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Issue
Summer 2016



This is a publication brought to you by Jay County Hospital to provide updates, events and news to our community.

Jay County

HOSPITAL

Quality care by those who care

Family First Healthcare Set to Open August 1

Jay County Hospital is excited to announce the addition of Family First Healthcare, the new healthcare provider practice of Dr. Kristy Mount and Dr. Andrew Stevens, set to open August 1. The Family First Healthcare office will be located in Jay County Hospital at 500 West Votaw Street, and will provide obstetric, pediatric, and adult medical care for the entire family.

Dave Hyatt, JCH CEO states, "I'm honored that Dr. Mount and Dr. Stevens have decided to join JCH, and our community. For over a year, these two physicians have been working in our Emergency Department and we have seen firsthand the outstanding care and compassion they provide to our patients. I'm excited to add yet another strong primary care office with first class physicians ensuring our patients have access to the best possible care right here in Jay County for generations to come."

Dr. Kristy Mount was born in Cincinnati, OH and raised in Brookston, Indiana. She received her bachelors of science in biology from Purdue University. She then went on to earn a PhD in microbiology and immunology from Indiana University before attending medical school at Loyola Stritch School of Medicine in Chicago, Illinois. Dr. Mount and her husband recently moved to Portland and have been blessed with two children. In her spare time she enjoys spending time with close friends and family, reading, cooking, running and being active in her church.

Dr. Mount expresses her excitement, "My family and I are so excited to be a part of the Portland community! I was raised in a small town, and happy that I will get to raise my children in a similar close knit community. Everyone at the hospital has been so welcoming and friendly to Dr. Stevens and I! I'm looking forward to seeing patients in our new clinic!"



Dr. Kristy Mount & Dr. Andrew Stevens

Dr. Andrew Stevens, also a new resident of Portland, earned his bachelor's degree from the University of Utah before graduating from the University of Utah School of Medicine. He was born in Pasadena, TX and raised in Taylorsville, UT. Dr. Stevens is bilingual with Spanish being his second language. He and his wife have been blessed with 4 children, and he enjoys spending time with his family, board gaming with friends, and dedicating time in his church and reading.

"My family and I are excited to be part of the community. We are looking forward to getting to know more people in the area. Everyone has been so gracious thus far. I'm very excited to help engender a healthier community and be involved in the most precious times of people's lives through their healthcare. I look forward to this next step in our adventure," states Dr. Stevens.

Both Drs. Mount and Stevens completed their residency at IU Health Ball Memorial Hospital in Muncie. To schedule an appointment with Dr. Mount or Dr. Stevens, call **260-726-2313**.

A message from Dave Hyatt, CEO



Greetings Friends of Jay County Hospital,

In this issue of our quarterly newsletter you can read about several new and exciting things going on at Jay County Hospital. The first half of this year has certainly been one of growth, and new beginnings for JCH.

Anyone who has visited the hospital in the past couple of months has noticed that our main lobby has been undergoing a large renovation since mid-May. I'm

excited that with this new renovation we have added additional office space to the front of the hospital which will house a new clinic for our patients. Plans are still in final stages with our physician partners as to what exactly will be in this clinic, so stay tuned for exciting announcements to come in the near future. We are committed to adding new services to Jay County, but also expanding access so that our patients can get the care they need, when they need it.

Speaking of improving access, we are very excited to announce the addition of Family First Healthcare and Drs. Mount and Stevens to the JCH family. Their new clinic, which focuses on care for the entire family, including obstetric care, will open August 1st in the office located at the west end of Jay County Hospital (formerly Jay Community Health Partners). Please join me in welcoming these wonderful physicians, and their families, to our community!

Also in this issue you will see stories about the wonderful things we are able to accomplish thanks to the amazing charitable support we receive from our community. From creating a legacy of health education through new scholarships to providing equipment that gives parents time to say goodbye to a child, our community's consistent and unwavering support of JCH and our patients is truly astonishing.

Thank you for supporting our patients and our health system.

Yours in health,

Jay County Hospital Board of Directors

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The mission of the Jay County Hospital Foundation is to provide funding for capital improvements and opportunities that will enhance Jay County Hospital's ability to deliver quality care to the residents of its service area, and to support initiatives and programs produced by the Hospital that will foster knowledge and awareness of healthcare issues for the people of its service area.

We are here for *you*! Jay County Hospital (JCH) is your local healthcare provider and we are here to provide you and your family quality, compassionate, personalized care. As healthcare in the United States continues to change and Jay County Hospital continues to progress, one thing remains the same...we are here for our patients and our communities.

