



Pocahontas Community Hospital

606 N. W. 7th Street
Pocahontas, IA 50574

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Start 2010 with Lighten Up Iowa!

Lighten Up Iowa is a statewide teamwork-driven wellness program that will help participants make positive and lasting changes over the course of 100 days. Join Pocahontas Hospital employees to get healthier by assembling your team of friends, family or coworkers. The program runs from January 14–April 23. Visit www.livehealthyiowa.org to get signed up today.

Calendar of Events

January

13: Blood drive, noon to 6 p.m. at the Expo Center

February

Every Thursday (February only):

Lab from 7-10 a.m. Call business office for appointment at 335-3501. Lipid profile and blood sugar screening, \$25 (no food or drink for ten–twelve hours required). PSA test (can be an early indicator of prostate cancer) \$25; TSH test (helpful in diagnosis of thyroid disease) \$25.

5: Women In Red Day

14: Belgian Waffle Breakfast sponsored by the Hospital Auxiliary 9 a.m.–1 p.m. at the Elementary gym.

10: Blood drive, noon-6 p.m. at the Expo Center

March

30: Doctor's Day

April

18-24: Volunteer Week



Thank You!

Pocahontas Hospital Home Health & Hospice would like to thank Gary Beekmann for generously donating his motorized scooter to their department to be used for someone in need of this piece of equipment to get around with independence. Thank you Gary for thinking of us!

Lab Appointments

The Pocahontas Hospital Laboratory would like to better serve our customers. Starting now, patients need to call and let us know when they are coming in for their lab tests. Calling ahead will allow us to have your outpatient sheet ready for you at the business office. Also the lab can make sure we have received an order for your lab tests. Walk-ins are still welcome, however a doctor's order is required. If are having your labs done at another facility contact us to see if we can serve you. Please call 712-335-5235 to let us know when you are coming in or if you have any questions. Thank you, Pocahontas Hospital Laboratory Staff.

Pocahontas Community Hospital

HEALTH LINE



www.pocahontashospital.org

Winter 2010

News and Notes from the Administrator

James Roetman, Administrator



It appears by the way the snow is starting to pile up; we are going to have another winter that we will be ready to quickly forget. As I type my article today, which is December 22, we are not only getting prepared for Christmas, but we also

have another major winter storm that is heading straight for us. By the time you get this newsletter, we will have found out just how bad this next round of storms turned out to be, will it be known as the Christmas Storm of 2009 or just another snow storm that added a couple of hours of shoveling to our daily chores. Either way, I thought this topic would be a great lead-in to discuss the success we have had with the partnership we formed with MIDAS a few years ago.

In the fall of 2008, we entered into an agreement with MIDAS to offer free bus rides to all of our patients throughout Pocahontas County to either the hospital or the Trimark Offices in Laurens or Pocahontas. This was a decision that the board made to help ensure that healthcare was available to all residents of our county regardless of their age, location, or their ability to pay. To say that this program was a success, would be a huge understatement, although the board realized there were people in need, they had no idea of the impact their decision would have. Over the last 18 months we have heard many words of thanks from not only patients, but also friends and family members who have felt a huge burden removed from their shoulders because they now know their friend or loved one can get to the doctor or hospital safely without needing their assistance. Since September of 2008, we have provided rides to 1,374 people of Pocahontas County, over that timeframe; the bus has traveled a total of 12,372 miles. The cost associated with providing these services has been \$17,094, which the board feels is money well spent when it come to providing for people who have needs that might not have been able to have been met if it had not been for the investment that they have made. This can be seen as an example of trying to

give back to some of the people who have been so very committed and faithful to this facility over the last 42 years. If this program sounds like it could be of assistance to you, please call Pocahontas Transit at 712-335-3704 to schedule your appointment.

The Pocahontas Community Hospital is also pleased to announce that starting sometime after the first of the year, we will be opening a new Wound Clinic at our facility. The Wound Clinic will be open three days a week and will be staffed by our employees with oversight from Dr. George, Dr. Adkins, and Dr. Dayton. This clinic will be operated as a satellite clinic of the Wound Center that is located in Fort Dodge. Both clinics will be in partnership with National Healing which was founded in 1996 to fill a need for effective wound treatment of problem wounds. National Healing is located in Boca Raton, FL. and has opened hospital based wound centers all across America. If you would like to learn more about our Wound Clinic, please call Susie Aden at 712-335-5230.

As many of you know, the Pocahontas Healthcare Foundation is in the middle of its annual fund-raising campaign. This year, the foundation set its fund-raising goal at \$20,000, which will be used to help purchase software for the Digital Mammography machine that the hospital will be purchasing sometime next spring. The cost of the machine will exceed \$230,000 in which the hospital has secured one grant totaling \$75,000. This machine will enable us to have completely digital images that can be sent any where in the world for interpretation and diagnosis. The campaign is off to an excellent start, to date they have raised over \$6,000. The foundation will be accepting donations for this campaign through February, if you would like to make a donation or learn more about our foundation or Digital Mammography please give me a call at 712-335-5224.

On behalf of the all the employees of the Pocahontas Community Hospital, I would like to wish you a belated Merry Christmas and hope the New Year brings great joy to you and your family.

Employee of the Year



The Employee of the Year award was presented this year to Peg Sones at the Employee Recognition/Christmas dinner. The names of the four Employees of the Quarter; Cindy Arnold, Ed Gross, Peg Sones and Peg Jensen were put in a basket and Duane Wiemers, Board member, drew Peg's name as the winner. Peg received \$200 in Poky Bucks. Her picture will hang on the honor wall by the business office. Way to go Peg!

