

BetterHEALTH

Promote.
Preserve.
Restore.



PHARMACARE EXPANDS

TO OPEN LOCATION IN GARRETT



PHARMACARE

EXPANDS TO THE GARRETT COMMUNITY

"We are confident that providing these services locally will have an immediate and positive impact on the community's health and wellbeing."

The pharmacy has long been one of the central points of a community. Local apothecaries didn't just sell medicines—they dispensed basic medical advice and shared valuable healthcare expertise in a time well before Google and Web MD. Today, the pharmacy is still a focal point of the DeKalb community.

DeKalb Health PharmaCare has a long history in our community. The locally owned and operated pharmacy was originally founded by Doug Crane, RPh in June of 1992 as DeKalb PharmaCare. Known for its friendly staff, personalized attention and customer service, the pharmacy was acquired by the hospital in November of 2010. It was renamed DeKalb Health PharmaCare in 2012, and Crane continues to serve in his role of pharmacist and director to this day.

For DeKalb Health, access to a local pharmacy is critical because it provides a seamless continuity of care. The onsite location at the main campus is a key convenience to patients, who can leave their doctors' offices and pick up any necessary medications without additional travel or wait. Moreover, DeKalb Health ensures that the next prescribed step in treatment—

whether it's an antibiotic, an over-the-counter analgesic or a device for injury care—is easy to obtain, increasing the likelihood of patient compliance and recovery.

It is with the same commitment to access and service that DeKalb Health announced it will soon open another PharmaCare location to better serve the local Garrett community. "Residents of the Garrett area have been without the convenience of a pharmacy for several years now," said DeKalb Health CEO Craig Polkow. "We are confident that providing these services locally will have an immediate and positive impact on the community's health and wellbeing."

The new retail pharmacy in Garrett is tentatively scheduled to open in November and will be located inside Miller's Supermarket at 1350 South Randolph Street.

"We want to thank the Miller family, the Mayor and the city officials of Garrett for joining with us to make this initiative become a reality for the local citizens," Polkow concluded.



DEKALB HEALTH
PHARMACARE

PharmaCare Services Include:

Custom Prescription Compounding

This unique service provides prepared, personalized medications based on a practitioner's prescription, in which individual ingredients are mixed together in the exact strength and dosage form required by the patient.

Prescription compounding is also a benefit for people who need to avoid sugar, preservatives, dye or lactose. Or, for those that don't like the taste of their medicine, the pharmacists can flavor pediatric and other liquid medications, even compounding veterinary medications to meet your pet's needs.

Hormone Replacement Therapy Consultation

DeKalb Health PharmaCare helps facilitate hormone replacement therapy (HRT) for menopausal women whose estrogen and progesterone levels have decreased.

E-Scripts

DeKalb Health PharmaCare accepts e-prescriptions from area providers and offers Rx transmission options for prescribers.

Free Home Delivery

DeKalb Health PharmaCare offers even more convenience in the form of free prescription delivery to the Auburn, Garrett and Waterloo areas.

PacRx Medication Packaging

DeKalb Health PharmaCare PacRx medication packaging makes prescription administration turnkey. For a \$25 monthly fee, medication is delivered to our normal delivery service areas, pre-packaged in a convenient plastic bubble, designed to help patients adhere to their dosing schedule and provide peace of mind that the right dosage is being administered at the right time. In this easy-to-use system, medications are packaged by day and time of administration—Sunday through Saturday, at morning, noon, evening and bedtime. Talk to staff about other options available.

PacRx is recommended for:

- Patients taking 3+ medications multiple times per day
- Patients unable to administer medications to themselves, who are being cared for by a family member or caregiver
- Seniors on chronic medications
- Patients with impaired memory

Retail Products and Services

- Medela® Breast Pump Rentals and Supplies
- DonJoy® Orthopedic and Sports Braces
- Spenco RX® Footcare Products
- Juzo® Compression Hosiery
- NOW® Nutritional Supplements
- Ortho Molecular® Nutritional Supplements
- Carex® Home Health Care Products

Online Mobile App for Prescription Refills (coming soon)

DeKalb Health PharmaCare – Auburn

Physician Office Building #1314, Suite 104

Monday, Tuesday, Thursday, Friday: 9 a.m. – 6 p.m.

