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McDonough District Hospital
Employee Newsletter

Making Rounds

July 23, 2019 • www.MDH.org



Heritage Days Parade

On Saturday, June 29, MDH representatives participated in the Heritage Days parade. Bubbles and magnets were given to the crowd that lined the downtown streets while participants walked through the parade in partnership with Lifeguard Ambulance Service.

Thank you to all the MDH participants!



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, August 20**. Please submit your information, articles, Thank You notes, recipes, achievements, etc., to Public Relations.

To view the July 2019 MDH Board Report, go to the Intranet and click on Departments → Administration



Dog Days of Summer Sale July 30 - August 2



All sale items are on the tall tower and rack located near the Gift Gallery entrance.

Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Leader/Quality	Quality and Innovation	Days	Full-time
VP/Human Resources	Human Resources	Days	Full-time
Administrative Care Manager	Home Health	Days	Registry
Clinic LPN	MDH Medical Group	Days	Full-time
Clinic LPN	MDH Family Clinic	Days	Full-time
Clinic RN	MDH Internal Medicine	Days	Full-time
Clinic RN	MDH Psychiatry	Days	Full-time
Clinical Care Coordinator RN	Intensive Care Unit	7a-3:30p	Full-time
Nurse Practitioner	Intensive Care Unit	7p-7:30a	Full-time
Nurse Practitioner	Walk-In Clinic	Days	Full-time
Nurse Practitioner	Walk-In Clinic	Days	Registry
Patient Care Coordinator	Home Health Administration	Days	Full-time
Clinic Coder	MDH Medical Group Patient Financial Services	Days	Full-time
Office Assistant RN	MDH Medical Group Emergency Department	Days	Full-time
EMS Coordinator	Ambulance	7p-7:30a	Full-time
Medical Assistant	Ambulance	Variable	Full-time
Medical Assistant	MDH Family Clinic	Days	24 hrs/wk
Medical Assistant	MDH Obstetrics and Gynecology	Days	Full-time
Maintenance II	Plant Engineering	7a-3:30p	Full-time
Community Wellness Educator	Outreach Services	Variable	24 hrs/wk
Gynecologist	MDH Obstetrics and Gynecology		Full-time
Pediatrician	MDH Pediatrics	Days	Full-time
Pharmacist	Pharmacy	Variable	Registry
Pharmacy Tech I	Pharmacy	Days	Registry
Physical Therapist	Sports Medicine and Rehabilitation Services	Days	Full-time
Registered Vascular Cardiac Sonographer	Cardiopulmonary	Days	Full-time
Respiratory Therapist	Cardiopulmonary	7p-6:30a	Full-time
Speech Pathologist	Sports Medicine and Rehabilitation Services	Days	Full-time

Full list also available online at www.MDH.org

As of July 15, 2019

New Faces at MDH

MDH Welcomes New Employees



Karon Curtis

Karon is a Registered Nurse in Home Health. She is from Bushnell and is married to Jimmie.

They have two children: Renley and Eli. Karon enjoys quilting, kids, baking, and new adventures.



April Eddington

April is a Registered Nurse in Obstetrics. She is from Bushnell and has two children: Brenna and Avery. April enjoys family time, shopping, and reading.



Hannah Etter

Hannah is a CNA in Acute Care. She is from Rushville and enjoys reading, playing with her dogs, and being outside.



Brianna Flores

Brianna is a Patient Care Tech in Emergency Services. She is from Rushville and enjoys journaling, reading, and

theatre.



Abigail Hagen

Abigail is a RN in Urology. She is from Springfield and is married to Quentin.

Abigail enjoys reading, gardening, and spending time with family and friends.



Laura Harden

Laura is a Registered Nurse in MDH Psychiatry. She is from Dubuque, IA and is married to Cody. They

have two children: Jonathan and Daniel. Laura enjoys yoga, reading, and spending time with her family.



Mica Huber-Lindsey

Mica is a MA for MDH Ear, Nose and Throat. She is from Industry.



