

WIU Homecoming Parade and Game Highlights



MDH sponsored the WIU Homecoming game on October 3, starting off the day participating in the traditional WIU Homecoming Parade. Thank you to Emergency Services for providing an ambulance, the Sports Medicine & Rehabilitation Services team along with a group of MDH employees for participating in the parade, tossing footballs to the crowd.

In the afternoon, MDH employees enjoyed the WIU football game with a last second win over Southern Illinois. MDH was recognized as the homecoming game sponsor. Kenny Boyd, President/CEO, represented the hospital on the field, receiving a sponsorship football.



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.

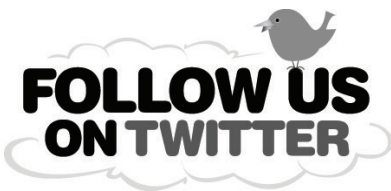
Next Deadline

The next *Making Rounds* deadline is NOON on **Tuesday, November 10**. Please submit your information, articles, thank-you notes, recipes, achievements, etc., to Public Relations.

MDH Says Goodbye

Nicole Schaub, Health Educator, Outreach Services, 10/7/15

Tiffany Woods, RN, Senior Behavioral Health, 10/1/15



Eye Spy

In this issue of Making Rounds, can you find how many time the following items appear?

Find the answer on page 19



Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Clerk I	Health Info Mgt.	Days	Full-time
Unit Secretary	Acute Care	7a-7:30p	Full-time
Admit/Discharge RN	Acute Care	7a-7:30p	Full-time
ER - CCC	Emergency Services	Days	Full-time
Infection Control	Quality & Innovation	Days	24 hrs/wk
Nurse Practitioner	ENT Clinic	Days	Full-time
Nurse Practitioner	Psych Clinic	Days	Full-time
RN	Senior Behavioral Health	7p-7:30a	Full-time
RN	Senior Behavioral Health	7p-7:30a	24 hrs/wk
RN	Senior Behavioral Health	7p-7:30a	Full-time
RN	Acute Care	7p-7:30a	Full-time
RN	Emergency Services	7p-7:30a	Full-time
RN	Emergency Services	7p-7:30a	24 hrs/wk
RN	Emergency Services	Days	24 hrs/wk
RN	Emergency Services	Evening	Full-time
RN	Emergency Services	Evening	24 hrs/wk
RN	Emergency Services	Variable	24 hrs/wk
RN	Utilization Review	Days	Full-time
CNA	Senior Behavioral Health	7a-7:30p	Full-time
CNA	Senior Behavioral Health	7p-7:30a	Full-time
CNA	Senior Behavioral Health	7p-7:30a	24 hrs/wk
CNA	Acute Care	7a-7:30p	24 hrs/wk
EMT	Ambulance	Variable	Registry
Paramedic	Ambulance	7p-7:30a	Full-time
Bio-Med Tech	Plant Engineering	7a-3:30p	Full-time
Health Educator	Outreach Services	Days	Full-time
Medical Director	Hospitalist		Full-time
Physician	Family Clinic	Days	Full-time
Physician	Internal Medicine		Full-time
PT Assistant	Rehabilitation Clinic	Days	24 hrs/wk

List also available online at www.mdh.org

As of October 13, 2015

Diabetes Education Center News

Diabetes Advisory Committee annual meeting was held September 30, 2015, we had nine in attendance. Lynn Henderson, RD attended a Diabetes Conference in Springfield, IL on September 23. We are happy to announce that Adam DuPree, RD recently joined our staff. The Diabetes Education Center reapplication for ADA certification was approved. The Diabetes Education Center has held ADA certification since 2002, a renewal application must be completed every four years.

New Faces at MDH

MDH Welcomes New Employees



Shelby Divan

Shelby is a Registered Nurse in Home Health. She is originally from Rushville and enjoys hunting, fishing, four-wheeler riding, horseback riding and singing.



Jen Harper

Jen is a Service Excellence Assistant in Service Excellence. She is originally from Elmwood, enjoys exercising and spending time with her family, especially her niece and nephew.



Briahna Jones

Briahna is an ER Clerk in Registration. She is originally from Macomb and has one daughter, Rylee. In her spare time, Briahna enjoys music.



Grace Laktas

Grace is a Secretary/ Receptionist in Internal Medicine. She is originally from Macomb. In her spare time, Grace enjoys volunteering in our community.



Kelsie Ockinga

Kelsie is a Registered Nurse in Hospice. She is originally from Kiowa, Kansas. She is married to Phil and they have two children; Miles and Claire. In her spare time, Kelsie enjoys football and spending time with her family.



Mia Stefani

Mia is a Patient Care Technician in Emergency Services. She is originally from Staunton. She is married to Jacob Rhodes and in her spare time enjoys running, reading and cooking.

MDH Welcomes New Volunteers



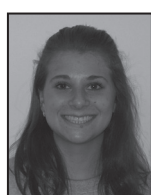
Emily Highlander

Emily is a LEJA and Social Work major at WIU. She has been a swimmer for 16 years.



Daphine Kirkham

Daphine is a Social Work student at WIU. She is a Veteran who is originally from Rushville.



Danielle Kroll

Danielle is a senior Social Work major at WIU. She is originally from Long Grove.



Shaquana Nelson

Shaquana's nickname is Unique.



Olivia Prater

Olivia is a Social Work student at WIU. She is originally from Alton. She enjoys playing sports.



Kayla Stanback

Kayla is a Psychology major at WIU. She is new to Macomb and has interest to work as a Psychiatric Social

Worker in the future.



Chelsey Weigand

Chelsey is originally from Galesburg. She is a senior Social Work major at WIU.

