

# BetterHEALTH

Promote.  
Preserve.  
Restore.

**APPROACHABLE.  
AFFORDABLE.  
ACCESSIBLE.**

It takes the combined efforts and expertise of our entire team at DeKalb Health to offer high-quality, low-cost patient care. Learn more about everything that goes into making it possible in this issue of Better Health.



# WHAT IS THE TRUE COST OF HEALTHCARE?

What are all the factors that impact the cost of care at different hospitals? Why do seemingly similar procedures cost such largely different amounts at different hospitals? And, perhaps most importantly, how does cost impact the true quality of healthcare? These are questions patients have wondered for years, and that we finally began to start answering in the wake of a federal government report released this spring. In this issue of Better Health, we use this federal report as inspiration to help you understand what the cost of healthcare is and can be in our community, as well as to help you understand the most important answer of all: DeKalb Health is the low-cost, high-quality, high patient satisfaction provider for our community, our county and our region.



# EXPANDING OUR CRITICAL-CARE CAPABILITIES

DeKalb Health was proud to become the 22nd member hospital to join the StrokeCareNow Network, or SCNN, earlier this year. Created in 2008 and the first network of its kind in Indiana, SCNN now includes hospitals in northwest Ohio and southern Michigan and makes available to its member hospitals the expertise and experience of the skilled physicians of Fort Wayne Neurology Center, or FWNC, in real time during a stroke emergency. This is accomplished through the innovative use of technology and collaboration between FWNC and the member hospitals of SCNN.



The SCNN provides a dedicated iPad to be kept in the emergency rooms of member hospitals at all times, and also ensures that a skilled FWNC neurologist is available 24 hours a day, 7 days a week in case of stroke emergencies. When such stroke emergencies do occur, SCNN uses telemedicine technology via the iPad and a dedicated app to connect FWNC neurologists with emergency room and hospital staff and ensure the quickest and most comprehensive care possible for that patient.

“We are able to provide the same quality of care as a stroke center would be able to,” explains Karleen Harp, critical care manager. “We can eliminate any delay in care, which is of the utmost importance when it comes to cases of acute stroke.”

By providing live video and audio between the FWNC neurologist and the SCNN member hospital, DeKalb Health can now provide Primary Stroke Center Care to patients on-site, which in turn helps us standardize our processes and protocols that comprise stroke care. In addition, becoming a SCNN member hospital enables DeKalb Health to:

- Provide physician support for acute stroke care throughout our community
- Help emergency department medical staff make the right call and tough decision not easily made over the phone in cases of acute stroke
- Increase public education and awareness about the impact and toll strokes take on victims and communities

The technology available through SCNN, along with the close cooperation of its member hospitals, helps the network quickly identify patients who may benefit from treatment options beyond the traditional care capabilities available in regional hospitals.

Simply put, the SCNN brings state-of-the-art care for patients of acute stroke to DeKalb Health.



# ECONOMIC DEVELOPMENT SUPPORT

Fred Price, DeKalb Health CEO presents a ceremonial check in the amount of \$30,000 to Ken McCrory, director for the DeKalb County Economic Development Partnership. The partnership will receive \$10,000 a year for three years from the hospital's community benefit fund to support economic development initiatives for DeKalb County. **Read more about the initiative at DeKalbHealth.com**

# WHAT IS STROKE? WHAT IS ITS IMPACT?

Stroke is the nation's third-leading cause of death, as well as the leading cause of disability. While there are different types of stroke, surviving any type can be devastating for the survivor as well as everyone in his or her care and support network.

