

DeKalbHealth.com



FALL 2017

# BetterHEALTH

Promote.  
Preserve.  
Restore.



## FALL INTO HEALTHIER HABITS

# LAUDED FOR EXCELLENCE

IN INPATIENT OB/GYN CARE

*For the third time in three years, DeKalb Health has been recognized for excellence in inpatient OB/GYN services.*

Professional Research Consultants (PRC), a national healthcare consulting and research organization, awarded DeKalb Health a Five Star Excellence Award for overall quality of care at its state-of-the-art Family Birthplace birthing center. To qualify, DeKalb Health ranked in the top 10 percent nationally among all hospitals in PRC'S nationwide database.

Excellence Awards are based on the percentage of patients who rated DeKalb Health's inpatient OB/GYN services "Excellent" when asked about its overall quality of care during the 2016 calendar year. Hospitals are judged against all other healthcare organizations in similar categories within PRC's nationwide databases.

The BirthPlace offers state-of-the-art facilities and an array of services and options, including midwifery, hydrotherapy, childbirth and breastfeeding classes, support groups, a free prenatal vitamin program, and complimentary birth planning and consultation. Staffed with board certified obstetricians, pediatricians, family physicians, nurse midwives, a lactation consultant and nurses specialized and trained in obstetric care, partnering physician groups and providers include: DeKalb Health, Auburn OB-GYN & Midwifery and Women's Health Advantage.

**To learn more, visit [dekalbhealth.com/ob-or-family-birthplace](http://dekalbhealth.com/ob-or-family-birthplace).**



## SAVE THE DATE

**FEBRUARY 9, 2018**

**BLOOM: CULTIVATING YOUR HEALTH**

We look forward to another great event coming to our community on February 9. The DeKalb Health Foundation is proud to introduce **bloom**.



**Pictured: Dan Harris.**

The event, in support of the DeKalb Health Foundation, will include a health and wellness expo, symposium and will feature breakout sessions.

Because of the generous support of The James Foundation, we are excited to announce that Dan Harris, award-winning ABC news anchor of Night Line and #1 New York Times bestselling author of 10% Happier, will be the keynote speaker at **bloom**!

Sponsorships and booth spaces are available. Contact Sarah Payne, DeKalb Health Foundation Executive Director, at 260.920.2048 or [spayne@dekalbhealth.com](mailto:spayne@dekalbhealth.com).

Tickets are \$50 for open seating and reserved tables will also be available. More information about this fantastic event is coming soon. Mark your calendar!

**Friday, February 9, 2018 from 9:30 a.m. to 4:00 p.m., at the Kruse Expo Center in Auburn, Indiana.**

Follow us on social media for announcements on event details and information about tickets and registration.



cultivating your health

brought to you by The James Foundation

DeKalb Health Foundation exists as a not-for-profit corporation and is designated by the IRS as 501(c)(3) charitable organization. Contributions are tax deductible.



## Introducing MyChart

**MEDICAL GROUP PATIENTS GET "EPIC" ACCESS TO ELECTRONIC HEALTH RECORDS**

DeKalb Health Medical Group patients are the first users of a new electronic health records (EHR) system from Epic known as MyChart. A second phase to add the hospital is expected in the spring of 2018.

The system, first offered to the medical group patients, will help improve patient engagement in a number of ways. With MyChart, patients will have personal and family health information at their fingertips. From home, work or on the road, patients can be more involved in managing their health.

When patients want to stay in touch with their care team, they can use a computer, tablet or mobile phone to access personalized patient education materials, communicate with their doctor and manage appointments, request refills and access test results.

**For more information about DeKalb Health electronic medical records services and MyChart, go to [dekalbhealth.com](http://dekalbhealth.com).**

## Learn How to LEAVE A LEGACY

On Oct. 25, the DeKalb Health Foundation and the United Way will partner to present "Leaving a Legacy." In this special program, presented by Darrick and Dan Brinkerhoff, you will learn how to create or update your will to benefit your loved ones, and the charitable organizations you care about.

The program will be held at 6:30 p.m. at the Garrett Library. This is a free event, but RSVP is required. For more information, call the Community Foundation of DeKalb County at 260.925.0311 or email [awillis@cfdekalb.com](mailto:awillis@cfdekalb.com).





