

Health Update

HENRY COUNTY
HEALTH CENTER
CARE YOU TRUST. COMPASSION YOU DESERVE.

MOUNT PLEASANT, IOWA
OCTOBER, NOVEMBER,
DECEMBER 2016

Personalized healthcare when it matters most



Having one knee replaced is a significant medical procedure, but imagine having both knees replaced at the same time. This is exactly what Mike Gabeline of Yarmouth had done at Henry County Health Center with Joseph Tansey, M.D., HCHC's board certified orthopedic surgeon.



After having x-rays at HCHC to find out the cause of his knee pain, Dr. Tansey recommended that Gabeline have both knees replaced.

"When I said I wanted to have both knees done at the same time, he said considering my age and upper body strength that he could do that. But he told me if during the surgery something didn't go as planned or if I wasn't acting the way he wanted me to, that I couldn't be mad at him when I woke up if I only had one knee done. He said he would do what was best for me as far as my health was concerned," explained Gabeline.

Dr. Tansey got him into surgery and successfully replaced both knees. Gabeline was pleased with the results of the surgery and so much more.

"I got right in and both knees came out very well. I had surgery on a Monday and by Friday I was home. HCHC is a small hospital but I got all the things patients get in a big hospital. From the state-of-the-art operating rooms to the staff, everything was great," he said.

Gabeline's daughter had heard positive things about Dr. Tansey and recommended him to her father. In addition, Gabeline wanted to receive his healthcare close to home because it would be easier on him and his family. He feels his decision to have his procedure and therapy done locally was definitely the right choice.

"There is value to receiving care close to home by people in my community. It felt like family."

"The day of orientation I was taken through surgery and met the surgery staff and anesthetist who would care for me during surgery. Then I went to Inpatient Services where I met the nurses, saw the room I would stay in, and was shown everything that was going to happen. There were no surprises and it was just like clockwork. I knew everything that was going to happen before it happened," he explained.

Gabeline was pleased with the care and the successful outcome of the procedure, noting two specific processes that were very significant. "I did not want a tube down my throat during surgery if possible. Anesthetist Matt Miller did a block instead and he did an unbelievable job. I was also impressed with the icing method that Dr. Tansey used. After talking to others who have had the same procedure elsewhere, I've never heard of anyone using this icing method that I had. It's something specific that Dr. Tansey uses and it was unbelievable how it helped me. I used it at home, too, and it really helped keep the swelling down."

Following surgery, Gabeline followed Dr. Tansey's orders closely and did physical

IMAGING SERVICES	2
HCHC CONSTRUCTION.....	3
FOUNDATION.....	4
PARK PLACE ELDER LIVING.....	5
HCHC NEWS	6
HCHC NEWS	7
UPCOMING EVENTS	8



Imaging Services

HCHC offers 3-D mammography

Early detection is the best protection against breast cancer. Henry County Health Center patients can be assured that they are getting advanced breast imaging with HCHC's Hologic Selenia Dimensions 3-D mammography.

Breast tomosynthesis, often referred to as 3-D mammography, allows doctors to see masses and distortions associated with cancers and precancerous cells significantly more clearly than conventional 2-D mammography. Instead of viewing all of the complexities of breast tissue in a flat image, as with traditional 2-D mammography, fine details are more visible with 3-D imaging and no longer hidden by the surrounding tissue.

A 3-D mammography exam is very similar to having a traditional 2-D mammogram. Like a 2-D mammogram,

to acquire the images," explained Deb Steenblock, HCHC Mammography Quality Control Coordinator. "The difference between 2-D and 3-D mammography is that 3-D acquires more images per exposure giving the radiologist more information."

Studies have shown that 3-D mammograms result in the following benefits for patients:

- **30-35 percent increase in cancer detection**
- **11 percent decrease in biopsy rate**
- **An approximate 40 percent reduction in recall rates**
- **40-50 percent increase in invasive cancer detection**

In addition, 3-D mammography has superior diagnostic accuracy for all breast types. Very low x-ray energy is used during the exam, with the total patient dose being well within the FDA safety standards for mammography.

