



# Highlights

## Back to School Vaccinations

With summer ending, many of us have back to school preparations on our “to do list.” But does your list include your child’s vaccinations?

### Why are they important?

Vaccinations protect your children from certain deadly diseases, prevent outbreaks, and promote healthy classrooms.

Vaccinations are important for both the health of your kids and the health of our community. Unvaccinated kids are more likely to catch and spread serious illnesses such as whooping cough (also called pertussis) and measles – both are preventable by vaccines. Outbreaks of vaccine-preventable diseases once thought to be well controlled, including measles and whooping cough, are still occurring in this country.

The most effective way to prevent the spread of disease and keep your child and their peers healthy is to have them vaccinated! There are certain vaccines required prior to the start of preschool, kindergarten, seventh grade, and college. Students entering these grades, or who are entering school for the first time, will be required to show proof of immunization prior to school entry. Students who are not up-to-date on the required vaccines for their age may not be allowed to attend school.

### What about a medical exemption?

If, in the opinion of a healthcare provider, a required immunization would be injurious to the health and well-being of the recipient, a Medical Exemption can be signed.

### What about religious exemptions?

A religious exemption may be granted to an applicant only if immunization conflicts with a genuine and sincere religious belief. A Certificate of Immunization Exemption for religious

reasons shall be signed by the applicant or, if the applicant is a minor, by the parent/guardian or legally authorized representative. BY signing the certificate, you are attesting that the immunization conflicts with a genuine and sincere religious belief and that the belief is, in fact, religious and not based merely on philosophical, scientific, moral, personal, or medical opposition to immunizations.

### If my child has a medical or religious exemption, can they be excluded?

A child granted a medical or religious exemption may be excluded from child care or school during a disease outbreak. The length of time a child is excluded from child care or school will vary depending on the type of disease and the circumstances surrounding the outbreak. Exclusion could range from several days to over a month.

### What immunizations are recommended for my child?

To learn more about recommended vaccines by age, visit [www.lchcia.com/vaccinate](http://www.lchcia.com/vaccinate).

### How do I know if my child is up-to-date on their vaccinations?

If you’re not sure whether your child is up-to-date of their vaccines, or if your child has missed vaccinations, contact your healthcare provider.

If you need to make an appointment for vaccinations, contact LCHC Medical Clinic at (641) 774-8103. We are open 7 days a week to meet your healthcare needs.

*Written by Becky Runnells, LPN, recipient of IDPH’s Immunization Champion Award.*

## Healthier Habits



Cooking with your kids is a good way to help them build healthy eating habits from a young age. Most kids enjoy helping out in the kitchen. While they help you cook, you can talk to them about healthy foods. Be patient with spills and mistakes and remember that the goal is to help your kids learn about healthy eating.

For more ideas on how to get your kids involved in the kitchen, check out the last page of this newsletter.

## Pet Policy – Only Working Service Dogs Permitted

For the health and safety of our patients, Lucas County Health Center has a No-Pets policy. Although we love animals, we ask that you leave your pet at home during your visit to our facility.

This No-Pets policy applies to:

- Pets
- Emotional support animals
- Comfort animals
- Therapy animals

LCHC complies with the Americans with Disabilities (ADA) allowing access for all individuals to public places; therefore, we do allow working service dogs to accompany our patients. Service animals are individually trained to perform work or tasks for people with disabilities. Service animals are required to be leashed or harnessed except when performing work or tasks where such tethering would interfere with the dog's ability to perform the work or tasks.

Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals under the ADA. Under ADA regulations that became effective on March 15, 2011, there are no protections for emotional support animals in terms of access to public accommodations and public entities. The Department of Justice has stated that emotional support animals are not protected as service animals under these regulations.

Should you arrive to an appointment with a pet that is not a service animal, you will be asked to remove the animal from our facility. To avoid any disruption or inconvenience, we ask that you leave your pet at home.

Thank you for your cooperation and consideration of all our patients.

## Stream of Excellence

Congratulations, Erin Andersen, August's Stream of Excellence recipient!

Erin was recognized by Mel Gibson who said, "Thanks for being a good addition to our team! I appreciate your help and thanks for helping cover me."

Stream of Excellence recognition forms are collected and put into a drawing on a monthly basis. The recipient receives a \$10 gift certificate and a reserved parking space.

Did you have a co-worker go above and beyond? Nominate them for Stream of Excellence!