# DEKALB HEALTH OFFERS **FALL FUN** FOR OUR COMMUNITY

## LEARN HEALTHIER HABITS AT THE **DIABETES FAIR**

According to the Centers for Disease Control, 29 million people in the United States—a shocking 9.3 percent of the population—have diabetes. To help raise awareness of diabetes, DeKalb Health will host its annual Diabetes Fair on Wednesday, Nov. 15 from 8 a.m. to noon. In addition to presentations on diabetes care and new advances in treatment, vendors will be on site with more information about their services.

Hundreds of our local community members come together to receive valuable information from experts about diabetic products, medications and programs. Join us this year for important insight and advice about support groups, our ADA Accredited Diabetes Management Program, nutrition services and home healthcare—all in service and support of our diabetic community.

The Diabetes Fair will be located in the DeKalb Health Physician Office Building #1314, 1314 E. Seventh St., Auburn, in the main hall.



## GET READY FOR THE **HEALTHY HALLOWEEN FAIR**

It's that time of year again! Every fall, DeKalb Health celebrates the season with the children of the community with its Healthy Halloween Fair. This free and fun event is an annual tradition in Auburn, where kids 11 and younger can enjoy healthy treats, games, a chance to win prizes, spooky music and a haunted room. Sponsored by DeKalb Health and the Auburn police and fire departments, the event will be held on Thursday, Oct. 26 from 6 to 8 p.m. at the National Military History Museum, 5634 County Rd 11-A in Auburn.

## **GO NOODLE** SPONSORSHIP AND LAUNCH

This year, DeKalb Health will provide information about a new program coming to area schools—GoNoodle. GoNoodle is a program that uses mindful movement to help kids learn, and be more active, too. Without leaving the classroom, students participate in a variety of fitness activities for kids and mindfulness exercises designed to get the wiggles out and refocus the classroom—all in five minutes or less. The program promises to help improve behavior and attention, provide better academic performance and strengthen classroom cohesion. To learn more, visit [gonoodle.com](http://gonoodle.com).

## NEWS FROM THE **HOSPITAL AUXILIARY**

The DeKalb Memorial Hospital Fundraising Guild, also known as the Hospital Auxiliary, made a significant donation of \$47,100 to DeKalb Health.

The generous donation will fund patient care items and equipment needs, including the purchase of a new microscope for the lab, tables and chairs in all conference rooms, chairs for renovated medical offices, EKG machine patient care items and exam tables.

The Hospital Auxiliary raises funds primarily through its specialty resale and thrift store (The Curiosity Shop) and through the hospital gift shop (Serendipity Gift Shop).

### **TREASURES WANTED: DONATE TO THE CURIOSITY SHOP**

Downsizing or doing a little fall cleaning? The Curiosity Shop wants to give your old treasures a new home. A specialty resale shop offering quality and affordably priced merchandise such as men's, women's and children's clothes, books, gifts, jewelry and household items, proceeds of all sales from the Curiosity Shop benefit DeKalb Health.

**Donations are accepted Tuesday through Friday from 9:30 a.m. to 4:30 p.m. and Saturday from 9:30 a.m. to 1 p.m. at 1209 South Randolph Street, Garrett. To donate, call 260.925.1148.**

### **VOLUNTEERS WANTED**

No unwanted items to pass along? There's always the treasure of your time—we're also seeking volunteers! Auxiliary members serve in various roles including greeting and welcoming visitors, helping people find their way, serving as gift shop and Curiosity Shop clerks and acting as host to specific areas. To volunteer, call Jodi Spangler at 260.920.2805 or e-mail [jspangler@dekalbhealth.com](mailto:jspangler@dekalbhealth.com).



### **DEKALB MEMORIAL HOSPITAL FUNDRAISING GUILD OFFICERS AND VOLUNTEER MEMBERS PRESENT A CHECK FOR \$ 47,100 TO THE LEADERSHIP OF DEKALB HEALTH. ACCEPTING ON BEHALF OF THE HOSPITAL IS CHIEF EXECUTIVE OFFICER, CRAIG POLKOW.**

**FRONT ROW:** Emmajeane Roop, Marie Mitchell, AJ Kuhn (Auxiliary President), Craig Polkow (DeKalb Health Chief Executive Officer) Darley Bennett (Auxiliary Treasurer), Connie Dicke (Auxiliary Vice President) and Bonnie Kelham. **BACK ROW:** Loraine Hartranft, Deb Muzzillo, Andrea Clark (Auxiliary Secretary), Margie Bortner (Curiosity Shop Treasurer), Jean Bush and Yvonne Greenfield.

