

Health Update

HCHC'S
learning to live well

MOUNT PLEASANT, IOWA
DECEMBER 2009 / JANUARY 2010

Henry County Health Center welcomes new President/CEO



As the new President/CEO of Henry County Health Center, Robb Gardner is no stranger to the organization. His past experience at HCHC, combined with his familiarity of the community, will serve Gardner well as he continues HCHC's commitment to

providing high quality healthcare for area residents.

"I am very pleased to have this opportunity to serve as President/CEO at Henry County Health Center. I am excited to be working back in Mt. Pleasant with the great people at HCHC who are talented clinicians and leaders in our community. I view this as an opportunity to expand and strengthen healthcare in Henry County so that HCHC has the right services to meet the needs of area residents," commented Gardner.

Gardner served as Manager of Rehabilitation Services at Henry County Health Center from 2001-2006. He then worked at Great River Medical Center where he was Director of Rehabilitation Services. He is a graduate of Luther College with a Bachelor of Arts degree in biology. He earned his Masters in Physical Therapy from the University of Iowa, later receiving his Masters in Healthcare Administration from the University of Minnesota.

Gardner's past experience at HCHC will be beneficial in his new role. "It was helpful to come into this position already knowing the

key people to communicate with in order to meet our key strategic initiatives. I believe my familiarity with the work setting and the surroundings of the organization will help get the ball rolling earlier. Over the years I have developed good relationships among members of the medical staff, and I'm eager to work with them and provide my support to help them meet the needs of their patients."

According to Gardner, HCHC possesses many positive attributes that make the hospital vital to our community. "As a community-based health center, our patients are often times family members, friends, and neighbors. HCHC's associates are committed to meeting the needs of our patients and are truly dedicated to providing the highest possible care," he said.

In addition to the compassion and commitment that runs throughout the organization, Gardner is also impressed with the hospital's innovation. HCHC has experienced several accomplishments, which include receiving the Most Wired Hospital award for three consecutive years, providing innovative technology through the Imaging Services Department, and offering advanced specialties along with a highly respected medical staff. Gardner recognizes that these are all notable achievements for a facility of HCHC's size. And his vision includes building on these strengths to ensure a strong future for HCHC.

"As a hospital, we are always striving to advance the quality of medicine that is provided to area residents, and we also have a strong focus on patient safety. My immediate goals for HCHC are to capitalize on the momentum and strength that has been established by the current administration and workforce. We will continue to focus on quality, service excellence, innovation, and being the employer of choice," explained Gardner.

NEWS AT HCHC..... 2

LEARN TO LIVE WELL..... 3

FOUNDATION..... 4

FOUNDATION..... 5

INFUSION THERAPY AT HCHC..... 6

LIVING WELL 7

UPCOMING EVENTS 8



continued on page 2

News at HCHC

continued from page 1 HCHC welcomes new President/CEO

Gardner possesses the qualities to lead HCHC in meeting these goals. He has a passion for providing high quality, effective care for patients, along with a strong vision for making the hospital a satisfying workplace, keeping associates engaged in moving the organization forward. He also realizes the importance of HCHC serving as a leader in the community.

“It’s extremely important that HCHC remains a leader in providing care to the people in our community. It is vital that we have a strong healthcare system to support the healthcare needs of area residents, as well as the needs of our local small businesses and industries, helping to revitalize the economy in Henry County and Southeast Iowa. Having lived in this community for 11 years, I am definitely invested in making this area a healthier place for residents to live,” commented Gardner.

Jan Towne, HCHC Board Chair, is pleased at the selection of Gardner as HCHC’s new President/CEO. “After a lengthy search process, the HCHC board determined that Robb’s leadership, vision, and ability to communicate are an excellent fit to lead HCHC into the future. Robb gained management experience at HCHC early on in his career

as the Rehabilitation Services Manager, building on that experience at Great River Medical Center at a director level,” stated Towne. “Due to his initial employment experience at HCHC, Robb already has an established loyalty to the hospital, and demonstrates the passion, excitement, and the vision to be at the helm of this organization. Robb has also been a member of the Mt. Pleasant community for several years which makes him very familiar with the area and the citizens we serve.”

