

DeKalbHealth.com



SUMMER 2017

BetterHEALTH

Promote.
Preserve.
Restore.



MORE OPTIONS TO
PRIMARY CARE
CLOSER TO HOME.

RELAX ACCESSIBLE CARE IS HERE.

Providing accessible healthcare to the community is a top priority at DeKalb Health. For us, this charge means ensuring we provide a wide range of care locations across our service area, a variety of specialists accessible through our specialty clinic, and even home-based services for patients who need them.

However, another critical part of ensuring accessible care is providing patients an entry point to better health: a primary care physician. Evidence shows that access to primary care helps people live longer, healthier lives. Studies from the National Institute of Health suggest that as many as 127,617 deaths per year in the United States could be averted through an increase in the number of primary care physicians available. In areas of the country where there are more primary care providers per person, death rates for cancer, heart disease and stroke are lower and people are less likely to require hospitalization.

At DeKalb Health, our board-certified family medicine physicians and nurse practitioners are partners in your healthcare. By building a relationship with a primary care provider, patients can streamline their health and wellness services—and make sure nothing falls through the cracks.

A primary care provider helps patients with:

- Routine check-ups and full range of preventive care
- Diagnosis and treatment of illness or injury
- Managing chronic or complex health conditions
- Medication management
- Referral to specialists
- Common illness
- Ongoing medical conditions



By partnering with a primary care provider, you can also simplify your life. Family practice doctors can care for patients of any age, and often can provide care to your entire family. This can be a convenience when scheduling appointments for multiple family members, but it also allows the healthcare provider to have a more holistic view of your family, your lifestyle, your home environment, relationships and other factors that can have an impact on your long-term health and wellness.

Perhaps the greatest benefit to teaming with a primary care provider is the impact it can have on your proactive health and wellness efforts. Rather than just troubleshooting problems during a sick visit, a primary care physician will build a relationship with you, and take an active role in guiding health

decision making; monitoring medications and treatments; counseling on healthy eating, smoking cessation and family planning; and screening for risk factors and health problems before symptoms manifest. In short, a family physician provides a big opportunity to improve the health and longevity of patients by keeping them from getting sick in the first place.

Of course, we recognize that there are times when you might not be able to see your primary care provider, because of schedule conflicts or even because of an after-hours emergency. In those cases, DeKalb Health still has you covered! For urgent care needs, we offer a walk-in clinic and a 15,000-square-foot emergency room with 13 all-private exam and treatment rooms to provide comprehensive, private care whenever you need it.

To learn more about DeKalb Health's family medicine services, or to find a primary care physician, visit us online at dekalbhealth.com.



DEKALB HEALTH DEBUTS TWO NEW LOCATIONS FOR PRIMARY CARE

Now, getting care from DeKalb Health Medical Group providers is more convenient than ever! This summer, two new locations—both close to the I-69 corridor—make quality care more accessible to our community.

The first location—1061 Smaltz Way in Auburn—is located on the west side of town in the former site of Women's Health Advantage, near the movie theater, neighboring Buffalo Wild Wings. The new DeKalb Health Medical Group primary care office will offer family medicine and obstetric care, and will be home to DeKalb Health Medical Group provider Gretchen Jenkins, NP-C. This new facility is scheduled to open on July 11.



ABOVE: PHOTO OF THE SMALTZ WAY LOCATION

In August, the second new DeKalb Health Medical Group office location will open its doors at 916 West 7th Street in Auburn. The 6,000-square-foot building will be the new home of family medicine and obstetric providers Scott Armstrong DO, Tracy Hitzeman MD, Nicole Sanderson NP-C and Jodi Strock NP-C. The new offices will be adjacent to the Women's Care Center on West 7th Street, and will feature 12 treatment rooms, two procedure rooms and a lab drawing station.

The West 7th Street property is owned by Len McCollough, McCollough Properties, LLC. Signature Construction is the project's general contractor.



PHOTOS OF WEST 7TH STREET LOCATION CONSTRUCTION SHOWN ABOVE
AND GROUND BREAKING BELOW



These geographically diverse new locations on the west side, close to popular shopping, make it even easier and more convenient for patients from all parts of the county and the surrounding areas to receive fast, quality healthcare close to home—wherever home may be!

To learn more about our new facilities or to schedule an appointment, call:

Family Medicine & Obstetrics *(Opens Mid-July)*

1061 Smaltz Way, Auburn
260.333.7707



Gretchen Jenkins, NP-C

Family Medicine & Obstetrics *(Opens Mid-August)*

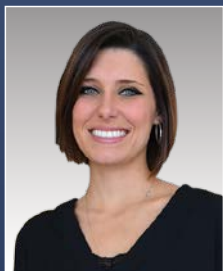
916 West 7th Street, Auburn
260.927.0400



Scott Armstrong, DO



Tracy Hitzeman, MD



Nicole Sanderson, NP-C



Jodi Strock, NP-C

ON THE MOVE, ON CAMPUS

If you've visited us at DeKalb Health lately, you know we're always hard at work to create a welcoming and cutting-edge care environment for our friends in northeast Indiana. To better serve our patients, we're optimizing our space, creating new treatment facilities and changing the landscape of our healthcare community.

