

OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

Spring 2017

Welcome Spring

A Word from our CEO...



I am excited to announce OCMH is continuing on with the theme from the last newsletter "With a new year comes new beginnings". With this announcement, the OCMH Board is proceeding with recommendation to construct a new healthcare facility that will serve the needs of our community for years to come. The current facilities have served Osborne and the surrounding communities since 1958; as of today (March 31, 2017) a total of 21,432 days with nonstop service being provided 24 hours a day, seven days a week. Therefore, the facility has served the needs of the patients so well over the last 58 years it has exceeded its life expectancy. Furthermore, it does not meet regulatory requirements and maintaining the facility is starting to become impractical as far as financial, time and energy resources. As per the mission statement of OCMH "to achieve excellence in rural healthcare in partnership with the communities we serve" a new facility would allow us to implement new technology and keep up on the advances in medicine as well as improving the standards and quality of care to our patients. A new facility would also be a benefit in recruiting and retaining providers and employees.

The OCMH Board of Trustees is in the infancy stages of the master planning process for the new facility and will keep you updated as we proceed with the project. At this point the details to share are:

LAND: An option to build on land in the High Plains Addition of the City of Osborne has been secured for a period of 24 months.

FINANCING: A pre-application for Federal assistance with USDA Rural Development was completed and it was determined OCMH is eligible for funding. A formal application will still need to be completed with USDA along with a feasibility study completed for final financing approval. As a Critical Access Hospital both the depreciation and interest expense are included in the calculation of our Medicare reimbursement as part of the cost of providing care. This means our Medicare reimbursement would be increased with a new facility allowing us to cover the cost of debt service for numerous years. We would use existing tax revenues after that time frame to cover the cost.

ARCHITECT: A Request for Qualifications has been sent to select Kansas architectural firms that are familiar with rural healthcare facilities. We hope to have the selection completed in the next month with a basic blueprint completed by late spring.

We will continue to share details as we progress further with the project and receive final financing approval. The OCMH Board and staff are excited about this building possibility and feel it is the best option to serve the communities of Osborne County and our patients.

Marianna Harris
CEO OCMH

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In January of 2017, OCMH implemented an Employee of the Month program. All employees are able to participate and nominate a fellow employee whom they feel is deserving of this award for going above and beyond the call of duty! Once nominations are collected, votes are cast and the Employee of the Month is announced! This has been a great program to highlight and recognize our stars at OCMH!!!



January

Susie Hackerott-Business Office



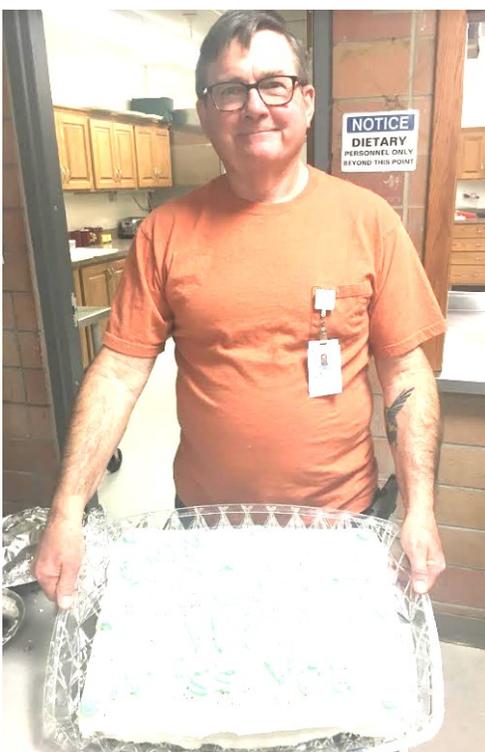
February

Kim Henke-Dietary



March

Darlene Hadley-Pharmacy



In September of 2009, Don Howland joined the OCMH family in the Maintenance Department. He was a great asset to the team! Don was a very hardworking team member and was always willing to help in any way he could. In January of 2017, Don retired from OCMH but continues to serve the community of Osborne as a driver for Solomon Valley Transportation. We were fortunate to be able to have him as part of OCMH for just over six years. We wish him the best in his retirement!!!



