

MR

McDonough District Hospital
Employee Newsletter

Making Rounds

June 26, 2019 • www.MDH.org



Golden Apple Society Summer Social Highlights

The Golden Apple Society Committee hosted its annual Summer Social on June 12 at the Macomb Country Club with 131 member/guests attending. Everyone enjoyed a wonderful evening on the patio with fun friends, fabulous hors d'oeuvres and smashing entertainment by Skyline Ridge! A big thanks to those attending, to the Club for catering, and the committee for planning another memorable event!

If you're interested in joining the Golden Apple Society, contact the Foundation office at ext. 13791 or email vlkipling@mdh.org. Payroll deduction is an option for \$38.47 or more per pay period.

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, July 16**. Please submit your information, articles, Thank You notes, recipes, achievements, etc., to Public Relations.

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

MDH Says Goodbye

Glenn Alderson, Information Systems, Application Security Analyst, 6/7/19

Dorothea Carr, MDH Medical Group, Certified Medical Assistant, 6/17/19

Tashina Carter, MDH Family Clinic, LPN, 6/14/19

Julie Goddard, Senior Behavioral Health, Social Worker, 6/3/19

Erin Heaton, Internal Medicine, Clinic RN, 5/23/19

Kate Hickey, Acute Care, CNA, 6/12/19

Melissa Hughes, Acute Care, CNA, 5/26/19

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

Mattie Munter, Acute Care, CNA, 6/5/19

Rita O'Donnell, Senior Behavioral Health, Social Worker, 5/17/19

Julie Trulson, Home Health/Hospice, Patient Care Coordinator, 6/7/19

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
VP/Medical Practices	MDH Medical Group	Days	Full-time
Administrative Care Manager	Home Health	Days	Registry
Clinic LPN	MDH Medical Group	Days	Full-time
Clinic RN	MDH Internal Medicine	Days	Full-time
Clinic RN	MDH Psychiatry	Days	Full-time
Clinic RN	MDH Urology	Days	Full-time
Clinical Care Coordinator RN	Intensive Care Unit	7a-3:30p	Full-time
NP	Intensive Care Unit	7p-7:30a	Full-time
NP	Walk-In Clinic	Days	Full-time
NP	Walk-In Clinic	Days	Registry
Patient Care Coordinator RN	Home Health Administration	Days	Full-time
RN	Emergency Department	7p-7:30a	Full-time
RN	Obstetrics	Variable	Full-time
Medical Assistant	MDH Ear, Nose and Throat	Days	24 hrs/wk
Medical Assistant	MDH Obstetrics and Gynecology	Days	Full-time
Patient Care Technician	Emergency Department	Variable	Full-time
Maintenance II	Plant Engineering	7a-3:30p	Full-time
Community Wellness Educator	Outreach Services	Variable	24 hrs/wk
EMR Provider Trainer	Information Systems	Days	Full-time
Equipment/Systems Tech	Information Systems	Days	Full-time
Gynecologist	MDH Obstetrics and Gynecology		Full-time
Occupational Therapist	Sports Medicine and Rehabilitation Services	Days	Full-time
Pediatrician	MDH Pediatrics	Days	Full-time
Pharmacy Tech I	Pharmacy	Days	Registry
Pharmacy Tech II	Pharmacy	7a-3:30p	Full-time
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 June 17, 2019

New Faces at MDH

MDH Welcomes New Employees



Crista Atchison

Crista is an Aide in Environmental Services. She is married to Robert.



Cindy Baldwin

Cindy is a LPN in Acute Care. She is from San Antonio, TX, and is married to Stan. They have four children: Hella,

Olive, Sunday, and Elias. Cindy enjoys crochet and reading.



Sam Behary

Sam is a CNA in Acute Care. She is from Pittsburgh and enjoys swimming and spending time with family.



Kaitlyn Damewood

Kaitlyn is a Patient Care Tech in Emergency Services. She is from Alexis and is married to Matt. They have three

children: Aubrey, Rylan, and Graham. Kaitlyn enjoys spending time with family.



Laura Goebel

Laura is the Interim Leader of Medical Staff Office. She is from Kansas City, MO. Laura has one child, Jonathon,

and enjoys being outdoors, camping, walking, and reading.



Destiny Goodridge

Destiny is an Aide in Environmental Services. She is from Ft. Myers, FL, and enjoys photography and gardening.



Zoey Gray

Zoey is a Nurse Assistant in Acute Care. She is from Colchester and enjoys spending time outside and

crafting.



Theresa Haring

Theresa is a Physical Therapy Assistant in Sports Medicine and Rehabilitation Services. She is from East

Galesburg and is married to Harvey. Theresa enjoys hiking.



