



A Message from Administration

from our Chief Executive Officer, Marty Guthmiller

Super Committee. "Obama Care." Affordable Care Act. \$1.2 trillion in cuts. Critical Access status at risk Healthcare costs rising.

Unbelievable times. Sometimes unbelievable type. Some say, "Don't worry"...the Republicans are going to take control in 2012 and repeal Obama's Affordable Care Act.

While that may be true and in fact happen, there are significant components of the ACA that are actually Republican led. Near the very top is something called **Value Based Purchasing (VBP)**. In very general terms this is a fundamental shift away from volume based care to value based. Care.

Regardless of election outcomes, VBP is something the healthcare industry will be required to face. Very broadly, VBP contains three components:

- 1) **Improving health** (i.e. wellness programs that reduce people being "broken")
- 2) **Improving healthcare** (i.e. fixing people when they are "broken")

3) **Value** (e.g. efficiencies, quality, etc)

VBP will take a portion of our reimbursement away (starting at 1%) and we will have to prove that we qualify to receive it back. Qualification will include various **quality measures** such as : low number of readmissions, low hospital acquired condition, surgical infection rates, mortality rates, and others.

This is very complicated and difficult to understand. Two main points though: 1) our communities will still look to Orange City Area Health System to provide quality and compassionate care, from birth to the nursing home, and 2) we will undoubtedly have new paradigms to deal with, regardless of the 2012 election.

We must be prepared to deal with both points, not losing focus on either.

Thanks, Marty

Upcoming Events

Auxiliary Book Sale
Usborne Books & More
Thursday, January 26
8:00 a.m. – 5:00 p.m.
Front Lobby—Main Campus

Masquerade Jewelry Sale
Thursday, February 23
8:00 a.m. - 5:00 p.m.
Front Lobby—Main Campus

Trivia Nite
Friday, March 23
6:00 Doors Open
7:00 Competition Begins
Sioux Golf & Country Club
Tickets: \$15.00/person

Holiday Hours

ALL MEDICAL CLINICS CLOSED:
Monday, December 26
Monday, January 2

ALL MEDICAL CLINICS OPEN:
Friday, December 23
Saturday, December 24
Saturday, December 31

GIFT GARDEN CLOSED:
Saturday, December 24
Monday, December 26

GIFT GARDEN OPEN:
Saturday December 31, 9-12

30-50% off Christmas Holiday Merchandise

\$20.00 Gift Certificate Winners:

- 🎁 Ashley Wallin
- 🎁 Grace Kohnke
- 🎁 Gail Dorhout
- 🎁 Lynnette Schuller



Classified Ads

Wanted: Artificial Christmas tree about 6-feet tall. Call 541-8597.

Welcome!

Volunteers

- Amy Van Skike, Patient Care
- Peter Pals, Surgery Waiting/Transport
- Verdel Kleinwolterink, Surgery Waiting
- Brian De Jong, Info Desk/Surgery Waiting
- Lauren Hunzeker, Info Desk/Gift Garden
- Ellene Deets, Senior Care

Employees

- Margaret Mulder, Heritage House Nurse Asst.
- Rebecca Boer, Heritage House Nurse Asst.
- Sara Streff, Housekeeper
- Mallorie Bruxvoort, Housekeeper
- Kelsy Daily, LRRRC Service/PM Cook Asst.
- Amy Van Skike, Heritage House Nurse Asst.
- Averi Nissen, Home Health & Hospice Aide
- Trisha De Jong, Heritage House Nurse Asst.
- Travis Nykamp, Heritage House Nurse Asst.
- Ashley Gengler, Heritage House Nurse Asst.
- Kendra Schroeder, Nurse Practitioner
- Cheryl Kooiker, Hospital CNA
- Lori Cowan, LTC RN

Bidding Farewell

Volunteers

- Jo Goslinga, Hospice

Employees

- Tana Te Brink, Cook Asst.
- Karen Vermeer, Home Health & Hospice RN
- Sami Ten Clay, LRRRC Cook Asst.
- Kim Simkins, RN
- Ashley Hoogeveen, LTC Nurse Asst
- Sarah Drenten, Heritage House Nurse Asst.

ATM Relocated

The ATM Machine at the Main Campus has been relocated from the vending area on the upper level to the PuddleJumper Grille on the lower level of the Main Campus.

