

Highlights

Updates for Lucas County Health Center Employees

Lucas County Health Center Celebrates 60 Years



Since opening its doors on May 1, 1961 Lucas County Health Center – previously known as Lucas County Memorial Hospital – has never lost sight of its commitment to providing the best possible care to the community.

In the late 1950s a group of citizens interested in developing a county hospital gathered 200 signatures in support of the project and placed the matter in the hands of the Lucas County Board of Supervisors. A public vote was held on November 6, 1956 and showed the public was firmly behind constructing a county hospital. The project was kickstarted when the supervisors issued \$200,000 in bonds to begin the building process.

When the supervisors received a \$180,000 Hill-Burton federal grant, the Lucas County Memorial Hospital Foundation formed and organized a drive to raise matching funds to comply with the grant requirements. Foundation members Judge Harold Levis, John Woodman, F.B. Ryan, and John Baldrige were able to raise \$170,000 in private funds.

The hospital's founding fathers organized when its first Board of Trustees meeting convened. The first trustees – Delbert James, Arthur Keller, Oliver Kent, Fred Curtis, Dean Ferguson, Earl Wright, and Oran Garrett – met to decide how to pursue the construction of a modern hospital in Chariton. Months of attention to the small details produced (continued on page 2)

(continued from page 1) a hospital plan, including 12 baby beds and a thoroughly modern surgical facility.

Construction on what would become Lucas County Memorial Hospital (LCMH) began in the fall of 1959 and a grand opening was held on May 1, 1961.

As the community continued to grow, so did the hospital. In the next 10 years, LCMH would construct additions to house an additional 48-beds, two ambulances, and a 4-bed intensive care unit.

In 1986, Lucas County Memorial Hospital formally adopted the name of Lucas County Health Center and, soon after, more plans were made to add additional square footage to the facility.

In 1992, Lucas County Health Center Foundation launched a capital campaign to raise funds for an additional 20,000+ square feet to be added to the building. These additions comprised of 6,750 square feet for the medical office building and 13,821 square feet to expand the emergency room and outpatient services, including laboratory, radiology, and more.

“We’ve made major investments in our resources and people in the last 60 years,” said JoBeth Lawless, Chief Nursing Officer. “We want our community to rest assured that when they need quality care, they won’t have to leave our community to get it.”

Since it was founded in 1961, LCHC has served as a critical healthcare resource for communities in south-central rural Iowa. As healthcare continues to evolve, Lucas County Health Center is now looking towards the future and deepening the commitment to provide quality care by completing a Facility Master Plan – a project that is taking an in-depth look at the needs of the facility, patients, and community.

“We’ll be sharing more details in the months to come,” said Lori Johnson, Chief Operations Officer. “In the meantime, we want to celebrate our hospital and the exceptional staff that make Lucas County Health Center a healthcare home for those in our community.”

New Team Members



Sarah Galbreath

Radiology Tech
Radiology



Phil Shealey

Chief Executive Officer
Administration

COMPLIANCE: STAY VIRUS FREE

Having a secure password not only helps protect your account and information, but protects our entire facility. Use these quick tips to make sure you stay "virus free."

