

Highlights

Sharon Squibb Returning to LCHC in February



LCHC is pleased to announce the return of Sharon Squibb, MS, CNM, ARNP, NCMP effective January 20, 2019.

Sharon Squibb, CNM, ARNP is a Certified Nurse-Midwife and Nurse Practitioner with over 20 years of experience delivering babies and caring for women of all ages. She offers compassionate, comprehensive care that encompasses women's health needs from the teenage years into the

menopause years and beyond.

As a Certified Nurse Midwife, Sharon promotes and supports personalized care, treating each woman and family as a unique entity, not just a number. She considers past experiences, current situations, and future goals as well as work, family, faith, and personal values. She approaches women's health care with research, evidence-based practice, professional standards and clinical expertise, along with a deep understanding of the normal, natural events in a woman's life.

Sharon has called southern Iowa her home for years and is happy to be returning to a community that she loves.

Further information about Sharon's clinic hours will be available soon. Join us in welcoming Sharon back to our LCHC team.

Handwashing Reminder

Any Employee, not just patient care staff, should be using proper Hand Hygiene. Every employee should be using Hand Hygiene upon entering a patient's room because Hand Hygiene is the most important thing you can do to prevent infections from spreading.

Hand Hygiene means washing with soap and water or the use of an alcohol based hand sanitizer.

If hands are not visibly soiled you can use an alcohol based hand rub. All surfaces should be covered. Use at least a dime sized dollop of hand solution.

Handwashing should take about 20 to 25 seconds and should be performed as follows:

- Wet hands with warm water, then apply one squirt of soap. Hot water may increase the risk of dermatitis.
- Vigorously rub together all surfaces of lathered hands.
- Thoroughly rinse hands under a stream of water.
- Dry hands with a paper towel.

*We need to do better at handwashing here at LCHC. If you see a co-worker not washing their hands, please say the code word- CHIP (Clean Hands Infection Prevention) to them.

10 Week Wellness Challenge

Lucas County Health Center employees are encouraged to participate in the Live Healthy Iowa 10 Week Wellness Challenge beginning January 14, 2019. This simple and affordable challenge provides lowans an opportunity to improve their health while engaging in fun, friendly competition.

Participants receive:

- Challenge T-shirt (Adult small - 4XL)
- Personal online dashboard with the ability to sync Fitbit devices and Under Armour apps
- One-year magazine subscription
- Chances to win weekly prizes*
- ...and more!

LCHC is forming teams to motivate and support each other in achieving fitness and weight loss goals. Join by contacting Jena Wiley in Marketing at x3219 or jwiley@lchcia.com.

Deadline to sign-up is January 7th.

10 Week Challenge Info. Seminar

Want to learn more about the 10 Week Challenge? Have questions that you'd like answered before you sign up?

Consider attending a 10 Week Challenge Information Seminar on Wednesday, January 2nd.

Sessions will be held at 12 and 12:30 PM in the Education Room. Feel free to bring your lunch and learn more about the challenge! (Lunch will not be provided.)

Contact Jena Wiley at x3219 with questions.

Provider Spotlight



AnnMarie has been working at ASI for 19 years. She began working at ASI because she had her Bachelor's Degree in Speech and Hearing and was looking for something in that field.

"Working at ASI is rewarding," she says. "I enjoy working with the patients and seeing them smile! I treasure seeing pure joy on their faces when they can hear the sounds they have been missing. Whether it is a new user or someone who has worn aids for years, I enjoy being able to help and serve others."

AnnMarie would like others to know, "We are here, dedicated to helping people hear. ASI offers services Monday through Friday. We want all of our patients to have the best listening experience possible in all types of environments," she continues. "Our staff is trained and works to continue our education in the hearing field so that we can offer the most up to date technology to our patients."

Upcoming Maintenance Projects

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

Upcoming projects:

- ER/EMS Nurses Station has been postponed until next spring
- Rebuilding the chiller (December - January time frame)
- Replacing the circulating pumps for the chiller system (December - January time frame)

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

Healthier Habits: A Word From Our Dietitian



There is more evidenced-based research pointing at keeping a healthy gut to promote overall wellness. To help you start a healthy New Year, here are a few facts on pre- and probiotics!

