

Employee Healthbeat

From the desk of Sara Smith, LPN, employee health



Take care of your skin

Sunscreen filters out the sun's dangerous UV (ultraviolet) rays. These invisible rays can cause skin cancer. Some skin cancers can cause death if not found and treated early.

Who should wear sunscreen?

People of all skin colors can get skin cancer from the sun's UV rays. Those who are most likely to get skin cancer from these rays have:

- Lighter natural skin color.
- Skin that burns, freckles, gets red easily or becomes painful from the sun.
- Blond or red hair.
- Blue or green eyes.
- A family member who has had skin cancer.

Also, people who spend a lot of time

outdoors, either for work or play, are more likely to get skin cancer from UV rays.

Which sunscreen should I use?

Use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Sunscreens come in many forms, including ointments, creams, gels, lotions, wax sticks and sprays. Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor.

When do I need to apply sunscreen?

The sun's UV rays can damage your skin in as little as 15 minutes. Put sunscreen on before you go outside, even on slightly cloudy or cool days. Don't forget to put a

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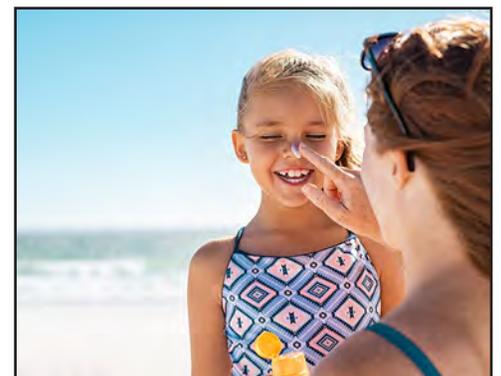
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thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after you swim or do things that make you sweat.

Source: Centers for Disease Control and Prevention (CDC) ●●●





Live.Well.Norton is a small coalition with big dreams. Its mission states: We believe that health is wealth for our economy and our quality of life. Where people live, work and play profoundly impacts community health. Creating environments where the healthy choice can be the easier choice is powerful in helping residents take charge of their own health and wellness.

Community Perception

- Half of Norton County respondents to a 2021 Blue Cross Blue Shield of Kansas survey said they disagree or strongly disagree that the county has sufficient options for healthy eating.
- 90% of survey respondents were supportive or strongly supportive of policies that prohibit indoor use of commercial tobacco and vaping products, while 55% had the same sentiment for policies prohibiting outdoor use.
- 65% of survey respondents were not yet aware of the *Pathways to a Healthy Kansas* Initiative being implemented in Norton County.

“The Pathways grant provides financial resources and a wealth of expertise to seriously improve our quality of life and our county’s health outcomes.”

— Gina Frack, Live.Well.Norton president and Norton County Hospital CEO



Live.Well.Norton
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Norton County



Healthy Eating

Live.Well.Norton works with the Kids’ Café, a free summer meal program for children that continues to grow. This is one example of how food inequality is being addressed in Norton County. Live.Well.Norton looks forward to engaging stakeholders to develop a formal food system plan that identifies gaps in offering healthy foods countywide.



Active Living

Increasing safe opportunities for physical activity is a passion of Live.Well.Norton, which has developed trails to increase walkability and bikeability, but there is more to do. The coalition will work with the City of Norton to establish a comprehensive bike and pedestrian plan to expand trails and increase connectivity.

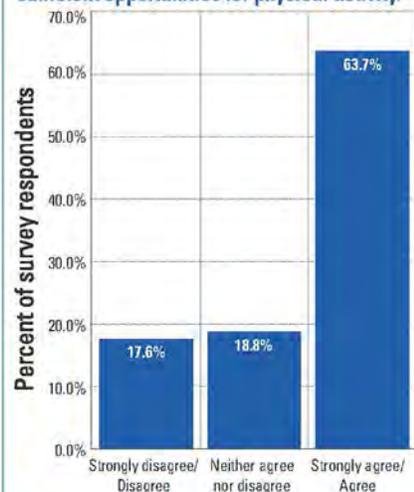


Commercial Tobacco Control

The rise of vaping use and its adverse health effects in young people has led to a desire to take action among Norton County public health officials and school administrators. Live.Well.Norton is looking at new opportunities that enhance anti-tobacco/vaping policies and educational efforts for K-12 students and staff.



Initiative Wide: In general, my community has sufficient opportunities for physical activity.



