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Issue

Winter 2016



Jay County

HOSPITAL

Quality care by those who care

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

Upcoming Events

Diabetic Education Classes:
JCH Conference Rooms A & B
Free - physician referral preferred

Saturday, January 16
8AM - Noon

Monday, February 8
10AM - 2PM

Saturday, March 12
8AM - Noon

Monday, April 11
10AM - 2PM

Saturday, May 21
8AM - Noon

Monday, June 13
10AM - 2PM

Ostomy Support Groups:
JCH Administrative Conf. Rm.
2nd Thursday each month
6:00PM

Summer SlimDown:
Sign-up deadline: January 16
Register at Jay Community Center

Ag Day Breakfast:
Tuesday, March 15
Free Blood Pressure Checks

Jay County Hospital Family Health & Education Fair:
Jay County High School
Saturday, April 30

JCH Continues to Expand Services

Jay County Hospital (JCH) is pleased to announce a new partnership with Dr. Kevin T. Scripture of Whitewater Eye Centers, Richmond to form Eye Center of Jay County. Beginning January 2016, Dr. Scripture will see patients the 3rd Wednesday of the month at the Specialty Referral Center located at the JCH Medical Pavilion Building at 510 West Votaw Street, Portland. He will be available for surgery consults and performing same-day cataract surgeries.

"It's exciting to form a partnership with such a highly skilled professional as Dr. Scripture. We're happy to have him and his staff joining the Jay County Hospital team to ensure that we continue providing needed, high quality services to our community" said Dave Hyatt, CEO of Jay County Hospital.

As a cataract and refractive surgeon, Dr. Kevin Scripture provides medical and surgical treatment for cataracts and the correction of refractive disorders, including nearsightedness, farsightedness, and astigmatism. He also offers the latest in cataract surgery technology and techniques including multi focal and toric lenses as well as comfortable and easy no-shot, no-stitch, no-patch, no-drop cataract surgery.

Dr. Scripture was born and raised in Connersville

and enjoys practicing in his hometown area. Dr.

Scripture graduated with Summa Cum Laude honors from Morehead State University with a Bachelor of Science degree. He earned his medical degree from Indiana University School of Medicine, where he distinguished himself by graduating with honors as a member of Alpha Omega Alpha.

After completing medical school, Dr. Scripture served an internship in preliminary medicine at Methodist Hospital in Indianapolis. He served his residency in ophthalmology at the Indiana University Medical Center.

Dr. Scripture is a member of the American Medical Association, American Academy of Ophthalmology and American Society of Cataract & Refractive Surgery.

To schedule an appointment with Dr. Scripture call **866-788-0001**.



Dr. Kevin T. Scripture



A message from Dave Hyatt, CEO



Greetings friends of JCH,

I hope you all had a wonderful holiday season and were able to spend time with friends, family, and those closest to you.

I feel very fortunate to have the opportunity to work in an organization that makes such a positive impact on our community. We recently received the latest data from the *Medicare Beneficiary Quality Improvement Project*, the patient satisfaction data

that we collect every single month and submit to Medicare. I couldn't be more elated to show that; overall, Jay County Hospital was given a **5 out of 5 Star Rating!** We exceeded the State and National average in each of the five categories that Medicare looks at when determining our rating.

The questions asked of our patients centered around one main theme, communicating and engaging them in their own care. Engaging our patients in their care is about more than patient satisfaction, it is about improving the care they receive. We want our patients to be involved in their care, understand their care, and own their road to recovery so they are less likely to return to JCH for the same condition. It is about improving health, not necessarily treating a disease, and that starts with how we interact with our patients. I receive countless comments from our community about how we treat our patients like friends and family, and not like a random room number or faceless diagnosis. The data shows that we are among the best in the country at putting our patient's needs first! More information on this data can be found in this newsletter on page 7.

From our new state-of-the-art CT Scanner and Endoscope system, to the new JFM practice located on campus, so many great things happened last year and this next year is sure to be another year of exciting and new happenings! Dr. Kevin Scripture from White Water Eye Center in Richmond will begin seeing patients and performing same-day cataract surgeries, Dr. Kristy Mount and Dr. Andrew Stevens will begin providing obstetrics care at JCH, just to name a few things coming in 2016.

We strive every day to improve the health of our community and this year proves to be another year of changes, growth, and advancements, and I am excited to be a part of such a great team!

