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Quality care by those who care

Fall 2016

Getting Back to What She Loves...

For most students, the summer includes the 4-H fair, swimming, attending camps, hanging out with friends, and preparing for the next school year. For Jay County High School (JCHS) freshman, Taylor May, her summer started like that, but after a basketball injury, she spent the remainder of her summer recovering from knee surgery and going to physical therapy sessions. Not how she expected to spend the summer before she started high school, but she's taking it all in stride, and working hard to have a full recovery.

It was during the first day of D1 Basketball Camp in Ft. Wayne, IN that Taylor injured her right knee. Taylor had pain in her knee previously, but this was a major injury. Her friends attending camp with her knew it right away and called Taylor's mom, Missy, to tell her the news. Initially, an x-ray was done and the Mays were told it was a knee sprain with no broken bones. Taylor was sent home from camp with ibuprofen and a knee brace. After the pain and swelling continued, Missy and Taylor's Dad, John, took her to an orthopedic physician to get additional testing. After a MRI was done, it was confirmed she had a complete ACL tear...which meant surgery if Taylor wanted to play sports again. For someone involved in basketball, soccer and band, surgery was the only option. Her surgery was scheduled for July 28.

The surgery was outpatient and done laparoscopically, and although Taylor went home in a locked extension brace, she began putting weight on it the next day. Part of her discharge plan included physical therapy in order to regain mobility and muscle in the injured leg. The week of August 8, Taylor began physical therapy at Jay County Hospital (JCH) Rehabilitation. Never having an injury like this before or having to do physical therapy before, Taylor and her parents were unsure what to expect. Each session is 45 minutes, and according to Taylor, her physical therapist, Brian Ison, "is tough, he pushes me, but it's good." She realizes the therapy is key to returning to all the things she loves. Her therapy is scheduled for two times a week and includes a variety of exercises, in addition to home exercise. She also walks about 10 minutes each evening, usually down the road to her grandparent's house. And many times she'll make the walk back, but sometimes

"I'll ride back with Dad." Taylor says this with a smile, knowing Brian is listening and making sure she's following her treatment plan.

After just a few weeks of therapy, the Mays could already see improvement and noticed increased muscle tone in Taylor's leg. She was able to remove the brace completely in early September, and there is no sign of a limp or even any type of injury...other than a few small scars on her knee. Taylor and Missy have nothing but positive things to say about the JCH Rehabilitation Team, "They are great!" Missy appreciates how Taylor is pushed even though it may be tough sometime, "No pain. No Gain. Right?" Taylor quickly nods her head in agreement, "I like that, I need that."



Taylor would love to be able to play basketball this winter for JCHS, but knowing the recovery time is usually 8-9 months, she will continue giving it her all at therapy sessions. And stay part of the team by managing soccer, helping with JCHS band guard props, and shooting around at basketball open gyms...all with the hopes she will be back 100% soon, and get to finish her high school career participating in all the activities she loves.



For more information on the Jay County Hospital Rehabilitation Department, call 260-726-4020.

A message from Dave Hyatt, CEO



Greetings Friends of Jay County Hospital,

It's hard to believe that Summer has come to an end and the kids are back in school. With the change of seasons, Jay County Hospital continues to see change and growth.

In August we saw a new family and obstetrics practice open, Family First Healthcare. We are excited to have Dr. Kristy Mount and Dr. Andrew Stevens join JCH and add their expertise to our great team of healthcare providers. They are off to a great start, and are sure to continue providing quality healthcare in Jay County for a long time to come.

I am also excited to announce that Jay County Hospital will soon be launching a completely revamped website. Our mission is to provide access to quality healthcare, and this includes online access for our community. The new website includes added features such as a link to MYJCHCare Patient Portal which allows patients to securely view their own health information. In addition, upgrades have been made to current features including the Physician Search and Online Bill Pay. More information on a launch date will be announced soon!

You will also see in this issue that we will once again be offering free mammogram screenings to uninsured women over the age of 40. Being able to continue offering these life-saving cancer screenings at no cost is made possible by the support of the JCH Foundation and our community members. I would like to extend a sincere Thank You from everyone who has received one of these screenings. Studies show the survival rate is far greater if cancer is caught at an early stage, these screenings are one way to do that, and help in the fight against cancer.

