



McDonough District Hospital  
Employee Newsletter

# Making Rounds

March 19, 2019 • [www.MDH.org](http://www.MDH.org)



HAPPY DOCTORS' DAY

## WE HONOR YOUR DEDICATION

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Thank you for the hard work, stress  
and sleepless nights you've endured...

For the compassion, concern, and  
kindness you've shown...

And for all the obstacles you've had  
to overcome.



March

30

In honor of Doctors' Day send  
a note to your provider and  
we will deliver your message!  
Visit [MDH.org](http://MDH.org)

Want to do more?  
Give a donation to recognize your  
healing hand through the Grateful  
Patient Program!

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? Call the MDH Hotline at (309) 836-1630.

## Next Deadline

The next *Making Rounds* deadline is NOON on **Tuesday, April 9.**

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

## MDH Says Goodbye

**Josh Adaya**, Registered Nurse, Emergency Room, 3/7/19

**Suellen Carmody-Menzer**, Leader, Cardiopulmonary, 2/22/19

**Brodie Cernich**, Certified Nursing Assistant, Acute Care, 2/21/19

**Carissa Kinman**, Leader, Practice Management and Transformation, MDH Medical Group, 3/11/19

**Marcia McGrew**, Leader, Home Health/Hospice, 2/15/19

**Kathleen McCleery**, Accounts Receivable Auditor, Patient Financial Services, 3/1/19

**Stephanie Pahlke**, Certified Medical Assistant, Convenient Care Clinic, 3/3/19

**Kellie Stewart**, Certified Nursing Assistant, Senior Behavioral Health, 2/19/19

**Jennifer Taylor**, Control Secretary, Operating Room, 3/8/19

**Holly Torrance**, Registered Nurse, Operating Room, 3/8/19

## Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Accounting Assistant	Fiscal Services	Days	Full-time
PT Account Rep	Patient Financial Services	Days	Full-time
Secretary/Receptionist	Radiology	Days	Full-time
Secretary/Receptionist	Pathology	Days	24 hrs/wk
Leader	Fiscal Services	Days	Full-time
Leader	Health Information Management	Days	Full-time
President/CEO	Administration	Days	Full-time
VP of Finance	Fiscal Services	Days	Full-time
VP of Medical Practices	Physician Clinics	Days	Full-time
Clinic LPN	Physician Clinics	Days	Full-time
Clinic LPN	Psychiatry	Days	Full-time
RN	Senior Behavioral Health	7a-7:30p	24 hrs/wk
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	Senior Behavioral Health	7a-7:30p	Full-time
CNA	Acute Care	7p-7:30a	24 hrs/wk
Medical Assistant	OB/GYN Clinic	Days	Full-time
Medical Assistant	OB/GYN Clinic	Days	Full-time
PBX Operator	Communications	Variable	24 hrs/wk
Ambulatory Informatics Supervisor	Information Systems	Days	Full-time
Athletic Trainer	Sports Medicine and Rehabilitation Services	Variable	Full-time
Clinic Supervisor	Physician Clinics	Days	Full-time
Financial Analyst	MDH Medical Group	Days	24 hrs/wk
Gynecologist	OB/GYN Clinic		Full-time
Histologist	Laboratory	5a-1:30p	Registry
Occupational Therapist	Sports Medicine and Rehabilitation Services	Days	Full-time
Pediatrician	Pediatrics	Days	Full-time
Pharmacist	Pharmacy	Variable	Registry
Pharmacy Tech II	Pharmacy	Days	Full-time
Polysomnographic Tech	Cardiopulmonary	7p-6:30a	Registry
PT Assistant	Sports Medicine and Rehabilitation Services	7:30a-4p	Full-time
Registered Vascular/Cardiac Sonographer	Cardiopulmonary	Days	Full-time
Respiratory Therapist	Cardiopulmonary	7p-6:30a	Full-time

Full list also available online at [www.MDH.org](http://www.MDH.org)

As of March 12, 2019

## New Faces at MDH

### MDH Welcomes New Employees



#### **Faith Birdsell**

Faith is a Housekeeping Aide in Environmental Services and is originally from Phoenix, AZ. She has three children: Keaton, Kenneth, and Kyler. Faith enjoys the outdoors with her three sons.



#### **Jamie Churchill**

Jamie is a Phlebotomist in Laboratory. She is from Roseville and has four children: Rick, Leighton, Sully, and Emrick. Jamie enjoys cooking and traveling.



