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Quality care by those who care **Winter 2017**

Collaboration Created for Access...

Jay County Hospital (JCH) recently updated its Mission Statement to include “providing access to the highest quality, compassionate and trusted care.” In order to continue meeting the needs of our community, we have partnered with numerous outstanding organizations. We are happy to announce that we will again be partnering with Meridian Health, an organization that directly aligns with our mission, to bring a much-needed service to the Jay County community.



Coming in February 2017, Meridian Health in collaboration with Jay County Hospital, will be opening **MeridianMD Convenience Care** to offer same-day treatment for minor illnesses and injuries on a walk-in basis.

The MeridianMD Convenience Care clinic will be available evenings and weekends when you can't wait for medical attention for less serious ailments and injuries such as:

- | | |
|----------------------------|---|
| -Coughs, colds | -Upper respiratory infections, bronchitis |
| -Sore throat, strep throat | -Sinus infections |
| -Urinary tract infections | -Ear infections |
| -Ankle/wrist injuries | -Rashes |

The clinic will be located just inside the main entrance of Jay County Hospital at 500 West Votaw Street, Portland. For more serious conditions, the JCH emergency room will continue to be available 24 hours a day, 7 days a week.

“Jay County Hospital is committed to providing our communities with accessible, high-quality health care, and we are extremely happy to partner with Meridian Health who shares the same commitment. Being able to provide this much needed service to our community is exciting, and I am happy to be a part of this partnership,” states Dave Hyatt, Jay County Hospital CEO.

MeridianMD Convenience Care will be open Monday-Friday from 2pm-8pm and Saturday & Sunday from 8am-Noon. Current Jay County Hospital healthcare providers will be staffing the unit for the convenience you want, the providers you trust, and the care you count on.

A Ribbon Cutting/Open House event to celebrate this collaboration will be scheduled at a later date. More information will be available soon.

For more information on MeridianMD Convenience Care, visit jaycountyhospital.com.



We Can See You Now!



A message from Dave Hyatt, CEO



Greetings Friends of Jay County Hospital,

I hope everyone had a joyous holiday season, and rang in the New Year with hope and prosperity!

2016 was a year of tremendous growth and change for Jay County Hospital (JCH), and with adopting a new Mission and Vision, we are committed more than ever to continue providing the highest quality healthcare to our community.

This past year we added two new obstetric/family practice healthcare providers, Dr. Kristy Mount and Dr. Andrew Stevens. The addition of these tremendous healthcare providers has been a true asset to JCH and our community.

I am also extremely excited about the partnership we have formed with Meridian Health, not only for the healthcare clinic in Dunkirk, but also for the new Convenience Care clinic that will be located right here in Jay County Hospital. With walk-in availability on weekends and evenings, we are able to provide non-emergent care to the residents of our community and surrounding communities 7 days a week! And of course, our Emergency Department will continue to be available 24 hours a day, 7 days a week, for all emergency needs.

As I look ahead to 2017, I am excited to see more partnerships, continued growth, and new additions to Jay County Hospital. And speaking of growth and new additions, the JCH Foundation Annual Campaign is again focusing on our growing Obstetrics Department. The funds raised from the 2017 Annual Campaign will be utilized to help ensure that the newest members of our community have the best possible start in life. I hope you will consider supporting the annual campaign and the JCH Obstetrics Department.

I am proud to be a part of this incredible organization that focuses, first, on caring for our patients and providing the best possible care. Thank you for your continued trust and support.

Yours in health,

Jay County Hospital Board of Directors

**David Littler, Chair*

**Patrick Miller, Vice Chair*

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**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.

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 Haggenjos 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:

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

Ex-Officio Directors:

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

Did you know?

Care Coordinator on Staff at JCH

My name is Michelle Bruns and I am a Registered Nurse and Care Coordinator at Jay County Hospital (JCH). As the Care Coordinator, my job, put simply, is to keep Medicare patients in our community healthy. Simple enough, right? However, with all the changes that occur in healthcare and Medicare, JCH understands how confusing and difficult it can be to understand. That is why I am here...to help Medicare patients make sense of their benefits and the care they receive, and hopefully stay healthier.



M. Bruns, RN

I'm a registered nurse and I have been at Jay County Hospital for 15 years. In that time, I've been fortunate enough to gain experience in the emergency room, the medical/surgical unit, surgical recovery room, wound clinic, and the education department. As the JCH Care Coordinator, I will follow-up with patients after a hospitalization, assist them in gaining better control of their chronic illnesses, coordinate medical and community services as needed, and guide patients through preventative screenings and testing.