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 (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
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Trent Paxson	Phil Laux
Rob Penrod	Annette Alexander
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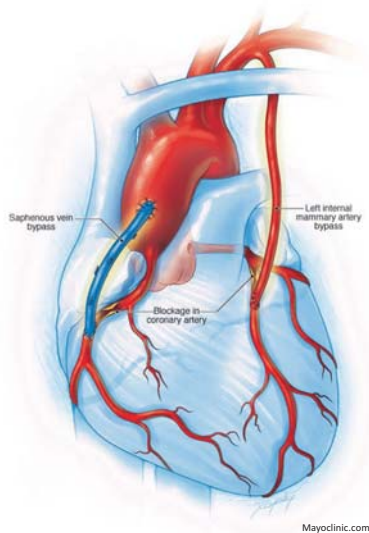
Ex-Officio Directors:

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

Portland Resident Receives Life Saving Heart Scan

Long-time Portland resident, Jan Ingle, considered himself to be fairly healthy. He road his bike regularly, he watched what he ate, and he was feeling pretty good. All that changed last summer when he had an OutReach Profile blood test done at the Jay County Hospital (JCH) laboratory. His cholesterol was high (which it had been before), tri-glycerides were off, among a few other things. His healthcare provider insisted he needed to make an appointment to be seen and go over, in detail, what these results meant. Mr. Ingle was in no hurry to set-up the appointment, he was feeling fine, and he was busy. A few weeks passed, and he finally made an appointment where his provider again insisted he have one of the new \$50 Heart Healthy scans provided by JCH. With both of his parents having heart conditions, along with high cholesterol, Jan had more than one of the risk factors for increased chance of heart problems.

A heart calcium score over 400 is considered bad, Jan's was 2200. Something needed to be done...soon! The wait time to see the cardiologist was 3 months, but when there was a cancellation the next day, he was able to get an appointment. Less than two weeks later, Jan had quadruple bypass surgery.



Heart bypass surgery is used to treat heart disease when the coronary arteries are blocked. During coronary artery bypass surgery, a blood vessel is removed or redirected from one area of the body and placed around the area or areas of narrowing in order to "bypass" the blockages and restore blood flow to the heart muscle. These substitute blood vessels can come from your chest, legs, or arms. (webmd.com)

Jan's doctor first tried a heart catheterization, but was unable to due to the advance blockage in his heart. One artery was completely blocked while the others were 80-90% blocked.

When talking with Mr. Ingle, he now realizes maybe he did have some minor symptoms. Mentioning while riding bike he sometimes had one arm that would get sore, or he was often tired, all things he thought was part of age. He also broke his back years ago, so he thought some of the pain was a result of that injury. He now realizes these were all subtle indicators, along with high cholesterol which

he's had for years.

He attributes the blocked arteries to family history, but also being on the go a lot, and having high-stress jobs for years. He currently sells real estate but was also the vice president of a bank for years. He and his wife, Julie, began eating organic 4 years ago when high cholesterol first showed up in his blood tests. He does notice he has more energy now since his bypass surgery, but mentions he "exercises daily", knowing the importance of staying active and healthy.



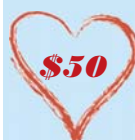
Julie and Jan Ingle

Mr. Ingle praises the advancement of technology and services offered at JCH. "I'm not afraid to recommend Jay County Hospital to anyone," he stated. Not just the new 128-slice CT Scanner that offers low-radiation, and high quality scans, but also the Fuse® scopes recently purchased by the surgery team. Jan discussed a family member who recently had a scope done, and the quality was "far superior to the previous" that had been done 2 years ago.

Jay County Hospital continues to look at new technology and services that are inline with our mission to help improve the health of the community and those we serve. The OutReach Profile blood tests, Heart Healthy scans, along with the Low Dose Lung scans and Fuse scopes are all examples. In Mr. Ingle's case, the blood tests and heart scans proved to be life-altering and life-saving. For more information on the \$50 CT Scans offered, call 260-726-1821., or for more information on Fuse scopes, call 260-726-2890.

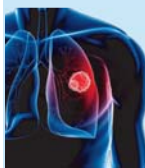
Early Detection Saves Lives

Now Offering Heart Healthy and Low Dose Lung CT Screenings!



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
- High Cholesterol
- Obesity
- High blood pressure
- Smoking/tobacco use
- Diabetes
- Inactive lifestyle
- Stress



*Lung cancer is the leading cause of cancer-related deaths. If you are **over 50 years old with no prior lung cancer diagnosis**, schedule your Low-Dose Lung CT screening today!*

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.

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

Jay County Hospital Continues Obstetrics Commitment - Expands OB Team!

