

Aware

Sarah D. Culbertson Memorial Hospital



Where health care and community come together

Striving to Make Culbertson Memorial Hospital the Best It Can Be

By Lynn Stambaugh, Incoming CEO



When I was a teenager, my first after-school job was in the dietary department at Culbertson Memorial Hospital (CMH). I wish I could say that while toiling

over a steaming sink of dirty dishes, I had an earth-shattering premonition that one day I would become this hospital's CEO. It would make a good story, but that is not the way it happened. My journey to this position took time, experience, education, training, and most important, a sincere love for CMH and an understanding of what it means to our community.

I do not expect this job to be easy. Fortunately, I am at a stage in my life where I have the time to devote to a demanding career and I am eager to begin. I know I will have a lot of help from staff, department managers and our Board of Directors. Of course, I know that my mentor and coach, David Sniff, will always be available whenever I need advice. He and I have worked closely for the past 18 months, and I have benefitted greatly from his 30 years of rural health care experience.

The Challenges Ahead

Nationally, we are in the middle of sweeping health care reforms and we do not yet know how those reforms will affect us.

I believe that our budgets will be tighter and we will be asked to do more with less. However, I feel confident that Critical Access Hospitals will be remembered by the legislature as important providers of health care services to rural populations.

Our physical plant remains a major challenge. The last addition to our building was approximately 30 years ago and it was built for an inpatient population. Today, 85% of our business is outpatient. We struggle every day to find places to store equipment, host visiting outpatient specialty doctors, and provide parking for patients, visitors and employees. We are facing a very difficult decision on whether we should retrofit our current facility by remodeling, or if we should look at building a new hospital. Either way, the decisions we make now will have far-reaching implications for our future.

Technology is another challenge. The technology that has been developed in the past few decades is truly amazing and has changed health care forever. However, it takes space to house all the electronic equipment needed to make our machines functional. When I first started my career as a nurse, we used a pen and paper to write charts. Sometime in the next few years, we will be required to have an electronic medical records system that is capable of prescribing, ordering, storing and sharing records with other entities. We must be able to provide the infrastructure that this change will require.

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Time for Transition

By D. David Sniff, Outgoing CEO



Feb. 28 will be my last day as the CEO at Culbertson Memorial Hospital (CMH). Although many people assume that I am leaving because I am retiring, that is not the case. In fact, I plan to remain active in the hospital consulting field.

As I leave this position, I cannot help but reflect on what I believe was my contribution to CMH. I arrived at CMH as a consultant in December 2003 to a very turbulent, difficult environment. Six years later I am leaving an organization that is well positioned for its next successful chapter.

The Will to Succeed

When I accepted the offer to become the CEO in 2004, I did so based largely on the fact that the Board of Directors, administrative staff, management team and employees had such strong spirit; they were willing to work hard to keep their hospital. The only factor that was missing was a CEO who understood their problems, and who would listen and provide leadership.

Without doubt, the future of CMH was uncertain during the first half of 2004. The cash was nearly depleted and there were challenges at every turn. Nonetheless, we set about putting fundamental administrative practices in place. We encouraged education at all levels and implemented responsible accountability and reporting mechanisms.

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Time for Transition

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Essentially, we let the managers operate their departments through effective delegation. Along the way, we diversified services, and grew outpatient and clinic operations. We followed a strategic planning process that helped us create objectives and establish measurable goals. Each year we met those goals and objectives more than 90% of the time.