## 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*

					<b>1</b> <b>Sports Physicals</b> Chariton High School 8:30 - 11 AM 1:30 - 3:30 PM	<b>2</b>	<b>3</b> <b>Free Family Swim</b> Chariton Pool 11 AM - 1 PM Sponsored by LCHC and Parents & Children First
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>  <b>Heart + Soul Open House</b> Heart + Soul 9 AM - 3 PM	<b>8</b>	<b>9</b>  <b>New Employee Training</b> Education Room 8:30 AM	<b>10</b>	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>  <b>A-Team Meeting</b> Board Room, 2 PM	<b>15</b>	<b>16</b>	<b>17</b>	
<b>18</b>	<b>19</b>	<b>20</b> <b>Babysitter Training</b> 12 - 5 PM, Ed. Room  <b>Docs Who Care Anniversary Ice Cream Social</b> Atrium, 3 - 5 PM	<b>21</b>  <b>Babysitter Training</b> 8 AM - 1 PM, Ed. Room	<b>22</b>	<b>23</b>	<b>24</b>	
<b>25</b>	<b>26</b>	<b>27</b>  <b>Board Meeting</b> Board Room, 6:30 PM	<b>28</b>  <b>Managers Meeting</b> Educ. Room, 2 PM	<b>29</b>  <b>\$5 Jewelry Sale</b> 10 AM - 5 PM, Atrium	<b>30</b>	<b>31</b>	

## Anniversaries

### 28 Years:

Karla Wiederholt - August 5

### 26 Years:

JoBeth Lawless - August 2

### 25 Years:

Ben Shelton - August 19

### 21 Years:

Tami Adams - August 10

### 16 Years:

Kris Kaska - August 4

### 13 Years:

April Marth - August 1

### 8 Years:

Cindy Polo - August 2

### 6 Years:

Karmel Kemper - August 9

Andrea West - August 12

### 5 Years:

Becky Moore - August 12

Sarah Newton - August 4

### 4 Years:

Tabetha Dollison - August 31

Twilla Kruzic - August 31

### 3 Years:

April Nelson - August 15

### 2 Years:

Melody Matlock - August 14

Tara Arnold - August 15

Kelly Salsberry - August 17

Diana Donner - August 21

### 1 Year:

Emily Kurimski - August 6

Abby Hamilton - August 27

## Birthdays

August 1 - Samantha Carter

August 5 - Tiffany Nickell

August 7 - Tate Stansbery

August 7 - Barry Smith

August 8 - Bill Baer

August 9 - Caleb Marosi

August 14 - Jennie Hall

August 17 - Gerry Probasco

August 18 - Lisa Richmond

August 21 - Nora Conner

August 22 - Peggy Davison

August 25 - Karmel Kemper

August 28 - Cody Bell

August 29 - Carol Todd

August 31 - Amber Schacherer



### Specialty Clinic Schedule – August 2019

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	5
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	1, 19
	Tyler Duraes, AuD	(800) 233-4327	6, 20
	Michael K. Webb, AuD	(712) 623-4802	12
	Leah Uthe, AuD	(515) 225-2242	28
	Sarah Titman, MS, CCC-A	(712) 366-0503	No clinic
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
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	23
Podiatry	Randy Metzger, DPM	(641) 203-4664	6, 12, 13, 20, 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
Vascular Surgery	Eric Scott, MD	(515) 875-9090	23
Wound Clinic	Philip Sundquist, MD	(641) 774-3362	Tues., Weds.



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

## New Employees

**Tinneal Harris**  
EMT

*Emergency Services*

**Christopher Camden**  
Paramedic

*Emergency Services*

**Benjamin Peterson**  
Surgical Tech

*Operating Room*

**Michelle Fischer-Short**  
ARNP

*Med/Surg*

**Ashley Hofmann**

*Receptionist*

*LCHC Medical Clinic*

## When in doubt...SHRED!

Any document that includes any element of PHI (or a hint of PHI) should be shredded. It must not be placed in the regular trash. Do you know where your closest locked shred bin is located? Use it!

If you have a box/bin at your workstation with items waiting to be placed into a locked shred container, it must be emptied regularly and at least once per shift. Make sure these types of boxes are not located near a trash receptacle, are not accessible to the public or visitors, and are clearly marked as SHRED.

Any items that include Protected Health Information or PHI must be properly destroyed. But what is PHI? PHI, is any information that can be linked to a patient. It could include information and payments for health care, or even a patient's health status. Essentially, any information that's linked to anyone's medical record or payment history is protected by law and needs to be handled with care.

Examples of PHI elements to watch for:

- Names
- Demographic data
- All elements of dates (date of birth, date of service, etc.)
- Telephone numbers
- FAX numbers
- Email addresses
- Social Security numbers
- Medical record numbers
- Insurance numbers
- Account numbers
- Certificate/license numbers
- Vehicle identifiers and serial numbers including license plates
- Full face photos and comparable images
- Any unique identifying number, characteristic or code



# Stratus Video Interpreting Service

Our new interpreting service, Stratus Video, will be available for use on Monday, October 1st. To access these services:

- Use any phone and dial 833-625-9557. An operator will connect you with an appropriate interpreter, OR
- Use one of the Video Interpreting carts. We have two carts. One will be housed in the clinic and one in the ED. (These should be set-up and in their home areas by the middle of next week.) Any department that needs to use these carts may borrow the cart from one of these areas. Please make sure to return the cart when you are finished. These carts can be used for video interpretation and over-the-phone interpretation.

