

McGehee Hospital Newsletter Spring/Summer 2022

The weather is changing from cool spring to hot summer. Now's the time of year when the number of dry-weather days between wet-weather days becomes very important in McGehee, Desha County and the rest of Southeast Arkansas. With COVID at its deepest ebb since 2020, we're seeing some return to normalcy without masks while shopping or dining.

At McGehee Hospital, we're poised to take on the next step toward bringing more services in renovated and remodeled spaces. With a USDA Emergency Rural Health Care \$1 million grant will offset more than half of the \$1.787 million plan to relocate the Medical Laboratory to a more centralized location, closer to the Front Entrance and Emergency Department. Once Medical Laboratory is moved, that space will be renewed for our ever-expanding Cardiopulmonary Laboratory including Pulmonary Function Lab, EKG, EEG, Cardiac Holter Monitoring and Arterial Blood Gas diagnostics.

We're working to make McGehee Hospital and McGehee Family Clinic, your first choice for family healthcare. We want your choice for quality medicine to be located in an up-to-date, welcoming, calming and healing space. From 1965 to now, healthcare has changed, and McGehee Hospital keeps changing to meet new science and new modalities for diagnostics and treatments.

We hope you enjoy this edition of the McGehee Hospital Newsletter Spring/Summer 2022.

Terry Amstutz, CEO
McGehee Hospital



Summer 2022 #3

McGehee
Hospital

Wellness Update



Our Mission

It is the mission of McGehee Hospital to provide personalized healthcare using conventional and innovative services.

Our Values

In order to fulfill our mission and serve our community to the best of our ability, it is important that all members of our team adhere to our Core Values with every action and interaction. Our Core Values: *Service, Honesty, Respect, Stewardship and Performance* are explained at mcgeeehospital.org.

McGehee Hospital
McGehee Family Clinic
and Specialty Clinic

Publisher

Bob Lucky
Share the Pride
Foundation

Editor

Terry L. Amstutz, FACHE
President and Chief
Executive Officer

McGehee Hospital

900 North Third Street
McGehee, AR 71654

2022 Annual Report



Terry L. Amstutz, FACHE
President and CEO

McGehee Hospital's mission to provide personal and innovative healthcare plays a key role in keeping our community healthy, strong and vibrant.

McGehee Hospital is proud to provide personal and innovative healthcare to Southeast Arkansas. We care for everyone, with our doors open 24 hours a day, seven days a week, 365 days a year. Each year, we provide care to thousands of our neighbors to keep our community healthy, strong, and vibrant. This record of service is, and always will be, our most valuable contribution to McGehee, Desha County and the surrounding five counties.

Calculating the Total Impact of McGehee Hospital

Total Jobs Provided/Created	220
Economic Impact	
Payroll impact	\$12,947,000
Non-salary spending impact	\$9,710,000
Capital spending	\$0
Total Impact	\$22,657,000

Continued on page 2

Throughout Arkansas hospitals strengthen the infrastructures of our communities.

Arkansans rely on local hospitals to:

- Provide high-quality, efficient healthcare.
- Proactively respond with holistic care for neighbors throughout your lifetimes, whenever illness or injury strikes.
- Serve as a community safe harbor during and after emergencies and disasters.
- Provide comfort at the end of life.
- Educate neighbors about preventing and managing chronic diseases, while promoting practices that support health and well-being.
- Serve marginalized communities with access to state-of-the-art healthcare technology at our hospital and Family Clinic.
- Retain and attract new healthcare services, businesses, and industries to Southeast Arkansas – resources that are essential for growth.

McGehee Hospital's impact on our local and regional economy is primarily through the professionals we employ and the direct impact of their spending. McGehee Hospital is critical to the economic viability of our community and Southeast Arkansas. We are a major employer and purchaser of goods and services. Our healthcare allows neighbors to be productive, contributing citizens.

An Economic Anchor For Our Community

In addition to enhancing the health and well-being of the communities it serves, McGehee Hospital also contributes significantly to the area's economic health. The most recent estimated total annual economic impact of McGehee Hospital was \$22,657,000.

Providing Well-Paid, Consistent Employment

- McGehee Hospital employs 220 professionals, with a total payroll of \$7,163,000. Hospital payroll expenditures serve as an important economic stimulus, creating and supporting jobs throughout the state and in local economies.
- Dollars earned by McGehee Hospital employees and spent on groceries, clothing, mortgage payments and rent, generate approximately \$12,947,000 in economic activity and create an additional 220 jobs in our local economy.