#### **Emily Cousins**

Emily is a Physical Therapist in Home Health. She is from Macomb and is married to Brandon. They have one daughter, Mackenzie. Emily enjoys camping.



#### **Reagan Horsch**

Reagan is a Phlebotomist in Laboratory. She is from Rushville and enjoys being outdoors, playing with her dogs, and anything with science.



#### **Sara Parker**

Sara is a Certified Medical Assistant for Family and OB/GYN Clinic. She is from Tennessee and has one daughter, Brooklyn. Sarah enjoys spending time with family and friends, shopping, and spending time outdoors.



#### **Elisha Shadden**

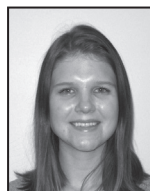
Elisha is an Agency Registered Nurse for Emergency Services.



#### **Kelsie Woodside**

Kelsie is a Registration Clerk for Registration. She is from Industry and enjoys dog sitting and spending time with family and friends.

### MDH Welcomes New Students



#### **Taylor Johnson**

Taylor is a student in Cardiac Rehab. She is from Beardstown.



#### **Yashwanth Sudhini**

Yashwanth is a student in Psychiatry and Senior Behavioral Health.



#### **Gabriel Swords**

Gabriel is a student for MDH Clinics. He is from Eureka and enjoys basketball, golf, and chess.

### MDH Welcomes New Volunteers



#### **Pam Brown**

Pam is retired from WIU and enjoys spending time with her grandchildren.



#### **Janet Furman**

Janet is a retired elementary school teacher originally from Nebraska. She enjoys music, the outdoors, and traveling.



#### **Beverly Rayburn**

Beverly is a retired teacher from Rushville High School. She enjoys music, reading, traveling, and gardening.

## Moving Around

**Michael Hofmeister** is now a Section Head for Nuclear Medicine.

**Debi Johnson** is now an Accounts Receivable Auditor in Patient Financial Services. She was previously a Patient Account Representative in the department.

**Sherry Lotz** was a Certified Medical Assistant for Family Clinic and is now working in Internal Medicine.

**Carmela Morris** was a Senior Behavioral Health RN, now she is a Emergency Room RN.

**Samantha Ragle** is now a Registered Nurse in Acute Care. She previously worked in the department as a Certified Nursing Assistant.

## Out and About

**Josie Bauer, BA; Leah Rybakowski, MS, LPC; and Jen Smith, LCSW, CADC**, from Behavioral Health Services presented at the Macomb High School Wellness conference on February 15. The topic was Stress Less: Top Ways to Combat Stress and Anxiety and Learn How to be Happier, Calmer and More Successful. The presentation addressed stress and anxiety in teens while providing ways to manage these effectively. Students were able to participate in the presentation through an interactive web tool. They had good student participation and received positive feedback.

## Caught You Caring *mdh*



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

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

*Ann Biddenstadt - Emergency Services*

*Shawn Evans - Cardiopulmonary*

*Jacob Maclean - Senior Behavioral Health*

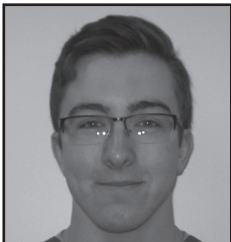
*Cindy Thompson - Registration*



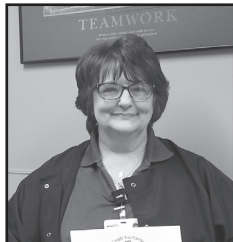
*Ann Biddenstadt*



*Shawn Evans*



*Jacob Maclean*



*Cindy Thompson*



## Easter Sale April 18 & 19

Pick an egg and receive  
10%, 15% or 20% off final purchase!



*Excludes fresh flowers, candy, greeting cards, magazines, MDH items, newspapers, used books and stamps.*

## Words to Remember

**Shut down** - At least once a week your computer should be shut down for at least 30 seconds to 1 minute, then turned back on. You should NOT leave workstations off. Certain updates are pushed out at night.

**Restart** - You should restart/reboot your computer at least once a day.

**Log off** - Whenever you walk away from the computer be sure to log off. Logging off does NOT refresh or restart your computer's operating system.





# *Save The Date*

## Maternal Fetal Medicine Round Table #3

Wednesday, April 3  
9 a.m.–12 p.m.