Vanessa Lin

Vanessa is a LPN in Acute Care. She is from New Jersey and is married to Huang.

They have two children: Natalie and Natesha. Vanessa enjoys school, reading, and movies.



Odessey Middlebrook

Odessey is an Aide in Environmental Services. She is from Chicago and enjoys singing, reading, and

having fun.



MacKenzie Rhoads

MacKenzie is a Clerk in Registration. She is from Bushnell and enjoys crafting.



Kate Staup

Kate is a Registered Nurse in Surgery. She is from Nashotah, WI. She is married to Ben and has two children:

Lilah and Ella. Kate enjoys kayaking and hiking.



Tanaesha Townsend

Tanaesha is an Office Assistant in MDH Family Clinic. She is from Chicago and has one child, Isaiah.

Tanaesha enjoys dancing, traveling, and binge watching crime shows.

MDH Welcomes New Volunteers



Peyton Oden

Peyton is a Volunteer and is from Hannibal, MO. She is majoring in Chemistry/Pre-Med at Baker University.



Linda Prox

Linda is a Volunteer. She is a former teacher and also volunteers in first grade. Linda enjoys outdoor activities.



Doris Taylor

Doris is a Volunteer. She previously worked at the Crossing Thrift Store for six years and Pumo Insurance

Agency Inc. for two years.

Moving Around

Keena Ashford was a RN in SBH. She is now working as a Population Health Nurse in ACO.

Tracy Daniels was a CMA in MDH Ear, Nose and Throat and is now working in MDH Foot and Ankle.

Samantha Ford was a RN in SBH and is now working in Acute Care.

Jordan Hepburn was a CNA in SBH and is now in Acute Care.

Jenna Kelso was a CNA for Acute Care and is now a RN in ICU.

Jacob MacLean is a CNA in Acute Care after previously working in SBH.

Jennifer Miller is a Unit Secretary for OB after previously working in SBH as a Unit Secretary.

CL Tarantola was a Recreational Therapist in SBH and is now a Pharmacy Tech.

MDH Says Goodbye

Shelly Benson, RN, SBH, 6/30/19

Kimberly Biswell, CMA, Urology,
7/19/19

Miranda Brooks, RN, SBH, 6/30/19

Kathy Burton, RN, Home Health,
7/22/19

Robert Deveraux, MLT, Laboratory,
7/17/19

Ashley Ferguson, RN, ICU, 7/3/19

Sarah Frakes, CNA, SBH, 6/30/19

Holly Gloodt, Recreation Therapist,
SBH, 6/17/19

Sarah Gossage, RN, SBH, 6/30/19

Ann Keefauver, Pharmacy Tech,
Pharmacy, 7/7/19

Dawn Knutson, RN, Emergency
Room, 7/17/19

Tesla Lee, CNA, SBH, 6/30/19

Kalen Meacham, CNA, Acute Care,
6/28/19

Carmela Morris, RN, Emergency
Room, 6/17/19

Jennifer Riley, RN, SBH, 6/30/19

Shelia Schofield, RN, MDH
Psychiatry, 6/28/19

Dawn Stambaugh, RN, SBH, 6/30/19

Kaye Stone, Nurse Practitioner,
Convenient Care, 6/25/19

Michelle Sullivan, RN, MDH Medical
Group, 6/21/19

Angela Taylor, RN, SBH, 6/30/19

Scott Urch, Physician, MDH
Orthopedics and Sports Medicine,
7/17/19

Brenda Vancil, RN, SBH, 6/30/19

Charity Weiss, Clinic Coder, MDH
Medical Group Patient Financial
Services, 7/11/19

Scott Wright, Physician, MDH
Psychiatry, 7/18/19



Welcome

McDonough District Hospital welcomes Peter Rao, MHA, CMPE, as Vice President for Ambulatory Services. Rao joins MDH beginning August 1.