Employee of the Quarter



The fourth quarter winner of the "Employee of the Quarter" award went to Peg Jensen. Peg is an R.N. and works on the nursing floor. Employees who voted for her feel she is always ready to do whatever it takes to care for her patients. She is always willing to go the extra mile and always helps when needed. She also has a large knowledge base from years of experience. Peg received a "star performer" pin, free large pizza from Pizza Ranch, Poky Bucks and a parking spot. Peg's picture will be hung on the honor wall by the business office. Congratulations Peg!



Hospice Board pictured, left to right: Debbie Shaw, Calista Hammes, Angie Stoullil, Judy Weller, Mike Crotty, Ken Powers, Denny Lenz, Pastor Sara Galindo, Robert Nystrom

Hospice Board says Thanks!

The Pocahontas Community Hospital Hospice Advisory Board members thank the many generous contributors. The annual fund-raiser donations continue to allow your local Hospice team to supplement individualized end-of-life care needs.

Welcome New Employees



Katie Peterson
RN-Nursing

Tree Lighting Ceremony



The Pocahontas Hospital Hospice held their third annual "Angel Tree Decorating and Lighting Ceremony" on Dec. 1st in the hospital's front lobby. Appetizers were served to approximately 20 guest including Hospice volunteers and families coming to honor their loved ones. A program followed with the hanging of the hospice angels on the tree as names were read aloud in memory of loved ones. The tree lights were then lit in honor of the hospice patients and families served this last year. The tree remains decorated from the time of the ceremony until after the New Year as a reminder that love never dies. Pictured with Hospice Volunteer Coordinator Carrie Bunda are volunteers Janice Dornath and Linda Vosika.



Volunteer of the Year



Angie Stoullil is pictured receiving the "2009 Volunteer of the Year" award and flowers from Misti Rierson, volunteer coordinator, at the Employee Recognition/Christmas party. Angie gave 202.5 hours of her time volunteering at the hospital this past year and it was noted that she worked five shifts in a row when no one else signed up. Thank you Angie for being there for the hospital and its patients.

Hospital Employee Recognition



Pictured left to right, front: Jaime Ferguson, Erin Peterson-10 yrs.; Lynne Raveling, Deb Ripperger-20 yrs.; Julie Harrison-25 yrs. Back-Peg Jensen-35 yrs.; Misti Rierson, Angie Hansen, Carla Stauffer-5 yrs.; Nicki Bunda-10 yrs. and Judy Schmidt 30 yrs.

The employees of Pocahontas Hospital were recognized for their years of service to the hospital at the Employee Recognition/Christmas dinner held at Halderwood on Dec. 12th. Employees, volunteers and hospital board members were entertained by magician, David Casas. Those recognized but unable to attend were: 5 years- Jessica Anderson, Paula Cooke, Rachel Olson, Christy Pauls, Lanny Paul and Lisa Shafer.

Auxiliary Donation for CPR Kits



Deb Ripperger, Auxiliary treasurer is pictured presenting Mary Brandt, RN-CPR instructor, with a check for \$500 to be used to purchase CPR training kits. The kits equip individuals with their own manikin and DVD for teaching. Mary stated that she hopes to do a mass CPR training so that people can go home with these kits and train other family members. Mary reported that there are only approximately 400 people trained in CPR in Pocahontas County, about 5%, and since most cardiac arrests happen at home, we see a need to train family members for a better chance of survival. If anyone is interested in helping with the purchase of these kits, please contact Mary Brandt at 712-335-3501.

Holiday Door Decorating Contest

Departments at Pocahontas Hospital worked feverishly to decorate their door(s) for the second annual decorating contest sponsored by the "FUN"draising Committee in time to start the holiday season off. Twenty doors were decorated to the theme of "Christmas Carols/Songs" and five judges, not employed by the hospital, viewed the many cleverly decorated doors to select the first and second place winners. The winners were announced at the Employee Recognition/Christmas party with the 1st place winner - Medical Records - "Grandma Got Ran Over by a Reindeer" taking top votes and Cardiac Rehab - "Angels We Have Heard on High" being drawn for second place. Congratulations to our winners and we hope many of you had the chance to view all of our decorated doors. Good luck to next years' contestants and thank you to all of the departments who participated!

Annual Community Project



Pictured are PCH employees Julie Harrison and Janet Blankenhagen as they are preparing to transport the many gifts and certificates purchased and wrapped by employees for their "adopted" families through Upper Des Moines to be distributed at Christmas time. The employees have made this one of their annual projects by using money that is collected each Friday from employees who have the privilege of wearing blue jeans to work. The money is saved to be used at the end of each year to brighten family spirits on Christmas morning.

Women in Red

The date has been set for the second annual "Women In Red" day - February 5th at the AEA center in Pocahontas. Please watch the paper closer to the date for more details.

Dr. Fox to perform Cataract Surgery every three weeks

Pocahontas Hospital is proud to announce that Dr. Stephen Fox, M.D. - ophthalmologist - from the Wolfe Eye Clinic in Fort Dodge will be performing cataract surgery every three weeks at our facility. Currently Dr. Fox provides this service every six weeks, however it has been found to be difficult for patients to wait six weeks between having their first and second cataract done due to issues with their glasses and vision. The surgery team is hoping that this change will accommodate those patients who have cataracts in both eyes and would like to not have to travel out of town to have the second eye surgery done. We are excited to have Dr. Fox here more often and encourage you to talk with your eye doctor about scheduling your cataract surgery at Pocahontas Hospital.

