

SMC Heartbeat Newsletter

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Dr. Todd Isaacson - Haitian Mission Trip

In February 2015 Todd Isaacson, MD traveled to the Republic of Haiti, a Caribbean country, for one week. As a member of the Omaha Rapid Response Christian disaster-relief organization, he and other healthcare workers traveled to Jubilee village. The bleak salt flats boast little vegetation and resembles the surface of the moon. The only doctor on the team, Dr. Isaacson repaired lacerations, treated wounds, infections and hypertension. An Omaha Registered Nurse with the organization has

established her family in Jubilee permanently to serve the population. Her efforts to run a local clinic have been impactful. New staff have been added. The team provided care for patients and training for new local staff. Training faced the challenge of overcoming a language barrier but with the help of Haitian Creole-French and English translators, they prevailed. Dr. Isaacson was disheartened by the effect governmental corruption has on a country's well-being. Infrastructure suffers causing avoidable illness due to unsanitary living

conditions, unsafe water and limited resources to receive treatment. "There is a lot of untreated, chronic illness", stated Isaacson. The clinic is mostly free to patients. Those who can, pay a 25-cent fee. If a procedure is needed, patients must provide supplies and meals as the clinic does not maintain an inventory or food service. Medication can be purchased without prescriptions hindering safe, effective use. Preventative health measures are education pieces Dr. Isaacson plans to promote during his next visit to Jubilee, Haiti.

For more information visit:
omaharapidresponse.org



Spring Cleaning - New Housekeeping Product



We are happy to announce an innovative system implemented in the housekeeping department. The CleanCore system has been introduced to Shenandoah Medical Center recently. This technology uses "aqueous ozone" which is a naturally occurring gas combined with water through the interaction of oxygen and electricity. This combination creates a sanitizer more effective than bleach. Another unique aspect is the Nanobubble technology. Nanobubbles ensure the product thoroughly saturates surfaces to

eliminate microorganisms and microbials responsible for 700,000 national illnesses caused in hospitals annually. Coupled with CleanCore's active agent Aqueous Ozone, it is highly effective against bacteria, viruses, mold, allergens, and pathogens including E. Coli, Listeria and Staphylococcus. This system oxidizes germs faster and more effectively than bleach with no harmful chemicals or odors. Reminiscent of the smell of rain water, no residue is left behind. Elm Heights and the hospital now utilize this basic,

innovative system in place of many harsh cleaners. This product also reduces bacterial odors, the indirect costs of other chemicals and the SMC carbon footprint. CleanCore is FDA, Center for Food Safety and Applied Nutrition (CFSAN), USDA, EPA & Federal Insecticide, Fungicide and Rodenticide Act (FIFRA) regulatory compliant.

Thank you for the innovation of the Housekeeping department. Because of you, patients, employees and the community benefit from clean, safe health-care

Losing Weight the Mindful Way

Are you trying to lose weight and not succeeding? The problem may be mindless eating. Mindless eating means what, when and how much we eat opposes the body's true needs and our health goals. Learn how to switch from mindless to mindful eating to support weight loss goals!

Mindless eating is a major antagonist of weight loss. In many cases, it is not meals that cause weight gain; it is snacking, mindless eating while watching television, reading, etc. In these

instances, we are on autopilot and not aware of what we are eating. The majority of food decisions have nothing to do with hunger. Many instances have to do with stress, anxiety, sadness or frustration.

Mindfulness can help. Mindfulness is simple: paying attention, both to inner cues (thoughts, emotions, sensations) and to your surrounding environment. When applied to eating, this can mean the difference between one more failed diet and lasting, long-term weight loss. Basic

Components of Mindful Eating:

- Rid distractions like reading, watching television from meal times and avoid eating on-the-go.
- Keep a food journal. This can be a good way to get a clear picture of your eating habits.
- Mindfulness can help you recognize when you are eating for emotional reasons and allow you to develop other strategies for self-soothing or celebrating without eating more.