Rao comes to MDH from Osage Beach, Missouri, with an extensive background managing large multi-specialty medical groups and is a Certified Medical Practice

Executive (CMPE). Most recently he served as the Chief Executive Officer of the Healthcare Leadership and Innovation Center in Osage Beach, and prior to that served as the Missouri Hospital Association's Vice President of Quality Evaluation and Program Development.

“One of the major aspects that attracted me to MDH were the leadership team, physicians, and staff. I see great potential for MDH to advance its presence as a local and regional hub in its commitment to provide dependable, advanced, and comprehensive care. I look forward to being part of the mission, vision, and growth at MDH,” said Rao.

From 2005-16 Rao served as the Executive Director and Corporate Compliance Officer for Lake Regional Medical Group in Osage Beach overseeing the daily operations of the multi-specialty medical group consisting of 75 providers.

Rao is an active member of the Medical Group Management Association, the American College of Medical Practice Executives, and the Health Care Compliance Association. Early in his tenure with Lake Regional, he received the Early Career Healthcare Executive Regent's Award from the American College of Healthcare Executives (ACHE). This award recognizes ACHE affiliates who have contributed significantly to the advancement of health care management and the achievement of ACHE's goals.

Rao's wife Corinne currently works as a hospitalist and they have two daughters in college. In his spare time, Rao enjoys flying as he holds a private pilot license, running, and music.

The Gift Gallery Donates to the Auxiliary to MDH

The Gift Gallery recently presented a check for \$7,000 to the Auxiliary to McDonough District Hospital.

Proceeds generated in the Gift Gallery benefit the Auxiliary to MDH, whose main focus in recent years has been to support the Scholarships and Loans Program which provides funds for students to help financially fulfill their academic goal in a healthcare field.

Since its inception in 1959, this program has continued to grow and in recent years has been able to provide \$15,000-\$20,000.

The Gift Gallery, located on the first floor of the hospital, is operated by volunteers and offers a unique and beautiful selection of gift items: keepsakes, clothing, fresh flowers, and more. Annually, the Gift Gallery donates \$10,000-\$20,000 to the Auxiliary.

If interested in volunteering at MDH or assisting the Auxiliary with fundraising events, please contact Volunteer Coordinator Meagan Smith at (309) 836-1579.



Pictured (L-R): Barb Young, The Gift Gallery Treasurer and Cathy Peters, Auxiliary to McDonough District Hospital, President

MDH Family Clinic Accepting Patients

Regular Hours:
MONDAY – THURSDAY
7:30 a.m. – 7:30 p.m.

FRIDAY
8 a.m. – 5 p.m.

Walk-In Hours:
CLOSED DAILY 1 – 2 P.M.
MONDAY – THURSDAY
8 a.m. – 7 p.m.

FRIDAY – SUNDAY
9 a.m. – 6 p.m.



Walk-In patients must be
over 18 months old.

Health Services Building 2
515 E Grant St. | Suite 213

(309) 837-6937

MYPLATE GUIDE TO SCHOOL LUNCH



VEGETABLES

Vegetables

A variety of vegetables helps kids get the nutrients and fiber they need for good health.

MILK

Dairy

Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.

Grains

GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.

Protein

PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

FRUITS

Fruits

Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Caught You Caring

MDH



Congratulations to all of the Caught You Caring recipients in June!

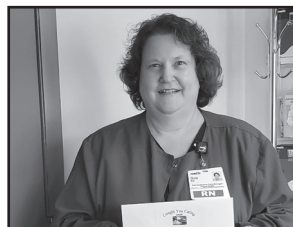
Below are the winners of the \$25 Gift Certificates:



Jenny Miller
Obstetrics



Taylor Peacock
MDH OB/GYN



Debra Pollock
Home Health



Kelsie Woodside
Registration

Recognition for Outstanding Customer Service

For the month of June, 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: **All staff**