Mark Richardson, President and CEO of Great River Medical Center, also feels positively about the selection of Gardner. “Robb is the perfect person for HCHC’s CEO position because he knows HCHC and has a vision for the future of the organization. Robb is also the right individual to begin the new management agreement between HCHC and Great River Health Systems. HCHC and GRMC have successfully worked together in other endeavors, and we are excited to be working with HCHC again. I feel the selection of Robb as CEO is a positive step to continue this working relationship, and ultimately to meet the healthcare needs of the community,” said Richardson.

‘Learn to live well’ in 2010

For many people, the end of the year signifies a time to make New Year’s resolutions. Typically these goals focus on living a healthier lifestyle, and often involve resolutions of losing weight, eating healthier, exercising more, or quitting an addiction like smoking.

Whether you believe in making New Year’s resolutions or not, adopting healthier habits will make a difference in your life and the lives of those who care about you. Henry County Health Center is here to help you in your journey by offering support groups, exercise programs, and other resources that can assist you in “learning to live well.” Here are some of the programs we offer:

- **Ideal Protein:** Are you interested in losing weight and improving your overall health? Ideal Protein is a weight loss program designed to help you achieve your weight loss and health goals. This natural and effective weight loss method features a quick and healthy protocol with proven, long-lasting results. Discover the health benefits of this program by calling 319-385-6500.
- **Cardiac and Pulmonary Support Group:** This group meets quarterly at HCHC. Topics include nutrition, exercise, managing stress, and many other pertinent health-related subjects. Call 319-385-6504 for dates and times.
- **Pulmonary Rehab Phase III:** This is a supervised outpatient exercise program designed to help improve the quality of life for individuals with pulmonary disease. Call 319-385-6504 to learn more.
- **Cardiac Rehab Phase III:** This outpatient exercise program is designed to help patients maintain cardiac vascular fitness and good health. The program is made available to anyone who has two or more risk factors for heart disease or

continued on page 3

Learn to Live Well

Patients feel at home in new Sleep Lab

Patients visiting Henry County Health Center's newly remodeled Sleep Lab will find all the comforts of home. That's because the Sleep Lab is now located across the street from the hospital in a duplex owned by HCHC. This remodeled area ensures that patients will have a comfortable and restful night's sleep while undergoing sleep studies.

"HCHC's Sleep Lab was previously located in the hospital and consisted of one bed and monitoring equipment for sleep studies. The Sleep Lab is now housed in a newly remodeled duplex across the street from HCHC, and offers two individual rooms with beds so that two sleep studies can be conducted at once," explained Darren Shull, Cardio Pulmonary Manager.

"The facility is handicapped accessible, and both rooms contain bathrooms and showers. The monitoring equipment has also been enhanced, offering improved technology with reports generated quickly for doctors and their patients. The new facility allows HCHC to perform more sleep studies, with less wait time for patients, offering improved amenities in a relaxing, homelike environment."

Due to the location change, the quality of the sleep studies has improved. The setting is quiet, soothing, and homelike, and noise levels are at a minimum. All of the improvements to the Sleep Lab have enhanced the patient experience and the quality of sleep studies. These changes are also part of the process for HCHC to obtain accreditation for the Sleep Lab.

Also important in the accreditation process is the qualifications of clinicians who work in the lab. Dr. Anil Dhuna from Burlington Neurology serves as the Medical Director for HCHC's Sleep Lab and is board certified in sleep medicine. The Sleep Lab also employs four respiratory therapists who are certified polysomnographers. For more information on HCHC's Sleep Lab, call 319-385-6104.



Pictured is Wanda Wilkins, one of HCHC's certified polysomnographers, demonstrating how a patient would be prepared for a sleep study.



Pictured is (l-r): Darren Shull, Cardio Pulmonary Manager, discussing results from a sleep study with Dr. Anil Dhuna, Medical Director for HCHC's Sleep Lab.

continued from page 2 **Learn to Live Well in 2010**

who has heart disease. The program helps people achieve their cardiac fitness level, feel good and be healthy. For more information call 319-385-6504.

• **Diabetes Education Center:** This program provides participants with the education, knowledge, skills and motivation it takes to make the appropriate lifestyle changes to control their diabetes. A self-management training program is offered monthly, along with a two-hour refresher class held every other month for all participants who have previously attended the 10-hour group class. Individual self-management classes are also available, as well as pre-diabetes classes. Call 319-385-6518 to learn more.