Wednesday: 7 a.m. – 6 p.m. (Expanded Hours Start October 12)

Saturday: 9 a.m. – 12:00 noon

P: 260.925.8000 or 800.791.3251 F: 260.925.9500

DeKalb Health PharmaCare - Garrett

(Opening In November)

1350 South Randolph Street

(located inside Miller's Supermarket)

Monday through Friday: 9 a.m. – 6 p.m.

Saturday: 9 a.m. – 12:00 noon

P: 260.553.9200 F: 260.553.9200

PHARMACY STAFF, LEFT TO RIGHT: RACHEL STICKLER, TECHNICIAN; LISA UTERMAR, OFFICE MANAGER; JAN ROBERTS, CASHIER; SHELL DECKER, TECHNICIAN; JERRY SAMUELSON, DELIVERY DRIVER; DOUG CRANE, PHARMACY DIRECTOR; LORI MCCOMB, PHARMACIST; ELIZABETH MCCREERY, TECHNICIAN (GARRETT); BREE HARTMAN, TECHNICIAN; DEBBIE MAYS, TECHNICIAN; PAM MCBRIDE, CASHIER.

NEW PHARMACIST TO JOIN THE DEKALB HEALTH TEAM.
WELCOME TO GARRETT: JACOB CLENDENEN,
PHARMACIST MANAGER, GARRETT



ON THE MOVE

DEKALB HEALTH IS DILIGENTLY WORKING TO IMPROVE THE SERVICES AND FACILITIES AVAILABLE TO PATIENTS. AS PART OF THIS EFFORT, WE WOULD LIKE TO LET YOU KNOW OF OUR RELOCATED SERVICES.



SLEEP DIAGNOSTIC CENTER

The DeKalb Health Sleep Diagnostic Center has relocated to the second floor of the hospital in Building 1316, adjacent to the medical surgical unit.

The center provides a wide range of testing and treatment services to help people suffering from chronic sleep problems, including problems falling asleep, staying asleep at night, staying awake during the day and excessive snoring or breathing disturbances.

Diagnostic tests include:

- Polysomnograph
- Pediatric sleep studies for two years of age or older
- Positive airway pressure titration
- Multiple sleep latency test
- Maintenance wakefulness test
- Home sleep apnea test
- Overnight oximetry for home oxygen qualification

Our Sleep Diagnostics Center amenities and service include:

- Skilled and experienced staff
- Quiet, comfortable, and private bedroom and sleep testing facilities
- Convenient restroom and shower facilities
- Treatment availability five nights per week
- TV in room for relaxation
- State-of-the-art diagnostic equipment
- Outpatient services for overnight testing

Staff Experience and Test Results:

- Our lead sleep tech has over 10 years of experience in sleep testing with children two years of age to adults.
- Studies are read by our partners from Lutheran Medical Group and Pulmonologists of Fort Wayne Neurology.
- Results are back within 14 days.

To learn more about the Sleep Diagnostic Center at DeKalb Health, call 260.920.2847. To schedule an appointment, call Central Scheduling at 260.333.7710.

SPECIALTY CLINIC

The Specialty Clinic at DeKalb Health offers patients access to a wide variety of medical specialists, including cardiologists, neurologists, nephrologists and ENTs—all in one convenient location.

The Specialty Clinic is offered at DeKalb Health for the convenience of our patients. Medical specialists from Fort Wayne maintain a clinic rotation and part-time visitation hours at DeKalb Health. Clinic visitation days are offered as an extension to a specialist's primary Fort Wayne medical practice and schedules.

Plans are underway to renovate the Specialty Clinic later this year. More exciting news about this renovation and office relocations will be forthcoming.