Stork Landings



Brian and Carissa Kinman are the proud parents of a baby girl, Addison Rose. Addison was born on September 28. Carissa is the Quality and Process Improvement Coordinator in McDonough Medical Group.

Moving Around

Chris Cunningham is the EMS Coordinator after previously working as a Paramedic in Emergency Services.

Sue James is a Secretary for Convenient Care after previously working as a Secretary/Receptionist in Internal Medicine.

Lyndsey Utter is working as a Specialist in Behavioral Health in addition to her role as Senior Behavioral Health Unit Secretary.

Out and About

Shelly Hartman, FNP, along with representatives from Outreach Services, Sports Medicine and Rehabilitation Services, as well as the Diabetes Center, attended the NTN Bower 50th Anniversary celebration on Saturday, October 10.





Kathryn Schaiff, PA

Kathryn is a certified Physician Assistant working in Emergency Services. She received a Master of Science degree in Physician Assistant Studies from the

University of Arkansas for Medical Sciences in Little Rock, AR. Kathryn completed over 60 weeks of clinical rotations with a wide range of areas including; emergency medicine, geriatrics, women's health, pediatrics, general surgery, family medicine and more. Kathryn is originally from Chesterfield, Missouri. In her spare time she enjoys hiking, scuba, racquetball and gaming.



Andrew Bryant, PA

Andrew is a certified Physician Assistant working in Emergency Services. He received his Masters of Physician Assistant Studies from Southern Illinois University School

of Medicine in Carbondale. He is a member of the Illinois Academy of Physician Assistants and the American Academy of Physician Assistants. Andrew is certified in Advanced Cardiovascular Life Support, Emergency Medical Technician and IV Venipuncture. He is originally from Decatur and enjoys mountain biking and sports in his spare time.

APPLE Winner September 2015



Please join me in congratulating **Casey Wilcox**, OR Technician in Surgical Services, on being named the recipient of the MDH APPLE Award for September 2015. APPLE stands for "Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH."

Casey graduated from the Surgical Technician program at Florida Community College of Jacksonville in 2001 and gained experience working as a technician at St. Vincent's Medical Center and Baptist Medical Center in Jacksonville, Florida until 2008. As of September 9, 2008, Casey began her employment as an OR Technician in Surgical Services at MDH.

Casey Wilcox Casey is very knowledgeable and can scrub for any procedure. She is a mentor for the scrub tech students from John Wood Community College in Quincy who use MDH as a clinical site. She teaches the students and helps them learn the skills they will use as a future technician. This is a three-month commitment, and Casey goes above and beyond what is expected of her job description to help these students. She is also cross-trained and works at the control desk as needed.

Casey is a team player, a valuable resource, and an exceptional scrub technician. She has great skill and is respected by peers and surgeons. She remains professional, courteous, and kind in all situations. She is very helpful to both patients and co-workers and provides a refreshing positive outlook and friendly demeanor.

Her nominator is very complimentary of Casey, "Casey is an absolute joy to work with. She is kind and compassionate to all patients and families. If I had to use just one word to describe Casey, it would be empathetic. Too often in this profession we become hurried and forget how scared, worried or angry our patients may be feeling. Casey never forgets that each patient is unique and as such should be treated with the greatest regard for their own special needs and care through their medical journey."

Casey and Tim have two sons, Tristan and Cody. In her spare time, Casey enjoys reading, camping, fishing and attending her sons' ball games.



Non-Candy Halloween Snack Idea

"Boo" Nana Pops



Looking for a fun/non-candy snack to make for Halloween? Although this is made with white chocolate (only half an ounce each pop), it's much healthier than candy, and certainly a frozen Halloween snack that the kids will love! They will also enjoy being your little kitchen assistant on this one.

Ingredients

- Bananas
- White Chocolate
- Mini Chocolate Chips
- Popsicle stick

Directions

1. Cut banana in half
2. Cut each half in half vertically
3. Insert popsicle stick
4. Melt white chocolate
5. Dip banana in white chocolate, add chocolate chips as eyes
6. Place on wax paper and freeze



Reminder from Human Resources

Health Alliance In-Network Provider Verification

Please verify the out-of-pocket expenses before services are performed to avoid any surprises in health insurance coverage. Do not rely on your provider to give you accurate coverage levels or to provide you with physicians who are in-network for our plan.

It is difficult for providers to quote coverage levels for each Health Alliance plan accurately. It is always best to call Health Alliance directly to make sure you have accurate information. Please ask if your provider is in-network, if the facility is in-network, if the services are covered by the plan and at what level of coverage and if pre-authorization or a referral is needed.

The same applies to prescription benefits. To know accurately what your co-payment for your prescription will be prior to having the prescription filled, you can call Health Alliance to see if the drug is on the Health Alliance formulary and what the co-payment will be.

To assure you accurately know what the cost of healthcare services will be to you, please contact Health Alliance at (800) 322-7451 before services are rendered.



Breast Cancer Awareness

On Monday, October 5, MDH hosted a breast cancer awareness program titled, "So you survived breast cancer...now what?". Presenting at this program was **Dr. Ron Rigdon**, Radiologist and **Tim Tyler**, Radiology Leader. Dr. Rigdon spoke to the attendees about the screenings, what they look for in the breast to detect cancer, the different types of tissue in the breast and the different stages of breast cancer. Tim Tyler spoke to the crowd about the importance of early detection, the digital mammography suite at MDH and how to move forward once diagnosed with breast cancer. Attendees received t-shirts, pens and other giveaways along with refreshments.