Jay County Hospital is very proud of our Obstetrics (OB) Department, and thanks to the generosity of the Jay County community, the JCH Foundation was able to help purchase new state of the art equipment for the OB Department as well as provide training for new lactation consultants here at JCH.

The funds raised this year from the 2016 JCH Foundation Annual Campaign will again be dedicated to one of our most mission-critical areas of the hospital, the JCH Obstetrics Department. We are planning for the aggressive growth in our OB Department with the additions of Dr. Kristy Mount and Dr. Andrew Stevens to our physician team. We've already been able to assist in improving the already exemplary safety and quality services offered, and now we would like to improve the patient experience even more.

The funds this year will be used to enhance the patient and family experience while staying with us during one of the most important times in their lives. We want our new moms, loved ones, and babies to have the most comfortable experience possible.

Please consider supporting the 2016 Jay County Hospital Foundation Annual Campaign!

For more information on making a donation, call 260-726-1811 or visit www.jaycountyhospital.com.

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Dave Hyatt, Hospital & Foundation CEO

Don Michael, Hospital CFO

Vicki Delzeith, Director

Thank You to the Jay County Community for making the 2016 Jay County Hospital Foundation's Annual Appeal a success!



Our past Annual Appeals have helped the Jay County Hospital Foundation fulfill its mission to "improve the health of our community." We have raised funds for the WINS Program (Wellness IN Schools), Sleep Lab Equipment, Cardiac Monitors, the IU Health Ball Memorial Cancer Center at Jay County Hospital, and FREE Cancer Screenings for the community. The 2016 Appeal focused on the **JCH Obstetrics Department**. Thank you to the individuals, businesses, and organizations that supported this year's annual campaign to help make Jay County a healthier community.

Our 2016 donors included:

Roy & Debbie Adams
Jarrod & Annette Alexander
Gerry & Margaret Allen
Brian & Jennifer Bailey
Pat & Pam Bennett
Bixler Insurance - Steve Stockton
Ralph & Susan Blackford
Ferrell & Thelma Blazer in memory of May & Harold Blazer
Bluff Point Friends Church in memory of Merle and Helen Shawver
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Carla Runyon in memory of Jonathan Leon Stout
Virginia Schenck in memory of Dr. Ralph Schenck
Jerry & Julia Schwomeyer
Sharlette's Fudgery - Ron and Sharlette Cole
Diane Shawver in memory of Merle, Helen, and Jim Shawver
Karen Shawver in memory of Jordan Leigh Swope - February 18, 2003
Nancy Shawver in memory of Merle and Helen Shawver
Peter Shawver in memory of Merle and Helen Shawver
Tamra Shawver in honor of Reyden Ivan Perez and Zander Cole Iliff
Doug & Dee Shidler
Gary & Claire Smith
Robert & Lorna Snyder
Ned & Jean Stucky
Charles & Vicki Tague
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Ernest & Wilma Theurer in memory of Mandy Theurer
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Joann Vormohr in memory of Dr. Joseph F. Vormohr
Rob & Mindy Weaver
Ruth Ann Widman
Dale Widman
Williamson and Spencer Funeral Home
Dr. John Wulff
John & Gretchen Young

Thank You! **Jay County**
HOSPITAL
FOUNDATION
Campaign

Jay County Hospital Foundation Golf Tournament A Success - Proceeds Fund Student Scholarships

The Jay County Hospital Foundation's 23rd Annual Golf Tournament was held on a beautiful, sunny day, Wednesday, June 8 at the Jay County Golf Club. More than 100 golfers headed out on the course for a scramble start at 12:30pm. Players had a chance to participate in a Chipping Challenge, or a chance to shoot for \$100,000, there were also hole-in-one prizes throughout the course including a new car at hole 18 provided by Moser Motors. The tournament wrapped up early that evening with Cardon and Associates placing 1st, Team Bennett/Fullenkamp coming in 2nd, and Crown Pointe Communities in 3rd.

The proceeds from the tournament continue to fund the JCH Foundation Scholarship Program which was established in an effort to provide financial assistance to students pursuing a healthcare profession. To date, we are proud to have awarded over \$130,000 to students majoring in nursing, pharmacy, radiology, and other health related fields.



1st Place: Cardon & Assoc.



2nd Place: Bennett/Fullenkamp



3rd Place: Crown Pointe

***Congratulations
Class of 2016***

We wish you continued success!