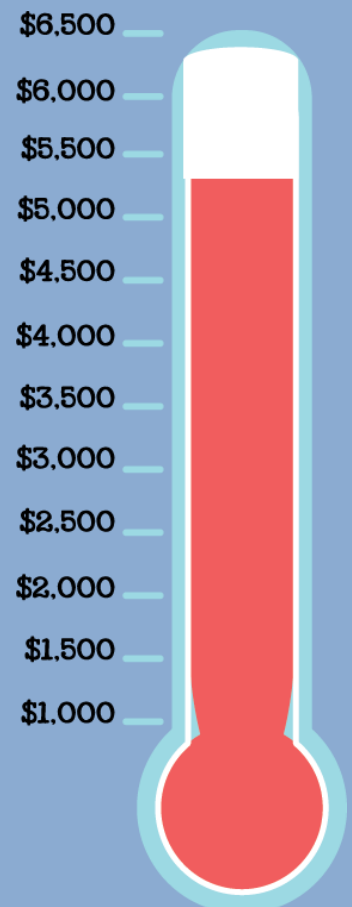
- Dictionary attacks: Avoid consecutive keyboard combinations— such as qwerty or asdfg. Don't use dictionary words, slang terms, common misspellings, or words spelled backward.
- Simple passwords: Don't use personal information such as your name, age, birth date, child's name, pet's name, or favorite color/song, etc.
- Reuse of passwords across multiple sites: Reusing passwords for email, banking, and social media accounts can lead to identity theft.
- How to make your password secure:
 - Make sure you use different passwords for each of your accounts.
 - Always log off if you leave your device and anyone is around—it only takes a moment for someone to steal or change the password.
 - Avoid entering passwords on computers you don't control (like computers at an Internet café or library) —they may have malware that steals your passwords.
 - Avoid entering passwords when using unsecured Wi-Fi connections (like at the airport or coffee shop)—hackers can intercept your passwords and data over this unsecured connection.
 - Don't tell anyone your password. Your trusted friend now might not be your friend in the future. Keep your passwords safe by keeping them to yourself.
 - Depending on the sensitivity of the information being protected, you should change your passwords periodically, and avoid reusing a password for at least one year.
 - Do use at least eight characters of lowercase and uppercase letters, numbers, and symbols in your password. Remember, the more the merrier.
 - Strong passwords are easy to remember but hard to guess. lam:)2b26! — This has 10 characters and says "I am happy to be 26!"
 - Check your password strength. If the site you are signing up for offers a password strength analyzer, pay attention to it and heed its advice.

**The
achievements
of an
organization
are the results
of the
combined
effort of each
individual.**

VINCE LOMBARDI

A-Team Update

Winterfest 2022 Goal: \$6,500
Funds Raised: \$5,367
Left To Raise: \$1,133



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

Kudos!

Thank you for the beautiful flowers you sent to our mom's service. Also thank you to all who cared for mom to the end of her life. You are all wonderful! Thank you!
The Family of Grace Holmes

We appreciate you and your service to our community!
Chariton FBLA

Thank you all for the wonderful care you took of my mom, Hazel. She thought you were all so kind to her. We appreciate the great care!
Nadene Werts & Sisters

Thank you all for the compassion you showed Beverly while she was in your care. You were a blessing to her and us.
The Beverly Johnson Family

LCHC Launching "Workplace" To Improve Communication

Lucas County Health Center is thrilled to let you know that we are launching Workplace from Facebook across our entire facility on May 3, 2021.

We have heard from you and are launching Workplace to take our communication and collaboration to the next level.

We hope that launching Workplace will allow us to:

- Streamline communication to all employees (including those without LCHC email)
- Reduce the number of emails
- Improve morale and teamwork

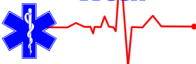
On Monday, May 3rd all employees will receive an activation email from Workplace. Once you active and set up your profile, you'll be able to start communicating in groups, sharing files, chat with co-workers, and more!

We want this to become the primary hub for employee communication and hope to have 100% of our employees on Workplace within the first two weeks to ensure a meaningful experience so please activate your account as soon as you get the email.

Additionally, we will begin phasing out Highlights and will be pushing all employee communication through Workplace. Therefore, it is vital that all employees get on board.

Jena Wiley will be offering a variety of training sessions the week of May 3rd as well to help ensure all of our employees are on board and understand the new platform.

If you have any questions, feel free to reach out to one of our Workplace Champions - Jena Wiley, Joyce Dyer, Lori Johnson, Ashleigh Lande, Kristine Kennedy, or Kami Welch.