Pink T-Shirt Fridays *(Only in October)*

In recognition of Breast Cancer Awareness month, on Fridays during **October**, MDH Employees are able to wear "Think Pink...Now What" t-shirts!

If you would like to participate, shirts are for sale in the **Public Relations office Monday - Friday 8:30 AM - 4:30 PM.**

If these hours do not work for you, please let PR know through email or at ext. 13490. We will make arrangements to get you a shirt.

Quantities and sizes are limited. They will be on a first-come-first-serve basis.

Payroll deduction or check only.

Cost for a shirt is \$28. \$5 will go towards the Dolores Kator Switzer Women's Center Capital Campaign.

Employee dress code still applies/no jeans.

*The pink t-shirt is the only change in the attire for **FRIDAYS in OCTOBER ONLY.** (clinical employees wear scrub pants, non-clinical dress in business casual).*

Group Photo

FRIDAY, OCTOBER 30

Meet in the Pendell Garden at 3:00 PM

Wear your pink t-shirt and join MDH in an employee photo.

We will take a large group picture of the employees participating in pink shirt Fridays in support of Breast Cancer Awareness.



Worth 20 LifeSteps Credits!

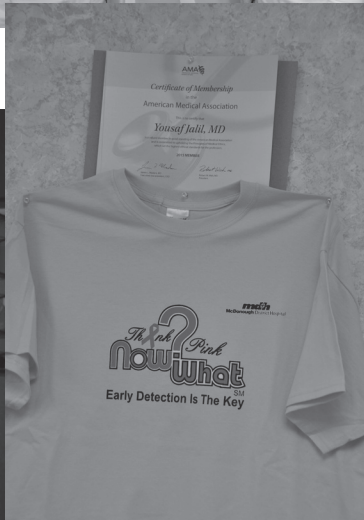
1 in 8
Women
will be diagnosed with **breast cancer** during her lifetime

Schedule your mammogram today!

Monday, Wednesday, Thursday & Friday: 8:30 AM - 5:00 PM
Tuesday: 9:00 AM - 7:00 PM

mdh Call MDH Radiology
309.836.1550 or extension 13447

Pink T-Shirt Friday Highlights!



DOLORES KATOR SWITZER WOMEN'S CENTER CAMPAIGN

We need your help to reach our goal of \$5.5m! As part of the MDH Foundation's year end appeal, we ask that you consider the DKSWC project in your charitable giving. The women in our lives will benefit from a new Women's Center.

There are many ways to make a donation to the MDH Foundation:

Cash – A cash/check/credit card donation. If you're an MDH employee, payroll deduction is available.

Securities – Your tax benefits may be greater if you donate something of value, other than cash. Stocks or other investments can become a substantial gift.

Real Estate – Before you sell real estate that would result in a sizable capital gains tax, consider donating property. You will avoid the tax cost and realize a charitable deduction for the full fair market value of the property.

Life Insurance – Policies can be purchased, prompting income tax deductions when the MDH Foundation is named both owner and beneficiary.

Bequests – By naming the MDH Foundation as a beneficiary in your will, you ensure the wisest and most productive use of your assets for the benefit of many.

Memorials/Honorariums – Gifts may be made *in memory of* or *in honor of* someone special.

Charitable Trusts – A charitable trust is a set of assets (usually liquid) that a donor signs over to a charitable foundation.

Retirement Plan/IRA – Gifts of retirement assets will not be taxed if they are paid directly to the MDH Foundation as beneficiary. You can designate all or a certain percentage of your retirement assets. The donor doesn't pay income tax on withdrawals from these accounts.

CDs and/or Savings Bonds - A popular way for savings bond and certificate of deposit (CD) holders to avoid probate at death, and to make it easier for heirs to redeem, is to have the bonds registered either with a co-owner (payable on death/POD) or with a surviving beneficiary such as the MDH Foundation.

It is important you seek professional advice to determine how your distributions will be affected by naming a charity as a beneficiary. Talk with your tax advisor to learn more.

For more information about the Dolores Kator Switzer Women's Center or to make a donation, contact the Foundation office at ext. 13791, 836-1757, or vlwallen@mdh.org. To make a donation on-line go to mdh.org/make-a-gift.

Thank you for your consideration.

DKSWC Campaign Committee



Customer Service Week, October 5-9



MDH celebrated Customer Service Week October 5-9 with several activities.
Thanks to all who participated!

Warm Kids, Warm Hearts – over 60 items of new hats, mittens and gloves were donated for area elementary and middle schools to help keep kids warm this winter.

Time for Trivia – 24 MDH employees participated in the trivia challenge!

First Place with 20 correct answers and winner of a \$20 chamber certificate:

Melissa Havens – MMG Patient Financial Services

Runner-Up with 17 answers correct and winner of a \$10 chamber certificate:

Ashley Frederick – Quality and Innovation

Additional winners with 15 correct answers each:

Sandi Combs – Patient Financial Services

Jeff Colbert – Radiology Services

Traditional Fall Treats – employees were treated to pumpkin bars and apple cider on Thursday. Over 300 pumpkin bars and 13 gallons of cider were served!

Blood Drive – We collected 15 units of blood on Friday, which provides up to 60 blood products for patients in need! In addition, we had four, first-time donors!



Recognition for Outstanding Customer Service – September

For the month of September, the Service Excellence department at McDonough District Hospital would like to recognize and say thank you to **26 employees and physicians** for their outstanding customer service to patients.

The Press Ganey and Deyta (Hospice) surveys call attention to employees who demonstrate excellent customer service, according to Administrative Leader of Quality and Innovation Maggie Goettsche. Individuals recognized receive a customer service Thank You Certificate and are nominated for the MVP award for their outstanding hard work.

