



Blessing Box Food Drive

In the spirit of giving, Lucas County Health Center will be hosting a "Blessing Box Food Drive" from November 1 - 16.

Blessing Boxes are small, publicly accessible food pantries. The community is encouraged to "take what they need, leave what they can." All items received will be shared with the three blessing boxes in Chariton, which are located at The Porch Coffee House, St. Andrew's Episcopal Church, and the Senior Center.

Employees are encouraged to bring their non-perishable food or personal hygiene items to the following locations:

- Marketing
- Bistro 61
- LCHC Medical Clinic Break Room
- Radiology

New this year - we are adding the option to make a monetary donation. All monetary donations will be used to purchase non-perishable food or personal hygiene items. Employees can make donations with cash or check (any amount) or via payroll deduct (minimum \$10 donation.) Monetary donations should be dropped off in Accounting.

Suggested donation items include canned foods, non-perishable foods, baby food, water, toiletries, diapers, Ziploc baggies, cereals, pastas, soups, toilet paper, rice, spices, cake mixes, and paper towels.

Questions? Contact Jena Wiley in Marketing at x3219.

New Employees

Nora Ogle
*Phlebotomist Clerk
Laboratory*

Samantha Pinard
*RN
ER*

Christine Buttell
*EMT
Ambulance*

Talia Torres
*RN
ER*

Chasity Musick
*Insurance Clerk
Business Office*

Huddles

Medical Clinic
Daily at 7:45 AM

Finance
Tues., Fri. at 11:15 AM

Rad/ED/Amb/Lab
Mon., Tues., Thurs. at 11:15 AM

Med/Surg
Daily at 3 PM

Computer Safety Tips:



Locking Computer Screens:

Minimizing your computer screen is not the same as locking it. Anytime you leave your computer, you must lock your computer authorized access by either pushing Windows + L or Ctrl + Alt + Delete and Enter. These are the only ways to secure your computer and our network from harm.

Email Phishing:

What you need to know about Phishing:

- Stop and think before clicking any links or attachments.
- If things look “phishy,” verify with the sender through a different avenue. (For example, make a phone call.)
- “When in doubt, throw it out.” It is better to be safe than sorry when we are protecting our network.

Coat Donations



Lucas County's Senior Center is seeking donations of gently used adult coats. Winter is here and many in our community are not fortunate to have a warm coat for the winter.

If you have any you would like to donate, please make donations to the Senior Center or drop off to Sonya Bellon's office.

Diabetes Support Group

Lucas County Health Center's Diabetes Education department will offer free, monthly Diabetes Support Group meetings for those diagnosed with diabetes and their families. The support group will feature a short presentation followed by an open discussion.

The group meets on the second Tuesday of each month from 6:30 – 7:30 PM in the Education Room at Lucas County Health Center. The next meeting is Tuesday, November 13th. Registration is not required.

For more information, please call Diabetes Education at (641) 774-3362 or visit www.lchcia.com.

Flu Shots



Employees can get their flu shot by stopping by Infection Control between 8:30 AM and 3 PM during the week OR having a float nurse administer the shot (when they are not busy.)

Remember, employees who do not get their flu shot must wear a mask beginning November 1st.

Upcoming Maintenance Projects

Maintenance has been busy working on several projects around the hospital, including updating our interior.

Upcoming projects:

- ER/EMS nurses station remodel has been postponed until next spring.
- Texture/paint halls in Med/Surg
- Paint lower walls in Cardiac Rehab
- Install cabinets in Same Day Surgery area

If you have any questions about upcoming projects, contact Calvin Dyer in Maintenance at x3228.

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.

Healthier Habits: A Word From Our Dietitian



In just a few short weeks, the holiday season will begin and that means food and lots of it! This month I'm sharing some quick tips for a happy and healthy Thanksgiving.

1. Include your favorite dishes. Always include the foods you love most this time of year; just be aware of proper portion sizes. Mealtimes should be enjoyable!
2. Avoid skipping meals. Simply put, you'll eat more later if you skip meals earlier in the day. Many people will 'save up' their calories for the big Thanksgiving meal, but oftentimes this will backfire-causing overeating, discomfort, and feelings of guilt.
3. Hydrate. When you think you are ready for your second helping, stop and ask yourself how much water you have consumed. Often times we mistake our thirst for hunger.
4. Remember MyPlate-half of your plate should be vegetables and fruit. Try using a smaller plate!
5. Plan ahead. Bring your own healthy dish and a water bottle, plan a time to exercise, and eat smaller meals/snacks throughout the day.