Key findings:

Approximately two-thirds of respondents across 24 Pathways communities said that their community has sufficient options for physical activity.

Results are based on data from an initiative-wide survey of Blue Cross and Blue Shield of Kansas members for whom e-mail addresses were available in each of the 26 counties in which BCBSKS has funded coalitions as part of the Pathways to a Healthy Kansas Initiative. N=2,857. The survey response rate was 3.4 percent.

6 Number of Projects for Year 1 **20** Partners Engaged **5,361** Population Impacted

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by Blue Cross and Blue Shield of Kansas. Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. RISE Cowley is not affiliated with Blue Cross and Blue Shield of Kansas.

Updates: Pathways to a Healthy Kansas

Norton County is finishing up its first year of the Blue Cross Blue Shield of Kansas Pathways to a Healthy Kansas grant – and many projects are in motion! Norton County Hospital is a partner in many of these projects. Currently, some hospital staff members are taking part in leadership training provided by the Kansas Leadership Center. Twelve spots were open for NCH, and four individuals will go on to advanced leadership training. The trainings are all online and are fully funded by our grant. There will be more opportunities for leadership training in the next three years during the grant action period.

Gina Frack, CEO, and James Moreau, Norton City Administrator (and NCH Board of Trustee), are leading the charge for a multimodal transportation plan in Norton! This plan would allow for sidewalk improvements, connectivity and more opportunities for safe physical activity. We look forward to seeing how the hospital can be more involved in these efforts in the coming years.

Of course, the 2021 Community Health Needs Assessment is in progress. The survey phase wrapped up in May, and we anticipate sharing those results this summer with the help of Wichita State University, who conducted this assessment. As we did in 2018, we plan to host focus groups with the community and NCH staff to collect further data and ideas

to improve community health. The Norton County Health Department is also a partner in these efforts.

Economic stability is another big focus of this grant, and NCH is one of four employers in the county who recently completed assessments with their staff on childcare access. Childcare solutions are needed to sustain our workforce. We hope to make improvements with proper planning and data collection, and there will be more to come on these efforts. We are working with the Kansas Children's Service League to make sound decisions and plans moving forward.

Other projects in the works include developing a formal food systems plan in Norton County to improve food security and enhance healthy food options available. We are working with an outside consultant on this project. The Health Department is also working on enhancing tobacco and vaping cessation education with the two school districts in Norton County.

Lastly, we got Walk with a Doc off the ground and had the first walk on June 1! We had a great turnout for the first event and plan to host the next one July 6. Scott Aust was recently hired as the grant coordinator to assist on all of these projects. Welcome, Scott!

Please let others in the community know about Pathways and how our hospital cares about community health and wellness. Thanks, Katie Wagner. ●●●

In the Spotlight: Employees of the Month



March: Christen Skrdlant

Christen Skrdlant in the Business Office was named March 2021 Employee of the Month! Her summarized nomination read: Christen has put in a lot of hours over at outpatient registration these past few months due to staffing shortages. This is a big deal and she should be acknowledged!

Thank you for all your hard work, Christen! Congrats!



April: Nancy Vap

Congrats to Nancy Vap in Patient Accounts! She was the April 2021 Employee of the Month. Her nomination read: "Nancy always gives me advice and helps me with registration. I thank her for her patience and her help. She has done a ton of registrations for the PT department when I have been gone. Thank you, Nancy!"



May: Claudette Graham

Claudette Graham was the NCH Employee of the Month for May 2021! Her nomination read: "Claudette has stuck it out working short staffed and by herself through many new employees and stayed positive through it all. Always willing to help out when asked and works many extra hours and weekends to cover the reception shortage." Congrats and thank you, Claudette! ●●●

Meet the Team!

Norton County Hospital Human Resources is pleased to announce our new employees. Please say hello, and welcome them!



Amber Nelson

Nursing – CNA – Full-Time (Night)

Joined the NCH Team on March 23, 2021.

Amber was raised in Las Vegas, Nevada, where her mother is a Medical Technologist and her father owns his own Construction company.

When asked why she chose Norton County Hospital, she replied, “I have an interest in the rural area and wanted to further my education in the medical field. Getting away from the city has made me more aware of what life has to offer...love your neighbor.”



Alan Schukman

Specialty Clinic – RN – PRN

Joined the NCH Team on May 20, 2021.

