum of their scale. After carefully considering your comments, a "sell back of sick time" benefit was developed and implemented effective January 1, 2005 and continues for this year.

This benefit is available to full-time employees with a minimum of 10 years of service and 800 hours (83% of the maximum accrual of 960 hours) of accrued sick time and part-time employees with a minimum of 10 years of service and 475 hours (83% of the maximum accrual of 576 hours) of sick time as of January 1, 2014. Sell back rates are as follows:

Years of Service	Full-time	All Others (Except Registry)
10-14	16 hrs each year	8 hrs each year
15-19	32 hrs each year	16 hrs each year
20-24	48 hrs each year	24 hrs each year
25+	64 hrs each year	32 hrs each year

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

APPLE Winner November 2018



Please join in congratulating **Courtney Denny**, Utilization Review Registered Nurse, on being named the recipient of the MDH APPLE Award for November 2018. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH”.

Courtney attended Illinois Central College and received her Associates Degree in Nursing. She then graduated from Mennonite College of Nursing with a Bachelors in Science of Nursing. Courtney started at MDH on July 17, 2012, as Utilization Review RN.

Courtney Denny Courtney is constantly thinking of ways to improve. She was the ring leader in developing a survey to evaluate the admission hotline and is developing actions to improve processes for the medical staff. Courtney is very knowledgeable with regards to the utilization review process. She stays on top of new laws and regulations. Courtney is a self-motivated learner and proved that by attending a Utilization Review Boot Camp in an effort to broaden her knowledge.

Courtney is positive and upbeat with her communication skills and displays that positivity when she presents to the medical staff. Courtney is a team player and will come in when needed; she understands the bigger picture and adjusts as needed to keep things going.

One nominator explains that Courtney is an exemplary employee. She keeps things light and fun in spite of stress or difficulties. Courtney was instrumental with the Cerner implementation and is always working on developing the best possible and most efficient work flow for the department. She has been a great mentor to new employees within the department, helping them on board with a welcoming and patient attitude. She has done a tremendous job developing new processes, all in an effort to be a good steward of MDH resources.

Courtney is married to John. They have three children: Piper, Ezra, and Roe. Outside of work, Courtney loves being involved with her children's activities. She is an active board member for her son's swim team. She also enjoys learning techniques to teach to her dog, Hawk.



Thank You

On Thanksgiving day, Macomb residents Chris Kovacs and Tammi Bories brought their daughter Andi over to MDH so she could share treats with staff members.

To show their appreciation for everything that MDH staff members do for their patients, Andi and her parents began bringing treats in what has developed into a tradition during the Holiday season.

MDH thanks Andi and her family for their generosity (and delicious treats)!

Auxiliary Holiday Raffle Winners

\$100 CASH - Lori Wagner

Mickey Mouse Watches - Emily Kelly

Fighting Illini Clock - Ashley Short

Christmas Decor - Louise Barrett

John Deere toy - Doug Frieburg

Teddy Bear & Baby blanket - Georgia Cox

Necklace & earring set - John McGrew

Bench & lap blanket - Parris Grace

Sign & Warmers - Mel Dorethy

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

Accepting New Patients



MDH Pediatric Clinic offers a wide variety of services to help your child maintain good health.

- ▶ Well child visits
- ▶ Immunizations
- ▶ Newborn screens
- ▶ Inpatient care
- ▶ Preventative care
- ▶ Health maintenance
- ▶ Patient education
- ▶ Sport and School Physicals
- ▶ Adolescent care

"I wouldn't take my children anywhere else, here we receive the best care any parent could ask for!"

mdh
(309) 833-1729

505 E. Grant St. Macomb | Health Services Building 1 | Suite 202

3rd Graders
+ MDH

Adopt-A-Classroom

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.

Public Relations and Marketing

Erica Smith, Specialist, visited our Adopt-A-Classroom students in December. She talked about the importance of nonclinical departments in a hospital. Students also learned to design their own billboard.

As a souvenir each student got a coloring book to keep practicing their design skills.



January Calendar of Events

Chronic Pain Management Group

Mondays

1-2 p.m., Health Services Building 1 Auditorium

Pre-registration and screening required. 8-week group.

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

Anger Management

Tuesdays

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

Pre-registration required.

