



HIGHLIGHTS

LCHC's Employee Newsletter

NEW SYSTEM IN THE BISTRO

Bistro 61, LCHC's Cafeteria, is going paperless!

The new Point of Sale system will go live in Bistro 61 the morning of Monday, August 26th. Employees can now payroll deduct their items electronically. Instead of writing down an employee # and a total on the clipboard, it will now be tracked through the Point of Sale system by employee name.

Another new feature is the ability to use credit/debit cards in both the Bistro and heart + soul. Credit/debit cards can be used for merchandise (clothing, etc. in heart + soul) or food/drink. However, a minimum of \$5 is required to use a debit/credit card.

Bistro 61 will continue to track items on paper until the process is running smoothly and efficiently. Employees will still be able to payroll deduct items - it will just be done in the Point of Sale system now.

If you have questions or concerns, contact Kristine Kennedy at x3226 or Peggy Davison at x3206.

DIABETES SUPPORT GROUP MONTHLY MEETINGS BEGIN SEPTEMBER 10TH

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 to 7:30 PM in the Education Room at Lucas County Health Center. The first meeting is Tuesday, September 10. Registration is not required.

Mark your calendar for other meetings on:

- October 8, 2019
- November 12, 2019
- December 10, 2019
- January 14, 2020
- February 11, 2020
- March 20, 2020
- April 14, 2020
- May 12, 2020

WELCOME!

Katelyn Chamberlain
CNA/Ward Clerk - Med/Surg

Jessica Rowland
Receptionist - Clinic

Bradley Huddleson
EMT - Emergency Services

Toryan White
Respiratory Therapy Manager

Nikita Rowell
LPN - Med/Surg

COMPLIANCE REMINDER: NAME BADGES

While conducting their last walk through, our HIPAA Privacy/ Security team noticed that many of our staff members are not wearing their name badges on a regular basis. It is important that employees wear their name badges for many reasons, including:

- Better customer/patient relations by making it easier for visitors to recognize an employee
- Better accountability to our patients by making it easier for them to remember your name
- Stronger security and tracking to make sure we are safe
- Better communication between employees by helping people learn and remember each other's names

HUDDLES

Medical Clinic
Daily at 7:45 AM

Finance
Tues., Fri. at 11:15 AM

Med/Surg
Daily at 3 PM

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

EPIC UPGRADE: SEPTEMBER 8TH

Epic is undergoing a major upgrade on Sunday, September 8th. To facilitate this upgrade, Epic will have a downtime from 2 a.m. to 4 a.m. on Sunday, September 8th with a go-live on the new version after 4 a.m.

With this major upgrade, we will see a new Epic that may look starkly different than what you are used to seeing. We encourage all users to be in the Epic Playground to determine new functionality and see the new screens BEFORE the go-live. If you have questions about accessing the Playground, please contact your Credentialed Epic Trainer.

Other helpful information:

- Clinical IT staff will be in-house during the go-live. If you have any issues with Epic after the system goes live, please contact Kami Welch or Becky Runnells in Clinical IT first as they will have an open line with the UnityPoint Epic Team to discuss issues. This includes any issues you may find on Monday. Clinical IT is here to help.
- The Playground is OPEN (and encouraged). In fact, we encourage each staff member to spend at least 1 hour in the playground getting used to the new system. This time will only help you (and our patients) as we go-live. Please reach out to your Credentialed Epic Trainer to receive your playground environment sheets if you do not already have them. The sheets you received during our initial go-live will not work.
- Be patient. This is a major upgrade that will be affecting many hospitals. It is being ran as a "Go-Live" similar to how we went live with the system in November of 2017. There will be many hospitals and users submitting tickets and working through the issues.

If you have any questions, contact Lori Johnson.

WE'VE MOVED!

We've had a few more folks in our facility move. Be sure to stop by their new offices to say "hi" and acquaint yourself with their new locations!

- Mary Jo Fisher has moved in to Health Information (Terri McCurdy's old office)
- Shannon Holmes has moved to Mary Jo Fisher's old office, next to Clinical IT
- Tory White, Respiratory Therapy Manager, has moved to Shannon Holmes' old office near Joyce Dyer
- What was previously the Respiratory Therapy Manager's office (near the lab/x-ray waiting room) is now the Surgery Consultation Room

