

SCHC Lifeline

SCHC and Hoxie Medical Clinic Welcome New Family Nurse Practitioner Lisa Stanley

-Josie Thompson

Sheridan County Health Complex (SCHC) is excited to introduce their newest provider, Lisa Stanley FNP-C. Lisa was born in Omaha, Nebraska and later moved to Warsaw, Missouri where she lived for 18 years with her husband, Roger, and daughter, Juliana. They later moved to Bullhead City, Arizona where Lisa worked at a clinic specializing in internal medicine. She relocated with Roger and her four dogs and began in the Hoxie Medical Clinic on August 12. Lisa began her

nursing career in 1997. She graduated from State Fair Community College in Sedalia, MO in 2002 with her Associates Degree in Nursing. In 2005 she received her Bachelor's of nursing degree and in 2014 her Master's Degree in Nursing from Walden University in Minneapolis, Minnesota. Even though she has accomplished so much she still plans to further her education and earn her doctorate in nursing. Lisa enjoys spending time with her husband, an avid golfer, and her dogs, as



well as with her two grand-daughters, Layla-6 and Peyton-4, who live in Overland Park, KS. She prides herself on being an advocate for women's health and is looking forward to serving the

Hoxie community. Lisa is available to patients Monday and Friday from 8:00am to 5:00 pm, and Tuesday through Thursday from 7:00am to 4:00pm.

BMI Exams Now Offered at SCHC

-Nicole Roudybush

Sheridan County Health Complex is excited to announce that Body Mass Index (BMI) scans are being offered to patients and are performed within the facility Monday through Friday. This is a relatively easy test that takes about 15 minutes to complete. A BMI is a screening tool that analyzes body composition to determine if a person is underweight,

overweight, or at a healthy weight for their height. Results are generated for total body fat and lean tissue and also details fat distribution throughout the entire body. The generated report will break down the amount of fat, muscle, and tissue in different areas of the body such as the legs, arms, and trunk. This information can be helpful when beginning a diet and

exercise regimen. A high BMI result indicates an elevated level of body fat which can lead to certain health ailments such as diabetes, heart disease, high blood pressure and many other diseases. The World Health Organization (WHO) has developed the guidelines for BMI classifications to determine whether or not a patient's body composition is healthy or

unhealthy. A BMI exam costs \$40 upfront and will not be submitted to the patient's insurance. The patient does not need a doctor's order for this to be performed. If you are interested in scheduling a BMI exam or have any questions, please call Sheridan County Health Complex's Imaging Department at 785-677-4144.

SCHC Patient Health Portal

-Christy Pemberton

We are pleased to announce that **Sheridan County Hospitals's** new **Patient Health Portal** is here. This online tool gives you the flexibility to access your health information and other resources on your time and between visits to the **Sheridan County Hospital**. The **Patient Health Portal** is available over the internet, which means that you can use it from virtually anywhere.

If given written permission via a Patient Portal Health Proxy Form, you can use the **Patient Health Portal** to access

information for family members and individuals for whom you provide care. This interactive web portal will empower patients and their families to take a more active role in their care by providing easy, secure access to their health information.

As a patient of **Sheridan County Hospital**, enrolling in the **Patient Health Portal** will allow you to:

- Review Your Lab Results
- Update Personal Information,

including allergies

- See Visit History
- View and Print Your Health Summary
- Discharge Information

Also, the **Patient Health Portal** is completely secure, so you can be confident that your private health information is protected. Only you – or an authorized Healthcare proxy – can access your **Patient Health Portal**.

We hope this new tool will help you take an active role in your healthcare.

Anyone interested in enrolling in our Patient Health Portal should come to Sheridan County Hospital front desk for assistance in signing up. Sheridan County Hospital encourages all of their patients to enroll in the Patient Health Portal, as it presents a valuable opportunity for patients and their families to actively participate in their care, which contributes to better health.