JayCounty
HOSPITAL
FOUNDATION

The Jay County Hospital Foundation was pleased to present scholarships totaling \$9,700 at the JCHS Honors Night to 4 deserving students pursuing a career in healthcare.

Special congratulations to this year's recipients:



Stephanie Dirksen
Ava Kunkler
Anne Vormohr
Abigail Saxman



A special thank you to our many sponsors for their help in making the tournament successful.

Hole Co-Sponsors

WPGW
Moser Engineering
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Landon Excavating

Benicomp
MSKTD
Coldren & Frantz
MKM architecture + design

Elite Print Services
Adams Memorial Hospital
Personal Touch

Exclusive Hole Sponsor

East Central Indiana Pathology

Muhlenkamp Building

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Jay Community Center
First Bank of Berne
First Merchants Bank
ThyssenKrupp
MSKTD
Coldren/Roberts

Design Collaborative
Nyhart Company
State of the Heart
Educational Furniture
Jay County Development
Laux Plumbing & Heating

Kaup Pharmacy
Cardon Associates
City of Portland
Bennett/Fullenkamp
Chad Aker/Clear Chiropractic/McDonalds

Team & Exclusive Hole

Blue & Co.
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MainSource Bank
Axia Advisory
Bill Dunbar Associates

IMC Credit Services
ClaimAid Consulting
GLA Collection
IU Health Ball Memorial Hospital
Weigand Construction

Meridian Health Services
Community Fiber Solutions
Hall, Render, Killian, Heath & Lyman
CrownPointe Communities

Other Donations

Pak-a-Sak: Bottled Water
Display Craft: Signs
Progressive Office Products
Moser Motors of Portland: Hole-in-one Sponsor

Healthy Living

The Zika Virus has been in the news a lot lately. Below is information about the virus, and how you can protect you and your family from mosquito spread viruses.



WHAT WE KNOW

- No vaccine exists to prevent Zika virus disease (Zika).
- Zika virus is mostly spread through the bite of an infected mosquito. Prevent Zika by avoiding mosquito bites (see below).
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Zika virus can be spread during sex by a man infected with Zika to his sex partners.

STEPS TO PREVENT MOSQUITO BITES

When in areas with Zika and other diseases spread by mosquitoes, take the following steps:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
 - * Always follow the product label instructions.
 - * Reapply insect repellent as directed.
 - * Do not spray repellent on the skin under clothing.
 - * If you are also using sunscreen, apply sunscreen before applying insect repellent.
- To protect your child from mosquito bites:
 - * Do not use insect repellent on babies younger than 2 months old.
 - * Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
 - * Dress your child in clothing that covers arms and legs.
 - * Cover crib, stroller, and baby carrier with mosquito netting.
 - * Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - * Adults: Spray insect repellent onto your hands and then apply to a child's face.

HERE'S WHAT YOU CAN DO TO CONTROL MOSQUITOES OUTSIDE YOUR HOME

- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.

Grilled Summer Pizza Recipe

When it's too hot to cook pizza indoors, try this recipe for Grilled Summer Pizza.



- 2 large vine-ripened tomatoes
 - 1 pound homemade or store-bought pizza dough
 - 2 Tablespoons olive oil
 - Salt and freshly ground black pepper to taste
 - 2 cups grated Cabot Extra Sharp or Sharp Cheddar (8 oz)
 - 1 Tablespoon fresh thyme leaves
1. Prepare medium-hot fire on one half of charcoal grill or preheat one side of gas grill to high, leaving other side unlit (if gas grill has only one burner, preheat to high and lower heat to cook second side.)
 2. Remove core from tomatoes; cut in half crosswise and gently squeeze out as many seeds and juice as will come out easily. Cut into thin slices.
 3. Divide pizza dough into four equal balls; on floured work surface, roll/stretch each ball out into approximate 6-inch circle.
- Bring dough and toppings to grill.
4. Place two dough circles on heated side of grill; when dough is puffed and browned on underside, about 2 minutes, turn over with tongs and cook until second side is lightly colored, about 1 minute longer
 5. Remove crusts from grill. Drizzle each with some of oil. Cover with half of tomato slices and season with salt and pepper. Top with half of cheese and scatter half of thyme leaves on top. Return to unheated side of grill (or reduce heat on one-burner gas grill to very low). Cover grill and cook pizzas until cheese is melted, about 3 minutes. Slide pizzas back over heat or increase heat if crust needs additional crisping on bottom.
 6. Use tongs to slide pizzas onto serving plate or cutting board. Repeat with remaining dough circles and toppings.

Note: To lower fat content, you can substitute Sharp Cheddar with Reduced Fat Cheddar.

