

Employee Healthbeat

From the desk of Jamey Keen, RN, employee health

Ah! Spring at last! Hello, Hay Fever!

Did you know... 36 million Americans have hay fever symptoms each year, according to the [U.S. Food and Drug Administration](#)? Symptoms include repeated sneezing; stuffy and watery nose; redness, swelling or itching of the eyes, nose or throat; and possible ear problems.

Things that may help include:

Avoid the substance that causes the reaction, if possible. Use air conditioning rather than opening the windows in the house. Use an air purifying system.



Your medical provider may prescribe antihistamines, which counteract the histamine released by the allergen-antibody reaction.

Medications:

If you are taking antihistamines for the first time, make sure you do not operate heavy machinery, or drive, until you know how you react to the medication, as some antihistamines could cause drowsiness.

Decongestants may help, but they will not treat the actual underlying sensitivity. Over-the-counter nose sprays may help initially but can actually

cause a "rebound effect" (increased nasal congestion or stuffiness) if used for longer than three days. Inhaled corticosteroids may be effective and prescribed. Check with your provider or pharmacist for more about hay fever or asthma treatment.



Laughter IS the best medicine!

A deep belly laugh can:

- reduce stress
- lower blood pressure
- improve mood
- boost the immune system
- improve brain function
- protect the heart
- connect you to others
- provide instant relaxation
- release endorphins to give you that feel-good feeling

Laughing can be a great workout for your diaphragm, abdominal, respiratory, facial, leg and back muscles. It massages abdominal organs, tones intestinal functioning and strengthens the muscles that hold the abdominal organs in place. Not only will your midsection get a workout, it can benefit digestion and absorption. It is estimated that hearty laughter can burn calories equivalent to several minutes on a rowing machine or exercise bike, according to [wellnessproposals.com](#). ●●●

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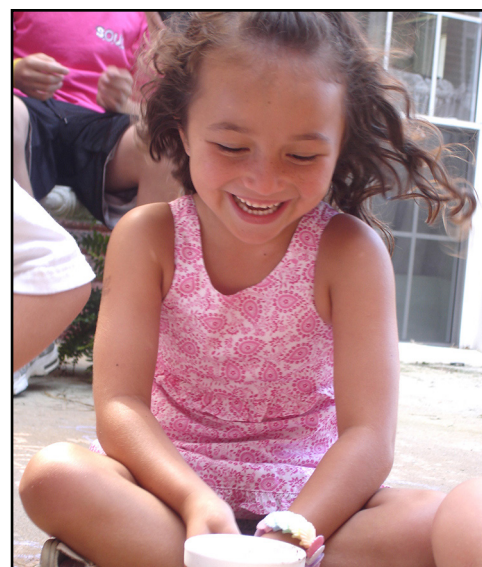
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Employee Healthbeat

From the desk of Jamey Keen, RN, employee health

Benefits of eating breakfast

Some people are not breakfast eaters, or they may wait several hours to eat something after waking. During the night, your body slows down and your insulin levels decline, so eating breakfast in the morning will “break that fast” (break-fast) and give you the energy you need to make it until lunch. People who eat breakfast will more likely:

- Control their weight better
- Have energy needed to concentrate and problem solve
- Consume healthier foods
- Have lower cholesterol, which protects the heart

You do not have to eat a large amount to get the benefits of eating breakfast. A piece of fruit or a slice of toast with peanut butter is all that you need.

For those in a hurry in the morning, consider these healthy on-the-go breakfast options courtesy of [Real Simple](#):

1. Yogurt with granola
2. A slice of banana bread cooked with applesauce in place of the oil/butter/lard
3. Scrambled egg rolled up in a whole-wheat tortilla
4. A slice of toast with mashed avocado instead of butter
5. Almond butter, yogurt and fruit parfaits
6. A handful of smoked almonds and a cheese stick
7. Whole-grain blueberry muffins
8. Fruit and cheese cubes
9. Protein shake
10. Caprese on sourdough with goat milk and cherry tomatoes



Benefits of massage

Now that stressful holiday times are over, and New Year’s resolutions are made (and possibly scrapped), one thing you can treat yourself to that provides health benefits is a massage.

We know that human touch is essential in life. Studies have shown that human touch is a necessary component to the survival of newborns. According to the [American Psychological Association](#), stress-related tension accounts for “92%” of disease.

Benefits of massage include:

- Increased circulation, blood flow, and oxygenation to tissues and organs
- Lymph system stimulation for better immune system response that rids the body of toxins
- Relaxation and softening of overused, tired, stressed muscles
- Increased joint flexibility
- Release of endorphins (same ones you get from laughing), which are the body’s natural painkiller and mood lifter
- Reduced back, fibromyalgia and migraine pain, which reduces the use of medication
- Reduced anxiety and depression

Agua spells hydration!