Recognition for outstanding customer service goes to the following professionals:

Convenient Care Clinic: **Sue Adams, FNP; Carrie Helle, FNP**

Diabetes Education: **Janene Shockency, RN**

Emergency Services: **Dr. Ravi Masih**

Home Health: **Megan Carter, RN; Darlene Row, RN**

Hospice: **Dr. George Roodhouse**

McDonough Medical Group: **Amber Heitz, Medical Asst.; Kristen Finley, RN; Dr. Tamara Smith; Dr. Noel Flores; Amy Jones, LPN; Dr. Jeffrey Sparks; Amanda Sullivan, Medical Asst.; Tiffany Bentz, RN; Dr. James Gonzales; Dr. Edwin Card; Dr. Liberty Balbort; Dr. Scott Wright; Dr. Ronald Wheeler**

Radiology: **Lynn Durso, RT**

Sports Medicine & Rehabilitation Services: **Melanie Neulieb Zimmerman, PTA**

Surgical Services: **Dr. James Gonzales**

The **MDH Hospice Team** was also recognized in Deyta surveys with words of recognition and acknowledgement for the compassionate and personal care provided to patients and their families.

Administration received personal acknowledgements from patients for outstanding care from the following employees:

Acute Care: **Elizabeth Tefera, CNA; Emily Kelly, RN; Jessica Thorman, RN**

Surgical Services: **Kim Williams, RN**

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



Reminder

Don't Forget...

Please pick up your direct deposit stub EACH pay period from Human Resources Monday-Friday, 7 AM - 5 PM. Paychecks will be mailed the Thursday of pay week.

Thanks for your cooperation.

November Calendar of Events

Bereavement Support Group-New Horizons

Mondays, November 2 & 16

3:00-4:30 PM, Medical Arts Building, Conference Room

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

Breast Cancer Support Group

Monday, November 2

5:30 PM, Auditorium B

Contact Outreach Services at (309) 836-1584.

LIFE Course: *Where Miracles Happen: Local Medical Advancements in Healthcare*

Monday, November 2

1:00-2:00 PM, SRC Community Outreach Center

Speaker: Tamara Smith, DO

Find out the variety of services MDH has to offer.

Fee: \$5. Pre-registration recommended.

Visit: www.wiu.edu/life

Community First Aid

Tuesday, November 3

6:00 PM, Auditorium A

Cost: \$30.00, Pre-registration required.

Contact Outreach Services at (309) 836-1584.

Seniors' Day at Citizens

Thursday, November 5

8:30 AM-3:00 PM, Citizens Bank, Downtown Macomb

Senior Behavioral Health Display

For more information contact Senior Behavioral Health at (309) 836-1568.

Retiree Learning Institute

Friday, November 6

8:00 AM-2:30 PM, SRC Community Outreach Center

Keynote Speaker: Dr. Weili Zhang

For anyone 50 or over. Fee: \$20 (includes lunch) Pre-registration is required.

For more information call Velvet Powell at (309) 833-6031.

Divorcing Parents Education Program

Friday, November 6

1:00-5:00 PM, HSB 1 Auditorium

Cost: \$60.00 payable at session

Pre-registration required.

Contact Behavioral Health Services (309) 836-1582.

Risk Education

Monday-Thursday, November 9-12

1:00-4:00 PM, HSB 1 Auditorium

Pre-registration required.

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

Fee: \$150.00

Community CPR Class

Tuesday, November 10

6:00 PM, Auditoriums A & B, Auxiliary workroom & conference room, MDH.

Fee: \$30. Pre-registration required.

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

Childbirth and Infant Care: Sibling Class

Saturday, November 14

10:00-11:00 AM, MDH Auxiliary Workroom

Pre-registration required.

Contact Obstetrics at (309) 836-1570.

Look Good Feel Better

Monday, November 16

4:00-6:00 PM, Auxiliary Workroom

Pre-registration required.

To register contact Outreach Services at (309) 836-1584.

Cesarean Section Class

Thursday, November 19

7:00-9:00 PM, Auditorium B

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

AARP Safe Driving

Tuesday, November 24

8:00AM-5:00 PM, HSB 1, Auditorium

Fee: \$15 for AARP members \$20 for non-members

Pre-registration required.

Call Public Relations at (309) 836-1557.

Teddy Bear T (Ladies Night Out)

Monday, November 30

5:00-7:00 PM, Magnolias, 130 N. Lafayette St.

Cost: \$15 plus a new teddy bear/stuffed animal

Call Foundation at (309) 836-1757.



McDonough Medical Group's Family and Pediatric Clinic

...changing and growing with you...

Current providers accepting patients...



Liberty Balbort, MD

Board Certified in Pediatrics by the American Board of Pediatrics, seeing patients under the age of 18 years.



Kirsten Clerk, FNP

Board Certified by the American Nurses Credentialing Center, seeing patients over 18 months of age.



Weili Zhang, DO

Board Certified in Osteopathic Family Medicine, seeing patients over 18 years of age.

New providers coming...

