

Employee Health Beat

From the desk of Jamey Keen, RN, employee health

Benefits of eating together as a family

Eating together as a family has been a longtime tradition in my family. Taking time to come together during our busy schedules helps keep our family close. According to the North Dakota State University (2016), there are many benefits to sharing family meal time. These benefits include:

- Family meals provide a sense of family unity and identity.
- Family meals give the opportunity to transmit the values and attitudes of a family from one generation to the next.
- Family meals also furnish a means for daily communication and strengthening family connections.
- Family meals give a meaningful opportunity for family members to spend time together and enjoy one another's company in a relaxed sitting.



In addition to these family benefits, there are other benefits specifically for kids and for your health! For more information, visit:

<https://www.ag.ndsu.edu/eatsmart> ●●●



Fruit salad! YUM!

Are you, or your children, struggling to get in your daily requirements of fruits and vegetables? An often requested dish in our household is a plain and simple fruit salad. This delicious dish can be fun for the kids and nutritious! Pick an assortment of your favorite fruits, and have your children help with the preparation. Before you know it, you are getting your daily servings of fruit, all while having fun with the kids. (P.S. We like to add miniature marshmallows to our fruit salad.) ●●●

Picky eaters?

Zero to Three offers tips for getting your picky eater to be less picky. Suggestions include:

- Offer several healthy choices - among the foods your child does like - at each meal.
- Gently but frequently offer new kinds of foods. Children need to be offered a new food as many as 10-15 times before they will eat it.
- Track your child's food sensitivities, and keep them in mind when preparing meals. Does your child have trouble with "mush" foods? Then offer apple slices instead of applesauce, or a baked potato instead of mashed. If you'd like your child to try a "mush" food, combine it with a crunchy food that he or she does like. Give him or her an animal cracker to dip in the applesauce.

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• Talk to your child's health care provider about any nutritional concerns you may have.

Further, "Some children are simply less likely to try new things based on their temperament - their individual way of approaching the world." Zero to Three provides more guidance based on the temperament of the child. For more information, visit: <https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters> ●●●



Employee Health Beat

From the desk of Jamey Keen, RN, employee health

Winter workouts

Small increments of physical exercise such as raking leaves, taking the stairs or adding a longer walk to a building's entrance can have a cumulative effect in giving your body the exercise it craves. Even two minutes count!

For the winter, make sure you dress appropriately to avoid frostbite, wear shoes that have traction, or stay at home and build snow people, snow angels, and snow forts with the kids! ●●●