Staying hydrated is important no matter the weather. Try to drink eight, 8-ounce cups of water a day. With increasing temperatures outside, you may need to increase water intake if you spend a large amount of time outside. Beverages that best hydrate include water, juice, caffeine-free tea or coffee.

Drinking from a garden hose

What is the hype about not drinking from a garden hose? Recent discussion has included some officials warning against drinking from a garden hose due to chemicals from the hose.

Oscar Will, III, Ph.D., wrote: “If we did the surface-area-to-volume measurement, coupled with the flow



characteristics of 40 PSI water moving through a typical hose, and we knew the solubility characteristics of any chemicals in the hose, we’d discover that the amount of potentially toxic materials actually dissolved in the water is miniscule, possibly immeasurable... Your livestock would probably be at more risk from some water-borne parasite than plastic toxins leaking from hoses.” You be the judge!

Principles of Acknowledgement

Acknowledgement is defined as the action of expressing or displaying gratitude or appreciation. Judith W. Umlas developed the 7 Principles of Acknowledgement that can help guide us in our actions toward others:

1. The world is full of people who deserve to be acknowledged.
2. Acknowledgement builds intimacy and creates powerful interactions.
3. Acknowledgement neutralizes, defuses, deactivates, and reduces the effect of jealousy and envy!
4. Recognizing good work leads to high energy, great feelings, high-quality performance and terrific results.
5. Truthful, heartfelt and deserved acknowledgment always makes a difference, sometimes a profound one, in a person’s life and work.
6. It is likely that acknowledgement can improve the emotional and physical health of both the giver and the receiver. (Continued on pg. 3)

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Principles of Acknowledgement (Continued)

7. Practice different ways of getting through to the people you want to acknowledge.



You never know when your actions or words may help someone when they need it the most.

Working in an atmosphere where caring for people is our specialty, we have to remember to care for ourselves and each other. This can be as simple as acknowledging someone walking toward you in the hallway by saying “Hello! How are you?”

We all deeply want the same things... to be respected, liked, appreciated. Acknowledgement has to come from each other, and it has to spread like wildfire! Encourage and show kindness to one another, work as a team, treat others as we, ourselves, would like to be treated.

You never truly know when passing by someone, what battle they are facing in the present moment. Strive to be a caring person, and acknowledge those around you on a daily basis.

Practice empathy. Place yourself in others' shoes, truly try to feel what they are feeling and strive to be more understanding. At the end of the day, we want to say, “I tried” or “I did my best.”

This quote below says it all! ●●●

Each life reverberates in every
other life. Whether or not we
acknowledge it, we are
connected, woven together in our
needs and desires, rich and poor,
men and women alike.

Susan Griffin

PICTUREQUOTES.COM

In the Spotlight: Sun Sense

SUN AWARE

Simple steps to prevent and detect skin cancers

- A** Avoid unprotected UV exposure; seek shade.
- W** Wear sun-protective clothing, a hat and sunglasses.
- A** Apply sunscreen generously and often.
- R** Routinely check skin and report changes.
- E** Educate yourself and others.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		CALL 9-1-1 <ul style="list-style-type: none"> Take immediate action to cool the person until help arrives

[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)
[Weather.gov/heat](https://www.weather.gov/heat)

[@SacramentoOES](https://twitter.com/SacramentoOES)
[SacramentoReady.org](https://twitter.com/SacramentoReady)

Summertime Creepy-Crawly Pests

From the desk of Jamey Keen, RN, employee health

Lyme disease

Tick season is upon us! Lyme disease is caused by a bacterium and is transmitted to humans by the bite of an infected blacklegged tick. Symptoms include: circular rash that expands over a period of several days and can reach up to 12 inches across with a center that may clear up as it enlarges, resulting in a bullseye-appearance. A photo of the blacklegged tick is included below.

If left untreated, the infection can spread to other parts of the body within a few days to weeks. This may result in other symptoms, which include loss of facial muscle tone, severe headaches and neck

stiffness, shooting pains, heart palpitations, dizziness and/or joint pain. Symptoms may turn into chronic arthritis and severe joint pain and swelling. Treatment includes antibiotics. Even with antibiotics, some symptoms could last months to years after treatment.

Prevention:

1. Use repellent, tick checks and other simple measures to prevent tick bites.
2. Control ticks around your home and in your community.
3. Ask your doctor if taking antibiotics after a tick bite is right for you.
4. Learn symptoms of a tick-borne illness.

Other types of ticks:

- American dog tick (aka, wood tick; see left) has a size before feeding of 3/16 inch.



It is reddish-brown in color. After feeding, it becomes the size of a grape and will have a large silver spot behind the head. Male ticks have slim, silver lines on their back

that don't enlarge after eating.

- Lone Star tick (see left) is about 1/8 inch long, and it is brown in color. The adult



female has a white dot or "lone star" on her back. Lone star tick saliva can be irritating; redness and discomfort at a bite site does not necessarily indicate an infection.