HCHC's mammography technicians are specifically trained in this area of imaging. In addition to offering cutting-edge 3-D mammography, HCHC's Women's Center provides a private and comfortable waiting area with direct entry to mammography, bone density and ultrasound testing. To schedule a mammogram, contact the Imaging Services Department at 319.385.6157.

COST OF 3-D MAMMOGRAPHY

There is an additional \$60 charge for 3-D mammography (\$28 technical fee and \$32 radiologist professional fee). Breast tomosynthesis is a relatively new procedure and may not meet all insurance providers' medically necessary criteria. Therefore, patients choosing to not pay the additional fee for 3-D mammography at the time of service may choose to have 2-D mammography.

the technologist will position the patient, compress the breast, and take images from different angles. However, with the 3-D mammogram the radiologist can see finer details throughout the breast, with the procedure taking less than 10 seconds.

"Patients will not necessarily notice a difference in the procedure. They will still be placed under compression

continued from page 1 Personalized healthcare when it matters most

therapy in HCHC's Rehabilitation Services. He is walking unassisted and his knees are feeling great. After his experience, Gabeline would definitely recommend HCHC to others.

"I did everything from my x-rays, to surgery, to therapy at HCHC. I received such personal care all the way around from medical staff to dietary. Staff was there at all times, checking on me and making sure things were right. After I left the hospital, they contacted me at home every day. Everyone knew what was going on from the day I came here to the time I was done. It's one big family."

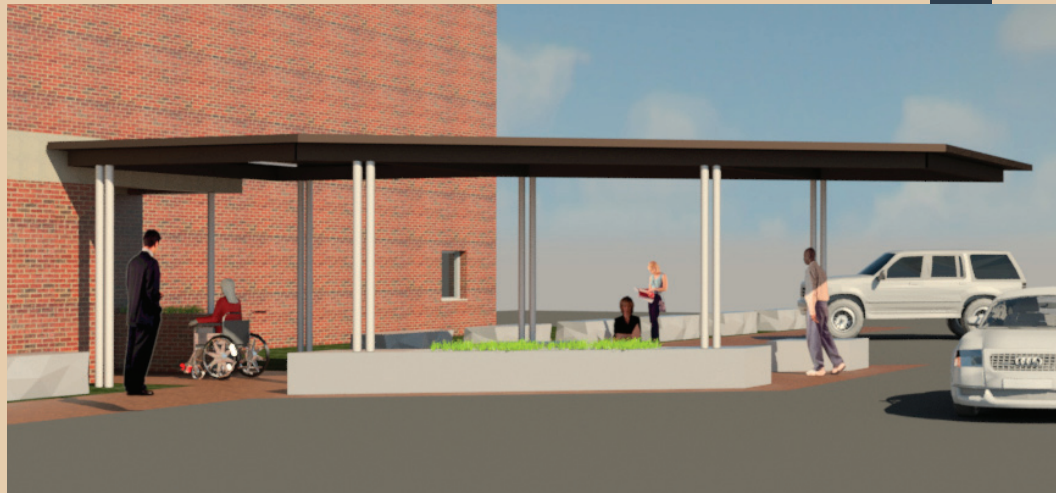
HCHC Construction

HCHC construction project improves patient access

Henry County Health Center is making improvements to the north parking lot and canopy for the Rehabilitation and Administration entrance. This project will enhance the environment of the facility and improve patient access to services. In response to patient needs, HCHC will be re-pouring the surface of the existing parking lot, expanding the parking area, adding space for handicap parking and converting to angled parking.

