

JULY 2018

THE SMITH

A Monthly Newsletter of Smith County Memorial Hospital



GRAND OPENING PLANNED FOR AUGUST 5

Smith County Memorial Hospital will host a public grand opening ceremony Sunday, Aug. 5 from 2 p.m. to 5 p.m. at the new facility located at 921 E. Hwy 36.

“We welcome the public to this event,” said Allen Van Driel, CEO of the hospital. “The residents of Smith Center and the county as a whole have been fantastic partners in this journey and we’re excited to invite the public to share in the ceremony.”

The come-and-go event will begin with a short presentation from Van Driel and special guests including the hospital board of trustees and representatives from USDA.

Van Driel believes the grand opening will give people an opportunity to celebrate the hard work and success of the large team that has contributed to the new hospital building.

“I’ve been very impressed with the leadership from the board of trustees, the team from Hutton Construction and the HFG architects,” Van Driel said. “The group has really worked together seamlessly. In my career, I’ve been part of three hospital building projects and none have gone as smoothly as this one.”

The event will include guided tours of the facility and refreshments provided by Steve Smith, the new chef and registered dietitian hired by the hospital.

While the grand opening ceremony will take place earlier, the hospital will not be open for business until Aug. 8. For all medical needs prior to Aug. 8, please visit the current hospital at 614 S. Main St.



CEO BLOG: ALMOST THERE

Throughout the course of our building project, I have written these columns to highlight developments and progress towards completion of the new hospital. Many of you have told me, either in person or via social media, how excited you are about the new facility and how much you're looking forward to seeing it and receiving services there. We're certainly happy that you feel that way.

One of the things that has long set Smith County apart from some other "communities" is the strong support exhibited for our board of trustees, medical staff and hospital staff in general.

This support makes us an example for other areas of the state to emulate, and I am often asked by other hospital leaders how we manage to generate the support we do. It's hard to explain, other than the fact that the medical and hospital staff have worked hard for many generations to meet the needs of the community, and to do so in a positive way. It becomes a sort of a symbiotic relationship. We enjoy the support of the community, which makes all of us much more energized to go above and beyond the bare minimum to give back to the community. We encourage and support each other. That support has made the work involved in designing, building and problem solving for the new facility much more enjoyable for those of us involved.

Make no mistake about it, designing and building this wonderful new facility has been incredibly taxing for many of us. Extra hours of dreaming, thinking, talking and problem solving do take energy. The board of trustees, medical staff and hospital leaders have all put untold time and energy into the project. Now we are on the final countdown to completion. As I write this, there are 37 days until our grand opening and dedication ceremony on Aug. 5, and three days beyond that until we will transfer our services to the new location. The payback for the hours of thought, worry and sweat exerted by so many people will come when we are able to share the new facility with the community and begin using it.

As we count down the final days, there are still many things that need to be finished. Our architects have been working over the last three weeks to complete "punch lists" of little details that need to be fixed: a nick in the paint, a joint in the floor covering that isn't completely sealed, a cabinet that doesn't close properly. Those little details will be completed before we accept the building from Hutton Construction.

Many systems are still being installed: fire alarm system, nurse call system, security systems, electronic door locks and openers, computer systems and equipment, telephone systems, cardiac monitoring equipment, surgical equipment and imaging equipment just to name a few. All of these are in the final stages of installation, testing and training for the staff.

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CEO BLOG

Completion of the parking lot surfaces, striping of parking stalls and marking of handicapped spaces are currently underway. And, of course, the project to widen Highway 36 and provide turning lanes into the hospital. All of these will be completed before we move in.

I was talking with one of the subcontractors inside the building. He had been here last week to begin work on one of the systems. It had been one week since he was here, and he was absolutely amazed at the progress and changes that had occurred in that time.

Last week I accompanied the state architect for the USDA Rural Development Program as she performed an acceptance inspection to allow us to be deemed “substantially complete” for financing purposes. She had not one negative thing to say about the building. She was pleased with what she saw.

This week we are expecting the state fire marshal to complete an inspection to determine whether we will be granted a certificate of occupancy. The state pharmacy Inspector still has to make a final inspection and give approval to the design and construction of the pharmacy spaces and systems in the building.

As you can see there is still work to be done, but I have confidence that it will go well. Let us finish up the hundreds of little details left, and then celebrate with us on Aug. 5. We look forward to it!

“

As I write this, there are 37 days until our grand opening and dedication ceremony on Aug. 5.

- ALLEN VAN DRIEL,
CEO



CHEF'S CORNER: QUINOA SALAD

INGREDIENT LIST

Quinoa 2 cups
Liquid 4 cups

1-2 cups black beans
1 16 oz bag frozen corn
1 16 oz bag frozen edamame
1 large red pepper
2 tsp garlic powder
2 tsp onion powder
2 tsp seasoning salt
1/2 bottle pear infused vinegar
1/2 bunch parsley
Tarragon, Mint
1-2 bunches chervil or cilantro
Fresh orange juice
Bragg's Aminos to taste
Pepper to taste



DIRECTIONS

Cook quinoa 2:1 seed to water just like you do brown rice. Make sure that the water is boiling before the grain goes in. Simmer the quinoa covered until it takes up all the liquid, usually about 20 minutes or so and then turn the heat off and let it stand another 20 minutes undisturbed with the lid on. Allowing any grain to “rest” after cooking for about 15 minutes is a crucial step in cooking any grain, and it can help teach you patience!

Pressure cook black beans just until they are done (about 10 minutes), then drain, wash and dry them or use canned beans that have also been washed and drained.

While the quinoa and beans are still hot add in the corn and edamame. Once mixed, add in remaining ingredients. Serve room temperature or chilled.