Dr. Richard Minter

- Family Practice physician from Lancaster, Missouri
- Board Certified in Family Practice by the American Osteopathic Board of Family Physicians
- Arriving January 2016

Dr. Brianne Wehner

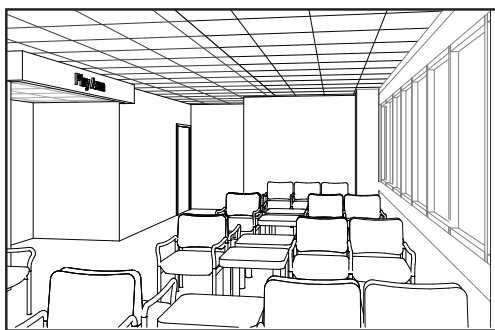
- Chief Resident at Kirksville College of Osteopathic Medicine, Kirksville, Missouri, completing Family Practice Residency
- Arriving summer 2016

Dr. Prayag Patel

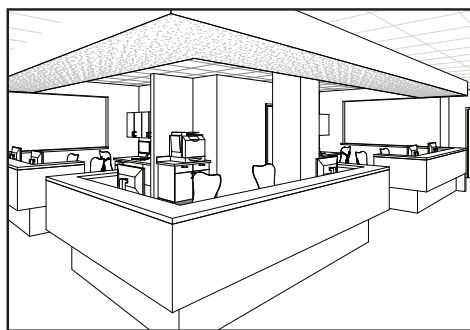
- Chief Resident at St. John Hospital and Medical Center, Detroit, Michigan, completing Family Practice Residency
- Arriving summer 2016

Future office...

To better serve our patients, over 7,100 square feet of new state-of-art office space in Health Services Building 2 will open in summer 2016.



Waiting Room



Nurses Station

New Electronic Medical Record...

Family and Pediatric Clinic will join in the hospital's implementation of Cerner's CommunityWorks electronic medical record, one of the nation's top rated integrated medical records systems.



Visit www.mdh.org for more information

...Look for further announcements as we develop options to serve your primary care needs!

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.

Emergency Services

Chris Cunningham, EMS System Coordinator and Paramedic with MDH Emergency Services, talked with the students about the methods of 911 response and dispatch. He also taught the students briefly about first aid. To help alleviate fears, students got an up-close look inside as Cunningham showed some standard equipment used in the ambulance and ER.

The students received mini Frisbees as a souvenir.



...Benefit Break...

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

Life Insurance & Long-term Disability Open Enrollment

All active full-time employees and part-time employees working 24 hours per week or more receive life insurance and long-term disability as a benefit. Life insurance is valued in the amount of the yearly base salary. Long-term disability coverage may be available after being off work due to an injury or illness for 6 months or longer and is valued at 50% of your monthly income.

During open enrollment held in November, you are able to purchase additional life insurance for yourself and eligible family members. The insurance is portable and available to you after you leave employment at MDH.

Additional long-term disability insurance can be purchased for yourself at the 60% or 66.7% level. The premium is based on the employee's yearly salary and age.

A representative will be available during the following times in the Private Dining Room. Walk-ins are encouraged...

Tuesday, November 3, 2:00 - 4:00 PM

Wednesday, November 4, 7:00 - 9:00 AM

Thursday, November 5, 10:00 AM - 2:00 PM

Friday, November 6, 10:00 AM - 2:00 PM

And as always, if you have questions about your insurance coverage or premium, please contact Human Resources at ext. 13492.

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

Looking for Advice?

Dear Lucy,

I have been a compulsive over-eater for as long as I can remember. I've also been on diets since I was a child; none of them work, or at least they don't work for very long. I can lose the weight, only to put it right back on. I'm a very active person; a hard worker and have a strong social network, but there are times I absolutely hate myself. I'm incredibly sad and ashamed of myself. I think about food 24 hours a day. When I'm with people I'm able to control my intake, but when I'm alone I can't seem to eat enough. Regardless of how much I eat, I don't feel satisfied. I recently shared my secret with my doctor and she explained to me binge eating is now a legitimate identified health problem and suggested I seek counseling. I can't imagine how that could help me. What are your thoughts?

Sincerely,
Hopeless

Dear Hopeless,

Your doctor is correct; Binge-Eating Disorder is now identified in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Binge eating disorder is defined as recurring episodes of eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes marked by feelings of lack of control. The person may eat large amounts of food when not feeling physically hungry, have feelings of guilt, embarrassment, or disgust and may binge alone to hide the behavior. Binge eaters often try to diet but restricting your diet may simply lead to more binge eating.

Binge eating may be comforting for a brief moment, as it's often used to manage unpleasant emotions. It can briefly ease feelings of stress, sadness, anxiety, depression and boredom, but the relief is only temporary. Reality sets back in, along with regret and self-loathing. Food is then used to calm these emotions. It becomes a vicious cycle: eating to feel better, feeling even worse, and then turning back to food for relief.

In therapy a binge eater will focus on learning ways to manage stress without seeking out food for relief.

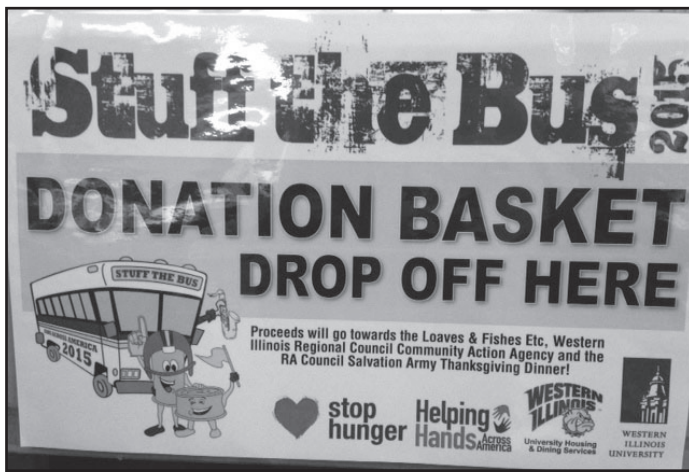
Meditation, relaxation exercises and distraction are discussed. Eating regular meals is encouraged while dieting is discouraged. Skipping meals at one point in the day often leads to bingeing later on. Learning to eat mindfully, when you eat you eat, do nothing else. Trigger foods will be identified and are often found to be combinations of sweet and salty items, carbohydrates and fats or proteins and fats. You might be asked to keep a food diary to help you know when you eat, how much and how you're feeling when you eat. Getting adequate sleep, participating in regular exercise and learning to distinguish between physical and emotional hunger will be stressed.