Heather Grebert
Certified Personal Trainer

Elm Heights Carnival

Elm Heights will host their first Carnival open to the entire community May 15 from 6:00pm - 8:00pm! Participate in games and win free prizes! Have your face painted, create art and crafts, enjoy popcorn and many other carnival-famous goodies. This Carnival, the first of many

to come, is the grand finale to National Nursing Home Week which is May 10-16. Elm Heights residents and team members will host and enjoy a wide array of events, activities and visitors throughout the entire week! Join residents and team members for the biggest event of the year

on Elm Street in Shenandoah! Fun for *all* ages! Want to do more? Contact Carleen Eveland, Activity Director to find ways to get involved at (712) 246-4627. There is no charge for the event. Bring the whole family!



Employee Spotlight - Mary Hartfield

Mary Hartfield, Pharmacy Technician at Shenandoah Medical Center has worked here since 1971 first as an LPN. She also lived on the East coast for some time. She has four children, six grandchildren, is a member of Cornerstone Fellowship, was a quilt and wedding dress maker, and collects elephants. She loves that teammates have become like her own family. Mary

started when only 10 or 11 computers were available on the campus. She remembers the addition to B Wing and the clinic addition. Over the course of the years she wanted to work at SMC despite having lived away. She is proud to be on the team knowing she has weathered countless changes over the years and helped many patients and families in times of

need. She looks forward to seeing more team and campus additions as she enjoys fun activities at work like decorating for holidays or special recognition events!



[The] poor helicopter pad has moved so many times it probably wonders where next!

- Mary Hartfield,
Pharmacy Technician

Employee Spotlight - Dave Halsey

Dave and his wife Julie of 30 years have two children and soon, three grandchildren! Born in California, raised in the Kansas City area, he came to Shenandoah Medical Center 31 years ago. He enjoys hunting and has state records to prove it. Dave's favorite part of work is watching new parents see their baby for the first time. He is proud to be a part of a

team that stays on the front edge of technology despite cost. Of many times helping patients, one stands out: a patient utilizing a translator while receiving ultrasound services was so grateful for Dave's work, she bypassed the translator to communicate her appreciation. She grabbed hold of his hand and repeatedly thanked him. Over the years he has

seen many changes but he enjoys his friends at Shenandoah Medical Center, especially his "good crew" in the Radiology department who work well together. "I enjoy coming to work... It's nice" says Dave..



I guess [spoken] language isn't the only way to communicate during an exam.

- Dave Halsey,
Ultrasound Technician

Time is not measured by the years that we live but by the deeds that we do and the joys that we give.

- Helen Steiner Rice

Gift Shop - New Product Line

Come see the new merchandise at the Shenandoah Medical Center Gift Shop Becky DeWild, Director of Volunteer Services, has introduced. A fresh flower cooler, US-made product lines such as Naked Bee skincare and Colby Ridge popcorn from Lincoln,

Nebraska are just a few. Shenandoah Medical Center branded clothing items are available. If you do not see branded items you like, Becky will place an order at the end of each month with special requests! Decor items, jewelry and awareness items to support a cause

such as breast cancer are always in stock. You will find something for all ages! The Gift Shop is staffed by Becky DeWild and volunteer supporters of SMC. Know someone looking for a volunteer opportunity? Contact Becky DeWild at (712) 246-6131.

Walk-In Clinic NEW Appointment Availability!

Due to a steady volume of patient visits at the Shenandoah Medical Center Walk-In Clinic, we are proud to announce we now take appointments in addition to walk-ins! Shorten your wait time by scheduling appointments for urgent

medical needs (non-emergency) or simply come in! Please come 15 minutes prior to appointment to ensure accuracy of medical and financial information. Shenandoah Walk-In Clinic Monday - Wednesday 9am - 7pm,

Thursday 9am - 1pm, and Saturday 9am-1pm. Sidney Clinic Tuesday - Friday 9am - 5pm. Call today!

Shenandoah
(712) 246 - 7400

Sidney
(712) 374 - 6005

Welcome Aboard - April New Employees



Ryan Kingery, PharmD
Pharmacist



Colby Baker
Paramedic



Melinda Douthit
Medical Records



Vince Nartker
Patient Transporter



Angela Hullman, CNA
Med-Surg



Joe Pimentel,
BSN, MBA
Chief Nursing Officer

Service Recognition Awards - May 14



Congratulations to team members being recognized at the Service Award celebration Thursday, May 14 from 4:00pm to 6:00pm in the Shenandoah Medical Center lobby!

