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



Issue
Summer 2015

Jay County

HOSPITAL

Quality care by those who care

Jay Family Medicine: Growing our family to care for yours! *And moving*

Walls have come down, new flooring laid, along with various other renovations at 430 West Votaw Street, but one thing has remained the same....**compassionate, quality patient care**. Jay Family Medicine, the practice of Dr. Frank Vormohr and Dr. Jerry Whetzel, moved to their new location on June 1 with Dr. Stephen Myron and Family Nurse Practitioner (FNP), Carol Keihn joining them.

In May, the Jay County Hospital Board of Trustees announced the approval of the necessary contracts for Dr. Stephen Myron to join the Jay County Hospital (JCH) family. During the previous several months, JCH had worked with Bluffton Regional Medical Center (BRMC) and The Lutheran Health Network to transition Dr. Myron to the JCH family. Both JCH and BRMC felt the initiative was in the best interest of Jay County residents and patients, and will continue to work together in the future on initiatives that better the health of Jay County residents.

"Uniting two long-standing, strong practices on the hospital campus represents a significant strategic initiative for Jay County Hospital and a step forward for the healthcare provided to the community. Two strong practices are combining to enhance the community's access to high quality medical care," states Jay County Hospital CEO, Dave Hyatt.

Dr. Vormohr is a lifelong Jay County resident and has been a member of the JCH medical staff since 1988. He has served in various positions

at JCH, most recently a member of the Medical Executive Committee and Performance Improvement Medical Director.

Dr. Whetzel joined the JCH medical staff in 2000 and currently serves as the Medical Director of the JCH Behavioral Health Services and Cardiac Rehab program. Dr. Whetzel has also led many public health improvement initiatives in his role as the Jay County Health Officer.

Dr. Myron is also a lifelong Jay County resident and has been instrumental to the long term success of Jay County Hospital. He has been a member of the JCH medical staff since 1979 serving in multiple officer roles including Chief of Staff. Dr. Myron also started the full time physician Emergency Department coverage in 1980, something which was quite rare in rural areas at the time. Dr. Myron established his first primary care practice in 1982 which has grown to what we now know as Preferred Physicians. Dr. Myron has also been an instructor for Advanced Cardiac Life Support (ACLS) for over 25 years and has over 30,000 hours of Emergency Department experience.

Carol Keihn, FNP previously practiced with Dr. Myron at Preferred Physicians. She received her Bachelor of Science in Nursing in 1997 and Master of Science in Nursing in 2002 from Ball State University (BSU). In July of 2010 she received her Family Nurse Practitioner Post Master's Certificate also from BSU. She is a board certified FNP through the American Nurses Credentialing Center (ANCC).



Carol Keihn, FNP

Cardiac rehab has also been relocated to the same location while Physical Therapy (PT) and the Specialty Referral Clinic (SRC) will remain at the Vormohr Building. Space constraints and strategic options regarding the long term plan for bringing these critical service lines to the hospital campus are being evaluated.

The JFM and JCH team appreciates the patience of the community during the transition period.



Dr. Jerry Whetzel

Dr. Frank Vormohr

Dr. Stephen Myron

A message from Dave Hyatt, CEO



Greetings friends of JCH,

I hope our summer JCH quarterly finds you well and in good spirits. This is a very exciting time for Jay County Hospital. Over the past several months JCH has seen tremendous change and additions to our organization that will build a foundation of first class healthcare for years to come right here in Jay County.


First, and one of the most exciting, is the relocation of Jay Family Medicine to the hospital campus and the addition of Dr. Myron to an already highly successful physician team of Dr. Vormohr and Dr. Whetzel. I'm also very excited that Carol Keihn, Family Nurse Practitioner, has joined the Jay Family Medicine practice. This new practice will enhance our community's access to high quality medical providers and Dr. Myron has already begun raising the level of care provided at Jay County Hospital by acting as the Medical Director of our new Hospitalist program. This program allows more patients to stay in Jay County for their care more than ever before.

