

# Highlights

*Updates for Lucas County Health Center Employees*



## Are you signed up for LCHC's Patient Portal?

With MyUnityPoint patients (including you!) have everything they need to manage their health online. Patients at LCHC can use MyUnityPoint to:

- Communicate with their provider by sending a message anytime, anywhere
- Manage and schedule appointments
- View details of past and upcoming appointments
- Send a refill request for medications
- Access their health history and read notes
- Make payments to their account
- View labs, x-rays, and other test results

Need help signing up? Contact Becky Runnells at x3142 or Kami Welch at x3346.

## HIPAA Reminder

If you have any questions or concerns regarding HIPAA, contact the following people:

- HIPAA Privacy Officer - Terri McCurdy
- HIPAA Security Officer - Lori Johnson
- Anonymous Compliance Hotline - (641) 774-3290

## Screening:

Don't forget, you need to get screened at the start of your shift!

This helps ensure that our staff members are not ill and are not spreading illness to their co-workers or our patients.

Thank you for your cooperation!

## Boxes

Need a box?

Cardboard boxes are now stored in the closet next to Materials.

Anyone needing a box for any reason can help themselves!



## Administration Update

We are beginning the next phase of our Facility Master Plan (FMP) this week. The goal of this Programming Phase is to look at our space and determine the needs, budget, and timeline that would be required if we were to build a facility.

During the first phase of the FMP, a new facility build was an option. This option is very expensive - so expensive in fact that we would not be able to borrow the funds to complete a project of this scope as it currently sits. Therefore, the next step (programming) looks at space needs to determine whether a new facility build is within our financial grasp if we analyze areas/departments and build according to our size needs.

We are working to find the best answer for our hospital so we can do what is best for our patients.

As always, if you have any questions, please ask your leadership team member. We will do our best to keep you all informed of the progress and decisions.

## Service Focus: Epidural Steroid Injections

Did you know LCHC does Epidural Steroid Injection (ESI) treatments?

Epidural steroids are used to safely and effectively treat chronic neck and back pain. While most patients can cure their pain with rest, physical therapy, anti-inflammatory drugs, and back exercises, for some it is not enough.

By administering a low-dose, long-acting medication, epidural steroids can effectively deliver the anti-inflammatory effect directly to the site of pain. This reduces the dose of medication necessary and increases its effectiveness.



Relief lasts anywhere from days to months and is an effective treatment for:

- Bulging or herniated discs in the back/neck
- Failed back surgery
- Spinal stenosis
- ...and more!

Learn more about ESI at [www.lchcia.com](http://www.lchcia.com)

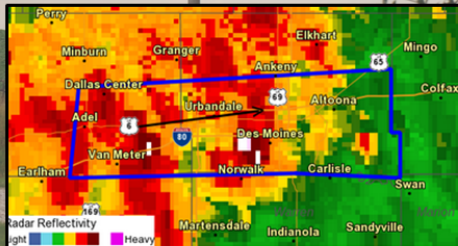
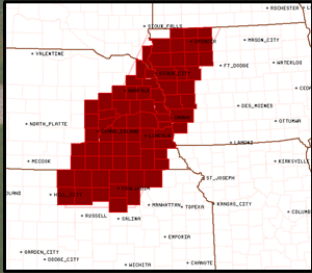
# Watch vs Warning

## Watch

- Conditions are primed for severe weather development.
- Issued up to 8 hours in advance of severe weather.
  - Covers a large area.
- Take necessary precautions in case bad weather strikes!

## Warning

- Severe weather is occurring or imminent.
  - Covers a small area.
- When a warning is issued, *take action immediately* to protect your life and property!



f t w YouTube NWS Des Moines

"They may forget your name, but they will never forget how you made them feel."

MAYA ANGELOU

## March Madness

A-Team is hosting a "March Madness Bracket Competition" starting March 17th!

Employees can fill out brackets for \$5 each (you can fill out multiple brackets) and turn a copy of those brackets, along with payment, in to Marketing.

To qualify to participate you MUST turn in your bracket by Tuesday, March 16th. (Tournament starts on March 17th.)

The winner will receive 50% of the registration fees as a prize! (So if we have 10 brackets turned in, registration fees would total \$50 and the winner would get \$25.)

Questions? Contact Jena in Marketing.

