

# Highlights

## LCHC Teams Up With Chariton High School for Athletic Training



Chariton residents can expect to see a friendly new face on the sidelines at Charger athletic events. Through a partnership with Chariton High School, Tyler Nance now serves as the Certified Athletic Trainer for Chariton High School.

“This is just one example of how organizations in Chariton come together and work towards the greater good for our community,” said Brian Sims, CEO of Lucas County Health Center. “This is an exciting time for the Chariton Community School District and Lucas County Health Center and we appreciate the opportunity to serve our school administrators, coaches and athletes.”

Athletic trainers are trained professionals who specialize in sports related injuries. They are trained to spot potential for injury, reduce injury rates, and help student athletes safely return to the game following an injury.

“This will be a huge benefit for our student athletes in helping to not only treat injuries, but also prevent them,” said Tim Milledge, Athletic Director at Chariton High School. “We’re excited to partner with LCHC and have Tyler working with our students and coaches to ensure that all players are at the top of their game.”

Nance received his Bachelor of Science in Athletic Training from the University of Iowa. He is returning to his hometown of Chariton to live and work on a full-time basis.

## New Employees

**Tyler Nance**  
*Athletic Trainer*  
*Physical Therapy*

**Debbie Cockerham**  
*Cook*  
*Nutritional Services*

## Digital Signage

Over the next few weeks, LCHC will be working to convert our TVs to “digital signage.” What does this mean?

Instead of having cable shows on our TVs, they will now have a “slideshow” of our upcoming events, news, videos, health topics, and more. From time to time, they will also feature information about our providers (including specialists) and our services.

We will also be featuring local community events that relate to health and wellness.

Our digital signage will NOT be used for garage sale posts, fundraisers for employee’s, etc.

If you have suggestions for information to be placed on the digital signage or have a question about the process, please contact Jena in Marketing.

## HIPAA Reminder:

LCHC employees are reminded to be conscious of HIPAA policies to ensure the safety of our patients’ protected health information.

If you have any issues, questions or concerns regarding HIPAA, please contact the following people:

HIPAA Privacy Officer - Terri McCurdy  
HIPAA Security Office - Lori Johnson

You may also call our Anonymous Compliance Hotline at (641) 774-3290.

## What’s the Deal on Vitamin D?

Vitamin D is a nutrient that plays a significant role in maintaining good health. Benefits include muscle function, promoting immune and brain health, aiding in the absorption of calcium and phosphorus, and protecting against the loss of bone mass. Many people think of it as the “sunshine vitamin” as our skin can absorb it from the sun, but Vitamin D can also come from the foods we eat and supplements we take. Common foods that contain Vitamin D include salmon, tuna fish, milk, eggs, and mushrooms.

The amount of Vitamin D a person needs in a day varies, but check out the chart below regarding the Recommended Dietary Allowances (RDAs):

Age	Male	Female	Pregnancy	Lactation
0–12 months*	400 IU (10 mcg)	400 IU (10 mcg)		
1–13 years	600 IU (15 mcg)	600 IU (15 mcg)		
14–18 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
19–50 years	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)	600 IU (15 mcg)
51–70 years	600 IU (15 mcg)	600 IU (15 mcg)		
>70 years	800 IU (20 mcg)	800 IU (20 mcg)		

\* Adequate Intake (AI)

<https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

For more information contact LCHC Dietitian, Staci Doering, RD, LD at x3206.

*The information is not intended as medical advice. Please consult a medical professional for individual advice.*

## Maple Soy-Glazed Salmon Recipe

Ingredients:

- ¼ cup Hy-Vee Select maple syrup
- 2 cloves garlic, minced
- 2 tbsp. reduced-sodium soy sauce
- 4 (4 oz each) salmon fillets

Directions:

In a large re-sealable plastic bag, combine syrup, soy sauce and garlic. Add salmon fillets. Seal bag and toss gently to coat. Refrigerate 1 to 2 hours. Discard marinade. Bake at 425 degrees for 12-15 minutes or until fish flakes easily with a fork.

Nutrition Facts/4 oz serving:

170 kcals, 7g Total Fat, 60mg Cholesterol, 95 mg Sodium, 4g Total Carbohydrates, 0g Dietary Fiber, 3g Sugar

## LCHC to Offer \$10 Sports Physicals on August 2nd

Lucas County Health Center has partnered with the Chariton School District for a Sports Physical Clinic during school registration on Thursday, August 2. This year's event will take place from 10 AM – 12 PM and 1 – 3 PM at Chariton High School.

