

Volunteer News

Orange City Area Health System / ohealthsystem.org

A Message from Administration

from our Chief Executive Officer, Marty Guthmiller

To be a strong, vital health system requires many “parts” coming together for a common goal, a common vision. Of course, quality physicians, nurses, and staff are necessary, as well as visionary Board leadership. Not all aspects of a quality health system, however, are on the “front lines”, so to speak – or even paid for that matter – but remain critical to our vitality. Our Auxiliary fits this category!

Once again, OCAHS Auxiliary has come through with a tremendous gift to the health system totaling \$60,000. At our current year-to-date margin of 1.2%, this gift equates to \$5 million in revenue to achieve the same dollars to the bottom line! These dollars have been allocated to fund a number of needed items throughout the health system.

- \$32,000 truck with blade for Maintenance
- \$20,000 dual injector of new CT Scanner
- \$5,000 sofas for Landsmeer Ridge Retirement Community
- \$3,000 Employee Educational Assistance fund

This partnership we’ve enjoyed over the 50 years of our existence has been a tremendous benefit to Orange City Area Health System and, more importantly, those we serve.

One of the ways we can all thank the Auxiliary is by frequenting our Gift Garden gift shop. What a great way to help others while helping yourself? Good stuff at good prices for a good cause. You can’t find a better deal!

Thanks once again to our Auxiliary and the wonderful work they do.

Upcoming Events

Spring Fling

Tuesday, March 29
11:30-1:00 p.m.
Lower Level
Downtown Campus

Gift Garden In-Service

Thursday, April 7
8:30 a.m. -12:30 p.m.
Lower Level
Main Campus

Auxiliary “Purse-n-ality” Purse & Accessories Sale

Monday, April 25
9:00 - 5:00p.m.
Main Campus Front Lobby

Annual Volunteer Recognition Banquet

Wednesday, April 27
11:30-1:00 p.m.
Downtown Campus

Auxiliary Spring Plant Sale

Thursday, May 5
7:00-1:00 p.m.
Main Campus Front Lobby

Spring Fling

Salad Luncheon & Program

Tuesday, March 29

12:00 to 1:00 p.m.
(serving begins @ 11:30 a.m.)

Topic: “A Fresh Start for Spring”
Presented by Jen Vogel

Lower Level—Downtown Campus

Admission:
\$6.00 per person

Sponsored by
Orange City Area Health System Auxiliary



Sioux County is healthiest in Iowa

A recent report from the Robert Wood Johnson Foundation and the University of Wisconsin ranked Sioux County highest on the list of Iowa counties for healthy outcomes. The study focused on a variety of issues including the quality of health-care available, individual behaviors, education, and the environment.

Way to go Sioux County
residents!



Welcome!

Volunteers

- Kay Hulst, Gift Garden, Surgery Waiting, Hospice

Bidding Farewell

Volunteers

- Sandra Van Batavia, Hospice
- Roxy Dykstra, Hospice

Employees

- Shelly Hahn – Cook
- Kristin Van Maanen – RN
- Jen Vander Veen – Hospital CNA

Iowa Hospitals are on a Comeback

Iowa hospitals are on the comeback from the recession that affected the state and the nation. Declines in utilization over the last two years began moderating through 2010. Hospital discharges declined 1.6 percent and patient days declined 3 percent in January-September 2010 compared to the same time frame in 2009. Births increased .6 percent. Inpatient surgeries increased .7 percent and ambulatory surgeries declined 1.4 percent. The number of emergency room visits declined .3 percent, observation visits increased 5.6 percent and home health visits declined 6.5 percent. Charity care was up 1.2 percent in 2010 setting new record highs over 2009 levels.

Money Saving Tip:

Refrigerate candles for birthday cakes 24 hours before you need them. They will burn slower and more evenly.

Orange City Area Health System Installs new 16-slice CT Scanner

During the week of January 24, a new GE Healthcare BrightSpeed™ Elite 16-slice CT scanner was installed in Orange City Area Health System's radiology department.

