

## Employee Healthbeat

### Be ready for winter weather

When temperatures drop significantly below normal, staying warm and safe can be a challenge. With the help of the Centers for Disease Control and Prevention, learn how to protect yourself during all stages of a winter storm.

#### *Steps for storm safety: Before a storm*

The best way to keep your family and yourself safe is to plan ahead for a winter storm before it hits. There are steps you can take in advance for greater wintertime safety in your home.

1. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted. Although periods of extreme cold may not be predicted far in advance, weather forecasts can sometimes provide you with several days notice.

2. If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected annually. Ask local fire officials to recommend an inspector, or find one online.

3. If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice a year. All fuel-burning equipment should be vented to the outside. Each winter season, have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

4. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Your ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

5. Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors, and storm windows or thermal-pane windows.

6. If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm, and ensure they have access to unfrozen water.

Other checklist items to consider include:

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows, or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls. This will make water less likely to freeze.
- Service snow-removal equipment.
- Have chimney and flue inspected.
- Install easy-to-read outdoor thermometer.
- Repair roof leaks, and cut away tree branches that could fall on your home or other structure during a storm.

There are also steps you can take in advance for greater wintertime safety while traveling. Primarily, avoid dangerous winter travel, but if you have to travel, check out these tips for how to get your vehicle ready. (Continued on p. 2)

## Newsletter Fall 2018

**Employee Healthbeat • 1-4**

**In the Spotlight • 5**

**In the News • 5, 10-11**

**Other Celebrations • 6-9**

**Meet New Faces • 12-13**

**Recent Milestones • 13**

**HR & Events • 13**

**Community Engagement • 14-15**



## Employee Healthbeat

### Be ready for winter weather (Continued from p. 1)

1. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, each fall season, do the following: (1) Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed. (2) Replace windshield-wiper fluid with a wintertime mixture. (3) Replace any worn tires, make sure the tires have adequate tread and check the air pressure in the tires.

2. During winter, keep the gas tank near full to avoid ice in the tank and fuel lines.

Also be sure to check the following so your vehicle is in good running order:

- Heater
- Defroster
- Brakes
- Brake fluid
- Ignition
- Emergency flashers
- Exhaust
- Oil
- Battery

Before a storm, be sure to stock up on emergency supplies for communication, heating, food, safety and lighting in case a storm hits. In regard to communication, make sure you have at least one of the following in case there is a power failure:

- Cell phone, portable charger and extra batteries.
- Battery-powered radio, with extra batteries, for listening to local emergency instructions.
- National Oceanic and Atmospheric Administration (NOAA) weather radio receiver for listening to National Weather Service broadcasts.

Additionally, know how your community warns the public about severe weather:

- Siren
- Radio
- Television
- Local public health and emergency management websites

Other communication tips include:

- Listen to emergency broadcasts.
- Make a "Family Communication Plan." Your family may not be together during an extreme winter event, so it is important to know how you will contact one another, how you will get back together and what you will do during an emergency.
- Be sure to check on older neighbors and family members; assist as necessary.

Be aware that turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:

- Extra blankets, sleeping bags and warm winter coats
- Fireplace that is up to code with plenty of dry firewood or a gas log fireplace
- Portable space heaters or kerosene heaters (check with local fire department to make sure kerosene heaters are legal in your area)

Also, be sure to use electric space heaters with automatic shut-off switches and non-glowing elements. Never place a space heater on top of furniture or near water. Never leave children unattended near a space heater. Keep heat sources at least 3 feet away from furniture and drapes. Have the following safety equipment as a precaution:

- Chemical fire extinguisher
- Smoke alarm in working order (check prior to winter storm season and change batteries, if needed)
- Carbon monoxide detector (check prior to winter storm season and change batteries, if needed)

Generators should be located at least 20 feet from any window, door, or vent and in a space where rain or snow will not reach them. Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning. Do not use the generator or appliances if they are wet.



Do not store gasoline indoors where the fumes could ignite. Use individual heavy-duty, outdoor-rated cords to plug in other appliances.