The physicals, for students entering grades 7 to 12, will be completed by LCHC providers. Students must bring their completed school physical form, which must be signed by a parent or legal guardian before the examination will be completed. Forms will be available during the event or can be picked up at the high school office ahead of time. Physicals will cost \$10 each with 100 percent of the fee returning to the Chariton Athletic program. No appointment necessary.

## Al-Anon Meetings

Al-Anon is for people who are worried about someone with a drinking or drug problem. Anyone who has suffered from the effects of someone else's drinking faces constant emotional strains and pressures and needs help relieving these. The first thing to acknowledge, believe and accept is that alcoholics/addicts suffer from a real sickness that affects everyone close to them.

Al-Anon can help people find relief, understanding and support to help them "learn to live again", whether or not the addicted person in their life is sober.

Al-Anon is not Alcoholics Anonymous. Alcoholics Anonymous focuses on the helping the alcoholic/addict. Al-Anon focuses on the loved ones of the addict.

Al-Anon has weekly meetings here at Lucas County Health Center on Tuesdays at 7 PM in Conference Room A.

**K**now that animals carry germs that can make people sick

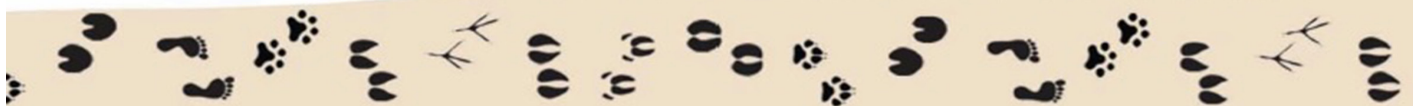
**N**ever eat, drink, or put things into your mouth in animal areas

**O**lder adults, pregnant women, and young children should be extra careful around animals

**W**ash your hands with soap and water right after visiting the animal area



## How to be Safe Around Animals!



# August

<b>1</b> Nutman Company Sale Atrium 9:30 AM - 3:30 PM			<b>2</b> Nutman Company Sale Atrium 8:00 AM - 1:30 PM Sports Physical Clinic Chariton High School 10 AM - 12 PM, 1-3 PM		<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> \$5 Jewelry Sale Atrium 10 AM - 5 PM	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Board Meeting Board Room, 6:30 PM	<b>29</b>	<b>30</b>	<b>31</b>	

## Anniversaries

27 Years:  
Karla Wiederholt - August 5

25 Years:  
JoBeth Lawless - August 2

24 Years:  
Ben Shelton - August 19

20 Years:  
Tami Adams - August 10

15 Years:  
Kris Kaska - August 4

12 Years:  
April Marth - August 1

7 Years:  
Cindy Polo - August 2

5 Years:  
Karmel Kemper - August 9  
Andrea West - August 12

4 Years:  
Sarah Newton - August 4  
Becky Moore - August 12  
Derek Winston - August 19

3 Years:  
Liz Graves - August 3  
Tabetha Dollison - August 31  
Twilla Kruzic - August 31

2 Years:  
April Nelson - August 15  
Chris Camden - August 17

1 Year:  
Janet Briggs - August 10  
Christina Cook - August 10  
Melody Matlock - August 14  
Tara Arnold - August 15  
Kelli Salsberry - August 17  
Diana Donner - August 21

## Birthdays

August 1 - Sam Carter  
August 5 - Tiffany Nickell  
August 7 - Barry Smith  
August 7 - Tate Stansberry  
August 8 - Bill Baer  
August 9 - Caleb Marosi  
August 14 - Jennie Hall  
August 17 - Gerry Probasco  
August 18 - Lisa Richmond  
August 21 - Nora Kirkpatrick  
August 22 - Elyssa Black  
August 22 - Peggy Davison  
August 25 - Karmel Kemper  
August 28 - Cody Bell  
August 28 - Bob Stump  
August 29 - Carol Todd  
August 31 - Amber Schacherer



### Specialty Clinic Schedule - August 2018

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	27
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	2, 20
	Cyndi Lister, HIS	(800) 233-4327	7, 21
	Michael K. Webb, AuD	(712) 623-4802	13
	Leah Uthe, AuD	(515) 225-2242	23
	Donal Welch, AuD, FAAA	(712) 366-0503	6
Cardiology	Martin Aronow, DO	(800) 670-9428	1
	Craig Hoffman, PA-C	(800) 670-9428	15
ENT	Simon Wright, MD, PhD	(515) 223-4368	No Clinic
	Dave Wonnell, PA-C	(515) 223-4368	2
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Oncology	Seema Harichand, MD	(641) 774-8103	14, 28
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	24
Podiatry	Randy Metzger, DPM	(641) 203-4664	7, 13, 14, 21, 27, 28
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	20
	Dustin McCann, DO	(515) 875-9550	No Clinic
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Weds., Thurs.
	Tim Mayfield, MD	(641) 774-8103	Fridays
Urology	Stephanie L. Pothoven, DO	(641) 774-3245	23
Vascular Surgery	Eric Scott, MD	(515) 875-9090	24
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays



An Affiliate of  UnityPoint Health

1200 North 7th Street • Chariton, IA 50049  
 (641) 774-3245 • (800) 404-3111 ext. 3245 • www.lchcia.com

## Jury Duty

Have you received notification of jury selection? If yes, remember these things:

- Employees must notify their supervisor immediately.
- Bring a copy of the notice of selection to your supervisor and to Human Resources.
- If called to report for service
  - immediately bring the summons in to your supervisor
  - complete a leave of absence request for jury duty
  - employees are required to use PTO for time away from work for this purpose with the option to have the PTO time refunded by presenting their endorsed court service check to Human Resources.

Please contact Human Resources with questions.

## Kudos!

Thanks so much for being involved in our “Go Pink” game. It helps our local women and helps our team understand the importance of serving our community and that there is so much more than the game of softball. We

appreciate all you do!

*Charger Softball*

Dear LCHC Staff, I cannot thank each and every one of you enough for the kindness, love, and support you showed me throughout one of my most difficult times. Having a child diagnosed with cancer is certainly not something you can mentally or physically prepare for, but the amount of support I received from the hospital staff allowed me to be with my daughter as she fought this battle. The prayers, kind words, and well wishes were more than appreciated. I want to thank those who provided gift cards or money and anyone who donated to Latsaha’s Go Fund Me page. The smallest of gifts made the biggest difference. I also want to say a very big thank you to those individuals who donated their PTO time and to those who covered my shifts so I was able to take the time off to be with Tash during her hospitalizations. I can’t express how thankful and grateful I am to have such an amazing work family. For those who don’t know, or may have been wondering, Tash’s most recent scans showed that she is essentially **CANCER FREE! THANK YOU!**

*Karla Wiederholt*

## Huddles

All employees are encouraged to attend one huddle per week to keep up to date on important information, policy changes, upcoming events, and more.

Huddles meet at the following times:

Medical Clinic - everyday at 7:45 AM

Lab/Radiology - everyday at 1:15 PM

Med/Surg - everyday at 3 PM

Finance - Tues. & Fri. at 11:15 AM

— advice for —  
**STAYING  
HIPAA  
COMPLIANT**  
*when using social media*

What can healthcare providers do to help ensure HIPAA privacy and security rules are adhered to when posting online?

Here are five tips to avoid disclosing PHI when using social media.



### NEVER POST ABOUT PATIENTS

It's extremely difficult to anonymize patients - even the subtlest identifier could land you and your practice in a lot of trouble.



### DON'T TRUST MESSAGING SERVICES

Privacy of messages relies on the recipient keeping the information to themselves and not leaving themselves logged into public or office computers. Best to avoid private messaging altogether.



### EDUCATE YOURSELF AND OTHERS

Staff should always be trained and kept up to date with HIPAA compliance best practices and company social media policies.



### DON'T MIX WORK AND PERSONAL LIFE

Healthcare professionals should keep their personal and professional lives separate. Interacting with a patient online could result in PHI inadvertently being exchanged in the public domain.



### WHEN IN DOUBT, DON'T POST

People can make mistakes in the heat of the moment. Always take a minute, read the post back to yourself, and consider the potential consequences before hitting the 'post' button

scrypt.com

*Work confident™*

## Provider Spotlight



Kaaren Olesen, DO was born in Cedar Rapids and grew up in several small communities throughout Iowa. She graduated high school from Sumner Community and went on to Boston University where she received a B.A. in Religion and Classics. She then attended Des Moines University (formerly known as University of Osteopathic Medicine and Health Sciences) in Des Moines, IA where she received a master's degree in Healthcare Administration simultaneously with her Doctor of Osteopathic Medicine. Kaaren then moved to Flint, Michigan for her internship and residency in Obstetrics and Gynecology at Genesys Regional Medical Center. She is board certified in her specialty. Kaaren is married to Jamie Bunn, DVM, owner of Waukee-Clive Veterinary Clinic. Together they have two school-aged sons and two dogs.

Dr Olesen started in OB/Gyn practice in 2002 with WDM OB/Gyn Associates. In 2014 she retired from OB to better meet the needs of her family. With that change Dr Olesen decided to open her gynecology-only private practice, Women's Care Clinic, PLC in February 2015.

Dr. Olesen sees patients on Mondays. To make an appointment with Dr. Olesen, call (641) 774-8103.