According to GE, the BrightSpeed maintains the optimal speed, power, and resolution needed to aid in non-invasive diagnoses from colon cancer to cardiovascular disease. It has a patient-focused design, reliable imaging technology, and the ability to provide the lowest practical radiation dose, particularly for pediatric patients.

CT (Computer Tomography) scanning – sometimes called CAT scan – combines special x-ray equipment with sophisticated computers to produce multiple images or pictures of the inside of the area being studied can then be examined on a computer monitor, printed or transferred to a CD. CT scans of internal organs, bones, soft tissue and blood vessels provide greater clarity and reveal more details than regular x-ray exams.



Do You Enjoy Gardening???

Spring is in the air and it's time to reserve the OCAHS plots in the Community Garden @ American Reformed Church.

We are looking for additional gardening volunteers to help in the OCAHS garden.

Each volunteer is typically assigned to work in the garden during only three weeks of the entire summer/fall.

If you are interested, please contact Mary Plathe at 737-5349.



Produce from the garden is served to residents, patients, employees and guests on all OCAHS campuses.

Recipe of the Month

Almond Poppy Seed Muffins

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|----------------------|--------------------------------------|
| 2 cups flour | 1/3 cup margarine, melted and cooled |
| 3/4 cup sugar | 1 egg, beaten |
| 2 tsp. baking powder | 1 tsp. vanilla |
| 1/4 tsp. salt | 2 tsp. almond extract |
| 2 Tbsp. poppy seeds | 3/4 cup milk |

Preheat oven to 375°. Spray 12 muffin tins. In large bowl mix flour, sugar, baking powder, salt and poppy seeds. In another bowl mix the rest of the ingredients. Add the wet ingredients to the dry and mix just until moist. Don't over mix. Divide among tins, sprinkle tops with white sugar. Bake 18-20 min. Cool.

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

- Thanks to Shonna Hector, Michelle Wilson, Jana Adams, Sue Korver, Suzanne Haverdink, Tami Guthmiller, Lois Russell, Mary Pottebaum, Marilyn Van Engelenhoven, Glenda Brenneman, Kim Oolman, Shirley Beltman, Lynnette Schuller, Patti Van Skike, and Nelly Veldhuizen for working at the Masquerade Jewelry Sale. We sold 1,874 pieces of jewelry and accessories!
- Kathy McKinstrey for handing out surveys in the medical clinic.
- Doris Pottebaum and Maxine Pottebaum for helping bag up valentine cookies for the American Health Association cookie fundraiser this month.
- Nelly Veldhuizen and Ruth Van Holland for doing manicures for Long Term Care residents.
- To John Kamies, Marvin De Jong and Paul Koets for doing transfers this month.
- Jen Vogel and Kim Oolman for unpacking and checking in the large amount of Gift Garden freight this month.
- To Wanda Wichers for taking inventory and restocking the greeting cards and stationary items in the Gift Garden.
- To Lynnette Schuller for picking up orders for the Gift Garden

Gift Garden Re-Training Scheduled for April 7

Mark your calendar now for Thursday, April 7, 8:30 am to 12:00 noon. We have scheduled a Gift Garden Re-training In-Service for all Gift Garden volunteers. This is a mandatory In-service – so please make every effort to attend this session. Those who are unable to attend on April 7, will be contacted to attend a follow-up session at a later date.

Kathy Moe, Director of Volunteer Services at Trinity Regional Medical Center in Fort Dodge will be our guest speaker. She will share her wealth of knowledge on gift shop customer service during her presentation "Retail Revival".



We will also reserve time for questions, suggestions and discussion.

Each Gift Garden volunteer will receive a personal invite for the in-service and will be asked to RSVP.

Volunteer Opportunities

Trivia Volunteer:

We are looking for a volunteer who is interested in playing trivia with our senior care residents. We are interested in all kinds of trivia...do you like to play bible trivia??? history trivia??? TV trivia???

SHIP Volunteer – We are looking for several volunteers to assist our area seniors better understand their Medicare benefits and related topics, including Medicare supplement insurance, employer provided retiree health plans, Medicaid, Long Term Care insurance, and other health insurance options. Volunteers will receive extensive training prior to working with our seniors.