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

Forget-Me-Not Support Group

Monday, January 7

6-7 p.m., Health Services Building 2 Multipurpose Room

Free. Support group for anyone affected by loss

during pregnancy or the loss of an infant. For more

information call MDH Public Relations (309) 836-1557.

Suicide Support Group

Monday, January 7

7-8 p.m., Health Services Building 1 Auditorium

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

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

Thursdays, January 10, 17, 24, 31

6:30-8:45 p.m., Auditorium B

Class will meet one night a week for four weeks.

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

Pediatric Advanced Life Support (PALS)

Tuesday and Wednesday, January 15 - 16

8:30 a.m.-3 p.m. (Day 1) and 8:30 a.m.-1 p.m. (Day 2)

Auditoriums A & B

Pre-registration is required. Fee: \$110 plus \$35 for the book. Contact Staff Development at (309) 836-1654.

Bereavement Support Group - New Horizons

Monday, January 21

3-4 p.m., Private Dining Room

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

Community CPR Class

Wednesday, January 23

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

Fee: \$40. Pre-registration required.

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

January Meetings Calendar

Tuesday, January 8

Credentials & Bylaws, 7 a.m., PDR

Wednesday, January 9

OB-GYN Department, 12 p.m., Auditorium B

Thursday, January 10

Department of Medicine, 12 p.m., Auditoriums A/B

Friday, January 11

Exec Committee, 12 p.m., PDR

Thursday, January 17

- Finance Committee, 7 a.m., TFBR

- Tumor Board, 12 p.m., Auditorium A/B

Friday, January 18

Medical Staff, 12:00 p.m., Auditorium A/B

Monday, January 21

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

Tuesday, January 22

Department Leaders, 2 p.m., Auditoriums A/B

Wednesday, January 23


Quality Council, 2:30 p.m., TFBR

Friday, January 25

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

Tuesday, January 29

Medical Group Operations Council, 5:30 p.m., TFBR



CONVENIENT CARE

Holiday Hours

New Year's Eve: 8 a.m.-4 p.m.

New Year's Day: 8 a.m.-4 p.m.

13th 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 Sponsor

Laverdiere Construction, Inc.

Gold Star Sponsors

Charlene G. Callison and Larry T. Balsamo

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

MidAmerica National Bank

Purdum Gray Ingledue Beck, Inc.

Dave and Jackie Thompson

Dr. and Mrs. Scott E. Urch

Emergency Physician Staffing Solutions, LLC

Tree Sponsors

Bridgeway, Inc.

Dr. Ed Card and Wanda Foster

Century 21 Purdum Epperson - Lorraine Epperson

Colchester State Bank

Computer Masters International Inc.

Kim and Lisa Limkeman

Maria and Tom Dunstan

Farmers & Merchants State Bank of Bushnell

Fortress Bank

GastroHealth of Illinois - Dr. Timothy Biagini

Grand Prairie of Macomb

Marine Bank

Macomb Area Convention and Visitors Bureau

MTC Communications

W. Garry Johnson and Margie Twaddle

Kim and Chuck Laird

Lifeguard Ambulance

Logonix Corporation/Kim and Lisa Limkeman

No Place Like Home

MDH OB/GYN Office

MDH Senior Behavioral Health

Peggy Ma

Nick Pano

Max and Diane Pierson

Amy Spelman and Brad Bainter

Springfield Clinic Macomb

Holiday \$200 Cash Raffle Sponsor

Steve Silberer - Century 21

People's Choice Award Sponsor

Marcia Twaddle

Basket Sponsors

Cerner

Clugston-Tibbitts Funeral

Homes-Steve and Mark

Tibbitts and Scott Conlin

Dodsworth-Piper-Wallen

Memorial Home

First Bankers Trust Company, N.A.

Lois Ganyard

Macomb Hy-Vee

Dr. Idol and Jill Mitchell

Suzan Nash and Tim Howe

Jessica Cremer Pittman and

Linda Cremer

Pumo Insurance Agency, Inc.

Sandy Shearer

Tree Decorators

Auxiliary to MDH

Barb Baily, Cindy Haines,

and Jeri Harper

Bridgeway, Inc.

Mary Brookhart and

Lorraine Crawford

Century 21 Purdum

Epperson, Inc.

