

# MR

# Making Rounds

McDonough District Hospital  
Employee Newsletter



September 20, 2016 • [www.mdh.org](http://www.mdh.org)

18<sup>th</sup> Annual

# Golf Tournament



The 18<sup>th</sup> Annual McDonough District Hospital Golf Tournament was held on Saturday, September 10. A big thank you to our committee and volunteers who made the event possible. We also greatly appreciate the support of our sponsors and participants. Nearly \$51,000 was raised for the Dolores Kator Switzer Women's Center!

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, October 11**. Please submit your information, articles, thank-you notes, recipes, achievements, etc., to Public Relations.

## MDH Says Goodbye

**Brandi Barry**, Secretary, Family Clinic, 9/7/16

**Shayna Beck**, CNA, Senior Behavioral Health, 9/6/16

**Dixie Bisby**, Secretary, Pediatrics, 9/1/16

**Courtney Brown**, Medical Assistant, ENT Clinic, 8/19/16

**Holly Clauson**, Physical Therapist, Sports Medicine and Rehabilitation Services, 8/18/16

**Kate Curry**, Unit Secretary, Home Health, 8/19/16

**Heidi Elbe**, Speech Pathologist, Speech Pathology, 8/26/16

**Amy Hodgkins**, Phlebotomist, Laboratory, 9/16/16

**Brandy Jones**, Registered Nurse, Senior Behavioral Health, 8/19/16

**John Munier**, Paramedic, Ambulance, 8/23/16

**McKinzie Parlier**, Paramedic, Ambulance, 8/31/16

**Sarah Skiles**, RN, Family Clinic, 8/26/16

**Leesa Statler**, RN, Intensive Care Unit, 9/11/16

**Larry Tingley**, Unit Secretary, Acute Care, 9/5/16

**Julia Wagner**, RN, Utilization Review, 8/31/16

## Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Scanning Records Clerk	MMG	Days	24 hrs/wk
Scheduler	Centralized Scheduling	Days	Full-time
Secretary	Behavioral Health Services	Days	Full-time
Secretary/FLOAT	MMG	Days	Full-time
Assistant	Service Excellence	Days	Full-time
Unit Secretary	Acute Care	7p-7:30a	Full-time
Unit Secretary	Senior Behavioral Health	Days	24 hrs/wk
Leader	Fiscal Services	Days	Full-time
Clinical Data Coordinator	Intensive Care Unit	7a-3:30p	Full-time
House Supervisor	Nursing Support	7p-7:30a	Registry
CNA	Acute Care	7p-7:30a	Full-time
CNA	Senior Behavioral Health	7p-7:30a	Full-time
LPN	Internal Medicine	Days	Full-time
LPN	Bushnell Family Practice	Days	Full-time
LPN	Day Health	7:30a-4p	24 hrs/wk
LPN	ENT Clinic	Days	Full-time
LPN	OB/GYN Clinic	Days	Full-time
LPN	Psychiatry Clinic	Days	Full-time
RN	Family Clinic	Days	Full-time
RN	Intensive Care Unit	7p-7:30a	Full-time
RN (4 positions open)	Senior Behavioral Health	7p-7:30a	Full-time
RN	Acute Care	7p-7:30a	Full-time
RN	Hospice	Days	Full-time
RN (2 positions open)	Obstetrics	Variable	24 hrs/wk
RN (2 positions open)	Anti-Coagulation Clinic	Days	24 hrs/wk
Medical Assistant	ENT Clinic	Days	Full-time
Medical Assistant (x2)	MMG	Days	Full-time
Paramedic (x3)	Ambulance	Variable	Full-time
Phlebotomist (trained)	Laboratory	5a-1:30p	Full-time
Public Safety Officer (x2)	Public Safety	7p-6:30a	24 hrs/wk
Parking Attendant	Valet Parking Services	Days	24 hrs/wk
Specialist	Behavioral Health Services	Variable	Registry
Clin App Support Analyst	Information Systems	Days	Full-time
Clinic Coder	MMG	Days	Full-time
Gynecologist	OB/GYN Clinic		Full-time
LAN Administrator	Information Systems	Days	Full-time
MT(ASCP)	Laboratory	Variable	Full-time
Occupational Therapist	Sports Medicine and Rehabilitation Services	Days	Full-time
Pharmacy Technician I	Pharmacy	10a-6:30p	24 hrs/wk
Speech Pathologist Nonex	Sports Medicine and Rehabilitation Services	Days	Full-time

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

As of September 13, 2016

## New Faces at MDH

### MDH Welcomes New Employees



#### Keena Ashford

Keena is a RN in Senior Behavioral Health. She is originally from the Macomb area. She

has two children, Hannah and Hayleigh.



#### Brandy Bias

Brandy is a LPN in Family Clinic. She is originally from Quincy and is married to Michael. They have five

children, Ayla, Nora, Hudson, Leela and Lila. In her spare time, Brandy enjoys chasing her kids.



#### Renee Engle

Renee is a RN in the Family Clinic. She is originally from Colchester and is married to Troy.

They have two children, Tyler and Adrianna. In her spare time, Renee enjoys scrapbooking, golfing and hunting.



#### Steven Huffman

Steven is a Patient Care Tech in Emergency Services. He is originally from Macomb and his

fiancée is Taylor Heath. In his spare time, Steven enjoys fishing, camping and being with family and friends.



#### Kady Rehder

Kady is a Secretary/ Receptionist in Family Clinic. She is originally from Los Angeles, CA.

In her spare time, Kady enjoys reading, biking and walking.

### MDH Welcomes New Volunteers



#### Eriel Lockhart

Eriel is originally from Bolingbrook. She attends Western Illinois University and is majoring in Health Services Management. She is also a WIU Cheerleader.

### Stork Landings



Mindy and **Shawn Evans** are the

proud parents of a baby boy, Hudson Wayne. Hudson was born on August 31. Shawn is a Cardiopulmonary Technician.

Chad and **Ashley Frederick** are the proud parents of a baby boy, Christian Michael. Christian was born on August 22. Ashley is a Clinical Quality Improvement Coordinator in Quality and Innovation.

