

**Happy
New Year!**

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The Smith . January 2018



CEO BLOG

Allen Van Driel, CEO

HAPPY NEW YEAR 2018

The New Year has dawned with bitter cold temperatures and great optimism. The bitter cold will, hopefully, be short-lived, while we look for the optimism to persist through the year.

A year ago at this time we were just in the beginning stages of site preparation for construction of the new Smith County Memorial Hospital. As 2018 dawned, the building is enclosed, paving of parking and driveways is mostly complete, and the interior of the building is progressing nicely. We have discussed the projected completion date extensively in recent weeks. Although we are not yet quite far enough along to commit to a completion date, we expect it to be late this summer. That is somewhat ahead of the original projection for completion, which should result in some cost savings to the project. Overall, the project is on the projected budget, although there have been some minor design changes that have added slightly to the original cost estimates. Most projects of this magnitude see some change orders during construction, and we do not believe that we have experienced anything out of the ordinary.

Two very positive developments have contributed to the project's cost. The first was the receipt of a grant from the Kansas Department of Transportation for widening and construction of a turning lane on Highway 36 at the entrance to the new hospital. Prior to the beginning of construction, we submitted a request to KDOT for an entrance from the highway into the hospital. After several months, we were asked by KDOT to provide an updated traffic study to determine how the location of the hospital would affect traffic flow on the highway. Although the traffic study did not indicate that a turning lane was an absolute necessity, KDOT expressed a desire to have the highway widened and the turn lane constructed. We certainly agreed with this plan, although it was not within our budget. We worked with the civil engineering firm that had provided services for the hospital site to design the highway project. The designs and budget were submitted to KDOT and were approved. KDOT notified us that they not only approved of the design of the project, but would contribute the full amount of the construction budget, or approximately \$620,000. We currently are working with Smith County officials to act as the fiscal agents for the project. We anticipate that a request for bids will be published in the coming weeks, and construction is expected to begin in early April.

More details will be announced when the bids are final, but we do not anticipate the need for major disruption of traffic along Highway 36 during the project.

The second very positive development is the availability of funding from federal New Markets Tax Credits to add features to the building project that were not originally included. The New Markets Tax Credits, or NMTC, is a very complicated series of financial transactions whereby large investors purchase federal tax credits. Through a series of inter-related transactions, the result is expected to be the addition of more than \$2.5 million in additional funding to our project. This funding will not add to the project indebtedness and, thus, will not result in any tax burden to the local taxpayers, but provides the addition of almost 10% of the project cost to us. The County Commissioners, the Public Building Commission Board, and the SCMH Board of Trustees have been working diligently for quite some time to finalize the transactions. We currently expect that the final closing documents will be signed in late January. This model has not previously been used for any hospital construction projects in Kansas, although it has been used in Nebraska and numerous other states. We are working very closely with the U.S. Department of Agriculture on this project (they, in fact, originally brought it to our attention), since they are providing the long-term financing of the building project. Needless to say, we are extremely excited about this addition to the project financing.

Finally, we have recently been advised that SunPorch of Smith County is in the final stages of securing financing to proceed with construction of the first phase of their senior living complex. As most of you have no doubt heard from their public presentations, the SunPorch plan is to construct skilled nursing facilities in small (10 resident) increments, using a new model of care, referred to as the Greenhouse model. Additionally, SunPorch plans to construct assisted living facilities in increments of about 12 residents each. Their first phase calls for construction of two of the 10 bed skilled nursing facilities and one of the 12 bed assisted living facilities. We look forward to commencement of construction as soon as financing and weather allow.

With these descriptions, I hope you can understand why there is so much excitement and optimism as we begin the New Year. We hope you share our optimism and look forward to continuing to share details with you in the coming weeks.



Cleaning Your Home Environment: Steps to Take if Someone in Your House is Sick

During the fall and winter months, we are more prone to illness because we spend more time indoors. It's cold and flu season, and staying healthy can be hard when you are living in the same household with sick individuals. Shared close living space creates a home for germs, especially when people are coughing and sneezing, with fevers and runny noses.