1 Clinics Closed	2 Clinics Closed	3	4 Telemetry Training 9 AM, Educ. Room	5	6	7
8	9	10 Diabetes Support Group Education Room 6:30 PM	11	12	13 New Employee Training Education Room 8:30 AM	14
15	16	17	18 BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM Education Room	19	20	21 Women's Health Clinic LCHC Medical Clinic 8 AM - 12 PM
22	23 ACLS - Renewal Education Room, 9 AM - 5 PM	24 ACLS - Renewal Education Room, 9 AM - 5 PM Board Meeting Board Room, 6:30 PM	25 Managers Meeting Educ. Room, 2 PM	26	27	28
29	30	SEPTEMBER 2019				

ANNIVERSARIES

43 Years:

Marian Holmes - September 10

17 Years:

Earl Ellis - September 27

16 Years:

Rhonda Morrow - September 25

12 Years:

Kyle DalPonte - September 17

10 Years:

Darcy Juline - September 30

7 Years:

Cali Lacey - September 7

5 Years:

Colleen Enns - September 2
Ashley Schoolcraft - September 4

4 Years:

Sheila Hoch - September 3
Sara VanHulzen - September 8

3 Years:

Jacob Cockerham - September 12
Amanda Condra - September 12

2 Years:

Laura Hagen - September 29
Dr. Hoftiezer - September 1
Elena Ilyenko - September 19
Jaclyn Martin - September 20

1 Year:

Michelle Greathouse - September 8
Rylee Mart - September 17

BIRTHDAYS

September 1 - Ruth Heiss
September 8 - Tinneal Harris
September 8 - Dr. Gorski
September 9 - Ashleigh Carroll
September 15 - Amy Poncelow
September 17 - Connie Allen
September 17 - Patrick Alt
September 17 - Sarah Newton
September 23 - Deb Anshutz
September 23 - Jane Manser
September 26 - Amy Kosman
September 27 - Deb Clark-Muilenburg
September 27 - Cindy McCracken
September 29 - Niyole Kuzee
September 30 - Katie Werts

LCHC "SHOCK WALK" 5K RUN/WALK IS OCTOBER 5TH

Lucas County Health Center is gearing up for their Second Annual "Shock Walk" 5K run/walk on Saturday, October 5th. This event is designed to raise funds to purchase batteries and patches for AEDs in communities throughout Lucas County.

Registration is \$15 for kids (ages 12 and under) and \$25 for adults (ages 13 and over.) All ages are welcome and registrations received before September 24th will include a shirt.

"This 5K is a great way to give back to the community while taking care of your own health," says Darcy Juline, Education Manager at LCHC. "We have 30 AEDs in Lucas County and all money raised at this event will help ensure that those AEDs are well-maintained and ready for an emergency situation, should they be needed."

The run begins at 10 AM, with registration opening at 9 AM. Following the race there will be awards, door prizes, and light refreshments. The run/walk will be held at the Cinder Path, a beautiful nature trail located on the southwest side of Chariton. The route will be lined with the faces of sudden cardiac arrest survivors, all of whom were saved by a good samaritan, an AED, and hands-only CPR.

For more information or to register, call (641) 774-3219 or visit www.lchcia.com.

Reminder: LCHC employees can earn 30 wellness points for participating.

LCHC MEDICAL CLINIC HOSTING WOMEN'S HEALTH CLINIC

LCHC Medical Clinic will host a Women's Health Clinic on Saturday, September 21st from 8 AM - 12 PM.

Sharon Squibb, Certified Nurse Midwife and Nurse Practitioner, will be seeing women for a variety of needs, including annual exams, birth control, menstrual cycle irregularities, menopause, and more.

Women interested in making an appointment will need to call LCHC Medical Clinic at (641) 774-8103.

To learn more about Sharon and the service she provides, visit www.lchcia.com.

WAY TO GO!

Handwashing was at 97% compliance in July! Keep up the great work, everyone!

**Germs... they're small,
but they're tough**



Help prevent infectious disease



SEPTEMBER IS FRUITS & VEGGIES MONTH



Written by Staci Doering, RD, LD

You've heard it countless times before, "Don't forget to eat your fruits and vegetables!" Even though mom and dad are always right to tell you this, there is no need to fret. There are many tasty, in-season, and easy to prep fruits and vegetables to satisfy even the pickiest of eaters.

Fruits and vegetables have many nutritional benefits. They contain antioxidants, such as lycopene found in tomatoes, which can help in cancer prevention. They also contain a lot of vitamins and minerals that can aid in fighting germs and disease you may come in contact with on a daily basis. Additionally, reducing blood pressure and risk of cardiovascular disease as well as improving gastrointestinal (GI) health and vision are additional benefits just by increasing your fruit and vegetable consumption by one serving each day. There is even preliminary research showing that an increase in certain fruits and vegetables may reduce your risk of developing Type 2 Diabetes. Some individuals may try and get all of their micronutrients by simply taking a multivitamin. I caution against this mindset for many reasons. First of all, the best way to absorb vitamins and minerals is in the most natural state, such as how it is found in fresh produce. Secondly, there can be too much of a good thing when it comes to supplements. Vitamins that claim to have 200% of vitamin A is not necessarily healthy and can be damaging on internal organs (i.e. kidneys and liver).