McDonough District Hospital  
Auditoriums A & B (lower level)

A light brunch will be served



**Robert Abrams, M.D., F.A.C.O.G.**

Associate Professor, SIU School of Medicine  
Division Chief, Maternal Fetal Medicine

CME credits offered  
at this event.



**McDonough District Hospital**



**SIU MEDICINE**

# Colorectal Cancer

Colorectal cancer starts as a growth on the inner lining of the colon or rectum. These growths are called polyps. Not all polyps turn into a cancer, and we can prevent most colon cancer cases with routine screening.

## Risk Factors

- Overweight
- Physical inactivity
- Diets high in red and processed meats
- Smoking
- Excessive alcohol use
- Family history of colorectal cancer
- Race and ethnicity
- History of cancer

## Should you be concerned?

If you're 45 and older or having symptoms,

# YES!

## Signs and Symptoms

- A change in your bowel habits, including: diarrhea, constipation, or a change in the consistency of your stool that lasts longer than four weeks
- Rectal bleeding or blood in your stool
- Weakness or fatigue
- Persistent abdominal discomfort, such as cramps, gas, or pain
- A feeling that your bowel doesn't empty completely
- Unexplained weight loss

## Get Your Free Colorectal Cancer Kit!

In recognition of Colorectal Cancer Awareness Month, MDH is providing **FREE** Hemoccult-ICT test kits. These test kits are the first step in detecting colorectal cancer.

### >>Did you know?

According to Colorectal Cancer Alliance 11% of colon cancer diagnoses and 18% of rectal cancer diagnoses occur in those under 50?

*Don't Assume you're too young.*

## Free test kits are available through April 26.

**Kits are available at the following locations:**  
**Admitting | Bushnell Family Practice | Family Clinic**  
**Internal Medicine | Outreach Services**

## APPLE Winner February 2019



Please join in congratulating **Alicia Napier**, Registered Nurse in Obstetrics, on being named the recipient of the MDH APPLE Award for February 2019. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH”.

Alicia attended Graham Hospital School of Nursing where she earned her degree in Nursing in May 2006. On June 19, 2006, she started her career at McDonough District Hospital as a Registered Nurse in Obstetrics.

**Alicia Napier** Alicia has worked in obstetrics for the past 12.5 years. She does a wonderful job and is very knowledgeable in her department. Alicia has excellent communication with her patients, their families, co-workers, and providers. She demonstrates being a team player by being very adaptable to any situation that arises. Alicia is very flexible and reliable for staffing needs.

She does well in emergency situations by staying calm and getting the tasks completed efficiently, all while comforting the patient. Alicia always has a positive attitude and is easy to get along with. Her co-workers love working with her and her patients love her as well. She is self-motivated and eager to learn with every educational opportunity that arises.

Her nominator explains that Alicia is a very kind and caring person. She has a very calming effect on her patients and co-workers. Alicia's attitude is described as being warm and cheerful to everyone she comes into contact with. Even in the most complex situations, Alicia gives excellent care. A patient once stated, “Alicia is one of the sweetest people she has ever met.” She is always punctual and pays very close attention to detail. She is hardworking and dedicated. Alicia exemplifies everything the APPLE represents. She is a pleasure to work with.

Alicia is married to Andrew and has three children: Eric, Evan, and Ethan. She loves to read, exercise, and hang out with her family. Alicia is also very involved in her church.



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

## Word Search!

BEEF  
CABBAGE  
CLOVER  
CORNE  
EMERALD  
GOLD  
GREEN  
IRISH

JIG  
LEPRECHAUN  
LUCKY  
PINCH  
POT  
RAINBOW  
SHAMROCK

## Recognition for Outstanding Customer Service

For the month of February, 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: **Nora Valdez**

Environmental Services: **Mona Smith; Brenda Vaughn; Mary Ann Plate**

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

Home Health: **Danelle Smith; Katie Burgard; Etta McHone**

Hospitalist: **Dr. McPherson**

Laboratory: **Shannon Heath**

MDH Medical Group: **Tammy Schmalshof; Dr. Mitchell; Dr. Wehner; Dr. Card; Dr. Wright; Dr. Sparks; Dr. Zhang; Dr. Gonzales**