Highlights of OCMH 4th Quarter (Oct –Dec) 2016 Quality Improvement Results



OCMH received two “**Best Practice Top Performer**” honors for having zero ‘Healthcare Associated Infections per 100 Inpatient Days’ and for achieving 0.5% for ‘Percentage of Return ER Visits Within 72 hours With Same/Similar Diagnosis’ for the Quality

Health Indicators (QHi) core measures that we collect data for.

The OCMH Departments utilize the **PDSA (Plan, Do, Study, Act) Quality Improvement Model** for performing small tests of change within their departments. Three departments successfully achieved 100% in reaching their goals for their improvement topics for fourth quarter 2016. These departments include: **HIPAA Security, Obstetrics/Nursing, and Social Services**. They each received an achievement ribbon for their quality improvement efforts.

OCMH also received high marks in the following areas on the standardized **HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) Survey** or **Hospital Patient Satisfaction Survey** which asks recently discharged acute care patients about aspects of their hospital experience:

During this hospital stay, how often did the hospital staff do everything they could to help you with your pain? 3.88 out of possible 4.0

During this hospital stay, how often did nurses treat you with courtesy and respect? 3.87 out of possible 4.0

During this hospital stay, how often did doctors/providers treat you with courtesy and respect? 3.87 out of possible 4.0

What number would you use to rate this hospital during your stay? OCMH scored 9.33 (0-10 with 0 as the worst hospital and 10 as the best hospital possible) for this survey question which was above the Rural Comprehensive Care Network (RCCN) average of 9.09.

The Osborne County Memorial Hospital is committed to ongoing quality improvement processes with the aims of improving the health of the population, enhancing patient-centered care, experiences and outcomes, reducing cost of care, and to improving provider experience.



A Word from the Lab...

In March, the freshman class from Tipton Catholic High School visited the lab with their Science class. With parental consent, we did a finger stick on each student and did a quick blood typing on them. The students got to see how their blood reacted to show them their type, which included an ABO and Rh. ABO is A, B, AB, or O and their Rh is Positive or Negative. The students got to take home a few handouts along with a sheet telling them what their type was. We also educated them on the importance of knowing their blood types and why it is important to go donate blood. We had fun and saw some of the rarer blood types! While we waited on results we gave them a tour of the laboratory and showed them what else we do all day.

They asked some very great questions that had us brushing up on our skills!!



A new refrigerator for the pharmacy was purchased from American Biotech Supply with funds from the Sarver/McFadden trusts. This refrigerator meets the CDC standards for vaccine storage. The refrigerator in the Medication Room was purchased locally from Simmons Furniture. It was paid for by operating funds. These two refrigerators are a great addition to ensure Pharmacy medications are stored up to CDC standards!



OCMH Career Club

Osborne County Memorial Hospital has been proud to host a "Life Beyond High School" career club. This is designed to assist OHS students with experiences and skills to help them with life beyond high school. Some of the activities they have worked on have been in regards to scholarship applications, mock-interviews and money management. The group has been meeting monthly at the Osborne Public Library with one-on-one projects between OCMH staff and OHS students between meetings. The career club looks forward to working with the OHS students to help in any way needed. Food and snacks were provided by OCMH dietary, Corner Cupboard, Pizza Hut, Subway and Rusty Spur! We are so thankful for their donations! If you would like more information on the Career Club, please contact us at the hospital! (Pictured are students participating in Career Club)



1) You could save as many as 8 lives. By donating a number of organs or tissues at once, one organ donor can provide the gift of life to many people. Read some inspiring stories about how organ donation has changed lives here.

2) There is a critical organ shortage. There are over 113,702 people currently waiting for an organ donation. Every 13 minutes, a new person is added to the national transplant waiting list. As many as 18 people die every day waiting for an organ.

3) Organ donation costs you and your family nothing. An organ donor and his or her family are never billed for any expenses related to organ donation. Organ donors also never receive compensation for organ donation.

4) Organ donation is only considered once all life-saving efforts have been exhausted. Most donors are victims of severe brain damage resulting in no brain activity or no ability to breathe without a respirator. Organ donors must be declared brain dead before any organs are considered for donation.

5) It is easy to register. You can register to become an organ donor right now. Go to organdonor.gov to sign up to become a donor. Also, be sure to tell your spouse, family and physician about your wish to become an organ donor.