There are many delicious and nutritious ways to enjoy fruits and vegetables. Toss some veggies in olive oil and garlic, wrap in foil, and throw on the grill (get creative with fruits on the grill too)! Add fruit to yogurt, make a smoothie, or encourage your kids to participate with making fruit kabobs (they will love helping and picking out their favorites)! For ease, always have fruit in sight and wash, cut, and store fresh vegetables right away when getting home from the grocery store. Having these easy, go-to snacks will be a hit.

If you visit the MyPlate® website, it will tell you, on average, the adult male or female should consume 1.5 to 2 cups per day of fruits and vegetables. If that seems overwhelming, simply try to increase your intake by 1 serving of each per day. Set goals that are attainable. Examples may be as followed:

1. I will purchase and try one new fruit this week.
2. I will wash and cut my vegetables on Monday to have ready for a healthy snack throughout the rest of the week.
3. I will add spinach to one recipe this week.

Attached is a list of fruits and vegetables based on when they are in season. Finding and buying produce in-season can help reduce cost and dramatically increase flavor. However, any fruit or vegetable is acceptable. Try fresh, but also don't hesitate to purchase frozen, dried, or canned. Aim for fruit in its' own juice or water. Buy canned and frozen vegetables without any added sauces and reduced sodium. Drain and rinse canned produce to reduce sodium and sugar by at least 50%.

HAVE A SAFETY IDEA? LET US KNOW!

Your Safety Committee is listening! We want to hear your ideas on how to make LCHC a safer or even the safest place to work. When you see or think of an opportunity to improve safety at LCHC, please share those ideas with any Safety Committee member.

Safety Committee members are: Marian Holmes, Lori Johnson, Jayma Hoch, JoBeth Lawless, Angie Shriver, Calvin Dyer, Joyce Dyer, Amy McCurdy, Shannon Holmes, Jessica Goben, and Twilla Kruzic.

<p>Spring</p> <p>Apples Apricots Asparagus Avocados Bananas Broccoli Cabbage Carrots Celery Collard Greens Garlic Kale Kiwifruit</p> <p>Lemons Lettuce Limes Mushrooms Onions Peas Pineapples Radishes Rhubarb Spinach Strawberries Swiss Chard Turnips</p>	<p>Summer</p> <p>Apples Apricots Avocados Bananas Beets Bell Peppers Blackberries Blueberries Cantaloupe Carrots Celery Cherries Corn Cucumbers Eggplant</p> <p>Garlic Green Beans Honeydew Melon Lemons Lima Beans Limes Mangos Okra Peaches Plums Raspberries Strawberries Summer Squash Tomatoes Watermelon Zucchini</p>
<p>Fall</p> <p>Apples Bananas Beets Bell Peppers Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Collard Greens Cranberries Garlic Ginger Grapes Green Beans Kale Kiwifruit Lemons</p> <p>Lettuce Limes Mangos Mushrooms Onions Parsnips Pears Peas Pineapples Potatoes Pumpkin Radishes Raspberries Rutabagas Spinach Sweet Potatoes & Yams Swiss Chard Turnips Winter Squash</p>	<p>Winter</p> <p>Apples Avocados Bananas Beets Brussels Sprouts Cabbage Carrots Celery Collard Greens Grapefruit Kale Kiwifruit Leeks Lemons</p> <p>Limes Onions Oranges Parsnips Pears Pineapples Potatoes Pumpkin Rutabagas Sweet Potatoes & Yams Swiss Chard Turnips Winter Squash</p>

<https://www.choosemyplate.gov/>

<https://foodrevolution.org/blog/spring-vegetables-fruits/>

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

KICK OFF THE IOWA VS. IOWA STATE GAME WITH A
SHIMMY AND A SHAKE!

TOUCHDOWN DANCE DISCOUNT

Thursday, September 12
9am to 3pm
At heart + soul

Show off your touchdown dance when you enter heart + soul. All participants will receive 40% off their gift shop purchase!



SUPPORT YOUR TEAM!

Friday, September 13th

IOWA VS. IOWA
STATE

Jeans Day

Sport your LCHC team apparel!
(Note: Must have jeans day sticker)

**Purchase cupcakes in your
team's colors!**

\$1 per cupcake or \$10 per dozen

Bistro 61

9 a.m. - Noon (or until supplies last)