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 ACLS 9 AM - 3 PM Educ. Room	5 ACLS 9 AM - 3 PM Educ. Room	nurses week 6 <small>MAY 6-12</small>	7	8
9	10 	11 DAISY Award Presentation Bistro 61 1 PM	12 Drive-Thru Fundraiser Carpenter's Hall 4:30 - 6:30 PM	13	14	15
16 National EMS Week 	17 Nutman Fundraiser Education Room ??	18 Nutman Fundraiser Education Room ???	19 BLS 8 AM-12 PM First Aid 3:30-6 PM CPR 6-10 PM	20	21	22
23	24 	25 Board Meeting 6:30 PM Board Room	26	27	28	29

Birthdays

May 4 - Karley Mart
May 9 - Chris Camden
May 12 - Calvin Dyer
May 12 - Sheila Piper
May 13 - Ann Lund
May 15 - Matt Wiggins
May 18 - Cassandra Albee
May 18 - Shelby Britt
May 24 - Dr. Anderson
May 24 - Lindsey Rosenboom
May 28 - Jay Christensen

Anniversaries

25 Years:

John Pierce - May 20

21 Years:

Maxine Taylor - May 8

20 Years:

Jayma Hoch - May 7

19 Years:

Jessica Kline - May 28

10 Years:

Laurie Schroeder - May 9
Becky Runnells - May 23
Deb Black - May 23
Deb Black - May 23
Melody Gibson - May 23
Kara Rich - May 23
Dr. Cohen - May 23
Dr. Anderson - May 23

10 Years (continued):

Allison Krutsinger - May 23
Cathy Heston - May 23
Chris Osier - May 23

9 Years:
Katie Werts - May 14

7 Years:
Bill Baer - May 20
Jane Manser - May 21

5 Years:

Pat Alt - May 31

4 Years:

Krystal Pendroy - May 22

3 Years:

Dale Schilling - May 7

2 Years:

Jordan Blubaugh - May 6
Olga Vorobets - May 13
Tammy Beary - May 22
Jennifer Conley - May 31

1 Year:

Dr. Thompson - May 1
Stephanie Bear - May 1
Tracey Goddard - May 26

A-Team Hosting Drive-Thru Fundraiser on May 12th

Let us do the cooking for you!

LCHC's A-Team is partnering with Thelma Saxton to host a Drive-Thru Meal Fundraiser on Wednesday May 12th from 4 - 6:30 PM at Carpenter's Hall in Chariton.

The meal that evening consists of Thelma's famous fried chicken, potatoes and gravy, green beans, salad, roll, and butter. Tickets are just \$10 each.

Employees can payroll deduct the cost of their tickets if they purchase them at Heart+Soul.

Tickets can also be purchased at Piper's and Chariton Area Chamber/Main Street or at the door. (Must pay cash or check at these locations.)

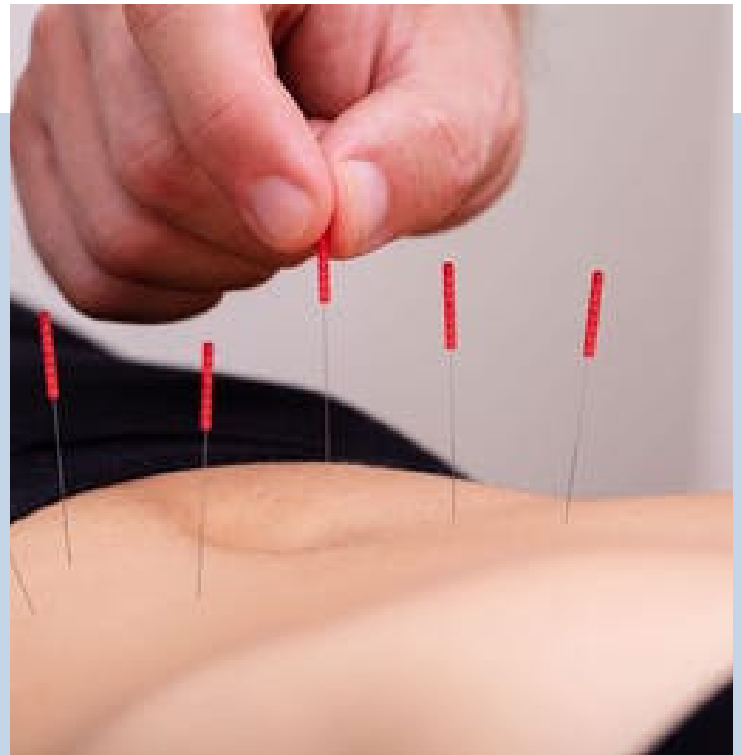
Need more information? Contact Kristine Kennedy at x3226 or Jena Wiley at x3219.