Chase and **Darci Heap** are the proud parents of a baby girl, Bryndle Marie. Bryndle was born on September 3. Darci is a Physical Therapist in the Rehab Clinic.

Jeff and **Jennifer Jensen** are the proud parent of a baby boy, Jax Duane. Jax was born on August 17. Jennifer is a ICU RN.

### A+ Achievement

**Stefany Myers**, RN educator; **KC Robbins**, Paramedic and **Michael Vansteel**, Leader of Emergency Services; are now American Heart Association Advanced Cardiac Life Support Instructors. They completed their training at Blessing Hospital, the regional training facility.

### Moving Around

**Jacob Blankenberger** will be working as a Hospice Social Worker in addition to Social Services Associate in Advocacy Services.

**Karen Bucholtz** is a Clinic Triage Nurse after working as an Anti-Coagulation RN for the Anti-Coagulation Clinic.

**Paula Cutsinger** is now a Registered Nurse in the Emergency Services. Paula previously worked as a Patient Care Tech for the department.

**Kaitlyn Fleetwood** is a Medical Assistant in Pediatrics Clinic after previously working in Internal Medicine Clinic.

**Karissa Kurtz** is a Registered Nurse in Acute Care after previously working as a LPN for the department.

**Heather Logsdon** is an Internal Medicine Clinic RN. Heather transferred from Acute Care.

**Sandy Theis** is a Registered Nurse in Acute Care after previously working as a LPN for the department.

**Vickie Vawter** is a Patient Care Tech in Emergency Services after previously working as an Acute Care CNA.

**Rick White** is the Ambulance Coordinator for Emergency Services. Rick previously worked as a Paramedic.

### Just Married



**Alicia Geissler** and Logan Long were married on September 3. Alicia is a Medical Assistant in OB/GYN Clinic.

## Out and About

On August 23 **Stefany Myers**, RN, BSN, TNCC and **Aaron Wilson**, EMT-P teamed up with MDH certified athletic trainers **Amy Gaule**, **Marc Kessler**, and **Bruce Schellhammer** to put on a Spine Immobilization class which took place at Macomb High School. Local emergency squads that attended included; Sciota, Good Hope, Bushnell, WIU Athletic training students and faculty and other staff from MDH Emergency Services. This was a joint effort to be prepared in an emergency situation regarding equipment removal of an injured athlete.

## Kenny Boyd Named 2016 Illinois Grassroots Champion



President & CEO, Kenny Boyd, has been named the American Hospital Association (AHA) Grassroots Champion for Illinois. As a 2016 Grassroots Champion, Boyd is being recognized for his exceptional leadership in educating elected officials on critical issues impacting hospitals and broadening community support for hospitals.

“As a small and rural hospital leader who is actively engaged in our advocacy efforts, Kenny is truly deserving of this Grassroots Champion award,” said IHA President and CEO A.J. Wilhelmi. “His participation in numerous hospital advocacy days in Washington, D.C. and Springfield has helped to educate legislators at all levels of government on complex healthcare issues impacting the hospital community and the patients they serve. Kenny’s willingness to speak with key local, state and federal policy makers has been an asset for the entire hospital and healthcare community.”

Since 2012, Boyd has been an active Illinois Health and Hospital Association (IHA) member, serving on a variety of committees and councils including: IHA’s Small & Rural Constituency Section Steering Committee, Small & Rural Education Committee, Small & Rural Legislative Committee, Policy & Advocacy Council and the Transforming Illinois Healthcare Task Force.

“Kenny understands the importance of personal advocacy and telling the story of the challenges and innovation of our small and rural hospitals,” said Rick Pollack, American Hospital Association President and CEO. “As a tireless advocate on the state and national level, we are proud to recognize Kenny as a grassroots champion.”

The Grassroots Champion award is presented annually to one individual from each state, 51 total.

## MVP Awards

Has someone done something special for you? Has this person gone above and beyond his or her normal duties to help you? Consider completing an MVP Thank You to show your appreciation.

**MVP Award - \$50**

**Rebecca Nelson**  
Information Systems

**MVP Thank You - \$25**

**Jacob Blankenberger**  
Advocacy

**Kaitlyn Fleetwood**  
Pediatric Clinic



Rebecca Nelson



Jacob Blankenberger (left)



Kaitlyn Fleetwood

## Did you know...

Day Health Services is the first program the hospital offered in 1978. It is an adult day health program for senior citizens 60+ that live in McDonough County. We furnish five core services: Nursing, nutritious meals and snacks, transportation, recreation and socialization. Our typical day for participants is about 5 hours. We have a variety of activities ranging from out of the unit trips like our riverboat trip in October, Christmas Tour of Lights in December, Peace of Earth Lodge in winter, to name a few. We have nurses on staff and are located in the lower level of HSB I. Feel free to stop by or peek in our window to see what's happening!

## Save the Dates

Teddy Bear T  
November 28

Jingle 'n Mingle  
(Illumination Gala)  
December 1

Festival of Trees  
December 2-5

## Employees Awarded for Years of Service



MDH honored 90 employees at an awards ceremony on August 25. Many MDH employees who were being honored for their years of service gathered for a group photo before the reception.

*Left to Right, Front Row:* Marla Deener, Romel Tournear, Reva Davis, Barb Walters, Phyllis McLouth, Angela Martin, Patty Gutting, Karen Peters

*Second Row:* Vicky Kipling, Nancy Drummond, Cindy Thompson, Cheryl Sewell, Debi Johnson, Diane Baker, Missy Vardaman, Jolyn Utter, Mary Fisher, Cynthia Greer

*Third Row:* Carl Rowland-Maguire, Connie Starbuck, Christy Beck, Paul Kuntz, Josh Connor, Christen Parks, Todd Rash, Harlan Reedy, Harlan Baker, Amy Royer

*Back Row:* Justin Gast, Denise Reed, Tobie Richey, Liz Knowles, Melinda McGrath, Theresa Anderson, Diana Moore, Joyce Harper, Gwynne Worthington, Patty Henness

# 18<sup>th</sup> Annual Golf Tournament Highlights

## 2016

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Sports Corner @ 124

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RNJ Distribution

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Springfield Clinic of Macomb  
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MTC Communications  
Cathy Early State Farm

