

HIGHLIGHTS

LCHC's Employee Newsletter

Krystal Pendroy Named Employee of the Quarter



For going “above & beyond” in the best interest of Lucas County Health Center, Krystal Pendroy became the most recent recipient of the Employee of the Quarter Award. Pendroy was recognized for being an excellent teacher and source of knowledge; going above and beyond with patient care by listening and helping teach the patient about processes; making staff and patients feel like they are important; and assisting staff to better understand cardiac and disease processes. Krystal also frequently goes out of her way to assist the Med/Surg department when she’s not busy in the Emergency Department. On more than one occasion she has held a patient’s hand, shown compassion to the needs of the patient, and assisted in preparing family during End of Life cares. Congratulations for a job well done, Krystal!

Welcome, New Employees!

Nicholas Alger

Paramedic - Emergency Services

Kale Critchlow

EMT - Emergency Services

Jennifer Skinner

LPN - Clinic

Julie Arnold

RN - Clinic

Shari Downs

*Respiratory Therapist
Respiratory Therapy*

Alison Winston

RN - Emergency Services

Jay Christensen

CFO - Accounting

Courtney Halterman

Coder - Health Information

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 it 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 and you should 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.

10 Week Wellness Challenge

Lucas County Health Center employees are encouraged to participate in the Live Healthy Iowa 10 Week Wellness Challenge, beginning January 13, 2020. This simple and affordable challenge provides Iowans an opportunity to improve their health while engaging in fun, friendly competition.

The cost is only \$22 per person and can be payroll deducted. Employees who participate will earn 30 wellness points. Participants track either their weight loss or activity minutes (or both!)

Participants receive:

- Challenge t-shirt
- Personal online dashboard with the ability to sync Fitbit devices and Under Armour apps
- Complimentary subscription to Fresh Pickings magazine
- Weekly motivational messages
- Chances to win prizes

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 3, 2020.

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


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, contact the following people:

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

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

JANUARY			1  Clinics Closed	2	3	4
5	6	7 Telemetry Education Room 9 AM Board Meeting Board Room 6:30 PM	8	9	10 New Employee Training Education Room 8:30 AM	11
12	13	14 Diabetes Support Group Education Room 6:30 PM	15 Blood Drive Conference Room A 2:30 - 7:30 PM BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM	16	17	18
19	20 Blood Drive Conference Room A 8 - 11 AM	21	22	23 ACLS (Full Course) Education Room 9 AM	24 Jeans Day (must have sticker!) ACLS (Full Course) Education Room 9 AM	25 Winterfest Carpenter's Hall 5 PM
26	27	28 ACLS (Renewal) Education Room 9 AM Board Meeting Board Room 6:30 PM	29	30	31	

Anniversaries

28 Years:

Amy McCurdy - January 13

25 Years:

Mary Jo Fisher

20 Years:

Shannon Page - January 3

Dr. Gorski - January 21

12 Years:

Jenny Newton - January 4

Barry Smith - January 11

Lori Johnson - January 21

10 Years:

Shannon Holmes - January 29

8 Years:

Erin Lang - January 9

5 Years:

Steve Adams - January 8

Sarah Carter - January 9

Kayla Wallace - January 26

3 Years:

Calvin Dyer - January 16

2 Years:

Ann Lund - January 8

Kelsey Spicer - January 22

Jessica Wiederholt - January 30

1 Year:

Nick Howell - January 28

Birthdays

January 1 - Mary Burger

January 2 - Deb Lindsey

January 3 - Kelly Mundt

January 4 - Kelli Salsberry

January 7 - Katelyn Chamberlain

January 9 - Diana Irving

January 11 - Jennifer Conley

January 11 - George Esper

January 12 - JoBeth Lawless

January 13 - Christine Buttell

January 14 - Jessica Rowland

January - 18 - Mim Kurimski

January 20 - Ashley Davis

January 22 - Sheri Shore

January 25 - Becky Runnells

January 27 - Cassandra Brown

January 31 - Abby Hamilton

Service Spotlight: Cancer Care

It has come to our attention that many of our own staff members are not aware of the services offered in our facility. Therefore, each month we will feature a "Service Spotlight" in Highlights. This month, we are featuring Cancer Care services offered at Lucas County Health Center.

A cancer diagnosis can be overwhelming and scary. At Lucas County Health Center, we believe providing cancer-related care close to home is an important part of what we do. That is why we are proud to offer a comprehensive program that features state-of-the-art treatment and education, as well as preventive care and early detection.

