

Cerner Implementation Update

From the desk of Klare Bliss,
Chief Information Officer

Status Dashboard

Metric	Current Status	Previous Status
Overall		
Staffing		
Client Education		
Project Scope		
Project Timeline		
Next Project Event		
Transformation		

After kicking off the Electronic Health Record transition in August of 2022 the Norton County Hospital and staff successfully implemented Cerner Community Works on February 14th, 2023. Throughout the implementation, the staff worked hard to keep up their day-to-day roles as well as gathering data, testing the system, and training staff. In a wrap-up meeting of the Go-Live week, the Oracle Cerner staff stated, **“Out of hundreds of implementations, Norton County Hospital had one of the most successful implementations we have seen in a long time.”** Great job to all the Norton County Hospital and Norton Medical Clinic staff for all their hard work on this project.

Spring 2023 Newsletter

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The work continues after the implementation as staff work to upload current patient information to the patient charts as they come to be seen. To help this process, we continue to ask patients to bring a copy of their driver's license, insurance card, and a list of their medications to their appointment. Patients can also contact the hospital or clinic to get an invitation to the patient portal to update their information and stay informed of their health information. ● ● ●

Student-Athlete Injury Prevention

From the desk of Spencer Shirk, Physical Therapist



Over the 3 years of the 2019-2022 school year, USD 211 had approximately 73% of total bills to the school's injury insurance were knee injuries. Over this time, \$160,000 was billed to insurance. The school's premium increased by \$5,000 for 2022/23. The Physical Therapy department over this time has seen 14 ACL surgeries (6-12 month rehab) from both Norton and Almena. Other lower extremity injuries would account for an even higher percentage of cost and visits as well. We estimate a more common number for our PT department to see in 1 year would be 1 or 2 ACL injuries. We have seen torn ACLs in ALL sports except for cross-country, track, and golf, although those sports had other lower extremity injuries.

Our goal in reducing knee and all lower extremity injuries follows this order:

- Phase 1: Implement improved warm-up programs aimed at injury prevention.
- Phase 2: Screen athletes 1x/year with DARI Motion. In 2023 we scanned 93 total athletes from Norton, Phillipsburg, Almena, Logan, Hoxie, and Smith Center.
- Phase 3: Educate and implement corrections for the most vulnerable of the athletes discovered in screening.
- Phase 4: Continually educate coaches and athletes on jumping, landing, decelerating, and lifting techniques.

We began working closely with coaches and had some advice from Dr. Gaskill at OSMC on developing an injury prevention program that we can sustainably and effectively use to decrease the number of preventable injuries to athletes. We have already implemented preventative components to warm-ups. This uses elements from FIFA-11 and Santa Monica PEP programs which are the most widely used programs and what KSU athletics use.

We then began working with DARI Motion on the possibility of using their 3-D motion analysis system to screen athletes for vulnerability 1x/a year. DARI is top-of-the-line analysis software and is used at the highest levels of sports. This is a huge opportunity for us to bring this system to Norton. DARI is excited at the opportunity to work with us as our program idea is something they hope to implement all over the country. This screening performed about 20 movements and provided data on athleticism, explosiveness, functionality, dysfunction, vulnerability, and detailed information within those categories.

There will now be an opportunity for coaches and the PT department to work more one on one with athletes who scored in a vulnerable zone. We are constantly working with coaches and athletes throughout the year on a more reactive basis but also want to expand into prevention post-injury. This was a goal in moving to our new space and we are already working on prevention with this age group using improved equipment and space to work with athletes pre and post injury.

This project will aim to raise awareness of the recent rise in injuries and ensure we do everything we can to prevent the continuation of the increased injury rate. The project will benefit Norton and surrounding area athletes. We will continue to monitor the success of our efforts based on injury rates and always work to use new research, techniques, and equipment to aid us in these efforts.

My goal with this program is to have it become a yearly screening and expand the reach to more schools and likely more screening days. If it is not possible to continue this yearly, we hope to gain a lot of knowledge from this round of screening that we can implement for all our athletes moving forward.

Huge thank you to Norton Regional Health Foundation for working with us to make this possible! ● ● ●

In The News

Norton Regional Health Foundation announces new executive director

March 31, 2023

NORTON, Kan. – The Norton Regional Health Foundation (NRHF) Board of Directors has named Caryl Hale as its new executive director. Hale brings 10 years of experience working in the Norton community, both professionally as the grant coordinator for the Blue Cross Blue Shield of Kansas' Pathways to a Healthy Kansas program, and personally with a passion for arts, civic interests, and volunteerism.

