

# OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

Fall 2016

## WELCOME

## MARIANNA!!!



It is with great pleasure that I would like to introduce myself as the new CEO of Osborne County Memorial Hospital. I have received an overwhelming welcome from the OCMH team as well as the community of Osborne. I am very thankful I was chosen to lead OCMH and am excited to participate in the strategic planning for the future along with the Board of Trustees.

Even though I have had the opportunity to meet and visit with a lot of community members, I thought I would share a little more about myself. I was born and raised in rural Iowa. My parents were farmers and I have four older sisters. My husband, Bill, and I were blessed with three daughters who live with their families in O'Fallon, MO, Lincoln, NE and Mankato, KS. We also have 11 grandchildren so our house is full during the holidays. I have worked in the administrative field of healthcare my entire career and served as CEO in Henderson, NE, and Red Cloud, NE. My most recent position was a Practice Administrator in Worland, WY, so we were very excited to be able to return to the Midwest and more importantly closer to family.

My first few weeks at OCMH have been very positive with the obvious support from the employees as they are committed to the future of a rapidly changing healthcare environment. I can only build on the foundation that is currently in place and focus on the vision for the future. My passion is rural healthcare and my goal is to improve the current services provided at OCMH and create an environment where we can provide additional services and remain a viable part of the community and county. Again, I look forward to working with the employees, providers, Board and GPHA to make OCMH Hospital and Clinic the provider of choice for all your healthcare needs.



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# Breast Health



About one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

**No.1**

Breast cancer is the most common cancer among American women, except for skin cancers.

**No.2**

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

**232,670**

Estimated amount of new cases of invasive breast cancer diagnosed in women.

**2.8 million**

Estimated amount of breast cancer survivors in the U.S.

**55+**

Two of three breast cancers are found in women 55 or older.

Breast cancer survivorship has tripled over the past 60 years.

## Risk Factors

### GENDER

A woman is 200 times more likely than a man to develop breast cancer.

### AGE

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

### GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

### FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

### WEIGHT

Being overweight or obese increases breast cancer risk.

### RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

## Health Tips



■ **BREAST DENSITY**  
Having dense breasts makes your chance for breast cancer four times higher.



■ **KNOW YOUR FAMILY HISTORY**  
5 to 10 percent of breast cancer is hereditary.



■ **NUTRITION**  
Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



■ **SCREENING**  
Remember to get annual mammograms and clinical breast exams beginning at 40.



■ **WATCH WEIGHT**  
Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



■ **PHYSICAL ACTIVITY**  
Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



■ **ALCOHOL**  
Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



■ **SUPERFOODS**  
City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

## Symptoms

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

# *Breast Cancer*

## *Awareness Spotlight :*

Time and Access: The main barriers for not getting a mammogram are lack of time, money and false sense of risk. According to research, the number one reason women do not have a mammogram is lack of time. Many women feel they are too busy or do not have the resources to fit a mammogram into their busy schedule. Screening mammograms can be scheduled at Osborne County Memorial Hospital by calling and asking for the Radiology Department. Getting a mammogram is quick and easy. Most exams take about 10-15 minutes.

Understanding Money: The second barrier reported was a lack of insurance or limited funds. Most insurance companies cover all or part of the cost of annual screening exams. OCMH understands the need for every woman to have access to a screening mammogram and can help meet those needs. The OCMH Auxiliary has money available through generous donations by MORE Chevrolet and Oz County Cruizers. We are very grateful for these two entities giving back to Osborne County. Please call 785-346-2121 and ask for the radiology department and they can assist you in getting a free screening mammogram (as long as you meet the criteria).

Understanding Risk: The third barrier is the belief the individual is not at risk. However, research shows that a large percentage of women who get breast cancer have no known family history of the disease. Osborne County Memorial Hospital is a strong advocate of educating and encouraging women to get their annual screening mammogram. Finding cancer is still our best defense against the disease!

**EMPOWER**

**EDUCATE**

**ENCOURAGE**

Ask a Doctor:

“When should I seek medical care with the common cold/flu?”

Dr: If the symptoms last more than 10 days, and you receive no relief with Ibuprofen, anti-histamines and nasal saline rinses and you experience shortness of breath and uncontrolled fever or you are unable to eat or drink.



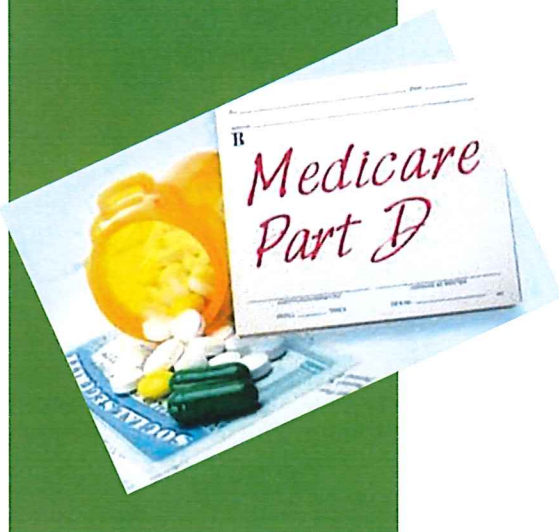
Flu Shots now available!!!