### **CHEFS:**

Keith Engel  
Jerry Lindsay  
Juanita Torrance

### **VOLUNTEERS:**

Anna Bradt  
Jennifer Byers  
Dave Cady  
Jerry Depoy  
Natalie Divan  
Mel Dorethy  
Patty Henness  
Katie Oursler  
Alexa Shaw  
Kelly Shiraki  
Kent Slater  
Kathy Sorenson

**TOURNAMENT COMMITTEE:**

John & Malea Jessen, Co-Chairs  
 Jill Cook  
 Carrie Depoy  
 Keith Engel  
 Tracey Hamilton  
 Jim Keeney  
 Vicky Kipling  
 Penny Lawyer  
 Milly MacDonell  
 Jack Schoonover  
 Laura Swanson Leezer  
 Dan Torrance

**CHAMPIONSHIP FLIGHT:**  
 1<sup>st</sup> Place: Mike Wise, Andy Ebey, Barry Settles, Shane Miller  
 2<sup>nd</sup> Place: Scott Edwards, Greg Himelick, JD Gravina, Rob Feyerabend  
 3<sup>rd</sup> Place: Scott Conlin, Spencer Conlin, Ben Pratt, Scott Sims

**1<sup>st</sup> FLIGHT:**  
 1<sup>st</sup> Place: John Huston, Eric Huston, Marc Huston, Eric Icenogle  
 2<sup>nd</sup> Place: Justin Powers, Troy Friday, Daryl Sidwell, Josh Ramirez  
 3<sup>rd</sup> Place: Doug Baily, Jack Baily, Bob Carithers, Steve Knowles

**2<sup>nd</sup> FLIGHT:**  
 1<sup>st</sup> Place: Dr. Ed Card, Wanda Foster, Linda Sampson, Dr. Ron Whitley  
 2<sup>nd</sup> Place: Bill Howard, Chad Hunziker, Duke Oursler, Victor Lidaywa  
 3<sup>rd</sup> Place: Kathy Orban, Kathy Veroni, Mike Nichols, Steve Horrell

**HOLE PRIZES:**  
 Longest Drive (men): Mike Nichols  
 Longest Drive (women): Amanda Silberer  
 Longest Putt: Andy Bastert  
 Closest to the Pin: Scott Sims  
 50/50 winner \$215: Dr. Tom Koch  
 (graciously donated money back to MDH)



Nearly **\$51,000** was raised to benefit the Dolores Kator Switzer Women's Center

We would like to thank everyone who supported, volunteered,  
 or participated in the MDH Golf Tournament.



# A "Peek" at PROS!

Employee Giving Club

## **Minutes from the August 30, 2016 PROS Meeting - 12:00 PM**

**Present:** Jill Cook, Linda Cremer, Mel Dorethy, Connie Duffy, Lynn Durso, Jill Foster, Carolyn Grove, Vicky Kipling, Trish McMillen, Tracey Mowen, Connie Purdy, Vicki Reimolds, Linda Sampson, Kathy Sorenson, Jason Williamson

**Review & Approve Financial Report:** The financial report was presented by Jill C. - Current PROS fund balance \$32,253.82 (as of 8/29/16). Motion to approve the financial report by Carolyn G. and seconded by Mel D. - Approved.

**DKSWC Update:** Vicky gave an update on the campaign. To date \$3.9M has been raised. PROS pledge of \$40,000 will not be collected until the project is complete, which is expected to be July 2018.

**Foundation Office Store:** To date \$2,025 has been sold since having the items available for purchase in the Foundation office. There was discussion to expand the inventory in the future.

**Umbrellas:** Currently there is an ample supply.

**Teddy Bears:** Jill C. reported that 1,000 more teddy bears have been ordered and received for departments to use for children receiving services at MDH. The cost should be around \$4,600 and will be an expense for August 2016. Jill C. presented idea of getting plastic totes for bears in departments with sign instructing how to order more. This will keep the bears cleaner and make employees aware that PROS donates the bears.

**Summer Block Party:** Over 400 meals were served. Thirty new members were recruited and five current members increased their payroll deductions. Committee expressed the theme, food and location was a great success.

**Pendell Garden:** Lighting is completed and the PROS pledge of \$3,000 has been transferred to help pay for the project.

**PROS Fitness Room:** The budget sheet was reviewed and discussed. Jill C. presented the "wish list" from fellow employees for additions to the Fitness Room. The committee agreed that getting suggestions is a great idea for future considerations of additions. Jill C. thanked the committee for making the Fitness Room Open House a success. Two new members were recruited at the Open House and two current members increased.

**Future Projects:** Jill C. asked committee to be thinking of new ideas for future projects. New ideas included Christmas decorations outside and a Fall party. The Committee was asked to brainstorm ideas for December meeting.

**Committee Updates:** Jill C. congratulated Connie P. for being the July Apple Award Recipient. The announcement was made that Jill Foster is stepping down as chair and a plaque was presented to thank her for her years of service. Linda Cremer was appointed the new Chair.

**Adjournment: 12:45 PM** - Motion to adjourn by Trish M. and seconded by Connie D. -Approved.



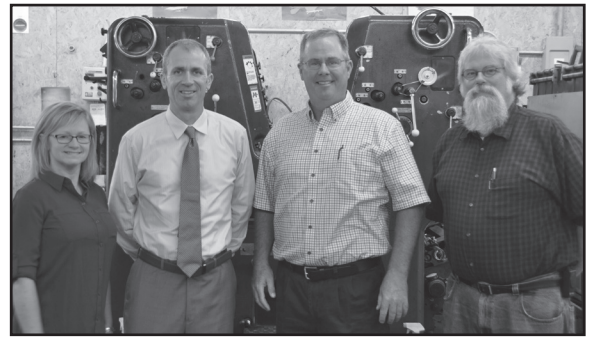
Jill Foster served as Chair from 2007-2016 and lead many PROS projects including; men's and women's lounges, Coin Café, landscaping, PROS Fitness Room, and Summer Block Party (Winter & Summer Blasts). At the August PROS meeting, Jill was presented with a plaque of appreciation for her years of service and the committee welcomed Linda Cremer as the new Chair.