"I am honored to be joining the Norton Regional Health Foundation as the executive director," said Hale. "Working throughout the Norton community, I have always respected the work of the Foundation with its focus on supporting the health and wellness of the community through philanthropic endeavors at Norton County Hospital and in projects throughout the county. I am thrilled to be learning from Katie (Wagner) through this transition and excited to continue her work in fostering relationships in the community."

"Seven years ago, I moved to Norton knowing no one, but it quickly became a wonderful place to call home," said Katie Wagner, former executive director. "I have truly enjoyed working alongside the Board of Directors and generous donors to build the Foundation and fund many worthwhile projects to enhance the capabilities of health care delivery at Norton County Hospital. It really came full circle for me when I had my baby girl at NCH in 2021 and was able to experience optimal care with optimal equipment that we worked hard as a Foundation to purchase."

"We've also funded several community endeavors, such as sidewalk improvements and the Kids' Café summer food program," Wagner added. "There will be more to come under Caryl's leadership, and I couldn't be more excited to assist her and cheer her on!"

Hale will assume the role starting April 1st with Wagner taking on a mentorship role to assist Hale in transitioning to her new role. Hale will continue to carry out duties as grant coordinator for Pathways while also learning the day-to-day functions of the Foundation, and meeting with donors and community partners.

After 7 years of serving as the communications director for Norton County Hospital and the executive director of the Norton Regional Health Foundation, Wagner announced her resignation from her roles to pursue an exciting new opportunity.

Hale added: "The Norton Regional Health Foundation Board of Directors and Norton County Hospital staff have expressed sincere gratitude for all that Katie has done to build the Foundation while also being "the voice" of Norton County Hospital. We will all miss her and wish her the best in her new endeavor."

The Norton Regional Health Foundation Board of Directors includes Terry Nelson, president; Jill Edgett, vice president; Karen Griffiths, secretary/treasurer; Jill Hall; Megan Keiswetter; Jennifer Miller; and Chris Tanner. ● ● ●



Employee Recognition

**Administrative Professionals' Day:
April 26th**

**Health Information Professionals' Week:
April 18-24th**

**Medical Lab Professionals' Week:
April 23-29th**





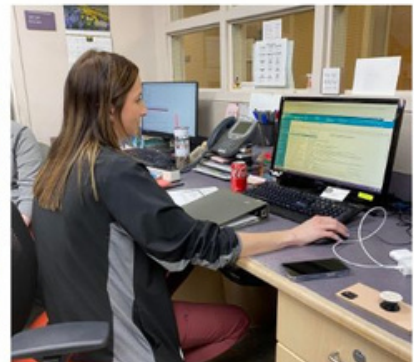
May 6th - 12th, 2023

HAPPY NATIONAL

NURSES WEEK



NCH NORTON
COUNTY HOSPITAL



Thank you to all of our Aides/CNAs, LPNs, and RNs throughout our facility who go above and beyond for our patients every day and night!

- Alexander, Angela
- Alexander, Jay
- Anderson, Carly
- Arehart, Megan
- Baird, Kaitlyn
- Belleau, Emma
- Bliss, Klare
- Brooks, Addison
- Cadwalader, Kendra
- Callaway, Kitt
- Carter, Ella
- Castillo, Janae
- Cave, Heather
- Collins, Ainsley
- DeWitt, Melody
- Dougherty, Jessie
- Dulany, Faith
- Ellis, Bethanie
- Enfield, Charli
- Esperant, Ange
- Esslinger, Natalie
- Frack, Chaylee
- Green, Kimberly
- Guthrie, Tanya
- Hammond, Clint
- Harding, Lauryn
- Hawks, Deanna
- Heersink, Lauren
- Hildebrand, Kelsey
- Jones, Haley
- Jones, Lana
- Juenemann, Megan
- Kelley, Haley
- Kenney, Alasia
- Lewis, Lynnette
- Malleck, Halee
- Miller, Olivia
- Mizell, Ruth
- Mohr, Sarah
- Nickell, Eden
- Nutting, Marcus
- Nykamp, Travis
- Persinger, Marla
- Rhea, Mattison
- Richardson, Lacey
- Richmeier, Sarah
- Ross-Crowder, Sandra
- Rushton, Matthew
- Schoenberger, Jennifer
- Schukman, Alan
- Simmons, Alisha
- Smith, Fayth
- Smith, Sara
- Sorter, Angela
- Sprigg, Charla
- Starr, Brenda
- Swatzell, Emily
- Temmel, Elsa
- Temmel, Gracie
- Turley, Arthur
- Turley, Stephanie
- Wagner, Morgan
- Wahlmeier, Sierra
- Weinman, Amanda
- Wentz, Amy
- Wenzl, Judy
- White, Sherry
- Wildeman, Jennifer