Brandi Hood

Brandi is a Practice Manager for MDH Medical Group. She is from Ipava and is married to Don. They

have three children: Trace, Gracie, and Madie. Brandi enjoys house remodeling, DIY projects, and running kids to sporting events.



Mattie Randol

Mattie is a Nurse Assistant in Acute Care. She is from San Antonio, TX, and enjoys hiking, reading,

and traveling.



Lindsey Schafer

Lindsey is a Certified Athletic Trainer in Sports Medicine and Rehabilitation Services. She is from Mendon,

and enjoys painting, hiking, and working out.

MDH Welcomes New Students



Travis Hohenbery

Travis is a student in Surgery. He is from Princeville and is married to Emily. They have two children:

Hudson and Hannah. Travis enjoys hunting and golfing.



Brian Nygard

Brian is a student in Surgery. He is from Wenatchee, WA. Brian is married to Eden and has three children:

Camden, Emmett, and Taft.



Drake Reiter

Drake is a student in Pharmacy. He is from Keokuk, IA, and enjoys hiking, kayaking, and attending sporting

events.



Allie Watson

Allie is a student in Laboratory. She is from Kankakee, and enjoys karaoke, tennis, badminton, and

painting.

Just Married

Kayla Twidwell

married Chris Smith on June 1. Kayla is a RN in Surgery.



Moving Around

Kim Biswell was a Float Certified Medical Assistant in the Medical Group and is now working in Urology.

Lori Eddy is a Clerk in HIM. She previously worked as a Float Office Assistant in the Medical Group.

April Huston was a Float Office Assistant for MDH Medical Group and is now working in the OB/GYN Clinic.

Cathy Litchfield is an Office Assistant in Family Clinic. She previously worked as a Clerk in Registration.

Renee Miller is an Office Assistant in Urology after previously working in Family Clinic.

Amanda Stracker was a RN in Acute Care. She will now be working as a RN in Home Health.

Patti Smyth was an Office Assistant for OB/GYN Clinic and is now working as a Float Office Assistant in the Medical Group.

Jamie Weiss was an Equipment Systems Tech in IS and is now working as an Applications Support Analyst for the Department.

Out and About

Outreach and Food and Nutrition Services set up an educational display June 5 for the employees at NTN-Bower Macomb as part of our Wellness Solutions program.



Pictured: Sarah Wright, Registered Dietitian

Nutrition and Pain Management

Have you ever thought about how what you choose to eat affects how much physical pain you will experience (particularly if you have chronic pain)? This may be a new idea to you, but some non-western medical systems such as Chinese Medicine and Ayurveda have tapped into the pain reducing benefits of certain nutrients for centuries. For pain management, nutrition is most often used in combination with other modalities such as: acupuncture, relaxation/meditation, manual manipulation, medication, and physiotherapy. It often helps improve the effectiveness of the other pain control modalities, including pain medications.

Here are a few steps you can take toward eating a diet that may help improve your level of pain:

- Choose your fats wisely: Eat more omega-3 fatty acids (coldwater fish like salmon, mackerel, tuna, walnuts, flax seed) and extra virgin olive and cold pressed canola oil.
- Eat less corn oil, vegetable oil, conventional animal fat and trans or hydrogenated fats
- Eat less refined, low fiber carbohydrates like sugar, sodas, white bread, and cornflakes
- Instead choose foods higher in fiber and phytonutrients like whole grains and brightly colored fruit and vegetables for your carbohydrate sources
- Choose less conventional animal proteins such as meat, milk, cheese and choose more vegetable sources of protein such as nuts, seeds, beans, lentils and with moderate to low amounts of pasture raised animal proteins
- Eat less highly processed foods such as fast foods, canned, pre-packaged, and instant foods
- Eat more fresh and lightly processed foods (as close to their natural state as possible)
- Try adding some anti-inflammatory herbs and spices such as rosemary, thyme, basil, turmeric, ginger, garlic, cayenne peppers, cloves, cinnamon, or sage to your menus

Whether you or your loved ones are experiencing a little or a lot of pain, adding a nutritional component to your pain management plan may prove to be more beneficial than you might think.



DKSWC Update



Pictured (L-R): Jill Cook, MDH Foundation Leader; Tom Claudon, MidAmerica National Bank President; and Brian E. Dietz, FACHE, MDH President/CEO

MidAmerica National Bank recently pledged \$30,000 to the Dolores Kator Switzer Women’s Center (DKSWC) at McDonough District Hospital. This commitment accompanies a previous \$20,000 donation, now totaling \$50,000 to secure naming rights to a private suite in the Obstetrics Department of the new women’s center.