Other information:

- The operator or interpreter should ask you for your department number and a patient medical record number in order to track the services being provided to the patient. Additionally, please make sure to document in the patient's record that an interpreter was used in facilitating the visit and

include the date/time of the call along with the interpreter name and #.

- Carts will need to be cleaned after each use. Please do not use disinfecting wipes on the screen of the iPad. The iPad screen should only be wiped clear of any fingerprints with a microfiber cloth.
- If you missed the training provided this week on Stratus Video, here is a video that will quickly walk you through how the system works:  
<https://vimeo.com/252574435>
- Phone stickers will be arriving soon that can be used to place on or near phones in your areas. When these arrive, I will bring them by your areas.
- We are making a badge buddy card with information on interpretation services and will pass these out when they are finished.

If you have any questions, contact Lori Johnson at x3360.

## Slips, Trips, and Falls

Did you know that slips, trips, and falls are a leading cause of workplace fatalities and injuries?

Tips for Reducing Slips/Trips/Falls in the Workplace:

- Keep floors clean and dry
- Keep exits free from obstruction
- Ensure spills are reported and cleaned up immediately
- Keep hallways clear for easy movement
- Tape or otherwise anchor temporary electrical/extension cords that cross floors
- Use only properly maintained ladders to reach items. Do not use stools, chairs, or boxes as substitutes for ladders.
- Use non-slip footwear to decrease slip/fall hazards
- Countertops and carts should be free of sharp, square corners
- Provide good lighting for halls and stairwells
- Clean only one side of a passageway at a time
- Use handrails on stairs to avoid undue speed, and maintain an unobstructed view of the stairs ahead of you even if that means requesting help to manage a bulky load.
- Eliminate cluttered or obstructed work areas.

## A-Team Fundraiser

A-Team will be selling Jeans Day Annual Passes. (Note: These are different than those sold in past, so please read below!)

Jeans Day Annual Passes will be sold for **set** dates for the entire year. Employees will only be able to wear jeans on the day set for each month. In the past, jeans day punch cards could be used on any day throughout the year. That will not be the case. The new punch cards can only be used for a set day once per month.

Set dates are:

- |                  |                 |            |
|------------------|-----------------|------------|
| • August 16th    | • January TBD   | • June TBD |
| • September 13th | • February 14th | • July 3rd |
| • October 31st   | • March 17th    |            |
| • November 20th  | • April 10th    |            |
| • December TBD   | • May 15th      |            |

Cost is \$24 per jeans day annual pass (or \$2 per day.) Your annual pass will come in the form of a sheet of stickers, each labeled with the day they can be worn.

Contact Shelley Quillin in Human Resources to purchase your annual pass.

# 10 YEAR anniversary ICE CREAM SOCIAL

TUESDAY  
AUGUST  
20

PLEASE BE OUR GUEST FOR ICE CREAM  
& DESSERTS AS WE GATHER TO SHOW  
OUR APPRECIATION AND THANKS TO  
THE DEDICATED STAFF AND  
EMPLOYEES OF LUCAS COUNTY  
HEALTH CENTER.

3:00 – 5:00 PM

ICE CREAM & ANNIVERSARY PRESENTATION

**LUCAS COUNTY HEALTH CENTER**  
**The Atrium**  
1200 N. 7<sup>th</sup> St. Chariton, IA 50049

**RSVP:** msmith@docswhocare.com / 913-397-7800

*Tara*

is **1** of **220** reasons  
we are a **Top 20**  
Critical Access  
Hospital in the  
**nation** for quality

*Lucas County Health Center has more  
than 220 team members dedicated to  
providing our community with quality  
healthcare, every single day.*



## Goodbye, old registers!

The Bistro and heart + soul (gift shop) will be saying goodbye to their old registers and have installed a Point of Sale for all transactions! Heart + soul will start using the Point of Sale on August 1st, followed by the Bistro at a later date in August. Please be aware that this is a new system for Dietary staff and volunteers. It may take an extra moment to heck out until everyone is comfortable with the system.

Benefits for customers at both locations will include:

- Use of credit/debit cards
- Employee use of payroll deduction
- No more recording of purchases by paper
- Easier to read receipts at purchase

Thank you for your  
patience during this  
transition!

# parent tips

## Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



### Get them interested

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods. Children like to eat food they make. This is a good way to get them to try new healthy foods.

### Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

#### 2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

#### 3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

#### 4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

#### 5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Be sure to have kids wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your kids learn about healthy eating.

### Let them be creative

Set out three or four healthy foods, and let your kids make a new snack or sandwich from them. Use foods your children can eat without choking.