We've also recently signed two new Family Practice physicians, Dr. Kristi Mount and Dr. Andrew Stevens. Dr. Mount and Dr. Stevens both currently work in the Emergency Department of JCH and beginning in August of 2016 will open a full-service Family Practice Clinic, including Obstetric coverage. I would like to personally welcome Dr. Mount and Dr. Stevens and their amazing families to Jay County and Jay County Hospital.

Keeping with JCH's tradition of our team members being recognized for being the top in their professions, you'll read in this quarterly about Dr. Haggenjos, who was just presented the **Doc Hollywood Award** by the Indiana Rural Health Association. For years, Dr. Haggenjos has served Jay County working in not only his practice, but also performing procedures, delivering babies, and picking up shifts in the Emergency Department. For the past 3 years, Dr. Haggenjos has been the sole OB provider in Jay County, on call 24 hours a day, 7 days a week, ensuring that mothers in Jay County have access to the highest quality and safest obstetrics services right here at JCH. I'm proud to work with such a dedicated physician and words can't express JCH's gratitude to Dr. Haggenjos for his passion for our patients.

From our brand new state-of-the-art 128-slice CT scanner to our most recent healthcare scholarship winners, JCH continues to invest in the health of Jay County. We can't think of a better long term investment strategy than investing in the health of our neighbors, friends, and family members.

Yours in health,



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 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.

Last year, the Jay County community helped the Foundation provide nearly **300** life-saving colon, skin, and breast cancer screenings. Your generosity helped nearly 300 community members receive testing that could potentially save their lives, and on their behalf, we would like to say "Thank you!"

This year we are proud to announce that the funds raised from the 2015 annual campaign will be dedicated to one of our most mission-critical areas of the hospital, the JCH Obstetrics Department. As you know, Obstetrics services are one of the most important services a hospital offers to its community. As the healthcare provider for our community, JCH is committed to ensuring that our newest residents get a strong and healthy start to life.

In addition to providing OB care, it is imperative for new and expectant moms to receive not only prenatal care, but also well-baby care for their newborn. Receiving prenatal care can reduce the risk of pregnancy complications and reduce the infant's risk for complications, and well-baby care can find and treat health problems before they become serious. Your support will allow our team to educate parents on the importance of proper health before, during and after the birth of their child.

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

Foundation Board of Directors:

Wes Schemenaur - Chair	Rusty Inman - Vice Chair
Kathy Carpenter - Secretary	Janet Bantz - Treasurer
Darrell Borders	Annette Alexander
Cletes Rines	Adolfo Solis
Trent Paxson	Phil Laux
Vicki Tague	Rob Penrod

Ex-Officio Directors:

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

Vicki Delzeith, Director

Improved image quality. Faster scan times. Lower radiation.
NEW Phillips Ingenuity 128 Slice CT Scanner

Jay County Hospital is continuing to provide first class service and care with the purchase of a Phillips 128-Slice CT Scanner. We are the first rural hospital in the area with this state-of-the-art technology seen in the most advanced hospitals in the state and country.

Our new CT Scanner offers improved image quality, faster scan times and lower radiation. With this new technology, Jay County Hospital has the ability to offer more advanced, life-saving tests and scans.

Now Offering Heart Healthy CT Scans

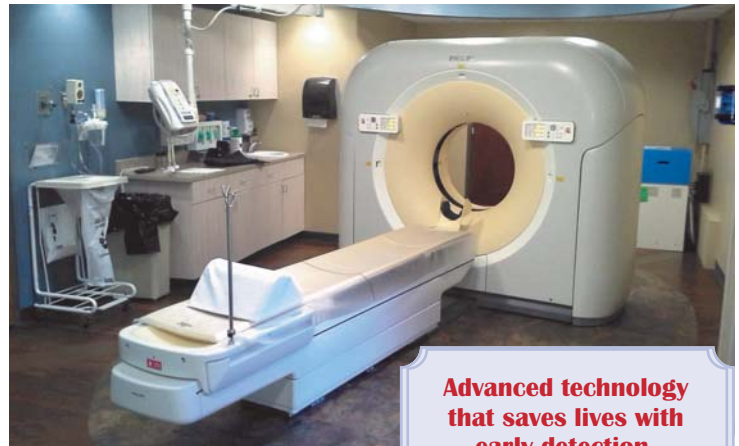
Heart disease is the leading cause of death in both men and women, and JCH is now offering Heart Healthy CT Scans to help detect the early signs of heart disease. A Heart Healthy scan is a 15 minute, quick and simple, non-invasive scan that gives a clearer picture of the health of your heart and arteries. The Heart Healthy CT Scan takes a picture of the heart and coronary arteries, showing calcified or hardened plaque (an early warning sign of heart disease).