To prepare for cooking and lighting in case a winter storm were to hit, keep the following in mind:

- Use battery-powered flashlights or lanterns. Have extra batteries on hand.
- Never use charcoal grills or portable gas camp stoves indoors. The fumes are deadly.
- Avoid using candles as these can lead to house fires. If you do use candles, never leave lit candles alone.
- Have a week's worth of food and safety supplies. If you live far from other people, have more supplies on hand. Make sure you have the following supplies:
  - Drinking water
  - Canned/no-cook food (bread, crackers, dried fruits)
  - Non-electric can opener
  - Baby food and formula (if baby in the household)
  - Prescription drugs and other medicine
  - First-aid kit
  - Product that melts ice on walkways
  - Supply of cat litter or bag of sand to add traction on walkways
- Don't forget about water!
  - Leave all water taps slightly open so they drip continuously.
  - Keep the indoor temperature warm.
  - Allow more heated air near pipes.
  - Open kitchen cabinet doors under the kitchen sink. (Continued on p. 3)





## Employee Healthbeat

### Be ready for winter weather (Continued from p. 2)

- If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer.
- If you cannot thaw your pipes, or if the pipes have broken open, use bottled water or get water from a neighbor's home.
- Fill the bathtub or have bottled water on hand.
- In an emergency, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

#### *Steps for storm safety: During a storm*

Extremely cold temperatures often accompany winter storms. These can produce a number of hazards, such as power outages and icy roads, which can affect you inside and outside your home. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Power outages or poor heating systems can make your home too cold, while space heaters and fireplaces can increase your risk of fires or carbon monoxide poisoning. Be careful when using wood stoves, fireplaces or space heaters to heat your home. Avoid using candles during a power outage; use flashlights or lanterns instead. Never use an electric generator or a gas or charcoal grill indoors; the fumes are deadly. Leave water taps slightly open to prevent pipes from freezing. Be sure to eat well-balanced meals to stay warm, keep a water supply, and avoid alcohol and caffeine. Conserve heat in your home, and monitor body temperature for infants and older adults.

Infants less than one year old should never sleep in a cold room, because they lose body heat more easily than adults. Follow these tips to keep your baby safe and warm during the extreme cold:

- Remove any pillows or other soft bedding. These can present a risk of smothering and Sudden Infant Death Syndrome (SIDS).
- Dress infants in warmer clothing such as footed pajamas, one-piece wearable blankets or sleep sacks.
- Try to maintain a warm indoor temperature. If not, make temporary arrangements to stay elsewhere.
- In an emergency, you can keep an infant warm using your own body heat. If you must sleep, take precautions to prevent rolling on the baby.

Older adults often make less body heat because of a slower metabolism and less physical activity. If you are over 65 years of age:

- Check the temperature in your home often during extremely cold weather.
- Check on elderly friends and neighbors frequently to ensure their homes are adequately heated.

Winter storms can make being outdoors dangerous. Extremely cold temperatures can cause hypothermia and frostbite, while icy roads can increase your risk of falls or getting into a car accident. While it's best to stay indoors during a winter storm, if you must go outside, make sure to make trips as short as possible and learn how to protect yourself.

- Dress warmly and stay dry. Wear a hat, scarf and mittens. Layer up!

- Inner Layer: Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk or polypropylene will hold more body heat than cotton.

- Insulation Layer: An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, such as wool or goose down, or a classic fleece work best.

- Outer Layer: The outermost layer helps protect you from wind, rain and snow. It should be tightly woven, and preferably water and wind resistant, to reduce body heat loss.

- If you have to do heavy outdoor chores, work slowly. Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your health care provider's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

(Continued on p. 4)



## Employee Healthbeat

### Be ready for winter weather (Continued from p. 3)

- Avoid walking on ice or getting wet. Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.
- Notify friends and family where you will be before you go hiking, camping or skiing.
- Do not leave areas of the skin exposed to the cold. Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia especially dangerous, because a person may not know it's happening and won't be able to do anything about it. Frostbite is a bodily injury caused by freezing that causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.
- Avoid traveling on ice-covered roads, overpasses and bridges if at all possible. If you must travel by car, check and restock the winter emergency supplies in your car before you leave. Use tire chains, and take a

mobile phone with you. Don't rely on a car to provide sufficient heat; the car may break down. Listen for radio or television reports of travel advisories issued by the National Weather Service. Do not travel in low-visibility conditions. Always carry additional warm clothing appropriate for the winter conditions. Never pour water on your windshield to remove ice or snow; shattering may occur.

