OCMH: THE BEAT

OCMH

Our Specialty is You

A Word from our CEO...

The OCMH Campaign Committee has been very busy the past two months educating the residents of Osborne County on the proposed new construction project for the hospital and clinics as well as the necessity to continue the existing 1% sales tax. Election day is just around the corner but there is still one more opportunity to learn more about the project.

The final town hall meeting will be held on Monday, October 30, at 6:00 p.m. at the Veteran's Building in Osborne. This meeting will have a different agenda compared to the other town hall meetings with all the project team presenting an overview of the project and also answering any questions you may have about the project. The project team consists of the architect, Health Facilities Group, the construction manager-at-risk firm, Hutton Construction and our financial advisor, Piper Jaffray. A light meal will be served beginning at 6:00 p.m.

You can also find more information about the project on our Facebook page or our website at www.ocmh.org/vote-yes. If you have questions regarding the increased mill levy, definitely check out our TAX CALCULATOR on the website to determine your projected increase.

On behalf of the Board of Trustees, providers and employees of OCMH, we thank everyone that has shown support for the project. OCMH has been providing health services for almost 60 years and our goal is to be present for another 60 years. Please remember to vote "YES-YES" on November 7th!
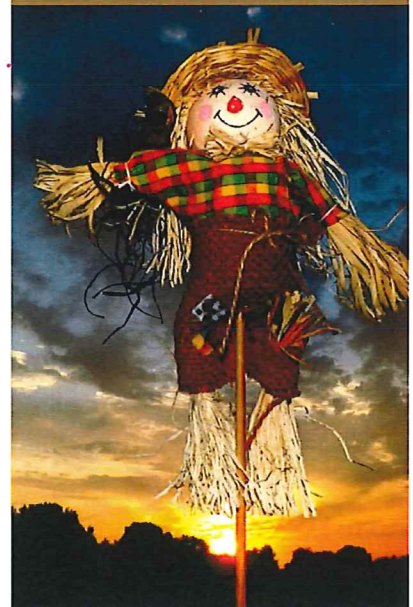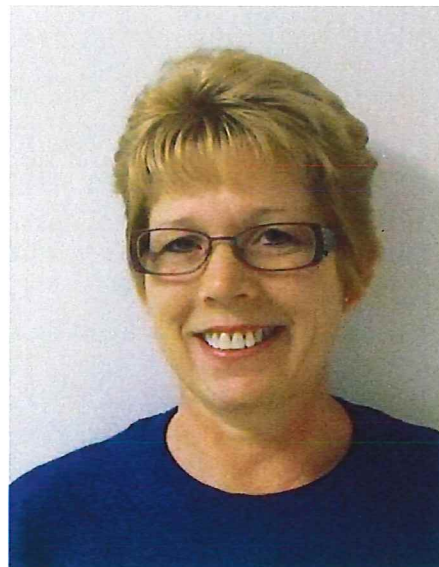
hello fall!

Employee of the Month

AUGUST
Linda Murphy
Business Office Manager

SEPTEMBER
Samantha Gourley
Nursing

OCTOBER
Helen Dannenberg
SSD/AD/CNA

Welcome Aaron

OCMH is pleased to introduce Aaron Geist, Doctor of Physical Therapy, who is the head of rehabilitation services. After graduating with honors from The University of Kansas, Aaron earned his Doctor of Physical Therapy degree at The University of Kansas Medical Center in 2016. While completing his clinical requirements, he traveled from Florida to Washington learning from excellent physical therapists, instructors, and professors. Aaron takes special interest in treating back pain, neck pain, sports injuries, shoulder pathologies, and providing rehab after surgery. During the past year, he has traveled across Kansas treating patients with other conditions as well, such as dizziness and vertigo, stroke, headaches, balance deficits, and other functional impairments. Aaron stated "I am very excited to come home to the community I was born and raised in. This community deserves the best care possible from a rehab standpoint, and I aim to achieve that." Aaron is available every weekday with extended hours as needed. OCMH is looking forward to having Aaron on our team and hope to be able to offer more rehab services as well in the future!

Specialty Services at OCMH:

Urology

Mammograms

Bone Density

Pain Management

Cardiology

General Surgery

Nuclear Medicine

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

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

Viruses or Bacteria

What's got you sick?

Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Bacteria	Bacteria or Virus	Virus	Are antibiotics needed?
Strep Throat	✓			YES
Whooping Cough	✓			YES
Urinary Tract Infection	✓			YES
Sinus Infection		✓		MAYBE
Middle Ear Infection		✓		MAYBE
Bronchitis/Chest cold (in otherwise healthy children or adults)		✓		NO
Common Cold/Runny Nose			✓	NO
Sore Throat (except strep)			✓	NO
Flu			✓	NO

Antibiotics Aren't Always the Answer

OCMH EMPLOYEE FUNDRAISING

Christmas Wreath Fundraiser

To purchase an evergreen product

Please call 346-2121

Orders will be taken until
October 30th

Mickman Brothers Inc.
Christmas Wreath Fundraisers

Why get a **flu vaccine**?

FIGHT FLU

Yearly flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Reasons to get a flu vaccine:

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
  - A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012
  - Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
  - Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year.
  - Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth.
  - A study that looked at flu vaccine effectiveness in pregnant women found that vaccination reduced the risk of flu-associated acute respiratory infection by about one half.
  - Another study found that babies of women who got a flu vaccine during their pregnancy were about one-third less likely to get sick with flu than babies in unvaccinated women. This protective benefit was observed for four months after birth.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

For more information, visit:
www.cdc.gov/flu
or call **1-800-CDC-INFO**

CDC

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

MEALS ON WHEELS

Do you have trouble preparing meals? Are you unable to leave your home? Would you like a hot delicious meal delivered to your doorstep Monday thru Friday? The OCMH Dietary Department will prepare a nutritious meal and a Meals On Wheels Volunteer will deliver it to your doorstep during the week. You are in charge, you can plan your week in advance or the day you want your meal served. Meals will be delivered between the hours of 11:00 a.m. and Noon. For orders the day you want your meal served, please call by 10:00 a.m. to avoid a delay in delivery. For more information or to sign up please call our Dietary Department Manager Pat Dumcum at (785)-346-2121.

OCMH recently purchased 4 new health care approved reclining chairs. Thanks to funds received from a Dane G. Hansen grant, the OCMH Employee Fundraising Group and Memorial funds. This will be an ongoing project until all rooms are furnished with these chairs. If you are interested in helping us with this campaign please contact Marianna.
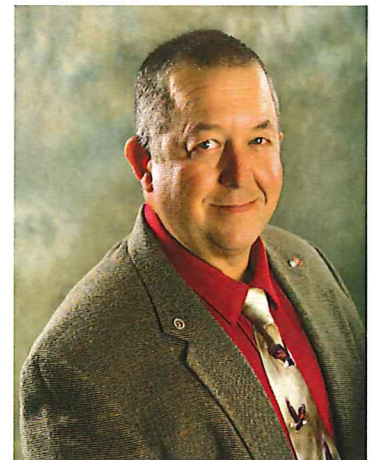
NEWSLETTER

Would you like to receive a copy of the Newsletter electronically? Please contact the hospital (785-346-2121) to be put on the list!

OCMH Board of Trustees

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

Our Providers

Goad Medical Clinic
(785) 346-2510
Erin Baxa, MD

Sharpe Memorial Clinic
(785) 346-2033
Barbara Brown, DO
Tim Seifert, MPAS-C

Contact Us:

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Osborne, KS 67473

785-346-2121

www.ocmh.org

Follow us on Facebook!