Alan was born at Norton County Hospital and grew up in Almena. He attended high school at Northern Valley and graduated from Marymount College of Kansas with a BSN. Alan has two sisters, Lynette, who lives in Long Island, and Valette, who lives in Gardner, Kansas.

He enjoys gardening, barn quilting, quilting and baking. Alan chose Norton County Hospital because he “started his career in healthcare here many years ago.”



Emily Swatzell

Norton Medical Clinic – RN – PRN

Re-joined the NCH Team on April 26, 2021.

Emily grew up in Norton and attended Colby Community College where she received her ADN. She is married to Ryan and they have two children, Macy (4) and Emmett (1).

Emily loves being outdoors with her kids and chose NCH/NMC because she “has always enjoyed working for the hospital/clinic.”

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	<p><u>Avery Aiken</u></p> <p><i>Norton Medical Clinic – Clinic Director – Full-Time</i></p> <p>Joined the NCH Team on March 1, 2021.</p>
	<p><u>Megan Arehart</u></p> <p><i>Norton Medical Clinic – LPN – Full-Time</i></p> <p>Joined the NCH Team on April 19, 2021.</p> <p>Megan grew up in Norton. She worked as a CNA for about five years before obtaining her LPN certification and has worked in that capacity for approximately four years. Megan has “amazing parents,” one older brother, an older sister, two nieces, one nephew and a wonderful son, Gattlin, who is six-years-old.</p> <p>She enjoys being outdoors, as fishing, hunting and horseback riding are her favorite things to do! When asked why she chose NCH/NMC she replied, “I have been looking for a job with good hours for my family and would like to learn more in my career.”</p>
	<p><u>Lauren Bird</u></p> <p><i>HIM – Medical Coder – Full-Time</i></p> <p>Joined the NCH Team on May 21, 2021.</p> <p>Lauren was raised in Plainville. She is married to Shane, has two daughters, Lanie (6) and Lexie (4), and one mini Aussie named Ozzy. In her free time, Lauren enjoys camping, reading, shopping and learning to cook new things.</p>

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	<p><u>Hayley Cadwalader</u></p> <p><i>Norton Medical Clinic – CNA – Full-Time</i></p> <p>Joined the NCH Team on April 19, 2021.</p> <p>Hayley was born and raised in Norton. She received her GED in 2020 and worked previously at the Andbe Home as a CNA. Hayley is the mother of Hadley (1), has four sisters, is an aunt to three “beautiful” nieces and two “handsome” nephews.</p> <p>Some of Hayley’s hobbies are painting and drawing, which she has loved for as long as she can remember. When asked why she chose NCH/NMC, she replied, “I have heard great things about the Clinic and am excited to have the opportunity to join an amazing team!”</p>
	<p><u>Melissa Conn</u></p> <p><i>Administration – Accounts Payable Rep. – Full-Time</i></p> <p>Joined the NCH Team on May 18, 2021.</p> <p>Melissa grew up in Stuttgart, attended Phillipsburg High School and is a recent graduate of Cloud County Community College. Her parents are Mark and Dianne Conn, she has two sisters, a niece and a nephew.</p> <p>In her spare time, Melissa likes to spend time with her family, go to the lake, cook/bake and listen to music. When asked why she chose Norton County Hospital, she replied, “I wanted to come back to a small town and be closer to family again. NCH was a top pick for employment, because it is somewhere I can make a difference in everyone’s life, day after day.”</p>
	<p><u>Ken Fisher</u></p> <p><i>Administration – Chief Financial Officer – Full Time</i></p> <p>Joined the NCH Team on February 22, 2021.</p> <p>Ken was born in Tonasket, Washington (approximately 20 miles south of the Canadian border) and grew up on a farm where his father raised apples and pears. He has one younger brother and a younger sister.</p> <p>He received his degree in Accounting from Washington State University and has 30 years of experience in health care finance.</p> <p>Ken and his wife, Jenn, have five children: Tyler, Dustin, Shelby, Gracie and Matthew. When not working, he enjoys snow/water skiing, fishing, traveling, and both participating in and watching various sports.</p>