Managing emotions is also a key to ending binge eating, it may be helpful to share with your health care provider about your feelings of depression. When you feel ashamed and helpless it's difficult to have hope for the future.

Medication to treat your depression may help. Should you have more questions about binge eating or any other mental health or addiction concern, please contact Behavioral Health Services at 836-1582.

Best regards,

Lucy



Help **Stuff the Bus!**

The 8th annual “Helping Hands Across America Stuff the Bus 2015” food drive will be held on Wednesday, November 4 from 7AM-10PM at Western Illinois University.

To help support this cause, donation boxes have been placed at the Main entrance, Emergency entrance, and the entrance to Health Services Building 1.

If you would like to participate, place dry non-perishable food items in one of the boxes before November 4.

November Meetings Calendar

Monday, November 2

Ethics Committee, 12:00 PM, Auditorium B

Tuesday, November 3

OB-Gyn, 12:00 PM, Auditorium B

Wednesday, November 11

PHO Office Managers, 12:00 PM, PDR

Thursday, November 12

Department of Medicine, 12:00 PM, Auditorium B

Friday, November 13

Executive Committee, 12:00 PM, PDR

Monday, November 16

Board of Directors, 5:30 PM, TFBR

Tuesday, November 17

Employed Physicians/MMG Governance Council, 5:30 PM, Auditoriums A & B

Wednesday, November 18

PHO Physician Meeting, 12:00 PM, PDR

Thursday, November 19

Tumor Board, 12:00 PM, Auditoriums A & B


Friday, November 20

Medical Staff, 12:00 PM, Auditoriums A & B

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

Word Search!

Can you find the following words?

- | | |
|-----------|---|
| AUTUMN | HARVEST |
| BONFIRE | LEAVES |
| CANDY | MAZE |
| CORN | PUMPKIN  |
| COSTUMES | RAKE |
| GOURDS | SCARECROW |
| HALLOWEEN | |

President's Report

The MDH Board of Directors met October 19, 2015. Here is Mr. Boyd's report to the Board for the accounting period of September 22 through October 19, 2015.



Quality and Innovation

Service Excellence

Results of the July 2015 Employee Partnership Survey were received from Press Ganey and presented at the September department leader meeting. Organization results include:

- 58% of the facility participated in the survey compared to the national average of 60 – 65%, and the MDH 2012 rate of 69%.
- The overall partnership mean score for 2015 is 69.8 placing MDH in the 52nd percentile.
- In comparison, the 2012 mean score was 70.9, which resulted in a 1.1 decline for 2015.
- However, the percentile ranking compared to all three peer groups within the database increased for 2015.
- In ranking against the AHA Region 5 peer group, MDH increased by 37 points from 32nd in 2012 to 69th in 2015.
- MDH top strength: I am confident that decisions within my workgroup are made consistent with the core values of this organization.
- MDH top opportunity: Excellent performance is recognized here.

Leaders received handouts and instructions to assist them with

sharing results and action planning. In addition, a timeline was provided for completion of follow up to the survey results

Projects

PATIENT PORTAL

The portal met both measures required for Meaningful Use reimbursement for the period of October 2014 to September 2015. The first measure resulted with 93% of inpatient health records online within 36 hours; our goal was 50% or more. The second measure resulted with 9.4% of inpatients used the portal by Viewing, Downloading or Transmitting their health record; our goal was 5.0% or more. This project will formally close in November.

HOME TO STAY

Reducing 30 day readmissions is our team's goal. A report concerning patients with knee or hip replacement surgery was presented to the Department of Surgery identifying two risk factors for readmission: advanced age and discharge to home. Possible interventions will be discussed at the next Department of Surgery meeting.

Infection Control

The Ventilator Team recently implemented concurrent monitoring of the Ventilator Associated Pneumonia (VAP) Bundle for mechanically ventilated patients. This allows for real time interventions for: ensuring the head of the bed is up, patients are assessed for sedation interruption and readiness to extubate, peptic ulcer prophylaxis and deep vein prophylaxis and administration of daily oral disinfection. The VAP

Bundle is evidence based and was created by the Institute for Healthcare Improvement (IHI). Our Influenza Vaccination has been underway for one week now and has achieved a 43% vaccination rate. Our low end goal is 88%.

Patient Safety

The Fall Prevention Team continues their improvement efforts on reducing harm occurred from patient falls. The two-year fall prevention program is beginning the implementation phase of the process improvement initiatives with an expected completion date of March 2016. Improvement opportunities are identified in the bi-monthly coaching calls and monthly team meetings. The work continues as we persistently strive to improve the safety and quality of care provided to our patients. The next national webinar is scheduled for October 21st with topics including reinforcing intentional (hourly) rounding and post fall huddles.

Centers for Medicare and Medicaid Services (CMS) has awarded \$110 million dollars in Affordable Care Act funding to continue improvements in patient safety. This allows for the continuation of Illinois hospitals to join CMS Partnership for Patients Hospital Engagement Network (HEN) 2.0. For HEN 2.0, IHA is partnering with the Michigan Health & Hospital Association (MHA) Keystone Center. MDH will be joining the IHA-MHA HEN in efforts to engage in innovative and team-based strategies to reduce patient harms by 40% and preventable readmissions by 20%. By participating in HEN 2.0, MDH will benefit from best practices,

tools and resources to achieve optimal results and outcomes and collectively improve the health of our community.