A long-standing supporter of MDH, MidAmerica is a member of the Business Honor Roll giving club at the Ambassador level.

“MidAmerica’s continued generosity and support of MDH demonstrates their commitment to bringing the best to the local community, including excellence in health care,” said MDH Foundation Leader Jill Cook.

Community Support

- Buffalo Wild Wings “Eat Wings, Raise Funds” night held on May 15 raised \$170.20 for the DKSWC.
- The Obstetrics Department was recognized as Hometown Heroes by Hy-Vee Food Store honoring them by donating \$70 to the DKSWC.



New Commitments to DKSWC

- Brian and Patty Dietz - \$10,000
- Cathy Early and Virginia Diehl – \$10,000
- Nicholas C. Pano, in honor of Stephanie Joan Pano - Bassinet \$5,000
- Karen Wayland LaRue & family – Fetal Monitor Cart \$2,500

DKSWC





Health Matters Raises over \$15,000 for MDH

On June 6 and 7, 67 lady golfers took part in the Health Matters Ladies Golf Classic to benefit the Dolores Kator Switzer Women's Center at MDH. Participants enjoyed a cocktail party/caddie auction and 18 holes of golf followed by lunch and awards at the Macomb Country Club.

Championship Flight

1st Place: *Chicks with Sticks* ~ Kelly Hamm, Jami Minter, Amber Duncan, Amanda Silberer

2nd Place: *Marvelous Mrs. Mulligans* ~ Miranda Jones, Mary Edler, Alyssa Edler, Kay Nigg

First Flight

1st Place: *Weapons of Grass Destruction* ~ Vicky Kipling, Amy Spelman, Carrie Depoy, Cricket Howard, Carrie VanVleet

2nd Place: *Just Fore Fun* ~ Jean Lewis, Marilyn Pastorelli, Dana Moon, Ann Stites, Barb Baily

Spirit Award: *My Friends* ~ Jenny Claudon, Jan Clough, Terri Burnham, Connie Garner, Terra Litchfield

Longest Drive: Alyssa Edler

Closest to the Pin: Lois Iverson

Longest Putt: Jessica Butcher

Event Sponsor



Cocktail Party Sponsor

Idol & Jill Mitchell

Major Sponsor



Health Matters Committee

Jill Cook

Carrie Depoy

Cathy Early

Kelly Hamm

Beth Jameson

Jill Mitchell

Brittany Moore

Amber Patrick

Margaret Taylor - Chair



A special shout out to the Celebrity Caddies who catered to the ladies! Sharie Harden, Brenda Powell Allen, Mary Thompson, Chris Butcher, and Jason York

Recognition for Outstanding Customer Service

For the month of May, 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: **Marizona Dahlstrom**, RN

Home Health: **Myrna Hayes**, COTA; **Karen Kelso**, RN; **Megan Carter**, RN; **Darlene Row**, RN; **Katie Burgard**, PTA; **Jami Kirkham**, RN; **Emily Cousins**, PT; **Jeanne Meehan**, OT; **Sandra Whitmire**, Speech Therapy

Hospice: **Dr. Roodhouse**; **Shelli Akers**, RN; **Lisa Hood**, RN

Hospitalist: **Dr. Patel**

MDH Family Clinic: **Jodi Heller**, NP-C

MDH General Surgery: **Dr. Card**; **Dr. Gonzales**

MDH Obstetrics and Gynecology: **Sharie Harden**, CNM

MDH Orthopedics and Sports Medicine: **Dr. Urch**

MDH Pediatrics: **Julie Bartlow**, CPNP-PC, NNP-BC

Obstetrics: **Lynn Crowell**, RN; **Stephanie McCleery**, RN; **Jennifer Olson**, RN; **Shannon Jackson**, RN; **June Sapp**, RN; **Shawna Sprinkle**, RN; **Rachel Ruebush**, RN

Senior Behavioral Health: **Miranda Brooks**, RN; **Sarah Gossage**, RN; **CL Tarantola**, Recreation Therapist; **Holly Gloodt**, Recreation Therapist

Surgical Services: **Dr. Trost**; **Dr White**; **Sue John**; **Tracie Thome**, RN; **Kim Williams**, RN; **Jana Petersen**, RN; **Marti Frier**, RN; **Larry Bartels**, CRNA; **Cindy Canevit**, RN; **Jennifer Prater**, RN; **Torey Eason**

Valet Services: **Patti Willock**

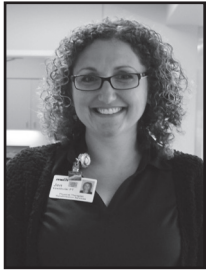
Congratulations to those recognized in this article and thank you for your ongoing commitment to providing an exceptional patient experience!

