

SCHC Lifeline

New Technology Arrives at SCHC

-Nicole Roudybush, Imaging Services Director

Sheridan County Health Complex (SCHC) is excited to bring on the New Year with the installation of the new Optima 660 GE 64 slice Computed Tomography (CT) Scanner. In February the addition to the hospital was completed and now houses the new laboratory and CT scanner. With these upgrades patients no longer have to go outside, exam time is lessened and exam quality has substantially

increased. Added benefits include a range of calming videos for pediatric to geriatric patients and low table positioning for ease of access. The new scanner is able to compensate for patient size without compromising image quality and speed. With the high quality images that the scanner obtains providers and the Radiologists can make a more accurate diagnosis for better patient care.



Pictured: Josie Thompson, Nicole Roudybush, Leslie Storer. (Not pictured: Meghan Brown, Kylie Wamsley)

Community Health Needs Assessment Community Town Hall Meeting

**Sheridan County Health Complex and
Sheridan County Public Health**

will be sponsoring a Town Hall Meeting
Wednesday, March 18th from 5:30 to 7:00 PM
at Bowen Scout House

Public is invited to attend and a light meal will be provided

Please join us for this opportunity to share your opinions
and suggestions to improve health care delivery
in Sheridan County, KS.

Thank you in advance for your participation.

SCHC Welcomes New Department Managers

-Amber Vaughn, Clinic Receptionist

Please join us in welcoming Shelby Moss to the Sheridan County Health Complex. Shelby is taking on the Director of Human Resources as of January 12, 2015. She has 4.5 years of experience as a Human Resource Specialist. She has her Associates in Family and Consumer Science with an emphasis in Early Childhood, and is

currently working toward a Bachelor's in Business Administration in Human Relations. Shelby is looking forward to meeting and helping our patients, residents, visitors and staff. Shelby is available Monday – Friday from 8am – 5pm at ext 148 or via email smoss@sheridan.hpmin.com.

We are also pleased to as introduce Melanie Bishop Sheridan County Health Complex's Lab Director as of January 14th 2015. She joins our team by the way of Concordia, KS. Melanie has 13 years of experience as Lab Tech/Director at Rice County Hospital Noble Place & Clinics and Cloud County Health

Center. She has an Associates of Science and Medical Laboratory Technology. Melanie is looking forward to meeting and helping our patients, residents, visitors and staff. Melanie is available Monday – Friday from 7:30am – 4:30pm at ext 115 or via email mbishop@sheridan.hpmin.com.

Niceta Farber appointed COO

-Carlene Gilesie



For some individuals the career they choose follows a straight and narrow path. For others the career path they find is more varied, interesting and challenging. Niceta Farber has enjoyed various occupations before beginning her career in Health Care. Working alongside her brothers on the farm, driving cement truck in Kansas City, and working as a dispatch

operator in Sheridan County are listed as some of her favorites. Then in 1993 her degree as a LPN began, and her dedication to the profession of Health Care continues to this day as she looks forward to leading SCHC in her new role as Chief Operating Officer. Though she enjoys her work, her greatest joy has always been and will always be,

her family. Niceta and Randy continue to spend as much family time as possible with their son Adam, & daughters Sarah, Kristina, and Rebecca, and Rebecca's husband Shannon and children Lilly and Ryan. Congratulations and Best Wishes as you travel this road of leadership here at Sheridan county Health Complex.

Sam Bretz and Kyler Niblock presenting Judy Caldwell, Sheridan County Hospital Auxiliary Chairman with a \$250 donation. Sam and Kyler are members of the Solomon Valley 4-H Club.



Allergies and Asthma

-Source: www.AAFA.org

Allergies

Allergy is characterized by an overreaction of the human immune system to a foreign protein substance ("allergen") that is eaten, breathed into the lungs, injected or touched. This immune overreaction can result in symptoms such as coughing, sneezing, itchy eyes, runny nose and scratchy throat. In severe cases it can also result in rashes, hives, lower blood pressure, difficulty breathing, asthma attacks, and even death.

