



Winter/Spring 24 #6

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

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Share the Pride
Foundation

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McGehee Hospital

900 North Third Street
McGehee, AR 71654

CEO Message

2024 promises to be our best year at McGehee Hospital and Family Clinic for enhancing healthcare delivery. You will have better access and more choices.



Terry L. Amstutz, FACHE
President and CEO

In this newsletter, you will learn that the expanded and updated Clinical Lab will open soon. After that the renovation of the four new therapy areas will begin for July opening. With those renovations those services will be added to our menu. You will have access to vital therapy services by skilled professionals right here.

Read Good News #7.

You will also learn that McGehee is attracting three young, highly trained providers to join our Team-Centered team. *Read Good News #6.*

I am excited, as your Hospital CEO, that McGehee continues to provide exemplary traditional and innovative care – accomplishing our mission statement.

Clinical Lab Rehabilitation Progress

November 2 START	December PROGRESS	January PROGRESS	February PROGRESS	March RE-OPENING
Complete demo	Install HVAC Electric	Finish construction	Install equipment	Target 3.15.24
Start interior walls	Plumbing	Interior finishes	Finish Electric, Plumbing, HVAC	

Visit our website: mcgeeehospital.org

 Find us on Facebook [Facebook.com/McGehee Hospital](https://www.facebook.com/McGeheeHospital)

Good News #1.

Clinical Lab will be ready in March 2024!

Yes! Our Clinical Lab expansion and rehabilitation is nearing completion. It started November 2, 2023 and should be completed mid-March 2024. Demolition went well. Interior walls are installed. Painting, plumbing, electric and HVAC upgrades are in progress.

The ADA-accessible lab area on the main hospital hallway will offer you a closer, welcoming, comfortable and confidential space for your lab work and soon therapy treatments. Watch for an announcement of the Lab Grand Reopening.

The project is funded by a \$1-million USDA grant and McGehee Hospital's own funds. Also, the eight pieces of diagnostic equipment in the Lab were underwritten by a \$455,686 DRA grant. This provides you the latest diagnostic equipment available for accuracy.

Once the Medical Lab remodel and relocation is completed, the Physical Therapy Lab will follow near the Clinical Lab. They are targeted to be completed by mid-July 2024.

Good News #2.

Social Worker pilot overcomes barriers

In 2023 Blue & You Foundation for a Healthier Arkansas provided a \$112,500 grant. It enabled McGehee Family Clinic to engage three Licensed Clinical Social Workers (LCSWs) for 22 hours per week. They assisted patients to resolve nonmedical barriers that kept them from fully achieving their individual healthcare plans.

Seventy-seven Chronic Care Management patients were aided by the LCSWs in resolving 575 food security-nutrition, transportation or social welfare challenges.

Healthcare and lifestyle improved for these patients. The majority of them reported better health and personal situations. Your medical providers saw enhanced healthcare outcomes among all assisted patients. Providers were able to concentrate on healthcare and therapy, not nonmedical issues.

The LCSW program continues in 2024. Three LCSWs remain available to clinic patients. An additional LCSW will be in the hospital to assist acute care patients. Patients in the Emergency Department, Specialty Clinic, PCMH and Business Office will receive support in overcoming their social welfare challenges. This .5 FTE LCSW position is funded by a \$30,000 King Foundation grant.