Last year Jay County Hospital and the JCH Foundation committed to continue providing first-class, quality Obstetrics care to the Jay County community. The JCH Foundation Campaign raised funds for the OB Department to purchase new state-of-the-art equipment and fund training for two JCH OB nurses to become certified lactation consultants. These enhancements continue to ensure that JCH offers unparalleled care in one of our most important departments.

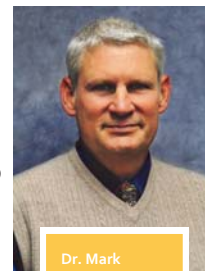
In 2016, Dr. Kristy Mounty and Dr. Obstetrics Care at Jay County Hospital Mark Haggenjos. In addition to personalized care, we would like to comforts they deserve while bringing campaign this year will raise funds to with first-class amenities, renovate the rooms.

We recognize the importance of this and the importance of comfort and their stay, parents are focused on the



Andrew Stevens will begin providing along with long-time JCH OB physician, Dr. providing quality, compassionate, and provide expectant parents with all the their most precious gift into this world. Our upgrade the JCH Obstetrics Department nursery, and remodel the OB post-partum

time for mothers and their support system, care. JCH wants to make sure that during newest addition to their family.



Dr. Mark
Haggenjos



Dr. Kristy
Mount



Dr. Andrew
Stevens

We thank you for your consideration of a gift and, without question, your donation will have a tremendous impact upon the lives of the Jay County Community.

~ Jay County Hospital Foundation Board of Directors

Accomplishments of the JCH Foundation

- Purchased new hearing screener for OB Department.
- Funded training for Certified Lactation Consultants.
- Provided FREE cancer screening tests for colon, skin and breast cancer.
- Donated \$42,000 to the IU Health Ball Memorial Cancer Center at Jay County Hospital.
- Donated \$15,000 toward the purchase of additional cardiac monitors for hospitalized patients.
- In 2015, awarded 3 scholarships, totaling \$7800, to Jay County High School seniors pursuing a career in healthcare (proceeds from annual golf tournament support this program).
- Purchased car seats for all newborns.
- Helped support the WINS (Wellness In Schools) program for high school freshman.

If you would like to make a donation to the JCH Foundation Annual Campaign, 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 Hospital Foundation 2016 Annual Appeal Campaign, I / we gift the total sum of

\$ _____ .

Payment Options

- ☐ My / Our gift is being paid by check, please find it 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: _____

JayCounty
HOSPITAL
FOUNDATION
500 West Votaw Street
Portland, IN 47371
260-726-1811

Healthy Living

Staying Safe this Winter Season

Sledding: Winter snow provides opportunity for families to have fun and be active together. Keep sledders away from motor vehicles. Supervise children while sledding, and keep younger children separated from older children. Sled feet first or sitting up instead of lying down to prevent head injuries, and avoid sledding in crowded areas.



Shoveling: Shoveling snow can cause back strain this winter. Shovel only fresh powdery snow because it is lighter. Push snow rather than lift it. Avoid twisting with your back. If you do lift snow, use a smaller shovel or only partially fill the shovel with snow. Lift with your legs, not your back. Take frequent rest breaks and do not work beyond the point of exhaustion.



Winterize Vehicle: Get your car ready for winter weather. Prepare an emergency kit to include items such as blankets, boots and gloves, food and water, flares, flashlights, a battery powered radio and extra batteries, a bag of sand or cat litter and a first aid kit. Keep your gas tank full to avoid ice in the tank or fuel lines and use a windshield washer fluid made for colder temperatures.



Preventing Falls: Falls are the leading cause of death among men and women 65 years and older, and can result in other serious injuries such as hip and wrist fractures, head injuries and lacerations. Wear shoes with good traction and deep treads and remove boots and shoes as soon as you return indoors to prevent slippery floors as snow begins to melt. Replace worn cane and walker tips. Arrange to have snow and ice removed from porches, steps and sidewalks. Have handrails installed on both sides of outdoor stairs. Exercise regularly indoors to improve strength and balance.



Avoid Frostbite: Protect your hands in winter from frostbite. Use mittens rather than gloves and keep a second pair with you in case one gets wet. Avoid cotton because once cotton gets wet, it stays wet and allows hypothermia and frostbite to set in quickly. Wool helps keep moisture away from skin. Use mittens/gloves that have a waterproof lining. Frostbitten fingers may appear white or grayish yellow, feel numb, or have blisters. If you suspect frostbite move to a warm area, remove wet clothing and cover the affected part with something warm and dry. Do not rub it and seek medical advice.