Cardiopulmonary: **Deann Yerk**, Respiratory Tech

Hospice: **Dr. Roodhouse; Julie Murphy**, Hospice Counselor; **All staff**

Laboratory: **Bill Akers**, Phlebotomist; **Carley Brown**, Phlebotomist

MDH Medical Group: **Dr. Card; Dr. Patel; Dr. Mitchell; Dr. Zhang; Dr. Minter; Dr. Jalil and staff; Dr. Jensen; Dr. Wright; Dr. Arnold and staff; Brenda Powell Allen**, WHNP; **Sue Adams**, FNP-BC; **Kamie McKee**, APN, FNP-C

Obstetrics: **Dr. Jensen; Mary Thompson**, CNM; **Sharie Harden**, CNM; **Brenda Powell Allen**, WHNP; **Shawna Sprinkle**, RN

Radiology: **Dr. Weintraub; Ann Whalon**, RT Supervisor; **Missy Vardaman**, Tech; **Sarah Green**, Tech; **Lynn Durso**, Tech

Registration: **Pam Murphy**, Supervisor

Surgical Services: **Dr. Trost; Dr. Biagini and staff; Larry Bartels**, CRNA; **Julie Justice**, RN; **Linda Dixon**, RN

Valet Services: **Patti Willock**, Parking Attendant

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



21st Annual
Golf Tournament | September 7

Tournament Sponsor:
 **Citizens Bank**
A Division of Western Community Bank
Member FDIC

4-Person Scramble
\$100 per person
Gold Hills Golf Club | 8 a.m. Registration | 9 a.m. Tee-off

Includes 18 holes of golf with cart, continental breakfast, hot dogs & brats on the course, dinner, special golf gift, a first aid kit, sleeve of balls, hole and raffle prizes, 50/50 drawing and more!

APPLE Winner June 2019



Brittany Doll

Please join in congratulating **Brittany Doll**, Leader of Laboratory, on being named the recipient of the MDH APPLE Award for June 2019. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH”.

Brittany received her Bachelor’s in Biological Sciences from WIU in December 2008. She then received her Master’s degree in Biological Sciences from WIU in December 2010. Brittany began her employment at MDH on July 31, 2014, as a Histologist in the Laboratory. She then became the Leader of Laboratory on July 3, 2017. Brittany has oversight for Nuclear Medicine as well.

Brittany demonstrates high quality in every aspect of her job. To say she is a highly motivated individual would be an understatement considering the quantity and quality of work she accomplishes. She is constantly seeking ways to improve not only the departments she is responsible for, but also for the organization as a whole. Brittany has taken lead of the CEO Quality Improvement Team and is doing an outstanding job with making recommendations to Senior Leadership Team.

She has brought several innovative quality improvement projects to the Lab including: The Final Check and Positive Patient Identification. She is very knowledgeable in her skills and can be a resource for many. Brittany has a very patient-centered attitude and tries to instill this attitude among her colleagues with her main focus being empathy. She is respected by peers and truly makes a difference every day.

Her nominator explains that Brittany is a true leader that goes above and beyond. It is obvious from her GEMBA board and improvement processes she has enacted that she and her colleagues are making MDH a better place. She works hard every day, striving for excellence. Brittany has implemented new policies and procedures with her staff to improve daily work flow and surveys. She is a leader to all and does it with such enthusiasm. Her nominators states, “Her enthusiasm encourages me daily to improve in my processes also.”

Brittany is married to Nick. They have a daughter, Sophia. In her spare time, Brittany enjoys gardening, making pottery, and traveling.



DKSWWC

Goal

- 5.5 million
- 5 million -- \$5,127,962.86
- 4 million
- 3 million
- 2 million
- 1 million

August 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 | 3-4:30 p.m.

Health Services Building 1 Auditorium

Pre-registration required. Contact Behavioral Health

Services at (309) 836-1582.

Childbirth and Infant Care: Breastfeeding

Thursday, August 1 | 6:30-8:30 p.m.

Auditorium B

Free. Registration is required. Call OB at (309) 836-1570.