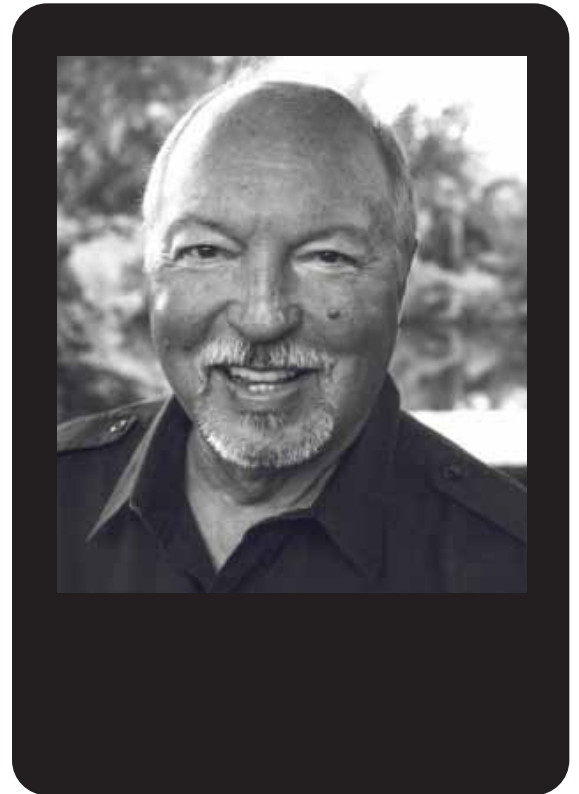


Sad News. Dr. James Young Memorial

McGehee Hospital's Board, Providers and Staff miss Dr. Young. He loved being a Christian Southern Country Doctor. He loved the people here and they loved him! The McGehee Chamber of Commerce recognized his commitment to McGehee with a **Lifetime Achievement Award** in April 2023.

Dr. James Everett Young, 78, of McGehee, Arkansas died November 14, 2023. He was born in Memphis, Tennessee on November 8, 1945. After attending Ouachita Baptist University from 1964-1968, he studied medicine at University of Arkansas for Medical Sciences and received his medical degree in 1972.

James and Johnnie Rose Young moved to McGehee in 1975. He practiced family medicine until shortly before his death. He was a member of First Baptist Church of McGehee, where he served as a deacon and Sunday school teacher. He also served annually in Honduras as part of the church's medical mission team for 26 years. James served on the Ouachita Baptist University Board of Trustees for several years to promote and support their programs for Christian higher education.



Good News #3. Arkansas Hospital Association marketing award

For a second consecutive year McGehee was awarded the AHA Diamond Award for its marketing and communications programs. In 2023 the Annual Report was selected as the best among Arkansas' small rural hospitals. In 2022, our Healthcare Update newsletter won that same designation. "I was pleased to accept this award for our clinic because it recognizes the exceptional quality of its staff, programs and services," McGehee CEO Terry Amstutz said.



Good News #4. Amstutz honored with Regents' Award

The **Arkansas Hospital Association** (AHA) announced at its November annual meeting that Terry Amstutz, FACHE, was the 2023 recipient of the **American College of Healthcare Executives** (ACHE) Regent's Award in the Senior-Level Healthcare Executive category. That award recognizes senior-level healthcare executives who have made significant contributions to the advancement of health care management excellence through skilled leadership, contributions to the development of colleagues, and engagement with both local and statewide communities. Nominees must be a Fellow in ACHE and demonstrate leadership excellence, along with service to their community, their employees, and their profession.

Terry Amstutz has been selected as this year's recipient of the **Senior-Level Healthcare Executive ACHE Regent's Award** in recognition of his more than 35 years of senior-level leadership experience in for-profit and not-for-profit settings. For 29 of those years, he has served as a hospital administrator in rural communities throughout the state, including Calico Rock, Magnolia, Hope, Stuttgart, and – presently – in McGehee. Anyone who has worked with Terry knows that he pursues excellence with passion, focus, encouragement, accountability, urgency, and a generous sense of humor. He has served as a member of the Arkansas Hospital Association board of directors, as well as other statewide boards including Arkansas Rural Commission, Pinnacle Business Solutions, and the Arkansas Center for Telehealth.

The AHA extends its heartfelt congratulations and gratitude to Mr. Amstutz for his dedication to the healthcare industry and for his commitment to the well-being of Arkansans.

Good News #5.

Main Street healthcare counseling

Main Street Health is the nation's largest provider of value-based care focused exclusively on serving rural America. By partnering with McGehee Hospital and its Family Clinic, we reinforce the importance of trust and relationship-driven care in Southeast Arkansas.