- Brown dog tick (aka, kennel tick; see right) thrives indoors. It is 1/8 inch long and reddish-brown in color. These ticks attach themselves around dogs' ears or between their toes; dogs are the primary host, but they may bite other mammals. They don't typically carry human diseases.



Distinguish the deer tick from the American dog tick by its size. Adults are roughly half the size of female dog ticks. Adult deer ticks are also reddish brown, but they primarily feed on deer. In the nymph stage, they are pinhead-sized and brownish, and they'll feed on humans, dogs and other warm-blooded animals. *Source: CDC*

West Nile Virus (WNV)

West Nile Virus is most commonly spread by infected mosquitoes. Illnesses caused by West Nile include febrile illness, encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord).

Most people get infected by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Most people are at higher risk for WNV June through September. Symptoms include headache, body aches,

joint pains, vomiting, diarrhea or rash. Fatigue and weakness can last for weeks or months. Severe symptoms include headache, high fever, neck stiffness, disorientation, coma, tremors, seizures or paralysis.

If you think you or a family member might have WNV, consult a health care provider for evaluation and diagnosis.

There are no medications to treat or vaccines to prevent WNV. Over-the-counter pain relievers can be used to reduce fever and relieve some symptoms. Those with milder symptoms typically recover on their own. In severe cases, patients often need to be hospitalized to receive supportive treatment.

Prevention:

1. Use insect repellent when outdoors.
2. Wear long sleeves and pants dusk to dawn when mosquitoes are most active.
3. Install/repair screens on windows and doors. Use an air conditioner, if possible.
4. Reduce the number of mosquitoes by emptying standing water from containers such as flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires and birdbaths. *Source: CDC* ●●●



Summertime Creepy-Crawly Pests

From the desk of Jamey Keen, RN, employee health

Spider bites

Most bites from a spider are minor. A few can be dangerous and include bites from the black widow and brown recluse.

To care for a spider bite:

1. Clean the wound. Use mild soap and water, and apply an antibiotic ointment.
2. Apply a cool compress. Use a cloth dampened with cold water or filled with ice. This helps reduce pain and swelling. If the bite is on the arm or leg, elevate it.
3. Use over-the-counter medications such as a pain reliever for discomfort.

Seek medical care if you are unsure whether or not the spider was poisonous; if you experience severe pain, abdominal cramping or grow an ulcer at the bite site; or the person bitten stops breathing.

Your doctor may recommend the tetanus booster if you haven't had one in the last five years.

Types of spiders:



- The Black Widow Spider (above, left) has an hourglass marking on its belly. The bite feels like a pinprick; you may not know you have been bitten. Signs and symptoms of a black widow spider bite include slight swelling and red marks, intense pain and stiffness, severe abdominal pain or cramping, and excessive sweating.

- The Brown Recluse Spider (above, right) has a violin-shaped marking on its back, but this mark can be hard to see. The signs and symptoms of a brown recluse spider bite include stinging, redness, intense pain within eight hours, and a deep blue or purple area around the bite, which may develop a red ring around it. *Source: Mayo Clinic and CDC*

Snake bites

Snake bites can be deadly if not treated quickly. Children are more at risk for death due to their small body size. If you are ever bitten by a venomous snake, or you are unsure, get to the nearest emergency department as quickly as possible.

Venomous snake bites include bites by any of the following: cobra, copperhead, coral snake, cottonmouth (aka, water moccasin), rattlesnake and various other snakes found at zoos.

Most snakes try to avoid people, but all will bite if they feel threatened. Venomous snake bites can cause bleeding, blurred vision, burning at site of bite, convulsions, diarrhea, dizziness, excessive sweating, fainting, fang marks in the skin, fever, increased thirst, loss of muscle coordination, nausea and vomiting, numbness and tingling, rapid pulse, tissue death, severe pain, skin discoloration, swelling and weakness.

First aid includes:

1. Keep the person calm. Restrict movement, and keep the affected area below heart level to reduce venom flow.
2. Remove any rings or constricting items, and create a loose splint to help restrict movement of the area.
3. If the area of bite starts to swell or change color, the snake was probably venomous.
4. Monitor the person's pulse, breathing, blood pressure, temperature and watch for shock and paleness.

5. Get medical help right away.

6. Bring in the dead snake only if this can be done safely. Do not waste time hunting for the snake, and do not risk another bite if it is not easy to kill the snake. Be careful of the head when transporting it; a snake can actually bite (from a reflex) for several hours after it's dead.

DO NOT:

1. Allow the person to overexert; carry the person to safety if needed.
2. Apply a tourniquet.
3. Apply cold compresses to a snake bite.
4. Cut into a snake bite with a knife or razor.
5. Try to suck out the venom by mouth.
6. Give the person stimulants or pain medicines.
7. Give the person anything by mouth.
8. Raise the site of the bite above the level of the person's heart.

