

# Synergy

CCMH WELCOMES

Two New  
Members  
to the  
Board of Trustees



QUALITY, KINDNESS AND  
RESPECT ... EVERY PERSON,  
EVERY TIME.

With the start of the new year, Coshocton Hospital has welcomed two new members to the Board of Trustees to fill positions vacated due to expiring terms. We welcome Todd Endsley and John Sutton as they begin their first 3-year term on our board. They replace Dr. Tammy Alverson who served two consecutive 1-year terms as the medical staff representative on the board, and Jason Bradford who served for nearly 12 years.

Todd Endsley is vice president of the Endsley Agency. He graduated from The Ohio State University with his bachelor's degree in Agricultural Business with a minor in Communications. After graduation, he worked for four years with Huntington Bank before returning home to join his father and grandfather in the family's insurance agency. The agency has since expanded operations to include offices in Coshocton, Uhrichsville and New Philadelphia.

Todd is a member of the Coshocton Rotary Club where he serves as an officer. He is also an active member of the Farm Bureau and recently completed a 2-year term as a member of the Coshocton County Regional Planning Commission. He is a member of the Keene United Methodist Church. Todd and his wife Leanne live on a farm in Keene Township with their three children: Adalynn, age 4; Grayson, age 2; and Eloise, 7 months.

John Sutton was born and raised in Coshocton as is a graduate of Coshocton High School. He earned his Bachelor's degree in Business Administration from Mount Vernon Nazarene College and spent the first three years of his professional career working for Ace Hardware in Mount Vernon. In 1992, he returned to Coshocton to join his parents in the family business, Sutton Construction. He has worked side-by-side in the business with his late father, Tom, and his mother, Sharon, whom he credits as the CEO and driving force of the business to this day. John serves as vice president for the contracting

■ Continued on page 2

## INSIDE THIS ISSUE

Volume 6, Issue 1  
Jan. 14, 2016

|   |   |
|---|---|
| Message from Our CEO .....                                  | 2 |
| Two Nurses Take Top Honors ...                              | 3 |
| Health, Safety and Wellness<br>Expo Is This Saturday! ..... | 4 |
| Credit Union Update .....                                   | 8 |
| The Pink Ladies Have<br>Done It Again! .....                | 8 |
| PTO Extension for<br>Non-union Employees .....              | 8 |
| Taking Charge of<br>Your Diabetes .....                     | 9 |



A Message from CEO  
Lorri S. Wildi

## Share the Coshocton Hospital Message in 2016

There is a sense of excitement that comes at the start of a new year, and 2016 is no exception. We have several new providers building their practices and our hospital is fostering growth designed to meet patient demand. We continually look at what means the most to our patients as a way to increase patient satisfaction at every encounter. We take great pride in the accomplishments of 2015, and are starting 2016 with the confidence that as a team we can do the things never thought possible to become the provider of choice for our region.

This Saturday, we will start the year with an event that celebrates health and wellness and puts the focus squarely on Coshocton Hospital. The Health, Safety and Wellness Expo, held at Kids America, gives us a unique opportunity to meet our community face to face, showcasing the things that make us special: our people and our services and our care. When we asked for volunteers, 78 employees responded to our request. Each participating department will provide screenings or timely, meaningful information focused on healthy lifestyles. With more than 1,000 people expected to attend, we have a unique opportunity to influence the health care decisions of our friends and neighbors.

There is no impression greater than what we can deliver face-to-face. Our employees and providers who will participate in the Expo recognize this and know they are the positive embodiment of Coshocton Hospital. When the community meets Dr. Dana Owens, Dr. Hoang Lim and Dr. Keith Harmon, they will have the unique opportunity to talk to our new providers and get a sense of the skill they bring to our organization. The same goes for others from areas such as rehab, ED, radiology, cardiology, lab, nursing, dietary, case management, physician clinics, cardiology, respiratory and IT who will be represented. Visitors to the event will have the chance to meet many of the people who bring their talents to healthcare in our community. We are not a building; we are caring friends and neighbors dedicated to the delivery of high quality health care.