The McGehee Health Navigator counsels McGehee patients to manage your healthcare system access to healthcare services and resources you need.

Main Street knows that rural healthcare providers need more resources to ensure that patients have access to the right care at the right time. We provide McGehee with staff, technology, and opportunities to succeed in their value-based healthcare delivery.

Good News #6

Five therapy services to be added

After renovating the Clinical Lab and therapy areas, McGehee Hospital will add five vital therapies in McGehee. Your therapists, all local people, will be included on McGehee's Team-centered treatment protocols. That will save you time and expense. It will make your healthcare more comfortable, local, team-centered and efficient

Outpatient treatment is described as mental health or medical care that you receive that does not require more than a 24-hour hospitalization period.

Swingbed is a form of transitional care. Most patients who use this service do so because they need further treatment before they can return home. Patients return to McGehee Hospital to be closer to family and home.

Speech therapy (ST) helps people who have difficulty speaking to communicate better and to break down the barriers that result from speech injuries or impediments. The goals of speech therapy include improving pronunciation, strengthening the muscles used in speech, and learning to speak correctly.

Occupational therapy (OT) improves the skills that are needed to live life as independently as possible. This includes being able to take care of yourself and to work, as well as being able to leave your home and meet other people.

Physical therapy (PT) occurs when you've had an injury or illness that makes it hard to do daily tasks. Physical therapy is care that aims to ease pain and help you function, move and live better.

Exciting News #7.

Three medical staff added to the McGehee Family Clinic and Pharmacy



Dr. Clinton Akin is a PGY-3 Family Medicine resident at UAMS-Pine Bluff (2024). His professional interests include rural health advocacy, aging population health and rural health. He will be in Family Practice at the Family Clinic

Outside of work, Clinton enjoys being outdoors and spending time with his friends, wife and three children,



Mary Catherine Hunter, a clinical pharmacist, joins our hospital staff as Director of Pharmacy this summer. Her undergraduate training is from University of Arkansas Monticello. Her Doctorate in Pharmacy is from UAMS.

Mary Catherine and her husband, Will, are proud to serve this community. As a clinical pharmacist, she will provide direct patient care that optimizes your use of medication and promotes health, wellness and disease prevention. Mary Catherine is excited to continue the legacy of her grandfather, Dr. Robert Prosser, to bring exceptional care to residents of McGehee and its service area.



Anna Cathryn Wargo, PT, DPT, joined McGehee Hospital as Director of Rehabilitation in October 2023. Anna Cathryn is a licensed physical therapist. She leads our rehabilitation team and oversees the delivery of high-quality physical, occupational, and speech therapy services to our patients.

Anna Cathryn is a proud McGehee native. She graduated from McGehee High School and pursued her undergraduate degree at Ouachita Baptist University. She then attended the University of Central Arkansas while receiving her Doctorate in Physical Therapy. She and her husband, Hunter, returned to McGehee five years ago and have a three-year-old son, Cason.



Slow Cooker Zuppa Toscana Soup

Potatoes, sausage and onions in a creamy based soup.

Ingredients

- 6 slices of bacon cut, cooked and drained
- 1 lb. mild pork sausage
- 4 cups diced russet potatoes
- 1 cup diced white onion
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. dried basil
- 1/2 tsp. dried thyme
- 2 tsp. minced garlic
- 32 oz box chicken broth
- 1 1/2 cups heavy cream (added at the end)
- 4 cups chopped spinach (added at the end)

Instructions

Add all ingredients to slow cooker EXCEPT cream and spinach

Cover and cook on LOW for 7 hours or **HIGH** for 4 hours

When the cooking time is done, add the heavy cream and spinach, push the spinach down into the soup

Cover and cook for an additional 20 minutes

Serve and enjoy!.

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.

If you know of a group, church or organization that might help distribute the digital Wellness Update through group emails, please share the contact information with Terry Amstutz, McGehee Hospital CEO. EMAIL

tamstutz@mcgeeehospital.org



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 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

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**Sustaining
McGehee
Hospital
and
McGehee
Family Clinic**