

Healthy LIVING

**NORTH DAVIESS
TEACHER
BATTLES COVID.**



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JOHN MULLEN'S COVID STORY

For the last 18 months, John Mullen was convinced he was tougher than COVID. After all, the last time he recalls being really sick was back in February, 2012.

"My stubbornness nearly got the best of me," John remarked as he began to tell the story of his recent experience with COVID-19.

It all started on August 27th when John was getting ready to start his PA duties at the first North Daviess Cougars home football game. He suddenly was not feeling well and asked his principal, Mr. Jerrels, in the booth to cover for him. Over the weekend, John continued to have a fever, severe nausea, and extreme body aches but still would not admit to himself that he might have COVID.

John's wife, Sarah, had gotten him to stay home from work but, for three days, could not get him to go to the Emergency Room at Daviess Community Hospital. By the time he agreed to get in the mini-van and drive there with his wife, John had been sick for almost five days and was having trouble breathing.

"Since my teaching career began in 1997, I think I have only missed nine days of work for my own personal sickness," John recalled. "I had been healthy basically my whole life so I guess I was still in denial that I was really sick in the ER until they tested me."

Despite the diagnosis and pending admission to the DCH Med/Surg floor, John continued to reply to e-mails and texts without skipping a beat. "Many people early on had no idea I was sick because I was texting and e-mailing them back from the Emergency Room bed. Athletic director, Brent Dalrymple, finally texted me to put away my devices and concentrate on getting well," John remembered. "It's not that I'm a workaholic (well, maybe I am); I just really love what I do."

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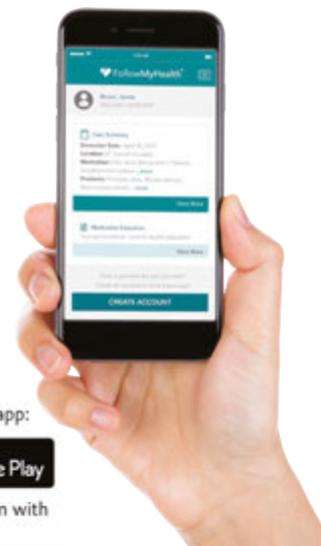
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Meanwhile, Sarah was waiting for John in the DCH parking lot when she too began to feel ill. She was tested as well and ended up positive for COVID. Fortunately, her case was mild enough that she could return home. Sarah's symptoms qualified her for the monoclonal Infusion used to help COVID patients recover faster. She received her infusion while John was in the hospital.

John's hospital stay lasted two days. A day after he was discharged, John returned to the hospital and received the same type of infusion that Sarah had received. John recalled that it was exactly 50 hours after he got the infusion that he began to breathe somewhat normally. "It was Sunday night at 6, and it was just unbelievable to suddenly be able to breathe and not struggle," he recalled. Just four days later, John was back to work at the junior/senior high school.

John and his wife, Sarah, have six children (the oldest two are actually in nursing school at USI). "I am sure that while I was in the hospital, Sarah was worried about what would happen to her and the kids," he said. "I prayed during my hospital stay that I would get better, but I truthfully never thought about whether or not I would make it because I truly believed that I would be fine."

Until this past summer, John had been busy as an assistant athletic director while coaching three junior high sports, teaching English at North Daviess, and trying to watch the kids' activities at the area schools they attend. "I had actually handed off my tennis coaching responsibilities just a few weeks before I came down with COVID," John said. "It was a blessing that I wasn't coaching when I got sick because I would have been in contact with so many students."

"The care I received from Bobbie Hendricks and Dr. Tim Almquist in the ER was fantastic!" John declared. "Once I was admitted, Dr. Campagna (Hospitalist) took excellent care of me as well and explained why it was important for me to be prone on my belly in order to breathe easier."

John also appreciated the follow up calls from DCH Nurse Sharon Johnson who not only checked in on his health but also assisted with securing his hospital notes for insurance billing.

"I admit that I was arrogant about COVID," John shared. "I have lost friends to the virus and watched others suffer much more than I did. I just thought that it wouldn't happen to me and that I wouldn't end up in the hospital because I rarely get sick."

The Mullen family has a long and positive history with the Washington hospital. "I was born at Daviess Community Hospital back in 1975, and my brother was born there the next year," said John. "Most of my family has been

treated at some point in this hospital over the past several years. I felt safe and well-cared for the entire time. In fact, I didn't want to leave when they discharged me because I was nervous about not having the hospital staff present to reassure me."