At the event, our staff will be speaking directly to our community members, building a personal relationship of trust, one person at a time. Our individual voices of support for our doctors, co-workers and our organization are more important than ever. Your friends,

■ Continued on page 2

## CCMH Welcomes Two New Members to the Board of Trustees

...continued from page 1

business that specializes in new construction, commercial construction and business and home remodeling.

John's dedication to service to his community is reflected in his work with various organizations. He currently serves on the board of the Salvation Army and is a member of the Roscoe Village Historical Society. He has also served on the board of the Coshocton County Habitat for Humanity and has been a Trustee of the Coshocton Presbyterian Church. John especially enjoyed his 12 years as both an assistant and head coach for the Coshocton girls' softball team, boasting a record of 11 winning seasons and four championships.

John lives in Coshocton County on the family farm. He has three college-age children: Alexa who attends OU-Z and twins Luke and Lea who attend OSU Newark.

When discussing their nominations, both of these outstanding community members cited their belief in the need to keep a strong hospital in Coshocton combined with their personal desire to give back to their home community as the motivation for joining our board. We offer our thanks as they begin their tenure as Coshocton Hospital Board Members and encourage everyone to thank our board members for their service when you see them in the hospital or in the community.

## TWO NURSES TAKE TOP HONORS

A typically quiet Orange Street Station came alive with cheers and celebration the Thursday afternoon of Jan. 7 when co-workers, family and friends gathered to applaud this year's winners of the Nurse of the Year honors: Jackie Mason, RN, and Raine Hammond, RN. Never before has the vote held by our registered nurses ended in a tie, but no one at the celebration seemed to mind with two such worthy nominees!



Jackie Mason has worked in patient care at Coshocton Hospital for 40 years, the first 15 spent as a nurse's aide after graduating from Coshocton High School before completing her degree as a registered nurse 25 years ago. She joined the oncology staff in 2008 and serves as head nurse. In the nomination letter submitted by Tammy Dovenbarger, Jackie was hailed as a nurse who consistently provides "comfort, peace and hope to her patients." Tammy went on to describe Jackie as "a leader among the best."

Raine Hammond graduated from Ridgewood High School, but didn't enter the health care field until 19 years later when she worked for a year as a nurses' aide while earning her nursing degree. Raine earned her degree in 1992 from Kent State University and went on to complete her Bachelor of Science in Nursing in 2008. In her introduction of Raine, director of nursing Kristi Williamson described her as a 23-year hospital employee and critical care nurse who "cares for patients like family and has a heart of gold." She noted that Raine is known for her willingness to precept nursing students and new employees, emphasizing high standards of care for our patients.

In Jackie's and Raine's roles in oncology and critical care respectively, they have worked with patients facing some of life's most devastating challenges. As proven by the honor that reflects the respect of their peers in the nursing profession, both of these nurses work with unwavering dedication, respect and compassion for their patients. Please be sure to greet Jackie and Raine with your congratulations as we honor them as our Nurses of the Year.

### Share the Coshocton Hospital Message in 2016

...continued from page 1

family and neighbors trust you to provide information about our services. I encourage you to stay informed and recommend our providers and the many services we provide. We must encourage every employee to reinforce our efforts to grow our organization. That means believing in the work we are doing and never hesitating to speak positively about our organization.

If you are able to join us on Saturday as a volunteer or as a visitor at the Health, Safety and Wellness Expo, we welcome you. We also thank everyone who will deliver on our promise of high quality, compassionate care when our patients come to use our services. I thank each of you who will dedicate yourselves in 2016 to sharing the positive message of Coshocton Hospital every time you have the chance. We are a team and the only way we win is together!

### A Special Thanks

I want to also offer my thanks to two community members who have joined our Coshocton Hospital Family as members of our Board of Trustees. John Sutton and Todd Endsley are contributing their time and service to our hospital to help lead us into a bright future and we are sincerely grateful to them and to each of our board members who provide an incredible amount of work and support for our organization.