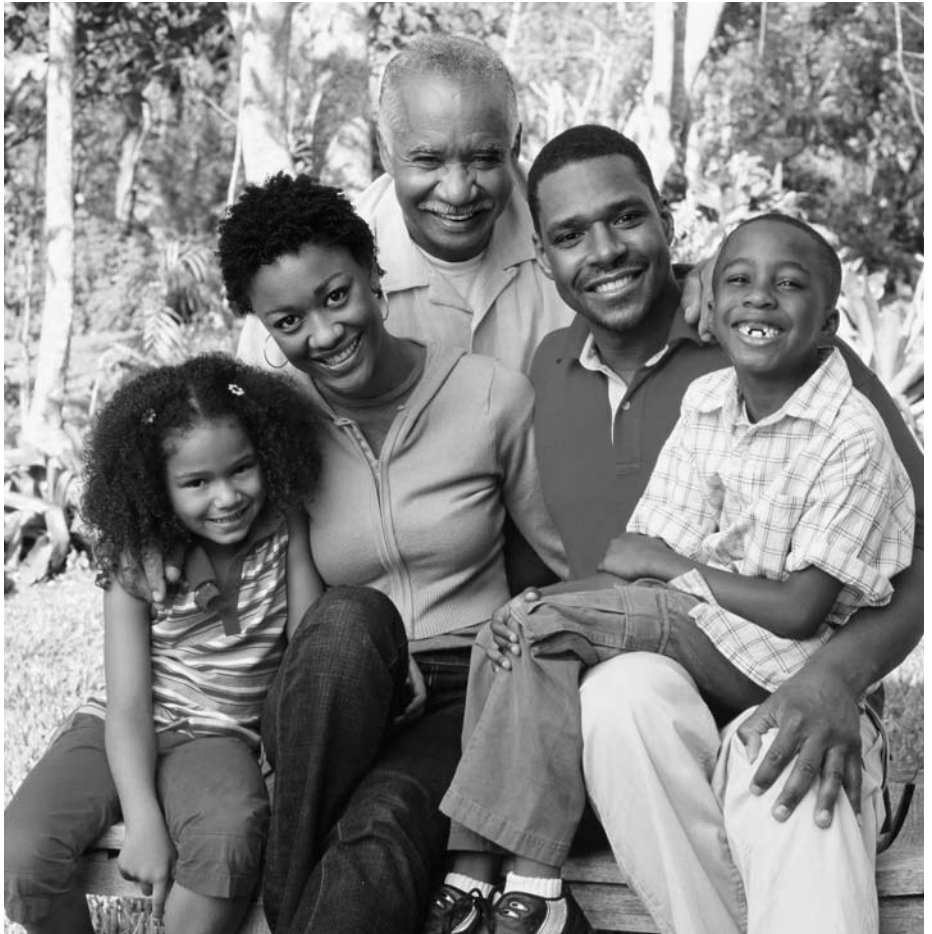
Fortunately, during the most challenging times, several local financial institutions listened to our plan of correction and had the courage to loan us money at a critical juncture. Later, we were able to pay back those loans years ahead of schedule. We can't thank these businesses enough for their trust in our ability to put our hospital back on strong financial footing.

In the past few years, our Foundation has made tremendous strides and we receive more memorials and gifts each year. We consider this financial support to be a testimonial to the confidence and pride that our community has in its local hospital. Our foundation board members and staff repay that faith by using prudent judgment in their stewardship responsibilities.

A Joint Effort

In the years that have passed, we have made remarkable progress. Notice I said we, because it was truly a joint effort. I will not single out any individual person for recognition, because to recognize a few would leave others unmentioned. We do not have the space in this newsletter to name everyone who went above and beyond their job descriptions to save this hospital. In my own way, I have tried to express my gratitude to these leaders and I hope they understand the huge role they played in the hospital's success.

I leave knowing in my heart that I have accomplished what I set out to do six years ago. I, along with many others, helped to preserve one of this community's most precious assets. It has been an honor and privilege to work at CMH.



Striving to Make Culbertson Memorial Hospital the Best It Can Be ... continued from page 1

Physician recruitment is becoming more and more difficult for small rural hospitals like CMH. The percentage of medical students choosing a specialty in family practice has declined dramatically in the past few decades. Most medical students are choosing specialty careers such as neurology or cardiology, which rely on high patient volumes found in large cities. Therefore, CMH must compete with other rural hospitals for a continually shrinking pool of physicians willing to enter family practice. If any of those hospitals have more modern facilities, where do you think the doctors will go?