Movie Gift Cards Available

The Main Street Theatres benefit that we have enjoyed for many years has changed, effective immediately. They have discontinued the VIP Gold movie ticket. However, any tickets you have will be honored at the theatres. Main Street Theatres now offer a \$10 gift card at the discounted rate of \$9. The card can be used for concessions as well as movie admissions. Gift cards are available for purchase at the ER Reception desk. Payment can be made by personal check. ER Reception hours are:
Mon.-Fri. 6:30am – 9pm
Sat. 8am – 5pm and Sun. 10am – 5pm.

Thanks... *to those who go above and beyond...*

- Special thanks to all of you who shopped the Schwans Truckload Sale on December 8!
- Doris Pottebaum, Maxine Pottebaum and Jan Schneider for stuffing envelopes for Administration.
- Linda, Massmann, Patti Van Skike, Sue Korver, Lois Russell, Glenda Brenneman, Lynnette Schuller, Tami Guthmiller, Kay Hulst, Theresa McCarty, Kim Oolman, Nelly Veldhuizen, Eloise Heuer and Mary Ellen Heying for assisting with the Schwans Truckload Sale.
- Kim Oolman for rocking a hospitalized infant while her mother ran errands.
- Nan Reinking and Lorie Foreman for assembling employee wellness packets for Occupational Health.
- To Art Hielkema, Marv De Jong, Paul and Fran Koets, Pete and Dorothy Karszen, Carl Reinking and John Kamies for doing transports this month.
- Theresa McCarty, Suzanne Haverdink, Jane Vogel, Tami Guthmiller, Patti Van Skike, Star Van Gelder, Marilyn Van Engelenhoven, Mary Pottebaum, Barbara Grady, Lynnette Schuller, Kay Hulst, and Kim Oolman for decorating Christmas cookies with the Heritage House and LTC residents.
- Diane Petersen for crocheting baby hats for the Auxiliary to give to babies born at OCAHS.
- It was wonderful to see so many of you at the Annual Volunteer Holiday coffee on Dec. 16. It was so fun to see everyone enjoying themselves! Our lucky door prize winners are Arlys Feenstra who won the elegant Twinkling Spice Woodwick Candle and Lorie Foreman who won the beautiful holiday wreath and stand. Thank you all so much for coming!

Volunteers Are Amazing!!!

I want to extend a special thank to all of you who have braved the cold, wind, snow, sleet, freezing rain and ice so far this winter. You continue to amaze me with your strong commitment to serving the patients and families of OCAHS. However, if you are scheduled to work during **extremely** inclement weather, please know we completely understand if you do not feel comfortable venturing out due to the road conditions. Your safety comes first.

You are welcome to give me a call anytime if you question the weather/road conditions. Also, if you live out of town and inclement weather is forecast for a day you are scheduled to work, please feel free to give a fellow volunteer a call to switch shifts or help you out.

Please do not feel like you've let the organization down if any shifts are not filled during inclement weather.

You are an amazing group of people and we appreciate all you do!!!

Volunteer Opportunities

Tours

We would like to put a list together of existing volunteers who are interested in occasionally leading a group on a tour of the hospital. Several staff members speak to the groups—tour guides just lead the groups from one department to another.

Embroidery

We are looking for volunteers interested in embroidering dish towels to sell at next year's Holiday Open House. If you love to embroider, please keep as the Orange City Area Health System Auxiliary in mind as an organization for which to donate your work to.

Information Desk

We are in need of several additional volunteers willing to work Wednesday evening from 5:00-8:00 and Saturdays from 8:00-noon. We are also in need of current volunteers willing to work an extra shift this winter as our snowbirds go south.

Surgery Waiting Reception

We are in need of several additional volunteers to work in the Surgery Waiting Reception area. All shifts.

Cardboard Recycling

We are in need of several volunteers to assist with the cardboard recycling program. Volunteers must be able to push mobile dumpster carts (on a level surface). We are looking for volunteers to fill three one-hour shifts per week. Volunteers may help a minimum of one one-hour shift per month up to a maximum of 3 one-hour shifts per week (Monday, Wednesday, Friday). Two volunteers will be scheduled for each shift.

Gift Garden


We are in need of additional volunteers willing to work Saturday from 8:30 to noon.

Patient Advocate

We are in need of volunteers to interact with patients in the hospital setting. Volunteers would provide activity and hospitality services and assist nursing staff with simple tasks.

Senior Care Manicure Volunteers

We are looking for four volunteers interested in doing manicures for our senior care residents.