Here's a look at the impact strokes have in the United States:

- Almost 800,000 Americans suffer a new or recurrent stroke each year – meaning a stroke occurs on average about once every 40 seconds
- Strokes kill more than 143,000 people a year – about 1 out of every 17 deaths total
- On average, someone dies from a stroke every 3-4 minutes
- Americans are expected to pay in excess of \$70 billion this year for stroke-related medical costs and disability

**For more information: StrokeCareNow.com.**

# THE MISSION OF THE STROKECARENOW NETWORK

- Advance public awareness about stroke, its risk factors and signs and how to access member hospitals
- Provide telemedicine neurological consultations in regional hospitals that do not have neurological expertise on-site
- Assist in triage, review of CT imagery and initial local management before treatment or transfer
- Improve use of intravenous thrombolysis in local hospitals in the network's region
- Reduce time to treatment
- Improve patient access to intra-arterial thrombolysis/thrombectomy up to eight hours or more after onset of symptoms

# CONTACT US

Send Inquiries to [info@dekalbhealth.com](mailto:info@dekalbhealth.com) or call:

MEDICAL SERVICES	DIRECT LINE
<b>AMBULANCE</b>	<b>911</b>
Anticoagulation Clinic Services	260.920.2738
Cardiopulmonary Rehabilitation Services	260.920.2571
Diabetes Management Services	260.920.2652
Home Health and Hospice Services	260.925.8699
Imaging and Radiology Services	260.920.2513
Laboratory Services Auburn – Main Hospital	260.920.2602
Laboratory Services Butler	260.868.0502
Laboratory Services Garrett	260.357.0380
Nutrition and Dietitian Services	260.920.2651
Obstetrical Services/Family BirthPlace	260.920.2510
Occupational Therapy Services	260.920.2632
Physical Therapy	260.920.2632
Respiratory Services	260.920.2574
Sleep Diagnostic Services	260.920.2574
Speech Therapy	260.920.2632
Surgical Services/Outpatient Surgery	260.920.2639
Wellness Services	260.920.2812
<b>MAIN HOSPITAL</b>	<b>260.925.4600</b>
Administration	260.920.2501
Admitting/Registration/Patient Access	260.920.2603
Billing and Insurance	260.920.2850
Community Services	260.920.2518
CPR and First Aid Education	260.920.2701
DeKalb Health Foundation	260.920.2048
Gift Shop	260.920.2553
Media Inquiries	260.920.2555
Outpatient Clinic Scheduling	260.920.2741
Patient and Guest Relations	260.920.2518
Patient Condition	260.920.2518
Physician Referral	260.920.2556
Prenatal Breastfeeding Education	260.920.2510
Release of Medical Information	260.920.2749
Support Group Information	260.920.2518



# DEKALB HEALTH PHARMACARE

Since 1992, DeKalb Health PharmaCare has been a tremendous asset to the community, providing complete pharmaceutical services on the DeKalb Health campus. PharmaCare is a full-service retail pharmacy, featuring over-the-counter items, vitamins and natural supplements, orthopedic supports and breastfeeding supplies. PharmaCare also offers prescription compounding and customized medications for those seeking to avoid sugar, preservatives, dye or lactose. Most insurance plans are accepted, including Medicare Part D and Medicaid.

**PharmaCare is conveniently located on the 1st floor of DeKalb Health, within the Physician Office Building Entrance #1314 260.925.8000 · Free delivery in Auburn, Garrett and Waterloo Monday – Friday: 9 a.m. – 6 p.m. | Saturday: 9 a.m. – 12 noon**



# QUALITY TO THE CORE

Earlier this year, the federal Center for Medicare and Medicaid Services (CMS) released a report in which it listed out charges for the 100 most frequently billed discharges (procedures) at more than 3,000 hospitals across the United States, including DeKalb Health. The report's release marked the first time the federal government tried to provide the public an "apples-to-apples" look at the average charges of hospitals in the United States; it was based on data from nearly 7 million discharges, or 60 percent of total Medicare discharges annually.

The report was released, the government said, as part of its ongoing quest to bring more transparency to how hospitals charge for certain procedures and, as a result, bring about better knowledge and understanding of the average costs associated with specific services and health care in general. "Users will be able to make comparisons," CMS said when issuing the report, "between the amount charged by individual hospitals within local markets, and nationwide, for services that might be furnished in connection with a particular inpatient stay."

