

March, 2010

Volunteer News

Orange City Area Health System / ohealthsystem.org



Spring Fling Set for March 18

Are you in the mood for Spring???

Are you anxious to do some Spring Planting???

Call a friend and meet for lunch at the 17th Annual Orange City Area Health System Auxiliary Spring Fling Salad Luncheon on Thursday, March 18 from 12:00-1:00 in the lower level meeting rooms of the Downtown Campus. Serving will begin at 11:30. This year in place of the style show – we will be hosting an educational program. Marie Moeller, M.D. will educate us on the benefits of Herbal

Therapy and Ground Effects of Sioux Center will share some spring planting tips and simple landscaping ideas. Admission \$6.00 per person.

If you are interested in donating a salad for the luncheon – please call Mary Plathe at 737-5349. Persons donating salads will receive free admission!

Upcoming Events

Thursday, March 18

12:00-1:00 pm

Spring Fling Salad Luncheon and Educational Program (serving begins @ 11:30)

Thursday, April 8

7:00 am – 4:00 pm

Mobile Scrub Uniform Sale (ER Parking)

Thursday, April 29

12:00 noon to 1:00 pm

Volunteer Recognition Banquet Downtown Campus

Thursday, May 6

7:00 am – 1:00 pm

Spring Plant Sale Front Lobby Main Campus

June 28-30

7:00 am -4:00 pm

Get Gold Cash Jewelry Buyback Event

June 29-30

7:00 am – 4:00 pm

Gift Garden Clearance Sale – Lower Level Main Campus

Guthmiller Named Finalist...

Martin W. Guthmiller, CEO of OCAHS, was named a finalist for the American Hospital Association's (AHA) Shirley Ann Munroe Leadership Award. The award recognizes the accomplishments of small or rural hospital leaders who have improved health care delivery in their communities through innovative and progressive efforts.

Guthmiller has served OCAHS since 1994. During his tenure, OCAHS became the first new critical access hospital built in the state of Iowa. In addition to leading the development of the \$30 million hospital and \$2.1 million medical office building, Guthmiller has also been involved in building and opening Mill Creek Family Practice in Paullina, developing and building Landsmeer Ridge Retirement Community, and acquiring the Heritage House.

Guthmiller has also taken on leadership roles in the community to help ensure its future growth and quality of life, including serving as chair of a task force, spearheaded by the Orange City Development Board, that is crafting a vision for revitalization of Orange City's downtown retail sector. Guthmiller also serves on North-

western College's board of directors, and last year was named Distinguished Alumni of the Year. He assisted the college in launching a BSN nursing program, and plans are to build a collaborative new health education center on the OCAHS campus. In addition, Guthmiller was instrumental in developing a new community daycare center and preschool on the OCAHS campus; has served on the board for the new Greater Sioux Community Health Center; and has served as president of the rural regional dialysis center and as president of Community Health Partners, the public health entity for the county.

This past year Guthmiller embraced a challenge few rural healthcare facilities have yet to take on: implementation of an Electronic Medical Records (EMR) system. Under his leadership, OCAHS partnered with Sanford Health and converted to a fully integrated system. This kind of forward-thinking leadership helped OCAHS achieve the necessary IT conversion to a progressive medical record technology environment – ultimately providing patients with access to their medical information anywhere in the world.

OCAHS Library News

The OCAHS library (near cafeteria) has a variety of great resources including DVDs, magazines, and a wide range of books. Recently, Hadley Hoover donated a signed series of her books. Check them out for a great read on chilly winter nights. Speaking of "checking them out" please remember to sign out any item you or a patient borrow. Some of our books have grown legs and simply "walked away!" Use the sign-out sheet located on the book shelf.

Welcome

Volunteers

- Dan De Vries, Hospice
- Christopher Wurpts, Maintenance

Employees

- Janelle Volkers, Cook Assistant
- Matthew Rector, Paramedic
- Kristi Loers, Heritage Nurse Asst.
- Rhonda Schilmoeller, Clinic Receptionist

Farewell

Employees

- Cathy Bartelt, Occupational Health Asst.
- Laura Fischer, LTC Nurse Asst.
- Jill Engeltjes, Heritage Nurse Asst.
- Janet Lohrenz, ER/Paramedic
- Jeri Plathe, Resident Associate

Volunteers

- Luella Grotenhuis

Attention Volunteers

For those of you who have not worked in the Gift Garden last month – you will be happy to know we are now serving freshly-baked warm almond patties daily along with the cookies.