Nearly two weeks after his return home, John noticed pain in his foot which quickly worsened. "At first, I thought, maybe it is gout or something similar," he explained. "I went to the hospital for an ultrasound which showed blood clots in my foot - likely a random result of the unpredictable COVID virus."

John does not know where he picked up the COVID virus. He admits that he was never concerned about wearing a mask or getting vaccinated and figured he had probably already had it by now. John and Sarah now are considering getting vaccinated as soon as they are eligible.

"I admit that I was trying to avoid going to the hospital because I thought that they might judge me for not being vaccinated," John said. "I was so relieved that no one criticized or lectured me. They were kind and considerate as they gave me the individual attention I needed."

These days, John is back to his routine of teaching, scheduling and supervising athletics, and spending time with Sarah and the kids. He is grateful that his energy level is back to normal. John's breathing is still a bit labored and he continues to have slight fevers in the evenings, but claims each day is a little better overall.

"I can't brag enough on the friendly, compassionate people who cared for me during my stay at Daviess Community Hospital," John said. "My family trusts and believes in DCH. My parents and children have also had great care there over the years. I can sincerely say that I trust them with my life."

COVER PHOTO

John Mullen stands in the gym at North Daviess High School.



2021 HEALTH CAREERS SCHOLARSHIP RECIPIENTS

Daviess Community Hospital Foundation held the 2021 Health Career Scholarship Award Reception on Sunday, June 6, 2021. The recipients, special guests, hospital personnel, and Foundation Board members attended the reception in the DCH Education Center. Ten area students were recognized for their academic accomplishments and awarded scholarships totaling \$10,000.00 from the Health Careers Scholarship Fund. One student received a \$1,000.00 scholarship from the DCH Auxiliary. The Daviess Community Hospital Foundation also awarded one nursing student \$500.00 from the Helen Arthur Memorial Scholarship for Nursing.

Since the beginning of the scholarship program, 174 recipients have received \$195,350 in Health Career Scholarship awards from the DCH Foundation. Students from Daviess, Martin, and Pike Counties as well as employees and dependents of Daviess Community Hospital attending accredited educational institutions pursuing health care fields of study are eligible to apply.

Committee members Alicia Fields, DNP; Mark Bledsoe, Carol Olson, Jordan Sherman, Pam Williams and Marilyn McCullough were pleased with the caliber of applications this year. "There were so many great applications this year," said Alicia Fields, Committee Chairperson. "We are grateful to be able to give out these scholarships to such deserving students."

The following students were recognized at the reception.

Aubrey Lankford has been awarded a \$1,000 scholarship for a second year from the Daviess Community Hospital Foundation. Aubrey is the daughter of Kevin and Tracey Lankford. She is a member of the 2018 graduating class at Washington High School. Aubrey continues to pursue an Applied Medicine/ Pre-PA degree at Indiana State University.

Nine students were first year recipients of the Health Careers Scholarship awards of \$1,000 from the DCH Foundation:

Kallin Trambaugh has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Kallin is the daughter of Kyle Trambaugh and Sarah Mullen. She is a member of the 2021 graduating class at Barr-Reeve High School. Kallin plans to pursue a degree in nursing from the University of Southern Indiana.

Katie Wagler has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Katie is the daughter of Merlin and Phillis Wagler. She is a member of the 2021 graduating class at Barr-Reeve High School. Katie plans to pursue a degree in Occupational Therapy at the University of Southern Indiana.

Albany Walden has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Albany is the daughter of Ron and Misty Walden. She is a member of the 2021 graduating class at Washington Community High School. Albany plans to pursue a degree in nursing at the University of Southern Indiana.

Allyson Cline has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Allyson is the daughter of Brent and Amy Cline. She is a member of the 2021 graduating class at Washington Catholic High School. Allyson intends to pursue the field of Communications/ Science Disorders at Indiana State University.

Selena Mascorro has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Selena is the daughter of Dorothy Knepp. She is a member of the 2021 graduating class at Barr-Reeve High School. Selena plans to pursue a biology/pre-dental degree at Indiana University.