Give thanks. Give life.



Would you like to receive a copy of the Newsletter electronically? Please contact Jennifer Dodds at the hospital (785-346-2121) or jdodds@ocmh.net to be put on the list to receive it!

OCMH Auxiliary has scholarships available for any high school graduating seniors and non traditional students going into the medical field. See an auxiliary member for details or contact Mandy Simon, Tammy Spears or Keri Thornton at the hospital.



Severe Weather: Safety Kits

The best thing you can do for this severe weather season is make sure that you are prepared! This includes having a safety kit for your home/workplace and vehicle!

Home/Work

- Flashlight and extra batteries
- Battery-powered NOAA Weather Radio
- Out-of-town Contact Person
- Extra food and water
- Prescription medicines
- Special items for infant/elder/disabled family members
- Emergency tools
- Cash and a credit card, emergency phone numbers
- Important documents
- Shoes and a change of clothing per person
- First aid supplies
- Helmet
- Fire extinguisher/smoke alarm/carbon monoxide detector



Vehicle

- Mobile phone, charger, batteries
- Flashlight with extra batteries
- Battery powered radio
- Compass and road maps
- Water and snack food
- Matches
- Extra shoes and clothing
- First aid kit with pocket knife
- Necessary medications
- Blanket(s)/sleeping bags
- Tow chain and/or rope
- Emergency flares



Specialty Services at OCMH:

Urology

Mammograms

Bone Density

Pain Management

Cardiology

Obstetrics

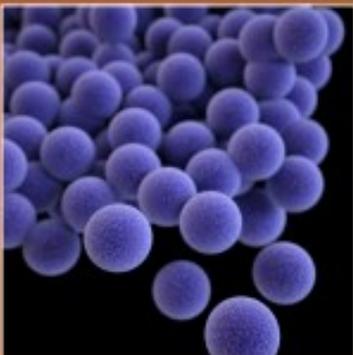
General Surgery

Nuclear Medicine

*Bringing the specialty healthcare
you need **to you.***

**Contact your physician if you are needing or wanting to
schedule an appointment for any of these specialty clinics!**

FOR PARENTS



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

ANTIBIOTICS AREN'T ALWAYS THE ANSWER

Many common infections are becoming resistant to antibiotics. As a parent, ask questions to make sure your sick child is getting the best care possible, which might not include an antibiotic.

The Facts:

- **Antibiotics can have reactions and side effects.**

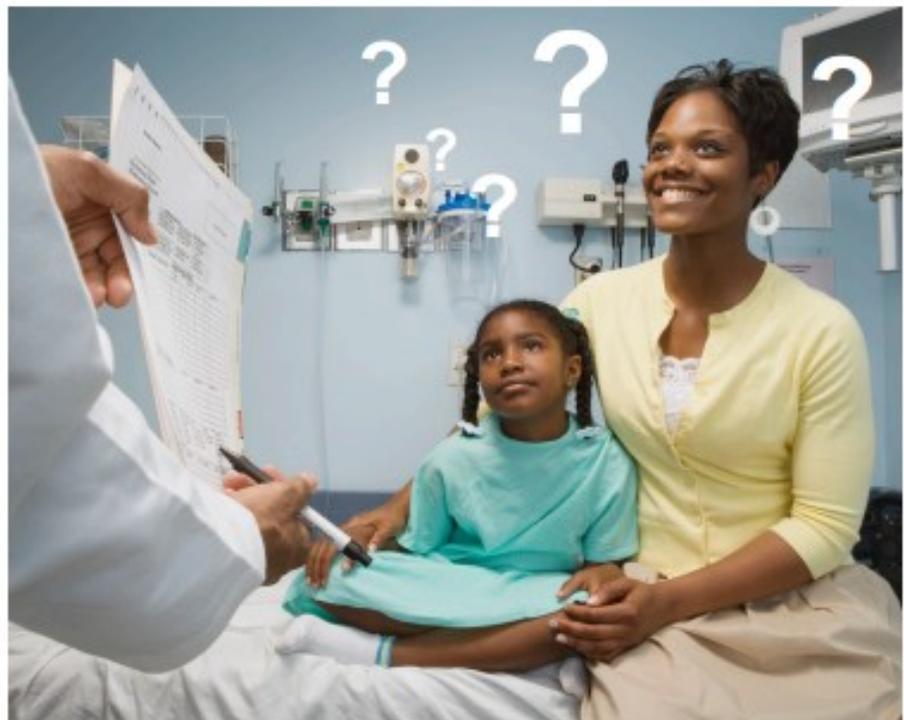
Harmful effects from antibiotics, such as side effects and allergic reactions, cause 1 out of 5 emergency department visits for adverse drug events and lead to **50,000 emergency department visits** in children each year.¹