• **Adult Type 2 Diabetes Support Group:** This group meets every other month at HCHC in the Health Education Center. Speakers offer information and coping strategies. Fun events are also planned for families. Contact 319-385-6518 for dates and times.

continued on page 7

HCHC Foundation

2009 Donor Appreciation Picnic

MORE THAN A WALK IN THE PARK

On a warm, sunny September afternoon, the HCHC Foundation welcomed and thanked its supporters with an Appreciation Picnic. The gathering, held in Saunders Park adjacent to the HCHC Emergency Department, treated over 100 guests to picnic delicacies of Sheila McAllister and The Catering Company. The big top tent was filled with donors sharing laughs and memories.

Added bonuses to this year's appreciation event were tours of the HCHC Emergency Department, Med-Force Emergency Helicopter, Mount Pleasant Fire and Rescue and HCHC EMS vehicles. HCHC Foundation Board members were on hand to take pictures of visitors in front of the helicopter and rescue equipment.

Thank you to all the HCHC Foundation supporters and to those who helped make this event extraordinary.



Pictured by Med-Force are Clinton and Willanna Rila of Mt. Pleasant.

SAVE THE DATE!

Join HCHC Foundation, Team Crusaders and KILJ Radio as we embark on our first Community-Wide Radio-Thon, Saturday, January 16th, 2010!

This special day will provide area residents an opportunity to participate in raising \$100,000 for the HCHC Infusion and Chemotherapy Enhancement Plan. Gather your friends, neighbors and loved ones. By simply calling KILJ on Saturday, January 16th, you and they can pledge their financial support and appreciation for high-quality, personal and compassionate chemotherapy and infusion care right here in Henry County. Be one of many to express gratitude for having technologically advanced and expertise care just moments from home.

Money raised for Chemotherapy and Infusion Services at HCHC will be used to provide new equipment and updated furnishings for the benefit of patients, caregivers and families. Mark your calendars, JANUARY 16, 2010, tune into KILJ FM and call in your support for this important cause!

FACTS AND TIDBITS

Did you know...

- Over 500 residents of Henry County have been diagnosed with cancer? (Iowa Cancer Registry).
- In the next 10 years, newly diagnosed cancer cases are expected to increase by 23% with the largest portion

of the increase represented by the Medicare-eligible population.

- National trends indicate that cancer care will be provided in community-based outpatient centers where patients can easily access treatments, diagnostic services, specialists and support services.
- HCHC Infusion/Chemotherapy Services provided nearly 1,900 treatments for chemotherapy, antibiotic therapy, blood transfusions, hydration, pain management and intravenous nutrition in 2009.
- HCHC Cancer Care Services are provided in collaboration with University of Iowa and Mayo Clinic physicians and oncologists.
- HCHC Cancer Care Services go beyond medication administration and include lab tests, X-rays, PET scans, CT scans, surgical procedures and on-site clinics with a U of I oncologist.

To learn how you can receive cancer care and infusion services at HCHC, please call Infusion/Chemotherapy Services at 385-6185. To learn how you can give to the Infusion/Chemotherapy Enhancement Plan, call Michelle Rosell, HCHC Foundation Director at 319/385-6541 (or email www.rosellm@hchc.org).

Team Crusaders—Outstanding Service, Character, and Commitment

HCHC Foundation is very grateful for the generosity of **Team Crusaders** and their commitment to enhancing Infusion and Chemotherapy Services within our hospital. **Crusaders** are working hard to raise public awareness of the availability of cancer and infusion services provided at HCHC and are helping raise funds to pay for equipment and furnishings for the newly renovated space.

Crusaders have met with dozens of community organizations and clubs. Their remarkable personal stories are being shared between friends, neighbors and co-workers. Their experiences and the benefits received by having high quality care provided locally can be heard throughout our communities.

HEAR WHAT CRUSADERS ARE SAYING;

“I so appreciated the services at HCHC during my weeks of chemotherapy. I am so grateful that I did not have to drive and spend hours on the road each week. Your facility was a real blessing to me in my time of need.”
Linda Wilkerson, Principal Van Allen and Salem Elementary

“When I watched my mother go through chemo in the 70’s, traveling an hour to and from treatment every day, while suffering the chemo side-effects, I made up my mind then and there, that if I ever got cancer, I wouldn’t do it. I would just take my chances.

But when I was diagnosed with cancer last year “not doing it” no longer seemed like an option. I was so apprehensive, not knowing what to expect. But Laurie & Wyndie were just wonderful, putting me completely at ease. They would even bring me my favorite cup of coffee each time. Laurie was kind enough to come in on a holiday to give me a treatment, so I could keep on my schedule.