- If you are stranded, it is safest to stay in your car. Tie a brightly colored cloth to the antenna as a signal to rescuers, and raise the hood of the car (if it is not snowing). Move anything you need from the trunk into the passenger area. Wrap your entire body, including your head, in extra clothing, blankets or newspapers. Stay awake. You will be less vulnerable to cold-related health problems. Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning. As you sit, keep moving your arms and legs to improve your circulation and stay warmer. Do not eat unmelted snow because it will lower your body

temperature. If possible, huddle with other people for warmth.

#### *Steps for storm safety: After a storm*

When returning home after a winter storm, you can take steps to stay safe from any hazards you might face.

- Prevent carbon monoxide poisoning by placing generators, pressure washers, charcoal grills, camp stoves, or other fuel-burning devices outside and away from open doors, windows and air vents.
- Clean your home as recommended to stop mold. Never mix bleach and ammonia, because the fumes could kill you.
- Eat and drink only food and water you know are safe.
- Drive safely, wear your seatbelt, and don't drink and drive.
- Do not enter a building if you smell gas. Call 9-1-1. Do not light a match or turn on lights.
- Wear waterproof boots and gloves to avoid floodwater touching your skin.
- Wash your hands often with soap and clean water, or use a hand-cleaning gel with alcohol in it.
- Avoid tetanus and other infections by getting medical attention for a dirty cut or deep puncture wound.

*Information for this article was provided by the CDC. ●●●*





## In the Spotlight

### Rural rotation

Norton County Hospital and Norton Medical Clinic were pleased to have Matt Miller from Norton with us this fall. He worked with Dr. Maurer completing a rural rotation as part of his 4th year resident curriculum with KU! He started the rotation in October and finished Nov. 15. ●●●



## In the News

*From the desk of Katie Allen, communications and foundation*

### Norton County Hospital welcomes Dr. Hatton on temporary assignment

Dr. Isaac Hatton joined Norton County Hospital and Norton Medical Clinic on temporary assignment beginning Oct. 1. Dr. Hatton is a family medicine provider who grew up in Papua New Guinea. He attended medical school in Israel and completed his residency in South Bend, Indiana.

Last year, Dr. Hatton completed the Via Christi International Family Medicine Fellowship, and as part of this fellowship he worked at a mission hospital in Rwanda for five months. His long-term plan is to work in health care among refugees.

Dr. Hatton has been married to his wife Camille for seven years, and the couple has a 1-year-old son.

Norton County Hospital gladly welcomed Dr. Hatton and his family to the Norton area. The hospital will keep the public informed of physicians temporarily working at its facility while recruitment continues for permanent physicians. ●●●





## Other Celebrations

### Happy Halloween!

Norton County Hospital and Norton Medical Clinic staff were in the Halloween spirit again this year!

*Photos are included below.*



### “Being Our Best”

Norton County Hospital recently started an Employee of the Month recognition program. Employees may be nominated by their peers, and then the Employee Committee selects the awardee from the nominations. The Employee of the Month for November 2018 is Katie Allen, Foundation Executive Director and NCH Communications Director. Katie's nomination read: “She's always doing something for someone and never complains. She will drop what she is doing, no questions asked and help with whatever you need. I feel like she is a great role model for ‘Being Our Best.’” *Katie's photo is included at left.*



## Other Celebrations

### Recognition Weeks

Norton County Hospital recognized many employees (some are pictured below) for their hard work and dedication during their respective national celebration weeks, some of which included:

- National Healthcare Environmental Services & Housekeeping Week
- National Rehabilitation Awareness Week & Physical Therapy Month
- National Surgical Technologists Week
- National Healthcare Food Service Week
- National Healthcare Supply Chain Week
- Emergency Nurses Week
- National Healthcare Facilities & Engineering Week
- Medical Ultrasound Awareness Month & National Radiologic Technology Week
- National Respiratory Care Week
- National Healthcare Quality Week
- Perioperative Nurses Week
- National Nurse Practitioner Week ●●●