Senior Care Mentor – We are in need of a male volunteer to mentor a senior care resident with MS.

Family Safety Fair Volunteers – We are looking for four volunteers to assist with the Family Safety Fair on Thursday, May 5 at the Windmill Park downtown.

Children's Health Fair Volunteers – We are looking for approximately 20 volunteers to assist with the OCAHS Children's Health Fair Tuesday, May 3 at the Downtown Campus. AM and PM shifts available.

Attention Salad Makers - We are in need of volunteers to make a salad for the upcoming Spring Fling on Tuesday, March 29. All persons providing a salad receive free admission to the Spring Fling. This year we are asking all salad makers to provide the recipe for each salad. We will be making a cookbook containing recipes of the salads donated to this year's event. Salad cookbooks will be available at the Gift Garden this Summer.

*Interested?
Call Mary Plathe 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

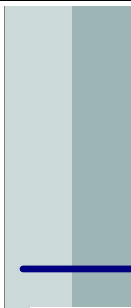
Mary Plathe
712-737-5349
plathem@ochealthsystem.org

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

Healthcare created quarter of a million jobs in 2010

Hospitals created 50,100 jobs in 2010, nearly double the rate of job creation from 2009, and the entire healthcare sector – everything from allergists to x-ray technicians – created 265,800 jobs for the year, according to Bureau of Labor Statistics. Overall, the healthcare sector employed 13.9 million people at the end of 2010, including 4.7 million jobs at hospitals, 6 million jobs in outpatient ambulatory services, and 2.3 million jobs in physicians' offices.

THE FLU ENDS WITH



www.flu.gov

From Val Droog, Director of Quality

Immunization of healthcare employees is a high priority for reducing illness associated with influenza in the hospital, clinic, and senior care settings. During the 2010 fall flu vaccine campaign, approximately 78 out of every 100 Orange City Area Health System employees were immunized with the seasonal flu vaccine. This is a 5% increase from last year, yet falls short of the state-wide average of 91%. OCAHS performance was ranked in the Iowa Bottom 10th Percentile.

Iowa's influenza surveillance system indicates three different stains of flu (all covered by the vaccine) were circulating in Iowa the last couple weeks. Our clinic and laboratory report they also have begun to see Influenza A and B. There is still time to receive your vaccination by Calling Occupational Health department at 737-5273.

Sympathy

- to Bill and **Nancy Penning** of Granville (Gift Garden, Information Desk, Surgery Waiting, Auxiliary Board) on the recent death of Bill's mother, Vitalena Penning of Granville. Vitalena passed away Saturday, February 12.
- to **Bill** and Lois Herzog (Information Desk) on the death of their daughter-in-law following a brave battle with breast cancer.
- to Ken and **LaDonna Huisman** (Gift Garden, Information Desk) of Orange City on the death of her mother Johanna Van Klompenburg of Orange City at 100 years old. Johanna passed away Monday, January 24.
- to **Betty Smit** (Information Desk, Surgery Waiting) of Orange City on the death of her special friend, Delbert Popma of Orange City, who passed away Friday, February 4.

The Word on Wellness

from Occupational Health Team

Bedbug basics

Bedbugs are popping up all over the country in offices, libraries, stores, and other public places. The greatest risk for picking them up is at a hotel/motel, according to Mike Potter, Ph.D. Take these easy steps to prevent the bloodsucking critters from hitchhiking home with you.

- Before unpacking check the beds closely. Pull back sheets and inspect the mattress seams and sides. You are looking for an apple seed-size bug or dark flecks or stains. If you spot a bug or any evidence request another room in another area or even another hotel.
- Keep your clothes and suitcase off the bed or floor by using a luggage stand. Keep your luggage zipped at all times until you need your belongings.
- If anyone in your family gets itchy welts on a trip, don't bring your suitcases in the house. Carry clothes into the house via a plastic bag and immediately wash in hot water. If it is below 32 degrees outside the several days, you can wrap bags in plastic and keep outside.