Each month, I went 5 days in a row, and I would thank God every day that I could do this right in my hometown—not have to make the drive when I felt nauseous, or have to feel like I was inconveniencing a friend or family member to take me. If I felt bad after treatment, I could be home in 5 minutes to rest. If I felt fine, I could go onto work without having to take any time off.

What a tremendous service the Infusion Unit is to our community. It’s something you may not even be aware of until you need it. But when you need it, what a blessing it is!”
Carol Moutrie, Hospice of Central Iowa, Mt. Pleasant

“My family doctor, Dr. Rynders, first found my cancer. He had me go to Dr. Elliot for surgery and then had me see the University of Iowa doctors here at Henry County Health Center for more cancer care. Everything was so well coordinated. I didn’t have to drive far for my chemotherapy treatments and other tests. And when I had to depend on someone else, they didn’t have to take me very far or take a whole day off work. I now have been clear of rectal cancer for nearly 6 years and lung cancer for almost 5 years. I am very thankful for the care I got at HCHC.”

Tim Rukgaber – Mt. Union

At HCHC Foundation, we constantly strive to support important health initiatives for our area. To join the **Crusaders** and participate in Foundation endeavors through your philanthropic support, send your gift to HCHC Foundation, 407 S. White Street, Mount Pleasant, Iowa 52641. Help us ensure a strong future for health care in our communities.



Pictured are Team Crusaders members (l-r): Paul Beatty, Linda Wilkerson, Tim Rukgaber, Joy Gilleard, Ron Clouse, Carol Moutrie, and Linda Miller. (Not pictured: Bob Lindell, Gary Brose, John Rode, Jolien Kirby, Joni Moffett, Judy Ridinger, Karen Wenstrand, Marj Burden, Paul Dennison, Stacy Hunsaker, Tabbi Schimmelpfennig, James Roth, and Sharon Watson.)

Infusion/Chemotherapy at HCHC

HCHC responds to infusion needs of area residents

INFUSION/CHEMOTHERAPY EXPANSION PROJECT UNDERWAY

Henry County Health Center has successfully offered high quality cancer care locally for 20 years, meeting patients needs just as effectively and often times more conveniently than larger hospitals. Since 1990, HCHC and University of Iowa Oncology have been working collaboratively to provide chemotherapy infusions in close harmony and close to home.

As cancer incidence rates continue to climb and cancer care continues to move to the outpatient setting, it is imperative that health care providers focus on seamless, readily accessible care delivery and patient convenience. A significant increase in cancer diagnosis is expected in the next several years, and national trends indicate that cancer care will be provided in community-based outpatient centers where patients can access diagnostic services, treatments, specialists and support services.

For HCHC to keep pace with the growth of Infusion Therapy and Chemotherapy Services, and to build upon the existing clinical partnership between HCHC and University of Iowa Oncology, HCHC's Infusion/Chemotherapy Department is expanding its programming to provide community-based oncology services for area residents. Enhancements are being made to ensure that more patients are able to get the necessary treatments in the most efficient manner. This means making patient care seamless and more convenient, thus improving the quality of care and reducing additional costs for the patient.