Parkview Physician Group Cardiology will relocate its Auburn offices to the Specialty Clinic. The Parkview Physicians Group-Cardiology, is one of several specialty care provider groups at DeKalb Health that offer the very latest medical and diagnostic procedures, medicines, therapies and procedures to patients in our local community.

The Specialty Clinic is located in Building 1310, Suites A-E. Patients should park in Lot C and enter Door #53.

For a full list of specialty care providers, visit the physician directory at DeKalbHealth.com.



When to Use the ER

- For URGENT situations
- Abdominal pain
- Heart palpitations (feels like your heart is beating fast)
- Chest pain
- Shortness of breath
- Moderate to severe injuries
- Broken bones
- Accidents (deep cuts/gashes)
- Extensive bleeding
- Fainting
- Strokes
- Sudden or severe headaches

WALK-IN-CLINIC

The Walk-in Clinic will soon relocate to Building 1316, Suite 4, Lot A, Door 4—a new space adjacent to the emergency room—to provide more space and more efficient care for patients.

DeKalb Health's Walk-In Clinic provides treatment for a wide range of minor, non-emergency health concerns, including allergies, respiratory infections, minor burns, cold/flu and sports physicals.

No appointment is required to be seen, and most major health insurance plans are accepted. A copay will be expected at time of service.

Walk-In Clinic may be able to help with:

Allergies, Bladder Infection, Bronchitis, Cough/Cold, Diarrhea, Fever, Insomnia, Nausea, Pink Eye, Rash, Sinus Infection, Minor Injuries

To learn more, call 260.920.2000.

PROVIDER SERVICES BRING NEW DEPTH TO DEKALB HEALTH

DeKalb Health already has a deep bench of providers and services available to the community, but the following new additions further strengthen our core of care capabilities:



MOHAN RAO
MD

Dr. Mohan Rao of Ear, Nose and Throat Associates recently partnered with DeKalb Health Medical Group to provide the following ENT services and procedures on the campus of DeKalb Health in Auburn.

Through weekly visits to the Specialty Clinic, Dr. Rao now performs minor ENT procedures, including removal of tonsils and adenoids, tags, tubal implants and removal, and the care and treatment of patients with hearing disorders, sleep disorders, and sinus and allergies, as well as those in need of balance care and voice care.

Dr. Rao graduated from The Ohio State University College of Medicine and is board-certified by the American Board of Otolaryngology-Head and Neck Surgery. He is an active member of the American Academy of Otolaryngology-Head and Neck Surgery, Fellow American College of Surgeons, American Medical Association, Indiana State Medical Association and Fort Wayne Medical Society.

For more information about ENT and Dr. Mohan Rao, visit www.entfw.com. Dr. Rao will provide ENT coverage every Wednesday from 8 a.m. to 4 p.m. at the DeKalb Health Specialty Clinic located at 1310 E. 7th Street, Suite B. For an appointment, please call 260.426.8117 and inform the ENT scheduler you would like to be seen in the Auburn office.



BRET D. KUEBER
MD



KRISTI A. KING
MSN, NP-C



JESSICA A. SLEESMAN
MSN, FNP

Dr. Bret Kueber and his team of Nurse Practitioners—Kristi A. King, MSN, NP-C and Jessica L. Sleesman, MSN, FNP—have expanded office hours and are now accepting appointments three evenings a week. By making care available after traditional hours, they are able to better care for people who aren't able to miss work to see the doctor, and to serve the Garrett community. The office will schedule appointments until 7 p.m. on Monday, Wednesday and Thursday of each week.

NOTE: This is not a Walk-in Clinic, but expanded hours for patient convenience and access. To make an appointment, call 260.357.6557.

DEKALB HEALTH HAPPENINGS AND COMMUNITY HIGHLIGHTS

ADD THESE UPCOMING ACTIVITIES TO YOUR FALL CALENDAR TODAY



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 November 16 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.