Obstetrics: **June Sapp; Rachel Ruebush; Vickie Vawter; Theresa Schaer; Jennifer Olson; Wendy Cameron; Shawna Sprinkle; Mary Thompson, CNM; Sharie Harden, CNM; Sara Jones; Stephanie McCleery; Kym Lockard; Shannon Jackson; Missy Ervin; Lynn Crowell**

Radiology: **Lynn Durso**

Surgical Services: **Dr. Brody; Dr. Biagini; Dr. Trost; Tracy Thome; Amber Sparrow; Dr. Nwawka; Kim Rhoads; Kathy Hamm; Steve Hilligoss; Jessica Teel; Dr. White; LeeAnna Carey; Ashley Kessler; Dr. Gonzales**

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

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## Grateful Patient Program

**Jen Wagoner**, MPT, CVR, has earned three Healing Hand Awards through the Grateful Patient Program at McDonough District Hospital since the program began in 2017.

Most recently, Wagoner was honored for her professionalism, compassion, and expertise when delivering patient care.

This third award and donation brings Wagoner closer to the goal of purchasing specialized goggles that will enhance the treatment process for vestibular disorders at MDH.

The Grateful Patient Program at MDH provides an opportunity for patients to say thank you for the exceptional care delivered by a provider, nurse, staff member, volunteer, or area of care. Patients have the opportunity to designate funds or recognize their Healing Hand with a certificate of appreciation.



To learn more about the Grateful Patient Program at MDH, please contact the Foundation office at (309) 836-1757.



# April 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.

## Breast Cancer Support Group

Monday, April 1 | 5:30 p.m. | Auditoriums A & B

Support group committed to helping women deal with the emotional, social, psychological, and physical aspects of breast cancer. For more information contact the Outreach Services Department at (309) 836-1584.

## Forget-Me-Not Support Group

Monday, April 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, April 1 | 7-8 p.m.

Health Services Building 1 Auditorium

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

## LIFE Course: Putting the Home Health Puzzle Pieces Together

Tuesday, April 2 | 10-11 a.m. | Auditoriums A & B

Presented by Julie Trulson, MDH Home Health and Hospice Patient Care Coordinator, this program will provide tips on how to stay at home safely and receive the care you deserve in a fun, interactive, innovative manner. The pieces of home health all come together to give the participant a helpful and clear picture of home care.

Fee: \$5. For more information or to register, please contact at (309) 298-1911.

## Community First Aid

Tuesday, April 2 | 6 p.m.

Auditorium A

Cost: \$40. Pre-registration required.

Contact Outreach Services at (309) 836-1584.

## Childbirth and Infant Care: Breastfeeding

Thursday, April 4 | 6:30-8:30 p.m. | Auditorium B

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

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

### Childbirth Instruction Class

Saturday, April 6 | 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 a tour of the OB department.

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

## Community CPR Class

Tuesday, April 9 | 6 p.m.

Auditoriums A & B, Auxiliary workroom & conference room

Fee: \$40. Pre-registration required.

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

## Childbirth and Infant Care: Cesarean Section Class

Thursday, April 11 | 6:30-8 p.m. | Auditorium B

A one-evening class providing information about common reasons for cesarean birth. This class is highly recommended for anyone who wishes to have their support person in the operating room.

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

## Bereavement Support Group - New Horizons

Monday, April 15 | 3-4 p.m. | Private Dining Room

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

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

Thursday, April 18 | 6:30-8:45 p.m. | Auditorium B

Free. Pre-registration is required. For more information or to register, call OB at (309) 836-1570.

## LIFE Course: Safety Assessment of Your Home

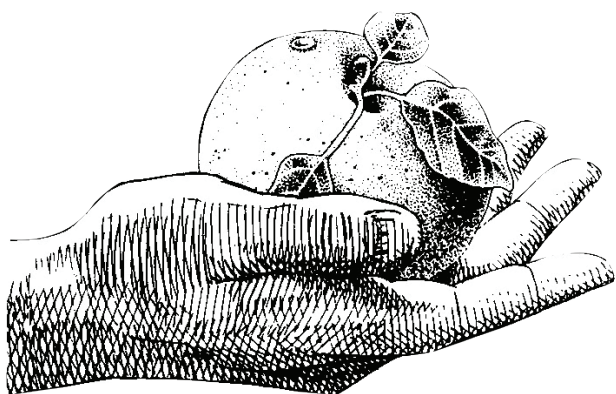
Wednesday, April 24 | 12:30-2 p.m.