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	<p><u>Starla Tischhauser</u></p> <p><i>Environmental Services – EVS Tech – Full-Time</i></p> <p>Joined the NCH Team on April 19, 2021.</p>
	<p><u>Terry Uhrich</u></p> <p><i>Outpatient Registration – Patient Access Rep. – Full-Time</i></p> <p>Joined the NCH Team on May 5, 2021.</p>
	<p><u>Morgan Wagner</u></p> <p><i>Nursing – CNA – Full-Time (Night)</i></p> <p>Joined the NCH Team on March 11, 2021.</p> <p>Morgan was raised in Phillipsburg and has an older sister and two younger brothers. Her free time is spent playing with her dogs, helping her dad on their family farm, horseback riding and fishing.</p> <p>When asked why she chose to seek employment at Norton County Hospital, she replied, “within Norton Hospital, there is so much room for growth in my knowledge and experience.”</p>
	<p><u>Kade Wessel</u></p> <p><i>Lab – MLS (MT) – PRN</i></p> <p>Joining the NCH Team on June 4, 2021.</p> <p>Kade grew up in Selden and obtained his B.S. of Medical Lab Sciences from Wichita State University. Go Shox!</p> <p>He has an identical twin brother, Koi, a sister, Kailee, and a dog, Coop. Kade loves basketball and enjoys helping his father on the family farm.</p> <p>His reasons for joining Norton County Hospital were twofold. “When I interviewed, the people were so welcoming! I also love the Lab here!”</p>

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	<p><u>Shelby Fisher</u> <i>Norton Medical Clinic – Patient Access Rep. – Full-Time</i> Joined the NCH Team on April 8, 2021.</p>
	<p><u>Rickele Gilmore</u> <i>Norton Medical Clinic – Patient Access Rep. – Full-Time</i> Joined the NCH Team on April 12, 2021.</p>
	<p><u>Camryn Greving</u> <i>Norton Medical Clinic – CNA – PRN</i> Joined the NCH Team on May 12, 2021.</p> <p>Camryn grew up on her family farm outside of Prairie View and attended school in Logan. She is currently enrolled at Fort Hays State University and pursuing a degree in Nursing.</p> <p>Her father is a farmer and her mother is a former teacher who is now the Director of the Special Education Co-op. Camryn enjoys spending time with the people she loves, going outside for fresh air and baking!</p> <p>She chose NCH/NMC because she has “heard great things about Norton’s health system and wanted to gain as much experience and knowledge in all different aspects of health before starting the nursing program next spring.”</p>
	<p><u>Taryn Kuhn</u> <i>Administration – Office Assistant – Seasonal</i> Joined the NCH Team on May 24, 2021.</p>

Celebrating Milestones

Congratulations from Human Resources and the entire NCH staff to these individuals!

Recent Milestones

March

Mary Boyce	29 years
Allison McChesney	11 years
Josie Logemann	5 years
Adam Jolly	3 years
(Thank you for your service to our country at this time!)	
Jay Alexander	2 years
Nancy Vap	2 years
Neoshia Petersen	1 year
Breanna Ubersox	1 year
Michelle Williams	1 year

April

Charla Sprigg	25 years
Dan Dole	23 years
Jennifer Schoenberger	22 years
Judy Wenzl	15 years
Julia Thompson	9 years
Megan Juenemann	7 years
Tracy Ostmeyer	1 year
Shannon Toll	1 year

May

Cheryl Mann	40 years
Jeanne Pharis	33 years
Haley Jones	12 years
Charli Enfield	11 years
Jonna Inman	10 years
Melisa Fowler	10 years
Sierra Wahlmeier	9 years
Angie Alexander	2 years
Dani Brockmann	2 years
Dennie Griffin	3 years
Spencer Shirk	2 years
Sarah Vasquez	2 years
Amy Wentz	2 years
Marla Persinger	1 year, plus previous 11 years

Congratulations to Tami Black on her retirement! Tami served Norton County Hospital for 32 years in various capacities, with her most recent role in Health Information Management.



Happy National Doctors' Day! March 30, 2021



**Dr. Glenda
Maurer**



**Dr. Josh
Gaede**



**Dr. Miranda
McKellar**



**Dr. Theresa
Neill**

At every stage of life, we are HERE.

In the News

From the desk of Katie Allen Wagner, communications and foundation

Norton County Hospital partners with Holistic Pain Management

The new in-hospital service is set to provide patients with a non-opioid option for pain treatment.

Norton County Hospital, a 25-bed critical-access hospital and Level IV trauma center, is proud to add Holistic Pain Management (HPM) to its list of patient services. With a focus on non-opioid chronic pain treatment, HPM is able to expand pain management at Norton County Hospital with an array of 40 new procedures not previously available (or easily accessible) in Norton and the surrounding area.

