

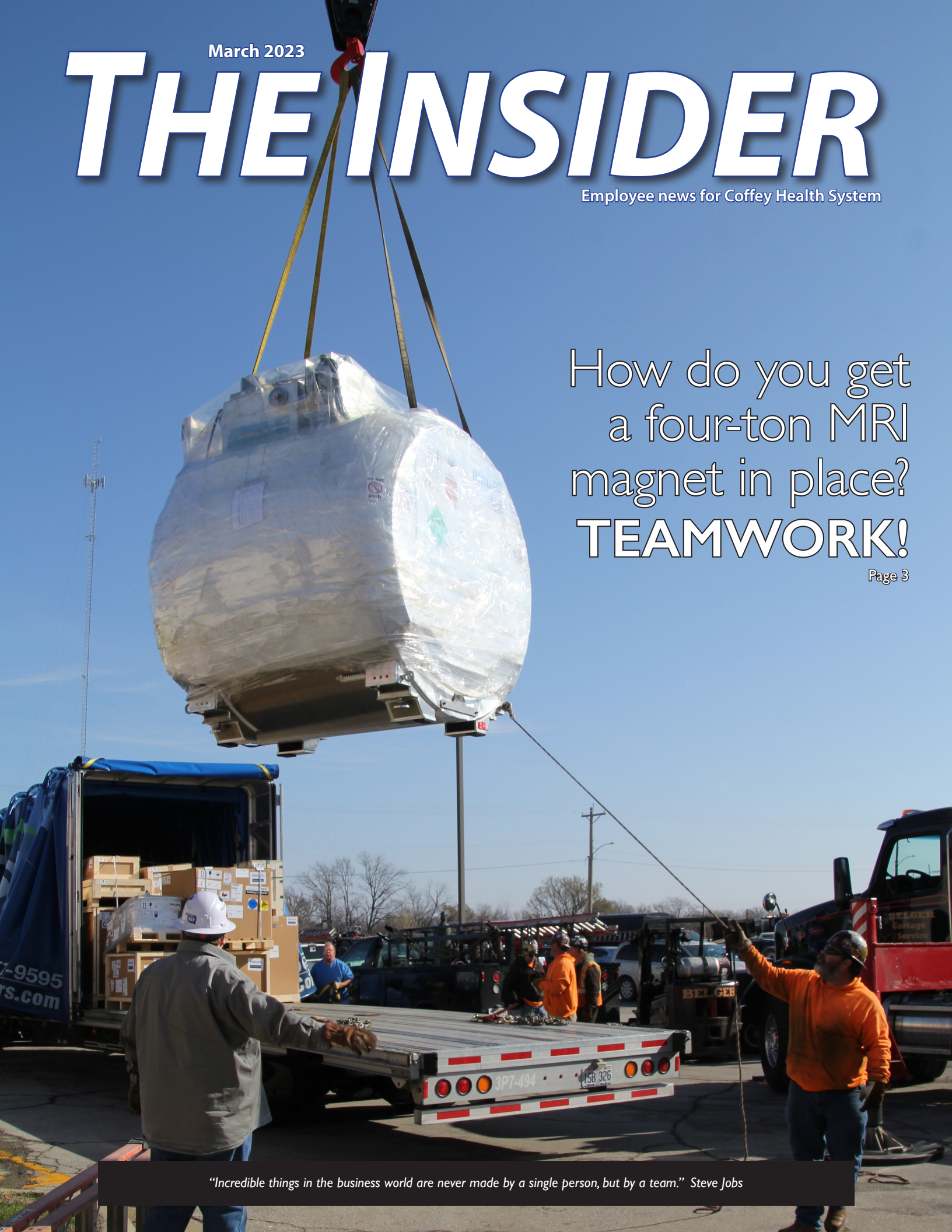
March 2023

THE INSIDER

Employee news for Coffey Health System

How do you get
a four-ton MRI
magnet in place?
TEAMWORK!