Improving Infrastructure for All Arkansas Residents

- Beginning in 2022, McGehee Hospital will spend \$1,787,000 to renovate an unused part of the original structure into a 21st century Medical Laboratory and Cardiopulmonary Lab with diagnostics and treatments at home in McGehee.
- Dollars spent by McGehee Hospital generate approximately \$9,710,000 for our economy.

Stimulating the Local Economy with Purchases of Goods & Services

- McGehee Hospital spends \$5,372,000 per year on the goods and services it needs to provide healthcare – medical supplies, electricity for buildings, and food for patients. Funds spent to buy goods and services flow from the hospital to vendors and businesses, creating a ripple throughout the economy.

Continued on page 3

Caring For Our Neighbors

The core contributions McGehee Hospital provided to Southeast Arkansas neighbors in 2021-22 were:

- 194 Inpatient admissions
 - 34 Swingbed admissions
 - 263 Observation admissions for 8,375 hours of care
 - 3,483 Emergency Room visits
 - 2,747 McGehee Hospital X-rays with 887 more performed at McGehee Family Clinic
 - 1,652 CT Scans
 - 323 Ultrasound Scans
 - 48,604 McGehee Hospital Medical Lab tests with 887 more at McGehee Family Clinic
 - 1,234 Respiratory Tests like Sleep Lab, Pulmonary Function Lab, EKG, EEG & Holter Monitor
 - 574 CCM members received 5,484 monthly calls totaling 109,680 call-minutes helping CCM members achieve their healthcare goals
- Through testing and screening programs, we can detect medical conditions earlier, support public health efforts by expediting care and lowering your treatment costs. Day-to-day diagnostics and treatments like Infusion Therapy, Sleep Studies and CT Scans detect conditions before they occur by bringing advanced medicine at home in McGehee and Southeast Arkansas.
 - McGehee Hospital contributes to vital community initiatives. When the pandemic struck Arkansas, our team put together a COVID-19 Response Task Force that included the McGehee Mayor, McGehee EMS/Fire, Desha County & McGehee Law Enforcement, CB King School, McGehee Schools & UAM-McGehee, ADH-Health Unit & McGehee Boys & Girls Club leadership. The Task Force planned & staffed Covid-19 events for Screening Clinics & Vaccine Clinic, drawing well and serving our friends and neighbors. We produced and posted pandemic videos encouraging masking, handwashing and social distancing.

Your “healthcare heroes” shifted into high gear, moving forward as a statewide example of community intervention and communication. Throughout the pandemic, Desha County has been a leader with low Covid-19 infection rates and Arkansas’ lowest hospitalization rates.

Conclusion

Hospitals are a key contributor to the quality of life of Arkansas residents, and they play a key role in keeping communities healthy and vibrant; McGehee Hospital does the same for Southeast Arkansas. The data and illustrations contained in this report provide strong evidence that the economic impact of McGehee Hospital on local and state economies is significant. To continue to attract employers and new residents to Arkansas, it is critical that Arkansas has thriving hospitals with high-quality health care providers and personal and innovative local healthcare.

Summer in the Arkansas Delta

Spring and Summer Allergies

Allergies begin in Desha County in February with tree pollination and grass pollination in the summer. For COPD and asthma sufferers, the pollen, mold spores, and poor air quality can actually make your disease worse. They trigger the release of histamine that affects your upper and lower respiratory tracts.

Seasonal allergies are both common and a nuisance. People with COPD and asthma, an episode of seasonal allergies can be more than just a runny nose and sneezing. For some patients, seasonal allergies trigger exacerbations of your condition that result in hospital stays.



Education Programs

McGehee Hospital COPD and Asthma education programs educate patients to improve your healthcare outcomes. Patients are reminded to use your prescribed medications and medical devices to ensure you receive the optimal amount of care to reduce flare ups, episodes, and hospitalizations.

Summer Sleep Challenges

Allergies, colds, and the flu can make sleep uncomfortable and can result in coughing and snoring, making you more restless in our sleep. The Journal of Clinical Sleep Medicine found that the severity of Obstructive Sleep Apnea (OSA) symptoms were correlated with atmospheric pressure. The lower the atmospheric pressure – associated with weather systems – the increase in OSA symptoms. There have also been links made between storms and asthma. Researchers believe that this may be due to an increase in pollen in the air, which may trigger asthmatic symptoms.