Physician Recruitment/Retention

Physician, Advance Practice Provider Recruitment & Outreach Services – Update:

Outpatient Primary Care

On-boarding activities have begun for Dr. Richard Minter, Family Medicine. He will be joining us on Tuesday, January 5, 2015. A community welcome reception has been planned for Wednesday, January 6, 2015 from 2-4PM in Auditorium A & B. A recent visit with a husband and wife, Family Medicine & Pediatrics candidates went well. They will be completing their training within the next 2-3 years and are beginning to evaluate opportunities.

Hospitalist Medicine

The Eagle Hospitalist group has recently identified a Hospitalist Medical Director candidate and we will be interviewing with this individual later this month.

Advanced Practice Provider

Emergency Medicine: Our two Physician Assistants are in place and working through the orientation process within the Emergency department. At this time, we are finalizing licensure and credentialing related items.

Primary Care: We are continuing to have discussions with individuals that will be completing their Family Nurse Practitioner training between January and June of 2016. Each candidate has ties to this area and we are evaluating practice

opportunities at this time.

ENT and Psychiatry: Formal searches continue with positions for ENT as well as Psychiatry. We are currently following up with a Nurse Practitioner candidate that has expressed interest in the ENT opportunity. She will complete her training in the summer of 2016 and has ties to this area.

Outreach Services

Outreach/Provider Programming
Outreach Services, in partnership with the McDonough Medical Group, Rehabilitation Services, and Diabetes Center participated in the NTN Bower 50th Anniversary Celebration. Shelly Hartman, FNP as well as staff from each of the areas represented by MDH met with NTN Bower employees to discuss health and wellness related topics. Over 1000 people attended the event.

Occupational Health

Outreach Services in partnership with Rehabilitation Services is providing an educational session this month entitled, “How to be a Healthier You” for Macomb School employees. This program is part of the ongoing employee wellness program partnership between MDH Outreach Services and Macomb Schools.

Information Systems

Cerner Electronic Medical Record

The Cerner System Super User training is scheduled to start on-site the week of November 16th. Departments are working with their Cerner counterparts to build the system.

We are working with two additional companies that will replace these

current HMS functionality; Multiview for our General Ledger and Accounts Payable’s applications, and Optimum for our Time and Attendance and Payroll systems. Installation and training on these systems are underway with a goal of having the new Payroll, Time & Attendance and time clocks in place for the beginning of January 2016. The new Optimum payroll system will have an employee self-service portal for access to paystub information.

Financial Performance

September 2015

The fiscal year positive trend continues with activity above budget by 1.8% for the month. Revenue was positive compared to the fixed budget most notably in the areas of Senior Behavioral Health and Outpatient surgical services as volumes in both of those areas exceeded budgets. Swing Beds though again did not hit their fixed budget revenue target and was down by \$213,521 as we are not seeing the admissions that we had anticipated.

Total Patient Revenue for the month was above both fixed and flex budget and above last year (14.1%). Bad Debt and Charity Care combined was positive to budget by 16.6%. Contractual Adjustments were above the budget partially based on the activity and the payor mix. This left Net Patient Revenue below flex budget by about 5.8%. Total Operating Expenses were below the flex budget by 6.2%.

We ended the month with a positive bottom line of \$774,763 – above both our fixed and flexed budgets.

Facility Planning

Renovation Project

Work continues with the renovation portion of the project. Demolition is nearly complete on 2nd and 3rd floor west wings for Acute Care, and in the space formerly occupied by the Emergency Room. Project completion is still scheduled for the end of February 2016.

Public Relations Report

Public Relations & Marketing Report for Activities within the month of September 2015

Website and Social Media

During September there were 17,357 home page visit (+230 from August), 2,811 career views and 7,016 calendar views.

The MDH Facebook page is now at over 1,090 likes, while Twitter has increased to 230 followers. Information promoted in September on Social Media included; employee award reception, new emergency entrance opening with the new two-way drive, MDH golf tournament, sports medicine & rehabilitation services, outreach programs, Apple Award, flu shot clinic schedule, October Breast Cancer Awareness program and Dr. Zhang open house.

News media

September news included the promotion of the Employee Awards program with list of employees and years of service to MDH; the new emergency services opening and sports medicine & rehabilitation services and wound care opening along with the new two-way drive; the announcement of Dr. Zhang and the welcome

reception; 2015 community flu shot clinic dates hosted by MDH Home Health; Macomb High School seniors donating eye glass cases to MDH surgical services for patient care; the October 5 Breast Cancer Awareness program with speakers, Dr. Ron Rigdon, and Radiology Leader Tim Tyler; an announcement of the MDH east drive entrance temporarily being closed and directions to get around the construction.

Advertising/Marketing

New commercial spots were taped with Sports Medicine & Rehabilitation Services in their new area on third floor and a general MDH spot was also shot. General MDH spot running at WIU football games on the video board. Orthopedics and Sports Medicine, radio spots running during all sporting events, high school and WIU. Other September advertising included; senior behavioral health, home health & hospice, orthopedics, Dr. Smith and Dr. Zhang.

Other

Final pieces of Virtual tour was recorded along with an aerial shot of the MDH campus for website to highlight places within the hospital. Staff coordinated with MDH Home Health to provide flu shots at the October Citizens Bank Seniors Day.

Foundation Report

This report reflects activity held within the month of September.

