



Spring/Summer 2023 #5

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](http://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

Spring / Summer 2023

# Welcome

**McGehee Hospital** and Family Clinic staff invite you to join us 9 am to 2 pm on May 11th for our Community Picnic. Get to know us and tour your hospital. You will enjoy food, information booths, entertainment and hospital tours. We will celebrate the new services and equipment available to you. **Ya'll come!**



Terry L. Amstutz, FACHE  
President and CEO

## Recognitions for McGehee Hospital and staff

The April McGehee Chamber of Commerce meeting announced two awards:

- **McGehee Hospital**, 2023 Chamber Business of the Year
- **Dr. James Young** received his Lifetime Achievement Award

Our **Frank Hickingbotham Emergency Department** received the ARSAVES Emergency Department Stroke Award for its exemplary record in patient outcomes.

## McGehee Hospital enhances healthcare access

Many Southeast Arkansans endured healthcare access setbacks during the Covid Pandemic. We are working to re-engage those patients.

McGehee Hospital and Family Clinic are dedicated to making it convenient and welcoming for you to access traditional and innovative healthcare right here at home.

1. Our **Chronic Care Management+** team has grown from three to five members.
2. Nine specialists visit or telemedicine McGehee each month.
3. There is a complete suite of new diagnostic and treatment equipment to provide accurate and timely test results.
4. A three-member team of Licensed Clinical Social Workers is now available to help you overcome social welfare or behavioral health challenges.
5. Our Clinical Lab is under renovation to provide easier access and comfort.

## You can now access five vital services right here in McGehee!

These include *Sleep/Breathing, Cardiopulmonary, Cardiac Specialty, Cancer/Oncology* and *Ultrasound Labs*. Ask your Family Clinic or **CCM+** provider to schedule an appointment for testing or therapy. Save the time and expense of a trip to Little Rock or Pine Bluff.

## McGehee Hospital and Family Clinic moves to complete its Hospital Master Plan

In just seven years, since its Facilities Master Plan, McGehee Hospital completed significant physical improvements to its facilities to enhance residents' access to innovative healthcare. It built a new 25-bed hospital with a 7-station Emergency Department, renovated the 1965 hospital space into administrative offices, pharmacy, chapel and board room, added its Family Clinic with practice space for five providers and now an updated 2,600 sf Clinical Lab.

This Clinical Lab renovation assures patients of easier access, greater privacy and a comfortable, welcoming space, updated working space for its technology staff and adding innovative diagnosis and treatment services for Sleep, Cardiopulmonary, Allergy and Behavioral Health conditions.

The \$2.7 million Lab and support service areas are funded by a \$1 million USDA Community Development grant and hospital self-funding. These new facilities are under construction and should be in service in early 2024.

To achieve its Facilities Master Plan, 362 current and former residents donated \$2.3 million to the **Share the Pride** comprehensive campaign to build the Family Clinic. Over the same period agencies and foundations granted \$1.57 million for equipment and programs to bring effective, efficient and personal healthcare to patients.

Today an average of 900 patients visit the clinic and 460 receive Chronic Care Management calls serving our community each month.

With 3,895 people, McGehee is the 84th most populated city in the state of Arkansas out of 616 cities.

Foundation	Grant	Project	Year
King	\$25,000	CCM year 1	2019
King	\$25,000	Awareness	2020
Blue and You	\$150,000	CCM year 1	2019
Blue and You	\$145,960	CCM year 2	2020
Blue and You	\$112,500	Behavioral Health	2022
USDA	\$110,489	Boilers	2020
USDA	\$283,000	Lab equipment	2020
Coulter	\$50,000	Clinic Lab	2018
DRA	\$200,000	Clinic X-Ray	2019
DRA	\$226,000	Hospital X-Ray	2020
Block grant	\$250,000	Covid	2021
Grant total	\$1,577,949		2018-2022
Share the Pride	\$2,300,000	362 donors	2018

## Introducing your expanded CCM+ team



The CCM+ Team is Medical Director Dr. Austin Beatty (front), Clinic Manager Cynthia Smith (left), Donna Cingolani RN, Rosa Meredith LPN, Ann Sivils RN and Russell Peacock RN, PCMH (not pictured). Photo by Kristy Groves

Since its inception as a Blue & You Foundation grant in 2020, the McGehee Chronic Care Team has helped over 1,000 patients achieve their Personal Healthcare plan and manage multiple chronic conditions.



In 2023, McGehee's Chronic Care Management program is renamed **CCM+**. Based on another Blue & You Foundation grant, it is expanded, provides more services and access – at the clinic, by phone or by telemedicine. New in 2023, the **CCM+** team is now partnered with The Chosen One Professional Service (**TCOPS**) three-member social worker team to address your external or social welfare challenges that impede achieving your individual healthcare plan.