Service Focus: Functional Dry Needling

Functional Dry Needling (FDN) is a therapeutic technique that uses thin monofilament needles to treat muscle trigger points, which are creating pain and discomfort.

Dry Needling is a natural extension of the quality hands-on therapy. To be effective, Dry Needling should not be performed as an isolated treatment, but as part of a comprehensive care plan; it is another very specific tool used to reduce pain and help patients better tolerate their physical therapy and tailored exercise plan.

Successful Dry Needling must be administered by a highly skilled manual therapist, with advanced training in anatomy and musculoskeletal function and dysfunction.



Dry Needling will not replace the hands-on approach to your physical therapy treatment, but will be used as an adjunct to our current level of care.

Learn more about Functional Dry Needling at www.lchcia.com



An Affiliate of  UnityPoint Health

Prescription Drug Disposal: Opioids

What You Should Know + Drop-Off Locations



Over 75%
of new heroin users
started their addiction
with prescription
opioids.



Over 70%
of drug overdose
deaths in 2019
involved an
opioid.



4.9 Million
people who misused opioids
obtained them from a friend,
relative or home medicine
cabinet.



What You Should Know

- + Prescription pain medications (opioids) can be very effective for treating pain, but prolonged use or misuse may lead to addiction.
- + Three out of four new heroin users started their addiction with prescription opioids.
- + 50.8% of the 9.7 million people aged 12 or older who misused opioids in 2019 obtained them from a friend or relative, including from a home medicine cabinet.
- + 20 – 25% of teens report taking prescription medications from family without permission.
- + Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose and abuse.
- + Over 70% of drug overdose deaths in 2019 involved an opioid.
- + Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold.
- + Unused drugs that are flushed contaminate the water supply.

Proper disposal of unused drugs saves lives.



| LUCAS COUNTY

Drop-Off Locations

You can safely dispose of unused or expired medications locally at one of the permanent drug disposal drop-off locations below. This method is preferred.

+ Hy-Vee Pharmacy

2001 West Court
Chariton, IA 50049
641-774-2111

Open:

Monday-Friday	7am - 6:30pm
Saturday	9am - 3pm
Sunday	Noon - 4pm

Home Disposal Guidelines

Home disposal is possible as long as you carefully follow the instructions below.

- 1) Take medications out of the bottle.
- 2) Mix them with kitty litter or coffee grounds (something unappealing).
- 3) Seal them in a bag to prevent medicine from leaking or breaking out of the garbage bag.

This handout is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

Sources: Substance Abuse and Mental Health Services Administration. (2020). Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>

Centers for Disease Control and Prevention. Opioid Overdose: Opioid Basics. Retrieved from <https://www.cdc.gov/drugoverdose/opioids/index.html>

Drug Enforcement Administration. National Prescription Take-Back Day. Retrieved from <https://takebackday.dea.gov/>

National Hospital Week

May 10 - 14

Mon., May 10

Phil Shealey, CEO, will be delivering Krispy Kreme donuts to each department and chatting with staff.

Tues., May 11

Make sure to check Workplace (and your email) for an employee matching game! Prizes will be awarded!

Weds., May 12

Employees will be given a voucher for a drink or snack from The Porch! (Must be redeemed by May 31st.)

Thurs., May 13

Stop by the Bistro from 11:30 AM to 1:30 PM to grab your sack lunch from Piper's and your appreciation gift! Meals and gifts will be delivered to night staff. (Must sign up for meal in advance!)

Fri., May 14

Sport jeans and your LCHC apparel! In the afternoon A-Team members will visit departments to hand out popsicles!





LUCAS **LC** COUNTY
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

DAISY AWARD CEREMONY

Join us as we celebrate our nurses! We will present two nurses with the DAISY Award (2020 & 2021) and will recognize staff who received compliments from patients. Refreshments will be served.

TUESDAY, MAY 11TH
1 PM | BISTRO