There are no cures for

allergies. Allergies can be managed with proper prevention and treatment. Allergies have a genetic component. If only one parent has allergies of any type, chances are 1 in 3 that each child will have an allergy. If both parents have allergies, it is much more likely that their children will have allergies. More Americans than ever before say they are suffering from allergies. It is among the countries most common, yet often overlooked, diseases.

Asthma

Asthma is characterized by inflammation of the air passages resulting in the temporary narrowing of the airways that transport air from the nose and mouth to the lungs. Asthma symptoms can be caused by allergens or irritants that are inhaled into the lungs, resulting in inflamed, clogged and constricted airways. Symptoms include difficulty breathing, wheezing, coughing, and tightness in the chest. In severe cases asthma can be

deadly.

There is no cure for asthma, but asthma can be managed with proper prevention and treatment. Asthma has a genetic component. In only one parent has asthma, chances are 1 in 3 that each child will have asthma. If both parents have asthma, it is much more likely that their children will have asthma. More Americans than ever before say they are suffering from asthma.

Helping You Live Independently At Home

-Susan Bieker, Social Services

Your home is where you're most comfortable, surrounded by everything that's familiar. But for seniors, it is estimated that more than half of all falls that result in injury happen at home.

Phillips Lifeline can help you maintain your independence, and give your family peace of mind. Lifeline is an easy-to-use medical alert service designed to reduce the risk of living alone. In the event of a fall or emergency, help is available at the push of a button. The Lifeline

Personal Help Button connects you to a trained Personal Response Associate who can send help quickly-24 hours a day, 7 days a week. Press your Personal Help Button and you're connected directly to a highly trained Personal Response Associate who will assess your situation. They can determine whether you require a visit from a neighbor or a family member, and can contact them for you. If you need emergency services, they can dispatch assistance,

and retrieve relevant medical information from your profile all while you are on the line. In an emergency, delayed medical care can jeopardize your recovery. If you are alone, you never know how long it'll be before someone realizes you need help. Having access to help at the push of a button can reduce these risks. So, don't wait for a fall or medical emergency. Lifeline, the leading medical alert service, has helped over 6 million seniors and their families through the

years. Lifeline is recommended by thousands of hospitals and professional caregivers across the country. Lifeline can give you greater peace of mind and a sense of confidence to help maintain independent living. There is no equipment to buy and no long-term contract to sign. For more information or to sign up for Lifeline, call Sheridan County Health Complex, (785)675-3281, and ask for Susan Bieker.

Happenings in Housekeeping

-LaDonna Shetterly, Housekeeping Manager

I would like to start out by introducing myself and my staff. I am LaDonna Shetterly, supervisor of the housekeeping department at SCHC. I have been here at SCHC for almost two years now and have served as the supervisor of housekeeping for most of that time. My staff includes Sherryl Robbins, Ivone Torres, Tiffany Bieker, and Rhiannon Mullins. These gals work really hard every day to ensure that this facility is in tip top shape. Housekeeping is not an easy job. Our job includes much more than just washing the windows, cleaning the bathrooms or vacuuming the floors. We have a very important role in making sure that everyone who works, lives, visits or receives care here is protected from any kind of pathogen that could be harmful. We are the front line defenders in the

infection prevention battle that hospitals and long term care units face every day. Illnesses are generally spread through contaminated surfaces or objects. Our housekeepers work diligently to make sure that all areas of the facility are cleaned and disinfected properly every day. We do this by cleaning all high touch areas like door handles, light switches, bed side tables, call lights, and bed rails. These are just a few of the items that we pay close attention to. Infection prevention is everyone's responsibility. You can be a key player in the infection prevention battle in your home as well by using a disinfectant to clean your door handles, light switches, toilet flush handles, sink faucets, the refrigerator door handles and any other high touch



Pictured: Tiffany Bieker, Ivone Torres, LaDonna Shetterly, and Sherryl Robbins. (Not pictured: Rhiannon Mullins)

surfaces that could harbor the yucky germs that could make you and your family sick. This will help you keep your home a safe and healthy place for your family and it also helps prevent the spread of illness to others that may come to your home or that you may come in contact with. It is very important for everyone to do their part to prevent illness from

spreading especially during this time when illness is so rampant. It is the goal of the housekeeping department to maintain a safe, clean environment for all who come to our facility. We take pride in what we do which gives us the drive to do our best for you every day! We want your visit to SCHC to be positive, safe and satisfying in every way.