The Diabetes Fair will be located in the first floor hallway of the Physician Office Building, 1314 E. Seventh Street, Auburn.

Diabetes Prevention Lifestyle Support Program (NEW)*
DeKalb Health is proud to partner with the YMCA of DeKalb County to offer a new diabetes prevention program, featuring 16 weekly one-hour sessions and eight monthly maintenance sessions, which provide group support and information on reducing and eliminating risks for type 2 diabetes. Learn how to make better food choices and incorporate physical activity into your daily schedule. The importance of managing healthy behavior changes for long-term prevention will also be emphasized.

YMCA of DeKalb County, 533 North Street, Auburn, IN 46706
Tuesday, October 18, 5:30 – 6:30 p.m.

***Pre-registration is required. For more information, please call 260.755.4940 or email Meaghan_Sholl@fwymca.org.**

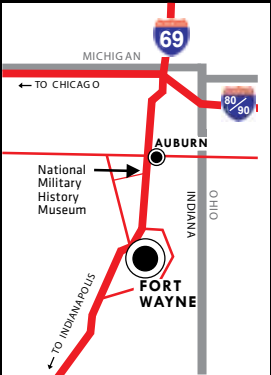


HEALTHY HALLOWEEN FAIR DEBUTS AT A NEW LOCATION

A free and fun event for kids 11 and younger, this annual tradition offers children in the community healthy treats, games, a chance to win prizes, spooky music and a haunted room. This year's fair, sponsored by DeKalb Health and the Auburn police and fire departments, will be held on Thursday, October 27 from 6 to 8 p.m. at a new location—the National Military History Museum, 5634 County Road 11-A in Auburn. As a special service, the Lions Club will be on site accepting glasses during the event.

DIRECTIONS
If you are coming from the south:
Take 69 North to County Road 11-A. Turn left onto 11-A. Travel ¼ mile to the second drive on the right. This is the entrance to the museum.

If you are coming from the north:
Take 69 South to County Road 11-A. Turn right onto 11-A. Travel ¼ mile to second drive on the right. This is the entrance to the museum.



PHARMACARE COAT DRIVE

DeKalb Health PharmaCare will conduct its annual coat and food drive from November 14 through 17. Items may be dropped off at the pharmacy on the first floor of the Physician Office Building 1314. Coats may be new or gently used, but must have working zippers and should be free of holes or other damage. Donors will receive a \$2 off coupon for any PharmaCare OTC item priced \$5 or more. Items will be donated to the Retired Senior Volunteer Program and Shelter Ministries for distribution. For information, contact Rachel at 260.925.8000.

Monday, November 14 – Thursday, November 17
10 a.m. – 4 p.m.
DeKalb Health PharmaCare, 1314 East Seventh Street,
Suite 104, Auburn, IN 46706

UNINSURED? *Open Enrollment Assistance Event*

Do you have questions about your insurance options or how to navigate the complex sign-up process? DeKalb Health is partnering with Bright Point and ClaimAid to provide access to navigators and counselors who can help guide you through the sign-up process for Marketplace Insurance plans or Medicaid.

Assistance is available on Saturday, November 12, December 10 and January 14 from 9 a.m. to noon.

- What to Bring**
- Photo ID
 - Proof of Citizenship
 - Social Security Numbers per Applicant
 - Birthdates
 - Income information
 - Health Insurance information
 - Email Address and Marketplace Login
(if you do not have one, you can get one for free on site)

Patient Access/ Registration Lobby, Second Floor
Park in Lot A, ER Entrance, enter Door 5

To learn more, call 260.920.2618.



FLU SHOT CLINIC

The Centers for Disease Control recommends annual influenza vaccinations for everyone aged six months or older. Vaccination is especially important for people at high risk for influenza complications, such as pregnant women, seniors and people with chronic health conditions like asthma, emphysema or COPD.