## PHYSICIAN NEWS UPDATES FROM THE PROVIDERS AT DEKALB HEALTH

**Auburn OB/GYN & Midwifery** will host an open house at its new location—1316 E Seventh Street, Suite 2—from 2 to 4 p.m. on Sunday, Oct. 22. Guests should park in Lot A and enter Door 3. Come see the new offices of Thaddeus Weghorst, MD; Stephanie VanderHorst, CNM, MSN; Michelle Hileman, CNM, MSM; and Kori Engdahl, CNM, MSN. For more information, call 260.927.0035.

### **DEKALB HEALTH MEDICAL GROUP OPENS NEW OFFICES AND PROVIDERS JOIN TEAM**



**TRACY HITZEMAN**  
MD

**Tracy Hitzeman, MD** is now accepting patients at the new convenient location of DeKalb Health Medical Group in Auburn—916 W. Seventh Street. Tracy joins Scott Armstrong, MD, Nicole Sanderson, NP-C and Jodi Strock, NP-C to offer family medicine and obstetric services, including same-day appointments, well child check-ups, IHSAA sports physicals and more. To schedule an appointment, please call 260.927.0400.



**GRETCHEN JENKINS**  
NP-C

**Gretchen Jenkins, NP-C** is now accepting patients at the new convenient location of DeKalb Health Medical Group in Auburn—1061 Smaltz Way (8 at I-69 Shopping Plaza). Gretchen and her team offer convenient care services, including same-day appointments, well child check-ups, IHSAA sports physicals, DOT physicals and more. To schedule an appointment, please call 260.333.7707.

**DeKalb Health Medical Group** has opened a new office of family physicians William B. Goudy, DO, James G. Ingram, MD and Mark E. Colby, PA-C—1314 E Seventh Street, Suite 103. Patients should park in Lot C and enter Door 61. Mark Colby PA-C is accepting new patients. To schedule an appointment, please call 260.927.1982.



**WILLIAM B. GOUDY**  
DO



**JAMES G. INGRAM**  
MD



**MARK E. COLBY**  
PA-C

# DEKALB HEALTH HELPFUL INFORMATION



## Need a Physician? Call 260.920.DOCS

Looking for a family doctor or specialty physician who is conveniently located on the DeKalb Health campus? In addition to our physician directory at [DeKalbHealth.com](http://DeKalbHealth.com), patients can now call our referral line—**260.920.DOCS**—to learn more.

## What's Your Status? INPATIENT, OUTPATIENT, OBSERVATION

**DID YOU KNOW?** The difference between inpatient and observation status is important because Medicare pays different rates according to each status. Patients admitted under observation status are considered outpatients, even though they may stay in the hospital for several days and receive treatment in a hospital bed.

### OUTPATIENT

- You are an outpatient if you're getting emergency department services, outpatient surgery, lab tests, x-rays, or any other hospital services that are not at a level of inpatient care.
- Services such as routine preparations for surgery or diagnostic testing are typically outpatient services.
- If your condition does not require that services be performed in a hospital, you may be an outpatient.
- If you stay in the hospital overnight, you might still be considered an outpatient.

### INPATIENT

You are only an inpatient if a physician orders it. Even with an order from a physician:

- Your care **MUST** meet federal or insurance company guidelines for inpatient admission based on how sick you are.
- Medicare may not approve care as inpatient care; and
- Medicare Advantage may not approve your care as inpatient care.
- If the care is not approved as inpatient care, you will be notified in writing by either the hospital or the insurance company.

Under Medicare's Two-Midnight Rule, you are typically **NOT** an inpatient unless your physician believes you will be in the hospital for at least two midnights requiring inpatient services. Hospitals are required by Medicare to have a committee that screens your medical record to determine if you are a hospital inpatient. If this committee determines that your care does not require inpatient service, your stay will be changed to "observation" or "outpatient" if your physician agrees.