# Health, Safety and Wellness Expo Is This Saturday!

As the co-sponsor of the 4th annual Chamber of Commerce Health, Safety and Wellness Expo, Coshocton Hospital will be well represented by many members of the teams dedicated to excellence in health care for Coshocton and surrounding counties.

We will be joined by over 40 additional vendors and organizations that want to display their messages of health, safety and wellness for the new year.

At Coshocton Hospital's tables, we will have nearly 80 employees, physicians, providers and staff who will be providing free screenings, equipment displays, and a broad array of health information. This year, we will also be offering laboratory testing at a very affordable rate in conjunction with our hospital laboratory staff. Please take a minute to review the list of what will be available at our Coshocton Hospital displays this year and bring your family and friends to this exciting community event!

**Saturday, Jan. 16**  
**Kids America**

**1600 Otsego Ave.,  
Coshocton  
9 a.m. to 1 p.m.**



## Health, Safety and Wellness Expo

### Skin Cancer Screenings

Doctors Hoang Lim and Keith Harmon of the Coshocton Surgical Center will provide free screenings of skin lesions to help determine if a suspicious mole or skin lesion requires further analysis. If it is an area of concern, they will work you to schedule an appointment to have it removed and analyzed. This is a great opportunity to have a surgeon look at an area that is causing concern and find out if it needs further evaluation. The surgeons are also available to answer questions about other important screenings such as colonoscopies and to discuss the advantages of minimally invasive surgical procedures.

### Peripheral Arterial Disease (P.A.D.) Screenings

A simple, painless PAD screening takes only a few minutes to check for potential blockage in the arteries of the legs that can be a sign of a widespread problem of narrowed arteries blocking blood flow to your extremities and to the brain. People at risk for this life-altering problem include those with diabetes, high blood pressure or a history of coronary artery disease. Those with these risks,

or symptoms such as numbness or tingling in the legs, loss of hair on toes or feet, and cramping in the legs that is relieved with rest, should be sure to participate in the free P.A.D. screenings, available from 9 a.m. to 1 p.m.

### Blood Draws

Coshocton Hospital Laboratory is offering blood screenings beginning at 9 a.m. For best results, participants are advised to fast for 12 hours prior to completing the test. The tests and pricing are as follows:

|   |                 |
|---|-----------------|
| <b>CBC</b><br>(Complete Blood Count)  | <b>\$12.00</b>  |
| <b>Chem 8</b><br>(Glucose, BUN, Creatinine, Sodium, Potassium, Chloride, Carbon Dioxide, and Calcium) | <b>\$11.00</b>  |
| <b>Lipid Profile</b><br>(Cholesterol, Triglyceride, HDL)  | <b>\$18.00</b>  |
| <b>TSH</b><br>(Thyroid Stimulation Hormone)   | <b>\$24.00</b>  |
| <b>A1C</b>  | <b>\$14.00</b>  |
| <b>Total for all:</b>   | <b>\$ 79.00</b> |

### Women's Health – Meet Dr. Dana Owens

Gynecologist Dana N. Owens, MD, specializes in minimally invasive gynecologic surgery; the management of uterine, cervical, pelvic and menopausal health; pelvic reconstructive surgery; and adolescent and pediatric gynecology. Dr. Owens will be at the health expo from 9 a.m. to 1 p.m. to answer questions and talk about the importance of breast health. Please stop by and welcome her to our community!

### Lung Cancer Pre-screening

Lung cancer is the leading cause of cancer-related deaths, often because it isn't detected early enough for effective treatment. Many insurance carriers have begun to recognize the importance of lung cancer screening with a low-dose CT scan for people who meet specific criteria. Our radiology technicians will be on hand to help you with the pre-screening process to see if you qualify for these life-saving screenings.

■ Continued on page 6

## Health, Safety and Wellness Expo

### Respiratory Services

---

Respiratory therapist Ken Hall will be doing pulse oximetry testing to measure the oxygen absorption in your blood. Ken will offer information helpful to those dealing with breathing issue or sleep disorders.