Workforce shortages for other positions that require specialized training will also become more noticeable for our rural area. We will need therapists, nurses, laboratory and radiology technologists, as well as individuals for the growing field of information technologists.

Working Toward a Bright Future

On the other hand, I believe that our hospital is well positioned as we face government cutbacks and reform. We are already accustomed to running on a tight budget so we have little, if any, waste. In addition, we see a trend for specialists to reach out to rural areas to help build their important customer base. If we can find space to put them, their actions will help us provide more comprehensive service to our customers.

Although these problems may seem overwhelming, I look at them as opportunities to make our hospital a better place. Some of the decisions we will make for the hospital's future will require conversations with the community, and I look forward to hearing your input. Although this position may be new to me, I know every inch of this hospital and I intend to make it the best it can be.

Women and Heart Attack

Heart disease is the No. 1 killer of women, striking down one in every three women, compared to one in 30 who dies of breast cancer.* One form of heart disease, a heart attack, can strike suddenly and with no warning. Learning more about heart attacks now can help protect you in the future.

What Is a Heart Attack?

Each year, about 1.1 million Americans suffer a heart attack, also known as a coronary attack or myocardial infarction. A heart attack occurs when a blocked artery stops blood flow to a portion of the heart. Blockages are generally caused by atherosclerosis, a thickening and hardening of the artery. First, fat, cholesterol and other substances build up over time into plaque in the blood, which is deposited on the artery wall. Eventually some of the plaque may break off, with a blood clot forming around it. This clot can block a coronary artery, cutting blood flow to the heart. In rarer cases, the heart's blood supply can be cut off by a temporary contraction or spasm of a coronary artery. In either case, without adequate blood flow, the heart muscle doesn't get the oxygen and nutrients it needs, and quickly begins to die.

Are You at Risk?

Nearly two-thirds of American women who died suddenly of a heart attack had no prior symptoms.* But knowing your risk factors can help you make smart health choices that may prevent a heart attack, and may help you be more prepared in the event that an attack occurs. Some risk factors are uncontrollable: a family history of heart disease, and being 55 years old or older. Other risk factors can be controlled by adopting smart health habits and, when necessary, the use of medication or medical procedures. Controllable factors are smoking (or exposure to second-hand smoke), high blood pressure, high cholesterol, being overweight/obese, physical inactivity, diabetes, stress and drinking too much alcohol.

Take Action

Talk to your health care provider about your risk of heart attack. (For your convenience, clip and save the pocket guide below, then take it to your next appointment.) A medical professional can also give you more information about various tools you can use to protect your heart, including smoking cessation programs, an exercise regimen, nutrition counseling, blood pressure screenings and cholesterol testing.

* Source: National Heart, Lung, and Blood Institute, www.nhlbi.nih.gov.



KNOW THE WARNING SIGNS

Many people delay getting help during a possible heart attack because they think their symptoms may turn out to be a false alarm – but every minute counts. If you or a loved one experiences any of the following symptoms, call 9-1-1 and seek immediate attention – even if you're not sure it's a heart attack.

Chest discomfort that lasts more than a few minutes. The discomfort may feel like pressure, squeezing, fullness or pain; range from mild to severe; and come and go.

Pain or discomfort in other areas of the upper body, including one or both arms, the back, neck, jaw or stomach.

Shortness of breath.

Other symptoms, such as nausea, light-headedness or breaking out in a cold sweat.

In women as with men, the most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms – especially shortness of breath, nausea/vomiting and back or jaw pain.

Clip and Save

FOR YOUR NEXT OFFICE VISIT

QUESTIONS TO ASK YOUR DOCTOR

1. What is my risk for heart disease?
2. What are my blood pressure, cholesterol (total, LDL, HDL and triglycerides), body mass index and blood glucose numbers, and what do they mean?
3. What other screening tests for heart disease do I need?
4. What can you do to help me quit smoking?
5. How can I tell if I may be having a heart attack?