In hopes of reaching more Medicare recipients, I am available to speak to community groups and organizations to clarify what "Annual Wellness Visits" and preventative screenings are covered, and to help explain some new programs available through Medicare. This will give community members a chance to ask questions, and hopefully, to better understand their Medicare benefits.

At Jay County Hospital, we are committed to improving the health of our community, and we hope to partner with organizations and individuals in the area to accomplish this goal.

If you have any questions, would like to schedule a meeting or have me come to speak to your group or organization, please contact me at 260-726-7131 ext. 1194 or at mbruns@jaycountyhospital.com.

Post-Mastectomy Fitting Sessions

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

Upcoming Fitting Sessions:

March 21, April 18, May 16
9AM - 4PM

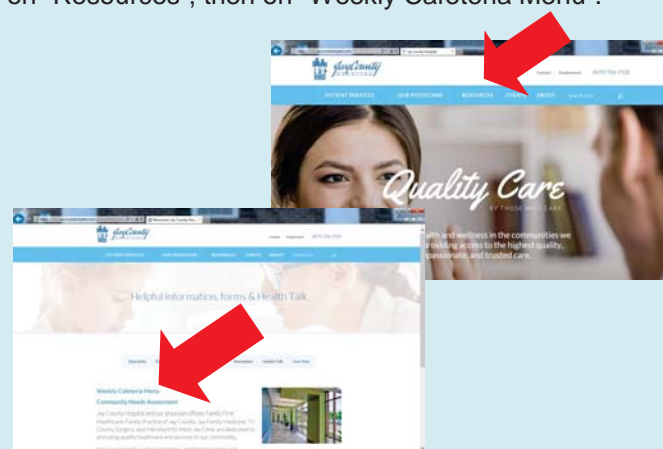


Cancer Centers

For more information: 765-751-5302

JCH Weekly Cafeteria Menu on the NEW JCH Website

You may have noticed that Jay County Hospital has a new website with many new, upgraded features, along with providing information on our services, clinicians, events, cafeteria menu, and more. If you are looking for The Weekly Cafeteria Menu, you can find it by clicking on "Resources", then on "Weekly Cafeteria Menu".



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

Next class is February 6

6PM - 7PM at Jay County Hospital

Childbirth Classes are also available during alternating months. **Next class is March 6, 13 and 20 from 6PM - 8PM.**

For more information: 260-726-1825

Continuing a Legacy...

Your health and the health of your loved ones is something that should be cherished, valued and protected. Having a healthcare system in your community that provides the highest quality services and care with state-of-the-art technology, is also of great value, and something many people around the world and in the United States don't have available to them.

Being able to bring your child to see a healthcare provider just minutes from your home, or driving your sick family member to receive chemotherapy down the road, is an opportunity available to few people. Driving across town to deliver your baby in an Obstetrics Department with unparalleled care, is rare in Indiana, with 31 counties not offering inpatient obstetrics services. Jay County Hospital (JCH) has been delivering babies for generations, and we are committed to continue providing this valued service for generations to come.

Not only is it beneficial for the health of community members to have a healthcare system locally, but it also affects the economic development and sustainability of a rural community. In addition, having local obstetrics services available benefits society. The presence of maternity care affects young people moving to the community, local businesses, and other medical and hospital services.

Jay County Hospital is committed to continue providing first-class obstetrics care to our community. This year's JCH Foundation Annual Campaign will again focus on and raise funds for continued enhancements in one of our most valuable departments. The funds will continue to help upgrade the JCH Obstetrics Department with top-of-the-line amenities, renovations to the nursery and remodeling of the post-partum rooms.

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.