Childbirth and Infant Care: Saturday "L.A.T.E." Childbirth Instruction Class

Saturday, August 3 | 8 a.m. - 4:30 p.m.

Auditoriums A & B

This one-day class will explain the stages of labor, offer breathing and relaxation techniques, and tour the OB department.

Free. Registration is required. Call OB at (309) 836-1570.

Suicide Support Group

Monday, August 5 | 7-8 p.m.

Health Services Building 1 Auditorium

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

Childbirth and Infant Care: Cesarean Section Class

Thursday, August 8 | 6:30-8 p.m.

Auditorium B

Free. Registration is required. Call OB at (309) 836-1570.

Childbirth and Infant Care: Sibling Class

Saturday, August 10 | 10-11 a.m.

MDH Auxiliary Workroom

Free. Registration is required. Call OB at (309) 836-1570.

Childbirth & Infant Care: Postpartum Care and Understanding Your Newborn Class

Thursday, August 15 | 6:30-8:45 p.m.

Auditorium B

Free. Registration is required. Call OB at (309) 836-1570.

Bereavement Support Group - New Horizons

Monday, August 19 | 3-4 p.m.

Private Dining Room

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

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

Thursdays, August 29, September 5, 12, 19 | 6:30-8:45 p.m.

Auditorium B

Class will meet one night a week for four weeks.

Free. Registration is required. Call OB at (309) 836-1570.

...Benefit Break...

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

Unum Group Accident Insurance with Wellness Benefit

If you have an accident, will it hurt your bank account too? Unum's accident insurance gives you something to fall back on. Unum's coverage provides a lump sum benefit based on the type of injury you sustain or the type of treatment you need. In addition, each year you can earn a valuable incentive just for taking care of your health.

Examples of covered injuries include:

- broken bones
- burns
- lacerations
- eye injuries
- ruptured discs
- concussion

Some covered expenses include:

- doctor office visit
- hospitalization
- emergency room treatment
- speech therapy
- physical therapy
- occupational therapy

How to file a claim: Claim forms may be downloaded from www.unum.com or you may call 1-800-635-5597 to obtain a claim form.

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

August Meetings Calendar

Monday, August 5

Department of Surgery, 12 p.m., Auditorium B

Tuesday, August 6

- Credentials & Bylaws, 7 a.m., PDR
- Department of Emergency Medicine, 12 p.m., PDR

Friday, August 9

Exec Committee, 12 p.m., PDR

Thursday, August 15

- Finance Committee, 7 a.m., TFBR
- Tumor Board, 12 p.m., Auditorium A/B

Friday, August 16

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

Monday, August 19

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

Tuesday, August 20

- Department Leaders, 2 p.m., Auditoriums A/B
- Medical Group Operations Council, 5:30 p.m., TFBR

Tuesday, August 27

All MDH-Employed Providers Meeting, 5:30 p.m., Auditoriums A/B

Wednesday, August 28

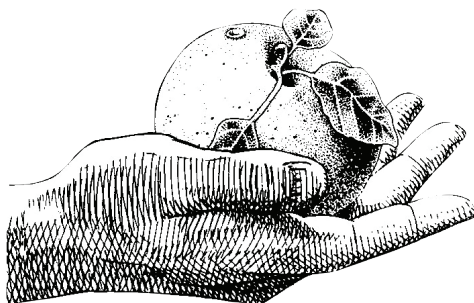
Quality Council, 2:30 p.m., TFBR

Friday, August 30

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

New Golden Apple Society Members

- Bill and Angie Murdock
- Mike and Teri Hillyer



A+ Achievement

Marc Kessler, World Champion

Following in his older brothers Mitchell and Matt's footsteps, MDH Athletic Trainer Marc Kessler began weightlifting at a young age. What started from working out in his parents' basement has transformed Marc into a World Champion.

Kessler competed for Team USA in the World Drug-Free Powerlifting Federation meet in Henderson, Kentucky. Over the three days, Kessler brought home Gold in the squat, bench, and deadlift.