KNOW YOUR NUMBERS

Blood Pressure _____

Cholesterol (Total/LDL/HDL) _____ / _____ / _____

Blood Glucose _____

Weight/Body Mass Index (BMI) _____ / _____

Source: National Heart, Lung, and Blood Institute, part of the National Institutes of Health and the U.S. Department of Health and Human Services.



One Thing President Lincoln Did Not Do

You probably already know many fascinating facts about Abraham Lincoln, our 16th president. You may know that he enjoyed bowling, he was one of our tallest presidents at 6'4" and he wore a size 14 shoe. Some even know he was once challenged to a duel (which he accepted) and is the only

president to hold a patent (to lift boats over shoals). But there is one fact few people know about this popular president: Abraham Lincoln died without a will.

Even though he was an active attorney and undoubtedly knew the importance of writing down his wishes, he never did. He died without a will, despite being plagued with visions of his own demise. After his death, the lawyers were left to try to determine the division of his estate.

Unfortunately, many people from pastors to pilots to presidents die without the benefits of a will these days. (Lincoln is only one of several

presidents to die without a will.) But it doesn't have to be that way. A will is simple to write with the help of an attorney and is usually far less expensive and much easier to do than people imagine.

If you don't have a will or have not updated your will recently, call your attorney. If you want extra satisfaction, be sure to include a gift to Culbertson Memorial Hospital Foundation in your plans. A gift to our mission is a great way to tell the world you want to leave a legacy that reaches beyond your years. And with a gift to the CMH Foundation, you can live every day knowing you have learned from the past – that a life lived greatly becomes even greater when it leaves a gift that benefits others.

If you are planning to update your will or estate plans this year, please remember you can provide for both your loved ones and Culbertson Memorial Hospital. For more information, give us a call. We'd be happy to answer your questions and show you options to consider.

Local Resident Helps Sarah's Stars Shine Brightly

Bob Lantz is a shining example of what the Sarah's Stars program is all about: someone dedicated to the health of the community that Culbertson Memorial Hospital (CMH) serves.

Recently, Lantz and his wife of 60 years, Patsy, graciously made an annual pledge to the CMH Foundation, which helps keep prompt, quality health care right here in Schuyler County.

"I think Culbertson is very important to the people of this community because of the service it provides," says Lantz. "Otherwise, instead of people getting medical service here in Rushville, they'd have to go 30 to 50 miles away. For some it's not a problem, but we have a fair number of elderly citizens in our population. And I'm talking about myself now."

Sarah's Stars was created as a program for those who would like to give back to Culbertson Hospital, allowing them to pledge annually, semi-annually or however they prefer, over a period of years. "That money can help provide equipment to assist nurses and doctors," says Lantz.

Lantz has a history of dedication to the people of Schuyler County throughout his service to CMH. In addition to a 25-year career with the USDA's Soil Conservation Service, Lantz served on the CMH Board for 10 years, eventually becoming Board Chairman. He was then asked to serve on the CMH Foundation Board in 1998 and wholeheartedly accepted.

"Some people retire and you may not see them again," says Foundation Director Tim Ward. "But Bob retired and now does community work, serves on the Foundation Board and chairs the Planned Giving Committee. In a way, he's as busy as he was years ago. He's a volunteer willing to serve and give back to the hospital."

You can even catch Lantz helping as one of the Culbertson's Friends, a group of volunteers offering one-on-one escort assistance for all who come to CMH. "I enjoy being there at the hospital helping out and meeting the people," says Lantz warmly. "They appreciate the service."



Bob and Patsy Lantz

Lantz encourages others to join Sarah's Stars alongside him and his wife – especially those who care deeply about the health care that CMH offers the families of our service area.

"Schuyler County is my home," says Lantz. "The CMH Foundation is a way to give money to support our hospital."



Culbertson Memorial Hospital Foundation wishes to thank the following donors for their generous support of the following memorial funds, equipment projects and planned giving programs. Donations received after our list was sent to the printer will appear in our next edition.

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