THE VISION/BENEFITS

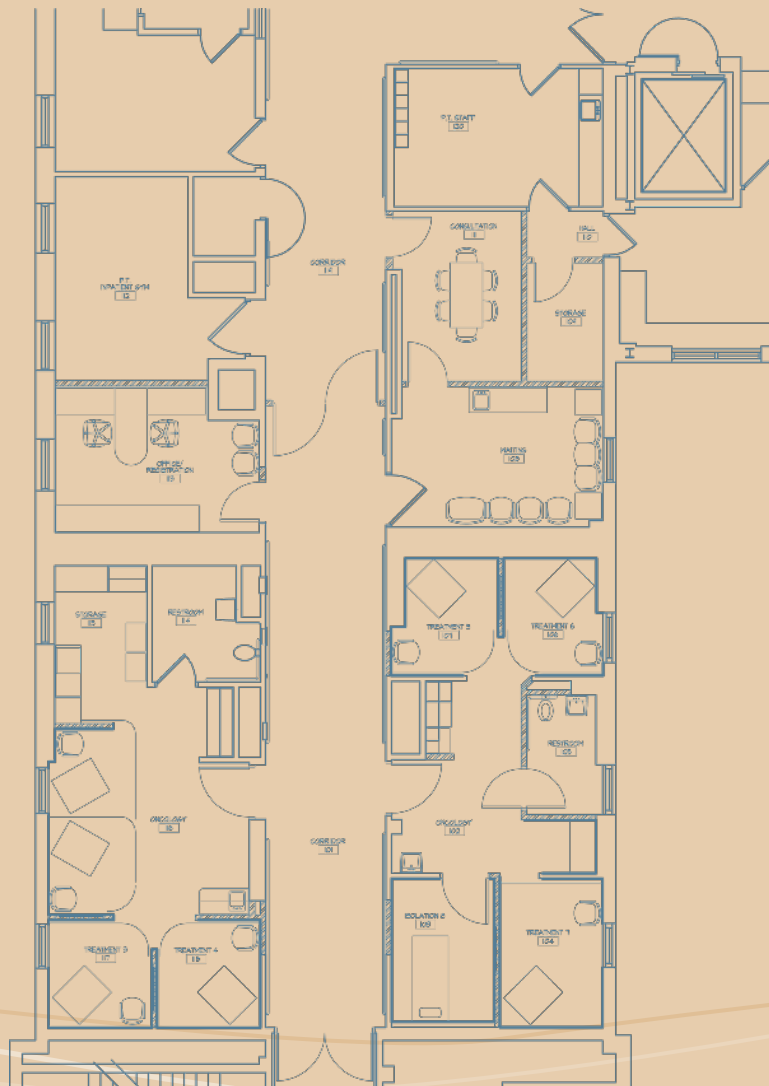
HCHC is currently undergoing an expansion project to meet the needs of infusion/chemotherapy patients in the area. The expansion will add square footage for the department, provide more treatment bays, increase privacy, and provide additional equipment and comfort amenities to meet the needs of patients.

HCHC Foundation has committed to raising funds for the Infusion Therapy/ Chemotherapy Enhancement Plan. The Foundation recognizes the important role this plan has in the future health of our communities. The plan will allow HCHC to meet the growing demand for oncology services and improve the access to quality care through collaboration and additional local programming.

AN INVITATION TO JOIN US

There are many ways that you can be involved in helping us build for the future. Naming opportunities are being offered to persons who contribute \$10,000 and above. Patient treatment bays and family areas can be named for your family, other loved ones, or a business. This is a wonderful way to give tribute to a special person in your life. It is also a way to demonstrate your commitment to quality care and encourage others to do the same.

All donations, no matter what the amount, are appreciated. Gifts can be mailed to HCHC Foundation, 407 S. White St., Mt. Pleasant, IA 52641. Thank you for your investment in quality health care for Henry County!



Living Well

HCHC reports positive news in finance arena

Last year's struggling economy had a negative impact on hospitals across the nation. However, despite those tough times, Henry County Health Center has experienced a positive fiscal year in 2009. Following are three accomplishments for HCHC in the area of finance.

REVENUE CYCLE

This summer HCHC received the High Performance in the Revenue Cycle Award from Healthcare Financial Management Association (HFMA), a national award recognizing outstanding hospitals. HCHC was one of only 14 hospitals in the nation to receive this award, selected from over 5,000 acute care hospitals in the United States. The award is significant because hospitals that meet or exceed the award criteria not only help confirm sound fiscal responsibility, but also display a meaningful measure of positive patient experience as financial communication is one of the primary indicators of overall patient satisfaction in hospitals.

2009 AUDIT REPORT

At the July Board of Trustees meeting, Brian Green, a partner with auditing firm Seim Johnson out of Omaha, Nebraska, presented information on HCHC's fiscal health, comparing that information to other Critical Access Hospitals across Iowa, Nebraska, and the nation. He reported the following information:

- HCHC's total margin, or net income, is better than the state of Iowa average for Critical Access Hospitals.
- HCHC's days cash on hand, which translates to the

number of days that HCHC has cash on hand, exceeds the Iowa average of 112 days and the national average of 55 days.

- For every dollar charged, HCHC writes off \$.38 compared to that of the state which is \$.26 for every dollar and \$.33 nationwide. This number is directly impacted by Medicare and Medicaid reimbursement and shows disparity because of the number of our patients covered by these national programs in Henry County.
- It was also pointed out that HCHC's long term debt has come down considerably over the past five years.