**Congrats to Bill Campbell, who retired as the Laboratory manager! Lab staff put together quite the going-away party.**





## Other Celebrations

### Electrical updates

Norton County Hospital experienced electrical updates this fall; these updates will help improve power reliability and help us plan for the future! Thanks to all those involved in this important process. *Photos from the updates are included below.*



### Fall celebrations

Norton County Hospital's Employee Committee hosted a fall gathering for staff on Sept. 22, and the event included good food and kickball. *Photos are at right.*



### Wear Pink! October is Breast Cancer Awareness Month. *(Photos below)*



### Spreading Joy

One of our Norton County Hospital staff members, Alan Brown, found a kindness rock outside of our facility. What a great project! We will spread joy and kindness! *Alan's photo is included below.*





## Other Celebrations

### Staff attend safety training in Russell

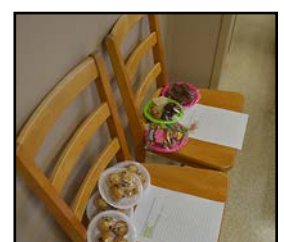
Seven hospital and clinic staff members from several different departments attended a Hospital Emergency Response Training (HERT) basic course at Russell Regional Hospital in September. Here is the purpose of the course from the textbook: "During a disaster—whether accidentally, naturally or intentionally caused—hospital staff must be prepared to respond, particularly for the influx of mass casualties. Disasters may involve Chemical, Biological, Radiological, Nuclear or Explosive (CBRNE) hazards that will require decontamination of patients, advance personal protective measures for hospital staff and nontraditional treatment measures." This training course addressed the health care response at the operations level for the facility and its staff.

According to NCH safety director Julia Thompson, RN: "The course taught us how to respond to different CBRNE incidents, how to select the appropriate personal protective equipment for a decontamination event, how to triage and receive patients during a mass casualty incident involving contamination, and how to describe decontamination methods and procedures. Many thanks to Russell Regional Hospital for hosting/offering the course." *Photos from the training are included below.*



### Helping one another

Staff in a hospital and clinic setting are used to caring for people. This same caring attitude comes into play when we want to support one of our own. One of our Dietary department staff, Elaine Albright, is fighting cancer. Many other staff came together to help raise funds to support her in her fight. From baked goods to crafts to baskets, more than 50 donations from staff poured in for a silent auction that raised \$943 to support Elaine. We couldn't be more proud of our work family and feel fortunate to be able to help her beat cancer. *Photos from this event are included below.*



## In the News

*From the desk of Katie Allen, communications and foundation*

### Scholarships awarded

The Norton Regional Health Foundation, a 501(c)(3) nonprofit organization with a mission to support the enhancement of quality health care for the residents of Norton County and surrounding counties, awarded scholarships to students pursuing advanced degrees in the nursing field. The Foundation presented the scholarship awards to the following recipients to help financially support their education for the Fall 2018 semester:

- Amber Graber, Norton, awarded a \$1,000 scholarship from the George Jones Nursing Scholarship Fund; Amber is taking college courses at Colby Community College to become a LPN.
- Amanda McDermott, Hill City, awarded a \$1,000 scholarship from the Warren and Jean White Nursing Scholarship Fund; Amanda is taking college courses at Colby Community College to become a LPN.
- Jordan Villarreal, Prairie View, awarded a \$1,000 scholarship from the Warren and Jean White Nursing Scholarship Fund; Jordan is taking college courses at Colby Community College to become a LPN.
- Melody DeWitt, Phillipsburg, awarded a \$1,000 scholarship from the Helen Stevenson Memorial Scholarship Fund; Melody is continuing her nursing education, and she currently works as a LPN at Norton County Hospital and oversees the Utilization Review/Discharge Planning departments. She is moving to the supervisory role for Risk Management/Quality Improvement.



The Norton Regional Health Foundation at Norton County Hospital awards academic scholarships each spring, summer and fall semester to students who are enrolled in college courses, are seeking degrees in the medical field and express interest in working at Norton County Hospital in the future. It is through donor support that these scholarships can be awarded, and the Foundation is grateful to donors for their generous contributions.