Thank you for supporting our patients and our health system.

Yours in health,

Jay County Hospital Board of Directors

**David Littler, Chair*
**Patrick Miller, Vice Chair*
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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.

Jay County Hospital (JCH) has been providing care for residents of Portland and the surrounding communities since the early 1900's...over 100 years of Quality Care by Those Who Care! The JCH Mission, in short, is to promote health and wellness while providing access to the highest quality care. In addition to providing services such as surgery, radiology, laboratory, behavioral health, oncology...to name just a few, JCH continues to provide first class Obstetrics care to our community.

With 31 counties in Indiana currently not offering inpatient Obstetrics care, Jay County Hospital is committed to continuing to provide unparalleled care in one of our most important departments. We are not only continuing to provide first class obstetrics care, but we are growing our services and continuing to enhance what is offered to our patients. Earlier this year, Dr. Kristy Mount and Dr. Andrew Stevens joined the JCH team at the new family and obstetrics practice, Family First Healthcare. Their expertise is now added to that of long-time JCH family and obstetrics provider, Dr. Mark Haggengjos of Family Practice of Jay County.

In support of Jay County Hospital's commitment to continue providing Obstetrics care, the JCH Foundation 2017 Annual Campaign will focus on and raise funds for continued enhancements to the JCH OB Unit. Over the past few years, state-of-the-art equipment has been purchased, two JCH nurses have been certified as lactation consultants, and cosmetic updates have been made to the unit. The funds raised this year will continue to help upgrade the JCH Obstetrics Department with first-class amenities, nursery renovations, and remodeling of the OB post-partum rooms.

The 2017 Jay County Hospital Foundation Annual Campaign will be kicking off soon, please consider contributing and supporting the Jay County Hospital Obstetrics Department.

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

Foundation Board of Directors:

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Did you know?

Adult Flu Shot Clinic

Protect Yourself and Your Family!



Influenza is a respiratory infection that can cause serious complications, particularly to young children and older adults. Flu shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age or older be vaccinated annually against influenza.

There's still time!

**Wednesday, October 26
10:00AM - 2:00PM
JCH Conf. Rm. A**

Flu vaccines are available for \$35. Fluzone High vaccines are available for \$40 for people 65 years and older.

All vaccines administered by JCH are free of any preservatives.

All vaccines will be filed with your insurance or Medicare.

(Clinics for people 18 years and older.)

***** All Clinics Open to the Public *****

****No appointment necessary.****

October 15 Pregnancy + Infant Loss Awareness Day



This National Day of Remembrance was created to provide support, education and awareness for those who are suffering or may know someone who has suffered a miscarriage, an ectopic pregnancy, a still birth, or the loss of an infant.

A balloon release will be held to honor all babies lost.

When: Saturday, October 15

Time: Balloon decorating will begin at 12:30PM.

Balloon release at 1PM.

Location: Jay County Hospital Wellness Walkway

Cookies and punch will be served.

Financial Assistance

As part of our commitment to the health of our patients and community, Jay County Hospital offers Financial Assistance to all of our patients. If you don't have medical insurance, you can be exposed to high healthcare bills, or if you have too little or the wrong kind of coverage, you may not have enough protection. A serious injury or illness can be financially devastating. We can help! Please see our **Claim Aid Patient Advocate** located in the Main Registration area of the hospital or call **260-726-1887**.

Also, if you need assistance with the balance of your healthcare bill after your insurance has processed your claims, please contact our **Billing Services** department located at our new location, 1758 W 100 S or call **260-726-1884**. Our hours of operation are Monday thru Friday 8AM – 4:30PM. We can assist you in setting up a contract plan or help you with our Financial Assistance application. To qualify for Financial Assistance you will need to exhaust all other financial assistance and will need to provide your income information, but you may be qualified for a discount between 20-100% of your current balance.

Post-Mastectomy Fitting Sessions

IU Health Ball Memorial Hospital Cancer Center Boutique, Jay County Hospital and Jay County Cancer Society is hosting a breast cancer Post-Mastectomy fitting session at Jay County Hospital.