This fall, DeKalb Health will provide flu shots to the community for a self-pay price of \$35 at the flu vaccine clinic on Friday, October 28 from 8 a.m. to 4 p.m. and Saturday, October 29 from 8 to 10 a.m. at the Walk-In Clinic. Flu shots are available to all patients, however high dose vaccines and Medicaid VFCs will not be available at the vaccine clinic; contact your primary care physician to obtain those vaccines. Please call ahead to schedule an appointment at 260.920.2000 and, if you plan to use insurance, bring your insurance card. For more information, visit DeKalbHealth.com or follow us on Facebook.

YEAR-END HEALTH TIP

Fall is here. Check with your insurer to see what benefits you still have available for the year. Also, check your Flex Spending Account balance. Then take full advantage of your benefits before January 1.

Not sure how to best use your remaining 2016 insurance benefits? Here's a quick breakdown of recommended general screening guidelines to help prioritize your preventative care:

- Annual Check-Up or Well Child Visit
- 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.
- 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 at increased risk.

These are general and summarized guidelines. Consult with your physician for specific recommendations. For a more complete and detailed list of screenings guidelines visit cdc.gov.



DEKALB HEALTH

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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.

OCT: 3 | DEC: 5

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.

OCT: 4, 11, 18

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: 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.

OPEN ENROLLMENT ASSISTANCE EVENT (see inside)

Uninsured? DeKalb Health is partnering with Bright Point and ClaimAid to provide access to navigators and counselors to help guide you through the sign-up process for Marketplace Insurance plans or Medicaid.

9 a.m. – noon on Saturday
NOV: 12 | DEC: 10 | JAN: 14

FALL 2016 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, email
CPR@DeKalbHealth.com.

NOV: 18 | JAN: 20

• **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.

OCT: 12, 13 | DEC: 14, 15

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.

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 even months, 6 p.m. – 10 p.m.

OCT: 18 | DEC: 20

- **Pediatric** – 3rd Tues. of odd months, 6 p.m. – 10 p.m.

NOV: 15

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

OCT: 19 | NOV: 16 | DEC: 21 | JAN: 18

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.

OCT: 3 | DEC: 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.

OCT: 13

DIABETES FAIR (see inside)

Free and open to public. Area experts provide valuable information about diabetic products, medications and programs. Wed. 8 a.m. – noon, DeKalb Health Medical Building & PharmaCare Hallways, 1st Floor. Contact Vickie Faux at 260.920.2652.

NOV: 18

DIABETES PREVENTION LIFESTYLE SUPPORT PROGRAM (see inside)

YMCA of DeKalb County Tues., 5:30 p.m. – 6:30 p.m. 533 North Street, Auburn, IN 46706. Pre-registration is required. For more information, call 260.755.4940 or email Meaghan_Sholl@fwymca.org.

OCT: 18

NEW LOCATION!!!

HEALTHY HALLOWEEN FAIR (see inside)

Thurs, 6 p.m. – 8 p.m.
Sponsored in part by the Auburn police and fire departments. A **FREE** fun Halloween event for kids 11 and under and their parents or guardians. Bring your kids—in costume if they wish—for healthy treats, games, a chance to win prizes, spooky music and the haunted room.
NOTE THE NEW LOCATION FOR 2016!
National Military History Center, 5634 County Road 11A, Auburn, IN 46706

OCT: 27

HIP ON HEP C SUPPORT GROUP

3rd Fri. of every month, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Christie Soaper at 260.927.8180.

OCT: 21 | NOV: 18 | DEC: 16 | JAN: 20

MULTIPLE SCLEROSIS SUPPORT GROUP

3rd Mon. of every month, 7 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Neal Esselburn at 260.637.3820 or 1234neal.ms1@frontier.com.

OCT: 17 | NOV: 21 | DEC: 19 | JAN: 16

PHARMACARE COAT DRIVE (see inside)

Monday through Friday, 10 a.m. – 4 p.m., DeKalb Health Office Building #1314, Suite 104, Auburn. Bring any size of adult or child 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: 14 – 17

Find us on **facebook**
Or visit us at **DeKalbHealth.com**