- **Antibiotics can be overused and misused.**

It is estimated that **more than half of antibiotics are unnecessarily prescribed** to children in doctor office settings for cough and cold illness, most of which are caused by viruses.

- **Antibiotics can only cure infections caused by bacteria, not viruses.**
- **Antibiotic resistance is growing.**

An estimated **2 million illnesses** and **23,000 deaths** occur each year in the United States due to antibiotic-resistant infections.² Overuse and misuse of antibiotics are main drivers of resistance.



Questions to Ask Your Provider

If your child is sick, here are 3 important questions to ask your healthcare professional:

1. What is the best treatment for my child's illness?

Antibiotics aren't needed for common illnesses like colds, most sore throats, the flu, and even some ear infections. These illnesses are often caused by viruses, which do not respond to antibiotics. Sometimes the best treatment is symptom relief.

Illness	Usual Cause		Antibiotic Needed
	Virus	Bacteria	
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold (in otherwise healthy children and adults)	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO
Urinary Tract Infection		✓	Yes

2. Is this the right antibiotic for the type of infection my child has?

If an antibiotic will help your child, it's important to use an antibiotic that is designed to fight the bacteria causing your child's specific illness. If your healthcare professional says your child needs an antibiotic, ask if it's the one most "targeted" to treat the infection while causing the least side effects.



3. What can I do to help my child feel better?

Pain relievers, fever reducers, saline nasal spray or drops, warm compresses, liquids, and rest may be the best things to help your child feel better. Ask your healthcare provider or pharmacist what symptom relief is best for your child.



Centers for Disease Control and Prevention

For more information, please contact Centers for Disease Control and Prevention.

1600 Clifton Road N.E., Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-63548

Email: getsmart@cdc.gov Web: www.cdc.gov/getsmart



Old TV



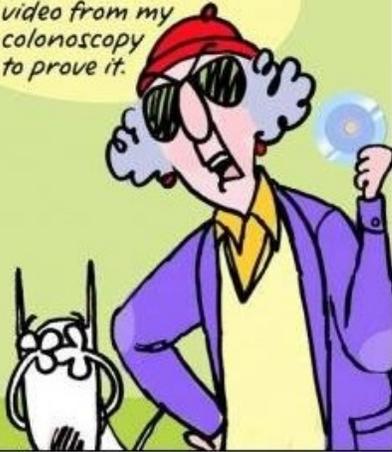
New TV

Osborne County Memorial Hospital would like to thank the following donors for making it possible to replace our televisions in patient rooms; **The Mildred Burch Memorial, The Keith Murphy Memorial, The Community Marketplace and Mr. and Mrs. Al Reif.** Because of these generous donations, we were able to replace the 19 inch televisions with larger Samsung 32 inch televisions. These televisions were purchased locally from Osborne Office and Electronics. It is our hope that the addition of these larger televisions will improve patient satisfaction and make hospital stays more pleasant. Once again, we would like to sincerely thank our donors who made this improvement possible!



OCMH is proud to share that we have received this Certificate of Achievement presented to our Medical Records Department for completing birth registrations in a timely manner! This achievement is important in order for certified birth certificates and social security cards to be obtained by parents soon after birth. Way to go Medical Records!!!

I have inner beauty ...
and I have the
video from my
colonoscopy
to prove it.



Do you need a Colonoscopy???