Early Detection and Prevention

Cancer screenings are exams or medical tests performed when you're healthy and have no signs of illness. They help find cancer early when your chances for successful treatment are the greatest. Early detection and prevention services offered at Lucas County Health Center are:

- Colorectal cancer screening exam (colonoscopy)
- Clinical breast exam
- Digital mammography
- Clinical pelvic exam and pap test
- Human papillomavirus (HPV) testing and vaccine
- Skin cancer screenings
- Prostate cancer screenings
- Biopsy and diagnostic pathology
- Diagnostic imaging (MRI, CT, Ultrasound, Nuclear Medicine)
- Laboratory Testing

Chemotherapy and Infusion Center

Our infusion rooms offer state-of-the-art medical care in a comfortable and cozy environment. Our knowledgeable staff, including nurses, providers, and pharmacists, is available to answer questions about all aspects of your infusion therapy. Services offered are:

- Pre-medications (i.e. anti-nausea, anti-inflammatory)
- Chemotherapy medications

- IV antibiotic therapy
- IV immune globulin
- Hydration therapy
- Anti-rejection medication
- Transfusion of blood products
- Procuring specimens for lab testing

Surgery

We are proud to partner with a variety of providers to offer surgery-related services, including:

- Surgical cancer tumor/cells removal
- Infusaport Placement
- Long-term IV access procedures
- Pain management injection therapy
- Post-surgical hospital care

Providers

Dr. Seema Harichand is board certified in medical oncology and hematology. She cares for patients with cancer and blood disorders at LCHC Medical Clinic. To schedule an appointment, call (641) 774-8103.

Support Services

Other services offered to assist with cancer treatment are:

- Nutritional counseling and support
- Financial assistance program
- Case management
- Hospice
- Physical/occupational therapy
- Wound care
- Interpreter services

Winterfest 2020

LCHC's Winterfest will be held on Saturday, January 25 at Carpenter's Hall in Chariton. This year's theme is "Backyard BBQ" and is free for all LCHC employees. Employees are welcome to bring a guest for a \$15 fee.

RSVP:

Employees must RSVP by Friday, January 10th. RSVPs can be found in your email or by the timeclocks. If you RSVP, but do not attend you will be responsible for the cost of your meal and your guest meal (if applicable.)

Employee Prizes:

Since we are not having games where you can win extra prizes, we have increased the number of employee prize tickets from 10 to 15. Each employee will receive 15 slips of paper with their name on it. They will then drop their slips of paper in the buckets for the prizes they are interested in winning. 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 that you want. (Note: Employees who are working will also have their name entered into the prizes.) Employees must be present to win (with the exception of those working.) If your name gets drawn twice, you get to choose between the prizes, and 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 to win.

\$100 Drawing:

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

Schedule:

5:00 PM - Social Time
6:00 PM - Welcome/Awards
6:30 PM - Dinner
7:30 PM - Prizes
8:00 PM - Games and Dance
10:00 PM - \$100 Drawing
Midnight - Good night!

Company Store

Did you know Lucas County Health Center has it's own company store?

What is available in the company store?

We have a variety of items available, including polos, 1/4-zip jackets, dress shirts, cardigans, and more!

Who can make purchases?

All employees are eligible to make purchases!

How do I make payment?

Employees can pay via cash, check, or payroll deduct.

Where do I view a catalog of items?

Each department should have a copy of our catalog. You can also view it on our website in the "For Employees" section - hidden under "Contact Us."

There are also copies of the catalog available in Marketing.

Who do I contact to order?

All orders should be placed with Jena Wiley, Marketing Manager. You can fill out an order form or simply send an email with the items you would like to order. Jena can be reached at x3219 or jwiley@lhcica.com

How long does it take to get my items?

The time frame varies from 2-4 weeks and depends on our vendor, stock availability, and more.

Do items have to be embroidered?

You have the option to add an LCHC logo to all items you order, but it is not required.

WINTERFEST 2020

*Saturday, January 25, 2020
Carpenter's Hall
5 PM - Midnight*

**5:00 PM
Social Time**

**7:30 PM
Prizes**

**6:00 PM
Welcome/Awards**

**8:00 PM
Games and Dance**

**6:30 PM
Dinner**

**10:00 PM
\$100 Drawing**

**Midnight
Good night!**

Casual dress is encouraged.

*Free for employees. Each employee can bring one guest
for \$15. RSVP by January 10, 2020 in Marketing.*