**The inability to care for yourself at home does not, by itself, qualify you for an inpatient stay.**

### OBSERVATION

- Observation services are hospital services provided to you which help your doctor decide if you need to be admitted as an inpatient or can be discharged.
- Typically, if your condition can be evaluated/treated within 24 hours and or if rapid improvement can be anticipated within 24 hours, you may be an observation patient.
- Care provided to observation patients can be the same as inpatient care.
- Observation can last more than 24 to 48 hours.
- You may be responsible for self-administered medications as an observation patient.
- Observation does not meet traditional Medicare's requirement for post-hospitalization coverage of skilled nursing facility (SNF) services.
- If you become an inpatient, any observation days will not count toward the required "three inpatient days" (stay over three midnights) for skilled nursing coverage.

### RESOURCES

For more detailed information on how Medicare covers hospital services, please visit the following Medicare websites:

#### Beneficiary Resources

[www.medicare.gov/publications](http://www.medicare.gov/publications)

#### Medicare & You

[www.medicare.gov/medicare-and-you/medicare-and-you.html](http://www.medicare.gov/medicare-and-you/medicare-and-you.html)

#### Are You a Hospital Inpatient or Outpatient?

[www.medicare.gov/Pubs/pdf/11435.pdf](http://www.medicare.gov/Pubs/pdf/11435.pdf)

#### Two-Midnight Rule

[www.cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2015-Fact-sheets-items/2015-07-01-2.html](http://www.cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2015-Fact-sheets-items/2015-07-01-2.html)



## SMART HEALTH

### Use healthcare benefits before year end

Fall is here, and you know what that means: Dec. 31 is right around the corner. Now's the time to make sure you make full use of your healthcare benefits by scheduling annual check-ups and health screenings.

Not sure how to best use your remaining 2017 dollars? Here's a quick breakdown of general screening guidelines to help you prioritize your preventative care.

- Blood Pressure – A minimum frequency of every two years is recommended.
- Breast Cancer – Mammograms are recommended every one to two years for women aged 40 and older.
- Cervical Cancer – Have a pap smear every one to three years if you are 21 to 65 years old and have been sexually active.
- Cholesterol – Every five years for men 35+, women 45+.
- Colorectal Cancer – Have a screening test for colorectal cancer starting at age 50.
- Diabetes – Adults with high blood pressure, elevated cholesterol levels or other risk factors should be periodically screened for diabetes.
- Osteoporosis – Women should have a screening test at age 65.
- Prostate Cancer – Men should have a Prostate Specific Antigen (PSA) test each year beginning at age 50; earlier for those with increased risk.

**These are general and summarized guidelines. Consult with your physician for your recommendations. For a more complete and detailed list of screenings guidelines, visit [cdc.gov](http://cdc.gov).**



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Visit [DeKalbHealth.com](http://DeKalbHealth.com)  
for a complete schedule.

## FAMILY BIRTHPLACE at DeKalb Health

All classes are held at the DeKalb Health Family BirthPlace Conference Room located on the 2nd Floor, 1316 E. 7th St., Auburn. For more information or to register for a class, please contact Julie Wagoner at 260.920.2780.



### BREASTFEEDING CLASSES

Let us help you with all of your questions concerning breastfeeding or bottle feeding. 4 p.m. - 6 p.m. Fee \$5. Free to Family BirthPlace patients. Registration required.  
**NOV: 6**

### BREASTFEEDING SUPPORT GROUP

Are you new to breastfeeding? Trying to figure out how to maintain your milk supply when returning to work? Just want to meet other breastfeeding moms? Join us! Every Monday, 1 p.m. - 2 p.m. FREE to all.

### CHILDBIRTH & PRENATAL CLASS

Fee \$20. Free to Family BirthPlace patients. Each class consists of three 2-hour sessions. Registration required. 6 p.m. - 8 p.m.  
**OCT: 10, 17, 24**

### CHILDBIRTH & PRENATAL CLASS BLAST

Saturday. One-day class with hour lunch break on your own. Fee \$20. Free to Family BirthPlace patients. Registration required. 9 a.m. - 4 p.m.  
**NOV: 4**

### HEALTHY EXPECTATIONS

Come to DeKalb Health's Family BirthPlace to pick up your FREE prenatal vitamins. Free vitamins available to all women of childbearing age.

### SCHEDULE A PRIVATE TOUR

Family Birthplace Tours are available any time. We recommend an advance call so we can ensure there are rooms available to view.

### DEKALB HEALTH CAR SEAT CLINIC

DeKalb Health Central Business Office, 1700 E. 7th St., Auburn. Certified technicians on-site to check proper installation and safety. Contact DeKalb Health Car Seat Hotline at 260.920.2551.

