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Issue
Spring 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

JCH Cafeteria Now Offering Breakfast

Monday-Friday
7:30am-9:00am



Mondays: Pancakes and Sausage
Tuesdays: Scrambled Eggs and Bacon
Wednesdays: French Toast and Bacon
Thursdays: Breakfast casserole and Hash Browns
Fridays: Blueberry Pancakes and Turkey Sausage
Each meal: \$3.50

Biscuits and Sausage Gravy will be served Monday - Friday during breakfast hours: **\$3.00**

Cereal, breakfast bars, and oatmeal are also available daily.

Check in for specials offered!

The JCH Cafeteria is also now offering a **Short Order Service**, Monday-Friday from 1pm-3pm including items such as calzones, quesadillas, soups, personal pizza, create your own wrap or sandwich, and more! Place your order by phone at 260-726-7131 ext. 1005 or fax to 260-726-1886. A full menu can be found at jaycountyhospital.com.

JCH Foundation Receives Generous Gift

The Jay County Hospital Foundation recently received a generous donation of over \$280,000 from the Raymond and Thelma Milligan Estate. This donation will benefit Jay County Hospital (JCH) Diabetic Education, Cardiac Rehab, and the Obstetrics Department for the purpose of services and equipment for supportive care for complications and treatment for premature births, as requested by the Milligans.

Dave Hyatt, Jay County Hospital CEO states, "We were surprised by this generous donation, and honored the Milligan's thought so highly of Jay County Hospital."



Raymond and Thelma Milligan

Raymond and Thelma Milligan both grew up in Jay County and lived in Geneva. Thelma was from the Bryant area and Raymond from Antiville. They had a daughter, Cynthia, who was born premature at Jay County Hospital, but died in a tragic accident at the age of 6.

The Milligans were well known in the community and "always together," as noted by Andy and Denise Yoder, personal representatives for Raymond and Thelma. Raymond was a Korean War Veteran who loved electronics and had his own shop in Portland. Thelma had a beauty shop in Geneva, was a Girls Scout/Brownie Leader for nearly 40 years, and enjoyed visiting local nursing homes. JCH Team Members recall the couple often attending, together, various educational events including Diabetic Education and Support groups and Cardiac Rehab.



Cynthia Milligan

The Yoders speak fondly of the Milligans and reminisce openly about their neighbors and long-time friends. "It's strange to go by their house and see someone else living there," Denise states. "Thelma had told Denise that Raymond thought of me like the son he never had," remarks Andy "That's kind of neat and means a lot."

The JCH Foundation has approved the OB Department to purchase new infant warmers, neonatal resuscitation mannequins, pregnancy guides, and a cardiac monitor with their portion of the donation.

A message from Dave Hyatt, CEO



To the Friends and Supporters of Jay County Hospital,

Over the past several years, Jay County Hospital has engaged in an in-depth strategic planning process to determine how to best meet the health needs of the community. With the dramatic changes in healthcare, and shifts in local demographics, the health system is committed to working with our community and with other organizations to make Jay County healthier and stronger.

This challenge begins with Jay County Hospital's organizational mission and strategic direction. Our mission is why we exist; it is why we come to work every day. After significant discussion, the mission of Jay County Hospital has been updated to reflect the new challenges and changes in health care across the country, within Jay County, and within the communities that we serve. The new mission emphasizes not only providing outstanding health care, but also promoting health and wellness.

In today's world, Jay County Hospital is committed to not just treating illness, but also working collaboratively to keep Jay County healthy. Not only do we provide the highest quality, compassionate and trusted care to our patients, but we also need to work with our community to ensure that everyone has access to that care across the region.

This means that Jay County has to be a place that continues to attract and retain the best physicians and team members. This will ensure that the health system has the capacity to serve everyone in our community, even as growth occurs across the county. In addition, we remain committed to providing care to everyone with health needs, regardless of financial status. Our outstanding care team is responsive to all needs, not just to those of a few.

The new Jay County Hospital vision also reflects a commitment: To be the best at what we do to make our communities stronger. We serve children, families, friends and neighbors, both our own and yours; as a result, the care at JCH and in the provider offices must be second to none. I'm proud to say that we're well on our way. **Jay County Hospital was recognized by Medicare as the only 5-star hospital of our size in the State of Indiana. We may be small, but we're doing some really big things.**



We take our mission and vision seriously because each of these represents a commitment to you and our entire community. You can read more about our new Mission Statement and Vision on page 7 of this newsletter. As always, please feel free to share points of affirmation and any suggestions that you have with me, the leadership team, or the board. Together with our Jay County Hospital medical providers and team members, we want to serve you and be responsive to the health needs of our community. Thank you for your continued support!

