

a s p i r e

winter 2019



**The 340B Good
Stewardship Program
Comes to MCH&HS
pg. 3**

With a mission to partner with our community to heal, nurture, and promote wellness, Memorial Community Hospital and Health System displays commitment to that mission through offerings and support of community's needs.



Manny Wolf, CEO

As 2019 is coming to an end, MCH&HS is looking back on a successful year of providing medical care to our patients. The year was filled with activities surrounding existing programs and undertakings to bring new services to MCH&HS. All of these efforts were accomplished to fulfill the organization's mission *To Partner with Our Community to Heal, Nurture, and Promote Wellness.*

Throughout the facility, MCH&HS offers many wonderful services. One offering I am most proud of is the administration of chemotherapy at MCH&HS. Patients that are in need of receiving these cancer fighting medications often feel weak and sick and traveling any distance may be hard. The ability to receive chemotherapy services within our very own hospital is an important service that allows us to serve our patients and their families.

While some of our patients fight serious illnesses, others celebrate as they bring a new life into the world. So far, in 2019 we have welcomed 43 babies in our beautiful Labor and Delivery Suites. Dr. Sandra Baumberger, Dr. Alisha Scott and

Dr. Paula Thielen provide obstetric services and are passionate about delivering babies here at MCH&HS. Our pediatrician Dr. Jill Reel, along with our primary care providers, will care for children as well as the whole family in our Blair, Fort Calhoun and Tekamah Clinics.

The orthopedic program at MCH&HS has been expanded to now offer joint replacement surgery right here in Blair. Dr. Steven Kitchen has completed a number of these complex orthopedic surgeries with great results and is offering those patients that have received new knee joints renewed mobility and quality of life. Our joint program

“While some of our patients fight serious illnesses, others celebrate as they bring a new life into the world.”

is designed to take a proactive approach to successful recovery and outcomes for total joint patients. The joint camp includes pre-procedure opportunities for patients to meet with a pharmacist regarding pain control and for a full review of all medications including considerations regarding discontinuation of anticoagulants, etc. The patient meets with members of the surgical team to ask questions, and also has the opportunity to meet with staff from our billing office to

complete financial planning related to the procedure and the aftercare. Patients are provided with physical therapy information that will inform them of exercises to help prepare them for this procedure, through the immediate post-op timeframe, until well after discharge from the acute care portion of the procedure. I am so excited this program allows our patients to receive joint replacements here, close to home, where patients receive personalized care by our wonderful staff. Our facility is ideal for post-op recovery close to family and friends in our beautiful, private hospital suites. Please stay tuned for news of further expansion of our surgical orthopedic offerings in 2020.

I appreciate that choosing a health-care provider is a very important decision in your life. That's why I invite you to visit us, tour our facilities and learn more about our services. A hospital is an economic powerhouse for a community and I want to thank you for allowing us to continue to serve you, and provide healthcare services to you and your family.

Sincerely,

Manny Wolf



Blair resident Mary Beth Hunt recently had a knee replacement by Dr. Steven Kitchen at MCH&HS. Here's what she had to say.....

"Three months ago, I was lucky enough to have a full knee replacement at Memorial Community Hospital and Health System in Blair. Recently, I walked the Bob Kerry Pedestrian Bridge. It was my goal and the MCH Physical Therapy department made sure I could achieve that goal. Thank you EVERYONE at MCH, including Dr. Kitchen, Bruce Towne and especially Cathy White. I. Have. My. Life. Back."



Mary Beth Hunt

MCH Auxiliary Rummage Sale makes \$6,700 more than 2018!

After four years of declining sales, the Rummage Sale total was up. \$58,483.70 was raised in the four-day sale from September 19-22, 2019. Despite torrential rain, shoppers still came out in droves. Like many in the community who attended or volunteered at the 64th Annual Rummage Sale this year, they probably didn't notice a huge difference from prior years.

Though planning normally starts in June, 2019 was different. Since the flood in March, the MCH Auxiliary Board and supporters worked tirelessly to make sure the event could go on as usual. They had various volunteers throughout the community build more shelving units and clothing racks. They

purchased 50 new tables and they held a hanger-drive at the Auxiliary Closet to get enough hangers for the clothing departments. They also visited stores in Omaha that were going out of business and bought supplies, stored them and hauled them to the fairgrounds. The work was endless. The department chairmen were also brought into the planning meetings early this year to let them in on discussions.

"Everyone was so flexible and supportive this year," said Rummage Sale Chairman Kim Dutton, "We all knew things would be different and would all have to give and take. There were no major problems; in fact, it went so much

smoother than we all thought".