The cost is **\$50** which includes a scan and a professional reading by a board certified radiologist.

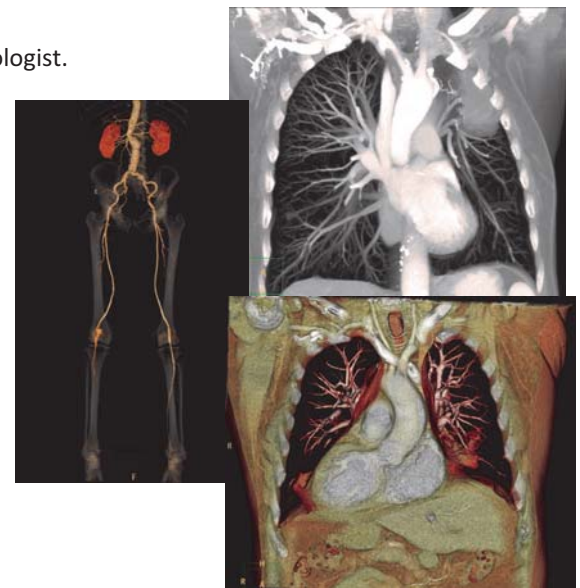
Who should get a Heart Healthy CT Scan?

If you are over 50 years old with any of the following risk factors:

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



**Advanced technology
that saves lives with
early detection.**



Scans from the NEW 128-Slice CT Scanner.

**Contact 260-726-1821 to schedule your
Heart Healthy Scan today!**

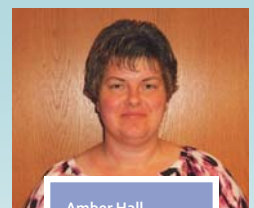
Did you know?

ClaimAid Representative at JCH to Assist

Jay County Hospital now has a ClaimAid representative on-site full-time to assist patients and any community members that need healthcare coverage. Amber Hall is the ClaimAid Representative and she is located at the west cubicle of the Patient Registration Department at Jay County Hospital from 8:30am-5:00pm, Monday - Friday.

Amber is on staff to assist uninsured and underinsured patients sign-up for healthcare coverage. She also assists with signing up for food stamps and disability. In addition, Amber receives a daily report of patients who may need assistance and makes contact with them directly to offer help. Community members who aren't patients at JCH are also eligible for assistance. Amber can be reached at 260-726-7131, ext. 1087.

Amber has already made an impact for JCH patients and the community. "ClaimAid has been such a blessing for the patients of JCH! To see the relief of the patients, knowing there is insurance available to them is heartwarming. Amber, the ClaimAid advocate, is so patient and kind to all who see her for assistance. What a benefit for our patients and the community!" ~ JCH Patient Registration team member



Amber Hall

If you need assistance or have any questions, you can contact Amber at 260-726-7131 ext. 1087.



Thank you!



On behalf of the Jay County Hospital Foundation, thank you to all the sponsors for helping make the 22nd Annual Foundation Golf Tournament a success through your contribution.

The proceeds from the tournament fund the JCH Foundation healthcare scholarship program and, thanks to the support of the many donors, over **\$9,700** was raised for the program this year. This great program is a true success story for Jay County Hospital and over \$132,000 has been awarded in the past thirteen years to area students pursuing a career in healthcare. Your contribution to the success of our tournament is greatly appreciated!