Heavenly Hearty and Healthy Soup

This low calorie slow cooker turkey soup is loaded with vegetables.



Servings: 4 to 6 Prep Time: 25 min.

Ingredients:

1 pound uncooked ground turkey	1 cup chopped celery
1/2 cup thinly sliced carrots	2 1/2 cups tomato juice
1 14 1/2 oz can French-cut green beans, drained	
1 cup fresh mushrooms, sliced	1/2 cup chopped tomato
1 TB dried minced onion	1 1/2 tsp Worcestershire sauce
1 tsp dried basil, crushed	1 tsp dried oregano, crushed
1/2 tsp garlic powder	1/2 tsp sugar
1/4 tsp pepper	1 bay leaf

Directions:

In a large skillet, cook the turkey, celery, and carrots until turkey is done; drain. Add to a 3-1/2- to 4-quart electric crockery cooker. Stir in tomato juice, green beans, mushrooms, tomato, dried minced onion, Worcestershire sauce, basil, oregano, garlic powder, sugar, pepper, and bay leaf. Cover and cook on low-heat setting for 6 hours. Remove and discard bay leaf. Makes 4 to 6 servings.

NUTRITION INFORMATION

PER SERVING: CAL. (KCAL) 245, FAT, TOTAL (G) 10, CHOL. (MG) 90, SAT. FAT (G) 3, CARB. (G) 17, FIBER (G) 4, PRO. (G) 23, SODIUM (MG) 953, VEGETABLES (I) 3, LEAN MEAT (I) 2.5, FAT (I) 0.5, PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET (WWW.RECIPE.COM)

Did you know?

Did you know that Jay County Hospital offers a Diabetes Self-Management Program?

Managing diabetes can be complex, and many people

find it a lot to handle without guidance. That's why we have created the Diabetes Self-Management Program. It's a class that puts you in touch with the demands of your disease and the people who can help you manage it. The program gives you the tools to control your diabetes – so it doesn't control you.



In addition to offering education, the Diabetes Self-Management Program introduces you to others who are dealing with the disease and living well. Taking part in the program leaves you more in control of your illness and better prepared to cope with the disease. Our diabetic program is recognized by the American Diabetes Association.

The classes are taught by Kristi Henry, RD - Community Educator, 260-726-1853 and Julayne Ross, RD - Registered Dietitian, 260-726-1835 at Jay County Hospital. The hospital offers these classes to diabetics in the community free of charge.



Jay County Hospital is happy to announce a newly formed collaboration to offer additional services to meet the health needs for the Dunkirk community. On December 7, 2015, West Jay Clinic became MeridianMD - West Jay Clinic. We are excited to join in Meridian's mission of providing integrated healthcare, and they have a long standing history of providing care to patients in east central Indiana. This location will now offer primary medical care, behavioral health, and human services.

We are sure there will be questions about this, so here are a few Frequently Asked Questions:

How will the care the patients receive change? Not at all. Dr. Eric Betts and Nurse Practitioner, Tracy Laux, will be there seeing patients as usual. The current office staff and nurses will also remain the same.

Will patients need to fill out new forms? Yes. There will be some new forms for West Jay Clinic (WJC) patients to sign. We will do everything we can to ensure that the amount of paperwork needed to fill out will be minimal.

Will you still accept patient's insurance? Yes. We will continue to accept the same insurances. We will also be working with some additional insurance companies as well, so if you know families that have wanted to come to WJC as patients, but haven't been able to due to insurance, please have them call the office, and we will check if we are now "in network" with their insurance.

Who should I call if I have questions? You still call our main line at 765-768-6065, and we will be happy to answer any questions.

We appreciate the continued support of our patients and the community as we move through this process of change. Please do not hesitate to call with any questions. Below is some additional information on the services now provided at MeridianMD - West Jay Clinic.

Primary Medical Care

Meridian Health Services is proud to introduce MeridianMD, its newest clinic specializing in primary medical care for family and children, to Dunkirk. A new era and philosophy of healthcare focuses on the total body and integrates treatments and doctors working together to heal both the mind and body for complete well-being.