Sincerely,

Jay County Hospital Board of Directors

*David Littler, Chair
*Patrick Miller, Vice Chair
*Debbie Kummer, Sec.
*Brad DeRome

*Janet Bantz
*Bill Hinkle
*Roger Locker



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.

Foundation Board of Directors:

Rusty Inman - Chair	Vicki Tague - Vice Chair
Janet Bantz - Treasurer	Darrell Borders
Cletes Rines	Adolfo Solis
Trent Paxson	Phil Laux
Rob Penrod	Annette Alexander
Jamie Wagner	Pam Rogers

Ex-Officio Directors:

David Littler, JCH Board Chair
Dave Hyatt, Hospital & Foundation CEO
Don Michael, Hospital CFO
Vicki Delzeith, Director

JCH Rehab Provides Physical “Supportive” Care for Knee Replacement Patient

The time had come, it was inevitable, it had been delayed for months, Portland resident, Deb Tipton, needed to have knee replacement surgery. Her arthritis was now “bone on bone” and the pain had become unbearable. She received a total knee replacement in her right knee on January 25, and will eventually need her left knee replaced.

After overcoming melanoma, and later lymphedema, this was another healthcare obstacle Deb was ready to take on. And after receiving stand-out care from the Jay County Hospital Rehab team in the past, she knew exactly where she would have rehab after her surgery. After a mere 5 ½ weeks of therapy, Deb is now walking unassisted and hoping to soon return to work.

Deb believes the personalized, quality care she received at JCH Rehab is responsible for her quick recovery, but anyone that knows Deb knows her positive attitude and refusing to give up played as much a part as the rehabilitative exercises. She admits she had moments that she felt she couldn’t do it but “they (JCH therapists) got me through it. They told me what needed to be done. I trusted them to know what I could do, what I had to do.” She recalls one particular session with Brian Ison, Rehab Manager, “He wanted me to do an exercise, and I told him I can’t do that, he just stopped and looked at me,” she continued “OK, I won’t do that...and then I did.” She continues to praise the care received, “they’re very patient...it’s physical “supportive” care.”

Deb’s treatment plan included an initial evaluation, then 3 therapy sessions a week, which was later reduced to 2 times a week. She also

received a list of exercises to do at home, which the therapists made sure she understood how to do each exercise and that she was doing them correctly. She admits she followed the at-home treatment plan “pretty well”, but early on began practicing getting in and out of her vehicle, and also visited a swimming pool for water therapy... which she made sure to consult her therapists for approval.



The continuity of care, compassion, and just all around great care is what brought Deb to return to JCH Rehabilitation after her knee surgery. She previously had rehab there after a cancer diagnosis which left her with lymphedema and weakness in her leg. Her sister, who drove from Hartford City, and also her father received care at JCH Rehab and both had tremendous results which made the decision even easier for Deb.



The first class care Deb received at JCH Rehabilitation is what Jay County Hospital strives for every day, in every department. For more information on our Rehabilitation Services, visit jaycountyhospital.com or call **260-726-4020**.

JCH is now preparing for the 2016 Jay County Community Garden and we are dedicated to giving the residents of Jay County a chance to grow their own produce and live a healthier lifestyle. If you are interested in gardening a plot(s), complete the form below and return to the Jay County Hospital.

*** No Charge ***

JAY COUNTY COMMUNITY GARDEN at Jay County Hospital

Save money and eat healthy food all year long by raising your own vegetables!

10' x 20' plots will be set aside just north of the back parking lot of the hospital with water available near the garden.

Experienced to beginner gardeners welcome!



2016 COMMUNITY GARDEN PARTICIPATION FORM

Name _____

Address _____

Preferred Phone number _____

Other Phone number _____

Email address _____

Plots desired (circle) 1 2 3

If you are interested in a Community Garden Plot, please send this completed Participation Form to:
Administration Office, Jay County Hospital, 500 W. Votaw St., Portland, IN 47371

Deadline: April 22, 2016

Jay County Hospital Foundation Golf Tournament Set - Proceeds to Fund Student Scholarships

The Jay County Hospital Foundation's 23rd Annual Golf Tournament has been set for Wednesday, June 8 at the Jay County Golf Club.



The money raised from the tournament will continue to fund the JCH Foundation Scholarship Program. The program 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. The money raised in the annual golf tournament helps to ensure the scholarship program continues to benefit area students.