Try this healthier alternative to the traditional sweet potato casserole!

<https://www.foodnetwork.com/recipes/ellie-krieger/sweet-potato-pecan-casserole-recipe-1973555>

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

Medicare Open Enrollment

The Medicare Open Enrollment period, October 15-December 7, is the one time all year when Lucas County residents can review and compare their current Medicare Part D drug plan or Medicare Advantage with new options for 2019—and make changes for 2019. They could find lower costs, better coverage, or both. Call or refer patients to SHIP at (641) 774-3226 for free confidential help comparing plans.

A-Team Cookie Sales

A-Team is prepping for the holiday season and will be offering sugar cookies. These will be from the same company that Volunteer Services offered them from last year.

Sales will begin soon and will be due by November 26th. Expected delivery date is December 3rd.

Be on the lookout for more information and be sure to contact an A-Team member to place your order.



Kudos

Jerry Howell was a patient at the hospital October 11th and 12th. I want to thank everyone in the emergency room for the good care he received. Also, I want to thank the great care he received while in the hospital. He got the best care from all the aides and nurses. Alicia sure is a great caring nurse. They all were, but she spent the most time with Jerry. We thank anyone that helped in any way. THANK YOU!

Jerry and Awanda Howell

George Esper Completes IHA Leadership Program



Lucas County Health Center is proud to recognize George Esper for his completion of the Iowa Hospital Association (IHA) Health Care Leadership Series.

This series helps upcoming leaders prepare for the transition to supervisor/manager/ leader. In today's health care environment, accepting a leadership role is far more challenging and complex than ever before. IHA developed this program to help provide future leaders with the skills and knowledge that lead to success.

Congratulations on your achievement, George!

<h1>November</h1> 				1	2	3
4	5	6	7	8	9	10
			Radiology Open House Radiology 10 - 11 AM			
11	12	13	14	15	16	17
		Diabetes Support Group Ed. Room, 6:30 PM				
18	19	20	21	22	23	24
						
25	26	27	28	29	30	
		Board Meeting Board Room, 6:30 PM	Managers Meeting Education Room, 2 PM			

Anniversaries

12 Years:

Sheri Shore - November 21

9 Years:

Sheila Piper - November 18

8 Years:

Tiffany Nickell - November 10

4 Years:

Lisa Stripe - November 10

Diana Irving - November 24

3 Years:

Tereasa Emerson - November 16

Karey Brandon - November 24

2 Years:

Stacia Black - November 8

1 Year:

Callie Davis - November 27

Birthdays

November 5 - Jaclyn Martin
 November 8 - John Pierce
 November 10 - Holly Hysell
 November 11 - Staci Doering
 November 11 - Cody Keyes
 November 11 - Dale Schiling
 November 13 - Kami Welch
 November 14 - Carol Metcalf

November 15 - Jessica Kline
 November 16 - Angie Shriver
 November 19 - Jade Burgett
 November 21 - Chris McGinnis
 November 21 - Twilla Kruzic
 November 25 - Diane Musick
 November 26 - Michelle Greathouse
 November 26 - Andrea West

November 28 - Liz Graves
 November 28 - Shannon Holmes
 November 29 - Kara Rich
 November 29 - Jessica Goben
 November 29 - Paige Nelson
 November 30 - Becky Moore
 November 30 - Sarah Carter



Specialty Clinic Schedule - November 2018

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	5
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	19
	Tyler Duraes, AuD	(800) 233-4327	6, 20
	Michael K. Webb, AuD	(712) 623-4802	12
	Leah Uthe, AuD	(515) 225-2242	21
	Donal Welch, AuD, FAAA	(712) 366-0503	8
Cardiology	Martin Aronow, DO	(800) 670-9428	7
	Craig Hoffman, PA-C	(800) 670-9428	21
ENT	Simon Wright, MD, PhD	(515) 223-4368	1
	Dave Wonnell, PA-C	(515) 223-4368	1
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Midwifery	Sharon Squibb, CNM, ARNP, NCMF	(515) 643-6869	14, 28
Oncology	Seema Harichand, MD	(641) 774-8103	13, 27
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	2, 16, 30
Podiatry	Randy Metzger, DPM	(641) 203-4664	6, 12, 13, 26, 27
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	19
	Dustin McCann, DO	(515) 875-9550	No clinic
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Wednesdays
	Tim Mayfield, MD	(641) 774-8103	Fridays
Urology	Stephanie L. Pothoven, DO	(641) 774-3245	14
Vascular Surgery	Eric Scott, MD	(515) 875-9090	No clinic
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays



An Affiliate of  UnityPoint Health

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Chariton, IA 50049
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www.lchcia.com

Stream of Excellence



Congratulations, Amy Poncelew! Amy was recognized by Amy McCurdy who said "Thank you for all of your patience and understanding today. You are a great team player!"