Over 300 volunteers helped make the week successful. Proceeds from the sale will go to a new Telemetry System for the Med/Surg Inpatient floor. The new monitors will update and replace older heart monitoring equipment.



Rummage Sale Planning Committee 2019

340B Good Stewardship Program

MCH&HS has signed on with the 340B Good Stewardship Program. During a time of increasing drug prices, the 340B drug pricing program is helping to ensure access to care for vulnerable patients and communities across the nation.

For more than 25 years, 340B has been critical in helping hospitals expand access to comprehensive health services, including lifesaving prescription drugs. The program enables participating hospitals that care for their communities, including many low-income and uninsured patients to purchase certain outpatient drugs at discounted prices. The savings from these discounts allow hospitals to provide an expanded range of health services to these vulnerable patients and communities.

Examples of the health services 340B can make possible include clinical pharmacy services that promote health, wellness, and disease prevention for patients, community outreach programs, free vaccines, cancer treatment, preventive care and transportation to follow-up appointments, to name just a few. The bottom line is that hospitals use 340B savings to provide services and programs that respond to the unique needs of their communities.

An analysis released earlier this year by the AHA (American Hospital Association) showed that 340B hospitals provided more than \$56 billion in total benefits to their communities in 2016 alone. In total, 340B discounts account for less than 2% of drug companies' annual sales and the program is paid for with drug discounts not tax dollars. However, this hasn't stopped opponents of the program – chief among them are the big drug companies – from attacking 340B and trying to roll it back in order to pocket more profits. And

“The savings from these discounts allow hospitals to provide an expanded range of health services to these vulnerable patients and communities.”

yet, time and again, hospitals have been able to demonstrate that the 340B program is working as Congress intended, which according to a congressional report is “to stretch scarce Federal resources as far as possible, reaching more eligible patients and providing more comprehensive services.” However, many policymakers and other stakeholders have suggested that more could be done to communicate the vital work this program supports and why it is so important

to patients and communities across the nation.

Memorial Community Hospital and Health System agrees and we are committed to doing our part to share the good work 340B supports. That is why our organization has made a commitment to the AHA-led initiative; “the 340B good stewardship principles.” These principles will strengthen the 340B program while demonstrating the many ways in which vulnerable communities benefit from this program. 340B hospitals will do this by increasing transparency and improve communication to the public the immense value of the program for their patients and communities.

According to Patty Smith, Pharmacist at MCH&HS, “The 340B program has provided a significant financial savings for MCH&HS. Although the majority of savings from the

Pharmacy Technician Samantha Wehrli



340B program come through the pharmacy department, the savings from the program benefit the entire MCH organization and the services we are able to provide. One benefit includes the ability to provide patient assistance programs to many patients, who may not have adequate insurance or high deductible plans, and cannot otherwise afford general healthcare or lifesaving treatments. The savings have allowed MCH to expand services, especially our chemotherapy services. The addition of a new state of the art clean room in our hospital pharmacy for sterile compounding of IV medications and chemotherapy was key in expanding our oncology and infusion program. Dr Timothy Dorius, oncologist, has proven to be a great asset in our community by supporting chemotherapy treatments close to home. Receiving chemotherapy and other infusions is priceless for many local patients who don't feel good and want to avoid traveling to receive their treatments, or to save time when they are receiving treatments during work hours."

Smith went on to say "Outpatient services seems to be where the healthcare industry is headed, so being able to provide more outpatient services in our rural community is extremely valuable to keep our hospital and clinic services sustainable in the future. For our community, the 340B program is crucial to make healthcare affordable for smaller rural hospitals to



Pharmacists Patty Smith and Susan Schneider and Pharmacy Technician Melody Edinger

be able to continue these services."

The good stewardship principles require hospitals to take several actions. First is communicating the value of the 340B program. Hospitals should publish a narrative on an annual basis that describes how they use 340B savings to benefit their community. This includes listing the services that the hospital could not continue to provide without 340B savings. Next, hospitals must disclose 340B estimated savings by publicly disclosing on an annual basis their 340B estimated savings calculated in a standardized way. And finally, hospitals should continue to conduct internal reviews to ensure that their hospital 340B program meets HRSA rules and guidance. Included in this effort is a commitment to regular training for hospitals' 340B teams.

In addition to the AHA, these principles have been endorsed by America's Essential Hospitals, the Association of American Medical

Colleges, the Catholic Health Association of the United States, the Children's Hospital Association and 340B Health.