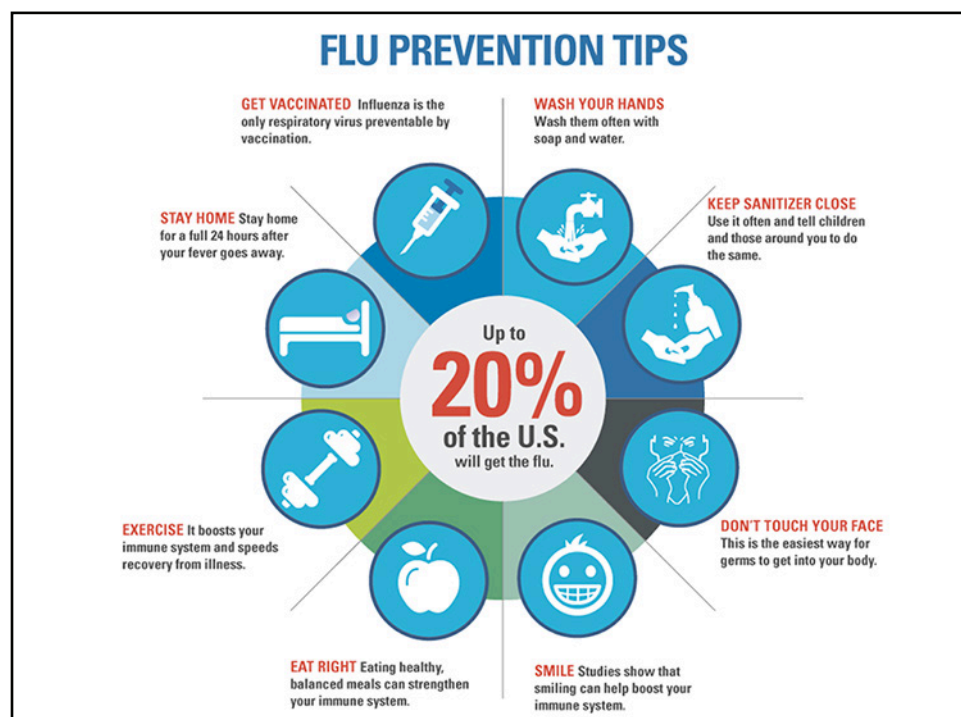


Avoiding the flu

News from the Kansas Healthcare Collaborative: Flu vaccine coverage among health care workers on rise

More than 9 out of 10 Kansas health care workers are protecting themselves and their patients from the flu by receiving the influenza vaccination. According to the Kansas Healthcare Collaborative, its statewide survey of Kansas hospitals indicates 92.3 percent of health care workers were immunized during the 2015-16 flu season, compared to 91.0 percent in 2014-15.

The survey of 141 Kansas hospitals included all groups of health care workers – hospital staff, physicians, students, volunteers and others, such as licensed independent practitioners and contractors who work within the hospital setting. All but four hospitals responded to the KHC's eighth annual survey for a 96.5 percent response rate.



The 1.3 percent statewide increase over the previous year's immunization rate reflects a positive trend. It also compares favorably with the national rate for acute care hospitals, which the Centers for Disease Control and Prevention estimates to be 91.2 percent for the 2015-16 flu season.

In contrast, the first statewide survey KHC conducted in 2009 found that only 64 percent of health care workers and medical staff were immunized against the flu. Since 2008, KHC has campaigned to increase the number of hospital health care workers receiving seasonal influenza vaccinations as part of its statewide efforts to decrease health care-associated infections. KHC is working with hospitals to achieve a 100 percent immunization rate by providing education, encouraging adoption of best practices and facilitating resource sharing.

"We are pleased to continue seeing progress in hospitals across the state, yet we still have work to do," said Kendra Tinsley, KHC executive director. "The flu can be serious, and by getting vaccinated, individuals working

within the health care setting can help protect not only themselves, but their patients, as well as their families at home."

Several leading national health care and patient safety organizations have recommended that all hospital health care personnel, including medical staff, receive the seasonal influenza vaccine—a key measure in preventing the spread of influenza.

A vaccination policy for health care personnel remains the largest single factor for increasing vaccination rates among hospitals, according to the CDC. The KHC survey confirmed this finding with more than one-third of all hospitals having a policy and more making plans to adopt one.

The most frequently used methods by Kansas hospitals for ensuring all personnel are immunized include providing education about the flu vaccine, sending reminders and monitoring progress facility-wide.

National recommendations and resources for hospitals are available on the KHC website at www.khconline.org/initiatives/immunization-project.

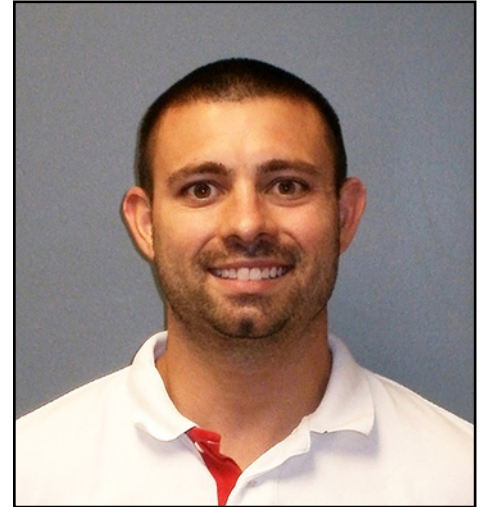
Norton County Hospital and Norton Medical Clinic have had 100 percent influenza vaccination rates for two years in a row! This shows our facility is committed to preventing the spread of infections! ●●●

In the Spotlight

Med staff welcomes Dr. Thomas Kriley

The Norton County Hospital is pleased to announce that a new family physician has joined the medical staff effective Aug. 15. Dr. Thomas Kriley, M.D., is originally from Smith Center. He completed his undergraduate degree at Washburn University, medical school at the University of Kansas School of Medicine and residency at North Colorado Family Medicine in Greeley.

