



Health Matters



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OMHC's Nursing Home Absorbed into the Critical Access Hospital

The OMHC Board of Commissioners recently decided to absorb our nursing home into our critical access hospital. This transition took effect November 1st, and now offers us a 25-bed capacity. Our average daily census over the past few years indicated that this decision could be made without fear of turning business away, (in 2007 the average census was 22.65, 2008 it was 20.79, and through April of 2009 it was 20.27). This recent census trending indicated that we would have adequate bed capacity to continue to meet the needs of our community.

There were additional considerations that both the board and management team deliberated before making this decision, including financial consideration that would result in an additional \$250,000 in annual revenue. The operational cost savings included the elimination of preparing a cost report, resident assessments (MDS), survey and recertification processes, and the need for fewer hours allocated to payroll processing. These cost savings are substantial and will help solidify our future financial viability.

In addition, our residents have experienced no change in the high quality healthcare services they have grown accustomed to. None of our nursing home residents were asked to move or relocate, and remained in their previous rooms, as well as no financial implications or changes. Staffing levels have continued adequate to meet all of our resident's healthcare needs. Odessa Memorial Healthcare Center's staff is proud of the high quality care we provide to you and our community. Our residents are important to us and treated with the respect they deserve. Their comfort and safety will remain our top priority into the future. We appreciate the opportunity to educate our community on this crucial change.

Health Fact

Take a mental health break

Today, take a short break.

Even 5 to 10 minutes away from the computer or whatever you're working on can change your outlook, recharge your mental battery, and release creative juices.

Get a drink of water (or coffee, if the caffeine doesn't bother you), or laugh with a colleague.

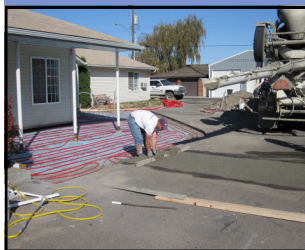
Try walking around the block or going up and down a few flights of stairs to really clear your head.

Odessa Community Wellness Trail

This past year, OMHC's Board of Commissioners decided to put a Community Wellness Trail in at the facility. As of November, this wellness trail encompasses the east side of our hospital, assisted living facility and rural health clinic. The sidewalks around our assisted living facility, Quail Court, have been replaced with this wellness trail. The trail is heated with the technology of hydronics, which is the process of taking circulated heated water from a boiler and running it through durable plastic tubing that has been embedded in the cement sidewalk. This will keep the sidewalks clear of snow and ice accumulation during the coming winter months.



The trail will provide a safe, convenient and accessible walking trail to all residents of Odessa. With heart disease and childhood obesity on the rise, walking is one of the easiest forms of activity that can be part of a healthier lifestyle. It is hoped this project will attract walkers of all ages.



The trail will be constructed in two phases. Phase 1 has been completed. Phase 2 construction is planned for the spring of 2010 adding approximately 1/4 mile and this will encircle the entire hospital. The trail will join together in the center of the campus, between Quail Court and the east side of the hospital.

Odessa Community Healthcare Forum

OMHC held its first Community Healthcare Forum on November 17th in the Guild Room at the hospital. Those in attendance included business leaders, elected officials, community leaders and hospital supporters selected by a committee. The evening started with a tour of the facility. A wonderful meal was prepared by Odessa High School FBLA members, under the direction of their advisor, Terri King. Board Chairman Alan Voise welcomed everyone for the evening and reviewed the agenda.

Mark Barglof, Administrator, presented an overview and described the importance of advocacy. Annette Edwards, CFO, discussed the hospital's financial situation, and some of the uniqueness of being a Critical Access Hospital and reimbursement for services. Dr. Linda Powell, Medical Director, discussed healthcare advocacy and the importance of family practice doctors in rural communities.

Lincoln County Public Hospital District No. 1 d.b.a. Odessa Memorial Healthcare Center (OMHC) operates three entities for Odessa and the surrounding service community of approximately 2,500 citizens. It is the largest employer in the immediate area. OMHC is a 25-bed Critical Access Hospital. There is 24-hr Level V emergency room care and basic EMS ambulance services. Odessa Rural Health Clinic provides family medical care M-F, 8:00 am to 5:00 pm. Quail Court, a 12 unit assisted living facility, is also on the campus.



Services Provided

- Acute—Cardiac Telemetry
 - Emergency Room—Level V Trauma: *RN's—ACLS Certified, Modern Roof-top Heliport, District operated ambulance and EMS services*
 - Pharmacy—as part of our acute care
 - Laboratory
 - Mental Health Consults
 - Radiology/EKG
 - Massage Therapy/Physical Therapy/Athletic Training
 - Speech Therapy
 - Dietitian Consults
 - Outpatient Surgery—Scopes
 - Social Services
 - Teleradiology/Telehealth
 - Women's and Men's Health/Physicals
 - Well-Baby Checks/Pediatrics
 - Foot Care
 - Certified Urine Drug Testing
 - Telemedicine
 - Mammography
 - Specialty Clinics: Orthopedic, Surgery, Urology
- 12-Unit/12-Bed Assisted Living Facility: Quail Court**

Healthcare Forum Continued

The evening concluded with a question and answer session, where feedback was provided. The seven community members in attendance were asked their willingness to contact their elected officials on behalf of OMHC to communicate the significance of our hospital to the community of Odessa. All in attendance agreed that they would do whatever they could to help, and OMHC committed to provide them with the materials and resources they would need to make a positive connection with our elected officials. With the 2010 legislative session convening in January, it is crucial for OMHC to have the assistance of our newly formed advocacy team.