Get Gold Cash is back this Summer....

Gather up your scrap gold and silver jewelry and mark your calendar for June 28-30. A Get Gold Cash representative will be at OCAHS 7:00am to 4:00pm each day – Lower Level Main Campus.

Orange City Home Health & Hospice Grief Support Group

Orange City Home Health & Hospice is offering a Grief Support Group five consecutive Monday afternoons from February 22 through March 22 in the lower level meetings rooms of the health system's Downtown Campus at 400 Central Avenue NW in Orange City.

Bereavement support groups offer a safe place and supportive environment for those who are grieving a recent death, to talk about their feelings of loss. The five-week program provides direct group support within an educational format. There is no cost to attend the Grief Support Group, but donations are accepted and appreciated. Pre-registration is required.

Call Orange City Home Health & Hospice at 712-737-5279.

Our Family Practice is a True Blessing

We often take for granted our stellar team of family practice physicians. It is rare that a rural health system like OCAHS can boast 13 doctors and mid-level providers. In fact, the number of US medical school students going into primary care has dropped 51.8% since 1997, according to the American Academy of Family Physicians (AAFP). The AAFP is predicting a shortage of 40,000 family physicians in 2020, when the demand is expected to spike. The U.S. healthcare system has about 100,000 family physicians and will need 139,531 in 10 years. OCAHS is fortunate not to be in those statistics. We welcome two new family practice physicians next summer. Dr. Harrison Hanson and Dr. Nigel Millard.

Haiti Relief: Think Globally, Act locally

Orange City Area Health System has long had a process in place to give outdated equipment and supplies to charitable medical distribution outlets, who then distribute them to developing countries as needed

Now, many of you have asked if we, as an organization, are supporting a particular group in terms of relief for the victims of Haiti's recent earthquake. OCAHS is not aligning with a

specific group, but rather we can suggest local organizations that you, as individual families or possibly a department, can get involved with. For instance...Bibles for Missions thrift store in Orange City is accepting donations...and Hands Around the World in Orange City is collecting hygiene kits that will be sent to the Church World Service disaster assistance.

Thank you to everyone at OCAHS for your personal contributions.

Recipe of the Month

Chocolate Chip Cookies

1 c. shortening	1 c. vegetable oil	1 c. brown sugar
1 c. white sugar	1 egg	1 Tbsp. milk
1 tsp. vanilla	1 tsp. salt	1 tsp. baking soda
1 tsp. cream of tartar	4 c. flour	2 c. chocolate chips

Cream shortening and sugars, add egg, milk and vanilla, stir in dry ingredients, add chocolate chips. Roll in 1" balls. Place on cookie sheet. Flatten lightly with a glass dipped in sugar. Bake at 350° for about 10 minutes or until very light golden brown.

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

- to Lynnette Schuller for filling in for the Oncology clinic this month.
- To Mary Jenkins and Paul and Fran Koets for serving refreshments at the Heart Healthy evening on February 22.
- To our Auxiliary Board Members for setting up and hosting the Masquerade Jewelry Sale.
- To Marietta Vandersall and Marilyn Van Engelenhoven for packing up and cleaning up after the Masquerade jewelry sale.

Mileage Rates Remain Same

On July 1, 2009, OCAHS went to paying 85% of the IRS mileage rate (\$.55) for reimbursement of business related miles, which was \$.47. The IRS has decreased the standard mileage rate to \$.50 effective January 1, 2010. However, OCAHS did not reduce the mileage rate, it will remain at \$.47 effective January 1, 2010. All volunteers who transport equipment, specimens, supplies, etc. are required to turn in their total miles to the Volunteer Services office for reimbursement.

Sympathy

We extend our most sincere sympathy...

- to Marilyn Jiskoot and children Doug and Karen Jiskoot, of Larchwood and Brenda and Bobby Geisinger of Lawton and families on the death of our own Rod Jiskoot of Orange City. Rod passed away on Sunday, February 7, 2010, at the Hospice of the Valley in Mesa, Arizona. Rod enjoyed volunteering at the Surgery Waiting Reception desk for many years.
- To Lois and Pete Jeltema of Orange City on the death of Lois' sister Esther Hulst of Sheldon, who passed away on February 11.

Volunteer Profile - Brittany Jean Moore

Volunteer Job: Gift Garden

Family: Parents, 17 yr. old sister, and two Chihuahua puppies, Bungalow and Bean.

Hometown: Omaha, NE

Why you came to OCAHS to volunteer: I felt that the free-time I had would best be used by volunteering.