1. The bacteria in our gut, called the microbiome, help us fight pathogens, boost immunity, and produce enzymes to aid in digestion and metabolism.
2. Fruits and vegetables are high in fiber and polyphenols which are food (prebiotics) to the good bacteria in your gut.
3. Your microbiome can easily change, so it is important to fuel it properly. For example, if you continuously consume sugary foods, the pathogenic bacteria will thrive leading to increased inflammation in your body.
4. Yogurt and kefir are examples of fermented foods that positively affect your microbiome.
5. Consuming a probiotic during and after the use of an antibiotic can help maintain a healthy balance in your gut.
6. Probiotics are not for everyone. Individuals who are undergoing cancer treatment or have a weakened immune system should not take probiotic supplements due to an increased risk of infection.
7. Overall, maintaining a healthy diet is the still the number one way to promote a healthy gut.
8. There are numerous probiotic supplements on the market with a variety of strains of bacteria. Always be sure to talk with your doctor and dietitian before starting something new.

Resources

Coleman, Sherry, MS, RDN, LD. *Probiotics: Improve Gut Health With Probiotic Supplements.* *Today's Dietitian*. Vol 17:3. P. 14. March 2015.

Hoerr, Kara, RD. "What your gut needs from you." February 8 2016. <https://rdinthemidwest.com/2016/02/08/what-your-gut-needs-from-you/>

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

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.

Huddles

Medical Clinic
Daily at 7:45 AM

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

Finance
Tues., Fri. at 11:15 AM

Med/Surg
Daily at 3 PM

		1 Clinics Closed	2 10 Week Challenge Info. Seminar 12 and 12:30 PM Education Room	3	4	5
6	7 Mandatory Reporter Education Room, 1 PM	8 Board Meeting Board Room, 6:30 PM Diabetes Support Group Ed. Room, 6:30 PM	9 Deadline for 10 Week Wellness Challenge!	10	11 Deadline to RSVP for Winterfest!	12
13	14	15 Telemetry Class Education Room, 9 AM	16 BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM	17	18	19
20	21	22 Healthy University: Healthy Crock-Pot Cooking Seminar 4 PM, 5:15 PM Conference Room A	23	24 ACLS Renewal Education Room, 9 AM	25 Jeans Day! 	26 Winterfest 5:30 PM Carpenter's Hall
27	28	29 Board Meeting Board Room, 6:30 PM	30	31 PALS Renewal Education Room, 9 AM		

Anniversaries

27 Years:

Amy McCurdy - January 13

24 Years:

Mary Jo Fisher - January 30

19 Years:

Shannon Page - January 3

Dr. Gorski - January 21

11 Years:

Jenny Newton - January 4

Barry Smith - January 11

Lori Johnson - January 21

9 Years:

Shannon Holmes - January 29

7 Years:

Erin Lang - January 9

4 Years:

Steve Adams - January 8

Sarah Carter - January 9

Kayla Wallace - January 26

3 Years:

Robert Stump - January 5

Abby Sponsler - January 29

2 Years:

Calvin Dyer - January 16

1 Year:

Ann Lund - January 8

Kelsey Spicer - January 22

Jessica Wiederholt - January 30

Birthdays

January 1 - Mary Burger

January 2 - Deb Lindsey

January 3 - Kelly Mundt

January 4 - Kelli Salsberry

January 9 - Diana Irving

January 10 - Abby Sponsler

January 11 - George Esper

January 12 - JoBeth Lawless

January 13 - Christine Buttell

January 15 - Michelle Carlton-Delao

January 18 - Mim Kurimski

January 20 - Dr. Bogard

January 22 - Sheri Shore

January 25 - Becky Runnells

January 20 - Derek Winston

January 29 - Laura Hagen

January 31 - Abby Hamilton



Specialty Clinic Schedule - January 2019

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	7
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	21
	Tyler Duraes, AuD	(800) 233-4327	8, 15
	Michael K. Webb, AuD	(712) 623-4802	14
	Leah Uthe, AuD	(515) 225-2242	No clinic
	Donal Welch, AuD, FAAA	(712) 366-0503	10
Cardiology	Martin Aronow, DO	(800) 670-9428	23
	Craig Hoffman, PA-C	(800) 670-9428	16
ENT	Simon Wright, MD, PhD	(515) 223-4368	3
	Dave Wonnell, PA-C	(515) 223-4368	3
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Midwifery	Sharon Squibb, CNM, ARNP, NCMP	(515) 643-6869	9, 23
Oncology	Seema Harichand, MD	(641) 774-8103	8, 22
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	11, 25
Podiatry	Randy Metzger, DPM	(641) 203-4664	8, 14, 15, 22, 28, 29
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	21
	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	17
Vascular Surgery	Eric Scott, MD	(515) 875-9090	25
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays



An Affiliate of UnityPoint Health

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www.lchcia.com

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, January 8th. Registration is not required.