Grateful Patient Program

MDH Acute Care staff members Dr. Jack McPherson, Registered Nurse Nora Valdez and Certified Nursing Assistant Kate Hickey were recently recognized with Healing Hand awards. Grateful Patient Vicky Kipling shared, "I received such outstanding care during my hospitalization. The entire team was amazing, but these three superstars went above and beyond. I am so grateful for their professional expertise and knowledge."



APPLE Winner May 2019



Please join in congratulating **Jen Wagoner**, Physical Therapist in Sports Medicine and Rehabilitation Services, on being named the recipient of the MDH APPLE Award for May 2019. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH”.

Jen received her Bachelor of Health Sciences degree in December of 2005. She then earned her Masters of Physical Therapy in May of 2007. Jen started at McDonough District Hospital on January 26, 2009, as a Physical Therapist.

Jen Wagoner

Jen develops a strong therapeutic relationship with her patients. She is very professional when communicating with primary care providers and other physicians. She has exceptional knowledge and skills when it comes to evaluation and treatment of vestibular conditions. Jen has a strong desire to learn more about vestibular conditions and address patients needing care as quickly as possible.

Jen has demonstrated the ability to work in home health, acute care, and an outpatient setting. Jen has excellent patient outcomes by providing relief and a higher quality of life for patients who have had symptoms, sometimes for years. Her motivation is to help others. She is very respected by peers and patients. Jen is loyal to MDH and does her best to advocate for her patients and for the hospital.

Her nominator explains that Jen always goes above and beyond to make a difference at MDH. She has a great deal of self-motivation and isn't afraid to take on a challenge. Jen is a role model to her peers and is a team player. Her enthusiasm is remarkable. It truly shows that she loves what she does. “Jen is a rock star and a true inspiration to others,” states her nominator.

Jen is married to Brad. They have four children: Zoey, Payton, Dean, and Grey. She enjoys watching her children play sports, scrapbooking, crafting, gardening, and spending time at Wagoner Woods.



2019 Scrub Fair



PAYROLL
DEDUCTION
WILL BE
AVAILABLE
FOR MDH
STAFF!

Monday, July 22, 2019 (8am-7pm)

**Location: McDonough District Hospital
Auditorium A & B (Lower Level)**

Vendors:

The Attic
Brown's Shoe Fit Co
The Gift Gallery

July 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.

Forget-Me-Not Support Group

Monday, July 1 | 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, July 1 | 7-8 p.m.
 Health Services Building 1 Auditorium
 Contact Behavioral Health Services at (309) 836-1582.

Divorcing Parents Education Program

Friday, July 5 | 1-5 p.m.
 Health Services Building 1 Auditorium
 Fee: \$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, (June 27), July 11, 18, 25 | 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.

MDH Bushnell Family Practice Sports Physical Clinic

Wednesday, July 10 | 1-4 p.m.
 1150 N. Cole Street, Bushnell
 Fee: \$10
 For more information call (309) 772-9444.

Bereavement Support Group - New Horizons

Monday, July 15 | 3-4 p.m.
 Private Dining Room
 For more information, call Hospice at (309) 836-1543.

...Benefit Break...

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

McDonough District Hospital Tuition Reimbursement

McDonough District Hospital encourages employees to pursue college course(s) which will improve their job knowledge and skills, broaden their scope of health care understanding, and contribute to higher levels of overall competency throughout MDH.

An employee who has completed six months of employment at MDH may apply for tuition reimbursement. The course content will be directly related to the enhancement of the employee's present job or related to a position staffed at MDH that the employee plans to pursue.

Employees are eligible for reimbursement out-of-pocket costs for tuition only. Books, fees, and materials will be paid by the employee. Annual tuition is for classes taken from fall semester through summer semester. The limit per year per employee is:

Full-time, Status 1	\$3000 per year
Part-time Agreement, Status 7	\$2000 per year
Part-time, Status 2	\$1000 per year



More details along with the Tuition Request and Reimbursement forms can be requested from Human Resources. Forms are also available via the Human Resources page of the MDH Intranet.

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

CDC Standard Precautions for All Patient Care

Standard Precautions are used for all patient care. They're based on a risk assessment and make use of common sense practices and personal protective equipment use that protect health care providers from infection and prevent the spread of infection from patient to patient.