5 Year Achievement

Sherry Bales
Housekeeping

Kay Bartles, CNA
EH - Nursing

Kathy Buttry
Patient Registration

Amy Farrell
Patient Registration

Michelle Inman
Housekeeping

Kimberlee Jones, CNA
Med-Surg

Lorraine Mace, CNA
EH - Nursing

George Shaw
Ambulance Services

Candy York
Patient Registration

10 Year Achievement

Dr. John Bowery
Family Practice

Barb Driskell
Laboratory

Teresa Jones, RN
Home Health & Hospice

Karon Killion
Communications

Rebecca Lockhart, LPN
Clinic

Jim Zennie, RT
Radiology

15 Year Achievement

Deb Argo, CNA
Med-Surg

20 Year Achievement

Conda Foster
Food Service

Pam Roberts, CNA
EH - Nursing

30 Year Achievement

Dave Halsey, RT
Radiology

35 Year Achievement

Nancy Collins
Food Service

Detra Braymen, RN
Med-Surg

TAKING *NEW* PATIENTS



Renee Johnson, FNP-BC

- Nearly a *decade* in Women's Healthcare
 - Located in Shenandoah, Essex & Sidney
 - Holistic Women's Care Provider
- ...and care for the whole family!*



Call OR Walk-In Today!
(712) 246 - 7400

Shenandoah Medical Center

300 Pershing Avenue
 300 Park Avenue
 1 Jack Foster Drive
 2 Jack Foster Drive
 Shenandoah, IA 51601
 (712) 246 - 1230

Elm Heights Long Term Care Center

1203 South Elm
 Shenandoah, IA 51601
 (712) 246 - 4627

Every patient, every time.



SHENANDOAH
 MEDICAL CENTER

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May – Happy Birthday!

Dr. Michael Woods	1-May	Clinic
Julie Boswell	2-May	Emergency Department
Kylee Farrell	3-May	Elm Heights - Nursing
Kim LaRock	9-May	Laboratory
Candyce Lang	10-May	Medical Records
Phillip Newton	10-May	Ambulance Services
Larry Hertensen	12-May	Ambulance Services
Lindsey Mascher	12-May	Surgery
Derek Baier	13-May	Ambulance Services
Janice Wilson	13-May	Mental Health Services
Steve Jurjevich	15-May	Physical Therapy
Keli Royal	15-May	Human Resources
James Coburn	16-May	Elm Heights - Housekeeping
Rebecca Lockhart, RN	16-May	Clinic
Cheryl Meyer	17-May	Business Office
Deb Hillman	18-May	Med-Surg Unit
Joni Royer	18-May	Surgery
Melanie Briggs	22-May	Elm Heights - Food Service
Judy Ebersole	22-May	Elm Heights - Nursing
Jayme Houdek	24-May	Physical Therapy
Melissa Woods	24-May	Business Office
Yvonne Brownfield	26-May	Clinic
Shelly Shane	27-May	Elm Heights - Nursing
Vivian Ogden	28-May	Radiology
Sumer Sandholm, RN	28-May	Clinic
Kimberly Tillman	28-May	Med-Surg Unit
Lindsay Lane	29-May	Housekeeping
Candy York	30-May	Business Office
Tara Tompkins	31-May	Business Office

Next Six-Week Session: MONDAY, APRIL 27 – THURSDAY, JUNE 4

**MONDAY: CARDIO CAMP
 TUESDAY & THURSDAY: BOOT CAMP**

5:30 pm - 6:30 pm

BOOT CAMP STRIDES:

- Reduce Body Fat
- Gain Lean Muscle
- Gain Strength & Power
- Increased Speed & Endurance
- Core & Balance Improvements
- Increased Energy Levels
- Improved Confidence
- Behavior Modifications & Nutritional Guidance
- Improved Cardiovascular Fitness
- Camaraderie, Friendly Motivation



**Non-Member: 2 Day - \$64 3 Day - \$94
 Member: 2 Day - \$96 3 Day - \$126**



Register TODAY! (712) 246-7325