Crooked Creek Outdoors

The Enchanted Florist

Fran Biagini and

Camille Breheny

Marilyn Cox

Mary Harn and Kammie



Harn
 Heartland Healthcare
 Macomb Hy-Vee
 Matt and Vicky Kipling
 Dr. Thomas Koch
 Kim and Chuck Laird
 Maurices
 McDonough County 4-H Federation
 McDonough County Farm Bureau
 MDH Emergency Room
 MDH Food and Nutrition Services
 MDH Laboratory
 MDH OB/GYN Office
 MDH Public Relations
 MDH Surgery Department
 Miss Macomb Scholarship Organization
 Patt Murray
 No Place Like Home
 Amber Patrick and Christie Reynolds
 People's Choice
 Mimi Pounders, Dr. Michelle Reeves, and
 Dr. Amy Waschull
 Jen Smith
 Teddy Bear T Participants
 Carrie VanVleet, Shannon Dexter, Sarah Gibson,
 Alexa Ashenhurst, and Mariah Huston
 Judge Walton and the Courthouse Elves
 Wesley Village
 West Central Illinois Arts Center
 Western Illinois Doll Study Club
 WIU Performing Arts Society

Themed Basket Donors

All in Vinyl and Boutique
 AMC Movie Theatre
 Barb Baily and Jeri Harper
 Bruce and Fran Biagini
 Blessed & Distressed
 Butterfield Farms
 CarX
 Jill Cook
 Country Captions – Jill Cook
 Linda Cremer
 Sue DeRoos – OrganizeU
 Diggers College City Bowl
 Gelsosomo's Pizza
 Mark Greuel
 Lynn Henderson
 Hickory Grove Farm
 Homestead Gifts – Amy Bowman



Matt and Vicky Kipling
 Larry A's Pizza
 Little Creek Alpacas
 Macomb Auto Parts
 Macomb Food Co-op
 Macomb Park District
 Brittany Moore
 New Copperfield's Book Service
 O'Reilly Auto Parts
 Amber Patrick
 Julie-Anne Pickett
 Princess Shoppe
 Rosebud's Tees
 Ruebush Apiary
 Sweet Shack 2.0
 The Cow Patty
 The Crafty Coop
 The Study
 Town and Country Detail Center
 Dr. and Mrs. Scott E. Urch
 WIU Allison Farm

Entertainment Sponsor

Phil & Jackie Richmond

Special Thank You

Altrusa Club Volunteers
George Hartmann
Macomb Centennial Morning Rotary Club
MDH Plant Engineering
Miss Margaret's Face Painting
Pumo Insurance Agency, Inc.
Sigma Alpha Epsilon, WIU
Drs. Istavan Szabo and Minjung Seo, WIU
Ukulele Macomb
Wesley Praise Band
West Central Illinois Arts Center
WIU Document and Publication Services
WIU Veterans Club

\$200 Cash Raffle Winner

Kaila Hemphill

"I Spy" Winner

Sarah Porter & Rafael Obregon

People's Choice

1st Place Dolores Kator Switzer Christmas Symphony
Decorated by: Barb Baily, Cindy Haines, Jeri Harper

2nd Place S'more the Merrier
Decorated by: Crooked Creek Outdoors

3rd Place Starry Night
Decorated by: WIU Performing Arts Society

FOT Committee

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

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



A big thank you to our sponsors, decorators, entertainers & participants!

More than 1,300 attended and over \$36,000 was raised in support of the Dolores Kator Switzer Women's Center.



Community Support

Bushnell-Prairie City Schools Athletic Booster Club
"Paint the Gym Pink" Donates \$2,500 to Linda's Fund



Macomb Firefighters Local 3053 Donates \$500 to Linda's Fund



Pella Corporation Team Members pink bracelet fundraiser raises \$226 for Linda's Fund



WIU's Big Pink Tournament Donates \$1,888.94 to Women's Center at MDH



Other Donations from October

All About You donated a portion of their sales totaling an amount of \$200 to benefit Linda's Fund.

Bushnell Prairie City Elementary Preschool Students & Teachers donated \$45.00 to Linda's Fund from their Penny Collection Drive held during Breast Cancer Awareness Month in October.

An Independent Fashion Retailer of LuLaRoe donates \$289.00 to the Dolores Kator Switzer Women's Center at MDH.