The project began at the beginning of September, with completion slated for the middle of November. During this time, patients and visitors needing the following departments must enter through the main lobby entrance of the health center by the fountain. There are volunteers, staff, and signage to assist with navigation through the health center to the north end of the building. To access services on the second floor of the north end of the building, please use Elevator D or the stairs. These are the departments and areas affected by the construction:

- **Rehabilitation Services:**
**Physical Therapy/
Occupational Therapy/
Speech Therapy**
- **Exercise Gyms**
- **Cardiopulmonary Rehab**
- **Audiology**
- **Infusion Therapy/
Chemotherapy**
- **Administration**
- **Patient Financial Services**
- **Meeting Rooms A-1 and A-2**



Your patience during construction is greatly appreciated. If you have questions about the construction project, please call HCHC's Public Information Department at 319-385-6124.

BE A PART OF WHAT MATTERS

at

HENRY COUNTY HEALTH CENTER

CARE YOU TRUST. COMPASSION YOU DESERVE.

OUR ASSOCIATES MAKE A DIFFERENCE EVERY DAY.

*Featuring Opportunities in: Nursing (OB, Med/Surg, Emergency, Long Term Care, Community Health),
Certified Nursing Assistants, Registrar, Janitor, Food Service, Radiology, and Phlebotomy.*

YOUR CAREER MATTERS!

Apply at: www.hhc.org

HCHC Foundation

HCHC Foundation holds 8th Annual Golf Benefit

Wednesday, August 10th, may not go down in history as the hottest day on record, but it might be named one of the most fun and charitable days of the year. Nearly 70 golfers braved the heat and took to their carts for the 8th Annual HCHC Foundation Golf Benefit at the Mt. Pleasant Golf and Country Club (MPGCC). There was a \$10,000 Hole-in-One contest sponsored by Gamrath, Doyle, Vens Insurance and a \$3,000 Putting contest sponsored by Kent and Pat White.

Just moments into the tournament and the air was filled with all the natural golfing sounds – cicadas in the trees, the distant click as the club hits the ball, the complimentary oohs and aahs for great shots and the occasional good natured hoots about the not-so-great shots. Fortunately those were few and far between and 18 holes later there were lots of smiles as golfers and community supporters lined up for a delicious meal prepared by MPGCC and sponsored by Pilot Grove Savings Bank. Then the auction began with lively bids on great items like party baskets, wine tastings, artwork, a smoker, gift certificates galore, garden hoses, golf items and tickets to sporting events.

At the end of the day over \$35,000 was raised to help fund programs aimed at improving access to care for southeast Iowa residents and fulfillment of medical provider needs. A big thank you to our tournament sponsor Relay Health, dinner sponsor Pilot Grove Savings Bank, MPGCC members who provided carts, local businesses and individuals who provided auction items, our corporate sponsors and the many individuals who made this event successful. Until next year... happy golfing!



HCHC CFO Dave Muhs takes a swing. Muhs' team took Top Flight 1st Place.



Auctioneers Jim Huff and Jeff Hoyer from Sullivan Auctioneers raise the gavel on a live auction item.



Golfers take to their carts at the gunshot start of the 8th HCHC Foundation Golf Benefit.

Park Place Elder Living

Park Place Elder Living... a place to call home

A home is defined by the comfort, security and love you feel around you. This is what elders feel at Henry County Health Center's Park Place Elder Living which is why they call it home. Staff provide high quality care and are committed to meeting each individual need with compassion and respect.

The homelike, family atmosphere is attributed to many things. Elders are surrounded by caring staff, their input about daily living and activities is valued, and they enjoy delicious food. In addition, due to the facility being part of the health center, an added benefit to elders and families is the convenient access to healthcare services at HCHC. Another bonus is the daily activities and events planned for the elders.

"We make certain that we offer a variety of activities to meet the diversified interests of our elders," commented Park Place Elder Living Executive Director Michelle Hanson.

"Elders help plan daily activities and other events. We also hold monthly Community Meetings where elders and families are encouraged to give input about things they like at Park Place along with areas of improvement. We value the opinions of our elders, and we want to make this the most pleasant and enjoyable place to call home."