NOTES FROM CHEF STEVE

Quinoa is a very small seed twice the size of amaranth and just a bit smaller than millet. It has many of the characteristics of a cereal or grain. It can be cooked like rice or ground into flour for bread or pasta. Quinoa originated in South America where it was an important staple food in pre-Columbian Andean civilizations dating back more than 5,000 years. It was held in high regard by the Incas and discouraged as a crop by the Conquistadors and following Spanish settlers because of its association with indigenous religious ceremonies.

I first bumped into quinoa back in 1984 working with John Novi at his landmark restaurant The Depuy Canal House in mid-state New York across the Hudson from Hyde Park and the Culinary Institute of America where I was a student. We did a number of different things with quinoa, but a salad very similar to this one remains one of my favorites! Quinoa isn't a light grain by any means; it has a very distinctive, almost pungent quality, but is still light enough to provide a unique flavor backdrop that can enhance your favorite ingredients even if they are light. It cooks quickly and is ideal for summer. But the most outstanding thing about quinoa is its nutritional value; it is high in fiber and low on the glycemic index with a balanced set of essential amino acids...and the cherry on top is that it's also gluten-free making it one of the rare foods that's suited for a dietary protocol for just about any chronic illness! I still like it 'cause it's just plain ole good eatin'!

This is designed to be a real fast salad. To make a moister version soak the quinoa before cooking and then dry it in a sauté pan prior to adding to the water. I suggest trying to make a fluffier version the first time, mostly just because it's way cool! Toss the seeds in a dry sauté pan until they just start to pop and dance; you'll smell them when they are done. Get the quinoa out of the pan onto a cool plate quickly because they will burn if left to sit in the hot pan for even a minute or two. Use a paper plate and that way you can just fold in the edges and pour it easily into the boiling water, but be very careful because the hot quinoa will super boil the water and it will come over the sides and burn you; add it slowly while stirring! It takes some patience to stand there and toss it but the uniquely nutty quality and exceptionally fluffy consistency of the end product make that time well spent!

This is a very basic recipe and the variations are endless. Chipotle, cumin and fresh cilantro make a nice Mexican version, and this is an ideal backdrop to feature some elegant flavored vinegar. I used a pear infused vinegar, but any nice vinegar will do. A white balsamic is a nice choice. Thyme and oregano make excellent additions and some flavored Mrs. Dash products go nicely as well! Celery and onion are things that I add sometimes, but I would caution against fresh garlic unless you are a garlic fiend or have vampires in the neighborhood. Garlic seems to easily overpower this salad and it only gets worse as it sits, so I suggest using granulated or powdered garlic with this salad.

TECHNOLOGY UPGRADES IMPROVE IMAGING SERVICES

The radiology team at SCMH is excited to try out their updated equipment in the new hospital. Included on the list of the installations and training in the next two weeks are new imaging machines and software.

“Among other things, we’re thrilled to be able to provide faster services,” said Katie Van Allen, co-manager of radiology. “Our patients won’t have to wait for the images to process anymore, they will now appear within a few seconds of exposure. A tech can go to an exam room or a patient bedside, if necessary.”

Perhaps one of the most needed upgrades is in the hospital’s CT equipment. The new scanner will produce a 64-slice image instead of the current 16-slice image.

New mammography equipment also decreases radiation, but more importantly, it takes images of the breast tissue to recreate a 3D picture of the breast. Expecting parents will have the opportunity to see their babies in 4D with the new ultrasound equipment.



“It’s unique for a hospital of our size to offer 4D ultrasounds,” said Mariah Weis, co-manager of radiology. “We’re excited to provide a new service to patients.”

Another new opportunity comes through the hospital’s C-Arm. This equipment is used during surgeries and allows the surgeon to see anatomy live during the procedure and is something SCMH hasn’t been able to offer before.

The updates enhance and upgrade the services SCMH can provide and gives medical staff the tools needed to complete their work in with faster, more accurate information.

“Improving technology and tools was one of the key goals of building a new hospital.” CEO Allen Van Driel said. “We’re looking forward to opening the doors and stepping into a new level of care.”



CHANGES TO THE WELLNESS CENTER AND LONG TERM CARE

One of the frequently asked questions the hospital and clinic staff receive is "What is happening to the Wellness Center and Long Term Care?"

SCMH will offer physical therapy and rehab services at the new location. The Wellness Center will stay in the current location and the county commissioners are reviewing survey responses about its future.

SunPorch has been operating the long term care unit independently since October 2017. They will continue to operate in their current space until the construction of the new facility is complete.



SMITH COUNTY MEMORIAL HOSPITAL Specialty Clinic Schedule

JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>Surgery</u> Dr. Teget <u>OB/GYN</u> Dr. Pankratz	3	4	5 <u>Urology</u> Dr. Evangelidis	6 <u>Wound Care</u>	7
8	9 <u>Surgery</u> Dr. Teget	10	11 <u>Cardiology</u> Dr. Efstratiou	12 <u>Surgery</u> Dr. Banker <u>Nephrology</u> Dr. Ray	13 <u>Wound Care</u>	14
15	16 <u>Surgery</u> Dr. Teget <u>OB/GYN</u> Dr. Pankratz	17	18 <u>Cardiology</u> Dr. Yerra	19	20 <u>Wound Care</u>	21
22	23	24 <u>Cardiology</u> Dr. Efstratiou	25 <u>Orthopedics</u> Dr. Adamson	26 <u>Surgery</u> Dr. Banker <u>Pulmonology</u> Dr. Stritt	27 <u>Wound Care</u>	28
29	30	31 <u>Cardiology</u> Dr. Efstratiou				



Smith County Memorial Hospital

GRAND OPENING
CEREMONY

JOIN US

August 5, 2018 • 921 E. Highway 36

2:00 - 5:00 PM