Registration will start at 11:30am, and the tournament will begin with a shotgun start at 12:30pm. ***If you are interested in forming a team and/or sponsoring this event, please contact Vicki Delzeith, Foundation Director at 260-726-1811 or email vdelzeith@jaycountyhospital.com.***

JCH Foundation Accepting Sharon Tobe Memorial Nursing Scholarship Applications



Sharon Tobe

The Sharon Tobe Memorial Nursing Scholarship was established as a memorial to honor and memorialize Sharon's caring service to Jay County Hospital patients. Sharon worked in various departments of the hospital, ultimately becoming the Emergency Department Manager. Her professionalism, knowledge and confidence provided comfort to patients while inspiring all those who knew her.

The Jay County Hospital Foundation is now accepting applications for the Sharon Tobe Memorial Nursing Scholarship. The scholarship was established in honor of Sharon Tobe, a long time employee of Jay County Hospital and the Emergency Department Manager at the time of her death.

The scholarship is awarded annually to a student accepted and enrolled in a nursing program. Grade point average, scholastic achievement, and extra-curricular activities are among the criteria for consideration.

Applications may be picked up at the Jay County Hospital Foundation office or can also be downloaded from the hospital website at www.jaycountyhospital.com. Deadline to submit applications is April 30, 2016.

If you have additional questions, feel free to contact the JCH Foundation Office at 260-726-1811.

It is not too late to make a donation to the 2016 JCH Foundation Annual Campaign supporting the JCH Obstetrics Department! If you would like to make a donation, complete the form below and return to Vicki Delzeith, JCH Foundation Director, 500 West Votaw Street, Portland, IN 47371 or call 260-726-1811.

In support of the Jay County Foundation 2016 Annual Appeal Campaign, I/we gift the total sum of:

\$ _____.

Payment Options:

- ☐ My/Our gift is being paid by check, please find attached.
- ☐ Please bill me/us, prior to June 30, 2016, for the total amount on: _____
- ☐ I/We wish to make a gift other than cash or credit card (such as stock). Please contact me.
- ☐ I /We wish to make a gift, prior to June 30, 2016 with use of a credit card.

☐ Mastercard ☐ Visa # _____

Expiration Date: _____ Name on card: _____

Signature: _____ Date: _____

Jay County
HOSPITAL
FOUNDATION
500 West Votaw St.
Portland, IN 47371
260-726-1811

Healthy Living

Do you Know how much Exercise you need for a Healthy Heart?

Only 20 percent of U.S. adults know how much exercise is recommended for heart health. Do you??

Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, the American Heart Association **recommends at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise** (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

AHA Recommendation

For Overall Cardiovascular Health:

- ⇒ At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week for a total of 150 OR**
- ⇒ At least **25 minutes of vigorous** aerobic activity at least **3 days per week for a total of 75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity **AND**
- ⇒ **Moderate- to high-intensity muscle-strengthening activity** at least **2 days per week** for additional health benefits.

For Lowering Blood Pressure and Cholesterol

- ⇒ An average **40 minutes of moderate- to vigorous-intensity** aerobic activity **3 or 4 times per week**

For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

- Physical activity is *anything* that makes you move your body and burn calories.
- This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.
- The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

What if I can't make it to the time goal? *Something* is always better than nothing!

And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

Heart disease kills about 1 in 4 Americans, but many of these deaths could be prevented by simple lifestyle changes like exercising and improving diet. Americans know exercise is important, but most don't realize just how far a little exercise can go – potentially reducing the risk of dying from heart disease by as much as 40 to 50 percent. How will you make the time to add exercise into your routines? (heart.org)

For more information on becoming Heart Healthy, contact the JCH Cardiac Rehabilitation Department at 260-726-1943.

Kid-Friendly Light King Ranch Chicken

This Simple Cooking with Heart, heart-healthy twist on a classic American chicken dish will be devoured in minutes.



Ingredients:

Cooking spray
2 lb boneless, skinless, uncooked chicken breast or 4 cups cubed, cooked chicken breast
1 - 10.75 oz can low-sodium, condensed Cream of Mushroom soup
1 - 14.5 oz can no-salt-added, diced tomatoes
1 - 15.25 oz can no-salt-added corn kernels, drained, rinsed
1 TB no-salt-added chili powder
1 - 14.4 oz bag frozen pepper stir-fry (onions and peppers), thawed and drained of liquid
8 - 6 inch tortillas, cut into 1 inch strips
1/2 cup shredded, fat-free cheddar cheese
1 - 4 oz can diced green chiles, drained, rinsed, optional

Nutritional Analysis

Per serving

Calories Per Serving 401
Total Fat 8.8 g
Saturated Fat 1.3 g
Trans Fat 0.0 g
Polyunsaturated Fat 2.6 g
Monounsaturated Fat 3.0 g
Cholesterol 101 mg
Sodium 573 mg
Carbohydrates 38 g
Fiber 6 g
Sugars 10 g
Protein 41 g