Taking on New Roles

"There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders and continually develops them."
John C. Maxwell



Kellen Jacobs
Interim Chief Executive Officer



Dakota Dreher, MD
Chief of Medical Staff



Melody DeWitt
Medical Clinic Manager



Mackenzie Blecha
Marketing



Lacey Ninemire
Emergency Preparedness & Safety



Sierra Wahlmeier
Trauma Coordinator



Christen Skrdlant
Business Office Manager



Deanna Hawks
Prior-Authorizations

Colby Community College Career Fair



Employees Addison Brooks, Clint Hammond, Eden Nickell and Angela Sorter presented their projects at this year's Career Fair. NCH is proud to have employees working towards their dreams!



Norton Medical Clinic Provides School Physicals



On May 3rd, providers and staff manned the Norton Junior High School gym to provide free physicals for kids in grades 6 through 11. This service was provided to both Norton and Almena students.

Norton County High School provided staff with donuts and coffee to keep them fueled throughout the morning!

Many parents reached out and thanked them for continuing to offer this service.

Great job team! ● ○ ●

6 Healthy Living Habits

From the desk of Shannan Hempler, Human Resources Director

The idea of healthy living may sound relatively simple, but maybe you're struggling with how to form healthy habits. A few nudges in the right direction, along with practical advice might help you take control of your health and your lifestyle habits. After all, it's easy to tell someone to eat more fruits and veggies or get regular exercise, but how do you put those things into action every single day? There are so many habits – big and small – that you can do to keep your health in check and help you live a longer, happier life. Let's go over 6 healthy living habits that can help you on your way.

1. Get up and exercise

Did you know Americans sit an average of almost 10 hours every day? That's just over two full days of sitting during a 5-day work week. All that sitting increases your risk for conditions like heart disease, diabetes, depression, dementia, and more. The fact is, humans weren't designed to sit. Our bodies are strong moving machines. That's why regular exercise is important. Even a simple break every 90 minutes to stand up and move around is beneficial to your health.

A good fitness goal each week is anywhere between 2.5 and 5 hours of moderate-intensity aerobic physical activity – split up however you like. Plus, at least two days of full-body strength training are recommended by the U.S. Department of Health and Human Services. Exercise is not one-size-fits-all. There are lots of ways you can move your body and incorporate regular exercise into your daily routine.

Here are 3 things to keep in mind:

- Warm up and cool down: Before you start moving, give your body time to warm up. This gets the blood flowing to your muscles, which may reduce the risk of injury and help with recovery. At the end of your workout, build in time to cool down after your exercise by taking deep breaths to regulate blood flow and taking time to stretch.
- Find your flexibility: Stretching and yoga are two great ways to work on improving your flexibility. It helps improve the range of motion in your bones, ligaments, and joints. Plus, working on flexibility could also improve your overall physical performance.
- Variety is key: Mixing up your workouts will not only keep you mentally motivated, but it will test your body in new ways and perhaps work your muscles differently.

Not sure where to start? There are lots of resources out there to help you get started – everything from fitness magazines, workout DVDs, fitness apps, and group fitness classes. Try a few different things to see what you like most. Working out should be fun, so give your body time to find its groove.



2. Plan what's on your plate

Between work, family, self-care, house chores and trying to fit in a social life, eating healthy can fall to the bottom of the list. But, how we fuel our bodies has a pretty big impact on overall health, so it's important to be mindful of our daily eating habits. After all, healthy lifestyles start in the kitchen.