The temperature of our surrounding environment is one of the most important factors that influences sleep. Hot temperatures make it harder for the body to shed heat and cool itself. Steamy and humid nights cause people to wake more often during the night, reducing sleep efficiency.

Cooler temperatures make sleep more comfortable; the summer's hot and humid ambient air does the opposite. Feeling hot and sticky is physically uncomfortable, it can prevent your body from settling into deep sleep and reaping the good hormones released in deeper stages of rest.

While you can't prevent allergies or control the weather, you can take steps to help manage your symptoms. Whenever possible, avoid exposure to your allergens. Check your local news for daily pollen counts, and schedule outdoor activities when levels are lower. Monitor the weather to keep track of triggers, such as rain or wind. Wear a mask when working outdoors and wash your clothes once you get back inside.



Holter Heart Monitors

McGehee Hospital Respiratory Department offers services and a wide range of tests. One test is Holter Monitor Recording. Abnormal heart rhythms and other cardiac symptoms can come and go. Monitoring over a period of time captures these events. The Holter Monitor permits your doctor to see your functions over time. The recordings help your doctor determine if your heart is getting enough oxygen or if the electrical impulses in the heart are delayed or early. These irregular impulses may be referred to as arrhythmias or abnormal heart rhythms. If you're already being treated for heart problems, wearing your monitor can help your doctor determine if your medicine is working or if changes need to be made. It can also help to see why you might be experiencing other symptoms of irregular heartbeat, such as dizziness, faintness, or feeling like your heart is racing or skipping a beat.

If you are experiencing any of the above symptoms and have a history of heart related issues, please speak with your provider to determine if you may need Holter Monitor Recording.

McGehee Family Clinic updates on Chronic Care Management

Chronic Care Management Success

In the past two years the Chronic Care Management (CCM) team has helped 500 patients work toward their maximum healthcare goals.

Dr. Austin Beatty is the CCM Medical Director. He works closely with the physicians, nurses and CCM team to ensure that all patients and residents with two or more chronic conditions have access to this program to enhance your quality of life.

Why Should I join Chronic Management?

- If you live with two or more chronic conditions like arthritis, diabetes, depression or high blood pressure, our Chronic Care Management services are just for you.
- CCM provides a personal care plan to manage your chronic conditions.
- Once a month your CCM nurse calls your phone to track your health progress.
- Your private health insurance, Medicare or Medicaid normally cover your CCM services.
- Get control of your health. Live better!
- Chronic disease and conditions are among the most expensive, common and preventable health issues in Arkansas.

How Do I Sign Up?

- **Call 870.690.4482** or stop by the Family Clinic. Sign up with a CCM Care nurse (Loleta or Ashlie).
- Confirm you have been seen by our Family Clinic doctor within the last year.
- Agree to participate in a 20-minute telephone call each month.

If you are not yet a Chronic Care Management Member sign up today!



Andy Wargo, McGehee Hospital Trustee Honored

Trustee Andy Wargo III was one of six recently inducted to the The Arkansas Agriculture Hall of Fame. He was chosen for leadership and service to the state's largest business sector.

Andrew Wargo III has spent more than 50 years as farm manager for the Baxter Land Company, where he has helped guide a conservation and stewardship plan that is emulated around the country. He has steered a large row-crop farm, gotten in (and out) of the catfish business and managed the farm's cotton gin.

Wargo grew up in Desha County and his parents paid for him to take a private pilot's course from a flight school in Clarksdale, Miss. He earned a degree in agriculture engineering from Arkansas State University and was a member of the ASU Sport Parachute Team that won the National Collegiate Championships in 1964.

After spending time as a flight instructor in Mississippi, Wargo returned to Arkansas and worked as an ag teacher (one year), principal (two years) and superintendent (one year) at Desha Central, his alma mater. He then was approached by the Bill Baxter about working for the Baxter Land Company.

His list of activities and involvement is meaningful. He is a board member of the Delta Conservation Demonstration Center, president of the Arkansas Watershed Coalition, on the Boeuf-Tensas Regional Irrigation Water Distribution Board, the McGehee-Desha County Hospital Board of Governors, the Desha County Soil Conservation District board, president of Delta Crop Management, on the Advisory Committee for Stapl Cotn Cooperative, the NRCS State Technical Committee, the UA Discovery Farm committee, the Arkansas State Water Plan committee, and the Lower Mississippi River Initiative.