### Online Health Records

---

With Coshocton Hospital's Patient Portal and MyChart in our physician offices, access to your test results and personal medical history is fast, safe and secure. It's a great way to easily view test results within a short time after the test was completed or review information from an ER visit or inpatient care. As annual test results are posted to the portal, you can keep up with your progress year to year since the records continue to accumulate. You can also enjoy the convenience of requesting prescription refills online or sending a question to your provider.

At this year's expo, we will have staff on hand to help people sign up for the online portal, answer questions about the free service and even make appointments on the spot with a Coshocton Hospital Provider.

### Cardiology Services

---

A heart attack or heart failure is a life-changing event. Coshocton Hospital's Cardiac Diagnostic and Rehabilitation Services help identify cardiac issues, get you the care you need and help you get back to the life you enjoy. Representatives from our cardiology services team, including cardiac nurse practitioner, Rajene Fox, CNP, will be at the expo with information about all these services. They will explain diagnostic testing such as ECHO, EKG and Holter monitoring and will display actual ultrasounds that help us identify problems with the heart muscle. Nurses from the newly re-designed cardiac and pulmonary rehabilitation unit will be on hand to talk about re-gaining strength and stamina after a heart attack or for patients with chronic conditions such as COPD.

### Family Practice Providers

---

Family practice providers are the backbone of any good health plan as they help you and your family coordinate your care and manage chronic disease. Representatives from our outstanding group of family practice clinics will be on hand to give information about our same-day appointments and provide blood pressure testing.

### Food & Nutrition

---

Registered dietitian Jenny Provo and dietetic technician Jen Bylaw will join Don Palmer and Marc Manning of the hospital's dietary services team to talk about food and proper nutrition. Start the new year with nutrition advice straight from a registered dietitian. They'll also offer information about nutrition classes and programs as well as advice on managing your diet to help control or prevent diabetes.

### Physical and Occupational Therapists

---

Our physical and occupational therapy team will have several therapists and PTAs on hand to do balance testing, provide advice and information about arthritis and joint protection, a show you how to use some of the adaptive equipment on the market today for those with physical limitations. They'll also be demonstrating the Graston technique for soft tissue injuries that breaks down scar tissue and reduces the inflammation that causes pain and restricted mobility. They will also have information about

■ Continued on page 7



## Health, Safety and Wellness Expo

Sportsmetrics training that provides athletes with jumping and agility training that helps prevent long-term injuries. Visitors will also have the opportunity to test their own balance skills and grip strength and learn what to do to maintain strength and agility as you age.

### **MedFlight**

---

The emergency department has arranged for MedFlight to have a helicopter on site (provided there are no emergencies that put it in service). Flight Medic Shane Stull will be staffing a MedFlight booth and keeping radio contact with the flight team. Guests can get an up-close look at the helicopter and ask questions of the flight crew.

### **Emergency Services**

---

Members of the emergency services team will provide free Accu-check testing for glucose levels and will talk about the importance of knowing your numbers. They'll also provide information about important patient care enhancements in emergency services.

### **Med/Surg Unit**

---

Having an up-to-date medication list close at hand is more important than many patients and family members realize. Our nurses will be on hand to discuss the importance of bringing the patient's medication list to every point of care. They'll provide a handy wallet-sized medication form and help visitors understand how to complete it and keep it up to date.

### **Case Management**

---

Our case managers will talk with patients about their services and about the differences classifications of "inpatient" or "observation patient" make in how Medicare defines payment.

### **Human Resources**

---

The human resource staff will have information about positions currently open at Coshocton Hospital. They'll also discuss what types of education and training are necessary for specific health care careers.

The Health, Safety and Wellness Expo  
is a **free family-friendly** event, so  
bring your family and join us for this  
outstanding community health event!



## Credit Union Update

If your holiday debts have you down, let the Genesis Employees' Credit Union help you start your new year out stress-free. Consolidate your debts into one payment with an interest rate as low as 6.99% APR. Loans are subject to credit approval and standard processing fees apply.