Here are some tips on how to eat healthy and form good eating habits:

- **Prioritize phytochemicals.** While it's probably not a word most of us have heard before, it's a good one to learn. Put simply, phytochemicals are chemicals that give plants their color, taste and smell (think fruits, veggies, grains, beans, etc.) These help protect cells from damage that could lead to cancer. So, when you're cooking or plating foods, start with plants, and add meat, cheese and condiments last. By building the foundation of your meals with the healthiest parts, you'll get more of the good stuff on your plate.
- **Make smoothies.** Still not getting enough fruits and veggies? Get your blender ready for some nutrition-packed smoothies. All you need is your favorite milk (or water), frozen or fresh produce, and maybe even some nuts and seeds. (Hint: sneak in a few greens between handfuls of berries.)
- **Try a Mediterranean diet.** The Mediterranean diet can help with conditions like diabetes, heart disease, high cholesterol and even neurological disease. It focuses on plant foods, olive oil, fish, poultry, beans and grains.
- **Commit to meatless Mondays.** A meatless Monday is a great way to explore healthy plant-based proteins, like tofu, tempeh and legumes (think kidney beans, soy beans, and chickpeas).
- **Meal prep.** Deciding what to eat and making time to cook maybe half the challenge. Choose one day each week to get your shopping and meal prep done. You can make lots of things ahead of time, like roasted veggies, pasta noodles, and chopped produce. That way, when it's time to eat, you've got your ingredients cooked, cut, and ready to dish up.
- **Get the whole family cooking.** Make time to cook as a family as much as possible. The kitchen is such a great place to bond with loved ones, share traditions and get creative with your cooking. Plus, showing your kids what healthy eating habits look like (and how easy they are) will help set them up for success as they grow up and cook for themselves.

You may be reading all this great advice, but only seeing dollar signs. Here's advice on how to eat healthy on a budget too. A healthy diet doesn't have to break the bank.

3. Cut back on those not-so-great habits

Life has many guilty pleasures, like chocolate cake or even a nightcap with your finest wine. But, too many of those things may impact your health.

Here are some habits to be aware of and consider cutting back on (or stopping completely):

- **Smoking cigarettes:** According to the National Cancer Institute, tobacco use is a leading cause of cancer and related deaths. Consider putting down tobacco products for good.
- **Drinking too much alcohol:** This can lead to kidney disease, liver disease, bone damage, and more. Try to limit yourself to one drink per day for women and two for men.
- **Blasting your music or headphones:** This could damage your hearing and you may be more likely to lose hearing as you age if you're around loud noise a lot.
- **Watching screens before bed:** Electronic devices may reduce the production of melatonin, a natural hormone that helps you feel tired and ready to sleep. Put your electronics away at least an hour before bed to help you sleep longer and better.
- **Sitting for long periods:** Try to stand up and move every 90 minutes.
- **Eating too much or too fast:** Overeating puts your digestive system into overdrive and may lead to weight gain. Portion out your meals and practice mindful eating.
- **Not flossing:** This may lead to plaque buildup on your teeth and may lead to gum disease.
- **A bad sleep routine:** Long-term implications of poor quality sleep may include an increased risk for high blood pressure, heart disease, obesity, diabetes, and even depression. Choose a relaxing bedtime routine (and stick to it) for better sleep.



4. Get a good night's rest

Speaking of sleep, did you know your body and mind need restorative sleep to function properly? When we sleep, our body replenishes its energy, and repairs cells, tissues, and muscles. You can think of sleep as our body's charger. Our bodies need a recharge to operate smoothly.

Use these tips for getting quality sleep every night:

- Cool it down: Research suggests a room temp of 65 degrees for better sleep.
- Find your rhythm: Circadian rhythm, that is. When we're in sync with our internal clock, we reap the most benefits from sleep. Going to bed and waking up at the same time each day can help get your body used to this rhythm.
- Disconnect and destress: Light from screens can suppress your natural production of melatonin and an overactive mind can cause restless sleep or even insomnia. Step away from your smartphone and try some nighttime meditation before bedtime.
- Dim the lights: Avoiding bright lights or even light from your neighborhood streets can help you transition into sleep. When it's dark, your internal clock tells your body it's time for rest and triggers the production of melatonin.

5. Focus on your mental health

Mental health includes our emotional, psychological, and social well-being. It's how we think, act, and feel. And even if you're in shape on the outside, you may need to give your inner self some care. When we're clear-headed and strong in our mind-body connection, life may get a little easier. Think about the days when you're feeling motivated, energized, and happy. You may notice that you're more productive. Maybe you handle stress better those days and feel an overall sense of relaxation and contentment. There are so many ways to help improve our mental health.