# DKSWC Support Continues...

## The McDonough Democrat Pledges \$7,500 to MDH

The McDonough Democrat has pledged \$7,500 and presented their first installment of \$1,500.00 toward the Dolores Kator Switzer Women's Center (DKSWC) at McDonough District Hospital. With this generous commitment, The McDonough Democrat will be recognized as Benefactor level of the MDH Business Honor Roll giving club.



Pictured are (l to r): Vicky Kipling, MDH Foundation Leader; Kenny Boyd, MDH President/CEO; Dave Norton and Bruce Lorton, McDonough Democrat.

## WIU Ladies Leatherneck Football Academy donates \$825 to DKSWC

Pictured are (l to r): Jennifer Byers, Public Relations Specialist; Jill Cook, Foundation Assistant and Patty Henness, Foundation Specialist



**3<sup>rd</sup> Graders**  
+ **MDH**

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**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 3<sup>rd</sup> grade students at Lincoln School. A representative from MDH visits the classroom to educate students about various departments at the hospital.*

## Emergency Department

**Heather Powell**, EMT-B and **KC Robbins**, EMT-P visited Mrs. Poore's classroom in September. KC gave the kids a tour of the inside of the ambulance, showed them how the cardiac monitor works and let the kids practice taking blood pressures. Heather talked to the kids about different ways to prevent injuries and stay safe while playing. She also let them take turns on the stair chair and discover what it felt like to be secured to a backboard. The kids were all good listeners and had great questions.

The students received a first aid kit as a souvenir.



## APPLE Winner August 2016



Please join me in congratulating **Jessica Gale**, Registered Nurse in Surgical Services, on being named the recipient of the MDH APPLE Award for August 2016. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH.”

Jessica began working as a Nurse Assistant in Acute Care on July 3, 2007, transitioning to LPN shortly after. She attended Spoon River College earning an Associates degree in Nursing in 2008. Jessica became a Registered Nurse in Acute Care in October 2008. On February 2, 2009, Jessica began working as Registered Nurse in Surgical Services.

### *Jessica Gale*

Jessica is very knowledgeable and versatile. She is a great mentor for her co-workers and has earned the respect of co-workers and physicians alike. Jessica is dependable and conscientious. She is a great asset to Surgery and a great nurse who is very caring and professional.

Jessica is a strong communicator, has excellent rapport with patients, and is a pleasure to work with. She assists others continuously and is a great team player. She is always willing to lend a hand and provide a smile. Jessica has a positive attitude, works hard, and interacts with patients with warmth and respect. Jessica is often commended for the way she can change a patient’s uneasy mood with her caring approach. She is very considerate and thoughtful.

One of her peers recently described Jessica as “a true wonder in the OR”. She can scrub any case and will circulate when called upon to do so. Her nominator states that Jessica “is that person that everyone loves to work with. Jessica has a contagious smile and an energy level that puts the bunny to shame.”

Jessica has one son, Trenton. In her spare time, Jessica enjoys boating and canoeing. She also enjoys shopping and spending time with Trenton.



## ...Benefit Break...

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

### ***Roth 457(b) Account (After-Tax Retirement Account)***



Want to boost your retirement savings or reduce your taxable income during retirement?

MDH offers a Roth 457(b) account. Like a Roth IRA, a Roth 457(b) offers a way to set aside after-tax money, and when you retire, make tax-free withdrawals of principal, interest, and earnings if certain conditions are met.

The Roth 457(b) account is provided through our current retirement provider, Valic. If interested in learning more about the advantages of the account, schedule an appointment with Vicki Whitsitt, our Valic representative, by contacting Human Resources at ext. 13942.

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

## October Calendar of Events

### Saturday “L.A.T.E.” Childbirth Instruction Class

Saturday, October 1  
8:00 AM-4:30 PM, Auditorium A & B  
Pre-registration required.  
Call Obstetrics at (309) 836-1570.

### Breast Cancer Support Group

Monday, October 3  
5:30 PM, Auditorium B  
Contact Outreach Services at (309) 836-1584.

### Bereavement Support Group-New Horizons

Mondays, October 3 & 17  
3:00-4:00 PM, Medical Arts Building, Conference Room  
For more information, call Hospice at (309) 836-1543.

### Anger Management

Tuesdays  
3:30 PM-5:00 PM Health Services Building 1 Auditorium  
Pre-registration required.  
Call Behavioral Health Services at (309) 836-1582.

### Community First Aid

Tuesday, October 4  
6:00 PM, Auditorium A  
Cost: \$32.00, Pre-registration required.  
Contact Outreach Services at (309) 836-1584.

### Seniors’ Day at Citizens

Thursday, October 6  
8:30-11:30 AM, Citizens Bank, Downtown Macomb  
Topic: Flu Clinic-MDH Home Health  
Contact MDH Home Health at (309) 836-1544  
Topic: Breast Cancer Awareness Display  
Contact Outreach Services at (309) 836-1584

### Childbirth and Infant Care: Breastfeeding

Thursday, October 6  
7:00-9:00 PM, Auditorium B  
Pre-registration required.  
Call Obstetrics at (309) 836-1570.

### Divorcing Parents Education Program

Friday, October 7  
1:00-5:00 PM, HSB 1 Auditorium  
Cost: \$60.00 payable at session,  
Pre-registration required.  
Contact Behavioral Health Services (309) 836-1582.

### Community CPR Class

Tuesday, October 11  
6:00 PM, Auditoriums A & B,  
Auxiliary conference room  
Fee: \$32. Pre-registration required.  
Contact MDH Outreach Services at (309) 836-1584.



### Auxiliary Book Fair

Thursday, October 13 | 8:00 AM – 5:00 PM  
Friday, October 14 | 7:00 AM – 2:00 PM  
Auditoriums A & B  
Cash, checks, credit cards and payroll deduction  
accepted. All proceeds go to the Auxiliary Loans/  
Scholarship program.  
Contact MDH Auxiliary at (309) 836-1579.

