

BetterHEALTH

Promote.
Preserve.
Restore.

2018

NEW YEAR NEW LOOK

FOR THE CAFETERIA

At DeKalb Health





NEW KITCHEN & DINING RENOVATION PLANNED

"It is a priority that we continue to deliver a positive experience for our patients, their family members and hospital staff needs," said Kelly Dunham, Chief Operating Officer. "Food service function is arguably the highest-profile service that all of these groups will utilize during the course of a typical day. Our new Food Services Plan will not simply address these problem areas, but will carry the facility to a new level of customer experience, one that will change the overall dynamic of this hospital amenity."



DeKalb Health is excited to announce the renovation and relocation of its kitchen and dining cafeteria will take place in 2018.

A new dining area will be front and center as one enters the main lobby and will feature an open, welcoming, multi-functional space, with soft seating for relaxing, flexible table layouts to accommodate small or large family and staff groupings, and room for 102 persons. Computer connectivity and charging stations will be available in the new dining space.

The serving area will enjoy greatly expanded customer circulation spaces and create a more open feel. The new serving style will also allow the culinary staff more room for menu flexibility and the ability to create food items. A centerpiece of this new serving area is the fresh food bar which will help promote healthier eating for all users.

The new layouts also increase the grab and go options for those guests and staff that need to purchase food and head back to a loved one's room or workstation.

The kitchen space will see a much-needed renovation based on current service models, will be more centrally located for better and quicker access, and will allow DeKalb Health to begin a new room service program. Equipment for the new kitchen, coupled with the improved layout, will show several tangible benefits to the hospital and food service operation.

PROJECT SCOPE

Phase one is 6,800 square feet and includes the dining room, kitchen and Serendipity Gift Shop relocation and renovation. Phase two encompasses another 3,700 square feet and will repurpose the old location with storage and office spaces. DeKalb Health has partnered with MSKTD & Associates on the design and planning. Project bids are scheduled to go out in coming weeks, and a general contractor will be selected.

Construction for phase one is expected to get underway in February 2018 after completion of the bid process. Total investment for both phases is estimated at \$2.4 million, and construction is expected to be completed by the Fall of 2018.



DEKALB HEALTH FOUNDATION READY TO

NEW EVENT IN 2018

Save the date! The DeKalb Health Foundation will host a new event on Friday, February 9, 2018 at the Kruse Expo Center from 9:30 a.m. to 4 p.m. Bloom will be a day to cultivate health while supporting the DeKalb Health Foundation.

Because of the generous support of The James Foundation, we are excited to announce that bloom keynote speaker will be award-winning ABC News Anchor and #1 New York Times Best-Selling Author, Dan Harris. In an interactive presentation, Harris will explore the power—and practicality—of meditation, which he believes will be “the next public health revolution.” Harris will share his thoughts on the philosophy that mental fitness will, in the not too distant future, be as socially acceptable and sought after as physical fitness.

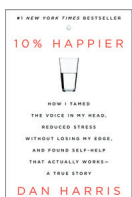
“DeKalb Health values supporting our communities’ health and we know bloom will be a great opportunity to engage in this effort,” shared Sarah Payne, Executive Director of the DeKalb Health Foundation. “A healthy community is important to businesses and individuals and we want to be a leader in this initiative.”

Harris draws from his own experience—he discovered meditation after failing to find happiness through workaholism and substance abuse. In his bloom presentation, Harris will explore how and why some of today’s most successful organizations (like the Super Bowl-winning Seattle Seahawks, Google and even the U.S. Army) have incorporated meditation as a way to both improve corporate culture and boost employee performance and well-being.

Harris’ presentation is just one of the special activities planned for bloom. The day will begin with a light breakfast and inspirational welcome at 9:30 a.m., followed by customizable breakout sessions that allow attendees to explore the health-related topics most central to their needs.

The day events will also include a vendor health and wellness fair.

Events like bloom allow the DeKalb Health Foundation to continue to support the technology, infrastructure and programming needs of DeKalb Health.



Dan Harris, co-anchor for Nightline and the weekend edition of Good Morning America, and author of 10% Happier, a #1 New York Times bestselling book.

JOIN US

FEBRUARY 9, 2018

BLOOM

TICKETS

Tickets are \$50 for open seating; reserved tables of eight for \$500 will also be available.

TICKETS ONLINE

To purchase tickets online or to become a sponsor, visit www.dekalbhealth.com/foundation.

TICKETS AT DEKALB HEALTH

You may also purchase tickets at the hospital by calling Lana Buchs at 260.920.2511, emailing lbuchs@dekalbhealth.com or stopping by the Human Resources office during normal business hours.