Instructions:

1. Preheat oven to 350 degrees F.
2. Coat a large nonstick pan with cooking spray and warm to medium-high heat. Add chicken cutlets and sauté until fully-cooked, about 7 to 8 minutes per side depending on thickness. Transfer chicken to a plate and cut chicken into a few pieces to cool quickly. When able to handle, cut chicken into cubes.
3. In a large bowl, add condensed soup. Into the bowl, let kids add drained tomatoes, drained corn, and chili powder, along with thawed stir-fry vegetables (and drained green chiles if using). Add cooked chicken and let kids use a spoon to stir mixture until combined.
4. Coat a 9-inch by 13-inch Pyrex or baking dish with cooking spray. Cut the corn tortillas into 1-inch strips. Pour 1/3 chicken mixture on the bottom of the dish, using a spatula to make into an even layer. Have kids layer half the tortillas strips on top of chicken mixture. Repeat once more with 1/3 chicken mixture in an even layer and remaining tortilla strips. Then, have kids top with remaining 1/3 chicken mixture in an even layer. Have kids sprinkle cheese on top.
5. Bake in oven until warmed through and bubbly, about 30 to 40 minutes. Remove from oven and let sit 5 minutes. Then, cut and serve. (heart.org)



Jay County Hospital *Family Health & Education Fair*

Saturday, April 30, 2016

7:30 a.m. - 11:30 a.m.

Jay County High School



The following tests will be offered at the Health Fair from 7:30am-9:30am:

- ★ **Blood Chemistry, Lipid Profile & Complete Blood Count - \$30**
(12-hour fast recommended)
- ★ **HgbA_{1c} (diabetic patients) - \$25**
- ★ **PSA Blood Test (men only) - \$25**
- ★ **TSH (thyroid screening) - \$25**
- ★ **Vitamin D 25 OH - \$50**

(These are the only blood tests that will be administered at the Health Fair and must be paid for with cash or check at the time of service. The hospital will not bill, or assist billing, for any test completed at the Health Fair.)

There will be interactive booths for children ages 4 - 11. Children participating in at least half of the interactive booths will receive a free prize! One lucky winner will win a *New Bike!*



The Jay County Drug Coalition will hold a "*Prescription Take-Back*".

Bring your unused/outdated prescriptions, in their original containers, to be thrown away.

No needles or syringes accepted.

The OB Department will be hosting a *Diaper Derby* at 10AM for children 18 mos. and younger. Prizes will be awarded!

The Red Cross will have a mobile *Blood Drive*, call 800-733-2767 to schedule an appointment.

One of the *Minions* and *Spiderman* will be visiting to meet the kids and take photographs until 11AM.

Kids can bring their favorite stuffed animal, doll, or action figure to receive a free wellness check at the *Toy Wellness Clinic!*

FREE Skin Cancer Screenings

Provided by TriCounty Surgery

Additional testing, views, or procedures after the initial screening is the financial responsibility of the patient.

NEW JCH Infection Prevention will be offering Tdap (Tetanus, diphtheria, and pertussis) Vaccines for \$40.

Exhibitors

Agility Foot & Ankle Specialty: *Podiatry info*
Buttnz&Bows: *Balloon art*
Clear Choice Chiropractic: *Free Chair Massages*
Family Eye Care: *Glaucoma checks, eyewear cleaning & minor adjustments*
Family Life Care: *Wings of Hope children services, tattoos, coloring books*
Head Start: *Information on Head Start*
IN Dept. of Child Services: *Pinwheels for Prevention*
Indiana Wesleyan: *Education for working adults & color books for children*
Jay County Drug Prevention Coalition: *Prescription Take Back*
Jay County Health Dept.: *Healthy Foods & exercise; exercise dice*
Jay County Public Library: *Services, Summer challenge, memory game*
Jay Randolph Development Services
Jeneration Fitness: *fitness information*
Kaup Pharmacy: *Pharmacy/medical equip., Fish for Kids supplements*
Lutheran Air Helicopter (weather permitting)
MeridianMD - West Jay Clinic
Open Door Health Services: *Healthcare, health insurance options*
Persimmon Ridge
Pregnancy Care Center: *Educational info for moms and babies*
Purdue Extension: *Nutrition education*
REMC: *Electrical safety*
Schmit Chiropractic: *Chiropractic care*
State of the Heart Hospice: *PreHospice, hospice, bereavement*
Walgreens: *BP Screenings, coloring contest*
Walmart Vision: *Vision screenings*
Youth Service Bureau: *Youth services*