Stop by the credit union in Zanesville and pick up an application or visit their website at [www.genesisecu.com](http://www.genesisecu.com) to see if they can help relieve your stress.

### Vote for the Credit Union's Board of Directors

Beginning Friday, Jan. 15, members age 18 and older who have joined the credit union prior to Jan. 14, 2016, should vote for directors to fill five open seats on the credit union's board.

Members can log on to the website at <http://www.genesisecu.com> and look for the link titled 2016 Board of Directors Election. If voting by phone is more convenient, simply dial toll free 855-907-3414 to cast your ballot. Instructions are simple and require only your member number (account number) and the last four digits of your Social Security number to cast a vote.

Members can vote only one time during the five week period that ends Feb. 19. Results will be announced at the annual meeting/BINGO party on Friday, March 4. If you have questions about the voting process, please contact the credit union at (740) 454-4603.

## The Pink Ladies Have Done It Again!

In the last issue of Synergy, we told you about a gift of \$5,000 the Pink Ladies made to the hospital to fund the transformation of the former QuickCare waiting area into a workroom for our EMT crews who come to the hospital. Shortly after we went to press, we got a call from the Pink Ladies with a very special Christmas present. They had determined they could gift another \$4,000 to help with another project.

The Pink Ladies' additional gift is going to an excellent cause that will help improve the visitor experience in the OR and the patient experience in radiology. In both areas, we are in need of new flooring to replace the worn and stained carpets in the waiting areas. This gift will pay for nearly the entire project of adding fresh, new flooring to these public areas.

We offer our thanks to the members of the Pink Ladies Auxiliary for their generous gifts to Coshocton Hospital. Be sure to visit their sales and generously support the hard work of this important group of volunteers!

## PTO Extension for Non-union Employees

The last pay week of the year concluded on December 26, 2015. Typically, PTO balances must be at the maximum allowable carryover amount by this date. We are pleased to share that the 2015 PTO usage period for non-union employees will be extended through the last pay period of January, which ends January 23, 2016. This extension allows you four additional weeks to use your PTO before the annual maximum carryover is enforced.

Employees must be at their annual allowable maximum carryover balance as of January 23 or the excess accrual will be lost. Please note that 2016 accruals will apply to your 2016 balance and will not be at risk when the 2015 maximum allowable carryover is processed.

We strongly encourage all employees to manage their PTO throughout the year to avoid being at risk of losing PTO at year end. If you have any questions, please contact your supervisor or human resources.



### Deadline for Next Issue

Information is due by  
4 p.m. on Monday, Jan. 25.

Editor: Mary Ellen Given  
[Maryellen.given@ccmh.com](mailto:Maryellen.given@ccmh.com)

# Taking Charge of Your Diabetes

WITH HELP FROM  
**Coshocton Hospital**

There's a lot that goes into managing your diabetes. Coshocton Hospital is here to help with a free 4-week program to help you learn the things you need to know to stay healthy.

The series includes interactive discussions with health care professionals including doctors and dietitians.

The program meets once a week for four weeks beginning Thursday, Feb. 4. Program topics include:

**Feb. 4**    **How to Count Carbs and Read Nutrition Labels**

*Registered Dietitian*

**Feb. 11**    **Assessing the Signs of a Problem**

*Registered Dietitian and Podiatrist John Smilo, DPM*

**Feb. 18**    **Understanding Diabetes**

*Physician discussion with Robert Gwinn, DO*

**Feb. 25**    **Importance of Exercise and Q & A**

*Registered Dietitian*

**Registration is now available**

for this important new program by calling Nutrition Services at (740) 623-4249.



THE PROGRAM IS  
**F R E E**

REGISTRATION IS REQUIRED



**Thursdays,  
Feb. 4 to Feb. 25  
5 to 6 p.m.**

Coshocton Hospital  
Orange Street Station Meeting Room  
1460 Orange St., Coshocton