**Tuesday, October 18
9AM - 4PM in JCH Room 206**

For more information: 765-751-5302

Super Sibling Classes

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



**First Monday of every other Month
6PM - 7PM at Jay County Hospital**

For more information: 260-726-1825

Family First Healthcare Ribbing Cutting/Open House



Jay County Hospital recently held a ribbon cutting and open house to welcome Family First Healthcare, the new healthcare provider practice of Dr. Kristy Mount and Dr. Andrew Stevens to our team. The Family First Healthcare office is located in Jay County Hospital at 500 West Votaw Street, Portland and provides obstetric, pediatric, and adult medical care for the entire family.

Dr. Mount and her family recently relocated to Portland. Dr. Mount was born in Cincinnati, OH but raised in Brookston, Indiana. She received her Bachelor's of Science in Biology from Purdue University. She 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 ultimately decided to become a full-spectrum family medicine doctor because she "loved the idea of being able to treat absolutely anything that walked in the door." Dr. Mount and her husband have been blessed with two children, and in her spare time she enjoys spending time with close friends and family, reading, cooking, running and being active in her church.



Dr. Stevens also recently moved to Portland with his family. 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 is bilingual, speaking Spanish. 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.



Drs. Mount and Stevens are excited to join the Jay County Hospital team, and care for patients and assist them with their health care needs.

To inquire about scheduling an appointment with Dr. Mount or Dr. Stevens call 260-726-2313.



Healthy Living

Improving Overall Cardiovascular Health

Being physically active is important to prevent heart disease and stroke, the nation's Number 1 and Number 5 killers. To improve overall cardiovascular health, the American Heart Association suggests **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. For people who would benefit from lowering their blood pressure or cholesterol, 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week is recommended to lower the risk for heart attack and stroke.

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.

Here are some reasons why physical activity is proven to improve both mental and physical health.

Physical activity boosts mental wellness.

Regular physical activity can relieve tension, anxiety, depression and anger. You may notice a "feel good sensation" immediately following your physical activity, and most people also note an improvement in general well-being over time as physical activity becomes a part of their routine.

Physical activity improves physical wellness.

Too much sitting and other sedentary activities can increase your risk of cardiovascular disease. One study showed that adults who watch more than 4 hours of television a day had a 46% increased risk of death from any cause and an 80% increased risk of death from cardiovascular disease. Becoming more active can help lower your blood pressure and also boost your levels of good cholesterol.

Physical activity prolongs your optimal health.

Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. People who are physically active and maintain a healthy weight, live about 7 years longer than those who are inactive and are obese.

In addition to the health benefits listed above, moderate exercise, like brisk walking, can have other health benefits such as:

- ♥ Improves blood circulation, which reduces the risk of heart disease
- ♥ Keeps weight under control
- ♥ Helps in the battle to quit smoking
- ♥ Improves blood cholesterol levels

- ♥ Prevents and manages high blood pressure
- ♥ Prevents bone loss
- ♥ Boosts energy level
- ♥ Helps manage stress
- ♥ Releases tension
- ♥ Promotes enthusiasm and optimism
- ♥ Counters anxiety and depression
- ♥ Helps you fall asleep faster and sleep more soundly
- ♥ Improves self-image
- ♥ Increases muscle strength, increasing the ability to do other physical activities
- ♥ Provides a way to share an activity with family and friends
- ♥ Reduces risk of developing Heart Disease/ Cardiovascular Disease by 30-40%
- ♥ Reduced risk of stroke by 20% in moderately active people and by 27% in those who are highly active
- ♥ Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- ♥ Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors (heart.org)

So why not see for yourself? Once you find creative ways to fit physical activity into your life, we think you'll agree that the effort to get moving is worth it!

Vegetarian Chili with Healthy Tortilla Chips

6 servings

Ingredients:

1 yellow onion	1 bell pepper
2 cloves garlic	1 jalapeno
1 TB olive oil	1 tsp salt
2.5 TB chili powder	1 tsp cumin
1 bay leaf	salt and pepper to taste
28oz can of chopped or crushed tomatoes	
15 oz can of black beans	15 oz can of kidney beans
Greek yogurt	Hot sauce for topping



Chop onion and bell pepper and put in a large pot with a little olive oil on medium for about 10 minutes or until they are soft. Add in garlic, jalapeno chopped, chili powder, ground cumin, bay leaf, and some salt and pepper. Cook about a minute until you can smell the garlic. Dump in the can of tomatoes, reduce to low, and let cook about 45 minutes. Stir a few times so it does not burn.