### Dessert with a Doc

Tuesday, October 18  
5:00-6:00 PM, Health Services Building 1 Lower Level  
Auditorium  
Speaker: Arek Grochowski, MD  
Topic: Together, we can manage your chronic pain  
Free and open to the public. Dessert available.  
For more information or to RSVP contact Outreach  
Services at (309) 836-1584.

### Childbirth & Infant Care: 4-Week “L.A.T.E.” Class

Thursdays, October 20, 27; November 3, 10  
7:00-9:15 PM, Auditorium B, MDH  
Class will meet one night a week for four weeks.  
Pre-registration required.  
Call Obstetrics at (309) 836-1570.

## Looking for Advice?

Dear Lucy,

My 8-year-old daughter sleeps with my husband and I each night. She has since she was a baby. I strongly believe this has helped nurture a strong bond between us. We did try to move her into her own room when she was a pre-schooler, but this was met with strong resistance. It has simply been easier over the years to have her sleep with us. I'm too tired at night to argue with her about it. Recently my husband has become uneasy about "Rachel" spending the night in our bed. He has commented that her being there is driving a wedge between us. I enjoy having my daughter close and she has told me how safe she feels being in between us. Does there have to be a time a child must sleep in their own bed?

Loving Mom

Dear Mom,

There are different viewpoints about the idea of co-sleeping and the decision to do so is likely best left to the parents. This practice is common in many cultures. For nursing mothers it's far easier and is less disruptive for both the baby and mom. There are also reports of a strong feeling of connectedness among family members as they are able to share more time together. The concern about SIDS has often been cited as a serious worry for babies who sleep with their parents, but there are now studies showing just the opposite. However, the possibility of an adult rolling over on a small child remains a concern.

Cons for co-sleeping include less restful sleep for parents which means greater fatigue, problems with alertness and difficulty concentrating. Potentially children will feel more insecure on their own and as they get older this may interfere with peer activities such as attending sleepovers or other independent activities. It also eliminates a place for adults to retreat to when they need time alone away from youngsters. Most significant is the impact on the marital relationship.

In response to your question in your case yes, it sounds like it's time for your daughter to sleep in her own bed. It seems your decision is based on what's easiest for you and perhaps not what's in the best interest of your child or your marriage. Nor is it an agreed upon choice by both parents. Your preference may lead to your spouse feeling as though you wish to spend more time being physically close to your daughter than with him as well as the possibility of there being limited opportunities for intimacy.

It is easier to transition children into their own bed when they are very young, before cuddling with their parents all night long becomes a habit. At this point it's expected that your daughter will not be very happy as you insist she sleep in her own bed at night. Initially you may need to lie down with her in her bed, moving towards sitting next to her bed, then sitting outside her room and finally simply tucking her in and saying good night. It's extremely important that you develop a bed time routine and you follow your plan consistently.

If you would like more information about this topic or any mental health or substance abuse concern, please call Behavioral Health Services at 836-1582.

Best regards,

Lucy

## Recognition for Outstanding Customer Service – August

For the month of July, the Service Excellence department at McDonough District Hospital would like to recognize and say thank you to **35 employees and physicians** for their outstanding customer service to patients.

The Press Ganey, Deyta (Hospice) and Senior Behavioral Health 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:

Acute Care: **Deb Hamrick**, LPN; **Kimberly Flanagan**, RN; **Lois Kissinger**, RN

Cardiopulmonary: **Jill Foster**, CRTT, RDMS

Convenient Care: **Sandy Lambert**, Medical Asst.

Emergency Services: **Ann Biddenstadt**, Patient Care Tech; **Rachael Carter**, RN

Food Service: **Stephanie Courtois**; **Yoganda Stewart-Hall**

Laboratory: **Christy Savage**, Phlebotomist

McDonough Medical Group: **Tiffany Bentz**, RN; **Dr. Libby Balbort**; **Dr. James Gonzales**; **Dr. Richard Minter**; **Brenda Powell Allen**, WHNP; **Tammy Schmalshof**, Medical Asst.; **Jada Wetzel**, Office Manager; **Janice Troutman**, Secretary; **Dr. John Arnold**; **Dr. Yousaf Jalil**

Obstetrics: **Dr. Eric Reinertson**; **Dr. Tamara Smith**; **Lynn Crowell**, RN; **Julie Elliott**, RN; **Nicole Carithers**, RN; **Sandy Heckwine**, RN; **Theresa Schaer**, RN; **Wendy Cameron**, RN; **Ashley Behymer**, RN

Sports Medicine and Rehabilitation Services: **Danelle Smith**, PT

Surgical Services: **Dr. Shea Trost**; **Kim Williams**, RN; **Amber Redshaw**, RN; **Julie Justice**, RN; **Steve Rogers**, RN

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

## Traveling Trophies Awarded!

### Congratulations Sports Medicine and Rehabilitation Services!

The Sports Medicine and Rehabilitation Services (Outpatient Clinic) staff was recognized for achieving “highest” score on the July Interdepartmental Satisfaction Survey.

Scoring 100% on total score!

Pictured: Angelica Hoeing, Ashley Breeden, Bruce Schellhammer, Becky Watson, Marc Kessler

Not pictured: Amy Fansler Milas, Lori Fox, Darci Heap, Ryan Tournear, Jen Wagoner



Congratulations to the Anticoagulation Clinic for receiving ‘most improved’  
Improving by 19.9 points from the previous survey! Picture not available.

## October is Breast Cancer Awareness Month

Having a plan to detect breast cancer in its early stage could save your life! Regular breast self-exams and a mammogram are the first steps in early detection.