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

It's flu season again...

Lucas County Health Center's policy for patient safety requires staff to receive the flu vaccination or wear a mask. Hospitalized patients are more susceptible to acquiring influenza from healthcare workers than the general population.

If you do not receive the vaccination, a mask must be worn during ANY patient contact as the policy states. Wearing the mask will be effective from November 2018 through April 2019.

If you have any questions or concerns, contact Joyce Dyer, Infection Control Nurse, at x3220.

Annual Appeal Progress

OUR GOAL
\$26,000

WE ARE CURRENTLY
AT \$23,475



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\$26,000
\$20,000
\$15,000
\$10,000
\$5,000

HEALTHY UNIVERSITY PRESENTS:

Healthy Crock-Pot Cooking Seminar

Quick, tasty, and healthy meals for
your family!

with Sarah Peterson, Hy-Vee Dietitian



Tues., January 22 at 4 pm & 5:15 pm
Conference Room A - LCHC

Registration required. Call (641) 774-3219 to RSVP.

SPONSORS:



WINTERFEST 2019

CASINO NIGHT

01.26.19

FREE FOR EMPLOYEES. EACH EMPLOYEE
CAN BRING ONE GUEST FOR \$10.
RSVP BY JANUARY 11, 2019 IN MARKETING.



5:30 PM
SOCIAL TIME

6:00 PM
WELCOME/AWARDS

6:30 PM
DINNER

7:30 PM
PRIZES

8:00 PM
CASINO NIGHT

10:00 PM
DANCE/DJ
\$100 DRAWING

MIDNIGHT
GOOD NIGHT!

Winterfest 2019

Winterfest will be held on Saturday, January 26 at Carpenter's Hall. This year's theme is "Casino Night" and is free for all LCHC employees. Employees are welcome to bring one guest for a fee of \$10.

Employees must RSVP by Friday, January 11th. RSVPs can be found in your email or by the timeclocks.

Employee Prize Entries:

This year, each employee who attends Winterfest will receive 10 slips of paper with their name on it. Employees will then drop their slips of paper in buckets for the prizes they are interested in winning. (Each prize will have its own bucket.) You can drop all 10 slips in one prize bucket or spread them out - up to you! This will ensure you have the option to win a prize you want to win. (Note: Employees who are working will also have their name entered in to the prizes they are interested in winning.) Must be present to win (with the exception of those working.) If your name gets drawn twice, you get to choose between the prizes. We will draw a new winner for the prize you return.

Guest Prizes:

Guests will receive one slip of paper with their name on it. They will get to choose which of the guest prizes they want to put their name in.

Prize Drawing:

In year's past we have drawn for prizes throughout the evening. This year, we are drawing for all employee and guest prizes (with the exception of the \$100 drawing) at 7:30 PM.

\$100 Drawing:

All employees who attend (and those working) are entered for the \$100 prize. This prize will be drawn at 10:00 PM. Must be present to win!

Casino Prizes:

This year's entertainment gives all attendees the chance to win more prizes! (Note: These are separate from our employee/guest prizes.)

At registration all employees will receive poker chips to use at casino night. At 10 PM, the casino will close and employees will cash in the chips they have left for prize tickets. These prize tickets will be placed in buckets for a chance to win 1 of several gift cards!

Casino night prizes can be won by BOTH employees and their guests.

Casino Games:

Several casino games will be available to play, including:

- Black Jack
- Texas Hold 'Em
- Roulette
- Craps
- Bingo

Each game will require a "buy-in" which will be listed at the table. Attendees also have the option to play games at their table (decks of cards provided) and win/lose poker chips that way.

If you aren't familiar with these games, we suggest studying before you arrive!