Page 3



"Incredible things in the business world are never made by a single person, but by a team." Steve Jobs



NOTES FROM JOBEN

Spring is one of my favorite seasons because it represents such a marked change—especially here in Kansas where we put away the snowboots and get out the flip-flops (only to change back several more times until summer). I get excited about changes all around Coffey Health System, too. The flowers are starting to pop up, and big changes are underway throughout the CHS family.

On the cover of this issue, you see what is easily the BIGGEST delivery at the hospital in a long time. That four-ton unit was delivered on March 27 with the help of a semi-trailer, a crane, and several crews of highly skilled installation experts. With the skill of surgeons, they maneuvered our new MRI through two doorways and a narrow corridor to its home in our new MRI suite. Our radiology team, led by Scott Sutherland, has eagerly awaited this milestone in CHS history. They will soon offer our patients faster MRIs with enhanced features not offered anywhere else in the region. Our mobile MRI served us for many years, but there is no comparison with this state-of-the-art technology (and the improved safety) of bringing MRI inside our four walls. We want you all to come see the beautifully renovated suite, but please understand that access to the room must be carefully monitored at all times. We will all play a role in assuring the safety of our patients, visitors, and staff. Watch for an announcement about an open house in mid- to late-April.

Obviously, the transition to Meditech is another significant change for our organization. We've made great strides since the January 1 "go live" and will keep plugging away in the coming months. Sometimes it might have felt like we were shoveling snow during a blizzard, but look where we are now! Great job, everyone!

In the past few months, we made several other upgrades, including a brand new ambulance. We also have a brand new ambulance, purchased by Coffey Health Foundation. Another long-overdue upgrade was flooring in the EMS living quarters. We still have a long way to go to make a comfortable, suitable home for our paramedics and EMTs, but we will get there. Thank you to the EMS team for your patience. We are also gearing up to replace the storm-damaged roof at The Meadows.

As March ends, we also celebrate Doctors Day. Our communities are so blessed to have Dr. Clark, Dr. Jarvis, Dr. Shell, Dr. Sides, Dr. Sloyer, and now Dr. Brown! Together, this group has provided 98 years of service at CHS. There isn't a rural hospital that can touch the skill and dedication shown by these amazing doctors. Thank you for caring for our patients like you would your own family.

When you get a chance to step outside and enjoy some sunshine, please do it! It's good for the soul.

Joben Rieth
Chief Executive Officer

The Insider is a monthly publication for the employees, volunteers, and friends of Coffey Health System, Burlington, Kansas.

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Joben Rieth Tracy Campbell
Chief Executive Officer Director of Marketing

Submit ideas or items for consideration in The Insider by contacting the marketing office at (620) 364-4507 or tcampbell@coffeyhealth.org.

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In honor of National Hospital Week,
Coffey Health System
is pleased to offer our annual

Community Blood Tests

\$40 comprehensive profile
\$20 optional prostate screening

Gridley

Monday, April 24, 7:30 - 9 a.m.
Gridley Medical Clinic

LeRoy

Tuesday, April 25, 7:30 - 9 a.m.
LeRoy Medical Clinic

Waverly

Wednesday, April 26, 7:30 - 9 a.m.
Waverly Medical Clinic

Lebo

Thursday, April 27, 7:30 - 9 a.m.
Lebo Public Library

Yates Center

April 21 & 28
7:30 - 9:30 a.m.
Yates Center Medical Clinic

Burlington 4-H building

May 1-5, 7:30 - 10:30 a.m daily

Hospital employees

May 8 & 9
7 - 10:30 a.m.
Allen Woods 2

March Board Meeting Recap

During the March 27 Coffey Health System Board of Trustees meeting, Chief Executive Officer Joben Rieth reviewed progress on cleaning out the Sunset Manor building in Waverly in preparation for listing it for sale. Most furnishings and equipment have been relocated to other departments within Coffey Health System or listed on the Purple Wave auction site per policy.