As you might expect with something of this size and scope, the report raised as many questions as it had hoped to answer for many people, including our region. For DeKalb Health, however, it has also provided a unique opportunity for us to demonstrate that we are the hospital in this region that offers the best combination of low costs and high-quality care.

After all, we've long been a strong believer in and trailblazer for the concept of more comprehensive transparency when it comes to quality scores and benchmarking. We were one of the first hospitals in the country to release our quality scores to the government and the community. We do so for many reasons, most importantly because publicly releasing quality data provides us an incentive to continually improve the quality of care we provide the community AND because it helps you make informed decisions about where you receive your healthcare.

**Please read over the next few pages, as we break out in more detail the considerable efforts, energy and expertise we put behind keeping the quality of our care high and its costs low – and how that work benefits our community.**

## HOW WE RANK

For **Inpatient service** billings of the top 100 Diagnosis-Related Groups (DRG), DeKalb Health's Average Charge Per Case, at \$13,554, was the 85th lowest cost out of 87 hospitals. (Rank #1 was \$61,195 per case; Rank #87 was \$10,055 per case.) In terms of Average Charge Per Case Adjusted per Medicare/Medicaid Reimbursements, DeKalb Health ranked 62nd lowest cost out of 87.

On 30 selected **Outpatient Services** (Ambulatory Payment Classification Groups), DeKalb Health's Adjusted Average Charge Per Case totaled \$268.14, ranking it 62nd lowest cost in the state out of 87. (Rank #1 was \$513.57 per case; Rank #87 was \$124.70.)

For its **Quality data**, DeKalb Health was named #1 in Indiana and #14 out of 4000 acute care hospitals nationwide in quality care by Total Benchmark Solutions, LLC, named a Top 100 Hospital: National Benchmarks for Success in quality care by Solucient, and named a 5 star hospital in acute cardiac care by Gannett News Service.

## HEALTHCARE PRICE & QUALITY COMPARISON TOOLS

<http://www.medicare.gov/hospitalcompare/>

This tool can help you compare the quality of care hospitals provide. It provides a list of U.S. hospitals, which includes hospital demographics, (location, hospital type) and 44 quality-of-care measures.

<http://www.cms.gov/>

Medicare provider charge data can help you compare hospital-specific inpatient and outpatient charges for the more than 3,000 U.S. hospitals.



## KEEPING COSTS LOW...

In the world of healthcare, with its rapidly rising costs impacting just about everything and everyone, keeping costs low in what patients are charged – especially without impacting care quality – is no easy feat. For hospitals, as with many organizations, keeping costs low means keeping an intense focus on efficiency. For us at DeKalb Health, our focus on and belief in extreme efficiency as a key driver in keeping costs down is foundational – it permeates everything we do as an organization.

"Our goal is to have the patient in the right status at the right time in accordance with nationally set standards of admission criteria," explains Linda Lesser, Utilization Resource Director for DeKalb Health. "Documentation in the chart must support the appropriate level of care, or insurance companies may deny payment. The QUEST team concurrently monitors charts for quality measures and necessary documentation to support hospital admissions."

"Our patients benefit from our ability to put money back into the hospital, and that happens when we are efficient with our operations," she added. "Best practices result in better outcomes and lower costs."



## ...WHILE KEEPING CARE QUALITY HIGH

While intangible measurements like patient experience and satisfaction are important to us, it's in the statistics, rankings and other key performance data points where we concretely illustrate and demonstrate the quality of the care we provide the community.

As you can imagine, providing the highest quality care while keeping costs low requires a proactive, interdisciplinary effort at all times from our dedicated and skilled team made up of people from a broad cross-section of departments and treatment areas, including Nursing, Respiratory Therapy, Physicians, Cardiac Rehab and Discharge Planning. And while it's easy to see how efforts spanning across so many different areas of our operations could turn bureaucratic and inefficient, the excellent collaboration and proactive communication amongst our team helps ensure the opposite is true.