Dave Hyatt,
JCH CEO

Rusty Inman,
JCH Foundation Chair

Vicki Delzeith,
JCH Foundation Director



If you have not yet donated to the 2017 JCH Foundation Annual Campaign, and would like to do so, complete the below pledge form and mail to: **JCH Foundation, Vicki Delzeith, 500 West Votaw St., Portland, IN 47371**

In support of the Jay County Hospital Foundation 2017 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, 2017, 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, 2017 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

Signature: _____ Title: _____ Date: _____

PLEASE SEE REVERSE SIDE FOR ADDITIONAL REQUIRED INFORMATION

Healthy Living

Importance of Self Care

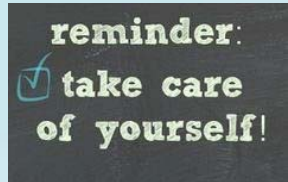
During the recent holiday season, you may have noticed feeling increased stress or pressure to get everything done. While we live in this fast-paced world, with amazing access to technology and resources, we may discover that these are the things that make our lives more chaotic and stressful. Do you find that ALWAYS being available is helpful? You may discover that you have significantly less down time. Many people report they are bombarded with negativity or drama through their online activities and television viewing. Have you found that in an effort to “help” and “be there” for others, you are harming your relationships? Is it possible that in an effort to meet other’s needs, we find ourselves feeling resentful and frustrated? It is important that we establish and set clear boundaries.

When we care for and about others, we must recognize that we must also care for ourselves or there will be nothing left to share with others. If you are able to practice healthy self-care, you will discover that you have more energy to care for others, you are setting an example for those in your life, and you will likely see a decrease in your stress level. So.... what is healthy self-care?

- Get adequate sleep and nutrition. (This means eating healthy food choices and sleeping 7-8 hours per night.)
- Spend time doing physical activity each day. (As little as 10 mins at a time can make a difference.)
- Identify your values and spend time honoring these values. (If family is most important to you, spend quality time with your family making lasting memories.)
- Unplug from technology. (Remember that you do not HAVE to answer a ringing phone, you choose to, that is unless you are working, then... answer the phone.)
- Spend time doing things that you enjoy: crafts, spending time with loved ones, volunteering, cooking, reading, etc.
- Do not overcommit yourself. It is much better to commit to fewer activities and be more present and effective when you are involved.
- Ask for help when you need it. Often we don’t ask and then get angry or resentful when others don’t give or help as much as we do.
- Learn to look for positives, give others the benefit of the doubt, and remember that we are all just doing the best we know how.

Sometimes it seems others have it far easier than we do, but we truly have no idea what is going on each other’s world. Be kind, celebrate uniqueness, encourage one another, and make an effort to find the positives. If you do, you will reap the rewards! If you feel that you could benefit from support dealing with stress, mental illness, or other issues you are struggling with, we are here to support you. Call Jay County Hospital Outpatient Therapy for your CONFIDENTIAL appointment at 260-726-1960.

~Jennifer VanSkyock, LCSW, LISW, LCAC
Director of Jay County Hospital Behavioral Health



Turkey and Squash Soup

This Southwestern-inspired turkey-and-squash soup gets a little kick from crushed red pepper and some zing from fresh lime juice. You can use leftover turkey or chicken (instead of the cutlets); dice it and add a few minutes before serving. Serve with cornbread.

Ingredients:

2 teaspoons canola oil
2 leeks, trimmed, chopped and rinsed
1 red bell pepper, chopped
3 cloves garlic, minced
4 cups reduced-sodium chicken broth
1 1/2 teaspoons ground cumin
2 cups frozen corn kernels
2 tablespoons lime juice
1/2 teaspoon crushed red pepper
1/4 teaspoon salt
1 1/2 pounds butternut squash, (1 small to medium), peeled, seeded and cut into 1-inch cubes
2 tablespoons minced fresh thyme, or 2 teaspoons dried thyme
1 pound turkey cutlets, cut into 1/2-by-2-inch strips
Freshly ground pepper, to taste



Preparation:

Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes. Add turkey and corn; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes. Add lime juice and crushed red pepper. Season with salt and pepper

Nutrition Information:

Serving size: about 1 1/2 cups; Per serving: 231 calories; 3 g fat(0 g sat); 6 g fiber; 31 g carbohydrates; 24 g protein; 85 mcg folate; 30 mg cholesterol; 7 g sugars; 0 g added sugars; 12452 IU vitamin A; 52 mg vitamin C; 84 mg calcium; 4 mg iron; 550 mg sodium; 692 mg potassium. Nutrition Bonus: Vitamin A (260% daily value), Vitamin C (120% dv), Folate (21% dv), Iron (20% dv). Carbohydrate Servings: 1/2 Exchanges: 1 1/2 starch, 1 vegetable, 3 lean meat. (eatingwell.com)

Getting Healthy in 2017 ...