Annual Support

In September, \$20,869.96 was received and \$10,000 was pledged for a total of \$30,869.96 raised; 148 gifts and 8 memorials were processed. Some of the areas

receiving support include: Dolores Kator Switzer (DKS) Women's Center, Golf Tournament, PROS and Permanent Endowment.

PROS

Employee Fitness Center relocation and renovation plans have begun! The new location will be in the old Rehab gym located in the lower level of the main building. New treadmills, ellipticals, and stationary bikes have been ordered. The Fitness Center will be open 24/7 for those with a MDH i.d. badge.

Golden Apple Society

Dean and Theresa Schaer joined the Society in support of the Dolores Kator Switzer Women's Center. The committee continues to recruit new members and will meet on October 8 to begin planning the February 4 Recognition Reception.

Planned Gifts

The next meeting is scheduled for October 7.

MDH Golf Tournament

A wrap up meeting was held on September 28. The committee evaluated this year's event and made suggestions for improvement for the 2016 event.

Festival of Trees

(Nov. 30/Dec. 3-7)

A meeting was held on September 23 to report confirmed sponsors, decorators and themed basket progress. The Teddy Bear T sub-committee is scheduled to meet October 14 at Magnolias. The brochure and sponsorship materials have been created and will be distributed in mid-October. To date, FOT has raised nearly

\$17,000 to benefit the future DKS Women's Center. The next meeting is scheduled for November 5.

DKSWC Capital Campaign

The campaign committee met on September 1 where members gave updates on potential donors and developed a letter to be used when asking community members

to support the project. Grants for DOT Foods and Fellheimer Trust have been written and will be submitted by mid-October. To date, a total of \$2,967,557.87 has been raised. The next meeting is scheduled for January 13.

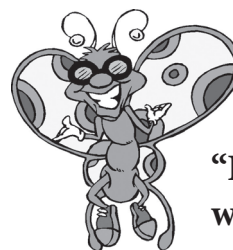
Foundation Board

FY2015 tax preparation is nearing completion with a deadline of October 31. Board members will approve the tax return so it can be submitted to the IRS. The next Board meeting will be held on October 14.

Flu Vaccination Time!

The Many Rewards of Flu Vaccination!

- Protecting Our Patients
- Protecting Yourself
- Protecting Your Loved Ones
- Candy!!!
- 10 Credits \$\$ in LifeSteps
- Potential Cash \$\$ with Incentive Program



“I’ll skip the flu, why don’t you too?”

Skip N. Fluenza

The MDH healthcare worker flu vaccination program is under way. More than half of employees are already vaccinated.

- Flu vaccination through infection control or providing proof of vaccination elsewhere is due by December 15th.
- The traveling flu cart will be going around the hospital, HSB1 and HSB2 on various days and shifts.
- Department leaders and off campus sites may set up their own departmental vaccination.
- Employees with schedules that do not catch the mobile cart are welcome to contact Infection Control to set up an appointment.
- Employees choosing NOT to be vaccinated will notify Infection Control by November 30th. Staff Development will add a Flu Waiver CBL to be completed by December 15th.

Flu Vaccination Incentive Drawing:

Our % vaccinated by December 15th will determine which drawing of eligible employees will take place.

98-100% = 3 - \$300 drawings PLUS a Powerball drawing for 1 - \$500 drawing!

95-97.9% = 3 - \$300 drawings!

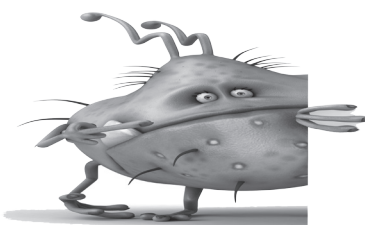
92-94.9% = 3 - \$200 drawings!

88-91.9% = 3 - \$100 drawings!

0-87.9% = No Drawing

Infection Control can be contacted at ext. 13313 or e-mail infectioncontrol@mdh.org.

Thank you for protecting yourself and our patients!



Answer from eye spy is: 8 total



Festival of Trees

You're invited to attend the . . .
10th Annual McDonough District Hospital

Festival of Trees

Teddy Bear T (A.K.A. Ladies Night Out)

Monday, November 30, 5:00-7:00PM AT MAGNOLIA'S

COST: \$15 + one new Teddy Bear (stuffed animal)

Hors d'oeuvres will be served - Cash Bar available

Bears (animals) will be displayed on the Teddy Bear Tree and window display during the Festival, then donated to MDH pediatric patients following the event.

Sponsored by Laverdiere Construction and Magnolia's

Illumination Gala

Thursday, December 3, 6:30-8:30PM

The Illumination Gala (sneak preview) is a ticketed event - black tie optional

\$40 per adult includes entertainment, wine, beer and hors d'oeuvres.

Silent auction for holiday gift baskets.

Sponsored by REMLO

Festival of Trees

Friday, December 4, 4:00 - 8:00PM

Saturday, December 5, 9:00AM - 5:00PM

Sunday, December 6, Noon - 5:00PM

Monday, December 7, 9:00AM - 4:00PM

West Central Illinois Arts Center - 25 East Side Square, Macomb

*Open to the community - \$3.00 Admission Fee (children 10 & under: Free)
Exquisite holiday trees, decor, upside-down tree, "I Spy" Game & more
\$200 Cash Raffle (compliments of Steve Silberer/Century 21)*



Funds raised will benefit the Dolores Kator Switzer Women's Center project at MDH.

For more information, call 309-836-1757, email keharris@mdh.org; or log onto www.mdh.org.

2015
Festival Sponsor:

Citizens
A Division of
Morton Community
Bank Member FDIC