Hole Co-Sponsors:

Best Way Disposal	WPGW	Moser Engineering
REMC	A. Landon Excavating	Cooper Farms
MSKTD	Coldren & Frantz	Benicomp
MKM architecture + design		INGuard
Community Fiber Solutions		Meridian Health Services
Progressive Office Products		

Exclusive Hole Sponsors:

East Central Indiana Pathology
Muhlenkamp Building
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Team Sponsors:

MSKTD	Coldren/Roberts	Jay Community Center
Weigand Construction	EP Graphics	First Bank of Berne
Pat Bennett	First Merchants Bank	Key Millwork
Kaup Pharmacy	City of Portland	State of the Heart
Meridian Health Services		Laux Plumbing & Heating
Jay County Development		Community Fiber Solutions
Crown Pointe Communities		

Team & Exclusive Hole Sponsors:

Blue & Co.	Perry ProTech	Design Collaborative
MainSource Bank	Axia Advisory	Bill Dunbar Associates
IMC Credit Services	GLA Collection	ClaimAid Consulting
Adams Memorial Hospital		
IU Health Ball Memorial Hospital		

Other Donations:

Moser Motors: Hole-in-One Sponsor
Pak-a-Sak: Bottled Water
Personal Touch: \$75
Display Craft: Signs



Grilling Safety Tips

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons. To keep you and your family safe while grilling, follow these general guidelines:



General grilling tips

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

Propane grills

Before you use your grill for the first time each year, be sure it's in working order and ready to use. A few simple guidelines can help:

Guy Colonna, NFPA Division Manager, Industrial & Chemical Engineering, gives some basic tips on how to prepare your grill before your first cookout of the season.

- Check the major connection points between the gas (propane) tank hose and the regulator and cylinder, and where the hose connects to the burners. Tighten if loose.
- Check the gas (propane) tank hose for the potential (gas) leaks. To do that:
- Turn the propane tank on. Apply a light soap and water solution to the hose using a brush or spray bottle. If there is a gas leak, the propane will release bubbles around the hose (big enough to see).
- Once you've determined your grill has a gas leak by smell or by administering the soapy bubble test and there is no flame, turn off the gas tank and burners. If the leak stops at that point, get the grill serviced by a professional before using it again. If the leak doesn't stop, call the fire department immediately.
- If you smell gas while cooking, move away from the grill and call the fire department immediately. Do not move the grill.

Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container. (nfpa.org)

Teriyaki Pork & Pineapple Kabobs

- 1 lb. pork tenderloin, cut into 24 1-inch cubes
- 1 small red onion, 3/4 cut into 1-inch pieces, 1/4 thinly sliced
- 3/4 lb. peeled fresh pineapple, cut into 1-inch cubes
- 3/4 cup plus 1 TB teriyaki sauce
- 3/4 lb. sugar snap peas, thinly sliced lengthwise



Thread pork, red onion pieces, and pineapple cubes on skewers. Brush kabobs with 1/2 cup teriyaki sauce. Cook on grill or grill pan over medium-high, turning until pork is cooked through, 12 to 15 minutes. Using a clean brush, glaze with 1/4 cup teriyaki sauce. In bowl, toss snap peas, red onion slices, and 1 TB teriyaki sauce. Serve with skewers. Serves 4.

Nutrition Information: Per Serving: cal. (kcal) 330, Fat, total (g) 16, chol. (mg) 60, sat. fat (g) 4, carb. (g) 23, fiber (g) 3, pro. (g) 24, sodium (mg) 1540

Changes coming for Healthy Meals in the Cafeteria

As part of improving the wellness of those we serve, Jay County Hospital is reviewing the current healthy meals offered by the cafeteria and will be making some changes.

The first thing to change will be transitioning any grains offered to whole grains. So, we will be trying a whole grain pasta instead of regular white pasta, whole wheat roll instead of white roll, brown rice instead of white rice... etc. We will be trying multiple new products so if something is not liked we can try something else.

It is important to get enough fiber in your diet, and getting more fiber in your diet is not easy to do if you are using white bread, white flour pasta, white rice, and other items made with white flour (donuts, muffins, saltines, regular pretzels). A high fiber diet is 25-35 grams of fiber a day (minimum) and the average American only gets 10. Fiber is mainly found in whole grains (Aunt Millie's 12 whole grain bread has 6 grams of fiber per slice), and whole fruits and vegetables. Even a higher fiber fruit like a pear gives you about 3 grams, so you can see if you are eating white bread, and get maybe 2-3 servings of fruits and veggies a day, then you are in the group that doesn't get enough fiber!