Respite stays are now available at The Meadows. This new service provides temporary care for seniors while their family is on vacation or otherwise unavailable.

The hospital also offers respite service for those needing temporary assistance with more extensive care.



Occupancy at The Meadows continues to rise, with 17 residents and four more expected in the coming weeks.

Within the consent agenda, the board unanimously approved the February 2023 board minutes, recommendations from the board committees, including the recommendation of the Quality Management Oversight Committee to pause the hospital's voluntary DNV accreditation and revisit it in one year and the recommendation of the Executive Finance Committee to authorize HCA payment and cash expenditures in the amount of \$840,145.

Also within the consent agenda, the board approved medical staff appointments for Advanced Practice Registered Nurse Kisha Mae Patterson and Physician Assistant Kelly Croci. In addition, reappointments were granted for Nilay Patel, MD; Osama Diab, MD; Dusty J. Atterbury, P.A.; Seshu C. Rao, MD; and Brook Hollis Roberts, CRNA.

Coffey County Attorney Wade Bowie will give a presentation about the Kansas Open Meetings Act and the Kansas Open Records Act specifically regarding healthcare at 6:30 p.m., April 10, in the hospital conference room.

Trustees entered a 15-minute executive session with Augustyn and Rieth. In addition, attorney Brooke Bennett Aziera from Foulston-Siefkin, LLP participated via telephone to discuss matters deemed privileged under the attorney-client relationship, regarding billing compliance under the Kansas Open Meetings Act (KSA 75-4319) (b) (2). No action was taken following the executive session.

Eight trustees were in attendance: Judy Reese, chairperson; JoAnn Osburn, vice chair; Steve Hopkins, treasurer; Peter Allegre, secretary; Jodi Thomas; Jeff Clark; Dennis Young; and Perry Chapman. Jim Dale was absent.

The next regular meeting is Monday, April 24, at 6:30 p.m. in the Coffey County Hospital's Allen Woods II conference room.

On the Cover

Our biggest delivery of the year



Crews attached a skate system to the bottom of the magnet which allowed them to roll the four-ton unit into the facility.

Coffey County Hospital's new MRI was delivered this week, marking a significant milestone in the hospital's diagnostic imaging program. Crews from Belger Cartage Service and McCollister's Transportation Group made the delivery. Chief Executive Officer Joben Rieth said the hospital has set aside capital purchase dollars for several years to cover the system's \$1.5 million price tag. Construction to place the unit within the hospital cost an additional \$1.1 million but enhances patient safety and convenience (the old unit is housed on a semi-trailer in the ambulance bay).

"The best news is that patients who find the MRI experience a bit too claustrophobic will no longer have to drive to Topeka or Kansas City to experience a spacious — or even feet-first — exam. Coffey County Hospital will also have the new capability to perform breast and prostate MRIs," Rieth said. "This is the most state-of-the-art imaging system in the region." Installation and training will take a few weeks, with patient exams expected to start in late-April.

Job Openings

Clinical Positions

Advanced Practice Provider - ER
AEMT
CNA - Med-Surg
Clinic Float Nurse: RN/LPN or
Medical Assist.
Medical Technologist
Paramedic
Respiratory Therapist
RN - Med-Surg, OB
Scrub Tech
Ultrasound Technologist

Non-Clinical

Cook
Environmental Services Tech
Maintenance Technician
Patient Access Coordinator

Visit coffeyhealth.org/careers for detailed information and requirements. For more information, call Ext. 4254.

Attention

For clarification, Aetna sees HR's role as very high level. Benefit enrollment information for employees is really the only area we have access to and they keep us out of employee claim/information world for a multitude of reasons. The only information we are given regarding claims and plan utilization is overall total figures given at renewal time.



Severe Weather Preparedness

Job well done to all those who participated in our *severe weather exercise* on March 7. Together our team had all 147 participating

associates and 27 patients moved into designated safe locations on the hospital campus in just under six minutes!