Hobbies: Watching movies, hanging out with my family

Favorite Movie: The Holiday

What you enjoy about volunteering: You have the opportunity to change someones day in a positive way.

Fun Fact: I was once a gymnast despite the fact that I'm almost 6 ft tall.

I am excited to start volunteering and getting to know everyone at OCAHS.

New OCAHS Auxiliary Fundraiser Mobile Scrub Sale

Thursday, April 8
7:00 a.m. to 4:00 p.m.

Uniform Direct is the Upper Midwest's premier and largest mobile scrub company.

The scrub sale comes to Orange City in a self-contained mobile store (trailer) which will be setup near the Emergency Entrance on the Main Campus. This mobile mall is heated, provides dressing rooms, refreshments and lots of scrubs, slacks (including khakis) and large selection of shoes. The selection is

BIG! Uniform Direct carries over 5,000 pieces of inventory, in sizes XS to 5XL and shoes size 5 to 13. Brand names include Cherokee, Barco Uniforms, Grey's Anatomy, Dickies Medical and Sketcher's Uniform and Shoes. They also stock more than 70 different prints, have solids in 20 colors and 15 different styles.

Be sure to tell your friends!!! This is an event you won't want to miss!!!

The Word on Wellness

Try this for tension headaches...

When a headache strikes, imagine a soothing environment, an ocean shore or a tranquil waterfall. Focus on the sound of the waves rolling in and the wind gently blowing through the trees.

By concentrating on the details, your mind becomes absorbed in the imagery, which lessens the pain in your headache.



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

Volunteer Opportunities

Wellness Screenings

We are in need of a volunteer to assist with the community wellness screenings on Thursday, March 4 and Friday, March 5 from 6:00-8:00am in the lobby of the Orange City Medical Clinic.

Gardening

We have once again reserved two plots in the Garden of ARC. We are looking for volunteers to help in the garden this summer. After the garden is planted, we will need 2-3 weeks of your gardening expertise!

Classifieds

Wanted: Lift chair in good condition; smaller size preferred. Call Linda at 737-4087 or email lindavz@orangecitycomm.net.

Wanted: Good used twin headboard and chest of drawers for toddler girl. Call 707-2140 or 5315.



Masquerade Jewelry Sale Results

A big thank you to all of you who shopped the Orange City Area Health System Auxiliary sponsored Masquerade \$5.00 Jewelry and Accessories Sale on Thursday, February 11.

A total of 1,544 pieces of jewelry were sold throughout the day.

As a result, our Auxiliary raised a total of \$1,544.00!!!

Go Red For Women

Many women think that breast cancer poses their biggest death risk. However, more women – one in four – die from heart disease than breast cancer (one in 30). Women tend to have more atypical health attached symptoms than men. These include:

- Pain in the shoulders
- Nausea, vomiting, and abdominal discomfort (flu-like symptoms)
- Back pain
- Fatigue
- Burning in the chest (heartburn-like symptoms)

Research shows that 82% of women can lower their risk of heart disease by simply leading a healthy lifestyle.

In support of Go Red for Women, OCAHS staff wore red along with their blue jeans on Friday, February 5, 2010 and raised over \$600 for the American Heart Association. Way To Go!!!

Scheduling Contacts:

Gift Garden, Information Desk, Surgery Waiting Reception

Mary Plathe

712-737-5349
plathem@ochealthsystem.org

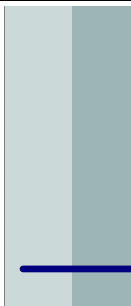
Hospice Scheduling:

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

A Message from Administration

from our Chief Operating Officer, Dan McCarty

One thing we can never communicate too much about is communication. I want to focus my comments this month on the internal employee/volunteer communication processes here at OCAHS. Our Core Values/Behavioral Expectations have several references to effective communication. Specifically: *Seek first to understand, not judge; Deal in facts, not opinions, avoid absolutes; Deal with conflict in a fact-to-face style; Provide co-workers timely information focused on their specific needs, etc.*

I encourage all employees/volunteers to communicate directly with their leadership or co-workers in providing ideas, insights,

and suggestions on how we can improve our patient care/safety, profitability, cost control, morale, and general concerns. Probably the most effective communication process is to communicate directly with one another. If you have a good idea or concern, share it, please!

For effective communication to occur we need an environment of trust and open, honest dialogue. It is our sincere hope/goal in Administration and management, that we have provided an environment at OCAHS where you are comfortable in your communications. Let's talk!

-Dan