Ever heard the saying "the whiter the bread, the faster you're dead"? That sounds awful, but I have to say I agree with it. So, keep an open mind when trying some items that might be a little different. Some things that we are not used to we adapt to and sometimes we like better later. Anyone drink diet cola that doesn't like regular anymore? Or drink Skim milk and 2% is too "fatty" for you? Well, this will be the same thing.

I would also challenge everyone to check the grams of fiber on the bread that you use at home. Did you know that the cheap "wheat" bread that is next to the white bread in most grocery stores has the exact same amount of fiber? The only difference in the ingredient listing is caramel color added to the wheat bread. The bread maker is not lying, it is "wheat" bread but it isn't "whole wheat".

Other changes coming later will be options for vegetarians and larger serving of vegetables. We will cover it one step at a time. Look for items to read in the cafeteria that will discuss these changes also. We welcome any feedback on the healthy meals. ~Julayne Ross, JCH Registered Dietitian

Jay County Hospital Rehab

Physical Therapy is a health care profession focused on restoring mobility, strength and functional ability to improve quality of life and your ability to pursue your favorite leisure activities. Physical Therapy is utilized for all ages ranging from school age to older adults.

Physical therapists are highly educated, licensed professionals trained to evaluate and develop a treatment plan using treatments to promote mobility, reduce pain and restore function. Many times treatments are provided to reduce the need for long term prescription pain medications and expensive surgery. Treatments provided are for muscle and joint pain management, restore mobility and strength after surgeries for joint and muscles, balance training for unsteady walking, education in posture and body mechanics to relieve pain, retraining muscles and limbs after a stroke or motor vehicle accident, work related injuries and sport injuries.

Individuals who want to be evaluated by a physical therapist can contact their primary care provider, medical doctor or nurse practitioner for a referral. If you plan to have a joint replacement, back/neck or shoulder surgery, request your surgeon refer you to Jay County Hospital Rehab. Most insurance including Medicare, Medicaid, Healthy Indiana Plan, Blue Cross/Blue Shield and many other employer insurance benefits provide coverage for physical therapy. State laws permit an individual to self refer to a physical therapist for an evaluation to determine the need for further physical therapy.

When you are in need of first rate Physical Therapy, Occupational or Speech Therapy, Jay County Hospital Rehabilitation is here to "Get You Back to Life." Contact Jay County Hospital Rehabilitation at 260-726-4020, for an evaluation with one of our highly skilled therapists. Our office is located at the Jay Medical Facilities 1756 W. 100s in Portland. We are here to meet all of your therapy needs! ~Brian Ison, JCH Rehab Manager

JCH will be offering
**Adult
Flu Shot
Clinics**
this September.

Mark
Your
Calendar

Protect Yourself and Your Family!

Thursday, September 10

Jay Family Medicine: 8am - Noon

Saturday, September 12

Family Practice of Jay County: 8am - Noon

Tuesday, September 15

West Jay Clinic: 8am - Noon

Thursday, September 17

Jay Community Health Partners: 2pm - 6pm

Monday, September 21

Jay County Hospital Conference Room B: 2pm - 6pm

Wednesday, September 23

Jay County Hospital Conference Room B: 9am - Noon

Wednesday, October 14

Jay County Hospital Conference Room A: 11am - 2pm

***** All Clinics Open to the Public *****
No appointment necessary.

Dr. Mark Haggenjos

presented IRHA Doc Hollywood Award



Dr. Haggenjos pictured with JCH team members!
Pictured: Dave Hyatt, CEO; Lisa Manor, RN, Clinical Informatics Specialist; Julie Pleiman, Director of Provider Relations; Dorothy Smock, VP Provider and Ambulatory Services; Zina Spahr, RN, Med-Surg Manager; Donna Haggenjos; Dr. Mark Haggenjos; Renee Rismiller, RN, Wound Clinic/Med-Surg; Heather Morehouse, RN, Patient Nurse Educator

On June 17, 2015, Dr. Mark Haggenjos was honored with the **Doc Hollywood Award** by the Indiana Rural Health Association (IRHA) at the IRHA Annual Conference Awards Luncheon at French Lick Springs Event Center!