The next Community Healthcare Forum will be held in the spring. Additional community members will be asked by the committee to join our advocacy team in order to help support the cause and mission of OMHC.



Odessa Healthcare Foundation Highlights

The Healthcare's Fourth Annual Golf Tournament, held August 14th, was a great success again this year. The event raised over \$5,200, and forty-six golfers participated -- a record number! While the day proved blustery at times, the skies had cleared by the time the burgers hit the grill. We truly appreciate the support of all the sponsors, golfers, and numerous other people who helped with the event. On that note, a special thanks to the organizer, Dr. Powell, for all her time, energy, and effort into making the day so successful and enjoyable.

With the money raised from the tournament, the Foundation plans to continue to engage speakers who will talk on a variety of health topics. Our first community lectures will be much more "hands on" than those in the past; we plan to sponsor classes on CPR and the use of the new defibrillators. These life-saving devices were made possible through the generosity of patrons at the side auction of 2009's Wine Tasting and Auction. Stay tuned for the dates and times of these classes. Once the particulars are hammered out, a schedule will be posted in the Odessa Record. The plan is to locate these units in the following places: the Old Town Hall, the Community Center, Quail Court and the post office.

As the Foundation turns its attention to the future, we must confess that our goal of funding a new ambulance is an ambitious undertaking. A new ambulance costs upward of \$175,000. Our need is great, but with the community's support, we are convinced we can achieve this goal. With this in mind, the Foundation has contributed an additional \$50,000 to the ambulance campaign, to supplement the \$25,000 raised at 2009's wine tasting. This amount will hopefully aid us as we try to procure grant money for a portion of the expense. We would like to thank the Floether, Oliver, and Gudel families for earmarking \$3,000 dollars of memorials to be used exclusively for the ambulance campaign. Be sure and mark May 7th, 2010, on your calendar for the 19th Annual Odessa Healthcare Wine Tasting and Auction. Finally, we hope to see you there, and please, by all means, bring your friends and family – lots of them! Let's get our community's new ambulance on order!

Highlight Department: Radiology



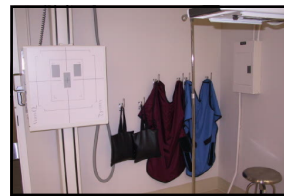
Odessa Memorial Healthcare Center is proud to have an x-ray department here at our facility. Our x-ray service is operated and managed by Drex Palmer, Licensed Radiology Technologist, along with two x-ray technicians: Patty Watters and Julie Bowers. Drex completed a two-year Radiology program at Wenatchee Valley College, and graduated in 2005 with an Associate's Degree in Technical Science. The two x-ray technicians attended 3 certification classes in Washington State, and strive to keep up to date on training and licensure through continuing education.



The x-ray department is grateful for the new equipment and updated room, which the department has been using since January of 2007. We have the opportunity to have better diagnostics and images for the Radiologist. This equipment gives us the ability to send pictures directly to Inland Imaging, which provides a faster turnaround on the reports to the physicians.

This year, our x-ray department was visited by Inland Imaging. They brought out their senior Radiologist, who oversees the rural sites, along with representatives from their management and IT department. They voiced no concerns, and commented on how they really appreciate the work that is being done here at OMHC. It was noted that OMHC is continuing to maintain above both the federal and state retake guidelines on a monthly basis. They also stated they are more than willing to help us expand our services in the future, and look forward to helping us better serve our community.

Our x-ray department continues to aid our emergency department, along with the clinic, outside providers, and chiropractors. We really appreciate our three staff members and our patients who use our ancillary services. We are continuously exploring opportunities to expand this department in the future. The x-ray department is available 24hrs a day, seven days a week.



Statistics

May — September 2009

Hospital:

- Total Patient Days — 49
- ER Visits — 365
- Ambulance Runs — 71
- PT Visits — 1,010
- Lab Tests — 7,209
- X-Ray Tests — 636

Nursing Home:

- Occupancy Rate — 98%

Quail Court:

- Occupancy Rate — 98%

Clinic:

- Total Visits — 3,741

District:

- Full Time Equivalence — 69.8



Winter Health

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite

is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite: a white or grayish-yellow skin area, skin that feels unusually firm or waxy, and numbness. A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

When you first notice signs of frostbite, come out of the cold immediately and re-warm the affected area slowly with body heat or ambient room temperature if possible. If you detect symptoms of frostbite, you should seek medical care. If you are planning outdoor activities, check weather forecasts frequently and don't ignore warnings about storms and other inclement conditions.