Germs spread easily throughout your house, so you are potentially at risk if you don't take proper measures. Learn the simple ways you can stay healthy this winter.

Staying Healthy Made Simple

These tips can help provide a cleaner environment for you and your family, limiting the spread of cold and flu germs and other types of infections.

- Boost your immune system by getting proper rest and eating healthy.
- Wash your hands often with soap and water using the CDC's five simple steps:
1) Wet 2) Lather 3) Scrub for at least 20 seconds 4) Rinse 5) Dry.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

- Don't touch your eyes, nose, or mouth with unclean hands.
- Avoid or limit contact with sick individuals as much as possible.
- Create a cleaning schedule to address high-traffic areas in your house (e.g., Kitchen Sundays, Bedroom Mondays, Bathroom Tuesdays, Wash Wednesdays, etc.) and make it fun.
- Use a bleach solution to clean surfaces such as countertops, sinks, toilets, bathroom floors, and other surfaces. Chlorine bleach is effective in killing stomach viruses such as norovirus. Do not mix bleach and ammonia products together.
- Don't forget to clean high-touch areas such as remote controls, light switches, computers/keyboards, door handles, and faucets, etc. Germs can live on surfaces carrying them to the next user.
- Discard all used tissues in the trash, then perform hand hygiene (use soap and water or an alcohol-based sanitizer with at least 60 percent alcohol).
- If symptoms persist, please see your healthcare provider for further evaluation.



Remember: Getting a flu shot each year is the best way to prevent the flu and to protect those around you. An annual flu vaccine is recommended for everyone 6 months of age and older. An annual vaccine is necessary because flu viruses are constantly changing.

Above all, remember the importance of hand hygiene and its ability to prevent the spread of infections.

A T A K P A K B P U T C R F M
 N W O D T N U O C H W E J H K
 N S M N U P Q D G Y S L A O W
 S E K W E Y J I P O N E J P R
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 H T E R O D Y U Y H I R N U O
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CELEBRATION
 CHEERS
 COUNTDOWN
 FAMILY
 FIREWORKS
 FRIENDS

FUN
 GOALS
 HOLIDAY
 HOPE
 JANUARY
 KISS

MIDNIGHT
 NEWYEAR
 PARADE
 PARTY
 RESOLUTION
 TRADITION

THE CHUCKLE

Mama snowman was busy cutting carrots for vegetable stew, when Papa Snowman suddenly called out, "Honey have you seen my nose?"

Knock Knock
 Who's There?
 Lettuce.
 Lettuce Who?
 Lettuce in, it's cold out here!



SPECIALTY SPOT



SMITH COUNTY MEMORIAL HOSPITAL

Specialty Clinic Schedule

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <u>Cardiology</u> Dr. Azzam	3 <u>Orthopedics</u> Dr. Chingren	4 <u>Urology</u> Dr. Evangelidis	5 <u>Wound Care</u>	6
7	8 <u>Surgery</u> Dr. Teget	9 <u>Cardiology</u> Dr. Azzam	10 <u>Cardiology</u> Dr. Efstratiou	11 <u>Surgery</u> Dr. Banker	12 <u>Wound Care</u>	13
14	15 <u>Surgery</u> Dr. Teget <u>OB/GYN</u> Dr. Pankratz	16	17 <u>Orthopedics</u> Dr. Chingren <u>Cardiology</u> Dr. Yerra	18 <u>Orthomedics</u> Darren Wiens, CP	19 <u>Wound Care</u>	20
21	22 <u>Surgery</u> Dr. Teget	23 <u>Cardiology</u> Dr. Efstratiou	24 <u>Orthopedics</u> Dr. Adamson	25 <u>Surgery</u> Dr. Banker <u>Pulmonology</u> Dr. Stritt	26 <u>Wound Care</u>	27
28	29	30	31			

785-282-6845

614 S. Main

Smith Center, Kansas - 66967

SCMH Specialists:

Cardiology

Dr. Elain Efstratiou
Dr. Iyad Azzam
Dr. Lakshmi Yerra

OB/GYN

Dr. Todd Pankratz

Orthomedics

Darren Wiens, CP

Orthopedics

Dr. Gary Chingren
Dr. Brent Adamson

Pulmonology

Dr. Matthew Stritt

Surgery

Dr. Paul Teget
Dr. Mark Banker

Urology

Dr. Laki Evangelidis





10 Sure Ways to Keep Your New Year's Resolution

Another year is ending and many of us are gathering up our willpower for a brand new set of New Year's resolutions. But have we learned from past experience? A large number, if not the majority, of previous resolutions were probably broken in weeks, days, or even hours.

So, how to make this time around more successful? Well it's not as hard as you might think — there are some really easy ways to set yourself on the path to success, and the first is:

1. Keep your resolutions simple.

Sometimes people find themselves aiming for an overhaul of their entire lifestyle, and this is simply a recipe for disappointment and guilt. It may be understandable at this time of year, when self-improvement is on your mind, but experience shows these things can't all be achieved at once. The best approach is to focus clearly on one or two of your most important goals.

2. Choose carefully.

But which to choose? Well, you might like to concentrate on those that will have the greatest impact on your happiness, health and fulfilment. For example, giving up smoking will obviously improve your health, but it will also give you a sense of pride and will make you happy (but perhaps not immediately!)

3. Be realistic.

Don't aim too high and ignore reality – consider your previous experience with resolutions. What led to failure then? It may be that you resolved to lose too much weight or save an unrealistic amount of money. Remember, there will always be more opportunities to start on the next phase, so set realistic goals. Or if you don't want to hold back, set clear short-term goals on your way to a big achievement. Which leads to tip number four.

4. Create bite-sized portions.

Break goals down to manageable chunks. This is perhaps the most essential ingredient for success, as the more planning you do now, the more likely you are to get there in the end. The planning process is when you build up that all-important willpower which you will undoubtedly need to fall back on along the way. Set clear, realistic goals such as losing 5 pounds, saving \$30 a month, or going for a run once a week. Decide exactly how you will make this happen.

5. Plan a time-frame.

In fact, the time-frame is vital for motivation. It is your barometer for success, the way you assess your short-term progress towards the ultimate

long-term goal. Buy a calendar or diary so you can plan your actions for the coming weeks or months, and decide when and how often to evaluate.

6. Make notes.

Having made a note of your time-frame, you will have a physical reminder of what you're aiming for. Now go further and write down the details of your resolutions in a notebook, remembering to add your motivations. You could keep a scrapbook for this purpose, and fill it with photos of your slimmer self, pictures of sporting or hobby equipment you are saving for, or even a shocking credit card statement to spur you into action! If your resolution will directly benefit your partner, children, colleagues or friends then add their photos too – anything to remind you of your initial motivation.

7. Treat yourself.

When making your plan, a vital feature should be the rewards and treats you will give yourself at those all-important milestones. But be warned, don't fall into the trap of putting your goal in danger – it's too easy for a dieter to say "I've been so good, I deserve a few candy bars", or a saver to throw caution to the wind with a new purchase. One slip, and it could all be over.

8. Receive support.

It is at such times, when you've temporarily fallen off the wagon, that your support network is crucial. Carefully choose those people around you who have shown themselves to be trustworthy, supportive friends and explain your plans. Let them know of ways they can help when the going gets tough, and if they're truly caring they'll know the right things to say during the hard times.

9. Don't give up!

Do bear in mind that a slip-up is almost inevitable at some point, and you must not let this become an excuse to give up. When it happens, you will need to draw on your reserves of self-belief and strength, so build these qualities as often as you can. Really feel proud of your past achievements and don't become critical of yourself. People with higher self-esteem and confidence are in a much better position to succeed, so immediately forgive yourself and say "I'm starting again now!"