## FALL 2017 CALENDAR OF EVENTS (OCT, NOV, DEC)

### ADVANCED LIFE SUPPORT TRAINING

- **ACLS (Advanced Cardiac Life Support)**  
3rd Fri. of every odd month 8 a.m. - 4 p.m., DeKalb Health Central Business Office Training Room, Fee associated. 1700 E. 7th St., Auburn. Registration required, email CPR@DeKalbHealth.com.

**NOV: 17**

- **PALS (Pediatric Advanced Life Support) in Association with Parkview Health**  
2nd Wed. and Thurs. of every even month (except August), 8 a.m. - 4 p.m. Fee associated. Registration required, email CPR@DeKalbHealth.com.

**OCT: 11, 12 | DEC: 13, 14**

### ALCOHOLICS ANONYMOUS. NO FEE

For more information, call 260.927.8902 or visit [www.serenityhouseinc.org](http://www.serenityhouseinc.org).

- **OPEN MEETINGS**  
Serenity House (Barn), 2438 CR 50, Auburn  
Weekdays, Mon. - Fri. at 12 noon  
Weekends, Sat., Sun. at 10 a.m.  
Speaker Meeting Wed. and Sat. at 7 p.m.

- **WOMEN ONLY**  
907 South Main St., Auburn  
Every Fri. 9 a.m., Sun. 5 p.m.

### AUTISM SUPPORT GROUP

3rd Tuesday of each month, 6 p.m. DeKalb Health Conference Room 303B at 1314 E. 7th St, Auburn. For more information, contact the Physical and Occupational Rehabilitation Department, 260.920.2632.

**OCT: 17 | NOV: 21 | DEC: 19**

### CPR/FIRST AID CLASSES

DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, email CPR@DeKalbHealth.com.

- **Adult** - 3rd Tues. of every even month, 5 p.m. - 9:30 p.m.  
**OCT: 17 | DEC: 19**
- **Pediatric** - 3rd Tues. of every odd month, 5 p.m. - 9:30 p.m.  
**NOV: 21**
- **Healthcare Provider** - 3rd Wed. of every month, 7:30 a.m. - 11:30 a.m.  
**OCT: 18 | NOV: 15 | DEC: 20**

### DIABETES FAIR

(See details inside)  
8:00 a.m. - 12:00 p.m.  
National Military History Center, 5634 County Road 11A, Auburn, IN 46706

**NOV: 15**

### DIABETES SELF-MANAGEMENT EDUCATION

PATIENT REFERRAL NEEDED. Contact Vicki Faux, RN, CDE at 260.920.2652. One-day session, offered monthly. 8 a.m. - 3:30 p.m. DeKalb Health Conference Room 303B at 1314 E. 7th St, Auburn.

**OCT: 2 | NOV: 6 | DEC: 4**

### DIABETIC SUPPORT GROUP

2nd Thur. of even months. Sponsored in part by DeKalb County Council on Aging. 1:30 p.m. Heimach Senior Activity Center, 1800 E. 7th St., Auburn. Contact Vickie Faux, RN, CDE at 260.920.2652 or Meg Zenk at 260.925.3311.

**OCT: 12 | DEC: 14**

### HEALTHY HALLOWEEN FAIR

(See details inside)  
6:00 p.m. - 8:00 p.m.  
National Military History Center, 5634 County Road 11A, Auburn, IN 46706

**OCT: 26**

### LEAVE A LEGACY: BE WILL-PREPARED

(See details inside)  
6:30 p.m. - 7:30 p.m.  
Garrett Public Library, 107 West Houston Street, Garrett, IN 46738  
Presenters: J. Darrick and J. Dan Brinkerhoff

**OCT: 25**

### PHARMACARE COAT DRIVE (AUBURN LOCATION)

Monday through Thursday, 10 a.m. - 4 p.m., 1314 E. 7th, Suite 104, Auburn. Bring any size of adult or child's gently new or used coats with zippers in working condition and/or non-perishable, non-expired canned food items. Donors receive discount/coupons. Coats will be distributed to the Retired Senior Volunteer Program (RSVP) and food items to St. Martin's food pantry. For questions, contact Rachel at 260.925.8000.

**NOV: 13 - 16**



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