Facility Website www.sheridancountyhospital.com



Injury Prevention Education

-Shelby Moss, HR

Sheridan County Health Complex and the Sheridan County Public Health were awarded a \$1000 grant to use towards Injury Prevention Education this spring. Shelby Moss, Director of HR and Education at the hospital, and Melissa Wachendorfer, Public Health Administrator, decided to target all ages and provide education about ATV safety. Areas that will be focused on for

this education are proper attire (pants, long-sleeve shirts, helmets, etc.), safety checks before and after riding, and much more. The monies that were awarded to us will be used to purchase several helmets that will be given away on a couple of different occasions. The first was this past week at the Sheridan County Fair where a booth was set up providing education to

adults and children. Chris Smith, Certified CPST, set up a booth along with Public Health to provide education on Car Seat Safety. We held a drawing throughout the duration of the week for three free helmets. The winners of that drawing were, Evan Farber, Dalen Weber, and Hannah Jones. Each of the winners will be measured and a helmet ordered to their

specifications. Chris also held a drawing for a free car seat/stroller set. The winners of that were Emily Mayfield and AJ Stoll. The second opportunity that we will have to spread education and for youth to put in for a free helmet, will be at the Health Fair on October 17th at the 4-H building from 7 am to 12 pm.

Long Term Care Activities Department

-Teresa Zajac

The Activities Department is always changing and evolving for our residents. We have many new and exciting activities for our residents to enjoy. We had a great turnout for our Jr. Activities program. There was a total of five students who the residents enjoyed

visiting with. We also had some fun van rides. We went to a museum, the Hoxie fair exhibits, Colby's Music in the Park, and we are planning some visits to the lake and other places of interest. We also started playing pinochle and pitch on Tuesdays and

Wednesdays at 2:00. The community is always welcome to take a hand in the game and also come to our Monday Coffee Clubs twice a month at 10:30. You can find days and times on our calendar. Some of our residents are proud to be awarded some blue and

purple ribbons from the fair on their art projects. The Activities Department would like to invite the community to any of our activities or just to come and visit with us and our residents.

Walking for Exercise

-Shelly Eberle, Physical Therapy Department

Walking is a great low-impact exercise for developing and maintaining cardiovascular fitness. You can walk anywhere at any time. Unlike some fitness programs your only expense is comfortable clothing and a good pair of shoes. By starting a walking program, you will be taking the first steps toward increasing your fitness level. Walking is associated with a reduced risk of heart attack. Regular exercise decreases your risk of developing type 2 diabetes. Other benefits of walking include

increased energy, improvement in cardiovascular fitness, increased muscle tone and bone health, stress reduction, and weight control.

Before you start you should ask yourself these questions.

If you answer yes to any of them you should check with your health care provider.

- Do you have heart trouble?
- Do you experience chest pains or pain on your left side (neck, shoulder, or arm) or

breathlessness when you are physically active?

- Do you often feel faint or have dizzy spells?
- Do you have high blood pressure?
- Do you have bone or joint problems that could worsen if you are physically active?
- Are you over 50 and have not been physically active?

When you are ready to start your program, start slow and easy. Gradually build up your pace and distance. If you cannot set aside at

least 30 consecutive minutes in a day, you can split up your time. Try to get in at least 30 minutes each day. Choose a place to walk that interests you. Think about the surface you are walking on and choose one that fits your fitness level best. Make sure you have comfortable shoes that fit well. Take advantage of the rest of the summer and cooler fall weather to start your walking program. You can always grab a friend to make it more enjoyable or just spend time alone unwinding and relieving the stress of the day!

Denim Dollar Day Raises Funds for Employee Projects

-Josie Thompson

On the second Tuesday of every month employees can pay \$1 to wear jeans to fund employee themed projects around the hospital. Denim Dollar Day is a program that has been in place for several years and has contributed

to the purchase of a fan in the employee dining room, pizza parties, and two outdoor patio sets for employees to utilize during their workday. The Culture Improvement Committee also sells Candy Grams at

Valentine's Day to raise money to go toward the Denim Dollar Day fund and has been a huge success in the last two years.