Homecare Meal Delivery Service

-Dalene Babcock, Dietary Manager



Sheridan County Health Complex Dietary department provide meals to senior citizens living in Hoxie. The noon and evening meals are provided seven days a week. Meals are prepared using menus planned by a Licensed/Registered

Dietitian; they provide a nutritious balanced meal. Most special diet needs can be accommodated with the menus we have. Meals are provided at a cost of \$3.00 each meal. For more information on Homecare Meals contact Dalene Babcock at 785-675-3281.

SCHC Assisted Living Apartments

-Hannah Schoendaler, Acute CNO

Enjoy the luxury of independence with the comfort of knowing your meals, medications, and cleaning will be taken care of! At Sheridan County Health Complex Assisted Living Apartments, we offer a home-like setting and cheerful smiles from our professional staff, who greets you every day. Enjoy the peaceful setting,

restaurant style dining experience, activities, and ability to decorate your studio apartment as you choose. Our compassionate staff, home style meals, and sense of community add to our residents' experience. Included in your monthly rent is the luxury of three pill passes from licensed professionals,

housekeeping, laundry services, three meals a day, and assistance with two baths or showers a week. We pride ourselves on upstanding care, providing diverse activities for all residents, and unlimited opportunities for you to get to know other residents and staff. If you or someone you know is interested in joining our

Assisted Living Community, please contact Hannah Schoendaler at (785)675-3281 for a showing or to discuss specific details. We currently have three apartments available, and are eager to welcome new Assisted Living Residents!

Inhalant Abuse Prevention

-Amber Vaughn, Clinic Receptionist

-www.inhalent.org

Warning Signs

1. Include Inhalant Abuse in substance abuse discussions with your child: First, parents should arm themselves with as much information about Inhalant Abuse as possible. Know what products are potentially harmful if intentionally abused as Inhalants. Learn what slang words are used to describe Inhalants and the act of Inhaling. Go to the various web directories and read as much information as possible. (Several links are provided throughout www.inhalant.org for your use). Ask your pediatrician to tell you about inhalant abuse and ask if he or she has had any experience dealing with children that have abused Inhalants. One of the most important steps you can take is to talk with your children at an appropriate but early age, about not experimenting

with Inhalants. In addition, talk with your children's friends, teachers, guidance counselors and coaches. By discussing this problem openly and stressing the deadly consequences of Inhalant Abuse, you may help save a life.

2. Know the warning signs: If someone is an Inhalant Abuser, some or all of these symptoms may be evident:

- Drunk, dazed, or dizzy appearance
- Slurred or disoriented speech
- Uncoordinated physical symptoms
- Red or runny eyes and nose
- Spots and/or sores around the mouth
- Unusual breath odor or chemical odor on clothing
- Signs of paint or other products where they wouldn't normally be, such as on face, lips, nose or fingers

- Nausea and/or loss of appetite
- Chronic Inhalant Abusers may exhibit symptoms such as hallucinations, anxiety, excitability, irritability, restlessness or anger.

3. Recognize other telltale behavior signs of Inhalant Abusers:

- Painting fingernails with magic markers or correction fluid
- Sitting with a pen or marker by the nose
- Constantly smelling clothing sleeves
- Showing paint or stain marks on face, fingers or clothing
- Having numerous butane lighters and refills in room, backpack or locker (when the child does not smoke)
- Hiding rags, clothes or empty containers of the potentially abused products in closets, under the bed, in garage etc.