Prevention:

1. Avoid areas where snakes may be hiding, such as under rocks and logs.
2. Even though most snakes are not venomous, avoid picking up or playing with any snake unless you have been properly trained.
3. Don't provoke a snake. That is when many serious snake bites occur.
4. Tap ahead of you with a walking stick before entering an area where you can't see your feet. Snakes will try to avoid you if given enough warning.
5. When hiking in an area known to have snakes, wear long pants and boots if possible.

Source: University of Maryland Medical Center ●●●



Celebrations

Working Women feature

Each year, the Norton Telegram features working women of Norton County in a special insert. We were delighted to feature our working women at Norton County Hospital, Norton Medical Clinic and Logan Clinic! While we didn't get photos of all women who work with us, we were able to capture many of them. Thanks, ladies, for all that you do every day for our patients and communities!



Soles4Souls results

The Soles4Souls shoe drive by Norton County Hospital's Rehabilitation department was a huge success! A big "thank you" to all who donated shoes to help those in need. The shoes were sent to Nashville, where they were distributed by Soles4Souls! The goal was to collect 500 pairs of shoes, and **we ended up collecting 960 pairs!**



Thanks also to this bunch for organizing and making this service project a great one.

Employee Health Word Search

B	U	L	L	S	E	Y	E	H	T
R	E	V	E	F	Y	A	H	E	N
O	T	I	U	Q	S	C	M	L	E
V	E	N	O	M	O	U	S	L	L
L	A	U	G	H	T	E	R	O	L
S	N	I	H	P	R	C	D	N	E
N	C	I	T	A	R	D	Y	H	P
O	V	E	R	E	X	E	R	T	E
S	S	E	N	D	N	I	K	W	R
B	R	E	A	K	F	A	S	T	L

Breakfast	Hayfever	Kindness
Overexert	Bullseye	Hello
Laughter	Repellent	Hydration
Endorphins	Venomous	Mosquito

New photos on display

New medical staff photos are now displayed at the hospital and clinic! We are showcasing our providers by getting these photos up for patients and their families to see when they visit.



Celebrations

National Walk @ Lunch Day

Many staff and community members with Norton County Hospital and Clinics, Norton Regional Health Foundation and Live Well Norton were among individuals and groups across the state of Kansas and nationally who participated in the 11th annual National Walk @ Lunch Day April 26th. What a good group we had representing us! We all braved the cold day to get a good 30-minute walk in. According to Blue Cross and Blue Shield of Kansas, walking is one of the easiest and most effective forms of exercise and, when done briskly and on a regular basis, 30 minutes of walking can: decrease the risk of heart attack and type-2 diabetes, lower blood pressure, control weight, improve muscle tone, and reduce stress and anxiety.



Emergency preparedness drill

Norton County Hospital completed an emergency management drill April 4th to test out our emergency plans and policies. This was important to practice in case a real-life emergency were to occur. Other groups were also involved in the drill, including Norton County Emergency Management, Norton County Health Department and Home Health, and Norton County EMS. We appreciate our community partnerships and definitely need those partnerships if an emergency situation, such as a tornado, ever impacted the area.



Foundation moves forward

At its board meetings in March and May, the Norton Regional Health Foundation made the decision to work with the Live Well Norton coalition on community wellness projects. In this collaboration, Live Well Norton will serve as a sub-committee of the Foundation and will house its funds within the Foundation. An upcoming project that group is working on is a new trail on Armory Drive. With this new trail, people would be able to walk and bike more safely along that road.

Additionally, the Foundation recently voted to give the Norton County Hospital \$40,000 to purchase new IV pumps, which are currently at end of life. The Foundation will continue to raise funds and approach grant opportunities to allow the hospital to improve its technologies and capabilities. Another major equipment item that will be needed in the next 1-2 years is a new CT Scanner. If you have any questions, feel free to ask Katie Allen, the Foundation's executive director.



Support for the heart

We would like to send out a big "thank you" to Lana Jones, LPN, and Ruth Mizell, RN, for their work this spring with the Heart Failure Support Group! This program helped individuals take control of their lives and better manage their heart conditions.

In the News

From the desk of Katie Allen, communications and foundation

Norton County Hospital implements new automated phone system

In an effort to better assist those who call Norton County Hospital, the hospital has implemented a new automated phone system. When callers dial the hospital's phone number, 785-877-3351, they are now prompted to select a particular department and still have the option to speak to a receptionist.

"We found that many callers were wanting to be connected to a select few departments," said Norton County Hospital's CEO Ryan Stover. "Now callers can choose a number to be directly connected to those departments without having to go through a receptionist first. Callers still have the option to speak to a receptionist, however, and a receptionist is always available during regular business hours."

Those departments now included in the automated system include the nurses' station, lab, rehabilitation (physical, occupational and speech therapies), radiology and scheduling with visiting specialty clinics.