The next scholarship deadline is Dec. 1, 2018, for scholarships to be awarded for the Spring 2019 semester. Learn more and access the application on the Foundation tabs of The Beat or the NCH website. ●●●

### Recruitment, a team effort

Patients in the Norton area can be assured that medical providers will continue to be available to see them at Norton Medical Clinic and Norton County Hospital in the future. After Nov. 16, 2018, remaining staffed medical providers at Norton Medical Clinic include Glenda Maurer, MD; Jonna Inman, APRN; and Kristin Vogel, PA-C. Work has been done to secure “locum tenens” providers who will help with seeing patients in the clinic. These providers are working temporarily while the clinic is short-staffed, and they are familiar with rural health care in Kansas. Some of these providers will be available several days or weeks at a time for patient appointments. This will help more patients be seen when needed and lessen the risk of burnout among the medical staff.

Since August, physicians and their families have been living in Norton for periods of time to cover the Emergency department and help with patient care within the hospital. Many of these providers have goals to do mission work at hospitals around the world, but they have chosen to practice in Norton to not only experience and gain more skills in a rural environment but also to have a place to work while in the United States. Also, many are residents who have yet to select their first place of employment, which allows for a potential recruitment opportunity beyond their short-term coverage at the hospital or clinic.

According to Gina Frack, Norton County Hospital CEO, it's important that patients help in the recruitment of more permanent medical providers for both Norton County Hospital and Norton Medical Clinic. Even if the visiting providers don't return themselves in a more permanent role, they will potentially share their positive experience living and working in Norton with their peers and in a sense, they then can help recruit. The hospitality community members give these visiting providers and their families, particularly if they are staying for longer periods of time, can be the difference between making them feel like they are just here for a temporary job or that they are being brought into an appreciative community that makes Norton feel like home.

Recruitment efforts continue for permanent medical staff at Norton County Hospital and Norton Medical Clinic. The Board of Trustees, administration and staff thanks patients for their understanding during this transition period. Norton County Hospital will keep the public informed of physicians temporarily working for extended periods of time so they may be properly welcomed into the community and surrounding area. ●●●



## In the News

*From the desk of Katie Allen, communications and foundation*

### Keeping up in surgery




Norton County Hospital works to keep up to date with the latest technologies and equipment for patient care. According to Dr. Greg Sarin, orthopedic specialist, Norton County Hospital has new, state-of-the-art arthroscopy equipment. Dr. Sarin visits Norton twice per month for clinic and to perform some surgeries.

In addition to Dr. Sarin, some surgeries by other visiting specialists are also available. Those specialists include Dr. Todd Pankratz, OBGYN specialist, and Dr. Robert Hinze, podiatrist. ●●●



## Meet the Team!

Norton County Hospital is excited to announce our new employees. Please say hello, and welcome them to our team!

	<p><b><u>Karen Helm</u></b>  <b><i>Patient Access Representative</i></b>          Joined NCH Team November 6, 2018</p> <p>Karen grew up in Indianola, Nebraska. She attended college at McCook Community College and Nebraska College of Technical Agriculture. She is also a CNA. She is the oldest of 3 siblings in her family. She has a brother Keith and sister Nicole. Her dad is Todd and mom is Lana. She enjoys softball, crafting, going on walks, movies, helping out on the farm and stock car races.</p> <p>When asked why she chose to seek employment at NCH, she said: "I want to further my health care knowledge and career."</p>
	<p><b><u>Staci Manning</u></b>  <b><i>Patient Access Representative</i></b>          Joined NCH Team November 5, 2018</p> <p>Staci grew up near Phillipsburg, Kansas. She attended Fort Hays State University and received her Bachelor of Science degree in Health Promotion and Wellness. Staci and her husband Ryan live in Norton and have three daughters. Reilly is a freshman, and Robyn and Ryann are in 7<sup>th</sup> grade. She enjoys running, reading, traveling and following the girls' activities.</p> <p>When asked why she chose to seek employment at NCH, she said: "I enjoy working in the hospital/medical setting. We moved to Norton 14½ years ago. My husband is originally from Norton. So, we wanted to be close to family."</p>
	<p><b><u>Kayla Broeckelman, RRT</u></b>  <b><i>Respiratory Therapist</i></b>          Joined NCH Team October 18, 2018</p> <p>Kayla grew up on her parents' farm outside of New Almelo, Kansas. She went to kindergarten through sixth grade in Lenora and then attended school in Norton seventh through twelfth grade. Kayla graduated from the Respiratory Therapy program at Northwest Tech in Goodland, Kansas, in 2011. Kayla married her husband William in 2013 and welcomed their daughter Brooke to the family in October 2016. They also have three Australian Shepherd dogs: Cooper, Tripp and Major. Kayla loves spending time with her family and friends and riding her horses. She also enjoys traveling to new places.</p> <p>When asked why she chose to seek employment at NCH, she said: "We moved back to Norton so we could be closer to both our families, and Norton has always been our 'home.' We are very happy to be back."</p>