The **Doc Hollywood Award** is about recognizing individuals who care professionally for folks in rural and other underserved communities across the nation. Access to quality healthcare is a key component in terms of individuals' physical and mental health; it is also a key component in communities' economic vitality. It is important to raise visibility and awareness about these unsung heroes, and celebrating their contributions, to ensure continued access to quality healthcare in all communities.



Dr. Haggenjos receiving his Doc Hollywood award at the IRHA Annual Conference with the other award recipients.

Dr. Mark Haggenjos came to the Jay County community in 1990, originally a part of The Office of Family Medicine (later known as Preferred Family Physicians). He began his own practice, Family Practice of Jay County, in 2001 which he still manages today.

Dr. Haggenjos personifies "rural community doctor" not only by managing his own family practice, but also covering shifts in the Emergency Department, acting as Chief of Staff, and remaining the only OB physician in the county. He is also the Chief Medical Information Officer and has been a driving force in the implementation of the JCH EMR (Electronic Medical Records).

Dr. Haggenjos is well respected by his peers, the staff and the administration of Jay County Hospital. His calm demeanor puts everyone at ease and his leadership ensures the best patient outcomes.

Along with dedicating countless hours to his patients and the hospital, he supports various local charitable causes and events in the community. Congratulations to Dr. Mark Haggenjos on being presented the 2015 IRHA **Doc Hollywood Award!**



Dr. Haggenjos' family attends the Doc Hollywood Award presentation.

Dr. Stevens and Mount to Join JCH

The team at Jay County Hospital continues to grow with the addition of family practice physicians Andrew Stevens, MD and Kristy Mount, MD. While Dr. Stevens and Dr. Mount currently work part-time in the Emergency Department, they are slated to join JCH full-time in August 2016. Adding two family physicians, who will also practice obstetrics, strengthens the hospital's commitment to focus on the health of the community and continue providing first class care for our patients.



Dr. Andrew Stevens

Dr. Stevens was born in Pasadena, TX but raised in Taylorsville, UT. He received his bachelor's degree in Biomedical Engineering from the University of Utah. He decided to go into medicine and was accepted into the University of Utah School of Medicine. While rotating through specialties he found himself "wanting to practice full-spectrum family medicine (including OB care)." Dr. Stevens and his wife, Trisha have been blessed with 3 children, and he enjoys spending time with his family, board gaming with friends, and spending time with his church and reading.



Dr. Kristy Mount

Dr. Mount is from a one stop light town in Indiana called Brookston. She graduated from Purdue University with a Bachelor of Science degree in Biology with a strong interest in teaching and research. In 2003 she moved to Indianapolis with her husband, Jim, where she attended graduate school at the Indiana University School of Medicine. She earned her PhD in microbiology and immunology. In 2007 she gave birth to her son, Jimmy, and "the complicated pregnancy made me think seriously about life as a doctor." She attended the Loyola Stritch School of Medicine in Chicago, IL and decided on full-spectrum family medicine because she "loved the idea of being able to treat absolutely anything that walked in the door."

Jay County Hospital looks forward to the addition of these two energetic physicians to our team, and we encourage everyone to join us in welcoming them as they relocate to the Jay County 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 * Otolaryngology
 * Podiatry * Rheumatology

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
West Jay Clinic
 765-768-6065



Memorial Day Meal for Veterans



Pictured are Helen Shawver's family members with the IU Health Ball Memorial Cancer Center at Jay County Hospital staff and JCH Auxiliary representatives.
 Front row: Dr. Sulfi Ibrahim, Dawn Suope, Taylor Suope
 Back row: Jodie Wendel RN OCN, Teresa Zimmer RN OCN, Diane Shawver, Karen Shawver, Rose Snow; JCH Auxiliary President, Peter Shawver, Nancy Shawver, April Thurston CMA, Connie Fear; JCH Auxiliary Director, Tammy Shawver

Shawver Family & JCH Auxiliary Donation to IU BMH Cancer Center at Jay County Hospital



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Portland, IN 47371

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Permit No. 43

Quality Care by Those Who Care...



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