Stover said this system is similar to the automated phone system already used at Norton Medical Clinic. To make the public aware, Norton Medical Clinic recently changed its automated selection options, so callers should pay close attention to the new options when they call the clinic as well. The clinic number is 785-877-3305. ●●●

March of Dimes recognizes Norton County Hospital

The recognition is for the hospital's work in giving more babies a healthy start in life.

Norton County Hospital has reduced the number of elective inductions and cesarean deliveries performed before 39 completed weeks of pregnancy. This will give more babies a healthy start in life, according to the March of Dimes.

"We're proud of our team of physicians and nurses who put in place policies to avoid scheduling c-sections or inductions before 39 weeks of pregnancy, except when medically necessary," said Ryan Stover, Norton County Hospital's CEO.

"The last weeks of pregnancy are important. Babies aren't just putting on weight. They are undergoing important development of the brain, lungs and other vital organs," said Paul E. Jarris, M.D., MBA, March of Dimes' senior vice president and chief medical officer. "We commend Norton County Hospital's medical team members for being a champion for babies with their quality improvement effort."

Even babies born just a few weeks early have higher rates of hospitalization and illness than full-term infants, the March of Dimes said. Although the overall threat is small, the risk of death more than doubles for infants born at 37 weeks of pregnancy when compared to babies born at 40 weeks, for all races and ethnicities. Babies who survive an early birth often face lifelong health challenges, such as breathing problems, cerebral palsy and learning disabilities.

The March of Dimes has been getting out the word that "Healthy Babies are Worth the Wait." This campaign urges women to wait for labor to begin on its own if their pregnancy is healthy, rather than scheduling delivery before 39 weeks.

The March of Dimes offers both professional and consumer education materials about the critical importance of a full-term pregnancy to the health and well-being of babies. The March of Dimes is the leading nonprofit organization for pregnancy and baby health. For more than 75 years, moms and babies have benefited from March of Dimes research, education, vaccines and breakthroughs. Find out how you can help prevent premature birth and birth defects by joining March for Babies at marchforbabies.org. For the latest resources and information, visit marchofdimes.org. ●●●



Hospital Week 2017! “Healing Heart of Health Care”

Hospitals in Kansas and across the U.S. celebrated National Hospital Week, May 7-13. This annual observance is for the men and women who, day in and day out, support the health and well-being of their communities through dedication and compassionate care. Celebrated since 1921, National Hospital Week emphasizes the valuable contributions hospitals make in our communities, 24 hours a day, seven days a week and 365 days a year.

Norton County Hospital is among the 127 Kansas community hospitals that provide vital health care services throughout the state. The Kansas Hospital Association (KHA) states that annually, Kansas hospitals staff nearly 10,000 beds; serve more than 312,000 inpatient visits; assist in more than 34,000 births; care for more than 7.2 million outpatient visits; and treat more than 1.2 million patients in Kansas emergency departments.

Statewide, Kansas hospitals serve thousands of individuals; keep communities healthy, strong and vibrant; and also benefit the financial health of the state, according to KHA. In Kansas, hospitals employ more than 84,000 people – 4.3 percent of all job holders – and generate \$5.7 billion in direct total income. Kansas hospitals support the creation of additional jobs in other business and industry, and have a total employment impact of nearly 160,000 jobs. For every \$1 of income generated in the hospital sector, another 56 cents is generated in other businesses and industries in the state's economy. This has an estimated total impact on income throughout all business and industry of more than \$9 billion.

Norton County Hospital is a 25-bed critical access hospital and Level IV trauma center; has two clinics, Norton Medical Clinic and Logan Clinic; and has a newly created foundation, the Norton Regional Health Foundation. The hospital and its clinics currently staff about 130 employees and seven medical providers. The hospital offers many levels of inpatient care, a wide range of outpatient services and several visiting physician specialty clinics.

Averages from the last five years show that Norton County Hospital will annually witness 3,250 days of patient hospital stays; deliver more than 60 babies; see 18,700 patients for outpatient visits; and care for 2,200 patients in the emergency department. The hospital also has annually provided about 15,000 meals for the Norton County Jail and Meals on Wheels program; the hospital has spent \$117,800 of its own funds annually for Meals on Wheels, and the amount of these funds has grown over time as more people in the community have joined.

National Hospital Week reinforces the essential role hospitals play in their community's overall health. This year's National Hospital Week is an

opportunity to thank all of the dedicated individuals – physicians, nurses, therapists, engineers, food service workers, volunteers, administrators and so many more – for their contributions.

KHA information contributed to this report. KHA is a voluntary nonprofit organization existing to be the leading advocate and resource for members. KHA membership includes 219 member facilities, of which 127 are full-service, community hospitals. Founded in 1910, KHA's vision is Optimal Health for Kansas. ●●●



Human Resources

From the desk of Shannan Hempler, human resources

NCH Blood Drive

The next NCH Blood Drive is Friday, June 16th from 9 a.m. to 3 p.m.