Recognizing Employees for Outstanding Service

Every year MCH&HS hosts an awards celebration to recognize outstanding employees, including Provider of the Year, Manager of the Year, and Employee of the Year. During this celebration that was held in late October, the following individuals were recognized:

PROVIDER OF THE YEAR



Dr. Maurice Birdwell,
Emergency Room
Physician

MANAGER OF THE YEAR



Patty Smith,
Pharmacist
and Pharmacy
Department Lead

Dustin Bell,
Maintenance Engineer

EMPLOYEE OF THE YEAR



Please Join Us for Christmas in Calhoun!

Two very special guests will visit the MCH&HS Fort Calhoun Clinic as part of Christmas in Calhoun this year! Come meet Olaf & Elsa on Saturday, December 14, from 9:00 to 11:00 a.m. Guests will enjoy refreshments and a goodie bag from Olaf and Elsa. We hope to see you there!



CHNA & CHIP

In the healthcare world there are two acronyms you may not have heard of, CHNA (Chee-na) and CHIP. So what are they and what do they stand for? CHNA stands for Community Health Needs Assessment and is accompanied by the CHIP, or Community Health Improvement Plan. Both are fairly new requirements for tax-exempt hospitals under the Affordable Care Act. Completed every three years in coordination with Three Rivers Public Health Department, the assessment and plan creates an opportunity to improve the health of the community and ensure the hospital is meeting the needs of the communities in which we serve. They also provide an opportunity to improve coordination of hospital community benefits with other organizations' efforts to improve community health.

The CHNA process for MCH&HS began in early 2019. Three Rivers Public Health Department (3RPHD), along with a steering committee, developed a survey to distribute throughout the three-county region that 3RPHD oversees, including Washington County. By statute, CHNAs must take into account input from "persons who represent the broad interests of the community served by the hospital facility, including those with special knowledge of or expertise in public health." Once the survey, various

focus groups, and all other feedback avenues were completed, the CHNA report was compiled. This report will be available by the end of the year on MCHHS.org, as it is on all other non-profit hospitals' websites across the country.

The CHIP process begins when the CHNA is complete. Utilizing the CHNA, the community health improvement plan is a long-term, systematic effort to address public health problems. Programs and activities are then designed around the priority areas and strive to address and improve the public's health. Collaborating with other community organizations is also a large part of the plan. MCH&HS has been developing the CHIP since October 2019 and will have it available on the website by the end of the year.

On August 15th, a group of 35 community members gathered at MCH&HS to listen to the results of the CHNA and participate in a focus group. The purpose of this meeting was to determine the most important health needs of the community and to give guidance on where to focus efforts in the next three years. 3RPHD, along with a steering committee, developed a survey earlier in the year to distribute throughout the three-county region that 3RPHD oversees. In addition to the results of the survey, Schmeekle Research was hired to gather data from various sources so a comprehensive needs assess-



ment could be developed. Once all data was gathered and compiled, a facilitator was hired to lead focus group meetings in each of the three counties in 3RPHD's district. The day was split into two sections, an overview of the health data of Washington County, and then a participatory exercise to cut down and streamline issues. By doing this, the group got to identify the top health priorities of Washington County. Rising to the top were **1. Access to Care**, including affordable, accessible and quality healthcare, including mental health, **2. Risky Behaviors**, including texting and driving, underage drinking, vaping and marijuana use and finally, **3. Collaboration** or the need for local entities to better work together to address the communities healthcare issues.

Next begins the process of creating a CHIP with 3RPHD and finally one for MCH&HS. From the CHIP, you will begin to see how as departments, the hospital and community as a whole will start addressing the concerns the participants lined up as being the most important to address.

Diabetes Screening Event

The Blair Lions Club and MCH&HS joined forces to sponsor a free Diabetes Screening event on Thursday, November 14. The event was held from 8:00 a.m. to 10:00 a.m. in the Bagby and Gentry conference rooms at MCH&HS. Finger stick blood sugars were available from 8:00-10:00 a.m. Jeane Christensen, MS, RD, CDE was present to educate about diabetes and spoke about the signs and symptoms of diabetes, including frequent urination, increased thirst, always hungry, frequent tiredness, blurry vision, slow healing of wounds, tingling or numbness in hands or feet, and patches of dark skin. Guests enjoyed refreshments during the event and gathered information from vendors who were on hand to share materials.

The event was co-sponsored to recognize National Diabetes Day. The Lions Club is a national organization and supports several causes including diabetes and reducing the prevalence of diabetes and improving the quality of life for those diagnosed.