Macomb Kiwanis Club Donates \$1,000 to the Reach Out and Read program at the MDH Pediatric Clinic.

Q and A

With Dave Cady Plant Engineering Leader

Is there a listing on the Intranet of all the Codes?

All the codes are listed in the “Quick Reference Guide” on the Intranet at the very top of the left hand menu under “Emergency Preparedness”. Also under the “Quick Reference Guide” is the Fire Safety protocol.

Who is allowed to pull the fire alarm if there is smoke or fire present?

Anyone can initiate a response by pulling the manual pull station located in your area.

What is the first thing an employee should do when there is a Code announced overhead?

Please refer to the “Quick Reference Guide” for response needed for each particular Code.

If the employee does not hear an overhead page, and sees the fire doors in place, what should they do?

Remain where you are and wait for instructions.

What is the number for the Communications department? How does an employee make an overhead page?

Dial 0 for the operator and 7-4-4-4 to initiate an overhead page from your phone, please ensure you hang up after the 7-4-4-4 page.

Who is in charge during a Code Red, Orange or Green emergency?

Code Red: The Macomb Fire Department and the Administrative Person in Charge (APIC).

Code Orange: The “Incident Commander” after activation of the HICS plan.

Code Green: The person in the department that has been SECURE trained and is most familiar with the acting out individual.

Dave, how can someone contact you during an emergency?

Through the switchboard by radio.

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 30 and February 6: 6-9:30 a.m.**
Cardio Department (1st Floor, Hospital)

Screening Dates for ALL other departments

- **January 29 and February 5: 6-9:30 a.m. Lower Level**
(Health Services Building 1)

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



Screening Includes:

- Weight
- Blood Pressure
- Waist and Hip Measurements
- Body Fat Analysis/BMI
- Grip Strength
- Lipid Profile (Including Total Cholesterol, HDL, LDL, and Triglycerides)*
- Blood Glucose*

*12 hour fast required (water allowed)

4 ways to spot a phishing scam

How to identify phishing scams

A phishing scam essentially works like a con job: someone has to convince you that they're reliable before they try to steal from you. This is most often done through fake emails that look like they come from a trusted source and ask you to click on a link to a website.

The website will be designed to look legitimate and from a service provider you're likely to use. It will also ask for user information.

Once the information is obtained, it can be used for identity theft, financial theft, or fraud.

1. **Don't trust the logo or email address**
It's easy enough for phishers to copy a real company logo, and even fake the "From" email address to look like it comes from a trusted source. Don't trust the display name, as those are easily changed to mask the real email address.
2. **Be suspicious of urgent requests**
Phishers can use links in emails to obscure the actual URL, which takes you to a fake account. Requests like your bank suspending your account unless you click on "this link" is an example. A trusted company will give you the full URL in the text, not a link. The safest thing to do is type out the URL in your browser, rather than clicking on it.
3. **Check for typos or spelling mistakes**
Reputable companies have copywriters to check their emails, so if you're noticing bad grammar and typos, be on the alert.

Similarly, check the URL of the company for misspellings or strange versions of the URL

www.hetznerZA.com
instead of
www.hetzner.co.za



4. **Don't open unexpected attachments**
A common phishing tactic is spreading viruses and malware through attachments, which can damage files or steal passwords from your computer.

Simple ways to prevent being scammed

The best defense, along with following the tips above, is to follow basic security practices.

Only use a strong password

Delete emails that ask for personal information

Don't reply, click on links or call phone numbers in these emails.

Never email personal or financial information

Email is not a secure enough method to send personal or financial information.

If you're transferring large sums into someone's bank account, always verify their banking details telephonically first.

Review credit card and bank account statements

It's important to check your credit card and bank statements as soon as you receive them to check for suspicious or unauthorized charges.

Don't share your password on the phone

2019 First Aid & CPR Classes

First Aid Classes



February 5

March 5

April 2

May 7

September 4

October 1

November 5

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 p.m. | MDH Auditorium A

CPR (Cardiopulmonary Resuscitation) Classes



January 23

February 12

March 20

April 9

May 14

July 9

August 28

September 10

October 8

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 p.m. | 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 July 1, 2019

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McDonough District Hospital

LIFEGUARD
AMBULANCE SERVICE

For more information or to register, contact MDH Outreach Services at (309) 836-1584.