Prior to joining the Norton County Hospital, Dr. Kriley practiced at Wray Community District Hospital and Clinic in Wray, Colorado. He specializes in family medicine and also particularly focuses on obstetrics, cesarean sections, vasectomies, and endoscopy and carpal tunnel procedures. ●●●



Engage the Community

From the desk of Katie Allen, communications and foundation

Free “Health Check” sessions create community partnerships, educate patients

The Norton County Hospital and Norton Medical Clinic began offering free community educational programming on a regular basis in a series of sessions called “Health Check.” The first session was Sept. 21 at the Prairie Land Electric Cooperative basement. The session, titled “What your blood says about you” was led by family physician Dr. Glenda Maurer.

The hospital and clinic partnered with the Norton County Health Department and Home Health for this first session. The health department hosted its low-cost blood draws early September, and Dr. Maurer helped patients understand their recent results at this session. About 15 people from the community attended.

“Regular blood draws are important so you can stay on top of your overall health and monitor certain health conditions that you may already have,” said Leslie Pfannenstiel, administrator and registered nurse at Norton County Health Department and Home Health.

“We have reassured many people who had concerns about their health based on their results, as well as diagnosed treatable illnesses and conditions such as thyroid disease, diabetes and leukemia (from the blood draws),” Dr. Maurer said.

Upcoming events

Other upcoming sessions will continue the education and collaboration. The next one will take place Tuesday, Nov. 15 at the First United Methodist Church Fellowship Hall in Norton. This event, led by family physician Dr. Hoa-Dung Nguyen, is titled, “Protect yourself this cold and flu season.” See page 6 of this newsletter for more information.

In addition to the “Health Check” sessions, other events are coming up involving our staff. Dr. Pamela Steinle, NCH general surgeon, will be the featured speaker at “Tickled Pink,” an event to raise awareness for breast cancer. It will be Saturday, Nov. 5 at 6 p.m. at the Bullseye Event Center in Norton. You can purchase tickets for this semi-formal event at The Closet, Norton Chamber and Bullseye Event Center. Katie Allen also has a few tickets available at her office. Tickets are \$35 per person, or a table with six seats can be purchased for \$250.

A navigator for the Health Insurance Marketplace will be at the Norton County Hospital to help patients who are interested in enrolling in health insurance for 2017. This event will be Monday, Dec. 5 at 6 p.m. at the NCH conference room. It is open to the public. The deadline to enroll in the Health Insurance Marketplace, for coverage to begin Jan. 1, 2017, is Dec. 15, 2016.

Questions about any of these events can be directed to Katie Allen, the communications and foundation director at NCH. Call extension 1412 or email kallen@ntcohosp.com. ●●●



In the News

From the desk of Katie Allen, communications and foundation

NCH professionals complete Integrated Care Training

Administrative and clinical leadership from the Norton County Hospital recently completed training with Cherokee Health Systems in Knoxville, Tennessee, to improve services and help clients achieve improved health outcomes. The instruction was an intensive two-day experience in Cherokee's Primary Care/Behavioral Health Integrated Care Training Academy.

"We were very pleased to work with the staff from the Norton County Hospital and were very impressed with the group's commitment to its community and desire to help its clients improve their overall quality of life," said Dennis Freeman, Ph.D., Cherokee Health Systems chief executive officer. "The importance of treating the whole person in an integrated, blended approach cannot be understated in terms of improved health outcomes, provider satisfaction and financial efficiencies."

According to the model presented by Cherokee Health Systems, integrated care is – at a basic level – the treatment of the entire patient, both mind and body. More specifically, it is the care that results from a practice team of primary care and behavioral health clinicians, who work together with patients and families using a systematic and cost-effective approach

to provide patient-centered care for a defined population.

Integrated care may address mental health and substance abuse, health behaviors and their contribution to chronic illness, life stressors, stress-related physical symptoms, as well as ineffective patterns of health care use.

Cherokee Health Systems is recognized as a national leader in the delivery of integrated care services, having practiced the model for more than 30 years in east Tennessee. Cherokee's Primary Care/Behavioral Health Integrated Care Training Academy has trained hundreds of providers over the last several years. As a provider in Tennessee, the organization treats more than 60,000 people annually and adds more than 16,000 new patients annually.