Here are just a few:

- Start a gratitude journal
- Spend time with family and friends
- Get quality sleep
- Try meditation, yoga, or massage therapy
- Head to the gym or your favorite group fitness class
- Fuel your body with nutritious foods
- Make time for hobbies
- Go outside

6. Check in with your doctor

Regular checkups with your doctor help foster a healthy life. By taking a preventive approach to your health, you'll stay up to date on vaccines and screenings that can help protect against potential health risks. It's also important to work with your doctor to manage any chronic conditions, like asthma, diabetes, and high blood pressure.

If you feel like you need a little more support in establishing some of these healthy habits, visit your primary care provider (the doctor or provider you might see for your yearly physical). You'll talk about areas you may be struggling in and explore ways you can form habits that move the health needle in your favor. ● ● ●

Patient Appreciation

“ Everyone was very kind. Knowledgeable, professional. Excellent! Everyone in the ER was super great. Kristin Vogel was exceptional! Ms. Ostmeyer who performed by EKG was wonderful! Sierra was wonderful! Thank you all so much!

“ Tanya, the person in charge was very kind and professional. Very courteous to family and visitors. I commend her a great job!

“ I felt very well cared for. I love that Jonna already knows me and my history. She is so kind.

“ Kellen Jacobs did a very professional job taking care of me.

“ The nurses were wonderful. We came in Saturday morning and ER was great also all the aides were very helpful.

“ I had Jett a majority of the time. She did an OUTSTANDING job. She chose the right career.

“ Thank you Brenda Dole especially, and the staff at the Norton County Hospital kitchen. They were able to make it to where I could have Easter lunch with my mom and the food was amazing. It meant so much to us. Thank you!

Straight from the Kitchen

Carrot Cake

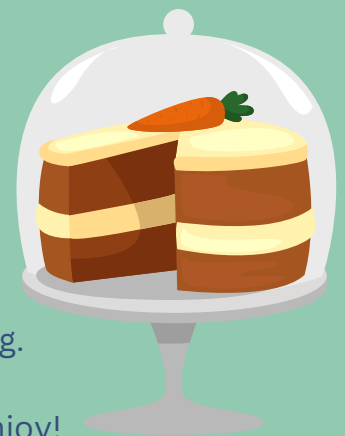
- 3 tsp Vanilla
- 2 cups Flour
- 2 tsp Baking Soda
- 4 Eggs
- 2 cups Sugar
- 2 tsp Cinnamon
- 1/2 tsp Salt
- 1 1/2 cups Oil
- 3 Cups Shredded Carrots

Mix sugar, oil, eggs, and vanilla. Add dry ingredients & carrots alternating. In a 9x13 sheet cake pan, bake at 350 for 45-50 minutes.

Mix frosting ingredients until combined and spread onto cooled cake. Enjoy!

Cream Cheese Frosting

- 1 8 oz pkg Cream Cheese
- 1/2 cup Oleo
- 1 lb Powdered Sugar
- 2 tsp Vanilla



The New Faces at NCH



Jeffery Stout
Tech - EVS - Part Time
Joined the team on
February 27, 2023



Melisa George
Phlebotomist - Lab -
Full Time
Rejoined the team on
May 1, 2023



**Ange-Laure
Esperant**
RN - Nursing - PRN
Joined the team on
February 27, 2023



**Charlotte
Stephenson**
Patient Access Rep -
Clinic - Full Time
Joined the team on
April 24, 2023



**Stephanie
Turley**
CNA - Clinic - Full Time
Joined the team on
February 27, 2023



**Kendra
Cadwalader**
CNA - Clinic - Full Time
Joined the team on
May 9, 2023



Gracie Temmel
CNA - Nursing - PRN
Joined the team on
March 7, 2023



Arthur Turley
CNA - Nursing - PRN
Joined the team on
April 27, 2023

Employees of the Month



March 2023: Elsa Temmel, RN

Her nomination read: "The clinic is a big department and she has shouldered the task trainer with excellence, kindness and patience. She is a rock star!"

April 2023: Jonna Inman, APRN

Her nomination read: "Jonna is a very caring provider. She listens to her patients, giving them answers to their questions and/or will find out the answers. Always willing to see any patients if it works for her schedule. She is easy-going, kind to staff and her patients. Great addition to the provider team!"