"Our first and foremost goal is to do what is best for our patients," explains Beth Gardner, assistant director of nursing and director of our Nursing Quality initiative, which drives a large portion of our focus on care quality and patient satisfaction. "And there is an incredibly strong commitment to that goal at all levels."

At the same time, DeKalb Health recognizes a stronger involvement by patients in their overall healthcare process also positively impacts care quality. There is a strong patient-education component to our Nursing Quality endeavors as well; as a result, another key goal for the Nursing Quality team is to educate and teach patients about what is right for their care in their specific circumstances. When patients feel a stronger sense of ownership in their care, after all, they feel more empowered to play a part in the decision-making process and, as a result, have better outcomes and a positive perception of their care.

## QUEST TO BE THE BEST

Another major interdisciplinary initiative helping to drive continued high rankings in care quality is our Quality Utilization Efficiency Steering Team, or QUEST, which we implemented at the end of 2012. It's a four-member team that, at a core level, is in place to ensure we are monitoring and measuring the best practices effectively (which drives care quality higher) and efficiently (which keeps costs low).

In addition, we continually work to ensure we are putting patients in the right care status at the right time. "We have truly increased the collaboration between our coders, front-line nursing staff and physicians," said Carol Dillinger, core measure compliance coordinator.

National Guidelines for inpatient admission and standard of care overlap. QUEST's (Quality Utilization Efficiency Steering Team) goal is to collaboratively strive to exceed these standards. Much of our success is due to a multidisciplinary approach by all departments in the hospital contributing and being accountable for achieving best practices.

**"QUEST plays a huge part in our ability to keep our costs down as a healthcare provider. And our patients are ultimately the ones who benefit when we are able to put money saved back into the hospital – investing in technology, resources, people and infrastructure," explains Lesser.**

**CHERYL CLARK**, Guest Relations and  
**LINDA LESSER**, Utilization Review



## THE BOTTOM LINE TO BETTER CARE

Every aspect of nursing care – and all of healthcare, for that matter – is constantly evolving and changing, driven in large part by an increase in the guidelines to provide the highest quality care while keeping costs down. As you can see, providing both high-quality and low-cost care requires a dedicated, proactive, collaborative approach across virtually all departments and areas of the hospital. It's that approach – and our longtime commitment to transparency – that affirm what the CMS reports recently released show – DeKalb Health is the high-quality, low-cost care provider of choice in northeast Indiana.





# STRENGTHENING OUR FOUNDATION

It is both amazing and exciting to see everything taking place at the DeKalb Health Foundation in the year since it more formally strengthened its relationship with DeKalb Health and welcomed a new executive director, Anna Nixon. Through the vision and efforts of Nixon and her team, the Foundation continues to increase its reach in the community and, as a result, its financial support of DeKalb Health in pursuit of its mission. “Our outreach efforts are creating great engagement with the community,” Nixon explains. “We are very proud of what we’ve accomplished over the past year and even more excited about what we have planned coming up.”

Read below to learn more about a few of the most exciting Foundation events either recently completed or coming up soon.

## EMPLOYEE FUND DRIVE

This past March, the Foundation ran the first-ever employee campaign at DeKalb Health, called Partners in HEALTH (HEALTH stands for Healthcare Employees Always Lending Their Hand). With close to 50 percent total participation and more than \$30,000 raised, the week-long campaign was a major success in both raising funds for DeKalb Health and in demonstrating to the community just how much our own employees believe in and support our organization.

Even better, participating employees voted to determine how the funds raised through Partners in HEALTH were utilized: they voted to rollover funds to be combined with next years expansion and improvement project.

## CENTURY SOCIETY

This summer, the Foundation will roll out the Century Society, its first distinguished giving program. The Century Society will be geared toward Foundation donors willing to make long-term gifts; this focus on long-term giving, Nixon explains, will help strengthen and sustain the Foundation and, as a result, DeKalb Health, for many years to come. More information on the Century Society will be available through the Foundation as it launches this summer.

As you can see, the Foundation drive increased awareness and support both internally and externally, with a variety of exciting events, programs and fundraising options. Visit the Foundation page at DeKalbHealth.com to keep up with everything about the Foundation.