"I was grateful to know that we as a health community in Norton already have the philosophy of an integrated, systematic and cost-effective approach (to health care)," said Dr. Glenda Maurer, family physician at the Norton County Hospital, who attended the training. "This meeting gave us new ideas and actual working examples to improve how we provide optimal care."

The Sunflower Foundation supported travel to the training for Dr. Maurer and Gina Frack, chief operating officer for

the Norton County Hospital, along with Kelly Kriegshauser of Citizens Medical Clinic in Colby. Frack said Norton County Hospital and Citizens Medical Clinic have shared interests in finding innovative ways to address the integrated care needs in the communities they serve. ●●●



Medical Clinic hosts free Car Seat Check Lane

The Norton Medical Clinic offered its third annual Car Seat Check Lane on Friday, Sept. 30, at the clinic parking lot. Clinic staff who are certified child passenger safety technicians, including Cami Cornelius, Klare Givens and Angie Annon, performed the checks. Joining the clinic staff was Norton County EMS, as well as local fire and law enforcement officials, who visited with participants and offered entertainment for the children.

Sept. 18-24 was Child Passenger Safety Week, which aims to bring awareness to car seat safety. Car crashes are a leading cause of death among children 1 to 13 years old, according to Traffic Safety Marketing. Those interested in getting a car seat checked but could not make the event can call 785-877-3351 to schedule an appointment.

Thanks to Cami, Klare and Angie, as well as Jessie Dougherty for helping out! ●●●



Focus on Cancer Awareness

From the desk of Katie Allen, communications and foundation



Breast Cancer Awareness

October is Breast Cancer Awareness Month. While many employees chose to wear pink in support of breast cancer awareness, Norton County Hospital's commitment to this awareness was brought to the public's attention through a variety of media outlets, such as our local newspaper, radio station and social media.

Due to regular mammography screenings, breast cancer is often found at an early stage before warning signs appear, said NCH's Dr. Pamela Steinle. However, if a person suspects a tumor in the breast, the best action is to contact a primary care provider immediately. The primary care provider will often order a mammogram and consult a surgical specialist to biopsy the tumor to identify if it is malignant or not.

If it is malignant, the focus shifts to helping the patient build a team of medical providers, which in addition to a general surgeon may consist of a medical oncologist, radiation oncologist and plastic surgeon to allow the patient to explore various treatment options.

Along with a lump in the breast, other warning signs of breast cancer also exist, but Dr. Steinle said the warning signs are not the same for all women.

"Each breast cancer situation is unique, so I encourage breast self-awareness," Dr. Steinle said. "This means knowing your 'normal' and being aware of changes in your breast. It may be a change in the look or feel of the breast or nipple. It may be a firmness or lump, change in skin color or texture, or a puckering of the skin. It may also be a pulling sensation or discomfort in one spot that doesn't go away."

In addition to offering a wide spectrum of breast surgical care, NCH also offers digital mammography. If women received a mammogram in the month of October at NCH, they were presented with a free gift.

"Images are sent to our radiologist, and we receive a final report in a couple of business days," said Allison McChesney, NCH radiologic technologist. "If the report reads negative for signs of breast cancer, patients will receive a letter stating the negative results. If any follow-up exams are recommended, patients will receive a call from their primary care provider, who will explain the results in detail."

You may have heard Allison's radio ad about our mammography services throughout the month of October on KQNK! ●●●

Childhood Cancer Awareness

Norton County Hospital's employee committee recently collected money for Childhood Cancer Awareness. We paid to wear yellow/gold one day in September, Childhood Cancer Awareness Month, and had a lemonade stand during employee break.

We handed our collection over to Norton Community High School Student Advisory Council, which hosted a "put a lid on cancer day" and lemonade stand. Students paid \$3 to wear a hat during the school day, and there was a lemonade stand during the lunch hour in the student lounge. We hope our NCH contribution boosted what the students raised for the Alex's Lemonade Stand Foundation cause! This foundation funds research for new treatments and cures for childhood cancer.

Pictured at right are Miah Melvin, SAC president; Don Burge, SAC advisor; and Cale Patterson, SAC vice president from Norton Community High School with Pam Miller of the NCH employee committee, who presented a check of \$178.