TOP TEN REASONS TO GET SCREENED

10. YOU ENJOY GETTING YOUR PICTURE TAKEN!—WHY NOT SEE IF THIS REALLY IS YOUR GOOD SIDE?

9. YOU HEARD ABOUT THE PREP—A PERFECT TIME TO CONTEMPLATE THAT BATHROOM RENOVATION!

8. YOU'RE OVER 50. OR YOU HAVE A FAMILY HISTORY. IT'S TIME!

7. COLON CANCER IS THE SECOND DEADLIEST CANCER, SO YOU'RE TAKING A STAND TO FIGHT IT.

6. YOU GOT OVER JUVENILE PHOBIAS BY AGE 12—YOU'RE READY TO START ACTING LIKE A GROWN UP.

5. DOCTORS RECOMMEND THIS METHOD WAY MORE THAN "JUST WAITING TO SEE WHAT HAPPENS."

4. YOU'VE HAD SYMPTOMS AND DECIDED THAT EMBARRASSMENT IS NOT AN EXCUSE.

3. YOU'D ACTUALLY LIKE TO BE AROUND TO SEE YOUR GRANDKIDS.

2. IF SOMETHING IS FOUND DURING YOUR SCREENING, IT CAN BE REMOVED DURING THE PROCEDURE.

AND THE **NUMBER 1** REASON TO GET SCREENED IS... IT'S YOUR BEST CHANCE TO STOP COLON CANCER BEFORE IT STOPS YOU.

5 Foods to Spring Clean Your Diet

The Physicians Committee dishes top tips from Marco Borges and John Pierre

Physicians Committee
for Responsible Medicine

	Super Food	Anti-Inflammatory	Immune Booster	Healthy Gut	Nutrition Facts
 Pineapple Bromelain, Vitamin C	Bromelain reduces muscle soreness, enhances athletic recovery	Manganese fights free radicals Rich in vitamins A, C, and Beta-Carotene	Vitamins B1 and B6 aid digestion	One cup of sliced pineapple compares to the amount of vitamin C in a medium orange (100% of the RDA)	
 Lemon Vitamin C, Folate	Alleviates joint and knee pain Prevents arthritis	Flushes toxins from the body	Restores a healthful pH balance	Vitamin C produces collagen, which reduces fine lines and wrinkles	
 Berries Anthocyanins, Resveratrol, Flavones	Reduces inflammation around intestines Prevents stomach ulcers and Crohn's disease	Packed with vitamin C Anthocyanins in blueberries may boost memory	Rich in catechins, which oxidize fat Reduces risk of type 2 diabetes by 26%	One cup of blackberries contains 8 g of fiber.	
 Radish Vitamin C	Eliminates excess mucus in body, preventing bronchitis, sinus infections, and sore throats	Packed with vitamin C	Promotes healthy gut flora	Contains only 20 calories per cup	
 Spinach, Leafy Greens Most Nutrient Packed Plant on Earth	Contains more than 12 anti-inflammatory phytonutrients	Rich in vitamins A, C, K, and Folate Builds healthy cells	Magnesium helps prevent obesity and inflammation	One bunch (3 cups) contains 10 g of protein. Popeye was on to something!	





FUN AT WORK



TEAMWORK
MAKES THE
DREAM
WORK



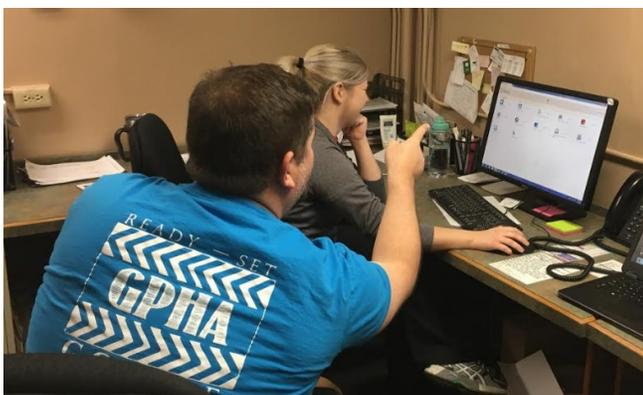
Meeting of the minds

The various pictures are from some fun we have had at the hospital as we prepared for GO LIVE.....and from the week during GO LIVE with Cerner!