Standard Precautions includes the following basic principles:

- Performing Hand Hygiene prior to and after patient contact or contact with the patient's environment.
- Use of personal protective equipment (PPE) whenever there is an expectation of possible exposure to infectious material.
- Following respiratory hygiene/cough etiquette principles for patients and health care workers.
- Ensuring appropriate patient placement and isolation precautions based on CDC guidelines.
- Properly handling and properly cleaning/ disinfecting patient care equipment, instruments/ devices and the environment.
- Handling textiles and laundry carefully.
- Following safe injection practices with PPE as well as procedure based precautions (i.e. masks with lumbar punctures, epidurals, and for central lines- full barrier, PPE including masks).
- Ensure health care worker safety including proper handling of needles and other sharps.

These basic principles guide us in our everyday work to protect ourselves and the patients we serve. They tell us what PPE we wear, when/where we don the PPE and where/when we remove PPE. These principles are evidence-based practice that must be followed by all health care workers regardless of job duties or titles.

Caught You Caring *month*



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

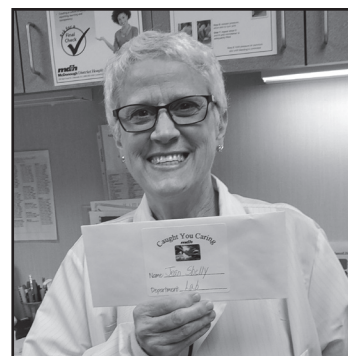
Below are the winners of the \$25 Gift Certificates:



*LeeAnna
Carey
and
Jessica Teel
Surgery*



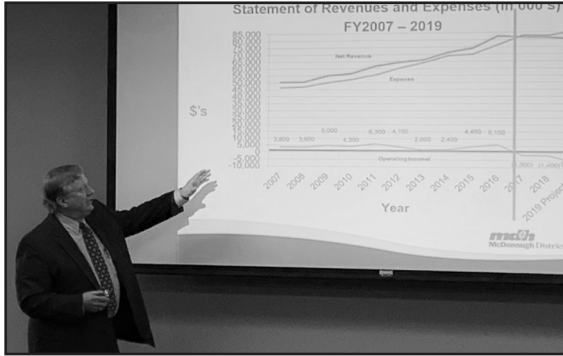
*Justin Gast
Information
Systems*



*Jean Shelly
Laboratory*

CEO Business Leader Roundtables

CEO Business Leader Roundtables were held May 22 and 23 at Spoon River College Outreach Center. Brian E. Dietz, FACHE, MDH President/CEO presented “What’s happening at MDH” with a facility, financial, physician, and service update. A total of 94 area business leaders and government officials attended the sessions.



July Meetings Calendar

Tuesday, July 9

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

Wednesday, July 10

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

Thursday, July 11

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

Friday, July 12

Exec Committee, 12 p.m., PDR

Tuesday, July 16

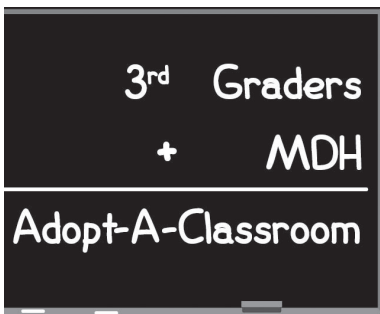
Medical Group Operations Council, 5:30 p.m., TFBR

Thursday, July 18

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

Friday, July 26

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



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.

Orthopedics - Dr. White

In May, Dr. White visited our Adopt-A-Classroom students. He brought surgical gear and a model skeleton as part of his demonstration about what an Orthopedic Surgeon does. Students learned why surgeons wear special gear and what kind of preparation is required. The students thoroughly enjoyed the lesson from Dr. White and asked many questions. The class received MDH calculators to commemorate the visit.



THANK YOU!



Thank you to everyone who helped make the Summer Block Party a HUGE success! Over 400 meals were served! A BIG thank you to our PROS Committee and Department Leaders who helped serve and to Morrison Food Service for catering the meal.



Raffle prize winners and PROS Members who haven't picked up their recognition gifts may stop by the Foundation office
Monday- Friday | 8:30AM- 4:30PM

Raffle Prize Winners:

Fiesta Basket: Chris Campbell

Chip Bowl & Chips: Glynnis Coplan

Chip Bowl & Chips: Janene Shockency

Dish Towel: Julie Elliot

Dish Towel: Peggy Jones

Dish Towel: Jackolyn Wibbell

Mini Cactus: Debi Johnson

Mini Cactus: Lyndsay Bedwell

Mini Cactus: Cheri Nichols

Cactus Mug: Lindsey Woodford

Mexican Soda: Nicole Campbell

Mexican Soda: Kory Harman

Mexican Soda: Bob Dorethy

Hot Sauce: Dave Cady

Hot Sauce: Mark Grieve