In addition to our expanded locations off campus, here are a few more moves happening on campus:

JUNE

Dr. Shawn Kidder moved to the new suite for Parkview Physicians Group, Building 1310, Suite F. Patients can park in Lot C and enter Door 53.

AUGUST

Dr. Thaddeus Weghorst and certified nurse midwives Stephanie VanderHorst, Michelle Hileman and Kori Engdahl of Auburn Ob-Gyn are moving to Building 1316, Suite 2. Patients can park in Lot A and enter Door 3.

READERS' CHOICE WINNERS

DeKalb Health is proud to congratulate DeKalb Health Physicians for being voted Readers' Choice for Best Doctors Office by *KPC News*.

This stellar family medicine team includes:

- Bret Kueber, MD
- Kristi King, MSN, NP-C
- Jessica Slesman, MSN, FNP
- Jennifer Nofzinger, LPN, Clinical Team Lead
- Amanda Dunn, RN
- Jill Jones, LPN
- Jessica Miller, CMA
- Erica Overbay, CMA
- Stacey Peterson, CMA
- Dana Stoy, CMA
- Saleina Taylor, Front Office Team
- Lori Thorne, Front Office Team

To schedule an appointment with one of these award-winning providers, please call 260.357.6557.



EPIC CHANGES ON THE HORIZON

FOR DEKALB HEALTH MEDICAL RECORDS

New efficiencies and conveniences are on the horizon for DeKalb Health this fall, when its medical groups begin onboarding of EPIC, an electronic health records system (EHR) that will provide enhancements to medical records for patients and providers alike.

Some of the nation's largest and most prestigious hospitals and health systems—Cleveland Clinic, Johns Hopkins Medicine and Massachusetts General Hospital—use EPIC's electronic health records system. After the medical groups successfully adopt EPIC this fall, the hospital will onboard the platform in fall 2018.

This effort is supported through Parkview Community Connect, a collaboration that allows independent physicians and hospitals to tap into the same secure electronic health record system that EPIC facilities use and serve physicians throughout the region, regardless of affiliation.

As a patient, you will benefit from the adoption of this advanced electronic medical records system because it will allow you enhanced online access to your medical record and help you better participate in your healthcare. Not only is it an additional way to communicate with your healthcare providers, but it also allows providers to better access information from your visit (allergies, procedures, lab and radiology results, vitals and more)—all in one place!

- Communicate with your doctor
- Access your test results
- Send prescription refill
- Manage your appointments

Stay tuned for more news about the EPIC benefits of this advanced EHR in the months ahead!



BACK-TO-SCHOOL CHECK-UPS

IT'S THAT TIME AGAIN: The start of a new school year is almost upon us. In addition to picking out a new lunchbox and collecting school supplies, parents should also add scheduling a check-up to their back-to-school to-do list.

An annual check-up with your pediatrician or family physician is a great way to keep tabs on your child's growth and development. The American Academy of Pediatrics (AAP) recommends annual well visits for children starting at age 3 and continuing through college.

Some back-to-school appointments might include required, age-appropriate immunizations to help children avoid contagious and potentially severe diseases. There are also guidance requirements for vision screenings, hearing tests and scoliosis evaluations—in some cases, school districts might require these screenings for enrollment.

In general, however, a back-to-school check-up is just another way to ensure your child gets the new year off to the best start possible. They're a way to make sure development and growth are on track, and can provide a regular touch point with your child's primary care provider to proactively address problems before they develop. In these appointments, your child's physician will review vital signs like blood pressure, as well as height, weight and body mass index. They also assess mental and emotional wellness, and provide a great forum for parents and kids alike to ask questions about academic or learning issues, body changes, emerging health conditions, behavioral challenges or other concerns.

If your child needs a back-to-school check-up and you don't have a primary care provider, explore our Physician Directory at dekalbhealth.com/physicians.

DEKALB HEALTH

Welcomes Urologist Christopher King, MD



Dr. Christopher King of Northeast Indiana Urology has partnered with DeKalb Health Medical Group to provide services and procedures on campus at DeKalb Health in Auburn. Dr. King will make clinic visits to the DeKalb Health Specialty Clinic located at 1310 E. 7th Street, Suite G.

Dr. King graduated from Indiana University School of Medicine in 2009. He is board certified by the American Board of Urology. Dr. King is an active member of American Urological Association and American College of Surgeons. For more information about Urology and Dr. Christopher King, visit neurology.com.

Dr. King will be in clinic monthly on the second Friday all day and the fourth Friday in the morning. He will be at the hospital and available for surgery cases on the fourth Friday in the afternoon.

Dr. King will be joining Dr. David Pollifrone, who continues to offer weekly clinic visits at the DeKalb Health Specialty Clinic on Mondays.