Auditoriums A & B

Presented by MDH Occupational Therapy staff, participants will learn how to re-organize their home for daily living to allow for various physical limitations that might occur due to illness, injury, or simply age. This course offers practical and interesting modifications that will help prevent falls and make daily living safer and more enjoyable.

Fee: \$5. For more information or to register, please contact at (309) 298-1911.

# Golden Apple Society Recognition Reception



The annual Golden Apple Society Recognition Reception was held on February 7 at the Macomb Country Club to honor 10 new pledges/members in 2018. Society members are individuals who support MDH with a pledge or donation of \$10,000 or more over the course of 10 years. Those recognized that evening were:

## **Platinum (\$20,000)**

Lorraine Epperson

Ray and Nancy Krey

Dick and Azelia Severs & family

## **Gold (\$10,000)**

Jill Brody, MD and R. William Lambert, PhD

Dylan and Jill Cook

Marc and Deb Lawver

Maureen Marx

Peggy Scharfenberg

Sandy Shearer

Christine and Mitchell Standard

This group of employees and community members understand the importance of improving healthcare in our community and their support is much appreciated.

*If you are interested in joining the Society with a pledge, gift, or payroll deduction please contact the Foundation office at extension 13791.*





## Employee & Community Support

- Marguerite Casey Foundation donated \$3,000 as a matching gift to DKSWC.
- MDH sold \$1,445 in t-shirt sales in support of WIU Athletics Think Pink Game supporting Linda's Fund.



### ...Benefit Break...

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

### *Employee Assistance Program*

When a problem is bothering you or a member of your immediate household, simply contact a counselor at Resource Management Services, our Employee Assistance Program. A simple phone call will get an immediate response, 24 hours a day, seven days a week. An appointment can usually be offered within 48 hours and will be conveniently located in Macomb (or Peoria if you prefer).

Some common topics that are discussed are: family and individual counseling; depression and anxiety; family conflicts; divorce or separation; financial problems; parenting; abuse; sexuality; low self-esteem; eating disorders; stress management and career issues; legal advice; and much more.

Confidentiality is the key, and your privacy is assured. The counselors cannot release information to anyone (including your employer) without your written consent.

You and any member of your immediate household can use the services of the EAP at no cost to you. Just call 1-800-333-2095 to talk to the EAP.

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

## April Meetings Calendar

### Monday, April 1

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

### Tuesday, April 9

Credentials & Bylaws, 7 a.m., PDR

### Thursday, April 11

Finance Committee, 7 a.m., TFBR

### Friday, April 12

Exec Committee, 12 p.m., PDR

### Monday, April 15

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

### Tuesday, April 16

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

### Thursday, April 18

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

### Wednesday, April 24

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

### Friday, April 26

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

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You shop. Amazon gives.

Don't forget - If you shop on Amazon:  
Go to **www.smile.amazon.com**, shop,  
choose **McDonough District Hospital  
Foundation Inc. (EIN #46-5143822)**,  
and when you check out,  
Amazon will donate a  
portion of the sales to the  
MDH Foundation. Be  
sure to always shop using  
smile.amazon!



# Our Primary Care Team Is Here To Serve You!

## CLINICS ACCEPTING PATIENTS

*Same day appointments available!*

### **Bushnell Family Practice**

1150 N. Cole Street, Bushnell | (309) 772-9444

#### **Office Hours:**

Monday-Friday 8:30 a.m.-5 p.m.

*(Patients 18 months and older)*

### **Family Clinic**

Health Services Building 2 | Suite 213

515 East Grant Street | (309) 837-MYDR (6937)

#### **Extended Office Hours:**

Monday-Thursday 7:30 a.m.-7:30 p.m. | Friday 8 a.m.-5 p.m.

*(Patients 6 months and older)*

### **Internal Medicine**

Health Services Building 2 | Suite 111

515 East Grant Street | (309) 837-9926

#### **Office Hours:**

Monday-Friday 8:30 a.m.-5 p.m.

*(Adults and Nursing Home Patients)*

### **Pediatrics**

Health Services Building 1 | Suite 202

505 East Grant Street | (309) 833-1729

#### **Office Hours:**

Monday-Friday 8:30 a.m.-5 p.m.

*(Newborn-17 years old)*

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**District Hospital**

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