Now you can add the beans, drain and rinse a can of black and a can of kidney beans and toss into the chili. Cook for about 10 minutes. Top with a little greek yogurt and hot sauce if desired.

For **Healthy Tortilla Chips**, place tortilla on cookie sheet, brush with olive oil then sprinkle with dried basil, some salt and a little chili pepper. Fold in half and cut into 4 pieces, then cut down the middle of each, you should get 8 per tortilla. Bake in oven at 350 for about 12-15 minutes, spin sheet 1/2 way through. (loseweightbyeating.com)

Quality Care

BY THOSE WHO CARE

To promote health and wellness in the communities we serve while providing access to the highest quality, compassionate, and trusted care.



PHYSICIAN
SEARCH



BILL
PAY



MYJCHCARE
PORTAL

New Jay County Hospital Website Coming Soon...

Jay County Hospital is committed to providing the highest quality care with state-of-the-art equipment and technology. This commitment includes our online presence and assuring our community is informed about the services we provide, and can access that information on any platform. Our new website not only features a new look but is completely responsive, so you can view on your smartphone, tablet, laptop...anytime, anywhere. We have also upgraded our existing features such as physician search, news and events listing, and online bill pay but have also added new features such as MYJCHCARE Patient Portal link and a JCH Blog. Below is additional information on the upgraded Online Bill Pay feature and the new MYJCHCare Patient Portal feature.

MYJCHCare Patient Portal

To enhance communication with your provider, support your care between visits and improve your health care outcomes, Jay County Hospital is now providing you access to your personal health information through an online patient portal. A patient portal is a secure website that gives you 24-hour access to personal health information from anywhere with an internet connection.

Using a secure username and password, you can view health information such as: recent doctor visits, discharge summaries, medications, immunizations, lab results, update contact information, and view educational materials.



MYJCHCARE
PORTAL

To enroll in this new feature, you must have a valid email address and medical record number. Your medical record number can be found on a JCH bill or by visiting the Health Information Management office at JCH. To sign-up for the MYJCHCare Patient Portal, call **260-726-1999**.

Upgraded Online Bill Pay

Patients are now able to enroll in our new online bill pay through the hospital website at jaycountyhospital.com. In addition, they can also opt out of paper statements if they wish.



BILL
PAY

To do this:

1. Go to Jay County Hospital Website
2. Click on "Pay Bill Online"
3. Click on "Enroll Now"
4. Agree to the "Terms and Conditions"
5. Have your Medical Record Number (M#), which is on top of the new statements
6. Your zip code
7. Click on "Enroll" and follow the prompts

If you have questions or need assistance with the new online bill pay feature, you may contact the Billing Services Department at **260-726-7131 ext. 1706**.

FREE Mammogram Screenings

During the month of October

(Must be scheduled by October 31, 2016.)

Eligibility Requirements:

- ♦ Women over the age of 40
- ♦ Uninsured
- ♦ Resident of Jay County or immediate surrounding county
- ♦ Have not had a mammogram in the past year
- ♦ Never had breast implants
- ♦ No personal history of breast cancer

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

~ October ~
Breast Cancer
Awareness Month

When breast cancer is detected *early*, in the localized stage, the 5-year survival rate is **98%***

(National Cancer Institute)

Schedule
your FREE
Mammogram
Screening today!
260-726-1821

~Provided by
Jay County
HOSPITAL
FOUNDATION



500 W. Votaw St. Portland, IN * jaycountyhospital.com * 260-726-7131



*Jay County Hospital is once again offering
FREE Mammogram Screenings during
October - Breast Cancer Awareness Month.*

In the U.S., breast cancer is the second most common cancer in women after skin cancer. It can occur in both men and women, but it is very rare in men. Each year there are about 2,300 new cases of breast cancer in men and about 230,000 new cases in women. Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread. (cancer.gov)

*Join us in the fight against cancer,
call 260-726-1821 today to schedule your free
mammogram screening!*

Jay County Hospital Services:

Cardiac & Pulmonary 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





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