10. Put yourself in charge.

These achievements are under your control – other people can advise and support you but it's your actions which need to change to see the results you want. Having a strong sense of control over your life is necessary to stick with your plans.

HOLIDAY EATS



Cauliflower Cheese Bread

- 4 cups riced cauliflower (about 1 large head of cauliflower)
- 4 eggs
- 2 cups mozzarella cheese
- 3 tsp oregano
- 4 cloves garlic minced
- salt and pepper to taste
- 1 cup mozzarella cheese, or more for topping

Preheat oven to 425 F degrees. Prepare 2 pizza dishes, or a large baking sheet, with parchment paper. Make sure your cauliflower is roughly chopped in florets. Add the florets to your food processor and pulse until cauliflower resembles rice. Place the cauliflower in a microwavable container and cover with lid. Microwave for 10 minutes. Let the cauliflower cool just until there's no more steam coming from it. Place the microwaved cauliflower in a large bowl and add the eggs, 2 cups of mozzarella, oregano, garlic, salt and pepper. Mix everything together. Separate the mixture in two and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks. Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.



Chicken Ranch Wraps

- 2 cups cooked grilled chicken breasts, chopped (seasoned with your favorite spices)
- ¼ cup Hidden Valley® Simply Ranch dressing
- ½ cup mozzarella cheese
- ¼ cup cilantro, minced (optional)
- 4 8" tortillas

Lay tortillas on a clean flat surface. Place about ½ cup chicken, 1 tablespoon ranch, 2 tablespoons of cheese, and 1 tablespoon of minced cilantro on each tortilla. Fold tightly to form a burrito shape.

Heat a heavy-duty pan or grill to medium heat. Coat with a light layer of oil or cooking spray and cook wraps for 1-2 minutes on each side or until the tortilla is crispy and golden. Remove from heat, slice in half and serve immediately.

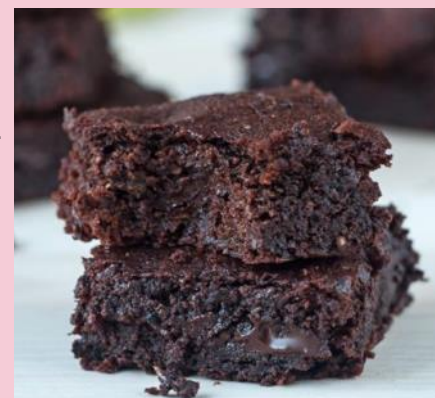


Dark Chocolate Avocado Brownies

- ¾ cup whole wheat flour
- ¾ cup cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon Kosher salt
- 1 egg
- 1 ripe avocado, peeled, pitted, and mashed smooth
- ½ cup coconut oil, melted
- 1 teaspoon vanilla extract
- ¾ cup pure maple syrup
- 1 cup dark chocolate chips

Preheat oven to 350. Lightly spray an 8X8 inch pan with non stick spray. In a small bowl, combine flour, cocoa powder, baking powder, and salt. Set aside. In a medium bowl, whisk together egg, avocado, coconut oil, vanilla extract, and maple syrup. Mix well until smooth. Gradually add the flour mixture to the avocado mixture and blend well, Gently fold in chocolate chips and pour into prepared pan.

Bake in preheated oven for 20 to 25 minutes or until a toothpick inserted into the center comes out clean. Allow to cool completely before cutting. Store refrigerated in an airtight container.





Ferrill Conant, M.D.



Justin Overmiller, M.D.



Hannah Haack, M.D.



Stacey Dimitt, M.D.

SMITH COUNTY MEMORIAL HOSPITAL



Smith County Family Practice



Leah Wiehl, M.D.



Tammy Windscheffel, APRN



Wini Schaedel, APRN



Julie Pletcher, APRN

Family • Obstetrics • Pediatrics • Geriatrics

Smith County Memorial Hospital
614 S Main • Smith Center, KS
(785)282-6845



Smith County Family Practice
119 E Parliament • Smith Center, KS
(785)282-6834

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