On March 20th, 2017 Osborne County Memorial Hospital and Goad Clinic transitioned to a new electronic medical record, Cerner Health Information System. This health information system is designed to improve continuity of care for patients between the clinic and the hospital. Each patient will then have one medical record, shared between the two facilities. So far this transition is going well, but we continue to ask for your patience as with all new systems, there will be some learning moments during this transition. It is imperative that all patients bring with them their current insurance and list of medications (along with dosages and strength). Due to Cerner being a new system, all patient information will need to be re-entered into the new database. With registration process taking a little longer the first time a patient is seen after March 20, we are asking for all patients to please arrive at least 15 minutes before your scheduled appointment time. We are excited about these changes to help us better serve our patients! We would like to thank you all in advance for your patience and understanding as we transition to Cerner Health Information System!



We "cervived" Cerner training!!!





Do I need a Bone Density Test?

Bone density testing is used to assess the strength of the bones and the probability of fracture in persons at risk for osteoporosis. The test, referred to as bone densitometry or bone mineral density scan (BMD), is a simple, noninvasive procedure that takes just minutes.

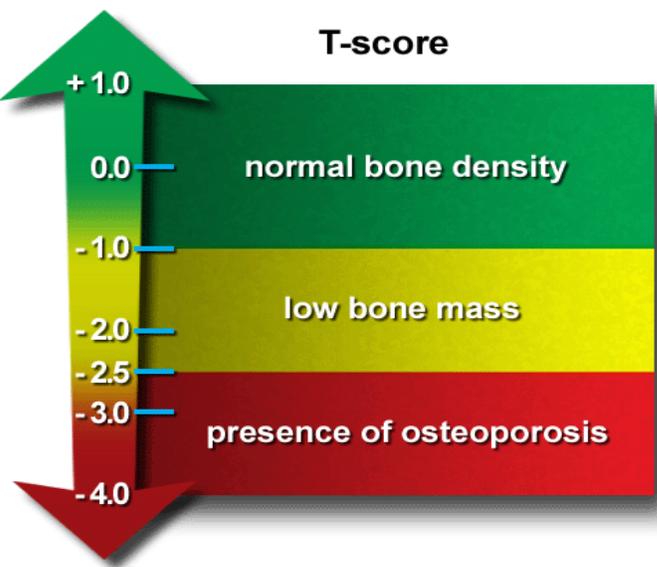
Unlike a bone scan, bone densitometry testing does not involve the administering of radioactive contrast material into the bloodstream.

How is a bone density test done? The most commonly used test is known as a dual energy x-ray absorptiometry (DEXA) scan, and it can be performed with devices that measure bone density in the hip and spine, or smaller peripheral devices to measure bone density in the wrist, heel or finger. The central bone density device is used in hospitals and medical offices. The DEXA scan involves a much smaller radiation exposure than a standard chest x-ray.

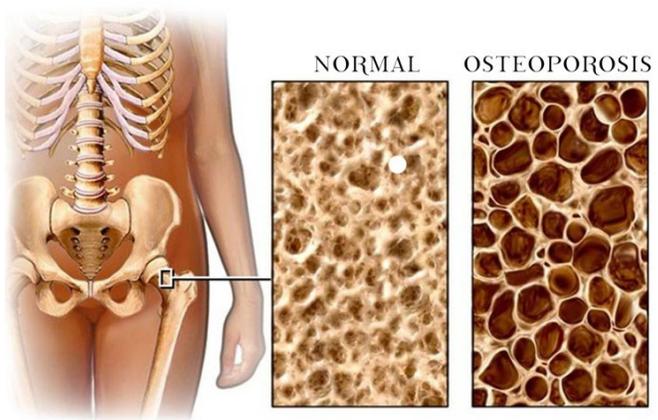
What causes osteoporosis (bone loss)? In premenopausal women, estrogen produced in the body maintains bone density. Following the onset of menopause, bone loss increases each year and can result in a total loss of 25-30% of bone density in the first five to ten years after menopause. Your doctor can help you decide when and if you need a bone density test. In general, this testing is recommended for women 65 and older along with younger postmenopausal women who have further risk factors for osteoporosis including:

- 1. A history of bone fractures as an adult or having a close relative with a history of bone fractures.**
- 2. Smoking**
- 3. Vitamin D deficiency, which can occur as a result of certain medical conditions.**
- 4. Excessive alcohol or caffeine consumption.**
- 5. Weight loss or low body weight: small-boned body frame.**
- 6. Early menopausal or late onset of menstrual periods.**
- 7. Physical inactivity**
- 8. Taking medication (such as prednisone, phenytoin and Dilantin) known to cause bone loss.**
- 9. Low estrogen levels**
- 10. Hyperparathyroidism and Hyperthyroidism**

Bone density test results: Your bone density measurement will be compared to the average peak bone density of young adults of the same sex and race. The results are usually reported as a “t-score” and a “z-score.” The T score compares your bone density with that of healthy young women, while the Z score is a comparison of your bone density with that of other people of the same age, gender and race. In either the T or Z score, a negative number means you have thinner bones than the standard. The more negative the number, the greater the degree of bone loss. Osteoporosis is defined as the beginning of bone loss and corresponds to a T score of -1 to -2.5 is indicative of osteoporosis.



Healthy Bones vs. Weak Bones



— 8 TIPS FOR — Healthy Bones

STRENGTH TRAINING

Exercise can help strengthen bones and slow bone mineral loss. High- and low-impact weight-bearing exercises are also good—jogging, tennis, jumping rope, aerobics (high impact) and treadmill or elliptical machines (low impact).



30 MIN. / 3X A WEEK

HEALTHY DIET

Get plenty of calcium and vitamin D in dairy products, leafy green veggies, fortified foods, and canned seafood such as sardines, salmon and shrimp. Vitamin D can be obtained in dairy and seafood, beef liver, mushrooms, egg yolks, supplements or sunlight. Don't smoke and stay away from caffeinated and alcoholic drinks.



1,000 - 2,500 MG.

FAMILY HISTORY

Find out if there is a family history of osteoporosis or other bone health issues—if so, discuss them with your medical provider.



KNOWLEDGE IS KEY



VISION

Stay up to date with vision checks. As you get older, your vision can change. Poor vision can cause a fall risk; you may not be able to see obstacles in your path.

ANNUAL CHECK-UPS

HEALTHY WEIGHT

Being overweight isn't the only concern; research has shown that women who are underweight with a body mass index less than 18.5, are at higher risk for osteoporosis than those at normal BMI of 20 to 25.



BMI of 20-25



HOME SWEET HOME

Reduce your risk of falls (and broken bones) by making your home fall proof: install shower rails, remove area rugs that can cause slips, tape electrical cords to walls and install lights at the top and bottom of staircases.

SAFETY FIRST

SIDE EFFECTS

Medication (such as certain immunosuppressants, thyroid hormone and steroid treatments) can affect bone health. Ask about supplementing with calcium and vitamin D if necessary.



BONE DENSITY TEST

Women older than 65 should have a bone density test, which can provide a clearer picture about the risk for broken bones. If a bone density test shows your bones are weak, ask your doctor about medications that can help.

TALK TO YOUR DOCTOR

FOR WOMEN 65+

Ingredients

- 2/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup packed brown sugar
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon grated lemon zest
- 1 teaspoon vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes
- 2 cups blueberries

Directions

Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool. Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.

PERFECT SUMMER FRUIT SALAD



6 Natural Remedies for Allergy

Most people take over the counter allergy medication to resolve seasonal allergies, but there are also natural ways to avoid symptoms without having to spend tons of money every year.



1• Water

Water plays a significant role to maintaining your immune system's health and keeping your hydration levels high. The consumption of lots of fluids is essential as it helps keep your sinuses hydrated for better lymphatic circulations in your body. A little bit of sea salt to your water may help your cells absorb and attain water faster and more efficiently.

2• Onions & Garlic

Make meals containing onions and garlic. They contain quercetin which is a flavonoid that inhibits inflammatory reactions. Although they can be used once the allergies start, it's better used as a preventive.



3• Flax Seeds, Fish & Walnuts (OMEGA 3-FATTY ACIDS)

These foods are critical as they contain a high concentration of Omega 3 Fatty Acids which are significant for decreasing the production of inflammatory chemicals in your body. They are also great sources of selenium which is a significant anti-allergy mineral.