Services Available:

- Cancer Treatment (bladder, kidney, prostate and testicular)
- Male conditions (erectile dysfunction, kidney stones and BPH)
- Female conditions (painful bladder syndrome, kidney stones, urinary incontinence and urinary tract infections)
- Vasectomy and circumcision

To schedule an appointment with Dr. King, call Northeast Indiana Urology at 888.436.1769 and request an appointment at our Auburn office.



Annual Charity Golf Classic

RAISES SCHOLARSHIP FUNDS

The DeKalb Health Foundation was busy in June providing support to the hospital and its initiatives.

The 33rd annual Charity Golf Classic on June 6 was a success, awarding a total of \$27,000 in scholarships for local high school and college students, and providing participants another great day on the links. Thank you to all the staff, volunteers and scholarship winners who contributed to the event's success!

DEKALB HIGH SCHOOL

Mikalyn Doty
Madison Mvazyowicz
Makenzie Myers
Samantha Owsley

EASTSIDE HIGH SCHOOL

Zac Kaiser
Faith Schlie
Travis Wassen
Jordon Yoder

GARRETT HIGH SCHOOL

Brielle Dazey

HAMILTON HIGH SCHOOL

Leslie Petre

LAKEWOOD PARK CHRISTIAN SCHOOL

Reid Burton
Kaleigh Collins

COLLEGE STUDENTS

Tiffany Harpenau
Anthony McGuire
Matt Singleton
Leah Ward

Auxiliary Happenings

Summer is in full swing for the Hospital Auxiliary and efforts to support the hospital and its programs are ongoing.

Currently, the Hospital Auxiliary is accepting donations to fund their purchase of a secure utility shed to optimize its storage. Their goal is to raise \$4,500 to cover the cost of the shed. If you'd like to contribute to this effort, donations will be accepted during the Curiosity Shop's normal business hours.

On that note, those hours are extended on Saturdays this summer. The Curiosity Shop is now open Tuesday through Friday from 9:30 a.m. to 4:30 p.m., and on Saturdays from 9:30 a.m. to 3:30 p.m.

If you want to help the Curiosity Shop but can't fund a financial donation, you can still support local children by donating pop tabs (to benefit Riley Hospital for Children) or Betty Crocker box tabs, cereal box tabs and used stamps (to benefit local schools). These items can also be donated onsite at 209 S. Randolph St., across the street from Horizon, JJ's and Beacon in Garrett.

In addition, the Serendipity Gift Shop—located on the DeKalb Health hospital campus—has several new items from The Willow Collection for your shopping experience. The gift shop is another fundraising effort where the proceeds go to support the Hospital Auxiliary.





1316 East Seventh Street • Auburn, Indiana 46706

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Visit 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.
AUG: 7

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 CLASSES

Fee \$20. Free to Family BirthPlace patients. Each class consists of three 2-hour sessions. Registration required. 6 p.m. – 8 p.m.
JUL. 11, 18, 25 | OCT. 3, 10, 17

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.
AUG: 5

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.

MARK YOUR CALENDARS

WORLD BREASTFEEDING WEEK EVENT

"Latch On" August 4th, 9:30 a.m. – 11:30 a.m.

Follow us on Facebook and Twitter for more details.

SUMMER 2017 CALENDAR OF EVENTS

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, 1700 E. 7th St., Auburn. Registration required, contact the AHA Training Coordinator Office at 260.333.7683.
JULY: 21 | SEP: 15
- **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. Registration required, email CPR@DeKalbHealth.com.
AUG: 9, 10

ALCOHOLICS ANONYMOUS. NO FEE

For more information, call 260.927.8902 or visit www.serenityhouseinc.org.

- **OPEN MEETINGS**
Weekdays, Mon. – Fri. at 12 noon
Weekends, Sat., Sun. at 10 a.m.
Speaker Meeting Wed. and Sat. at 7 p.m.
Serenity House (Barn), 2438 CR 50, Auburn
- **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. For more information, contact the Physical and Occupational Rehabilitation Department at 260.920.2632.
SEP: 19

BLOOD DRIVE (WALK-INS WELCOME)

DeKalb Health Employee Parking Lot F, 1316 E. 7th St., Auburn, 12:30 p.m. – 6 p.m. Sign up at GiveBloodNow.com (Sponsor code: DeKalb). For more information, contact Brenda at 260.920.2612 or Ashley at 260.920.2609.
AUG: 15

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.
AUG: 15
- **Pediatric** – 3rd Tues. of every odd month, 5 p.m. – 9:30 p.m.
JUL: 18 | SEP: 19
- **Healthcare Provider** – 3rd Wed of every month, 7:30 a.m.
JUL: 19 | AUG: 16 | SEPT: 20

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 Office Building #1314, Board Room, 1314 E. 7th St., Auburn.
JUL: 7 | SEPT: 5

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.
AUG: 10

Find us on **facebook**

Or visit us at DeKalbHealth.com