May 2023: ReChelle Horinek, CFO

Her nomination read: "ReChelle just completed her Bachelor's on top of working diligently to help NCH's financials. Her plate is overflowing, but she manages to make it all look so easy. We are BLESSED to have ReChelle as the CFO of our team!"

Employee Milestones

March 2023

Mary Boyce 31 years
Allison McChesney 13 years
Josie Logemann 7 years
Jay Alexander 4 years
Morgan Wagner 2 years
Jeff Hager 1 year
Laura Mahood 1 year
Lacey Ninemire 1 year

April 2023

Charla Sprigg 27 years
Dan Dole 25 years
Jennifer Schoenberger 24 years
Judy Wenzl 16 years
Megan Juenemann 9 years
Emily Swatzell 7 years
Tracy Ostmeyer 3 years
Megan Arehart 2 years
Shelby Fisher 2 years
Rebecca Kahrs 1 year

May 2023

Cheryl Mann 42 years
Haley Jones 14 years
Marla Persinger 14 years
Charli Enfield 13 years
Jonna Inman 12 years
Sierra Wahlmeier 11 years
Melisa George 5 years
Angie Alexander 4 years
Spencer Shirk 4 years
Amy Harting 4 years
Lauren Bird 2 years
Alan Schukman 2 years
Terry Uhrich 2 years
Autumn Cummings 1 year



Hospital Week 2023



*From the desk of Mackenzie Blecha,
Human Resources Assistant/Marketing*

This year, NCH's Employee Committee provided their co-workers with a week full of delicious treats and prizes! Employees enjoyed Crumbl cookies, Casey's donuts, ice cream bars, Popt! popcorn, and burgers with all the



cook-out necessities. Board Members Jill Edgett and Randa Vollertsen gloved up and helped serve lunch that the awesome Dietary and Maintenance staff prepared.

NCH totes were given to each team member as gifts from the hospital. A handful of lucky employees were drawn at random to win the daily prize which included gift cards and certificates to local businesses. "Guess the Pet" was the game of the week, challenging staff to match the furry faces with their human owners. Jordan Brown, dietary aide, came out on top with the most correct guesses and took a \$25 Bomgaars gift card home!

Thank you to the Employee Committee for a great week! ● ● ●

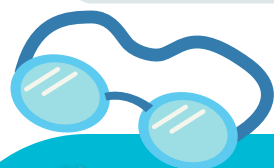




Summer Bucket List

- make popsicles
- family movie night
- go to the library
- grow sunflowers
- go on a picnic
- do a science experiment
- water balloon fight
- make homemade pizza
- eat watermelon
- make milkshakes
- have a backyard bbq
- go swimming
- stargaze
- build a fort
- play hide & seek
- lemonade stand
- draw with sidewalk chalk
- watch the sunset
- fly a kite
- take a day trip
- play volleyball
- run in the sprinkler
- make tie-dye shirts
- bake cookies
- play frisbee golf
- watch fireworks
- read a book
- make s'mores
- blow bubbles
- make bracelets

Sweet Summertime



Swimming Safety

- Always ensure that there is adult supervision when children are swimming.
- Make sure children swim in supervised or designated areas.
- Never let a child swim during a storm or when there is lightening.
- Never use water wings and pool toys as life jackets.
- Make sure children know the depth of the water.
- Don't let kids dive or jump into water that is less than 9-feet deep.
- Don't chew gum or eat while swimming.
- Keep a first aid kit, phone and emergency numbers near the water.
- Learn CPR.
- Have each child aged four and older complete a swimming program.
- Be sure to remove all toys from the water after everyone is done swimming, so they don't tempt small children to enter the water when an adult is not around.

Firework Safety



- Never disassemble or try to make your own fireworks.
- Don't point sparklers/fireworks at yourself or others, especially when lighting them.
- Only light fireworks on the ground and in areas that are dry and fire-resistant.
- Don't attempt to ignite fireworks at the same time.
- Never allow young children to handle fireworks to prevent injuries.
- Always keep a portable fire extinguisher close by. Also, keep a water hose or buckets of water nearby to put out fires.
- If fireworks malfunction, don't relight them! Douse and soak malfunctioning fireworks with water then throw them away.
- Leave your pets at home!