## Medicare Part D

Osborne County Memorial Hospital will be Offering FREE counseling sessions with a certified SHICK counselor to answer your Medicare D Drug Coverage questions!

Open Enrollment begins October 15th  
Call now to set up an appointment!!  
(785) 346-2121  
(Ask for Jennifer Dodds)





## *Holiday Baking!*

It's that time again! If you are having family around for the holidays but don't have time to do the baking, let us do the baking for you! Our ladies in the dietary department at OCMH make the best Cinnamon Rolls, Cookies, Pies and more! Call the hospital and ask for Dietary for pricing or to place your order!



Meals on Wheels is also available for anyone over 65 or anyone with a homebound illness. We deliver nutritious and delicious meals 5 days a week! Call the hospital for pricing or to set up delivery!

## "Your Medicare Coverage"

### and Flu shots

How often is it covered? Medicare Part B (Outpatient/Doctor insurance) normally covers one flu shot per flu season. Who's eligible? All people with Part B are covered. What will you as a patient have to pay? You pay nothing for a flu shot if the doctor or other qualified health provider accepts assignment for giving the shot.

Note: Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. It's important to ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.



## Specialty Services at OCMH:

- Urology
- Mammograms
- Bone Density
- Pain Management
- Cardiology
- Obstetrics
- General Surgery
- Nuclear Medicine



### General Surgeon To Start This Fall:

OCMH is looking forward to having a general surgeon joining our team of specialty doctors to provide general surgery services to Osborne County!

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Osborne County Memorial Hospital is proud to announce our new Regional Vice President Rex Walk. He will begin his duties November 1, 2016. Curt Colson served as our former VP and will continue to serve other Great Plains Health Alliance hospitals. We would like to thank Curt for his time and service he has given to us at OCMH.

Rex most recently served as our Interim Administrator here at OCMH and we are fortunate to be able to have him continue to serve as our Regional VP. We look forward to the positive changes that will be coming to OCMH!

Solomon Valley Transportation offers on-demand services for the general public in Mitchell, Jewell & Osborne including passengers with disabilities and seniors. Solomon Valley Transportation raises local dollars from businesses and individuals to match the funds we receive from the Department of Transportation and Federal Transit Administration U.S.C. 49-5311 Grant. Approximately every dollar raised locally returns \$3-4 for transit services. Individuals interested in gifting a donation to Solomon Valley Transportation can contact Tammy Kimminau, SVT Manager at 1-844-493-3748. Solomon Valley requests all passengers give at least 24 business hours notice when scheduling a local trip, or 48 business hours notice when scheduling an out of area trip. Solomon Valley Transportation will make every reasonable effort to provide next day service. Solomon Valley Transportation will provide door to door service for passengers. Passengers should be prepared to board the vehicles up to ten (10) minutes prior to and after the scheduled pick-up time. Solomon Valley Transportation drivers shall not wait longer than 5 minutes past scheduled stop or pick-up time for any client unless otherwise communicated.




  
**Cerner™ IS COMING!!!!!!**

OCMH will begin using a new electronic health record on March 20th, 2017! We are very excited for this new change and look forward to becoming a part of the new and evolving healthcare!

# BLOOD FACTS

 7% OF A HUMAN'S BODY WEIGHT IS MADE UP OF BLOOD; OUT OF WHICH 86% IS WATER.

DONATING 1 PINT OF BLOOD COULD HELP SAVE 4 LIVES

OUR KIDNEYS PURIFY  4 GALLONS OF BLOOD, DAILY!



A woman has approximately 4.5 liters of blood in her body, while men have 5.6 liters.

If all the blood vessels in our body were laid end to end, they would reach about



**60,000 miles**  
Enough to go around the world, twice

Blood is such a good stain that Native Americans used it to paint.



Half our body's red blood cells are replaced every **7 days.**



IN EARLY 19TH CENTURY, SOME ADVERTISEMENTS CLAIMED THAT RIDING THE CAROUSEL WAS GOOD FOR THE CIRCULATION OF BLOOD.

Smiling for someone is sweet but making someone smile is the best feeling.



Don't ask

But yes, I could use some help

## HOSPITAL

B N S A S X W D X U O S V G B  
 S Z E M I I G O D C S U I P S  
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ANESTHETIC      PILLS  
 BANDAGES      SCARED  
 BANDAIDS      SICK  
 BEDS            STITCHES  
 CLOWNS        TOYS  
 DOCTORS        WALKERS  
 FIX              WHEELCHAIRS  
 INTRAVENOUS  
 MEDICINE  
 NEEDLES  
 NICE  
 NURSES  
 OPERATION  
 PARTIES  
 PATIENTS



OCMH Fundraising Committee and Country Flowers are teaming up this year for Christmas Wreath sales! Contact us at OCMH to see the different wreaths, door charms and centerpieces we will be offering this Holiday season!



## Our Providers

### Sharpe Clinic

(785) 346-2033

Barbara Brown, DO  
Timothy Seifert, MPAS-C

### Goad Medical Clinic

(785) 346-2510

Erin Baxa, MD  
Jill Kuhlmann, APRN



### Contact Us:

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