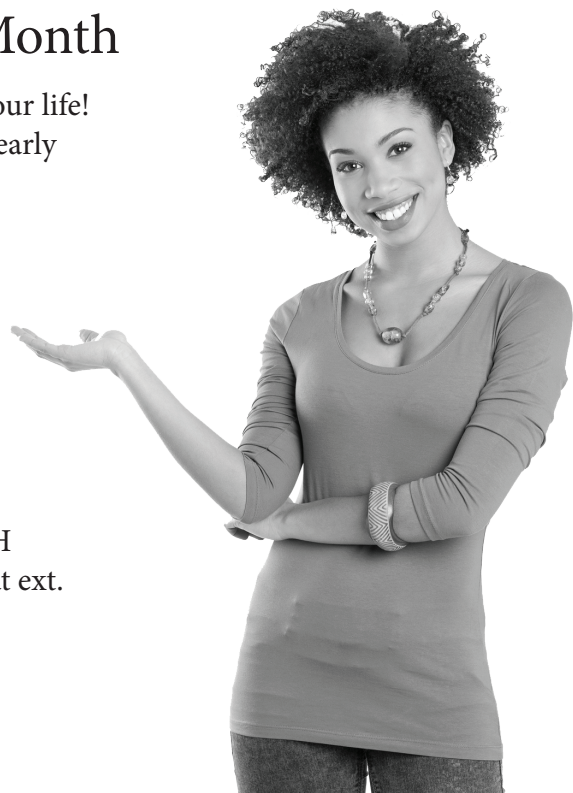
### Let Us Help!

MDH offers a Mammography Assistance Program (MAP) for individuals seeking financial assistance for breast screening. MAP can provide 100 percent funding for this life-saving exam.

If you are diagnosed with breast cancer, Linda's Fund is available to help financially with expenses not covered by insurance.

This financial support is made possible from donations to the MDH Foundation. For more information, contact the Foundation office at ext. 13493, (309) 836-1757, [plhenness@mdh.org](mailto:plhenness@mdh.org), or [mdh.org](http://mdh.org).

*Please share this information with family and friends, and let us help!*



**Remember**  
**October is Breast Cancer Awareness Month.**

***Early detection is the key.***

***Schedule your mammogram today!***



Call MDH Central Scheduling at  
**(309) 836-1515.**



## Celebrating Customer Service Week

October 3-7

### Customer Service Week Festivities

#### Food Collections for Local Charities

Non-perishable food items collected will be distributed among the following food pantries:

- Loaves & Fishes
- Salvation Army
- Western Illinois Regional Council

Any other recommendations for local charities are welcome!

Watch for details regarding drop off locations/times

#### Creative Thinking-Rebus Puzzles

When working with customers, creative thinking is often involved.

Let's test our brain's creative thinking skills with a few puzzles.

Prizes awarded for the top three scores!

Puzzles will be available electronically and hard copy – watch for details.

Submit completed puzzles by 1:00 PM on Friday, October 7

#### Serving an annual favorite of Customer Service Week Traditional Fall Treats

Employees are invited to enjoy pumpkin bars and apple cider, the MDH traditional treat for Customer Service Week.

Treats will be served from 2:00 – 4:00 PM on Thursday, October 6 in the side dining room.

Treats will be delivered to 3<sup>rd</sup> shift employees.

#### Will you give? Blood Drive

Mississippi Valley Regional Blood Center

Friday, October 7 in Auditorium A & B from 10:00 AM – 1:30 PM.

Please contact Terri McHugh at extension 13397 to schedule an appointment.

## President's Report

*The MDH Board of Directors met September 19, 2016. Here is Mr. Boyd's report to the Board for the accounting period of August 16 through September 19, 2016.*



## Quality and Innovation

### Service Excellence

Department Leaders are in process of establishing FY '17 department specific goals, which will be documented on their Accountability Agreements. Department specific goals must align with the strategic plan or organization score card and leaders will be responsible for communicating with staff how their work impacts the Accountability Agreement goals and connects to the strategic plan and/or organization score card.

Department Leaders will begin collecting data on goals effective October 1<sup>st</sup> and will report results at the January CEO Support Roundtable.

### Projects

The label blood draw throughout project has started and addressed some initial issues. A process has been developed to measure wait times for patients and this data collection will begin on September 13.

## Physician Recruitment/Retention

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

### OB/GYN

Our recent interview with a practicing OB/GYN was positive. In an effort to ensure fit within our practice

opportunity, this candidate will be returning for a second visit, later this month. Adrian MacGregor and Tammi Smith, MD have conducted phone interviews with a second OB/GYN candidate that will complete his residency training in the summer of 2017. We are in the process of coordinating a site visit for later this month. A third OB/GYN candidate has been identified and initial phone interviews are taking place at this time.

**Pediatrics:** We are moving forward with a formal search to recruit an additional Pediatrician at this time with the goal of having three, Pediatricians represented on our medical staff. Adrian MacGregor has begun the search process.

## Outreach Services

### Outreach & Provider Programming

Dr. Brianne Wehner and Lyndsay Bedwell were the speakers at the Big Brother Big Sisters miniature golf outing event on Saturday, August 27<sup>th</sup>. Dr. Wehner and Lyndsay spoke to the group of children and sponsors on preventative measures as we approach the cold and flu season.

Outreach Services is coordinating an upcoming program, "Dessert with the Doc" in partnership with the Pain Management Group and Dr. Grochowski. The program will be held on Tuesday, October 18<sup>th</sup> from 5PM-6PM in Health Services Building 1 Auditorium. For more information, please contact Outreach Services at 309/836-1584.

### Occupational Health

MMG primary care physicians and advanced practice professionals will be providing a series of educational programs, each month, for the Macomb School District faculty, staff, and employees as part of our

employee wellness partnership. These programs will take place during the 2016/2017 academic year.

## Information Systems

### Cerner Electronic Medical Record

We have just past the 100 day mark post Cerner implementation. We are continuing to progress through work flow and adoption changes throughout the organization. I would expect this process to continue for the next 6 months to a year before most of the changes will settle into place.

### Health-e-Athlete Application by Cerner

During the month of August our Rehabilitation Services Athletic Trainers have been preparing for a new Cerner application called HealtheAthlete. This application is web based and used to track and manage sports athletes and their injuries for school districts that we contract our services to. The Athletic Trainers are able to use iPads at the schools or on the playing fields to access the records and enter updates for their athletes.

## Financial

### August 2016

Admissions were down in most of the inpatient areas with the exception of Newborns and Swing Beds – which resulted in negative variances in hospital patient days to budget. While Newborn admissions were a bit above budget, the average number of days they are staying in the hospital has decreased by almost 29%. We also saw a fairly significant decrease in the number of patients in Observation status reflected in the 54.5% negative variance in Observation patient days.