It is important to be prepared for severe weather events both at work and at home. Peak tornado season runs April through June. On average there about 95 tornadoes per year in Kansas, but there have been years where up to 187 have been reported! In addition to having a plan and designated shelter established, having an emergency kit ready to go can save critical minutes when the time comes to seek shelter. Here is a helpful list of items you should include in your emergency kit:

- Battery powered radio
- Flashlight
- Extra batteries
- Prescription medications
- First-aid kit
- Water and canned or dried food
- Supplies for pets
- Cell phone with chargers and a backup battery
- Whistle (to signal for help should it be needed)



CHS apparel order



It's time to place a quarterly order for CHS apparel. Whether you are new to the organization or just need something fresh, this is a great time to purchase items free of tax and shipping.

Orders are due to Virginia DuBuke in marketing by May 1. Apparel catalogs are located in the brochure rack outside the cafeteria and on the employee portal.

Orders placed outside of the quarterly invoice will be subject to shipping costs. Checks and credit cards are accepted. Payroll deduction is not available.

Call Virginia at Ext. 4174 if you have questions.

Employee Health Scoop

Stress. We all know what stress is. We all feel some sort of stress. Stress can sometimes be for good; for instance, it may motivate you to work harder for a goal you want to achieve. Typically, the body is programmed to handle a few stressors that last for a short while. But when we feel the stress day-in and day-out with little relief, it begins to wear down our body and mind. Research has shown chronic stress can contribute to high blood pressure and high cholesterol. It can also cause the brain to change, leading to anxiety, depression, and addiction.

Stress can also be linked to weight gain by over-eating or getting less sleep and exercise. (<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>)

April is STRESS AWARENESS MONTH. And since I can't fix your life stresses or send you on a tropical vacation, I can try and give you tools to help manage your stress for daily relief for your body and mind. This April, I am challenging you to do daily meditation. There are tons of resources and guided meditations on the internet you are welcome to use or follow this simple guide:

1. Take a seat. Find a place to sit that feels calm and quiet to you.
2. Set a time limit. If you're just beginning, it can help to choose a short time, such as five or ten minutes.
3. Notice your body. You can sit in a chair with your feet on the floor, loosely cross-legged, or you can kneel—all are fine. Just make sure you are stable and in a position that you can maintain for a while.
4. Feel your breath. Follow the sensation of your breath as it goes in and as it goes out.
5. Notice when your mind has wandered inevitably, your attention will leave the breath and wander to other places. When you notice that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to breathing.
6. Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.
7. Close with kindness. When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

That's it! That's the practice. You focus your attention, your mind wanders, you bring it back, and you try to do it as kindly as possible (as many times as you need to).

Log your April daily meditations on a calendar and turn it in to me by May 3. A calendar sample is located on the employee portal. The prize drawing for April will be a 30 minute massage gift certificate!



Linsey Knipp, RN
Director of Quality and Risk Management
Infection Preventionist
Employee Health

UPCOMING EVENTS

| Class/Event | Date/Time | Location | Information |
|---|--|---|---|
| Obstetrics Skills Check-off *Nursing/EMS/Respiratory Therapy | April 3, 4, 5 or 6 10 a.m. - Noon | Obstetrics | Mandatory for all medical staff. Notify Casey Lyons Ext. 4410 if you are unable to attend one of these dates/times. |
| STABLE: Post-resuscitation/Pre-transport Stabilization Care of Sick Infants | April 13, 9 a.m. - 5 p.m. | Allen Woods 2 | Sign up on the portal. No pre-course requirements. |
| Burlington Library Fun Day Burlington Jaynes Easter Hunt | April 8, 9:30 - 11:30 a.m. April 8, 10 a.m. | Burlington Branch Library EB Sports (317 Neosho) | FREE events |
| Overland Park OB simulation | May 23, 9 - 11 a.m. 11 a.m. - 1 p.m., 1:30 - 3:30 p.m. | Obstetrics | Topic:TBA |
| Walk With a Doc | Monday & Thursday May 22-July 3, 6-7 p.m. Excluding May 29 | Burlington High School Track | FREE event |

Watts receives Ambassador for Peace Medal



Gale Watts

Gale Watts, The Meadows, received special recognition from the Government of South Korea honoring his service to that country.