This event is sponsored by:

NCH NORTON
COUNTY HOSPITAL

Norton County
**HEALTH
DEPARTMENT**
and Home Health

Moffet Drug
Pharmacy

What: FREE educational session titled "Protect yourself this cold and flu season"

Presented by: Dr. Hoa Dung-Nguyen, family physician, Norton County Hospital and Norton Medical Clinic

When: Tues., Nov. 15, 6-7:30 p.m.

Where: First United Methodist Church Fellowship Hall, Norton

Come and learn at this FREE event!

**Dr. Nguyen will be on hand to answer
these questions and more!**

~ What are some of the common illnesses
this time of year?

~ How can I protect myself and my
family?

~ What methods should I try to get
through the holidays without getting sick?

~ What is the difference between viral and
bacterial infections?

~ When would I require a prescription for
antibiotics?

~ What are the symptoms of influenza?

~ What should I do if I have influenza?

A light snack and childcare will be
provided!

**Norton County Health
Department will be available to
give the influenza vaccine to
those still wanting it this season.**

Chase Rice, pharmacist at Moffet
Drug, will also be available to talk
about cold and flu medications.

**An RSVP is appreciated by Nov. 7
to plan for snacks and childcare
needs. To RSVP, contact Katie
Allen at Norton County Hospital,
kallen@ntcohosp.com or
785-877-3351.**

Recent Milestones!

Join us in celebrating these employees and their dedication to NCH! These milestones were reached in September and October.

Nikki Wright	16 years
Joan Streck	15 years
Michele Railsback	13 years
Angie Annon	10 years
Tara Johnson	9 years
Sara Smith	9 years
Gwen Loyd	3 years
Alan Brown	2 years
Aaron Kuehn	2 years
Dr. Hoa Nguyen	1 year
Ashley McMullen	1 year

Jeanice Gosselin	42 years
Pam Cuthbertson	36 years
Kristin Vogel	9 years
Travis Nykamp	2 years
Chastine Herrera	2 years
Gina Frack	1 year
Carolyn Long	1 year

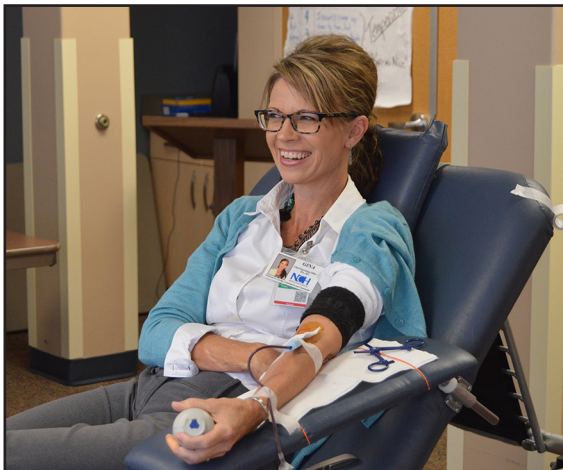
Congratulations on your achievements!

Travis Nykamp, received LPN license
 Alex Jones, received LPN license
 Neva Beydler, retired 7-1-16
 Sally McClelland, retired 7-1-16
 Norma Archibald, retired 6-1-16

Back to School

Nova Bates—CCC LPN program
 Travis Nykamp—CCC RN program
 Alex Jones—CCC RN program
 Sierra Black—FHSU nursing program

**Thanks to all who donated blood at the Oct. 19
 employee blood drive!
 We had 21 pints total donated!**



Sleeves Up Day Oct. 19

*From the desk of Shannan Hempler,
 human resources*

Norton County Hospital hosts a blood drive in our facility four to five times a year. It's our way of making the donation of this invaluable gift of life as easy as possible. Donating in the hospital usually only takes 30-45 minutes, no lines, no waiting, in and out and back to work quickly—or back to your daily activities if you are not working that day. NCH also supports this effort by paying our employees who are working at the time of their donation up to one hour of benefit time so that no pay is lost in most cases. Our employees who donate are making a commitment to save lives each time they give!