Top 10 Places to Visit in Kansas

10. Fort Scott National Historic Site
9. Oz Museum
8. Monument Rocks
7. Cosmosphere
6. Lindsborg
5. Dodge City
4. Eisenhower Presidential Library
3. Tallgrass Prairie National Preserve
2. Lawrence
1. Wichita





SAVE THE DATE

June 28

\$50,000 IN MATCHING FUNDS AVAILABLE!



nortoncountycommunityfoundation



Norton Kids Café

FREE meal packs during the summer

Fueling Kids' Summer Energy!

Starting May 30th through August 7th, 2023

Who: Any child 18 years of age and younger! No income or residency verification required.

- Children must be present with parent/caregiver at the first pick up. After that, a signed waiver may be used for future meal pick up without the children present.

What: A FREE five-day meal "to go" pack for breakfast and lunch will be provided by the Kansas Food Bank. Any fresh fruits or vegetables are provided through the Norton Regional Health Foundation and community donations.

When: 12:15 to 12:45 p.m. each Mondays (Note that May 30th is a Tuesday pick up due to the Monday holiday).

Where: First United Methodist Church, 805 W. Wilberforce, in Norton.
A drive-through pick up will start on the North side of the church, with meals being distributed on the south side.
Walk ups are welcome.



Volunteers who are interested in helping may contact Karen VanSike at 785-877-5143.

Questions: Contact Karen Griffiths, Site Coordinator, at 785-877-5143.

If you would like to assist in any financial support to this program, you can mail your tax-deductible donations to: Kids Cafe, Norton Regional Health Foundation, Attn: Caryl Hale, P.O. Box 250, Norton, KS 67654.

Facebook icon Follow us on Facebook for updates ~ Norton Kids' Café.

PLEASE HELP US GET THE WORD OUT ~ WE WILL SEE YOU THERE!



Say hello to Self Care from AbleTo

On-demand access to self-help for stress and emotional well-being

Get access to self-care techniques, coping tools, meditations and more – anytime, anywhere. With Self Care, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Self Care is here to help you feel better—and it's available at no additional cost to you.



Daily mood tracking

Answer daily questions to record your current mood, identify patterns and self-assess your progress.



Meditation tools

Explore classic methods of relaxation – like deep breathing and positive visualization –in the moment when you need them.



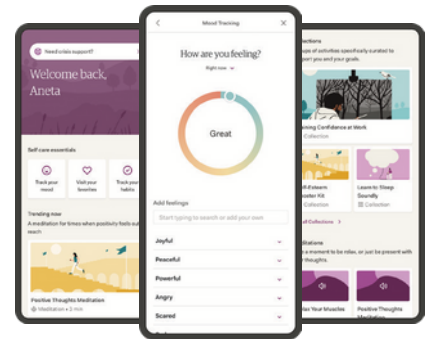
Collections

Build life skills with curated content, tools and resources for the stuff that matters most to you –from work life balance to sleep, and much more.



Personalized roadmap

Track your progress, set goals and make strides through weekly check-ins –Self Care helps you create a roadmap to support your self-guided journey to better mental health.



Ready to get started?

- Visit ableto.com/begin
 > Have your health plan ID handy
- Follow the steps to sign up
- Begin your self-care program

Learn more

Visit ableto.com/begin > Have your health plan ID handy

United
Healthcare



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At-a-glance: emotional resilience in the workplace

Benefits of emotional resilience

● *Emotional resilience is the ability to bounce back emotionally after experiencing distress.*

Building a resilient organization requires having resilient employees. Supporting emotional resilience may be fruitful for several reasons: It helps employees develop skills that may reduce stress or burnout; it may help employees maintain healthy work/life balance; and it may help protect some employees from developing other health issues.¹ In addition, it may be especially useful for helping employees stay productive and collaborative during times of uncertainty and change.



Understanding the keys to resilience

The seven “keys” are best understood as the skills, traits and developed human capacities that support emotional resilience. They are not learned all at once, nor do they function independently of one another. As one capacity develops, the others tend to follow.

Flexibility —the ability to let go of rigid expectations

Adaptability — the ability to adjust to change

Self-esteem —having a healthy, positive sense of self

Self-efficacy —having faith in oneself (i.e., to learn, adapt)

Emotional regulation —the ability to experience or witness our emotions with some degree of detachment

Positive coping strategies — being inclined to favor thoughts and actions that support positive outcomes

Mindfulness —the ability to be fully present and more intimately aware of ourselves and our surroundings

Non-judgmental mind —the ability to resist automatic judgments, to be curious and accepting of our differences

Strong relationships — being connected to others in ways that are mutually supportive and dependable