Nutrition Analysis: Calories 347, Total Fat 27g, Saturated Fat 12g, Sodium 485mg, Carbohydrates 12g, Dietary Fiber 1g, Protein 16g, Calcium 420mg (gonewengland.about.com)

- Use an outdoor insect spray made to kill mosquitoes in areas where they rest.
- Mosquitoes rest in dark, humid areas like under patio furniture, or under the carport or garage. When using insecticides, always follow label instructions.

HERE'S WHAT YOU CAN DO TO CONTROL MOSQUITOES INSIDE YOUR HOME

- Install or repair and use window and door screens. Do not leave doors propped open.
- Use air conditioning when possible.
- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like vases and flowerpot saucers. Mosquitoes lay eggs near water.
- Kill mosquitoes inside your home. Use an indoor insect fogger, or indoor insect spray, to kill mosquitoes and treat areas where they rest. These products work immediately, and may need to be reapplied. When using insecticides, always follow label directions. Only using insecticide will not keep your home free of mosquitoes. Mosquitoes rest in dark, humid places like under the sink, in closets, under furniture, or in the laundry room. (cdc.gov)

Third Year Med Students Completing Rotation at JCH

Jay County Hospital (JCH) recently adopted a new Mission Statement which in short states "...providing access to... quality, compassionate, and trusted care." Healthcare continues to change, and having access to quality healthcare becomes more challenging, especially in rural areas. To promote and encourage medical students to consider working in rural areas, Jay County Hospital has partnered with the IU School of Medicine and the Northeast Indiana Area Health Education Center (AHEC) to bring third year medical students to Portland for their family practice rotation.

AHEC is a national program funded largely in Indiana by the State Department of Health. There are eight Indiana AHEC districts. Ball State University oversees the Northeast Indiana AHEC healthcare education programs in Adams, Allen, Blackford, DeKalb, Delaware, Elkhart, Grant, Huntington, Jay, Kosciusko, LaGrange, Noble, Randolph, Steuben, Wabash, Wells, and Whitley counties. AHEC works to increase awareness of potential healthcare careers among students from disadvantaged backgrounds. Additionally, AHEC provides continuing education programs for healthcare professionals and facilitates clinical rotations of healthcare students into rural and medically underserved communities.

JCH became a part of this partnership last year with Dr. Eric Betts hosting the first medical student studying in Portland. He states, "I was excited to learn that JCH would be open to having medical students, and wanted to be involved to help

give the students the rural outpatient exposure that they don't otherwise see in their training. I also knew that the medical students would bring fresh energy and ideas and help me stay connected to the forefront of medicine. Having my first medical student was a great experience and I'm looking forward to my next opportunity coming up in June."



Dr. Eric Betts

Jay County Hospital CEO, David Hyatt praises the program, stating, "JCH is honored and excited to play a role in the education of future physicians. We are blessed to have such a wonderful medical staff that can share their wisdom with these young students so that they can continue on our legacy of providing world-class care long into the future. Rural medicine presents several unique challenges and wonderful opportunities. By educating these students on site, we hope that we can encourage these bright young minds to not only provide the highest levels of care, but to consider working in rural areas where their impact will be substantial. We are also fortunate to learn from these students, ensuring that JCH remains one of the strongest and most attractive health systems for young physicians long into the future."

This year there is a total of seven medical students scheduled to study at Jay County Hospital from June 2016 – May 2017 with either Dr. Eric Betts or Dr. Mark Haggenjos, each for a 4 week clinical rotation.

Did you know?

Jay County Hospital Behavioral Health offers a full range of counseling and treatment options, now including Outpatient Services. From meeting with an outpatient therapist to inpatient hospitalization, the professionals at JCH Behavioral Health can develop the treatment plan that fits your needs.

All services provided by JCH Behavioral Health follows the patient privacy policies of Jay County Hospital while respecting the feelings and needs of our patients. JCH Behavioral Health sees psychiatric, emotional, and addictive problems as treatable medical issues, and provides services for:

- Individual/Couples/Family Counseling
- Suicidal Tendencies
- Bipolar Disorder
- Alcohol/Chemical Dependency
- Eating Disorders
- Depression/Anxiety
- Schizophrenia
- Dementia
- Anger Management
- Smoking Cessation

Our Therapists have a minimum of masters level educations and are licensed in the State of Indiana, and all of our staff are specially trained in behavioral health services.

To schedule a confidential appointment with one of our trained therapists, call 260-726-1960.