Provider's Corner



Healthcare Advocacy

By Dr. Linda Powell

Times are changing and no one can really predict yet what healthcare will look like in the future. However, each of us can be a healthcare advocate in the here and now. To advocate means to defend or maintain a cause or proposal, and it is important to advocate both for one's personal health, as well as for the local health system. Personal advocacy means keeping track of your own health history. A list of current medications, allergies, surgeries/procedures and specialists should be carried at all times and kept current.

While health insurance coverage can be confusing, it is important for the individual to review their policy to be familiar with what is covered and what is not. To use visits wisely, ask questions at office appointments and write down the answers to review later. OMHC with its various areas (clinic, hospital, emergency room, etc.) needs support as well because it represents the local healthcare system. The clinic is a "Rural Health Clinic" which is a federal program that helps to improve access to primary care in rural areas via financial incentives. There are 82 towns in Washington with less than 1,000 residents but there are only 12 RHC's in towns that small. The hospital is designated a "Critical Access Hospital" which is also a federal program designed to assure access to care by rural Medicare subscribers. In the state there are only 2 CAH's in Odessa-sized towns. We are fortunate to have these programs and they are vital to the survival of the hospital and the services to the community that it provides. More importantly, studies have shown that the economic impact from having doctors and other providers in a town can add up to as much as 2 million dollars per year! Loss of these programs could affect not only jobs, but the very place we live.

The best way for each of us to influence the path that healthcare is going to take is to be involved. Advocate first for your individual needs, but don't forget the system that is providing them for you.

Calendar Events 2009-2010

- Foundation Annual Wine Tasting and Auction, **May 7th** at the Odessa Community Center
- Auxiliary Lunch Fund Raisers are the **second Wednesday** of each month
- Critical Access Hospital Family Potlucks are the **third Monday** of each month
- 2010 White Knuckle Race is scheduled for **April 3rd**
- 2010 Desert 100 Race is schedule for the weekend of **April 10th and 11th**

Remember Lab Fair is always held in both the spring and fall. Watch for flyers and advertisements this spring for dates and times. Don't miss out on this cost efficient event!

■ Holiday ■ Board Meeting



Don't forget we have all your therapy and rehab needs, as well as private swing beds (previously known as Nursing Home beds) available. Remind your provider to contact OMHC! Our trained professional staff is able to care for your loved ones and able to have you rehabilitated as professionally and promptly as possible.

H1N1 Update

The Odessa Rural Health Clinic receives limited doses of the H1N1 vaccine on a weekly basis. For more information, please contact either the clinic at (509) 982-2614 or the Lincoln County Health Department at (509) 725-1001. With all the hype and information regarding H1N1—it is important to remember to receive the seasonal influenza vaccination. Available at the Odessa Clinic.



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“...bringing
caring, quality
healthcare to our
community.”

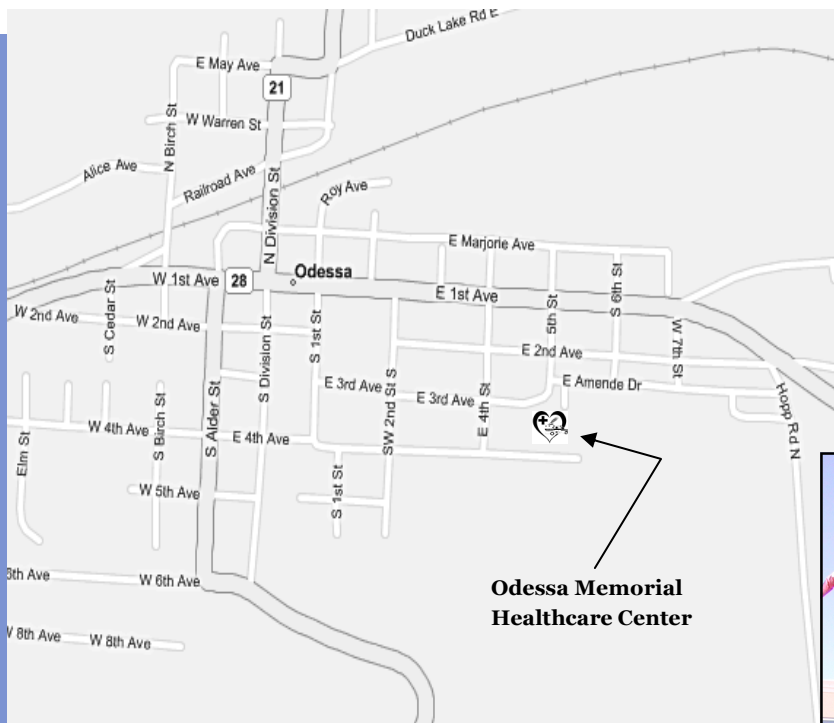
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Health Matters

Look inside for details on the new Wellness Trail at OMHC!



**Odessa Memorial
Healthcare Center**

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We are on the web!

www.omhc.org