Watts served in Korea during the bitter and costly Korean conflict. In the three-year period of hostilities over 40,000 United States service members gave the last full measure of devotion.

Watts received the **Ambassador of Peace Medal** at the home of his daughter, Patricia Beyer. The family had gathered to celebrate Watts' 93rd birthday. The **Ambassador of Peace Medal** was instituted in 2020 as part of the seventieth anniversary and commemoration of the Korean conflict.

The citation accompanying the award reads in part "in grateful recognition of your dedicated contributions, it is a privilege to proclaim you an Ambassador for Peace."



Article written by The Yates Center News

Thank you note

EMS,
Thank you for keeping our cowgirls and cowboys safe and donating your resources during our rodeo weekend last summer.

Christian Youth Rodeo Association
Adult Board of Directors & Members

Thank you to the volunteers and staff who supported the bake sale benefitting my daughter, Freya Bess, on March 21. I appreciate each and every one of you.

Heather Bess



"All for one" is a monthly feature in *The Insider* to share information about news in the lives of the CHS family. We will share life's happiest moments and feature ways that we are pulling together to help colleagues in times of need. Please call Virginia at Ext. 4174 or send information to vdubuke@coffeyhealth.org.

Condolences

Prayers extend to Melissa Davis for the loss of her godmother on Jan. 29.

Condolences to Elaine Weston & Stephanie Weston on the loss of their cousin on Feb. 26.

Thoughts and prayers to Vic and Angela Blaufuss for the loss of his mother on Feb. 27.

Prayers to Steve and Joyce Hopkins for the loss of Steve's mother on March 4.

Congratulations

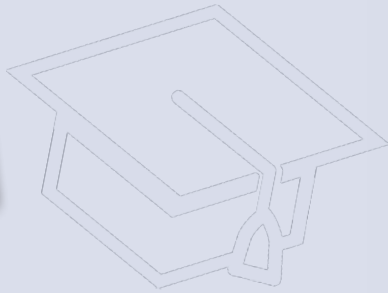


Emersyn Marie

Congratulations to **Sydney Spencer, human resources**, as well as her husband Ben and big sister Raelyn on the arrival of Emersyn Marie. Emersyn was born on March 28 and weighed 7lbs. 14oz.



It's that time of year to honor CHS graduates. Please submit a photo of your special high school or college graduate (or of yourself if you are graduating!) to the marketing office **by April 15**. Contact Virginia at vdubuke@coffeyhealth.org or Ext. 4174 for more information.



Kudos to **Shelly Moss** for putting information into a file for Press Ganey. Greatly appreciated!

Densie Hamilton writes:
Thank you to **Jacque Reusch** who called EMS for me and to **Joe Tuthill** who came and helped me when I was stranded in the hospital parking lot when my car wouldn't start. Their assistance in my time of crisis was much appreciated.

Jacque Reusch writes:
Thank you to **Jolleen Palmer** for the wonderful salads and **April Cox** and **Ryan McAllister** for being so accomodating. They go above and beyond and their kindness is very much appreciated. And I can't leave out **Blake Schulte**. He is so friendly and always greets everyone.

With over 250 employees, **Suzie Simon** remembers a large majority of staff's breakfast orders without having to say a word. Thanks for taking care of us, Suzie!

The **facilities team** has been working very hard preparing the former Sunset Manor building to be listed for sale. They've relocated a great deal of furnishing and equipment within CHS. Everything else is being sold on the Purple Wave auction site. We know how hard this team works 365 days per year, and offer them a special thank you for all the additional work they've undertaken at Sunset.