QUESTIONS

For more information about the Foundation or bloom, contact Sarah Payne, DeKalb Health Foundation Executive Director, at 260.920.2048 or spayne@dekalbhealth.com.



cultivating your health

brought to you by The James Foundation

Confirmed Breakout Sessions (more to be announced):



In the Know - The Insider's Guide to Healthcare, Sponsored by DeKalb Health Medical Group, Presenter: **Dr. Scott Armstrong**



Cardiac Health by the Decades, Sponsored by Parkview Health, Presenter: **Dr. Roy Robertson**, PPG Cardiology



Between a Rock and a Dangerous Place, Sponsored by Parkview Health, Presenters: **Dr. Brian Rosman**, PPG Urology and **Dr. Hisham Elhassan**, PPG Colon and Rectal Surgery.



Pain and Inflammation: Basic Principles of Using Diet and Exercise to Fight Chronic Pain, Sponsored by Lake City Bank, Presenter: **Dr. Brandon Galbraith**



Spirituality and Your Health, Sponsored by YMCA of DeKalb County, Presenter: **Randi Wells**

Visit DeKalbHealth.com or follow us on social media as we announce additional breakout sessions and sponsors.

INTRODUCING THE SPORTS PERFORMANCE INSTITUTE (SPI)

Certified Performance Training Now Available at the YMCA of DeKalb County
for Area Student Athletes

Another new year is here! For many of us, this means a renewed commitment to health and wellness. Some might target changes like more balanced meal planning, more physical movement and better sleep habits. But for our neighbors with improved physical and sports performance on their list of goals for 2018, DeKalb Health Sports Medicine has exciting news: Certified Performance Training is now available and the DeKalb Health Sports Performance Institute (SPI) is here for you!

Brought to you in partnership with and based at the YMCA of DeKalb County, the DeKalb Health Sports Performance Institute (SPI) offers an array of strength and performance training, as well as education programs. And now, with certified performance trainer Josh Collins joining our team, more area residents will have the tools they need to take steps toward reaching an even higher level of performance in their sport.

The performance trainer is an evolution of certified National Strength and Conditioning Association (NSCA) professionals that have a passion for sports performance training and training athletes while working in a business or organization not related to a collegiate or professional sports program. This specialty

often includes training general fitness clients with modified performance training philosophies and methods to improve athleticism and overall wellness, and to target long-term fitness goals appropriately.

Collins joins the DeKalb Health sports medicine team—certified athletic trainers Rick Williams, Cathy Tinkler and Gina Monteverdi-Harman—as well as sports medicine medical director Dr. Jason Hanna and other medical professionals in place to guide and support the sports performance programs and training. As the program evolves, we will continue to look at new options to expand the sports performance team.

The DeKalb Health SPI program helps elevate specific skills and physical motion key to echelon athletic performance. Beyond broad fitness training, sports performance is catered to specific movements and activities required for each patient's individual athletic goals.

To learn more about DeKalb Health Sports Medicine Institute and our performance training programs, call the YMCA of DeKalb County at 260.925.9622.



Josh Collins, NFPT-CPT
Sports Performance Trainer

SPI STRIVES TO IMPROVE

- Speed Development
- Core Training
- Agility
- First Step Quickness
- Reduced Injuries
- Coordination
- Balance
- Flexibility
- Strength
- Explosion
- Vertical Jump
- Post Injury Rehab
- Christ-like Character
- Team-building
- Leadership Development



Rick Williams,
LAT/ATC
Athletic Trainer Based at
DeKalb Central Schools



Cathy Tinkler,
MS, ATC/L
Athletic Trainer
Based at Garrett-
Keyser-Butler Schools



Gina Monteleone-Harman,
MS, LAT/ATC
Athletic Trainer Based at
Lakewood Park Christian School
and Hamilton School

SPI PRICING

- Unlimited classes per month:
\$140 for members and \$160 for non-members.
- Limited up to two classes per week:
\$90 for members and \$110 for non-members.

Financial aid and scholarship options are available on a need basis.

DEKALB BUSINESS HEALTH SERVICES

DeKalb Health is a community hospital, which means we don't just serve patients—we support our local businesses, too.

We understand that maintaining and safeguarding the health of employees is a top priority for DeKalb County and its area employers. Not only does it ensure a happy and healthy workforce, it can be a path to improved productivity, fewer missed days of work, enhanced job performance and a better overall quality of life for your team.

To this end, our occupational health and workplace wellness services offered through DeKalb Business Health Services provide a full range of preventative and responsive workforce care, including educational resources such as occupational, wellness, prevention and safety programs designed to help companies protect and enhance their most critical investment—their employees.

In addition, if employees experience a work-related injury or illness, DeKalb Business Health Services also provides the treatment they

need to get back on the job as soon as possible, and with the tools they need for a complete return to duties.