Nicole Henry	1 year
Chelle Herman	1 year
Lynne Hoover	1 year
Baylee Miller	1 year
Lynnette Rutherford	1 year

PTO update

A PTO draft policy is in review with administration and will be prepared to go to the Board of Trustees meeting in June. The plan is to implement the change over the summer, so expect changing forms and reporting procedures for infection prevention statistics as we transition to the new system.

Recent Milestones

Congratulations to these employees, and thank you for all that you do!

March

Mary Boyce	25 years
Rikki Wait	14 years
Allison McChesney	7 years
Jeff Nuhfer	5 years
Dr. Pam Stienle	2 years
Hanna Brooks	1 year
Jamey Keen	1 year
Josie Logemann	1 year
Margi Nielsen	1 year

April

Jeanette Lacy	22 years
Charla Sprigg	21 years
Dan Dole	19 years
Jennifer Schoenberger	18 years
Jan Long	11 years
Ryan Stover	11 years
Gary Hembd	7 years
Julia Thompson	5 years
Megan Juenemann	3 years

May

Cheryl Mann	36 years
Jeanne Pharis	29 years
Jennifer Wildeman	13 years
Paul Gosselin	8 years
Haley Jones	8 years
Charli Enfield	7 years
Jonna Inman	6 years
Sierra Black	5 years
Jonathan Fick	4 years

June

Jan Volgamore	37 years
Ruth Mizell	32 years
Tami Black	28 years
Julie Campbell	23 years
Shannan Hempler	19 years
Deanna Hawks	10 years
Klare Givens	8 years
Emily Swatzell	8 years
Devaney Wells	7 years
Whitney Criqui	6 years
Abraham Burk	5 years
Bailey Ambrosier	3 years
Tevin Brown	2 years
Penny Otter	2 years
Natalie Bieberle	1 year
Alex Jones	1 year
Tangela Losey	1 year
Brittany Porter	1 year
Danielle Reaves	1 year
Corene Smith	1 year

Identity theft news

LegalShield and Identity Theft Shield is a protection product offered through NCH. These articles were on their website. If you are interested in hearing about Identity Theft Shield or LegalShield, please check with Human Resources. These materials are provided for informational purposes only.

Simple Steps to Protect Yourself Against Identity Theft - March 17, 2017 - Jeff Bell

Despite the fact that the U.S. Director of National Intelligence ranked cybercrime as the No. 1 national security threat, very few Americans take real steps to protect themselves, their family and their businesses against identity theft.

As the head of a company that helps consumers protect themselves from this issue, I've become increasingly aware of its perils, and how it impacts millions of people each year. I see identity theft as a growing epidemic that warrants immediate action. There are a number of simple steps to take, and some may seem obvious, but many people choose not to address the issue with preventive measures. How often do you back up personal and corporate computers, check your credit report and statements, or update your virus protection software?

Of course, a lot can be done to restore one's identity to its pre-theft status. But if one's personal identifiers are not monitored, victims can become aware that a theft has occurred late in the game. For instance, when identity theft happens during tax season, it is most often discovered when a consumer files his taxes and is notified by the IRS that his social security information has already been used to file a return. In addition, some consumers are notified that they are receiving a return that isn't theirs.

Still, as the news about hacking and cyberattacks has shown, the threats aren't going away. I see this as an "action versus fear" paradox, with stakes at an all-time high. Instead of being paralyzed with fear, embrace action.

Here's how to protect yourself from identity theft using simple, actionable steps that everyone can take:

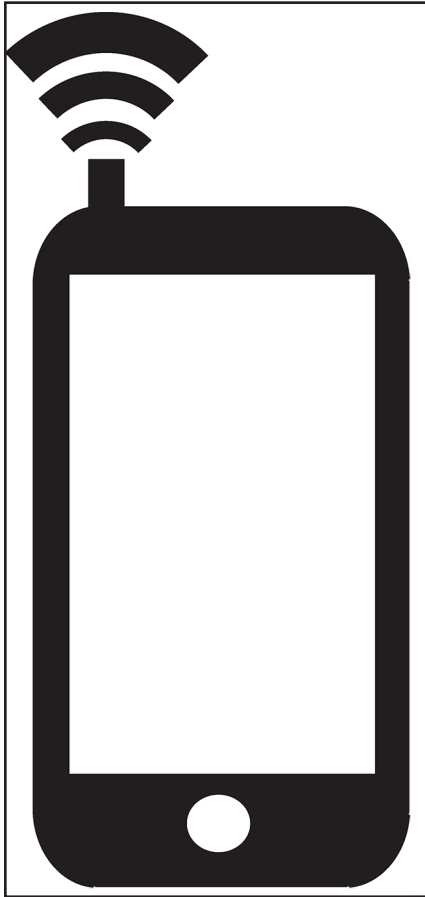
Be Safe Online

Don't shop online, and don't input sensitive information, using a public computer or one that uses a computer with unsecured Wi-Fi. Hackers can position themselves between the Wi-Fi hotspot and the user. By doing so, they will receive every piece of information the user sends out. This includes passwords, credit card information and other highly-sensitive identifiers. (Continued on pg. 11)



Identity theft news (Continued)

I also recommend updating your security software frequently, only visiting reputable retail sites and using different passwords for each of your online accounts. This will help protect your information while you're online.