Stream of Excellence forms are collected and put into a drawing to receive a \$10 gift certificate and a reserved parking space.

Provider Spotlight



Leah Uthe, AuD has provided unsurpassed hearing healthcare services in the Des Moines area for many years. Respected by the medical community, and the patients she services, Leah is uniquely suited to help with your healthcare issues.

Leah received her BA in Communication Sciences and Disorders at the University of South Dakota in Vermillion, SD, and graduated with her Doctorate of Audiology from the University of South Dakota. She is a Licensed Hearing Aid Dispenser in the state of Iowa.

Leah is committed to addressing the needs of current and prospective patients.

Leah is available to see patients on the 4th Thursday of each month. To make an appointment, call (515) 225-2242.

Social Media Best Practices for LCHC Team Members

Social media: Includes, but is not limited to: blogs, podcasts, discussion forums, RSS feeds, video sharing, consumer ranking sites such as Yelp, and social networks such as Facebook, Instagram, Snapchat, Twitter, and LinkedIn.

- 1. Like content published on official Lucas County Health Center accounts.**
Feel free to use the like button or any other reaction for content published by an official Lucas County Health Center account.
- 2. Stay focused at work.** Use your break time or time off to check social media.
- 3. Share our accomplishments.** Use the share button to post a story or article on an official Lucas County Health Center account to your personal account.
- 4. Use personal email for social media accounts.** Do not use your work email to create a social media account.
- 5. Don't friend patients! OR "like" a post/image a patient has posted of you.**
Employees in patient care roles should not initiate or accept friend requests unless an in-person friendship pre-dates the treatment relationship. Decline friend requests from patients. As Lucas County Health Center employees, we are bound to rules, like HIPAA (Health Insurance Portability and Accountability Act), so keep your relationships professional.
- 6. Don't share patient information.** Do not share any information that could identify a patient or confirm that a patient was receiving treatment or care within our walls. Some examples include:
 - Liking a patient's post that mentions their care in any way.
 - Commenting 'thank you' to a patient's post on any social media account.
- 7. Don't speak on behalf of Lucas County Health Center.** Never speak on behalf of your employer.
- 8. Don't post images or videos with patients.** PHI (Protected Health Information) and HIPAA are in place to protect patients. It is never acceptable to post images, videos or live stream patients or patient information. Also, LCHC policies state that taking photos with cell phones or other electronic devices on or in LCHC owned facilities is strictly prohibited.

Pop Cans: What are they good for?

Did you know A-Team collects pop cans in the hospital and turns them in? As with all A-Team fundraisers, all income is used to provide you with the best possible Winterfest celebration, including purchasing decorations, prizes, games, and more!

A-Team pop can/bottle donation bins can be found throughout the hospital. Consider placing your empty can/bottle in these bins and help A-Team out!

Questions?

Contact Jena Wiley in Marketing at x3219.



Wheelchair Use

Reminder to all employees: Wheelchairs need to be cleaned after EVERY use. This helps with eliminating the spread of germs and illnesses.

EVERYONE should wipe the wheelchairs down. Antibacterial wipes are available in the Atrium next to the wheelchairs. Please note: Do NOT use these wipes to disinfect your hands, face, etc. They are not safe for that purpose.

If you have any questions, contact Joyce Dyer in Infection Control at x3220.



NOVEMBER 1 - 16

Blessing Box Food Drive

BRING YOUR NON-PERISHABLE FOOD
OR PERSONAL HYGIENE ITEMS TO
MARKETING, BISTRO 61, LCHC MEDICAL
CLINIC BREAK ROOM, OR RADIOLOGY.

EMPLOYEES CAN ALSO MAKE A
MONETARY DONATION (VIA CASH,
CHECK OR PAYROLL DEDUCT) WHICH
WILL BE USED TO PURCHASE ITEMS FOR
THE BLESSING BOXES IN CHARITON.
MONETARY DONATIONS SHOULD
BE GIVEN TO ACCOUNTING.