Outpatient Therapists



Carla Ford, MSW, LCSW



Jennifer VanSkyock, MSW, LCSW, LCAC

Jay County Behavioral Health Outpatient Services

(located at the Jay Medical Facility)

1758 W 100 S

Portland, IN 47371

260-726-1960

**Monday - Thursday
8:00am – 5:00pm**

JCH Receives Donation for Cuddle Cot

A few months ago, Jay County Hospital was notified by the Indiana Cuddle Cot Campaign (ICCC) that the Obstetrics Department would be their first recipient of a Cuddle Cot. A Cuddle Cot is a cooling unit used for miscarriages, stillbirths, and infants who pass shortly after birth. By keeping the body cold, it slows down the changes that naturally occur with death. The Cot allows parents to keep their child with them for up to 48 hours after they have passed. This gives the family more time for bonding, photos, the creation of keepsake items, the opportunity to give them their first bath, and other memory making experiences.

Soon after an announcement was made to raise funds to purchase a Cuddle Cot for JCH, an anonymous donation was received to fully fund the purchase! Just over a month later, The Cot was delivered to the JCH Obstetrics Department.

The purchase and donation of the Cuddle Cot to JCH was in honor of Jonathan Leon Stout. Jonathan is the son of Nick Stout and Katie Runyon, and the little brother of Kadilynn Stout, who passed away on May 31, 2015 from a rare heart defect called Tetralogy of Fallot.

The ICCC was established to provide education to the public in regards to Pregnancy and Infant Loss all while taking donations in hopes of placing at least one Cuddle Cot in every hospital in the State of Indiana. The ICCC is currently raising funds to purchase Cots for nine other hospitals throughout the state. They are also holding an Indiana Cuddle Cot Campaign 5k Run/Walk on Saturday, July 9 at 8am at Glen Miller Golf Course in Richmond, IN with all proceeds going towards purchasing Cuddle Cots for healthcare facilities.

For more information on ICCC, visit <http://indianacuddlecotca.wix.com> or www.facebook.com/indianacuddlecotcampaign.



Katie Runyon and Nick Stout with daughter Kadilynn Stout delivering Cuddle Cot to JCH.

Jay County Hospital Services:

Cardiac Rehab
Corporate Wellness
Diabetic Self Management Program
24-hour Emergency Department
Infusion Clinic
IU Health Ball Memorial Cancer Center at JCH
Jay County Orthopedics
JCH Behavioral Health
Laboratory—OutReach Program
Medical/Close Observation Unit
Obstetrics
Outpatient Surgery Center
Pastoral Care
Patient Advocate
Prime Time
Radiology/PET-CT Imaging
Physical/Occupational/Speech Therapy
Respiratory Care
Sleep Lab
Smoking Cessation
Specialty Referral Clinic

* **Audiology** * **Dermatology**
 * **Cardiology** * **Gynecology**
 * **Nephrology** * **Neurology**
 * **Oncology** * **Ophthalmology**
 * **Otolaryngology** * **Podiatry**
 * **Rheumatology** * **Urology**

Social Services
Surgical Services
Swing Bed Program
Wound Clinic

Your Local Healthcare Providers:

Family First Healthcare
 260-726-2313

Family Practice of Jay County
 260-726-8822

Jay Family Medicine
 260-726-7616

Tri County Surgery
 260-726-2890

Meridian MD/West Jay Clinic
 (Dunkirk) 765-768-6065

IHA Management Institute Graduation



Congratulations to Leanne Denlinger, Patient Registration Supervisor and Brent Ferner, Materials Management Supervisor on recently earning their Healthcare Management Certificates. Pictured (L-R): Dave Hyatt JCH CEO; Pam Lennartz, Business Office Manager; Jody Auker, Controller; Leanne Denlinger, Brent Ferner, Doug Leonard, CEO of Indiana Hospital Association; Sara Johnson, Executive Director, IU Executive Education at the School of Public and Environmental Affairs

Super Sibling Class

This one-hour class helps prepare children ages 3-8 years on becoming a big brother/big sister. Children are asked to bring a **doll or stuffed animal**. Parents are encouraged to bring their camera.



CLASS SCHEDULE

Monday, June 6th
 Monday, August 8th
 Monday, October 3rd
 Monday, December 5th

Classes are 6-7pm at Jay County Hospital
 Class is free of charge.

Call the OB Department to sign up today!
 (260) 726-1825



500 West Votaw St.
Portland, IN 47371

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Quality Care by Those Who Care...



Contact us at **260-726-7131**
www.jaycountyhospital.com