9 Ways You Should Protect Your Smartphone Data - March 21, 2017

Smartphones contain a staggering amount of personal data, from family photos to emails and bank accounts. This information is incredibly valuable to would-be thieves and hackers. These tips are designed to help you secure your smartphone and protect your personal information. Because there are no foolproof security measures, it is important to monitor and protect your identity. IDShield provides comprehensive identity protection, from proactive consultations and monitoring to restoration in the event of identity theft.

1. Set your phone to automatically lock when not in use. Leaving your phone unlocked is asking for trouble. If your

phone or tablet is stolen or misplaced, keeping it locked will help protect your data. Some phones and devices can be configured to delete all stored data when an incorrect password is entered multiple times.

2. Use strong passwords, and update them on a regular basis. Secure passwords include numbers, symbols, lowercase and capital letters. You should not use your name or other easily identifiable information such as a street address or birth date in your password. Do not use the same password for all of your accounts. It is also important to periodically update your passwords.

3. If you are not already an IDShield member, consider signing up. IDShield provides comprehensive identity protection, from proactive consultations and monitoring to restoration in the event of identity theft. It is the only identity theft protection service with a network of licensed private investigators, a five-million-dollar service guarantee and 24/7 access to service. If you are an IDShield member, download the new IDShield App from the iTunes or Android store today.

4. Beware of free open Wi-Fi hotspots. Configure your phone to only join networks you approve. Scammers sometimes set up free wireless networks in public places to lure users to log on. Joining the network could allow the scammer to track data going to and from your phone.

5. Practice common sense when using your phone in public. Phone thieves refer to the practice as "Apple picking." These thieves look for easy targets such as people who leave their phone on a car seat or café table or are otherwise unaware of their surroundings. Avoid presenting opportunities by keeping your phone with you and paying attention to your surroundings.

6. Update your device's software.

Hackers are continually looking for new security flaws to exploit. Many software updates include important security patches that repair known flaws. Failing to update your software or apps may leave you vulnerable to hackers.

7. Location and anti-theft applications may help you locate a lost phone or deactivate a stolen phone. There are a wide variety of apps that help users locate a lost or stolen phone. Some apps allow you to delete data remotely or completely disable the device. Check reviews and specifications carefully, and test the software before your phone is lost or stolen so you know how to use it when the time comes.

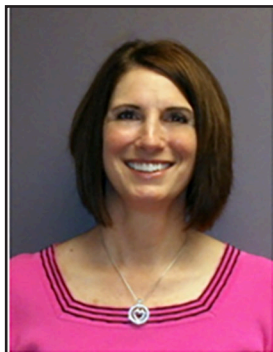
8. Use encryption to protect sensitive information. If you use your phone or other mobile device for particularly sensitive business or financial communications, talk to your IT professional about using encryption to protect your data.

9. Only download reviewed and tested applications. Some apps and websites may include malicious software designed to capture your personal information. Read reviews and research new apps before installation. ●●●



Meet the Team!

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



Heather Saville
Surgery/OB—RN—PRN

Heather joined our Surgery & OB Departments on February 22nd. Heather is also a Certified Lactation Consultant.



Kevin Pinkerton
Laboratory—MLT—Full Time

Kevin joined our Laboratory Department on March 1st. Kevin has recently returned from active military duty to join NCH.



Bree Blumer
Nursing—CNA—Night Shift

Bree joined our Nursing Department on March 3rd. She has previously been working in long-term care in Nebraska.



Lucy Gosselin
Nursing—LPN—Day Shift

Lucy joined our Nursing Department on March 7th. She recently completed the CCC RN program.



Sheri Land
Radiology Secretary

Sheri joined our Radiology Department on March 16th. Sheri moved from California to Kansas a couple of years ago.



Rebecca Johnson
OB—RN—PRN

Rebecca joined our OB Department on March 23rd. Rebecca is a Practical Nursing Instructor/Director with CCC.



Maggie Shaw
Nursing—CNA—PRN

Maggie joined our Nursing Department on April 14th. She is a student at Phillipsburg High School.