**Todd Boller, R.T (R)(CT)(ARRT)*****Radiology Technologist***

Joined the NCH Team October 2, 2018

Todd was born in Hays and graduated from Norton Community High School in 1988. He graduated from Fort Hays with his degree in Radiologic Technology. He is certified both as a Technologist and in Computed Tomography. Todd and his wife Mary live in Norton. Mary works at the Northwest Kansas Library System. He enjoys spending time with his family, cooking outside, fishing and metal detecting.

When asked why he chose to seek employment at NCH, he said: "My wife and I live here. I worked at Rawlins County Health Center in Atwood for the past year. I saw on Nex-Tech Classifieds that Norton County Hospital was looking for a Radiologic Technologist and put in my application. I am happy I was offered a position here. I am looking forward to the 5-minute drive to work versus an hour drive to Atwood."

**Rachael Rushton, RN*****Nursing—Night Shift***

Joined NCH Team August 31, 2018

**Recent Milestones**

Congratulations to these employees!

**September**

Angie Annon	12
Sara Smith	11
Alan Brown	4
Aaron Kuehn	4
Ashley Glennemeier	3
Dr. Hoa Nguyen	3
Desiree Schrader	2

**October**

Jeanice Gosselin	44
Kristin Vogel	11
Travis Nykamp	4
Gina Frack	3
Carolyn Long	3
Abby Bainter	1
Stefanie Dodd	1
Sarah Mohr	1

**November**

Eva Harrington	20
Shawnee Branek	17
Cami Cornelius	14
Tracey Hartzog	6
Rita Conrad	4
Pam Bigge	3
Sam George	1
Natasha Schmidt	1

**Dates to know! From Shannan Hempler, Human Resources**

1. Open enrollment meetings for insurance are scheduled for Dec. 5 and 6. More information and the times HUB is available are posted on The Beat.

2. Blood Drives at Norton County Hospital are scheduled this spring: January 23, 2019 and April 11, 2019

***From the American Red Cross: Introducing the Blood Drive Partner Journey!***

Thank you, Norton County Hospital, for partnering with the American Red Cross! We are very excited to introduce to you Blood Journey, a new communication that will showcase your organization's lifesaving impact. The blood collected from your most recent blood drive is now on its way to the below hospitals. While there may have been other hospitals that benefited from your efforts, the following hospitals received the majority of blood products collected from your drive.

VIA CHRISTI HOSPITAL ST. FRANCIS  
RUSSELL REGIONAL HOSPITAL  
NEWMAN REGIONAL HEALTH  
MORTON COUNTY HEALTH SYSTEM  
CIMARRON MEMORIAL HOSPITAL

Every day, hospitals provide lifesaving blood to patients in need. Your willingness to open your doors and recruit blood donors remains vital to the lives of the patients that we serve, not only locally, but across the country. ●●●



# Engage the Community

## Norton County Hospital Rehabilitation offers taping course for school coaches

A course for junior high and high school coaches was provided at Norton County Hospital in November in hopes to help educate them on the correct principles of taping both with athletic tape and with Kinesiotape. Jodi Roe, an athletic trainer, provided instruction in addition to Kellen Jacobs, Rehabilitation department supervisor and physical therapist, who said the main goal was to provide knowledge to coaches who don't necessarily get this education as part of their educator training. Roe and Jacobs are not always available to assist with all athletes' needs, especially at away games or weekend tournaments.



In addition to the coaches, other hospital staff members took the educational course to

gain continuing education credit hours. Jacobs has been twice certified as a Certified Kinesiotaping Practitioner with two different educational companies. This course is a way to have much better continuity among providers in the department, as well as to allow an opportunity for coaches to get to know the hospital staff members who take care of their athletes.