Mike Matthews Semi-Retires

-Shelby Moss, Human Resources

Maintenance Supervisor Mike Matthews, semi-retired August 18th after 10 years of faithful service to Sheridan County Health Complex. Mike plans on spending his retirement catching up on honey-do projects at home and fishing along with working 1-2 days per week here at the Complex. James Permberton has been training with Mike for the past few months to take on the role of Maintenance Supervisor. Help us wish Mike well on his semi-retirement.



SCHC Welcomes New Maintenance Supervisor

-Amber Vaughn

Please join us in welcoming James Pemberton to the Sheridan County Health Complex. James is taking on the Maintenance Supervisor as of June 15, 2015. He has 18 years of experience in

maintenance. He has his Associates HVACR Technology & HVACR Technician Degree. He has worked with HVACR, Building maintenance, grounds and Faculty Management in Colorado.

James is looking forward to meeting and helping our patients, residents, visitors and staff. He is available Monday – Friday from 8am – 4pm at ext 130 or 135 or via email jpemberton@sheridan.hpmin.com



SCHC Welcomes New Infection Prevention/Employee Health/Emergency Preparedness Coordinator

-Amber Vaughn

We are pleased to introduce Sydnee Beydler as Sheridan County Health Complex's Infection Prevention/Employee Health/Emergency Preparedness Director as of August 18th, 2015. Sydnee has 17 years of experience in various

medical fields. She has her Associates in Nursing from the Colby Community College. She has also worked in the Public Health, as well as various positions in Long Term Care, Medical/Surgical, and agency work including Hospice.

Sydnee is looking forward to meeting and helping our patients, residents, visitors and staff. Sydnee will be available Monday – Friday from 8am – 4:30pm at ext 143 or via email at sbeydler@sheridan.hpmin.com.



SCHC Health Fair 2015

Be involved, be healthy, be a change!

-Shelby Moss

Let us reunite this year at our annual health fair! For 2015, we have been working very closely with Sheridan County Public Health and the K-State Research and Extension Office to guarantee a fantastic, educational and busy health fair for all to enjoy! We are all very excited to have everyone a part of the movement to stay healthy and committed! There will be many booths set up from local vendors

as well as businesses outside of Sheridan County. We have invited people from all around. Each and every one of them look forward to sharing their information with you on topics they think you will find very beneficial. Come and join us! **Saturday October 17th from 7am until noon at the 4H Building in Hoxie.** Lab draws will only be available until 10am so get there early!

New Phone System at SCHC

-Jackie Baldwin, Business Office Manager

After several years the Sheridan County Health Complex has updated its telephone system. A modern Avaya IP Office9508 phone system is being leased through Nex-Tech. One of the conveniences for the public is that several departments have direct phone numbers now. For example, if you need to

talk to the Laboratory, instead of dialing 785-675-3281, you can now dial 785-677-4141. Next time you call the Sheridan County Hospital or Hoxie Medical Clinic feel free to ask the receptionist for the direct dial number of whatever department you'd like to speak with. We know your time is important.

Hospital Week 2015

-Josie Thompon

The week of May 11th was celebrated as hospital week at Sheridan County Health Complex with activities and great food! This year's theme was "Together We Make It Happen". To kick off the week's events the residents from assisted living and long term care

lifted off balloons and then enjoyed ice cream sundaes with the employees. Throughout the week employees participated in different themed days including a superhero day, sports day, patriotic day and twin day along with a special treat each day as an

expression of appreciation from the hospital. The first employee-resident BBQ of the summer was held on Thursday and a pizza party was provided by the hospital on Friday. Hospital week is a weeklong national celebration of hospital and long term care workers.



Get Your Blood Drawn!

7 am - 10 am ONLY

Must fast 12 hours before blood draws (may have all the water you want)

Wellness Profile \$20 CMP, CBC, LIPID, Magnesium	Anemia Panel \$50 B12, Ferritin, Iron, Folic Acid
Diabetic Wellness \$15 Hemoglobin A1C	Vitamin D \$35
Thyroid Health \$15 TSH, T4	CRP \$15
Men's Health \$25 PSA, Testosterone	Blood Bourne Pathogen \$40 HIV, Hep B, Hep C

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.