Children are made readers on the laps of their parents.
— Emilie Buchwald


Book Sale Fundraiser

Thursday January 26 • 8am - 5pm
Front Lobby • Main Campus

Over 1,300 bright, colorful, fun titles covering activities, puzzles, and a wide range of subjects for children of all ages.

Sponsored by Orange City Area Health System Auxiliary.
Proceeds directly benefit patients and families.



Orange City Area
Health System
ocHealthSystem.org 

Your Volunteer Hours are Important

Are you one of the many members who think your time is not important or valuable? YOU and the TIME YOU GIVE to Orange City Area Health System is VERY IMPORTANT!

Without your help, many things would go undone. Our volunteers are extremely valuable to the health system. As you know, when the number of volunteer hours generated by volunteers are converted into cash dollars – the savings to the hospital in the area of cost containment is unbelievable!!! Not only does our Auxiliary and volunteer program play a valuable part in the operation of the hospital, but also in dollars donated through our fundraising events.

YOU ARE and WILL ALWAYS BE an important part of our volunteer program. This is a reminder to keep track of your volunteer hours and report them to me. If you have any questions about hours, please ask. Never think your time isn't important. Please jot your unrecorded hours down on the time sheet in the check-in room, email them, mail them or call them into the volunteer office at 737-5349.

Substitutes:

If you are unable to work the shift you are scheduled for, please call a substitute listed on the back of your schedule and then call Mary Plathe at 737-5349 and let her know you have made a change in the schedule.

-Thank you

Scheduling Contacts:
Gift Garden, Information Desk,
Surgery Waiting Reception

Mary Plathe
712-737-5349
plathem@ochealthsystem.org

Hospice Scheduling:

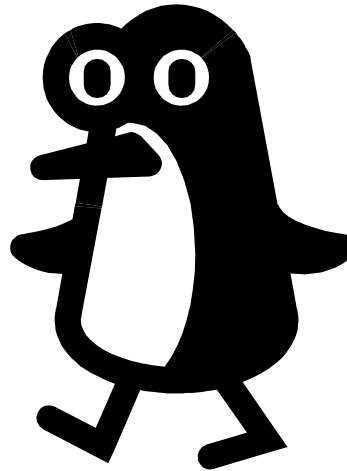
Kim Jansma
712-737-5279
jansmak@ochealthsystem.org

NOTE:
All schedule requests must be
in by the 15th of the mo.

Mary Plathe
Volunteer Services
Manager
plathem@ochealthsystem.org
office: 712-737-5349
cell: 712-441-0482
home: 712-727-3415

Walk like....a penguin!

Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent injuries that OCAHS sees, especially during the winter months. To help in this effort, Penguin tracks have been added in our parking lot. These are to direct people to the safest and most preferred way to enter the building. Our Maintenance team will focus their efforts on keeping this area safe for walking. Here are some more QUICK TIPS...



- In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy.
- During bad weather, avoid boots or shoes with smooth soles and heels. Wear footwear that provides traction. Tennis shoes usually don't provide enough traction to be effective on ice.
- Ice grippers can help walking on ice and snow. Remove the grippers when entering the building.
- Walk like a PENGUIN on ice! Point

your feet out slightly – about a foot apart – while walking on ice to increase your center of gravity. Place your whole foot on the ice at once.

- Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- Keep your knees loose and let them bend a bit. This will keep your center of gravity low.
- Extend your arms out to your sides to maintain balance.
- Keep your hands out of your pockets. Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you start to slip.
- Watch where you are stepping and go S-L-O-W-L-Y!!
- Wear a heavy, bulky coat that will cushion you if you fall.
- Try to avoid landing on your knees, wrists or spine. Try to fall on a fleshy part of your body, such as your side.

If you do fall on the ice:
Contact Mary Plathe to complete a variance report. You may also contact Occupational Health at 737-5273.

Recipe of the Month

Avocado Bacon Spread

- | | |
|----------------------|--------------------|
| 4 slices bacon | 2 avocados |
| 1 Tbsp. lemon juice | 1 Tbsp. mayonnaise |
| ¼ tsp. garlic salt | 1 Tbsp. sour cream |
| 1 Tbsp. minced onion | |

Fry bacon until crisp. Drain and crumble. Mash avocados, Combine all ingredients and mix well. Serve in a wrap or on rusk buns, croissants or pita bread, with sliced tomatoes and lettuce. This recipe also makes a delicious dip. Just add some diced tomatoes to the spread and serve with Tostitos scoops.