SERVICES FOR ADULTS AND CHILDREN

- Routine medical care
- Treatment of chronic medical conditions
- Illness visits
- Physicals (including sports and back-to-school)
- Immunizations and vaccines
- Wellness Assessments
 - * Blood pressure, healthy diet and weight management
 - * Diabetes screening and disease management
 - * Cholesterol screening and management
 - * Depression screening, education and referral
 - * ADHD screening, education and referral
 - * Developmental assessment and referral
 - * Sleep assessment and education
- Oral health screening and referral

Integrated healthcare can heal the body and the mind. It is the coordination of primary medical care and mental healthcare to create your medical home, which results in:

- Higher quality of care
- Better outcomes
- More convenient
- Coordinated medication management
- Lower costs

People with chronic mental illness die about 25 years earlier than Americans overall. About three out of five die from mostly preventable diseases, such as heart disease and diabetes.¹ Medical needs of the mentally ill are least likely to fall through the cracks when psychiatrists and primary care doctors practice in the same facility.² Therefore, to best address the complete health of clients, Meridian Services has recently introduced the addition of primary family medical care services, MeridianMD.

1. Marilyn Elias, "Mentally Ill Die 25 Years Earlier on Average," USA TODAY, March 3, 2007
 2. Bazelon Center for Mental Health Law, 2003.

MERIDIANMD HOURS:

Monday - Friday 8 a.m. - 5 p.m.

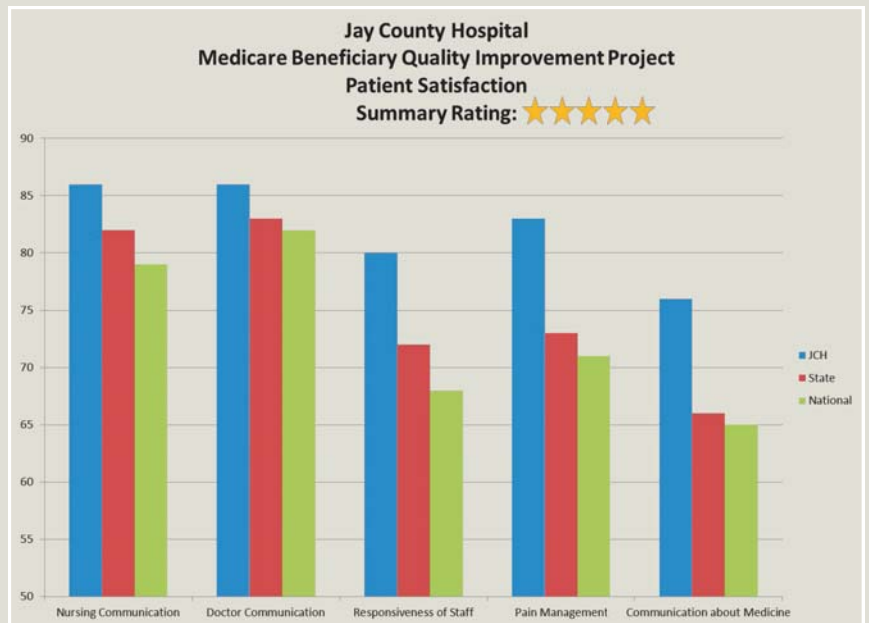


Jay County Hospital Receives 5 Star Rating

Jay County Hospital (JCH) recently received a **5 Star Rating** from the Medicare Beneficiary Quality Improvement Project (the patient satisfaction data collected every single month that is submitted to Medicare). JCH exceeded the State and National average in each of the five categories that Medicare looks at when determining ratings. The Centers for Medicare & Medicaid Services (CMS) publishes HCAHPS Star Ratings to the Hospital Compare website (www.hospitalcompare.hhs.gov). Hospital Compare is a consumer-oriented website that provides information on how well hospitals provide recommended care to their patients.

The Hospital Compare star ratings relate to patients' experience of care at almost 3,500 Medicare-certified acute care hospitals. The ratings are based on data from the Hospital Consumer Assessment of Healthcare Providers and Systems Survey (HCAHPS) measures that are included in Hospital Compare. HCAHPS has been in use since 2006 to measure patients' perspectives of hospital care, and includes topics like:

- How well nurses and doctors communicated with patients
- How responsive hospital staff were to patient needs
- How clean and quiet hospital environments were
- How well patients were prepared for post-hospital settings (cms.gov)



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 - Dunkirk
 765-768-6065



Pictured: Doug Leonard, Indiana Hospital Association President; Dave Hyatt, JCH CEO; Sara Johnson, Indiana Regent for the American College of Healthcare Executives

Congratulations to Dave Hyatt, Jay County Hospital CEO! Dave was presented the ACHE (American College of Healthcare Executives) Regent's Award in November at the Indiana Hospital Association Annual Meeting. The Regents Award recognizes the outstanding contributions of ACHE fellows to the field of healthcare and the profession of health care administration.



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Quality Care by Those Who Care...



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