#### Start with:

- A new kind of bread (whole grain or rye)
- Whole grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Small pieces of whole-wheat pita bread

#### Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

#### Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes cut in small pieces

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

*We Can!* is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

*We Can!* Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

A-TEAM CELEBRATES

# The Iowa State Fair

## Tuesday, August 13th: Salsa Contest

Bring a bowl of your homemade salsa to the Bistro by 11 AM. For a \$1 donation, employees can taste test all salsas and vote on their favorite. Winner announced same day.

## Wednesday, August 14th: Photo contest

Submit a digital copy of a scenery/landscape photo to Marketing by Tuesday, August 13th for the photo contest. Employees will vote on their favorite. Voting will remain open for 1 week and the winner will receive a prize! (Note: Must submit a waiver that gives LCHC rights to display your photo in our facility.)

## Thursday, August 15th: Pie contest

Bring a pie to the Bistro by 9 AM for judging. For a \$1 donation, employees can purchase a small slice of pie during lunch. Winner announced same day.







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## Photo Contest Release and Entry Form

Entry Information	
Photographer Name:	Organization:
Email:	Phone #:
Street Address:	City:
State:	Zip Code:
Photo Title:	

Landscape/scenery photos preferred! (No people.)

Please include a brief description of your photo, including the county/location where photographed:

Publicity Release/Permission to Reprint	
By typing/writing my name below, I hereby grant Lucas County Health Center the right to use this photo entry for publishing, illustration, advertising, trade and promotion, or any other use in any medium for any purpose of LCHC. I hold LCHC harmless from any and all liability that might arise out of or result from the foregoing use. My entry signifies that I will abide by all rules.	
Signature:	Date #:

Each photo must be submitted with the entry, which includes a publicity release/permission to reprint photos. Please email this form, release(s) and image to [jwiley@lchcia.com](mailto:jwiley@lchcia.com) by August 13<sup>th</sup>. The contest is not open to the general public. All photos must be taken in Iowa. We encourage horizontal and vertical photos that capture a variety of lifestyles. Photo credit is not guaranteed for all uses of the image.



A-TEAM FUNDRAISER!

# JEANS DAY ANNUAL PASS

12 jeans days for just \$24!

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This sheet of stickers will cover **ALL** jeans days for the **ENTIRE** year. Employees must purchase this to wear jeans on designated A-team jeans days. (Designated days set in advance, cannot use on another day. One designated jeans day per month. All previous jeans day certificates invalid.)

With purchase of stickers, employees can wear jeans on:  
August 16th, September 13th, October 31st, November 20th,  
December Progressive Potluck day, Friday before Winterfest,  
February 14th, March 17th, April 10th, May 15th, June TBD, and  
July 3rd.

Contact Shelley in Human Resources to  
make your purchase. Cash, check and payroll  
deduct accepted as payment.



# Lucas County Health Center

## Payroll Deduction Authorization Form

Payment for Gift Shop purchases, Company Store purchases, and Auxiliary fundraiser purchases may be made through payroll deduction. These deductions are on an after-tax basis.

- These payroll deductions may be spread over no more than four pay periods.
- Deductions per pay period will be no less than \$10.00.
- Participation requires a minimum total purchase of \$10.00.
- The maximum total purchase allowed for payroll deduction is \$200.00.

This deduction is for purchase of (check one):

Company Store

- \_\_\_ Special event shirt/s such as cancer awareness etc. (Event: \_\_\_\_\_)
- \_\_\_ “Logos” LCHC’s Company Store @ <http://www.lchcia.com/logos>
- \_\_\_ Special event (Event: **A-Team Jeans Day Stickers - Fundraiser**)

Volunteer Services:

- \_\_\_ Gift Shop
- \_\_\_ Scrubs
- \_\_\_ Jewelry
- \_\_\_ Purses
- \_\_\_ Books
- \_\_\_ Other \_\_\_\_\_
- (indicate fundraiser)

**I hereby authorize Lucas County Health Center to make a payroll deduction for my purchase in the amount of**

**\$\_\_\_\_\_ (\$10.00 minimum, \$200.00 maximum)**

This amount is to be deducted over the next (circle) **1 2 3 4** pay periods.

**I further understand that any outstanding balance at the end of my employment at Lucas County Health Center will be taken from my final paycheck.**

Employee ID number \_\_\_\_\_

Employee signature \_\_\_\_\_

Date \_\_\_\_\_

PPE \_\_\_\_\_

Amount \_\_\_\_\_  
(\$10.00 minimum)

PPE \_\_\_\_\_

Amount \_\_\_\_\_  
(\$10.00 minimum)

PPE \_\_\_\_\_

Amount \_\_\_\_\_  
(\$10.00 minimum)

PPE \_\_\_\_\_

Amount \_\_\_\_\_  
(\$10.00 minimum)