4. Know what to do in

case of an emergency:

- First, stay calm, do not excite or argue with the abuser while they are under the influence.
- If the person is unconscious or not breathing —call for help immediately. CPR should be administered until help arrives.
- If the person is conscious, keep them calm and in a well-ventilated area.
- Do not leave the person alone.
- Activity, excitement or stress may cause heart problems or lead to "Sudden Sniffing Death Syndrome" (when an individual dies the first time they abuse an inhalant.
- Check for clues, try to find out what was used as the inhalant. Tell the proper authorities.
- Seek professional help for the abuser.

Upcoming Events

Community Health Needs Assessment
 Community Town Hall Meeting
 Wednesday, March 18th 5:30-7PM

Hospital 5K – Wednesday, May 20th 5:30PM

SCHC Golf Tournament – TBA

Job Openings at SCHC

- Full Time night Licensed Nurse (LTC)
- Part Time night Licensed Nurse (LTC)
- Full Time Maintenance Supervisor

Applications available at www.sheridancountyhospital.com
 or contact Shelby Moss, Director of Human Resources at (785)675-3281

Notice to Visitors:

The business office front lobby is open from 7:00am to 7:00pm. Please use the LTC door (south door) until 9:00pm. After 9:00pm, please go to the Emergency Room entrance to be let in. Thank you.

**Upcoming Long Term
 Care Resident Birthdays**

April

- Ralph Brooks
- Albert Mills
- Lyman Adams

May

- Theo Barr
- Oleta Dodson

June

- Winslow Aumiller
- Circea Cass
- Alex Schwarzenberger
- Rita Hartman

Carolyn Munk Retires

-Dalene Babcock, Dietary Manager

A retirement party was held January 2nd, 2015 for Carolyn Munks' last day of work at SCHC. She retired from the laundry department after almost 19 years. Originally Carolyn worked in the housekeeping department before taking time off to raise her three daughters, she returned in 1996 to work in the laundry department. Her plans for

retirement are to work on her quilting and crocheting, as well as visit her daughters more often. She visits the LTC every other week for the sing-a-long the residents have in the lobby. She also stops by the laundry room to visit with her former co-works. We wish Carolyn lots of fun and enjoyment in her years of retirement.



SCHC New Hires



Shelby Moss,
Human Resources
Director



Melanie Bishop,
Lab Director



Shelli Stephens,
LTC RN



Kendra Moss,
LTC CNA



Maria Garcia,
LTC CNA



Becki Karnes,
Acute CNA



Burgandy Sorter,
LTC CNA



Ivone Torres,
Housekeeping



Devynn Snider,
LTC CNA

Years of Service

-Josie Thompson, RT(R)(M)

On Thursday, December 18, 2014, twelve individuals were honored for their years of service to Sheridan County Health Complex. Meghan Brown and Teresa Foster reached their five year anniversary while Deborah Cooper and Leona Washburn reached their ten. Those who have worked here for fifteen years include Dalene Babcock, Jackquelin Baldwin, Michelle Dorenkamp,

Ladena Jones, Renee Mader, Miranda Mosier, and Patricia Nelson. Becky Vickers celebrated her 25th anniversary with SCHC. Each employee was awarded a certificate and Chamber money as an appreciation gift from the facility. SCHC would like to thank these employees for their duration of service and their dedication to making this an extraordinary place to work.



Thank You for Your Patience



Sheridan County Health Complex would like to extend a big THANK YOU to all of our patients and visitors for your patience while we are updating and under construction. We would also like to thank our Physical Therapy Department for the extra help with the doors and codes during our construction.

Our Mission

“To create and maintain the kind of environment where the quality of care we provide our residents and patients is driven by the value of compassion and caring. To permeate everything we do with these values, and by so doing, strengthen our ties to each other, our residents, our patients and our community.”

Contact us:

Sheridan County Health Complex
(785) 675-3281

Hoxie Medical Clinic
(785) 675-3018

Selden Community Clinic
(785) 386-4380

www.sheridancountyhospital.com

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HEALTH COMPLEX**
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RESIDENT