Whether you are someone who makes New Year's Resolutions or not, the start of a new year is a great time to look at your health, and look at ways to improve it. Even if you're a seemingly "healthy" person, have you had a wellness check lately? Or did you get your flu shot? The mission of Jay County Hospital is to promote health and wellness in the communities we serve, and to do that, we provide numerous wellness opportunities for the public. Some of them include:

American Heart Association Heartsaver CPR, First Aid & AED:

Training available for community members. This certification prepares you to apply necessary life-saving skills in a variety of emergency situations. CPR classes can include adult, infant and child rescue techniques. For more information, please contact Kristi Henry at 260-726-1853.



Behavioral Health Outpatient Services: Jay County Behavioral Health provides a full range of counseling and treatment options, from meeting with an outpatient therapist to inpatient hospitalization, the professionals at JC Behavioral Health can develop the treatment plan that fits your needs for:

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



For more information, please call 260-726-1960.

Childbirth Classes: The birth of a child can be an exciting and sometimes scary time for a family. JCH offers Childbirth Classes for expectant parents to help prepare for this wonderful experience. For more information, please call 260-726-1825.



Diabetes Self-Management Program: This program puts you in touch with the demands of your disease and the people who can help you manage it. You will be given the tools to control your diabetes – so it doesn't control you. Our diabetic program is recognized by the American Diabetes Association. JCH offers these classes to diabetics in the community free of charge. For more information, please contact Kristi Henry at 260-726-1853.



Financial Assistance: 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** at **260-726-1884**, 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.

Flu Shot Clinics: Adult Flu Shot Clinics are held each year in various locations throughout Jay County Hospital. Clinics are open to the community for anyone 18 years or over.

Healthy Meal Reward Cards: Pick up a FREE JCH Healthy Meal

Reward Card from Trinkets & Treasures Gift Shop or the Jay County Hospital Cafeteria. Each time you purchase the healthy meal, the cafeteria cashier will initial a box on your Reward Card. After purchasing 10 Healthy Meals, return the completed Reward Card to receive your 11th Healthy Meal FREE! A Healthy Meal consists of 1 Healthy Entrée and 2 Healthy Sides.



Heart Healthy CT Scan: Who should get a Heart Healthy CT Scan? If you are over 50 years old with any of the following risk factors:



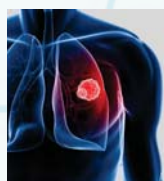
- Family history of heart disease
- Smoking/tobacco use
- High Cholesterol
- Diabetes
- Obesity
- Inactive lifestyle
- High blood pressure
- Stress

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 Heart Healthy CT Scan!



Low-Dose Lung CT Screening: 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.

Call 260-726-1821 to schedule your Low-Dose Lung CT Screening!

STOP (Stop Taking On Pounds): Jay County Hospital offers a physician referral based program for youth and their families struggling with weight issues. The STOP program focuses on nutrition, exercise, and behavior modification as a family effort. For more information, please contact Kristi Henry at 260-726-1853.

Lactation Services Available at JCH

Lactation Services are back at Jay County Hospital. Congratulations to Ashley Corwin, LPN, IBCLC! Ashley recently passed her lactation boards, making her an International Board Certified Lactation Consultant. She will lead Lactation Services at Jay County Hospital, and will be able to provide consultations and outpatient support to our patients and community. Ashley has been at JCH since 2007 and worked in the Lab while finishing nursing school. She then worked in Lifebridge (now Jay County Behavioral Health). Ashley transferred to the Obstetrics Department in 2014, and she continues to work in BHU, Med/Surg, and the Infusion Clinic.

As a Certified Lactation Consultant, Ashley will:

- Promote, establish and maintain breastfeeding support within Jay County Hospital and the community.
- Offer breastfeeding classes for expectant and new breastfeeding mothers.
- Conduct bedside lactation rounds.
- Consult and follow-up with all inpatient breastfeeding mothers.
- Offer outpatient services within the community to breastfeeding mothers with concerns and/or complications.



Funding for Ashley's certification was provided by the JCH Foundation.

For more information on Lactation Services, please call: 260-726-1825.

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 Behavioral Health
Jay County Orthopedics
Laboratory—OutReach Program
Medical/Close Observation Unit
MeridianMD Convenience Care
Obstetrics
Outpatient Surgery Center
Pastoral Care
Patient Advocate
Physical/Occupational/Speech Therapy
Prime Time
Radiology/PET-CT Imaging
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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Portland, IN 47371

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Permit No. 43



Contact us at **260-726-7131**

www.jaycountyhospital.com