The Medical Director is Dr. Austin Beatty, manager Cynthia Smith and with four members directly serving you - Ann Sivils RN, Donna Cingolani RN, Rosa Meredith LPN and Russell Peacock RN/PCMH. The CCM team will help you manage your healthcare and achieve your healthcare goals.

## How can a Licensed Clinical Social Worker (LCSW) help you overcome challenges?

A LCSW is a highly trained professional familiar with available resources and brings problem-solving knowledge to address social welfare, benefit access and behavioral health challenges.

1. A LCSW listens to you to learn about any challenges that are a barrier to your health, lifestyle or your McGehee Hospital and Family Clinic healthcare plan of action.
2. Your LCSW assesses your challenge and the resources available to create a plan of action which connects you with solutions to your challenges.
3. Your LCSW tracks and manages your plan of action, with you, to enable you to reach your health, lifestyle and healthcare goals.

### Meet your LCSW team

Through a behavioral health grant from the Blue & You Foundation for a healthier Arkansas, your Clinic provider or **CCM+** team will recommend you to The Chosen One Professional Services \ team - **(TCOPS)** *Melrita Johnson, Georgetta McGuire and Emily Fruhling.*

**The Chosen One Professional Services, LLC (TCOPS)** is a social services and therapeutic-based organization formed by *Melrita M. Johnson*, Licensed Certified Social Worker, in response to the identified need of responding to the growing number of marginalized rural populations that have a history that are either falling through system gaps which include unstable housing, homelessness, poverty, access to limited healthcare and transportation, systematic financial issues, nutrition/food security and racial inequities.

McGehee patients want to live their healthiest possible life but may need insight and experienced support to do so. **TCOPS** wants to empower you to address psychological, relational, social welfare and past barriers that hinder forward progress. Our goal is to enable you to meet your **CCM+** health goals and achieve a healthy lifestyle. With solution-focused, culturally competent, patient goal-driven psychotherapy, **TCOPS** will educate, treat, manage, celebrate, encourage and assist you into growing into the person you have always desired. By walking with you to complete the work on self, we aim to maximize formal and informal supports to increase your chances of beginning anew.

### Roles for TCOPS

- Provide LCSW case management for McGehee patients experiencing social welfare challenges.
- Supply the Simple Practice telemedicine subscription for MHC clinicians.
- Collaborate professional standards and intake forms with the CCM+ project.
- Establish data components to define effective strategies to address social welfare barriers in the Arkansas Delta.
- Maintain a 2023 relationship supporting the Blue & You behavioral health grant.

### Helping you to overcome social welfare barriers

If your health or healthcare is challenged in any of these six ways - *nutrition, transportation, access, home repairs, benefits or healthcare education*, LCSWs teams with your provider to break through your barriers.



## How will the renovated Clinical Lab benefit me?

The 1965 Clinical Lab is at the far rear of the hospital. It is difficult to access, is cramped and is worn from a long period of diagnosis and treatment services.

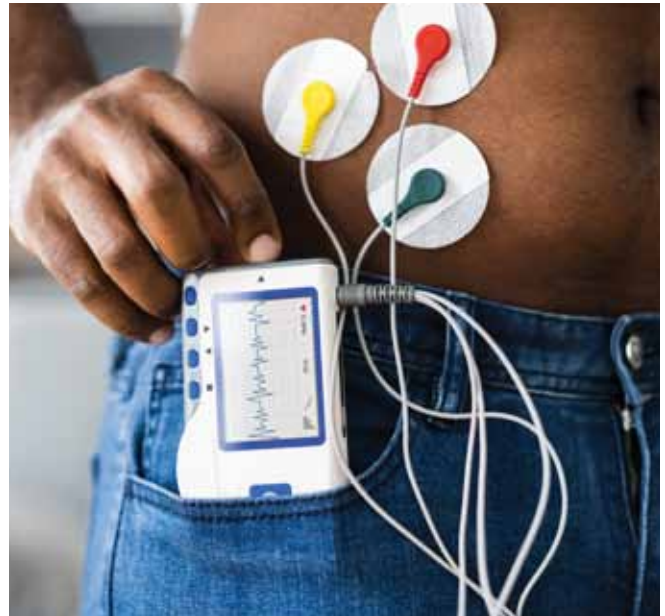
The renovated, relocated and expanded Clinical Lab offers six benefits:

- Accessible and on the main hospital hallway
- Updated electric, heating/air conditioning and ventilation
- Secure for testing and consulting
- Comfortable and welcoming setting
- Space for technicians to work effectively and efficiently
- Space for the Sleep and Cardiopulmonary Labs

## Radiology Department updates help patients and providers

- The DRA X-Ray units have provided faster results to patients during the same appointment.
- Providers receive clearer, more detailed digital images for more accurate diagnosis.
- Patients participate in their diagnosis and treatment during an office visit instead of waiting on results.
- The updated staff includes 3 new radiology techs + supervisor all with updated credentials and 1 ultrasound tech.
- Patients get more convenient, comfortable exams and are more confident about treatment.
- Technicians are more productive and accurate.
- Equipment replaced outdated and ineffective analog radiographic equipment.
- Providers are more confident in their diagnosis and treatment plans.