## Winterfest Goal

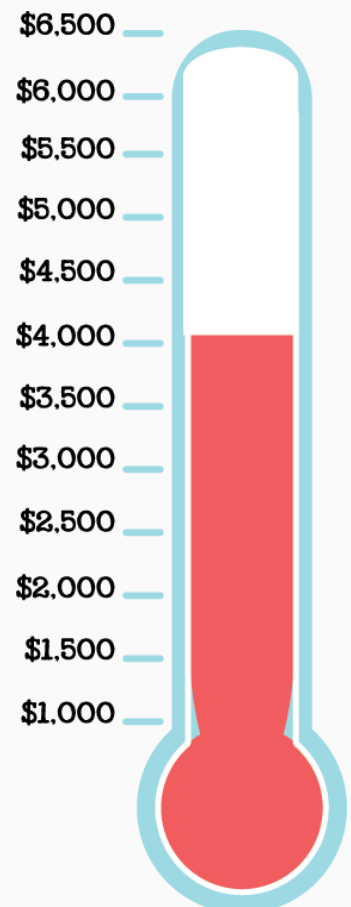
Winterfest 2022 Goal: \$6,500

Funds Raised: \$5,142

Left To Raise: \$1,358

Upcoming fundraisers:

- March - March Madness Contest!
- May - Drive-Thru Meal with Thelma







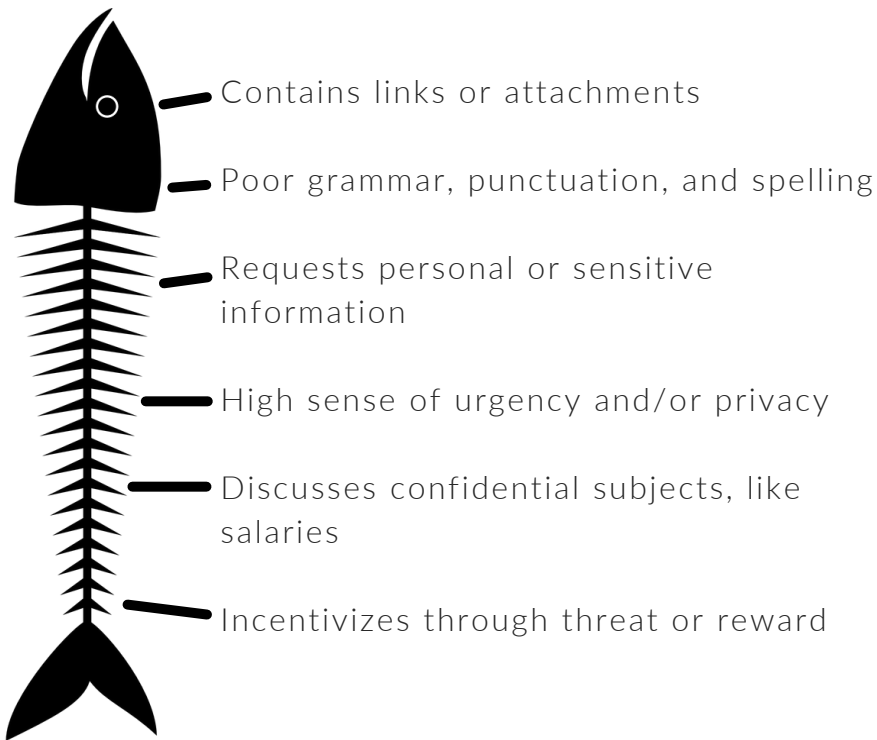
## THINGS TO KNOW:

Phishing/scam emails are not always from long-lost Arabian princes who would like to give you 5 million dollars.

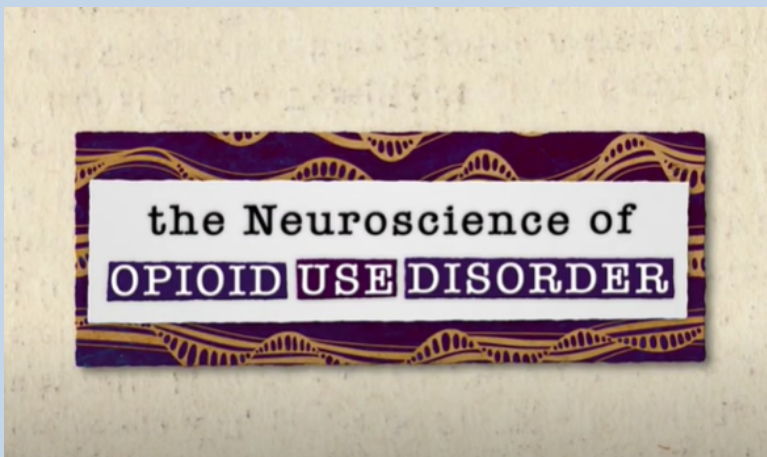
These criminals are smart and are looking for any way into our network. They can camouflage as someone you know and steal information in seconds.