DEKALB HEALTH FOUNDATION



Scholarship Recipients: **KARLY LOUNDS** and **BRITTNI BEERMAN** with **FRED PRICE**, CEO

## GOLF OUTING

The annual DeKalb Health Golf Outing is something new that fell under the Foundation’s management as it continues to organize and centralize all fundraising events and opportunities. And, thanks to the efforts of the golf committee members, along with the support of our Outing sponsors and participation of nearly a full field of golfers, the event on June 4 was a great success. Money raised from the outing will help provide scholarship assistance to local students pursuing a degree in the healthcare field. Golfers enjoyed beautiful weather at Bridgewater Golf Club, followed by dinner and awards, with each golfer walking away with a souvenir gift and door prize.

MARK YOUR CALENDARS FOR NEXT YEAR – JUNE 3, 2014.

Committee Members – Thank you to our dedicated committee

Rich Allen	Ron Dicke	Rick Ring
Cheryl Clark	Pete Kempf	John Rymer
Terri Christiansen	Anna Nixon	

## SCHOLARSHIP WINNERS

19 students awarded a \$2,000 scholarship. Total of \$38,000.

### DEKALB HIGH SCHOOL

Rachna Chaudhari  
Sarah Griffin  
Kendra Lechleider  
Karly Lounds  
Tiara Teders  
Kelsey Wehr  
Jordan Wilhelm

### GARRETT HIGH SCHOOL

Lee Allen Bard II  
Vincent Marshall

### EASTSIDE HIGH SCHOOL

Jenna Zehr

### LAKEWOOD PARK

Emily Bender  
Olivia Culbertson  
Courtney Sliger  
Cassandra Worthen

### COLLEGE STUDENTS

Brittini Beerman – Ball State University  
Hannah Cyran – Indiana University  
Tia Schrader-Olivet – Nazarene University  
Leah Getts – University of Indianapolis  
Jhayla Gerardot – University of Saint Francis

## SPONSORS

Thank you to all of our valued sponsors for making this year’s outing a great success.

### DINNER

Metal Technologies

### ACE

Lutheran Health Network  
Parkview Health  
Rehmann in alliance with Hylant Group

### EAGLE

McKesson

### BIRDIE

Ben Davis Chevrolet, Buick and Ford  
Fort Wayne Orthopedics  
Fort Wayne Radiology  
Hall Render Killian Heath & Lyman  
Moake Park  
Peoples Federal Savings Bank  
Securitas  
South Bend Medical Foundation  
State Farm – Joyce Hefty  
Sweetwater  
Transamerica

### COURSE

APRN Sleep  
BKD LLP  
Excell  
Ferguson Advertising  
Fetters Construction Inc.  
Gladieux Consulting  
Gordon Food Service  
Koher Advertising  
The Laurels of DeKalb  
Weigand Construction

### TEE

Ambassador Enterprises  
Amerinet  
APRN Sleep  
Barton-Coe-Vilamaa Architects  
Bassett Office Furniture & Supply, Inc.  
Best One Tire & Service Auburn  
Betz Nursing Home  
Community State Bank  
Custom Coating, Inc.  
DeKalb Business Health Clinic / RediMed

DeKalb Molded Plastics

Dr. Mitchell Travis/ Auburn Radiology, Inc.

Garrett State Bank

Gladieux Consulting

Harris Rebar (Ambassador Steel)

HP Products

Insurance Trustee, Inc.

Jimelle Flooring

Lake City Bank

Larry’s Lock & Safe / Lakeland Electronics

LJI Wealth Management, L.L.C.

Med Partners

Medical & Dental Business Bureau

Nixon Homes, Inc.

Parkview Physician’s Group - OB/Gyn

Pharmacy Systems, Inc. / PSI Supply Chain Solutions

PHP

Provista (Nancy Schultz)

Scheumann Dental Associates

Signature Construction by Mike Ley

Total Recovery Services Collection & Litigation

Vision Source / Douglas Morrow, O.D.