Dr. Greg Sarin, orthopedic specialist, also spoke to his experience with sports medicine and surgery in general. He spoke to his availability in the region and how effectively it works when an athlete can come to Jacobs or Roe right away with his or her needs. This local availability is beneficial to the athlete and his or her parents, because it reduces missed school time and drive time to appointments. The athletes typically can be seen within



the week and could have surgery, if needed, within two weeks. If athletes are treated more conservatively, staff at the hospital can also get all of the diagnostic tests done prior to Dr. Sarin even seeing the patient in many situations, further reducing wait times. This allows for effective and efficient treatment for these athletes and anyone else who needs it. It is rare that all who attended this course would have the opportunity and time to discuss management and care of athletes with a highly skilled surgeon like Dr. Sarin without themselves making an appointment with him. This educational environment provided for that rare experience.

Other specific objectives of the course included:

1. Participants will be able to correctly cut and apply Kinesiotape.
2. Participants will be able to correctly demonstrate basic ankle and thumb taping with athletic tape.
3. Participants will demonstrate correct removal of tape.
4. Participants will apply the principles to tape for edema anywhere on the body.
5. Participants will be able to correctly position athletes for proper taping.
6. Participants will be able to verbalize all precautions for taping.

Jacobs said the environment was laid back, but all who were in attendance were very engaged. It was a lab-type setting with lots of hands-on practice available. Attendees all practiced taping on each other during the two-hour course.

The Rehabilitation department would like to thank Norton County Hospital CEO Gina Frack for stopping by and for purchasing the Kinesiotape that was used. Also special thanks to the Dietary department and the Rehabilitation department for the snacks. Most importantly, special thank you to all of the coaches who attended. This night was a great collaboration for Norton athletics. All athletes will likely benefit from this educational experience. ●●●



## Medicare event

For 2019 Medicare coverage, open enrollment will run from Oct. 15, 2018, to Dec. 7, 2018. Norton County Hospital hosted a Medicare informational event in October to help patients and answer their questions. Did you know Norton County Hospital has a Senior Health Insurance Counseling for Kansas (SHICK) certified staff member to help answer questions and enroll in Medicare? Call

Melody DeWitt at NCH if you need assistance: 785-877-3351. Thanks to Glenna Clingingsmith with the Northwest Kansas Area Agency on Aging for joining us at the event.

For those who have questions about the Health Insurance Marketplace, there will be an educational event in the Norton County Hospital conference room on Dec. 11 at 6 p.m. Mark your calendars! Presenting once again is Peggy Ritter from Hoxie.





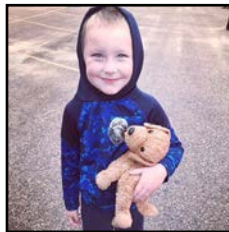
# Engage the Community

## Annual car seat check lane hosted at NCH

The Car Seat Check Lane hosted by Norton County Hospital and Norton Medical Clinic in September was a huge success despite cool temperatures! Our certified child passenger safety technicians checked 19 seats total. The kids who came absolutely loved seeing the emergency vehicles, so we are thankful to have had Norton County EMS, as well as local fire and law enforcement officials on site!

Congrats to our prize winners as well, and thanks to the prize sponsors!

- Classic pedicure by Janet Jilka at Elleven - Winner, April Stanley
- T-shirt or bag from Designs by Haley (Haley Schoenberger) - Winner, Julia Thompson
- Back in Balance 30-minute massage by Charla Sprigg - Winner, Addis Reyes
- Juenbugs 20-oz. customized tumbler by Megan Juenemann - Winner, Mandy Hogan
- Grand prize of a two-month membership to Define Gym - Winner, Mitch Pugh



Remember that you can always schedule a free car seat check! Just call the hospital at 785-877-3351 or clinic at 785-877-3305 to make an appointment with one of the technicians! ●●●

## Wellness Day

Some of our staff attended the Norton Community Schools Wellness Fair in October! We helped students learn about core strength and how to stop the bleed in an emergency situation. Thanks to our nursing and physical therapy staff for leading the programs! *Photos are included below.*



**Patients recognized many staff this fall for going above and beyond. Thank you for modeling “Being Our Best!”** *(Photos below)*