Dr. Thomas Saylor

New Orthopedic Surgeon to Join Staff

Plans are being made for a new orthopedic surgeon to begin in early 2020 at MCH&HS. Dr. Thomas

Saylor specializes in injuries to the shoulder and upper arm and will perform surgeries right here in Blair.

Dr. Saylor received his Bachelors of Science degree from Oregon State University and his Doctor of Medicine degree from the University of Nevada School of Medicine. He is a consulting surgeon for the St. Louis Cardinals, PGA (Professional Golfers Association) and LPGA (Ladies Professional Golf Association) tours. Look for more information coming on our Facebook page and in the local newspaper.



Dr. Eva Hecht

Dr. Eva Hecht Audiology

Dr. Eva Hecht with Fremont Audiology of Blair began offering a weekly Audiology Clinic at MCH&HS in November. She will serve both school age children and adults.

Dr. Hecht received her Doctor of Audiology degree from the University of South Dakota (USD) in 2016. She received her Bachelor of Arts

in Communication Sciences and Disorders from USD in 2012. She previously worked at Norfolk Ear, Nose, and Throat for two and a half years as a student extern and audiologist. She is a fellow of the American Academy of Audiology, a certified member of the American Speech Language Hearing Association, and member of the Academy of Doctors of Audiology. She is licensed to practice in South Dakota and Nebraska. Dr. Hecht's current interests include working with children and adults in the area of hearing loss assessment and management, hearing aid selection, fitting, and rehabilitation.

Appointments may be scheduled by calling the Fremont clinic at 402 - 727 - 5707.

CNA Program Starts at Blair Community Schools

Through a partnership with Metropolitan Community College, Good Shepherd Lutheran Home, Blair High School (BHS) and MCH&HS, a new Certified Nursing Assistant (CNA) program started at BHS this fall.

Eight seniors enrolled in the first program for the fall semester.

63 hours are completed in the classroom and clinicals are held afterward at MCH&HS and Good Shepherd. The students will be prepared to take a nursing assistant registry exam after the class and once complete, can get a job as a CNA.

CNA's help a patient or client with their healthcare needs and work under the supervision of a Registered Nurse or Licensed Practical Nurse. A certification will allow them to work in hospitals, clinics, nursing homes, long-term facilities, and even in someone's private



Photo credit to Enterprise Media Group

home. In addition, it will give them a leg up if they decide to go to nursing school later on. MCH&HS and the MCH Auxiliary assisted BHS with the program by donating supplies and equipment to be used in their classroom.

MCH&HS and MDsave Partner to Increase Access to Medical Care for Patients

With an ever-increasing number of Americans paying out of pocket for healthcare, MCH&HS in Blair is taking steps to help these patients get the medical care they need, when they need it. By partnering with online healthcare marketplace MDsave, MCH&HS is providing a new way for patients to buy their medical services upfront at discounted prices that are bundled together with related fees -- which means no more surprise bills.

"This is the same quality care that patients have come to expect at our hospital," said Manny Wolf, President

and CEO of MCH&HS. "We are able to offer our self-pay patients better prices through MDsave because of increased administrative efficiency, not because the quality of care is reduced in any way."

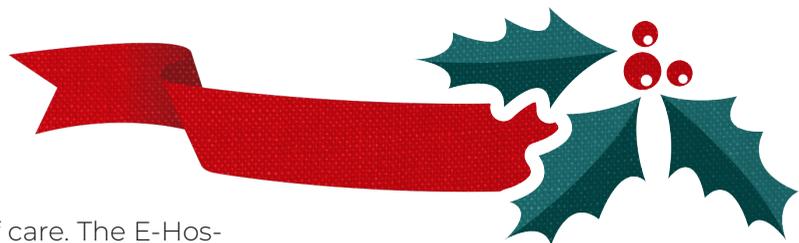
MDsave is dedicated to making healthcare accessible to everyone by empowering patients to make informed decisions about their care. The MDsave online marketplace is built on the principles of affordability, transparency, and shoppability, giving patients the ability to shop and compare pre-negotiated, bundled prices for their services

and then immediately act on that information.

"Working with Memorial Community Hospital and Health System, we are taking an important step toward making healthcare more accessible and affordable," said MDsave CEO Paul Ketchel. "We know that the cost of preventive treatments is often a factor in consumers neglecting to have them. We hope that our strategic alliance will increase access to quality medical care and, as a result, help save lives."