The hospital's foundation, the Norton Regional Health Foundation, recently purchased a new table for \$9,800 that will be used for pain management services. HPM partners with hospitals looking for a pain management solution and introduces new resources into the system. This, in turn, benefits both the hospital and the surrounding communities.

Please watch the Norton County Hospital website, www.ntcohosp.com, and social media channels – Facebook and Twitter – for more information on the official launch of HPM's services at Norton County Hospital. ●●●



'Walk with a Doc' begins in Norton

Norton County Hospital and Norton Medical Clinic are encouraging area residents to take a step toward better health with Walk with a Doc, a health program that brings doctors and patients together to walk every first Tuesday of the month at noon at the USD 211 track.

The first event was June 1, and it was led by Dr. Glenda Maurer, MD. She discussed the benefits of exercise during this first walk of the series. The next walk will be July 6.

Walk with a Doc is an international nonprofit organization whose mission is to inspire communities through movement and conversation. The Walk is open to the community. Participation is free, and pre-registration is not required. Walkers enjoy a refreshing and rejuvenating walk with a health care professional, who will provide support to participants and answer questions about exercise and nutrition during the Walk. Prizes will be presented to participants periodically at the walks as well!

Walk with a Doc is made possible in Norton by Norton County Hospital and Norton Medical Clinic staff, the Kansas Hospital Association, Blue Cross Blue Shield of Kansas Pathways to a Healthy Kansas initiative and the international Walk with a Doc organization.

Why walk?

Increasing exercise, even moderately, may help reduce the risks of many diseases, including coronary heart disease and Type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), adding 10 minutes of physical activity a day, such as from walking, is a small change that can make a big difference.

The CDC estimates about 80 percent of premature cases of heart disease and stroke are preventable and encourages changes like stepping up physical activity and eating a heart healthy diet. Further, the American Heart Association estimates that if Americans ate the recommended amounts of fruits and vegetables every day, nearly 40,000 deaths would be prevented from cardiovascular diseases, stroke and diabetes each year.

Norton joins a growing list of communities worldwide that have started local Walk with a Doc programs. WWAD was started by Dr. David Sabgir, a cardiologist in Columbus, Ohio. He has walked with patients and community members every weekend since 2005.

Learn more about Walk with a Doc at www.walkwithadoc.org. If you have questions about Walk with a Doc in Norton, contact Norton Medical Clinic Director Avery Aiken at aaiken@ntcohosp.com or 785-877-3305. On the chance of inclement weather during a scheduled walk day, watch the Norton County Hospital Facebook page for updates.

WWAD contributed to the content of this news release. ●●●



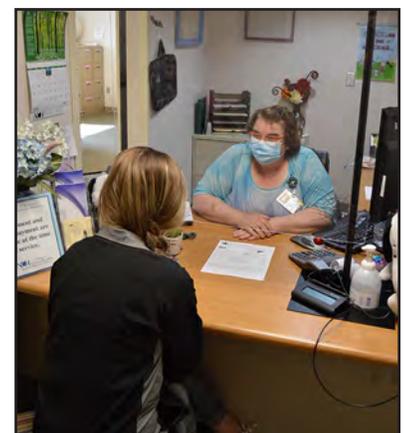
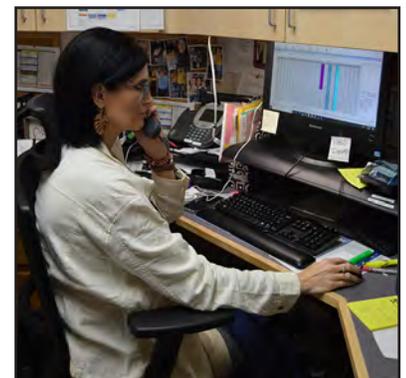
Hospital Week 2021: 'Inspiring Hope through Healing'

Hospitals in Kansas and across the U.S. celebrated National Hospital Week, May 9-15. The theme for National Hospital Week 2021 was "Inspiring Hope through Healing." Especially during the COVID-19 pandemic, this important week provides the opportunity to highlight hospitals, health systems and health care workers and the innovative ways they are supporting the needs of their community members. National Hospital Week has been celebrated the first full week in May for 100 years, since 1921.

Norton County Hospital is a 25-bed critical access hospital and Level IV trauma center, has the Norton Medical Clinic and has a foundation, the Norton Regional Health Foundation. The hospital and its clinic currently staff about 130 employees, including three physicians, one nurse practitioner, two physician assistants and one nurse anesthetist. The hospital is available 24 hours a day, seven days a week and 365 days a year, and it offers many levels of inpatient care, a wide range of outpatient services and several visiting physician specialty clinics.