Park Place not only offers a variety of activities for elders to choose from, but they also emphasize the importance of keeping elders connected to family, friends and their community. This is done by inviting friends from the outside community to Park Place to enjoy activities with the elders.

Hanson explained, "It is so important for our elders to maintain that strong connection with family and friends and to still feel like an active member of the community. We welcome and encourage guests to visit their loved ones at Park Place. This gives our elders the opportunity to continue those valuable relationships that they cherish so greatly."



Elders, family and staff are pictured with the artwork they created during the guided paintings activity led by "The Art Nest" in Mt. Pleasant.



Pictured is former Park Place elder Wally Ray with his ROMEO (Retired Old Men Eat Out) group. Wally invited this group of friends to enjoy dinner with him at Park Place Elder Living, providing a wonderful opportunity for him to socialize with friends.

For more information on Park Place Elder Living, call 385-6192.

HCHC News

Birdsell named Iowa Hospital Association Hospital Hero

Henry County Health Center Pharmacist Michele Birdsell has been named a 2016 Iowa Hospital Association (IHA) Hospital Hero. This is a statewide honor, and it is the first time for an HCHC associate to be recognized as an IHA Hospital Hero. In addition, Michele is the first pharmacist to have been selected for this award in the state of Iowa.

To recognize healthcare professionals for their dedication and contribution to community, IHA developed the Iowa Hospital Heroes Award. In order to receive this award, one has to be employed (or recently retired) at an Iowa hospital, has performed a heroic act or tirelessly given their time, talent or expertise to better their organization, patients or community, with measurable results. These everyday heroes are the role models for other hospital employees and the community they serve. They are people of integrity and honesty whose actions are evidence that they always place others before themselves.

In order to be selected for this prestigious award, all nominees' applications are reviewed by a panel of judges from other state hospital associations who know nothing of the individual or organization. Typically, the 10 highest-scoring nominations are chosen for the award and only one award per hospital is given per year. All recipients will be recognized for the Iowa Hospital Heroes Award at the Iowa Hospital Association's Annual Meeting in October.

A hero is admired for outstanding achievements and noble qualities. This is true for Pharmacist Michele Birdsell who is a hero both inside the health center and out in the community.

A pharmacist at HCHC since 1996, Birdsell has positively impacted the lives of patients, staff and students for 20 years. Her actions, attitude, and day-to-day concern for our patients are evidence of the passion she has for others. When Birdsell says "my patients" she really means it, it's not just a mantra.

The impact she makes does not stop with her patients. Birdsell spends a tremendous amount of

time, talent and energy as a preceptor for pharmacy students from the University of Iowa and Drake University. In 2011, she was named University of Iowa Hospital Pharmacy Preceptor of the Year. One member of HCHC's Medical Staff said, "Michele's critical thinking skills are second to none. She goes above and beyond to pass her knowledge on to others by being a preceptor to pharmacy students and providing education to staff."



Birdsell has been described by colleagues as a shining example of selflessness, caring and compassion. She does whatever is necessary to ensure that patients receive their needed medication in a timely manner; even when that means responding in the middle of the night, in inclement weather, when she's not on call.

Outside of HCHC, Birdsell shows her commitment to community by serving on the local Business and Professional Women's group. Within that organization she mentors young women to become professionals, and supports scholarship efforts. She is also an active participant with the American Cancer Society, and has volunteered for over 10 years with HCHC's Relay for Life team helping with fundraisers and volunteering at the Relay event.

Maya Angelou once said, "A hero is any person really intent on making this a better place for all people." This is true of Birdsell as her numerous contributions have made HCHC and the surrounding communities in Henry County a better place for us all.

HCHC News

HCHC Associates recognized for professional growth

Henry County Health Center is pleased to recognize 41 associates who participated in HCHC's Career Ladder Program. The Career Ladder promotes professional enrichment and growth for every HCHC Associate. This program endorses HCHC's vision to be the healthcare provider and employer of choice.