“What is the Flu Anyway?”

-Sydnee Beydler, RN Infection Prevention/Employee Health/Emergency Preparedness

What is the “flu” really? Isn’t that when a person has an upset stomach, vomiting, or diarrhea? The **stomach symptoms** that most people refer to aren’t really the flu at all. The “Flu” that you can receive a vaccine for is actually a respiratory illness called **Influenza**. It is similar to a cold in many ways and can often be mistaken. Listed below are lists of symptoms of influenza, and of people who are strongly recommended to be vaccinated with the flu vaccine due to the risk of complications of the illness

Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a

cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

** It’s important to note that not everyone with flu will have a fever.*

Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

- **People at High Risk from Flu**
- Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick.

This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children. **Parents and caregivers of children less than 6 months of age should especially receive the vaccine as the infants that they care for are at high risk, but are unable to be vaccinated.**



Myth: Vaccines can cause the flu (and autism)

- Vangelis Thomaidis | Stock Xchnng

While the body can react to any shot with a low-grade fever, rumors that a flu shot can cause the flu are "an outright lie," said Dr. Rachel Vreeman. The flu shot does contain dead flu viruses but they are, well, dead. "A dead virus cannot be resurrected to cause the flu," Vreeman said. As for vaccines causing autism, this myth

was started in 1998 by an article in the journal *The Lancet*. In the study, the parents of eight (count 'em, eight) autistic children said they believed their children acquired autism after they received a measles, mumps and rubella vaccination. Correlation was quickly confused with causation, and since then, rumors

have run rampant despite many studies such as a 2002 study in *the New England Journal of Medicine* of 530,000 (count 'em, 530,000) children that have found nothing to suggest that vaccinations increase the risk of becoming autistic. Unfortunately, the endurance of this myth, said Vreeman, who also

conducts pediatric research, continues to eat up time and funding dollars that could be used to make advances in autism, rather than proving, over and over again, that vaccinations do not cause the condition.

Upcoming Events

October 17th – Health Fair

November 7th – SCHC Fall Ball

Job Openings at SCHC

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

- Long Term Care – CNA/CMA/LPN/RN
- Housekeeping
- Acute RN
- Acute CNA
- Full Time M.T./ M.L.T
- Full Time MDS Coordinator
- Full Time Maintenance Worker

Upcoming LTC Birthdays

Evelyn Walden Sept 17th
Helen Shaw Sept 23rd
Matt Finnesy Sept 24th
Flossie Mowry Sept 28
Lillian Frazey Sept 29th
Forrest Frazey Oct 23rd
Agnes Berens Oct 12th
Norma Brownlee Oct 12th
Elsie Mowry Dec 4th
Jean Aumiller Dec 6th

SCHC New Hires



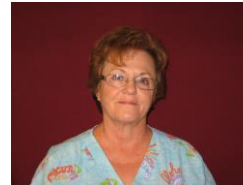
Mandie Kinderknecht,
Acute RN



Maiah Castle,
Dietary



Barbie Davis,
LTC CNA



Christine Davis,
LTC CNA



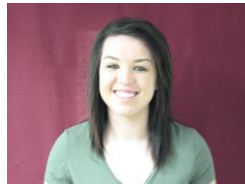
Kara Gfeller,
Imaging



Jennifer Davis,
UR/DP/SSB



Skyler Mengel,
Acute CNA



Haley Mengel,
LTC CNA



Claire Friess,
Dietary



Jayce Storer,
Dietary



Deanna Farber,
Acute CNA



Dalton Brown,
Maintenance



Alecyia Gremmel,
Clinic Receptionist



Michelle Carpenter,
Acute RN



Mindi Headrick,
Dietary

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

www.sheridancountyhospital.com

**SHERIDAN COUNTY
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