On the outpatient side, volumes were mixed compared to budget.



Surgical procedures were positive to budget with a nice increase in both Orthopedics and Endoscopy as well as the addition of the Pain Management services done in the OR. Overall, Radiology services were down compared to budget as were Emergency Department, Convenient Care and MMG Visits.

Total Patient Revenue for the month was below the fixed budget by 3.6% with the largest dollar variances being in the Inpatient and Emergency Services. We are still lagging a bit with the coding in the Emergency Room due to the process changes with the Cerner implementation, but the impact should reverse itself out in the next few months. Total Deductions from Revenue were above budget by 3.7%. We received around \$88K in Other Operating Revenue due to receipt of some Meaningful Use incentives. Net Patient Revenue ended the month below the fixed budget by \$950K. Total Operating Expenses were below budget by 6.9%, or \$495K. While we had budgeted a \$121K loss for this month, we still fell short of that and ended the month with a \$553K loss. Given the positive bottom line we had in July, our year to date loss is at \$458K.

## Facility Planning

### MDH Addition and Renovation

We are very near completion of the final phase of renovation on 2<sup>nd</sup> and 3<sup>rd</sup> floors of Acute Care. The paperwork to request final inspection and occupancy is being prepared and should be submitted to IDPH the week of September 12<sup>th</sup>.

### Dolores Kator Switzer Women's Center

A meeting was held September 1<sup>st</sup>, with MDH Staff and Providers,

Harold O'Shea Builders, Christner Architectural, and KJWW Engineering participating. Schematic plans developed several years ago were reviewed and discussed. There were a number of suggestions made during the review which the design team took back and will attempt to incorporate into a plan and come back to use with ideas. Our goal is to finalize a plan, and have construction documents in place to being construction next summer.

## Public Relations Report

Public Relations & Marketing Report for Activities within the month of August 2016.

### Website and Social Media

During August there were 21,894 home page visits, 4,197 career views and 10,633 calendar views.

The MDH Facebook page is now at over 1,440 likes, gaining 24 likes in August. Twitter has increased to over 290 followers. Information promoted on Social Media included: donations to the Women's Center campaign, welcome reception for new providers, Hospice, childbirth and infant care classes, MDH employees honored for years of service, Pain Management Center, Family Clinic open house, Job of the Week, Apple Award and more.

### News media

August news included the following: donations to the Dolores Kator Switzer Women's Center campaign, welcome reception for new providers, announcement of FNP Lyndsay Bedwell, MDH employees honored for years of service, CPR classes, childbirth classes and Family Clinic accepting patients.

### Advertising/Marketing

Commercial spots are running for Sports Medicine & Rehabilitation Services, Home Health and general

MDH spot. General radio spots include; Obstetrics & Gynecology Clinic, Pain Management Center, Senior Behavioral Health, Orthopedics & Sports Medicine, Home Health and Family Clinic. Other August advertising included; Senior Behavioral Health, Home Health & Hospice, Orthopedics, Obstetrics & Gynecology Clinic, Pain Management Center and Family Clinic.

### Other

KHQA news visited MDH on August 8 for a live interview on the morning news with Obstetrics about the Childbirth and Infant Care classes provided.

## Foundation Report

This report reflects activity held within the month of August 2016.

### Annual Support

In August \$21545.40 was received and \$40,484.59 was pledged for a total of \$62,029.99 raised; 159 gifts and 9 memorials were processed. Some of the areas receiving support included: Golf Tournament, PROS, Dolores Kator Switzer Women's Center (DKSWC) and Hospice.

### DKSWC Capital Campaign

To date, \$3,903,216.11 has been raised toward the DKSWC Campaign goal of \$5.5M. Grant applications were submitted to Springfield Clinic and Wal-Mart State. Committee members continue to meet with individuals and businesses in support of the project. The next meeting is scheduled on September 14.

### Business Honor Roll

New pledges received were Collection Professionals \$1,650; The McDonough Democrat \$7,500; Dodsworth Piper Wallen Corman Memorial Homes \$2,500 and

Clugston Tibbitts Funeral Homes  
\$2,500.

### Golden Apple Society

The Society welcomed new members Jo Flack, Robert and Sharie Harden, Elizabeth Hillyer and Brenda Powell Allen. The committee met on August 4, where they toured the Emergency Department staff/physician lounges. The next meeting is scheduled for October 6.

### PROS

A meeting was held on August 30. Jill Foster resigned as chair of the committee and was recognized for her leadership from 2007–2016. Linda Cremer was named new chair. PROS purchased 1,000 more teddy bears for MDH staff to comfort patients.

### Golf Tournament

A full field (36 teams/144 golfers) is expected at the Outing on September 10. Packet assembly and raffle set up is scheduled for September 8 and 9. To date, more than \$48,000 has been raised to support the DKSWC.

### Festival of Trees

Work has begun to develop materials, schedule entertainment, and recruit decorators. The Foundation staff is working with Dickens on the Square to plan a magical holiday themed weekend for the community. MDH Festival events include Teddy Bear T on November 28; Jingle 'n Mingle (previously known as Gala), December 1 and Festival of Trees December 2-5. Funds raised will support the DKSWC. The next meeting is scheduled for September 29.

### Nursing Scholarships

The following nursing scholarships were awarded: Larry and Joyce Gabbert (2) \$500 to Crystal Fackrell and Heather Powell; Donna M.

Twomey \$500 to Rachel Ruebush; Carolyn J. Baumann (2) \$500 to Amber Sparrow and Jarica Whitney; Gayle and Ron Peterson \$700 to Laci Zurek; Haldon and Hazel Curless \$500 to Rebecca Peterson.

### Foundation Board

The annual meeting was held on August 10, where the following officers were re-elected: Kenneth T. Wright, President; Cathy Early, Secretary; and Kenny Boyd, Treasurer. Three year terms were extended for Tom Claudon, Beau Ingledue and Dr. George Roodhouse. Boyd reported 3,510 gifts received in FY2016 including \$442,306.08 cash, \$677,500.00 pledges; \$18,663.90 gifts-in-kind; \$25,145.76 investment income for a total of \$1,163,615.74 raised. A vote to recommend to the MDH Board that half of the Permanent Endowment interest \$9,237.32 be re-invested to the DKSWC was approved. The next meeting is scheduled for October 12.