Not only do Kansas hospitals, like Norton County Hospital, keep communities healthy, strong and vibrant, hospitals also benefit the financial health of the state. According to a January 2021 report, "The Importance of the Health Care Sector to the Kansas Economy," Kansas hospitals employ nearly 100,000 people and generate \$7.5 billion in direct total income. Kansas hospitals support the creation of additional jobs in other business and industry and have a total employment impact of approximately 195,700 jobs. For every one dollar of income generated in the hospital sector, another 64 cents is generated in other businesses and industries in the state's economy; thus, Kansas hospitals have an estimated total impact on income throughout all business and industry of \$12.3 billion.

National Hospital Week is an opportunity to thank all of the dedicated individuals – physicians, nurses, therapists, engineers, food service workers, administrators and so many more – for their contributions. ●●●



Human Resources

From the desk of Shannan Hempler, human resources

Reduce your federal student loan debt

Norton County Hospital has been searching for ways to help our employees and family members with their Federal Student Loan Debt. The Kansas Hospital Association has provided us with an outlet for our employees to help alleviate this burden. After spending more than a year vetting programs, they partnered with a company called GotZoom, which specializes in finding you cost reducing loan subsidies and getting people enrolled in loan forgiveness programs.

During the past nine years, GotZoom's expertise in working with these programs have reduced student loan debt for clients by an average of 65 percent.

If you would like to learn how GotZoom can provide you with a FREE analysis of how much of your student loan debt could be reduced, here is a link to the Kansas Health Service Corporation (KHSC) landing page: <https://gzenroll.com/khsc/>

The website includes a short 1-minute video explanation and a link where you can register for some much needed advice and assistance. When an employee registers, select Norton County Hospital in the facility dropdown menu. A family member can also register; he or she would select "other" as the facility if none apply.

While a loan savings overview has no cost, GotZoom does charge a fee for assistance should you decide to engage the company, but the savings typically far outweigh any cost. Please reach out to Human Resources if you have any questions.



Frequently Asked Questions

1. My payments are suspended. Why should I act now?

Waiting may cost you money, lengthen your repayment period and reduce your forgiveness amount. Your GotZoom advisor will detail your plan savings and discuss the impact of "now versus later" for your specific situation.

2. What is student loan relief?

If you have Federal Student Loans, you may qualify for any of the student loan relief programs that are available to borrowers. You may be eligible for principal reduction, debt relief or a complete loan discharge depending on your circumstances.

3. Are you refinancing my student loan debt?

No. GotZoom does not refinance your federal student loan. There are no credit checks, loan applications or conversions of your federal student loan outside of the federal student loan structure. GotZoom identifies and works to get you certified for more than 70 Federal Student Loan Payment and Loan Forgiveness programs offered through the Department of Education.

4. When does it take effect?

We begin working for you immediately by submitting your information and working with our advisors to find debt relief. We will provide you a no-cost, no-commitment benefits summary within three days. With your approval, the program benefits start within 30 days.

5. How safe is my information?

GotZoom meets or exceeds industry standards for security and compliance. Our proprietary platform safeguards your personal information through a dynamically configured set of protocols including full data encryption both for data in transit and at rest. GotZoom will NEVER sell or provide your information to a third party outside of our service chain, and we only collect the minimum amount of information required to complete your savings analysis and certification process.

6. How do I begin?

Simply click the secure Register link and answer a few simple questions about yourself and your student loans. At the end of the process, you will be able to schedule a time with your analyst to discuss the results of your no cost no obligation analysis. ●●●