Wargo was elected to the Conservation Hall of Fame in 2016.



The renovated Clinical Lab benefits you

McGehee Hospital was awarded a \$1 million USDA grant to renovate and expand its Clinical Lab. This transformational change will simplify access to the hospital lab and assure patients and staff of healthful, welcoming and comfortable conditions. The renovated hospital lab area assures patients of three benefits:

- Access will be easier and more convenient for your tests.
- The lab will be confidential, secure, comfortable and welcoming.
- Test results should be available during your provider visit.

The Lab staff will have more workspace that meets safety and health requirements. This new workspace enables the staff to evaluate tests in a timelier manner.

Grilled Shrimp Skewers



These grilled shrimp skewers have a very short ingredient list: most of what you'll need are spices. Here's what you need to make this grilled shrimp summer dinner:

Ingredients

Large shrimp, tail on! Find large shrimp that's peeled with the tail. You can use fresh or frozen
Shrimp seasoning blend: smoked paprika, garlic powder, onion powder, and celery seed
Olive oil
Salt
Wooden skewers

Tips for grilling with skewers!

Use wooden skewers. On metal skewers, the shrimp can tend to spin on them which makes them hard to flip. With wooden skewers, the shrimp stays solidly in place. You'll need to soak the skewers about 20 minutes so they don't burn on the grill.

Thread the shrimp on and make them just touch. This also helps to minimize spinning and keep the shrimp in place.

Alternate directions of the tails. This makes them look great.

Here are the basic steps

Preheat a grill to medium high heat: 375 to 450 degrees Fahrenheit.

Soak the skewers! Make sure to soak once you start preheating; this should make for just enough soak time (15 to 20 minutes).

Season the shrimp. Pat the shrimp dry, add olive oil and the shrimp seasoning.

Thread on skewers. Use the notes above for best practices on skewering technique.

Grill 1 to 2 minutes per side. That's it!



Covid Vaccination Recommendations

Your McGehee Hospital trustees and staff encourage you to update your Covid inoculations and boosters. Parents should use the summer school recess to schedule your children's vaccination. Watch for details on the approval of vaccinations for children under age 5.

The Food and Drug Administration (FDA) approved the vaccination and boosting of children ages 5 to 11 and for all Americans 12 and older. Those with chronic conditions are recommended to have a second booster.

Vaccinations are available for free at your neighborhood pharmacy.

Wellness Update Newsletter Partner Network

Your **Wellness Update** newsletter can be available to your friends and family. McGehee Hospital partners with City of McGehee, McGehee Chamber of Commerce, McGehee Boys & Girls Club, Times-News, CB King School and Clearwater Paper to ensure that the entire community is aware of the healthcare opportunities available to them.

Sustain the Pride

In your critical access hospital for yourself and your neighbors!

McGehee Hospital was awarded a \$1 million USDA grant to renovate and expand its Clinical Lab. This transformational change will simplify access to the hospital lab and assure patients and staff of healthful, welcoming and comfortable conditions. Your tests will be easier to schedule and to access. Your test results will be more timely and accurate.

Consider making a monthly gift to your hospital. This is your opportunity to assure that you and your neighbors have access to the best healthcare in Southeast Arkansas.

Complete, clip and mail your pledge card or check to PO Box 351 McGehee AR 71654. Or go to the mcgeeehospital.org website and click the **Donate** button to give online.

Thank you! Investing in your hospital is a wise one. Your gift will assure that the hospital can move forward on the Clinical Lab renovation.



Sustain the Pride
McGehee
Hospital

Please clip and mail back to
McGehee Hospital
PO Box 351
McGehee, AR 71654



**Sustaining
McGehee
Hospital
and
McGehee
Family Clinic**

Please print clearly

Name (first & last) _____
Address _____
City _____ State _____ Zip _____
Phone (home) _____ Phone (cell) _____
Email _____

I would like to make a one-time gift of \$ _____
I would like to make a sustaining monthly gift of \$ _____ Monthly Date _____
Sustaining MONTHLY Giving Levels \$12.50 \$25 \$50 \$100 or Other \$ _____

Payment Information

Check enclosed: payable to **Sustain the Pride Campaign**
 Bank draft: Bank _____ bank routing # _____ account # _____
 Charge my credit card: Name on card _____
 Visa MasterCard Discover American Express
Account Number _____ 3 digit security code _____
Expires: Month _____ Year _____
Signature (as it appears on card) _____ Date _____
Please print your name _____