Be on guard - you are the last line of defense!

## Anatomy of Phishing Emails



## The Neuroscience of Opioid Use Disorder



To watch this video, you can also visit:  
<https://www.youtube.com/watch?v=v5jPd8c5zdo>

Content provided by Iowa Healthcare Collaborative



## New Team Members



**Cali Lacey**

Surgery Manager  
Surgery



**Margaryta Malimon**

Cook  
Nutritional Services



**Victoriia Malimon**

Environmental Tech  
Housekeeping



**Gary Shutt**

EMT  
Emergency Services



**Millie Wood**

CNA/Ward Clerk  
Med-Surg



**Brad Young**

Maintenance Tech  
Maintenance

## COVID Vaccine Update: Things To Know

- Lucas County Health Center and Lucas County Public Health continue to work together to distribute the COVID-19 vaccine as rapidly and efficiently as possible.
- We are currently focusing on phase 1B (including those age 65 and older.)
- Supply is still extremely limited and winter weather has caused more delays.
- Please be patient - we are distributing the vaccines as quickly as they become available.
- Public Health is creating a "waiting list" for the county (LCHC does not have a list.) As more vaccines become available, the two entities will work together to work through this list. To get yourself or a loved one on this list, call Public Health at (641) 774-4312.
- Due to extreme shortage, LCHC is not currently giving vaccinations. This decision has been made to help ensure the county's weekly supply is distributed rapidly and efficiently.

# MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9 PALS (Full Course) 9 AM - 3 PM Educ. Room	10 PALS (Full Course) 9 AM - 3 PM Educ. Room	11	12 New Employee Training 8:30 AM Educ. Room	13
14	15 Blood Drive 8 - 11 AM Conf. Room A	16	17 Scrubs Sale 8 AM - 3 PM North parking lot BLS 8 AM-12 PM First Aid 3:30-6 PM CPR 6-10 PM 	18	19	20
21	22	23	24 Blood Drive 2:30 - 7 PM Conf. Room A Wacky Wednesday Sale! heart+soul	25	26	27
28	29	30 Telemetry 9 AM - 3 PM Educ. Room Board Meeting 6:30 PM, BR	31		 Jeans Day!	

## Anniversaries

### 15 Years:

Jessica Goben - March 15

### 8 Years:

Jena Wiley - March 26

### 6 Years:

Amber Schacherer - March 3

Kristine Kennedy - March 25

### 5 Years:

Deb Clark-Muilenburg - March 28

### 4 Years:

Diane Musick - March 27

### 3 Years:

Kelly Mundt - March 9

### 1 Year:

Micaela Duer - March 2

David McCurdy - March 23

Chelsea Gray - March 30

## Birthdays

March 1 - Mary Jo Fisher

March 3 - Gary Shutt

March 3 - Ryan VanDonsler

March 4 - Jessica Wiederholt

March 6 - Laurie Schroeder

March 6 - Colleen Enns

March 9 - Cindy Polo

March 10 - Ashley Dittmer

March 12 - Sara Anderson

March 15 - Molly Knaus

March 16 - Brianna Shinski

March 17 - Teresa Reed

March 19 - Aaron Keeney

March 22 - Tami Adams

March 22 - Darcy Juline

March 23 - Amanda Snider

March 25 - Tammy Beary

March 26 - Brooklin Atwell

March 26 - Jayma Hoch

March 28 - Stacia Black

March 29 - Dr. Cohen

March 30 - Chrissy Busick

March 30 - Kristine Kennedy

March 31 - Joyce Dyer





**A-TEAM FUNDRAISER**

# **MARCH MADNESS BRACKET CHALLENGE**

1. PRINT & FILL OUT BRACKET(S)
2. MAKE A COPY OF YOUR BRACKET(S) AND ROUTE TO MARKETING ALONG WITH PAYMENT PRIOR TO MARCH 18TH (\$5 PER BRACKET, YOU CAN FILL OUT MULTIPLES)
3. WINNER WILL GET 50% OF THE TOTAL ENTRY FEES

**TOURNAMENT STARTS MARCH 18TH**



COLLEGE BASKETBALL

2021