& Michelle Frye, O.D.

Wal-Mart Distribution Center #6074

### DOOR PRIZES

Alco

Auburn-Cord-Duesenberg Automobile Museum

Auction America

Casco Manufacturing Solutions

Country Heritage Winery and Vineyard

DR Lubricants

Eckhart Public Library

Eddie Merlot’s Prime-Aged Beef & Seafood

Ganim Medical

Gladieux Consulting

Hylant Group

Jam Recreation Center

Koher Advertising

MacAllister Power Systems

MSKTD

Nixon Homes, Inc.

PBS 39

Seneca Medical

TB&A

## FITNESS CLASSES AT THE WELLNESS CENTER

We offer a host of affordable fitness classes from beginner to advanced including pilates, yoga, Zumba®, cycling, stretch, tone and flex classes and much more.

CHECK OUT OUR CLASSES.

All wellness education sessions are the 3rd Thursday of the month at 12 noon in the Wellness Center.

**July 18th:** DeKalb EMS will be discussing “Brain Attacks.”

**August 15th & September 19th:** Topics to be announced soon.

Check out our complete class schedule at [DeKalbHealth.com](http://DeKalbHealth.com), or for more information contact wellness coordinator Kasie Milk at 260.920.2812.



Our Play. Learn. Soar. Kids Fair, held in June at the DeKalb County Fairgrounds in partnership with the Dekko Foundation’s Before5 program, offered local families a unique chance to learn more about the many services and programs available through DeKalb Health that promote and inspire active living.

**MARIAH ROLLER** gets a new free bike helmet, fitted by **DR. THOMAS MASON**





## TRI KAPPA KIDS TRIATHLON

Ages 5-12. 8:30a.m., Start - Auburn Community Pool - Finish line - DeKalb Outdoor Theater  
Pre-Registration Only by July 20th, Entry fee is \$25 (\$15 for each additional family member) includes t-shirt, medal, snacks and trophies to the top 3 in each age and gender group  
Registration forms & information at [www.trikappaauburn.com](http://www.trikappaauburn.com)  
Contact Erin Nagel at 260.920.1299 or [info@trikappaauburn.com](mailto:info@trikappaauburn.com)  
DeKalb Health is helping sponsor



1316 East Seventh Street · Auburn, Indiana 46706

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### \* DENOTES FREE EVENTS

## JULY

**\*JUL. 1, 15**  
**Community Grief and Loss Support Group**  
1st and 3rd Monday (including holidays) 6:30 p.m. to 8 p.m.  
Sponsored in part by DeKalb County Council on Aging  
Heimach Senior Activity Center  
1800 E. 7th St., Auburn  
Contact DeKalb Health Home Care and Hospice  
260.925.8699

**\*JUL. 5, 12, 19, 26**  
**Narcotics Anonymous – Open Area Meetings**  
Every Friday, 7 p.m.  
Dayspring Community Center  
"One Hope" (Discussion)  
1700 E. 7th St., Auburn  
Serenity House Barn  
"New Dreams" (It Works: How and Why)  
2438 County Rd 50, Auburn  
For more information call 260.427.9113

**JUL. 8, 9, 10**  
**Prenatal Education**  
Monday, Tuesday, Wednesday 1 p.m. – 4:30 p.m.  
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$20. Need-based financial assistance available.  
Registration required, contact Julie Wagoner at 260.920.2780

**\*JUL. 10**  
**Shots For Tots (Free Infant / Child Immunization Clinic)**  
Wednesday, 1 p.m. – 4:30 p.m.  
DeKalb County Health Department  
220 E. 7th St., Auburn  
Requirements: Infant to age 18. Shot record.  
Must be accompanied by parent or legal guardian.  
Contact DeKalb County Health Department at 260.925.2220

**\*JUL. 15**  
**Multiple Sclerosis Support Group**  
Monday, 7 p.m. Program: MS Drugs and Therapies  
DeKalb Health Office Building #1314, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Neal Esselburn at 260.637.3820