4• Tea

During an allergic reaction, histamines occur which stimulate your symptoms to come to the surface immediately. Various teas like Green and Chamomile Tea contain anti-histamines and anti-oxidants to boost your immune system's endurance levels. Green tea in particular contains catechins, which have shown to suppress the enzyme that translates histidine to histamine.



5• Eat Your Fruits!

Orange, Strawberry, Apple, Kiwi...

Fruits contain vitamin C which acts as an anti-inflammatory to help counteract allergic reactions such as sinuses and inflammation in the lungs. To get this benefit, however, you need large doses of it, which may cause some to experience upset stomachs. As such, foods containing vitamin C should be taken gradually throughout the day.



6• Rosemary (Herbs)

Rosemary contains rosmarinic acid, which is a plant polyphenol that has been shown to minimize allergic reactions. It has shown to work by suppressing allergic immunoglobulin responses and leukocytes which cause inflammation. Rosemary is often used to flavour meats, seafood, and fruits.



Spring is Nature's way of saying LET'S PARTY!

ROBIN WILLIAMS



Spring Word Search

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

APRIL	GROWTH
BABY ANIMALS	MAY
BIRDS	MILD
BIRTH	MOTHER'S DAY
BLOOMS	MUD
BLOSSOMS	PLANTING
BUDS	RAIN
EASTER	SHOWERS
FLOWERS	THAW
GARDENING	UMBRELLA





On May 16, 1957, Congress approved the third Friday of May each year as National Defense Transportation Day. In 1962, Congress updated the request to include the whole week as National Transportation Week to provide an opportunity to celebrate the community of transportation professionals who keep our country moving.

The developmental team of Osborne County is going to celebrate National Transportation Week by doing a Solomon Valley Transportation Tri- County Challenge. We are challenging Mitchell and Jewell County to see who can raise the most money during National Transportation Week, May 14-20th. Osborne County is going to do a Bake Sale on May 19th, 10% sales of Pizza Hut and a 50/50 raffle. We will set cans around towns in Osborne County for donations. The goal is to raise enough funds to bring Osborne County service hours up to 5 days a week. Watch and listen for media releases as well as fliers around the county for more information on these events!



Solomon Valley Transportation

HOURS OF OPERATION:

Monday - Friday

7:30 a.m. - 5:00 p.m.

Saturday & Sunday

Dispatch - will need advanced notice

Holiday Schedule

No Service

Charter Service

Dispatch - will need advanced notice

TELEPHONE NUMBER:

(844) 493-3748

(785) 534-2395 - Beloit Area

(785) 346-6951 - Osborne Area

Cost of Rides

SUGGESTED DONATION

SVT has a suggested donation for the following trips:

Within Mitchell County \$1.50 each direction

Within Osborne County \$1.50 each direction

Within Jewell County \$1.50 each direction

Travel between these three counties and also outside of Jewell, Mitchell & Osborne County \$4.00 each direction

Punch cards

Punch cards are available for passengers to purchase for future rides costs \$20.00 each. Cards are available for purchase from any SVT driver.

National Hospital Week

May 7-12th, 2017

National Hospital Week – Background

- The first National Hospital Day was held on Florence Nightingale's birthday, on May 12, 1921
- National Hospital Day was originally conceived by a Chicago magazine editor as a public healthcare event that encouraged trust in the city's hospitals in the wake of the 'Spanish flu' outbreak of 1918, which killed more than 600,000 Americans
- The event expanded to an entire week in 1953
- Today, every state celebrates National Hospital Week, which is sponsored by the American Hospital Association
- Intended as a community-centered program, National Hospital Week engages every person in the hospital, from directors to orderlies, nurses to volunteers, EMS techs to home health professionals and physicians to patients
- National Hospital Week encourages public involvement, often through hospital tours and outreach events like health fairs, seminars and fun runs
- The commemorative celebration serves as a reminder that hospitals are foundations of the communities that built them and nurture them, and that hospitals serve people in every community from all walks of life
- Hospitals today are multi-dimensional environments that offer every medical specialty, with a focus on prevention and wellness
- During National Hospital Week, millions of Americans will visit hospitals in their communities to learn about the new breakthroughs, technologies and services that improve health and quality of life every day



The Healing Heart of Healthcare

OCMH Board of Trustees



Gregory Mick, John Girard, John McClure, Janel Burch, Michael Murphy



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