I also wanted to share my blood donation story: *I started donating blood when I was in high school and found out that I have O-negative blood. Although O- blood is fairly rare, it can be given to almost anyone and is in great demand. This brought to light the importance of my decision to donate blood. So I continued to donate in college and my adult life. If there is one thing you can do and know without a shadow of a doubt that you are making a difference in someone's life—it's giving the gift of life and donating blood. Is there any greater joy than giving life!?*

I stopped donating for a few years, because the local community drives had become lengthy and slow. I spent two hours after work waiting to get done at the last community drive I attended. I stopped donating blood for a while after that one. Fortunately, the drives were started at the hospital by a previous lab employee, and I was extremely grateful. I later took over as the blood drive coordinator for the NCH drives, because I thought this was an incredible way for our employees to be able to give to those in need of this lifesaving gift.

One Donation Can Save More than One Life!

One pint of blood can be separated into three primary components, which could help at least three different people:

- Red Blood Cells - carry oxygen to the body's organ and tissues. These cells are needed for accident victims and surgery patients. They can be refrigerated and stored for up to 42 days.
- Plasma - is 90 percent water, makes up to 55 percent of blood volume and is needed for organ, burn and shock patients. Plasma can be frozen and stored up to one year.
- Platelets - are an essential factor in blood clotting and give patients with leukemia and other cancers a chance to live. These can be stored at room temperature no longer than five days.

All three of these important components that make up a pint of blood are made in the body's bone marrow. About 1 billion red blood cells are found in just two to three drops of whole blood. For every 600 red blood cells there are approximately 40 platelets and one white cell.

According to NCH's lab supervisor Bill Campbell, from July 2015 through June 2016, NCH used 122 units of blood. Each full donation of blood will provide packed red blood cells, a unit of fresh frozen plasma and a single unit of platelets. ●●●

Meet the Team!

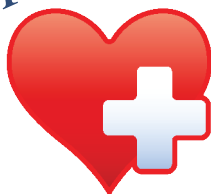
Norton County Hospital and Norton Medical Clinic are excited to announce our new employees as of June. Please say hello, and welcome them to our team!



	<p>Autumn Murphy Norton Medical Clinic</p> <p>Autumn joined the Clinic team on September 9th. She is a student at NCHS.</p>		<p>Crystal Fischer, RN Utilization Review Discharge Planning Surgery & Nursing</p> <p>Crystal joined our team on August 3rd. Crystal worked for NCH years ago and has recently returned to Norton.</p>
	<p>Michelle Windholz, CLS, MLT Laboratory</p> <p>Michelle joined our Laboratory team on October 13th.</p>		<p>Dr. Tom Kriley Norton Medical Clinic Norton County Hospital</p> <p>Dr. Kriley began his practice at NCH on August 15th. He will be Family Practice, OB and some surgical procedures.</p>
	<p>Karen VanSki Scribe</p> <p>Karen joined the Medical Clinic team on August 8th. She is the scribe for Dr. Maurer.</p>		<p>Katie Allen Foundation Executive Director</p> <p>Katie joined our team on July 21st with the development of the Norton Regional Health Foundation. She also serves as Communications Director.</p>
	<p>Anita Lyon Risk Management Employee Education</p> <p>Anita joined our NCH team on August 22nd. Anita's previous work experience is in Human Resources.</p>		<p>Michelle Pollock Logan Clinic Coordinator</p> <p>Michelle joined our team in the Medical Clinic on July 19th. She is training with our staff in preparation of NCH opening the Logan Clinic.</p>
	<p>Monica Dial Dietary</p> <p>Monica joined our Dietary team on August 5th. She is student at NCHS.</p>		<p>Natalie Bieberle Physical Therapist</p> <p>Natalie joined our Physical Therapy department on July 5th. She recently graduated from the University of Kansas Physical Therapy Program.</p>