You can see MCH&HS's online procedure offerings at mdsave.com/mch, or visit www.mchhs.org to learn more about the hospital. You can learn more about MDsave at [MDsave.com](https://mdsave.com)

E-Hospitalists Come to MCH&HS



MCH&HS recently introduced its E-Hospitalist program in September. The addition of this program assists the current medical care team in providing an even higher level of care, while allowing our patients to remain close to home. E-Hospitalists are physicians who specialize in caring for hospitalized patients who will be responsible and dedicated to providing medical care while patients are in the hospital via a secure telemedicine network.

E-Hospitalists work closely with primary care physicians, nurses, therapists, and care managers to coordinate care centered on the patient's needs, offering an

additional level of care. The E-Hospitalist does not replace the care received by a primary care physician, but instead enhances it by being available to a patient 24 hours per day, every day. The E-Hospitalist service ensures timely access to a physician at admission, during the night and anytime throughout the patient stay. The E-hospitalist is always readily available.

A patient visit is accomplished through a secure network with the aid of a telehealth cart. This cart consists of a computer monitor, camera, and special equipment that will be rolled into the patient room. The connection will allow for real time communication between the doctor, patient, and nurse. Patients are able to see and talk

to the physician while a nurse is in the room to assist the physician. If family members are in the room with a patient, they too may ask questions just as if the physician was in the room with you.

"I am very excited to bring this program to Blair, in order to provide the patients at MCH&HS with a level of care that is available to patients in much larger, advanced healthcare facilities. It's a benefit to patients, but it is also a resource for our current medical staff and will serve as an important resource in our future efforts to recruit additional physicians to the community," said Manny Wolf, President and CEO of MCH&HS.

Senior Life Solution

Beginning in early 2020, MCH&HS will partner with Senior Life Solutions to provide Medicare beneficiary behavioral health services. Senior Life Solutions is a model that is used throughout rural communities in many states, and has been proven to decrease depression and anxiety in seniors.

The program addresses a known community need and consists of Intensive Outpatient Group Therapy that provides behavioral

healthcare for Medicare patients in a group setting. Groups normally consist of seven to 10 members. It delivers access to behavioral healthcare in the community, and allows us to start addressing any issue that has been identified in successive community health needs assessments. The program staff includes a board-certified psychiatrist who is the program's medical director and sees patients at least once monthly, a licensed therapist and a registered nurse.

Senior Life Solutions is accessible to participants that live at home, or in assisted living facilities, as well as nursing homes. It will help keep patients in the community, while providing a service that is currently not available. Referrals can be made by physicians, family members, or by the individuals themselves.

The program will be located on the MCH&HS campus in the former Home Health office located just east of First Lutheran Church.



**MEMORIAL COMMUNITY
HOSPITAL & HEALTH SYSTEM**

Blair • Fort Calhoun • Tekamah

Holiday Party

SANTA & MRS. CLAUS

REFRESHMENTS

GAMES

CRAFTS

**Celebrate the
holidays with us!**

**Thursday, December 5
4 to 7 p.m.**

MCH&HS

Bagby/Gentry Rooms

810 N. 22nd Street, Blair



About the Tree of Life

In 1956, the Memorial Community Hospital Auxiliary began a holiday money tree drive to purchase needed equipment for the hospital. This tradition continues today with the Tree of Life Campaign. The tree is a symbol of the friends and loved ones who hold a special place in our hearts and minds.

You can join our efforts by sponsoring the Holiday Tree, located in the MCH main lobby. Your gift can be made in honor of someone special in your life, like a relative or close friend, or it can be made in memory of someone who is gone, but not forgotten. Names of the donors, as well as those being honored or remembered, will be displayed and updated through mid-January.

What will the funds raised purchase?

Everyday, MCH&HS is making a difference that deeply affects the lives of the people we serve. We continue to make a difference by leading with innovation, delivering world-class quality and serving with compassion.

With funds raised from this year's Tree of Life campaign, new recliners for the Chemo room will be purchased. These recliners are heated and offer additional features that will provide optimal comfort to our cancer patients who are undergoing chemotherapy.

Please include my tax deductible gift in the MCH Health System's annual Tree of Life campaign in the amount of:

\$25 \$50 \$100 \$250 \$500 \$1,000 Other _____

My gift is in **HONOR** of:

In order to receive tax information please send acknowledgment of my gift to:

For your convenience, we also accept MasterCard and Visa.

My gift is in **MEMORY** of:

M/C _____ Visa _____ Exp. Date _____
3-digit security code on back of card _____
Card Number _____
Card Holder _____
Amount of Gift _____
Signature _____

Please make checks payable to:

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