	2019	2020	2021	2022	Total
Radiology	2912	2759	2544	2191	10406
MFC	1121	791	871	778	3561
CT	1851	1699	1568	1515	6633
Ultrasound	351	255	237	423	1266
<b>Total Exams</b>					<b>21866</b>



## 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.**

## Meet your new Team



The CCM+ Team is Medical Director Dr. Austin Beatty (front), Clinic Manager Cynthia Smith (left), Donna Cingolani RN, Rosa Meredith LPN, Ann Sivils RN and Russell Peacock RN, PCMH (not pictured). Photo by Kristy Groves



Team-centered Healthcare for you!  
A service of McGehee Hospital and McGehee Family Clinic

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### McGehee Hospital and Family Clinic are enhancing its successful Chronic Care Management program as CCM+

#### This new version adds five healthful benefits for residents and CCM+ members:

- Lists your CCM+ team members and personal healthcare plan goals.
- Adds access to a Licensed Clinical Social Worker (LCSW) to address your social welfare challenges.
- Assures teled access on your smart phone, tablet or iPad to your team-LCSW, providers, pharmacist and CCM+ nurses.
- Schedules a monthly CCM+ 20-minute wellness appointment and report to manage your health plan.
- Files for your insurance, Medicare or Medicaid reimbursement.

**870.222.6131** dcingolani@mcgeeehospital.org  
**870.690.4482** rmeredith@mcgeeehospital.org  
**870.222.6131** rpeacock2@mcgeeehospital.org  
**870.690.4467** asivils@mcgeeehospital.org

**CCM+ hours Monday-Thursday 8-5,  
Friday 8-12, closed holidays**

**1507 South First Street, McGehee, AR 71654**  
 McGeheeHospital.org or find us on Facebook

## What are Social Determinants of Health (SDOH)?

People's environments or SDOHs contribute to wide health disparities and inequities. These are six domains impacting your living environment. People who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

McGehee Hospital is helping its patients manage their Social Determinants of Health. Ask your **CCM+** provider for details. Healthy People (health.gov) reported SDOH can be grouped into 6 domains:

- Safe housing, transportation, and neighborhoods.
- Racism, discrimination, and violence.
- Education, job opportunities, and income.
- Access to nutritious foods and physical activity opportunities.
- Polluted air and water.
- Language and literacy skills.



## Grilled Asparagus with garlic lemon butter

Crisp tender grilled asparagus is tossed with lemon garlic butter and finished with a sprinkle of Parmesan cheese. This simple grilled asparagus recipe can be made outdoors on a charcoal, pallet or gas grill or in an indoor grill pan. This flavorful grilled asparagus recipe can be served as a side dish on a busy weekday or for special occasions.

### Asparagus Ingredients

Asparagus: thick or thin asparagus spears. Choose whatever is fresh. Olive oil. Salt and pepper.

### Lemon Garlic Butter Ingredients

Butter: Salted or unsalted.

Lemon: Fresh lemon juice.

Garlic: Fresh garlic. Granulated garlic powder can be used.

Parsley: Chopped fresh parsley. You can also use tarragon, dill and cilantro.

Parmesan Cheese: Freshly grated or shaved Parmesan cheese

### Instructions

**Prepare the asparagus:** Trim and a quick rinse under running water. Don't soak them! Then, pat them dry with paper towels.

**Preheat the grill:** Heat the grill to medium-high heat 375 – 400 degrees.

**Season:** Toss the asparagus spears with olive oil, season with salt and pepper.

**Grill:** With kitchen tongs, place the asparagus evenly on the grill (perpendicular to the grill grates) or in a grill basket. Grill for 4 to 8 minutes, turning occasionally so they char evenly. They are ready when they are charred and tender. Remove from the grill and onto a plate.

**Melt Butter:** Meanwhile, melt the butter with the garlic. Add the lemon juice and the fresh parsley.

**Serve:** Pour the garlic butter over the asparagus and top with Parmesan. Serve immediately.

## 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 Schools, McGehee Chamber, McGehee Boys & Girls Clubs, McGehee Library, Men's Club, Women's Service League, C.B. King School, Times-News, and Farm Bureau to ensure that the entire community is aware of the healthcare opportunities available to them.



**Sustain thePride**  
McGehee  
Hospital

# 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](http://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.

Please clip and mail back to

McGehee Hospital  
PO Box 351  
McGehee, AR 71654

**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 \_\_\_\_\_



**Sustaining  
McGehee  
Hospital  
and  
McGehee  
Family Clinic**