	<p>Corene Smith Payroll & Accounts Payable</p> <p>Corene joined our Human Resources department on June 2nd. She has previous human resources and payroll experience with KDOT.</p>		<p>Danielle Reaves Nursing—CNA—Day Shift</p> <p>Danielle joined our Nursing department on June 22nd.</p>
	<p>Alex Jones Surgery/Nursing—LPN/Scrub Tech</p> <p>Alex joined our Surgery and Nursing departments on June 2nd. He recently completed the LPN program and received his LPN license. He is now in the RN program.</p>		<p>Brandy Dreiling Nursing—CNA—Night Shift</p> <p>Brandy joined our Nursing department on June 20th.</p>
	<p>Heather Mackey Outpatient Clinic</p> <p>Heather is a scrub tech in Plainville, helps with Dr. Sarin's clinic and facilitates any surgery referrals that are currently done in Plainville.</p>		<p>Tangela Losey Nursing—CNA—Day Shift</p> <p>Tangela joined our Nursing department on June 21st.</p>
	<p>Laura Phillippi Environmental Services</p> <p>Laura joined our Environmental Services team on October 10th.</p>		<p>Pam Shoemaker Dietary</p> <p>Pam joined Environmental Services on June 10th. She began in Dietary on September 19th.</p>
	<p>Jo Vacura Environmental Services</p> <p>Jo joined our Environmental Services team on September 27th. Jo worked for NCH several years ago and has recently returned to our staff.</p>		<p>Brittany Porter Nursing—CNA—Day Shift</p> <p>Brittany joined our Nursing department on June 3rd.</p>
			<p>Melissa Pereira, RN Surgery</p> <p>Melissa joined the Surgery team on September 26th. Melissa previously worked as a neonatal intensive care nurse in Colorado.</p>

New Employees



Other Celebrations

Environmental Services Week

Healthcare Environmental Services & Housekeeping Week was Sept. 11-17. We celebrated our environmental services crew, which ensures all of our facilities at the hospital and clinic are clean, sanitary, safe and orderly. Also included in environmental services is the laundry department, which processes more than 70,000 pounds of laundry each year! Simply stated, we couldn't function without this group.



Pictured L-R in the left photo are Abraham Burk, Eva Harrington, Josie Logemann, Cheryl Mann, Dorothy Misek and Pam Shoemaker. Not pictured are Alan Brown and Chastine Herrera.

Foodservice Workers Week

Healthcare Foodservice Workers Week was Oct. 3-9. We took time to honor our dietary crew, and they took time to honor us as well, by offering a variety of specials and treats to staff throughout the week. This group helps ensure employees and patients

stay well-nourished and healthy.

Pictured L-R in the right photo are Shaylei Johnson, Jordan Brown, Mary Boyce, Pam Bigge, Pat Michaels, Jean Carmichael, Jeanne Pharis, Carol Richmeier, Rita Conrad, Pam Shoemaker and Elaine Albright.

Not pictured are Nickala O'hare, Monica Dial and Consulting Dietitian Karen Bunnell.

If you want to feature your department for its specific national or international celebration, let Katie Allen know prior to that event at kallen@ntcohosp.com, or call extension 1412. ●●●



New logos

Due to the desire for consistency in our advertising, Katie Allen updated the Norton County Hospital logo and created a logo for the Norton Medical Clinic. These are now located on the shared drive in the "Communications" folder.

Various color options are available, and Katie is also in the process of making specific logos for each department. Feel free to use these as needed.



If you need assistance with a logo, contact Katie at extension 1412. If you need marketing materials or brochures updated, Katie is also willing to help with those projects. ●●●

Logan Clinic to open Nov. 15

The City of Logan and Norton County Hospital are pleased to announce that the Logan Clinic will be open for business beginning Tuesday, Nov. 15, 2016. Both the city and hospital appreciate the public's patience while they worked with the Attorney General to ensure necessary legal steps were followed to officially open and operate the clinic.

The hours of operation for the Logan Clinic will be from 8:30 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m. on Mondays

through Thursdays. On Fridays, the clinic will be open from 8 a.m. to 12 p.m. Doctors will rotate as the medical provider every Monday at the clinic, and a mid-level practitioner will be available every other day the clinic is open.

Beginning Oct. 31, the Logan Clinic will have staff member Michelle Pollock on-site to schedule appointments, transfer medical records into the computer system and answer questions to help meet patients' needs. The phone number to the clinic is 785-689-7464; fax number is 785-689-7466. ●●●

Meals on Wheels - Thank you!

Thanks to all staff members who have helped support the Meals on Wheels program for the Norton community!

Many have volunteered their time to deliver meals the past few months, and it is much appreciated. Thanks to our Dietary staff for their efforts in preparing the meals! ●●●