Jay County Hospital Exhibitors:

Auxiliary: *Garden Show information*
Bike Rodeo (helmets donated by Jay Medical Society)
Cardiac & Pulmonary Rehab: *Info*
Family Practice of Jay County: *Germ Squad*
Infection Control: *\$40 Tdap Vaccines*
Jay Comm. Health Partners: *Women's Health*
Jay County Behavioral Health: *Info*
Obstetrics: *Diaper Derby*
Ostomy Support Group: *Colon Cancer Awareness*
Pharmacy
PrimeTime/SHIP (Senior Health Insurance Program)
Radiology: *Heart Healthy Scans & Lung Screenings information and scheduling*
Specialty Referral Center
TriCounty Surgery: *FREE Skin Cancer Screenings*



Did you know?

Jay County Hospital (JCH) has a program, **Prime Time**, for people 55 or Better which focuses on Health Education and Socialization Opportunities for all members.



Susan Wardlow, Prime Time Coord.

This program holds many activities including the Prime Time Breakfast which is held the first Tuesday of each month in the JCH conference rooms A & B with a cost of \$4.00. Members gather for breakfast and fellowship at 8:00am, followed by a guest speaker from 8:30-9:00am addressing a topic of current interest and importance.

On the second Wednesday of each month, members gather to play Mexican Dominoes, and

Bingo on the third Wednesday of the month.

The Prime Time Card Club also meets on the fourth

Thursday of each month to play Euchre. The only group requiring payment or reservations to attend is the breakfast meeting.



Prime Time Breakfast

The JCH Prime Time program also supports an active lifestyle for its members, offering the Prime Time Walking and Biking Club. This is an opportunity for members that do independent walking and bike riding, to share their accomplishments with fellow members.

There is also a Prime Time Newsletter which is published and sent to all members. The newsletter contains a schedule of upcoming events, birthdays, Biking and Walking Club mileage, word puzzles, and informational health and lifestyle articles. All Prime Time members receive a membership card, which offers discounts on dining in the JCH cafeteria and free blood pressure checks at the hospital.

Membership is \$8.00 per year, with the year running from June to June.

For more information, please contact Susan Wardlow, Jay County Hospital Prime Time Coordinator at (260)-726-1843.

JCH Adopts New Mission and Vision



Our Values. *What guides us?*

Our Mission. *Why do we exist?*
Jay County Hospital's mission is to promote health and wellness in the communities we serve while providing access to the highest quality, compassionate, and trusted care.

Our Focus Areas. *What is our emphasis?*

- Quality and Safety
- Growth and Finance
- Service
- Provider Engagement
- People

Our Vision. *Where are we going?*
We will be the best provider of health care for the communities we serve, responding to the lifelong care needs of our friends, families, and neighbors in order to make our communities stronger.



Jay County Hospital has adopted a New Mission Statement and Vision to reflect the new challenges and changes in healthcare; and also to emphasize the commitment to providing outstanding health care, and promoting health and wellness in the community.

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
Jay County Hospital Behavioral Health
Laboratory—OutReach Program
Medical/Close Observation Unit
Obstetrics
Outpatient Surgery Center
Pastoral Care
Patient Advocate
Prime Time
Radiology/PET-CT Imaging
Rehabilitation
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 Practice of Jay County
 260-726-8822
Jay Community Health Partners
 260-726-1934
Jay Family Medicine
 260-726-7616
Tri County Surgery
 260-726-2890
Meridian MD/West Jay Clinic (Dunkirk)
 765-768-6065



Congratulations to Dave Hyatt, Jay County Hospital CEO awarded Young Professional of the Year at the Jay County Chamber of Commerce Annual Awards Banquet in March.

Early Detection Saves Lives

\$50 Heart Healthy and Low Dose Lung CT Screenings Available



If you are over 50 years old with any of the following risk factors, schedule a Heart Healthy Scan:

- Family history of heart disease
- Diabetes
- Smoking/tobacco use
- Obesity
- High Cholesterol
- Inactive lifestyle
- High blood pressure
- Stress



If you are over 50 years old with no prior lung cancer diagnosis, schedule your Low-Dose Lung CT screening!

The cost is \$50 for each screening which includes a scan that only takes 15 minutes and a professional reading by a board certified radiologist.

*To have the scans, you will need a doctor/provider to send results.

**Additional testing, views, or procedures after the initial screening is the financial responsibility of the patient.

Call 260-726-1821 to schedule your CT Screening!



500 West Votaw St.
Portland, IN 47371

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U.S. POSTAGE
PAID
Berne, IN 46711
Permit No. 43

Quality Care by Those Who Care...



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