### Other

The WIU Ladies Leatherneck Football event hosted on July 13, raised \$825.00 in support of the DKSWC. Work is underway to complete the FY2016 annual audit and tax return for the MDH Foundation.

## October Meetings Calendar

### Monday, October 3

Department of Surgery, 12:00 PM,  
Auditorium B

### Tuesday, October 4

Credentials/Bylaws, 7:00 AM, PDR

### Wednesday, October 12

PHO Office Managers, 12:00 PM,  
PDR

### Thursday, October 13

Planning/Recruitment &  
Administrative, 7:00 AM, TFBR

### Friday, October 14

- Finance Committee, 7:00 AM,  
TFBR
- Exec Committee, 12:00 PM, PDR

### Monday, October 17

Board of Directors, 5:30 PM, TFBR

### Tuesday, October 18

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

### Thursday, October 20

Tumor Board, 12:00 PM,  
Auditorium A/B

### Wednesday, October 26

- Quality Council, 1:30 PM, TFBR
- PHO Physicians, 12:00 PM, PDR

### Friday, October 28

Medical Staff Quality Improvement,  
12:00 PM, TFBR

# Flu Vaccination Time is Coming Soon!

Be on the lookout for dates, times and locations for our healthcare worker flu vaccination program! Flu vaccine is scheduled to be delivered soon and we anticipate starting our program in early October.

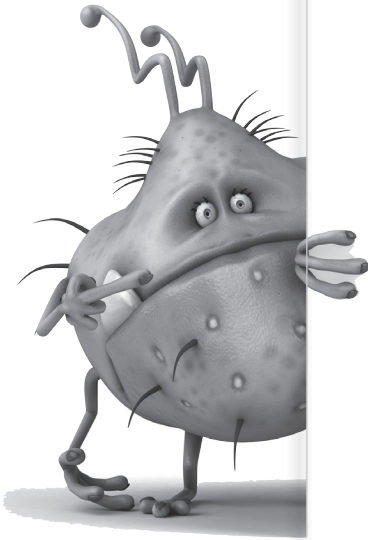


## Changes for the 2016-2017 Flu Season:

1. Healthcare workers choosing to be vaccinated will be provided a badge sticker.
2. If receiving flu vaccine from somewhere other than MDH Infection Control, a copy of the flu vaccine administration documentation must be provided to Infection Control in order to receive a badge sticker.
3. All healthcare workers choosing to receive vaccination must be vaccinated or provide documentation of vaccination by October 15<sup>th</sup>. After October 15<sup>th</sup> all healthcare workers not vaccinated or who have not provided documentation of vaccination will be required to wear a surgical mask until vaccinated or proof of vaccination is provided to Infection Control.
4. If waiving flu vaccination, the healthcare worker is choosing to wear a surgical mask through the influenza season (until March 31<sup>st</sup>, 2017). Those waiving will be required to complete the Flu Waiver CBL and indicate reason for waiver as in previous years.

Let's stay healthy and get vaccinated!

Skip N. Fluenza



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

## Word Search!

Can you find the following words?

- |              |                 |
|--------------|-----------------|
| APPLE PIE    | LEAVES          |
| BANANA BREAD | PUMPKIN         |
| COOL         | SCARECROW       |
| CORN         | SWEATER WEATHER |
| FALL         | WREATH          |

## 2016 Flu Shot Clinics provided by MDH Home Health Care

<b>MONDAY, OCTOBER 3</b>	<b>Grand Prairie Assisted Living</b>   1:00 - 2:00 PM   1307 Meadowlark, Macomb
<b>WEDNESDAY, OCTOBER 5</b>	<b>Courtyard Estates</b>   10:30 - 11:30 AM   1201 Cole St, Bushnell <b>Bushnell Family Practice</b>   2:00 - 4:00 PM   1150 N. Cole St, Bushnell
<b>THURSDAY, OCTOBER 6</b>	<b>Citizens Bank</b>   8:30 - 11:30 AM   127 S. Side Square, Macomb
<b>TUESDAY, OCTOBER 11</b>	<b>Industry Senior Center</b>   10:30 - 11:30 AM   103 N. Downen St, Industry
<b>WEDNESDAY, OCTOBER 12</b>	<b>Table Grove State Bank</b>   9:00 - 10:00 AM   121 S. Broadway, Table Grove <b>Bickford Cottage</b>   10:30 - 11:30 AM   1600 Maple Ave., Macomb <b>Macomb City Hall</b>   3:00 - 4:00 PM   232 E. Jackson St, Macomb
<b>THURSDAY, OCTOBER 13</b>	<b>Farmers &amp; Merchants State Bank</b>   11:00 AM - 12:00 PM   484 E. Main St, Bushnell
<b>FRIDAY, OCTOBER 14</b>	<b>YMCA Senior Center</b>   10:30 - 11:30 AM   400 E. Calhoun St, Macomb
<b>WEDNESDAY, OCTOBER 19</b>	<b>Colchester Senior Center</b>   9:00 - 10:00 AM   114 W. Depot St, Colchester <b>Blandinsville Christian Church</b>   11:00 AM - 12:00 PM   230 W. Washington St, Blandinsville <b>Bushnell Rec. &amp; Cultural Cntr./Sr. Cntr.</b>   1:00 - 3:00 PM   300 Miller St, Bushnell
<b>FRIDAY, OCTOBER 21</b>	<b>American Legion</b>   9:00 AM - 12:00 PM   221 E. Washington St, Macomb

**This year's vaccine is quadrivalent, covering four strains of the flu virus, including H1N1.**

Flu shots are available for the general public to anyone **18 years of age or older**.

Participants are asked to wear a short sleeve shirt as all shots are given in the upper arm.

There is no out-of-pocket charge to the Medicare Part B recipient. Persons with Medicare Part B must present their Medicare card, and MDH will bill for this service. The flu shot is \$30 for all other persons. Participants may pay with cash, check, or credit card, including Mastercard, Visa, and Discover.