Human Resources

From the desk of Shannan Hempler, human resources

Customer service tip: Stop the stress before it starts

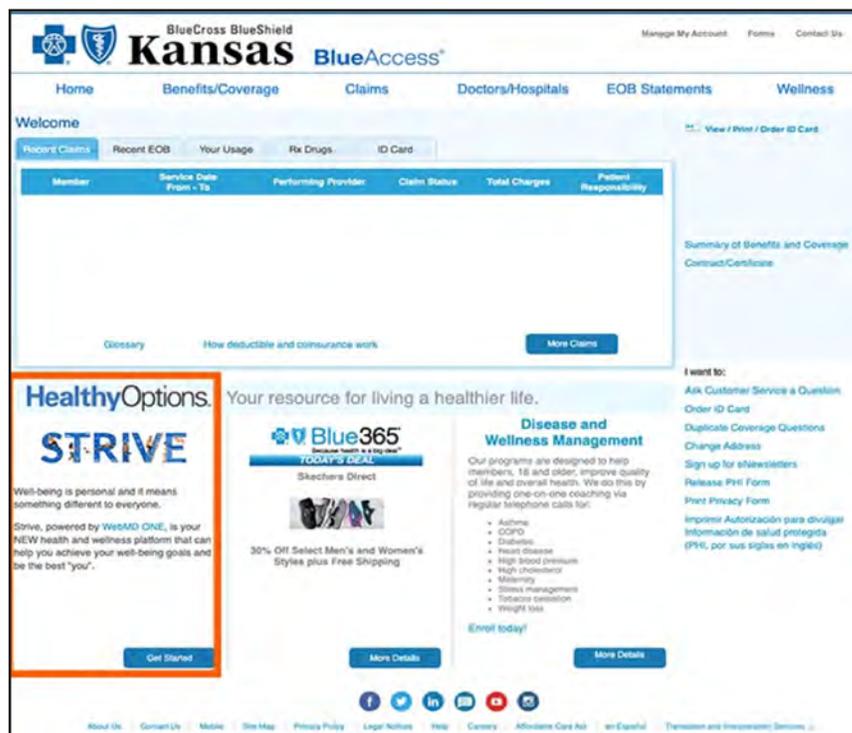
Communication with customers can reduce stress or make it worse. Practice these more pleasant responses and see whether you aren't more buoyant about your job at the end of the day.

Don't say, "I don't know"—say, "I'll find out."
Don't say "No!"—say, "What I can do is..."
Don't say, "That's not my job"—say, "Let's find the person who can help you."
Don't say, "Calm down"—say, "You're right, this is a problem."
Don't say nothing.—say, "I will be with you in a moment."

Hint: When you're alone, practice speaking these lines aloud. You will develop reflexes that establish a more affirming tone. This, in turn, influences customers to do the same.

Source: EMPAC Frontline Employee Newsletter, April 2021

EMPAC - Employee Assistance Programs
(empac-eap.com) Login: NCH ●●●



Time management: Finding time nuggets

Most of us have the same goal with time—to get more stuff done with the amount we have. To maximize the value of your time, first accept that you can't gain more time, but you can manage it better. You are already managing your time; it's just that you may not be maximizing the returns. Start by tracking what you do for four or five hours in a typical business day. That's long enough to gain significant insight. Note what you have been doing every 15 minutes. Use a kitchen timer to stick with the process.

Did you discover any time nuggets? These are blocks of time that typically get burned up by nonproductive activity. If you were idle for a few minutes, did you feel a draw to your email or social media? Decide how you can exploit these blocks by using a to-do list, in which you record plans, steps to your goals, and dozens of tasks that take mere minutes but you never seem to get to throughout the year. Reach for this list when the urge to defocus strikes. Instead of social media or another email check, head for your list. Evaluate your progress after three days.

Source: EMPAC Frontline Employee Newsletter, March 2021

EMPAC - Employee Assistance Programs (empac-eap.com)
Login: NCH ●●●

A personalized well-being approach

Well-being is personal. We all have our own interests, our own health goals and routines that make us unique. But well-being isn't only your physical health, it's your mental health,

too. Two in five Kansans experience mental illness in any given year. Strive, powered by WebMD ONE, provides an experience that is unique to you – for both your physical and mental health.

<https://www.bcbsks.com/promo/mentalhealthawareness/Strive/>

Through your BlueAccess account, you'll find tools that will help you focus on your unique interests. Whether you'd like to spend more time working out at the gym, find ways to relieve stress or doing anything in-between, Strive can be customized to match your unique goals. Interested in mental health resources? Find mental health support with tools that can help you discover health and happiness.

Interested in mental health resources?

Find mental health support with tools that can help you discover health and happiness.

This includes Just Five, an online, self-paced program, focused on increasing awareness and reducing stigma about addiction prevention and treatment. Just Five includes six five-minute learning experiences. The lessons combine animated and expert videos, interactive learning, and extra materials.

What to expect the first time you log in

You'll answer a handful of questions about your background and health, as well as your current interests and priorities. WebMD will use this information to create a well-being experience that's unique to you and point you in the right direction so you can get the most out of Strive.