Kudos to **Kandi Alvarado** for volunteering to mop the floor for EVS when they were short-handed!



Rhonda Beets
Sr. Executive Assistant Administration



Sarah Blankenship
LPN
Waverly Medical Clinic



Hallie Chenowith
Lab Assistant Laboratory



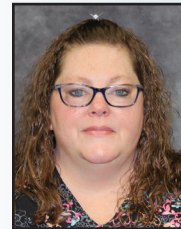
Jill Holub
RN
Med-Surb/Obstetrics



Barbara Jackson
Cook
The Meadows



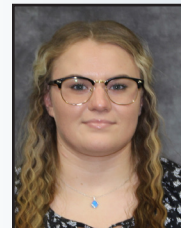
Desta Mason
Executive Assistant Administration



Linda Mattox
LPN
CCMC



Amy Morrisom
RN
CCMC



Catherine Rohrer
Cook
The Meadows



Kiely Smith
Radiology Tech.
Radiology

Welcome!

March Anniversaries

Our employees are our greatest resource. Each month, we include a list of employees who will celebrate their anniversary with Coffey Health System. Here's to each of you, and thank you for your service to our patients!

Lana Bahr 20 years
Paige Crooks 16 years
Casey Lyons 15 years
Tami Haney 13 years
Stacy Augustyn 10 years
Julie Schneider, Stephanie Weston 9 years
Joelle Gilbert 8 years
Virginia DuBuke 7 years
Brenda Salazar 6 years
Stephanie Bess, Shelly Moss 5 years
Suzanne Simon 4 years
Angel Adams, Joe Clark, Connie Meyer, Lily Rolf, Annette Van Anne, Kirsten Young 3 years
Raylee McClelland 2 years
Sara Cummings, Kacie Hoch, Jared Neeley, Roni Smith, Jazmin Smith, Charlie Snead, Samantha Whitmer 1 year

April Clinics

Cardiology April 3, 5, 10, 24, 28
Ear, Nose & Throat April 7
Gynecology April 4
Oncology April 11
Pain April 5, 12, 19, 26
Urology April 7, 14, 21

March/April Observances

Nutrition Month

Social Worker Care Month

Dietitian Day
 March 8

Human Resources Week
 March 19-24

Doctor's Day
 March 30

Volunteer Week
 April 16-22

HIM Week
 April 18-24

Lab Week
 April 24-28

Admin. Professionals Day
 April 26

Occupational Therapy Month

Here is what our hospital patients are saying.

HCAHPS Scores

| Domains & Questions | Top box % | Percentile RANK |
|-------------------------------|-----------|-----------------|
| Rate hospital 0-10 | 79% | 85th |
| *Would recommend the hospital | 78% | 80th |
| Communication with Nurses | 85% | 89th |
| Response of Hospital Staff | 66% | 73rd |
| Communication with doctors | 97% | 91st |
| Hospital Environment | 74% | 86th |
| Communication about medicines | 54% | 21st |
| Discharge information | 94% | 97th |
| Care Transitions | 57% | 77th |

*Survey items in the top 10 priority index

*Based from rolling twelve month results.

When I knew...



I didn't know this was the right field until I started my education. As soon as classes and clinicals began, I knew it was a good fit.

During most of my growing-up years, I became familiar with the world of medicine. This was due to my mother's state of health. At first, my interest was in psychiatry. That was until I realized how much schooling was involved! One day in junior high, I sat at the library with an occupational handbook and started looking for something that checked my boxes. Medical-check, very short schooling-check, very little science and math-check. And there it was, radiology technology. I started getting excited.

The entire staff was very welcoming right from the start at Coffey County Hospital. Being part of a hospital committed to the patient and technology let me know right off-this was the right place for me. I entered my field 49 years ago.

Scott Sutherland, B.A., RT(R) (QM) (CT) (MR) ARRT
 Radiology Supervisor, Coffey County Hospital