**JUL. 16**  
**Breastfeeding Education**  
Tuesday, 4 p.m. – 6 p.m.  
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$5. Need-based financial assistance available  
Registration required, contact Julie Wagoner 260.920.2780

**JUL. 16**  
**CPR/First Aid**  
Tuesday, 6 p.m. – 10 p.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Doug Taylor at 260.920.2701

**JUL. 17**  
**Healthcare Provider CPR**  
Wednesday, 7:30 a.m. – 11:30 a.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Doug Taylor at 260.920.2701

**JUL. 19**  
**ACLS Provider Class**  
Friday, 8 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn  
Fee and registration required, contact Jerry Schwartz at 260.920.2766

**\*JUL. 19**  
**Hip on Hep Support Group**  
Friday, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn  
Contact Christie Soaper at 260.927.8180

**\*JUL. 22**  
**"Have You Been Carded?" Medication List Program**  
Free program offering assistance to fill out medication card or update listings  
Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month)  
Heimach Senior Activity Center, 1800 E. 7th St., Auburn  
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

**JUL. 27**  
**Tri Kappa Kids Triathlon**  
Ages 5-12. 8:30a.m., Start - Auburn Community Pool - Finish line - DeKalb Outdoor Theater. Pre-Registration Only by July 20th, Entry fee is \$25 (\$15 for each additional family member) includes t-shirt, medal, snacks and trophies to the top 3 in each age and gender group  
Registration forms & information at [www.trikappaauburn.com](http://www.trikappaauburn.com)  
Contact Erin Nagel at 260.920.1299 or [info@trikappaauburn.com](mailto:info@trikappaauburn.com)  
DeKalb Health is helping sponsor



## AUGUST

**\*AUG. 1**  
**Celiac Support Group**  
Thursday, 6:30 p.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Anna Hartman at 260.925.6058 / [nutritionlover@gmail.com](mailto:nutritionlover@gmail.com)

**\*AUG. 2, 9, 16, 23, 30**  
**Narcotics Anonymous – Open Area Meetings**  
Every Friday, 7p.m.  
Dayspring Community Center  
"One Hope" (Discussion)  
1700 E. 7th St., Auburn  
Serenity House Barn  
"New Dreams" (It Works: How and Why)  
2438 County Rd 50, Auburn  
For more information call 260.427.9113

**\*AUG. 5, 19**  
**Community Grief and Loss Support Group**  
1st and 3rd Monday 6:30 p.m. to 8 p.m.  
Sponsored in part by DeKalb County Council on Aging  
Heimach Senior Activity Center 1800 E. 7th St., Auburn  
Contact DeKalb Health Home Care and Hospice  
260.925.8699

**\*AUG. 8**  
**Diabetic Support Group**  
Sponsored in part by DeKalb County Council on Aging  
Thursday, 1:30 p.m. Program: Tammy Wolfe, Social Worker  
Heimach Senior Activity Center, 1800 E. 7th St., Auburn  
Contact Vickie Faux at 260.920.2652 or Meg Zenk at 260.925.3311

**\*AUG. 14**  
**Shots For Tots (Free Infant / Child Immunization Clinic)**  
Wednesday, 1 p.m. – 4:30 p.m.  
DeKalb County Health Department, 220 E. 7th St., Auburn, Requirements: Infant to age 18. Shot record.  
Must be accompanied by parent or legal guardian.  
Contact DeKalb County Health Department at 260.925.2220

**\*AUG. 16**  
**Hip on Hep Support Group**  
Friday, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn  
Contact Christie Soaper at 260.927.8180

**\*AUG. 17**  
**Charcot-Marie-Tooth Support Group**  
Saturday, 2 p.m. – 4 p.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Contact Doug Priscilla Creaven at 260.925.1488 or [pmcreaven@aol.com](mailto:pmcreaven@aol.com)