TAX LEVY RANKS LOW IN IOWA

HCHC also ranks as having one of the lowest tax levy rates in the state. Of the 42 county facilities that receive property tax dollars, HCHC ranks as the ninth lowest in the state in total dollars levied, which stands at \$523,310. This number includes the amount of tax dollars levied for HCHC's ambulance service, a service that not all county hospitals provide.

The Audit confirms that the financial strategy set by the Board of Trustees continues to build a strong balance sheet while further decreasing our dependence on property tax support. Significant investments in new equipment and facility upgrades were funded with cash reserves, maintaining a technologically modern healthcare delivery organization positioned to weather the current economically challenging times.

continued from page 3 **Learn to Live Well in 2010**

· **Smoking Cessation:** This American Lung Association program is an individualized program in a group setting that helps individuals meet their stop smoking needs. This six week program educates you on the effects of smoking on your body and the benefits of cessation. Call 319-385-6504 to be enrolled in our next class.

· **Muscles in Motion:** This program is for anyone who would like to exercise and have access to the exercise equipment in the HCHC Rehab Services Department. The cost is \$25 per month and is available Monday - Friday from 7 a.m.-6 p.m. To learn more call 319-385-6102.

· **Massage Therapy:** Our Rehab Services Department offers massage therapy performed by a licensed massage therapist who provides a wide variety of massage. Massage is often prescribed for injuries, chronic pain, stress release, and more. To learn more or to make an appointment, call 319-385-6102.



407 South White Street
Mount Pleasant, IA 52641

Non-Profit
U.S. Postage
PAID
Cedar Rapids, IA
PERMIT NO. 174

Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Tuesday, December 1, 6:30 p.m.

Annual Christmas Party

Bring a heart healthy, low-fat dish (meat, drinks, utensils provided)

Family and friends welcome

2nd floor of Mt. Pleasant Civic Center

DIABETES SUPPORT GROUP

Tuesday, December 8, 6-8 p.m.

10 Year Anniversary of Diabetes

Education Center Program

Open House w/ food, fun and fellowship

Health Education Center, HCHC

DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, December 17, 3:00-5:00 p.m.

Health Education Center, HCHC

Monday, January 4, 2:00-4:00 p.m.

Health Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, December 8 and

Tuesday, December 15

Call 385-6518 to register

Health Education Center, HCHC

Tuesday, January 19 and

Tuesday, January 26

Call 385-6518 to register

Health Education Center, HCHC

PRE-DIABETES CLASS

Thursday, January 14,

11:00 a.m.-12:00 p.m.

Call 385-6518 to register

Health Education Center, HCHC

DIABETES COOKING/DE-STRESS CLASS

Tuesday, January 5, 12:00-1:00 p.m.

Health Education Center, HCHC

GIFT SHOP LOBBY SALE

Thursday, December 3, 7:30 a.m.-5:00 p.m.

HCHC Front Lobby

12 DAYS OF CHRISTMAS

GIFT SHOP SALE

Tuesday, December 8 – Wednesday,

December 23

HCHC Gift Shop

BOOK FAIR

Thursday, December 10, 9:00 a.m.-4:30 p.m.

Health Education Center, HCHC

HCHC AUXILIARY MEETING

Monday, December 14

9:00 a.m. Monthly Meeting

Classroom A1, HCHC

Monday, January 11

9:00 a.m. Monthly Meeting

Classroom A-1, HCHC

Henry County Health Center's Outreach Clinics

serving the primary healthcare needs of the
Winfield and Wayland Communities

WAYLAND COMMUNITY CLINIC

Sylvia Graber, ARNP

227 W. Main

319.256.7100

Clinic held on Mondays and Thursdays

8:30 a.m.–Noon and 1 p.m.–5 p.m.,

Wednesday 8:30–11:30 a.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP

110 W. Pine

319.257.6211

Clinic held on Tuesdays and Fridays

8:30 a.m.–Noon and 1 p.m.–5 p.m.,

Wednesday 1–4 p.m.

(Sylvia Graber to conduct clinic on Wednesdays)

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional.

Chief Executive Officer: *Robb Gardner*

Editor: *Shelley L. Doak*

© 2009 Henry County Health Center

Readers who do not want to receive this newsletter may be removed from the mailing list by contacting HCHC Public Information Department at 319.385.6124 or doaks@hchc.org.