Source: www.bcbsks.com ●●●

Celebrations

Colorectal Cancer Awareness

March was Colorectal Cancer Awareness Month, and our team wore blue to raise awareness of the importance of preventive screenings.



'Working Women' feature

Each year, Norton County Hospital and Norton Medical Clinic have an opportunity to feature women on staff in the Norton Telegram's "Working Women" feature.

Here are some photos of our working women (plus the ones above)!



Celebrations

Stop the Bleed Month celebrated in May

Stop the Bleed instructor Julia Thompson promoted Stop the Bleed Month in May by hosting two courses! One was internally with staff, and the other was co-sponsored by Norton County EMS for the community. These events were meant to help more people learn appropriate skills to assist someone who is experiencing a bleeding emergency. The course is free, and Julia teaches many more courses at schools and businesses in the community!



Happy Nurses Week!

Nurses Week was celebrated the same week as Hospital Week, May 6-12! Thank you to our nursing staff for all you do to care for our patients!

Thank you, nurses, for your contributions to your patients and your community!



NCH NORTON COUNTY HOSPITAL

March Madness

Our NCH Employee Committee hosted a March Madness Bracket Challenge among employees. This year's winner was Pam Miller! Thanks to the organizers and all who participated!



New NCH podcast!

Norton County Hospital has a new podcast, "Health in the Heartland," which takes a look at current issues relating to rural medicine. Thanks to Chelsea Stagemeyer for recording the first episode for Occupational Therapy Month in April! There's more to come, and we will build up a few episodes before promoting it publicly. Take a listen by searching for Health in the Heartland wherever you listen to podcasts. If you have ideas for episodes or would like to be interviewed, contact Katie Wagner! ●●●

Celebrations



NCH NORTON
COUNTY HOSPITAL

**OB Physical Therapy
Program**

New service: OB PT

Norton County Hospital is proud to offer physical therapy for expectant mothers before and after baby arrives. Each personalized visit with a Physical Therapist (PT) or Physical Therapy Assistant (PTA) is designed to attempt to improve patient outcomes throughout pregnancy and beyond.

Mothers will participate in an assessment and learn management techniques for pelvic floor training and birth position training. With the Norton County Hospital OB package, patients are able to see the PT/PTA four times at no additional cost (twice prior to delivery and twice postpartum).

Coordinating the program at NCH is Marissa Schamberger, PTA, who has completed training in Women's Health and Pregnancy Rehabilitation. Marissa's inspiration behind the program came from personal experiences with her two children. After her daughter was born, she said had no knowledge of postpartum care and what was considered "normal" and "not normal." She thought her symptoms were part of the healing process and would eventually go away.

Six years later, she became pregnant with her son and continued to deal with the same symptoms. She said it was debilitating to perform daily activities without experiencing increased pain. Through research and furthering her education to improve her postpartum care after her son, her symptoms improved approximately 95 percent, one year postpartum.

Because of her experience, Marissa felt the need to establish a mom-supported culture in the surrounding area. With this program, together with physicians, nurses and moms, the goal is to improve the patient experience throughout motherhood.

To learn more, talk to an OB provider about the Norton County Hospital OB PT Program. The NCH Rehabilitation department can be reached at 785-874-2222. A complete brochure about the program can be accessed and downloaded from the NCH Rehabilitation department page: <http://www.ntcohosp.com/services/rehabilitation.html> ●●●



Engage the Community

Outdoor Kansas (OK) Kids Day

Our team had a great time at OK Kids Day on June 5 at Prarie Dog State Park! Thanks to all who volunteered to help and to those who stopped by our health exhibit!



Car seat checks

On Saturday, May 22, Dan Dole and Klare Bliss did a car seat lane at Jamboree in Norton as part of the food pantry drive organized by Norton County First Responders. They were able to check three car seats. Thanks to them for offering car seat checks at our hospital; it is a great free service for the community!

Stepping On

The Stepping On program to reduce falls in older adults began on April 19 and continued weekly through June 1. The Stepping On certified trainer included Julia Thompson, BSN, RN, and various guest speakers also provided instruction!



Volunteering to help others in KC

Pam Miller, Director of Purchasing, and her daughter, Baylee, assisted at Care Beyond the Boulevard, which has a mission "to provide high-quality medical and mental health care and support to the homeless and under-served populations of Kansas City outside the bounds of traditional health care settings." ●●●