**\*AUG. 19**  
**Multiple Sclerosis Support Group**  
Monday, 7 p.m. Program: NMSS Video Mood Changes & MS, DeKalb Health Office Building #1314, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Neal Esselburn at 260.637.3820

**AUG. 20**  
**Breastfeeding Education**  
Tuesday, 4 p.m. – 6 p.m.  
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$5. Need-based financial assistance available.  
Registration required, contact Julie Wagoner at 260.920.2780

**AUG. 20**  
**CPR/First Aid**  
Tuesday, 6 p.m. – 10 p.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Doug Taylor at 260.920.2701

**AUG. 21**  
**Healthcare Provider CPR**  
Wednesday, 7:30 a.m. – 11:30 a.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Doug Taylor at 260.920.2701

**\*AUG. 26**  
**"Have You Been Carded?" Medication List Program**  
Free program offering assistance to fill out medication card or update listings  
Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month)  
Heimach Senior Activity Center 1800 E. 7th St., Auburn  
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

**AUG. 27, 28, 29**  
**Prenatal Education**  
Tuesday, Wednesday, Thursday, 6 p.m. – 9 p.m.  
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$20. Need-based financial assistance available.  
Registration required, contact Julie Wagoner at 260.920.2780

## SEPTEMBER

**\*SEP. 2, 16**  
**Community Grief and Loss Support Group**  
1st and 3rd Monday (including holidays) 6:30 p.m. to 8 p.m.  
Sponsored in part by DeKalb County Council on Aging  
Heimach Senior Activity Center 1800 E. 7th St., Auburn  
Contact DeKalb Health Home Care and Hospice  
260.925.8699

**\*SEP. 6, 13, 20, 27**  
**Narcotics Anonymous – Open Area Meetings**  
Every Friday, 7 p.m.  
Dayspring Community Center  
"One Hope" (Discussion)  
1700 E. 7th St., Auburn  
Serenity House Barn  
"New Dreams" (It Works: How and Why)  
2438 County Rd 50, Auburn  
For more information call 260.427.9113

**\*SEP. 11**  
**Shots For Tots (Free Infant / Child Immunization Clinic)**  
Wednesday, 1 p.m. – 4:30 p.m.  
DeKalb County Health Department  
220 E. 7th St., Auburn  
Requirements: Infant to age 18. Shot record.  
Must be accompanied by parent or legal guardian.  
Contact DeKalb County Health Department at 260.925.2220

**SEP. 14**  
**Prenatal Education**  
Saturday, 9 a.m. – 4:30 p.m.  
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$20. Need-based financial assistance available.  
Registration required, contact Julie Wagoner at 260.920.2780

**\*SEP. 16**  
**Multiple Sclerosis Support Group**  
Monday, 7 p.m. Program: Diet and MS  
DeKalb Health Office Building #1314, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Neal Esselburn at 260.637.3820

**SEP. 17**  
**Breastfeeding Education**  
Tuesday, 4 p.m. – 6 p.m.  
Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$5. Need-based financial assistance available.  
Registration required, contact Julie Wagoner at 260.920.2780

**SEP. 17**  
**CPR/First Aid**  
Tuesday, 6 p.m. – 10 p.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Doug Taylor at 260.920.2701

**SEP. 18**  
**Healthcare Provider CPR**  
Wednesday, 7:30 a.m. – 11:30 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Doug Taylor at 260.920.2701

**SEP. 20**  
**ACLS Provider Class**  
Friday, 8 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn, Fee and registration required, contact Jerry Schwartz at 260.920.2766

**\*SEP. 20**  
**Hip on Hep Support Group**  
Friday, 6 p.m.  
DeKalb Health Office Building #1314, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Christie Soaper at 260.927.8180

**\*SEP. 23**  
**"Have You Been Carded?" Medication List Program**  
Free program offering assistance to fill out medication card or update listings  
Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month)  
Heimach Senior Activity Center 1800 E. 7th St., Auburn  
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652



Visit [DeKalbHealth.com](http://DeKalbHealth.com) for a complete calendar and to get information on our fitness and wellness classes.