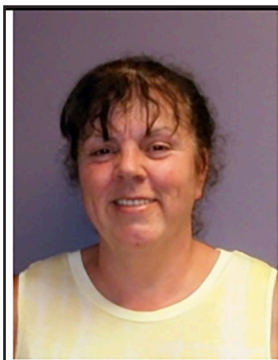

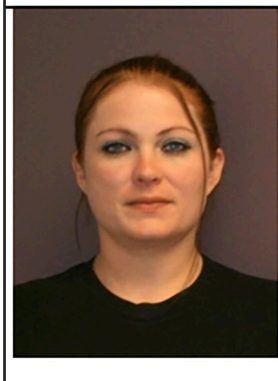
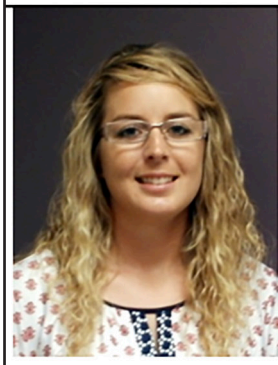


LaRoyce Brown
Environmental Services—PRN

LaRoyce joined our Environmental Services Department on May 1st. He will be helping with some projects in the evening.

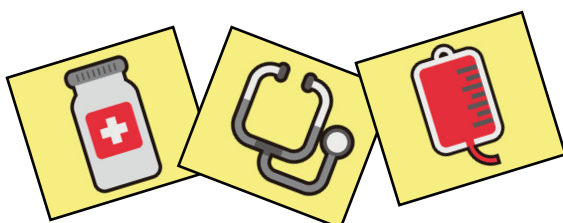
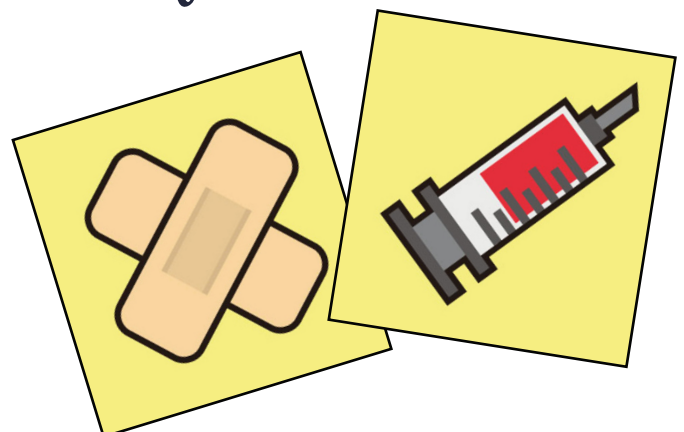
Welcome!



	<p>Chantal Jeffries Environmental Services— Full Time</p> <p>Chantal joined our Environmental Services Department on May 1st. However, Chantal has left NCH due to being offered a nursing school scholarship from one of her previous employers after starting here.</p>
	<p>Melisa Fowler Nursing—LPN—Day Shift</p> <p>Melisa joined our Nursing Department on May 15th. Melisa previously worked for NCH for 6 years and returns to NCH from the Andbe Home.</p>
	<p>Tamara Haussermann Nursing—RN—Night Shift</p> <p>Tamara joined our Nursing Department on May 15th. She comes to NCH from the Andbe Home.</p>
	<p>Tonnica Ouellette Norton Clinic Receptionist</p> <p>Tonnica joined our Norton Clinic on May 15th. She previously spent a summer with NCH doing an internship in Cardiac Rehab.</p>

	<p>Jodi Roe Norton Clinic—Aide</p> <p>Jodi joined our Norton Clinic on May 30th. She previously worked at the Norton Community High School and will be the Aide for Dr. Nguyen.</p>
	<p>Rachel Jones Environmental Services— PRN</p> <p>Rachel joined our Environmental Services Department on May 30th. She will be helping over summer break from college.</p>

*New members
of our staff!*



Car Seat Checks Always Available

Our own Angie, Cami and Klare recently attended the 2017 Child Passenger Safety update at the Kansas Law Enforcement Training Center in Hutchinson. Over the two days, they were “checked off” on their ability to install seats and had an opportunity to learn about new seats and types of installs by instructors from the State of Kansas.

Cami said this about the class: “We were able to listen to speakers from Britax, Chicco and Evenflo, and we were able to ask the representatives from those brands questions. We spent time with instructors in small groups to review LATCH manual usage and the newest resources available to us to make a seat install go more smoothly and quickly. We also learned Norton County Hospital is the only inspection station in our area! We genuinely enjoyed this year’s update and felt so lucky to be able to interact with some of the biggest industry representatives!”

All three of these employees are certified child passenger safety technicians who are available to do FREE car seat checks in Norton to ensure they are installed properly. To schedule, community members can call Norton County Hospital at 785-877-3351 or Norton Medical Clinic at 785-877-3305.

This class allowed our technicians to remain nationally certified through the Safe Kids Worldwide program. They are certified through May 2019. ●●●



Engage the Community

Norton Medical Clinic providers and nurses were on hand to perform free sports physicals for student athletes entering grades 7-12 next school year. The free physicals were provided May 3rd at Norton Jr. High School for students from Norton and Northern Valley schools as a service to those schools and communities (photo included below).

We also had several staff members take time out of their days to present to area high school students at the career day in March. It was a great showcase of careers offered in health care (photos at right)! We also hosted tours for kindergarten students recently from Norton and Northern Valley. ●●●