Team USA boasted of lifters ranging from age 16 to Masters in their 70s and 80s. Kessler looks ahead to setting records at next year's national competition, which could be held right here in Macomb.

His work as the athletic trainer for the Macomb Bombers keeps Kessler busy throughout the school year. He's at the school before practice to see if any student-athletes need treatment, he can also be seen along the sidelines or bench area on game days making sure they receive the best care possible.

Kessler usually trains 3-4 days out of the week lifting at Macomb High School, and in the weight room the MDH staffer and now World Champion enjoys helping the younger Bombers become better athletes through weight training.



FY 20 LifeSteps Employee Wellness Incentives

Employees can get a **MAXIMUM PAYOUT OF 350 POINTS PER FISCAL YEAR!**

UNDERSTANDING YOUR HEALTH*

Earn Up to 100 points for health screening and health risk assessment



Complete health screening
75 Points

Complete the online health risk assessment
25 Points

*You must complete *both* steps in the Understanding Your Health section or you will **NOT** receive any points pay out for this Fiscal Year!

IMPROVE YOUR HEALTH

Earn up to 160 points for achieving health metrics

Health Metric: BMI
BMI < 25 = 60 Points
BMI 25 to 29.9 = 40 points
BMI 30+ = 0 points
Or Requalification:
Change their BMI by 3 BMI points = 40 points

Health Metric: Tobacco Free
40 Points for any of the following:
Tobacco Free for 6 months or more
OR
Completing Quit for Life Program by American Cancer Society

Wellness Coaching/Primary Care Follow-up
Earn 60 Points for the following:
Meet with one of the MDH Wellness Coaches

PARTNER FOR YOUR HEALTH

Earn additional points for completing any of these

Wellness Challenges
Points vary per challenge
Lots of ways to earn points during the challenges
Challenges are offered three times per fiscal year!

Self-Care
10 points for each preventative exam you complete:
Prostate exam
Mammogram exam
Pap Smear
Colonoscopy
Family Health history

Personal Wellness
20 points for each:
Annual eye exam
Biannual dental exam
Exercise using ANY facility (12x per month)
Flu Shots = 15 points

FY 20 Biometric Screenings

To sign up for screenings:

1. Note the screening dates for your specific department listed below
2. Login to the MDH LifeSteps Portal (www.managewell.com)
3. Complete the Required Participation (doctor's information request)
4. Follow the prompts to sign up for a screening date & time.

Detailed sign up instructions available on the Lifesteps Intranet page.

Screening Dates

Surgery/PAR/PASS, ER, Radiology, OB, Acute Care, Cardiopulmonary, Communications, Intensive Care, Pharmacy, Registration, and Lab:

- August 7 | 6 – 9:30 am | Auditoriums A & B
- August 28 | 6 – 9:30 am | Auditoriums A & B

Note: If these dates do not work for you, you may sign up for either of the other dates below

Screening Dates for ALL other departments (you are not allowed to register for above dates):

- August 6 | 6 – 9:30 am | Basement of HSB 1
- August 27 | 6 – 9:30am | Basement of HSB 1
- August 29 | 6 – 9:30 am | Basement of HSB 1



Screenings include:

- Weight
- Blood Pressure
- Waist & Hip Measurements
- Body Fat Analysis/BMI
- Grip Strength
- Blood Glucose*
- Lipid Profile
Includes: total cholesterol, HDL, LDL, and triglycerides*

* 12 hour fast required (i.e. nothing except water 12 hours prior to your screening)

iPhone users: Point your phone's camera at the QR Code. The site will automatically populate.

Other SmartPhone Users: You may need to download a QR Code Scanner app, then simply open the app and follow their instructions for scanning.



ManageWell®

Download the free ManageWell app and track your MDH Lifesteps participation!
Just download the app to your device and login with the same username and password you use for the MDH Lifesteps page.

mdh
LifeSteps
Wellness Program