HCHC's Career Ladder recognizes, facilitates and compensates associates for demonstrating increasing levels of excellence through personal accountability, professional practice, leadership and customer service. HCHC provides opportunities for development and recognition of staff excellence. The program encourages all staff to excel at their current position or take the initiative for professional growth in their field, thereby enhancing quality of care, improving patient outcomes and promoting patient satisfaction and staff engagement and retention. Participation in the program also enhances our community by advocating service and leadership in community activities and organizations.

"This is a career ladder, not a clinical ladder, which means that every associate is eligible to participate. The program is structured yet allows associates to pursue their own interests within that structure. Associates pursue personal development in HCHC's pillars of People, Service, Community, Quality, Finance, and Growth. It is impressive to see the impact this is making on both the HCHC community and the local community. This program encourages associates to grow and use their leadership skills at HCHC and in our community. Participants included nurses, maintenance, housekeeping, information technology, administrative staff and patient financial services to name a few. We had participants at all four levels of the program," explained Lynn Humphreys, Human Resources Director.

"These individuals are committed to going above and beyond the requirements of their jobs to improve themselves. This results in a better place to work and better care for our patients. The investment by the associate and HCHC results in achievement of outstanding patient satisfaction and customer service through the delivery of high-level care and service excellence. Our 2016 Career Ladder recipients are role models for how to work toward this goal and give back to the community."



HCHC's 2016 Career Ladder recipients (front, l-r): Regina Wimley, Deanna Balderas, Berdelle Severson, Jill Daniel, Brent Wilson, Deb Steenblock; (middle, l-r): Stacy Speidel, Sara McClure, Kelly Klossing, Laurie Gotsch, Ali Welcher, Carolee Benz, Mary Murphy, Gloria Fear, Gary Brose, Angie Ackles; (back, l-r): Dawn Zaiser, Kelly Carr, Gale Bittle, Stephanie Gorsch, Jill Burtlow, Jen Vantiger, Maureen Ewinger, Prudy Mallams, Brian Sinclair, Todd Steenblock.



(Left to right): Elise Klopfenstein, Devan Rhum, Jean Glandon.

Not pictured: Jessica Wilson, Carman Davis, Wes O'Connor, Erika DuVall, Laurie Hoyer, Diane Steffensmeier, Ann Weber, Ava Seibert, Lori Coakley, Linda Veldboom, Andrea Moeller, Laura Williams.



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Upcoming Events

Want to get updates on the latest news from HCHC?

Visit our website at www.hchc.org and click on "Sign up for HCHC's e-newsletter" found in the maroon box on the right side of the homepage. HCHC's email newsletter will be delivered to your inbox monthly!

Upcoming HCHC Auxiliary Events!

AUXILIARY SOUP SUPPER

Friday, November 4

4:30 – 7:00 p.m.

Calvary Baptist Church
803 E. Mapleleaf Drive,
Mt. Pleasant

CHOICES: Baked Potato with toppings,
Kielbasa Cheese Soup, Chili

- \$9 for choice of two
- \$7 for choice of one
- \$2 Kid's Menu (under 5)

Includes: relish, crackers, dessert bar and drink

EVERYONE WELCOME!

Proceeds benefit HCHC Auxiliary health scholarship fund.



HOLIDAY COOKIE & PASTRY SALE!

Place your order for frozen cut-out Christmas cookies, Gingerbread Men, PuffCrust Pizza and Pastry Puffins! Pizzas and Puffins come in an assortment of flavors.

- Cut-out cookies and gingerbread men: \$15 per box
- Pastry Puffins: \$12 per box
- PuffCrust Pizza: \$13 per box
- White homemade frosting: \$1.25 for 5 oz. cup



- Samples are available for tasting at the Annual Auxiliary Soup Supper.
- Order forms available at the HCHC Gift Shop, Information Desk or by calling 385-6524.
- Orders due by Monday, November 21.
- Pick up of frozen product on Thursday, December 1, Noon-3 p.m., HCHC Main Lobby.

Proceeds benefit HCHC Auxiliary.