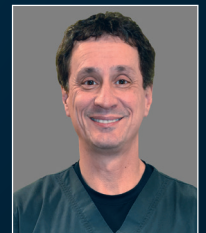
The clinic is staffed by a team of experienced occupational health nurses, office personnel and providers including John R. (Russ) Combs, PA-C. Board certified occupational medicine specialist Richard W. Kramp, MD, is scheduled to join the clinic on February 1.

DeKalb Business Health Services is conveniently located within the north campus of DeKalb Health, under the large portico entrance of door #36.

If you are a recruiter, human resources professional or business owner, DeKalb Business Health Services can help improve the health and wellness of your workforce. To learn more, call 260.920.2781 or to schedule an appointment, call 260.925.9511.

A WIDE RANGE OF SERVICES IS AVAILABLE THROUGH DEKALB BUSINESS HEALTH, INCLUDING:

- Audiograms
- Blood draw testing for lead levels
- DOT regulated testing
- Escreen instant drug screening
- Hair drug testing
- Health Risk Assessments (HRA)
- Injury care (including suturing, splints, casting, etc.)
- Medical surveillance services
- Non-regulated drug testing (including rapid and hair testing)
- OSHA-mandated surveillance programs
- Post offer/ pre-placement
- Post-offer physicals
- Pre-hire services
- Prevention of workplace injury
- Respiratory clearance/spirometry
- Respiratory fit test (NEW FOR 2018)
- Vaccination, titers
- Vision testing
- Wellness screenings
- Workability/fit for duty/return to duty
- Workplace injury treatment



John R. (Russ) Combs, PA-C

DEKALB HEALTH WORKPLACE WELLNESS

DeKalb County Government and DeKalb Health have joined forces to offer Health Risk Assessments to all its employees. The program will be administered by DeKalb Health Wellness Services at three locations in two days for nearly 230 employees.

Photo (left to right): Jenn Gibson, Corporate Health and Wellness Coordinator for DeKalb Health; Dotty Miller, Director of Human Resources for DeKalb County Government; Erika Strawser, Clinical Manager for DeKalb Business Health Services.



NEW YEAR NEW PHYSICIANS AT DEKALB HEALTH

The start of a new year at DeKalb Health brings even more specialists, new moves and new faces to our campus!



PEDIATRICS

DeKalb Health Medical Group's Pediatric Office moved to Suite K in Physician Office Building 1310 on December 4, 2017. Patients can park in Lot C and enter Door #53 for easy access to the new office.

The office is also excited to welcome Scott N. Myers, MD, who is joining the pediatric team of Lee Ann Pixley, MD, Jodi M. Trent, MSN, CPNP and Brittany C. Brannan, MSN, FNP-C.



Scott N. Myers, MD



Lee Ann Pixley, MD



Jodi M. Trent, MSN, CPNP



Brittany C. Brannan,
MSN, FNP-C

COLON AND RECTAL SURGERY

Hisham Elhassan, MD, will see patients weekly on Thursdays in the Parkview Physicians Suite (Suite F) on campus for colon and rectal surgery. To schedule an appointment with Dr. Elhassan, call 260.266.5300 or 800.801.9102.



Hisham Elhassan, MD

UROLOGY

Also joining the specialty clinic is urologist Brian Rosman, MD. He will be in the clinic on the first and third Thursdays of the month in the Parkview Physicians Suite (Suite F). To schedule an appointment with Dr. Rosman, call 260.482.8681.



Brian Rosman, MD

WALK-IN CLINIC

DeKalb Health Medical Group's Walk-In Clinic also welcomes Inesa Makevit, NP-C, a specialist in family medicine. She received her undergraduate degree from Indiana Wesleyan University, and earned her nursing degree from nursing school in Liepāja, Latvia, as well as her Nurse Practitioner (NP) designation from Indiana Wesleyan. Makevit is certified by the American Academy of Nurse Practitioners.



Inesa Makevit, NP-C

Once only open evenings and weekends, the walk-in clinic now accepts patients during normal business hours, too.

- Monday – Thursday, 9 a.m. – 9 p.m.
- Friday, 4 p.m. – 9 p.m.
- Saturday – Sunday, 10 a.m. – 6 p.m.

The clinic is located on the main campus at the southeast corner of campus, 1316 E. 7th St., Suite 4. Patients should park in purple Lot A, and enter Door #4. To learn more, call 260.920.2000.



BEHAVIORAL HEALTH SERVICES NOW IN GARRETT

The DeKalb Health Medical Group at 128 North Randolph Street in Garrett has expanded services to offer Behavioral Health. Behavioral health services provide patient-centered care for children and adults. Programs and services are available for patients who need mental health support, as well as patients with addiction issues. We welcome licensed mental health counselor Julie Flohr, LMHC. To schedule appointments, patients may call 260.385.4822.



Julie Flohr, LMHC

For more information on all providers, contact 260.920.DOCs.



SUPER HEROES

FOR SUPER HEALTH

On February 3, 2018 at 7 p.m., DeKalb Health will once again sponsor DeKalb County Night with the NBA D-League Fort Wayne Mad Ants at Memorial Coliseum. This is an annual tradition for DeKalb Health, and an event we look forward to celebrating with the community every year.

Discount tickets will be available, with a portion of proceeds going to DeKalb Health.

For more information, call Mad Ants corporate office at 260.469.4667, or get your tickets at <https://dekalmadants.eventbrite.com/>.



On December 14, DeKalb Health **PharmaCare** in Garrett celebrated its one year anniversary.



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. Free. Registration required.

FEB: 5 | APR: 2

BREASTFEEDING SUPPORT

Call and speak with our lactation consultant. FREE.

CHILDBIRTH CLASSES

Free. Each class consists of three 2.5 -hour sessions. Registration required. 6 p.m. – 8:30 p.m.

FEB: 27 | MAR: 7, 14

CHILDBIRTH CLASSES

Saturday. One-day class with hour lunch break on your own. Free. Registration required. 9 a.m. – 4 p.m.

JAN: 13 | APR: 12

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.

CAR SEAT SAFETY INSPECTION

Call for information about scheduling your FREE car seat fitting and inspection.

WELLNESS FITNESS CLASSES - YOGA

Take advantage of a Yoga class at DeKalb Health with instructor Mary Goudy.

Fee: \$5 per class or \$25/month for unlimited classes.

Dates/Times/Locations (Holidays may affect schedule):

Monday/Wednesday/Friday, 7:30 am - 8:30 am

Central Business Office, 1700 E. 7th St., Auburn

Tuesday, 4:30 pm - 5:30 pm

Central Business Office, 1700 E. 7th St., Auburn

Wednesday, 12:15 pm - 1:00 pm

DeKalb Health Pediatric Rehab Gym (Lot E, Door 36)

WINTER 2018 CALENDAR OF EVENTS

ADULT HEALTH FAIR

Co-sponsored with DeKalb County Council on Aging, Heimach Senior Activity Center, 1800 E. 7th St., Auburn. Thursday, 8-11 a.m. Contact Meg Zenk at 260.925.3311 or mzenk@dcco.net.

APR: 19

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, email CPR@DeKalbHealth.com.

JAN: 19 | MAR: 16

• PALS (Pediatric Advanced Life Support)

2nd Wed. 8 a.m. – 4 p.m. and Thurs. 11 a.m. – 5 p.m. of every even month (except August). Registration required, email CPR@DeKalbHealth.com.

FEB: 14, 15 | APR: 11, 12

ALCOHOLICS ANONYMOUS. NO FEE

For more information, call 260.927.8902 or visit 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, 260.920.2632.

JAN: 16 | FEB: 20 | MAR: 20

BLOOD DRIVE (WALK-INS WELCOME)

DeKalb Health Employee Parking Lot F, 1316 E. 7th St., Auburn, 12:30 p.m. – 5:30 p.m. Sign up at GiveBloodNow.com (Sponsor code: DeKalb). For more information, contact Ashley at 260.920.2607.

Call for upcoming dates and times.

BLOOM

Fri. 9:30 a.m. – 4 p.m.
(See details inside)

FEB: 9



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.

JAN: 8 | FEB: 5 | MAR: 5 | APR: 2

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.

FEB: 9 | APR: 12

DOCTORS' DAY - LET'S CELEBRATE

On March 30, DeKalb Health will celebrate our physicians and their contribution to our community's health by observing National Doctors' Day. This annual holiday honors the work of doctors across the United States, and encourages patients and the public to thank physicians for the work they do. Let your family doctors know you appreciate their hard work—and their help keeping you healthy in 2018.

MAR: 30

HEARTSAVER CPR/AED/FIRST AID

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

• **Adult First Aid** – 3rd Tues. of every even month, 5 p.m. – 7:30 p.m.

FEB: 20 | APR: 17

• **Pediatric First Aid** – 3rd Tues. of every odd month, 5 p.m. – 7:30 p.m.

JAN: 16 | MAR: 20

• **CPR/AED (Adult, Child, Infant)** – 3rd Tues. of every month, 7:30 p.m. – 9:30 p.m.

JAN: 16 | FEB: 20 | MAR: 20 | APR: 17

• **BLS Healthcare Provider** – 3rd Wed. of every month, 7:30 a.m. – 11:30 a.m.

JAN: 17 | FEB: 21 | MAR: 21 | APR: 18

FORT WAYNE MAD ANTS DEKALB COUNTY NIGHT

See details inside. Saturday at 7 P.M.

FEB: 3



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Or visit us at **DeKalbHealth.com**