Isaac Barnard has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Isaac is the son of Anthony and Angela Barnard. He is a member of the 2021 graduating class at Washington Community High School. Isaac plans to pursue a biology/chemistry degree at the Indiana University.

Kylee Phillips has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Kylee is the daughter of Gordon and Michelle Phillips. She is a member of the 2018 graduating class at Princeton High School. Kylee continues to pursue a degree in exercise science at Indiana State University.

Isabella Thorne has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Isabella is the daughter of Dr. Marcus

Thorne and Dr. Jacqueline Graber. She is a member of the 2021 graduating class at Washington Community High School. Isabella plans to pursue a biology degree and will attend Villanova.

Jianna Hughes has been awarded a \$1,000 scholarship from the Daviess Community Hospital Foundation. Jianna is the daughter of Thomas Hughes and Jane Hughes. She is a member of the 2021 graduating class at South Knox High School. Jianna intends to pursue a nursing degree at Indiana State University.

Lindsey Jerger has been awarded a \$1,000 scholarship courtesy of the Daviess Community Hospital Auxiliary. Lindsey is the daughter of Jeremy and Jennifer Jerger. She is a member of the 2021 graduating class at Washington Catholic High School. Lindsey plans to pursue the field of nursing at Vincennes University.

Alandra Brinegar has been awarded a \$500 Helen Arthur Memorial Scholarship from the Daviess Community Hospital Foundation. Alandra is the daughter of Jennifer Brinegar and is a member of the 2020 graduating class at North Daviess High School. Alandra is currently a student at Indiana State University pursuing a degree in the field of nursing.

The Helen Arthur Memorial Scholarship Award honors Helen Arthur, a local resident who was unable to fulfill her desire to become a nurse after contracting tuberculosis. The scholarship recognizes the women of Omega Alpha Chi, a local homemakers group, who in 1954 established and named a Helen Arthur Memorial Educational Loan Fund for students pursuing medical careers. In 2006, the group gifted the balance of the fund to the DCH Foundation to support the scholarship program.

Photo (Left to right): Isabella Thorne, Isaac Barnard, Albany Walden, Allyson Cline, Selena Mascorro, Katie Wagler, and Aubrey Lankford.



DAVISS COMMUNITY HOSPITAL

For the year ended December 31, 2020

OPERATING REVENUE

Inpatient Revenue	\$42,816,718
Clinic Revenue	\$14,772,051
Outpatient Revenue	\$84,978,502
Total Acute Care Patient Revenue	\$142,567,271
Hospice Care Revenue	\$837,980
Total Revenue	\$143,405,251

DEDUCTIONS FROM REVENUE

Contractual Allowances	\$64,146,159
Charity	\$484,728
Bad Debt	\$3,039,253
Other Allowances	\$19,578,075
Total Deductions	\$87,248,215
Other Operating Revenue	\$9,557,259
Total Net Revenue	\$65,714,295

OPERATING EXPENSES

Salaries and Wages	\$23,351,919
Physician Salaries	\$3,166,850
Benefits	\$6,499,209
Fees - Physicians	\$5,050,111
Fees - Other	\$8,911,371
Physician Recruitment/Retention	\$64,440
Supplies	\$8,133,659
Utilities	\$1,149,587
Repairs/Maintenance/Rent	\$5,200,999
Insurance	\$650,184
Interest Expense	\$667,567
Other Expense	\$969,940
Depreciation and Amortization	\$3,399,704
Total Expense	\$67,215,540
Income from Operations	\$(1,501,245)

NONOPERATING REV/EXP

Other Expenses	\$963
Other Income	\$179,935
Total Nonoperating	\$178,972
Net Profit/Loss	\$(1,322,273)



DAVIESS COMMUNITY HOSPITAL *at a Glance*

EXPENDITURES

Salaries and Wages	\$26,518,769
Benefits	\$6,499,209
Professional Fees and Purchased Services	\$13,961,482
Supplies and Drugs	\$8,133,659
Other	\$8,702,717
Depreciation	\$3,399,704
Total	\$67,215,540

AS A % OF OPERATING EXPENSES

Salaries, Wages & Benefits	49.1%
Supplies and Drugs	12.1%
All Other Expenses	33.7%
Depreciation	5.1%

COST OF WRITE-OFFS

Contractual Allowances	\$25,207,366
Charity	\$190,482
Bad Debt	\$1,194,328
Other Allowances	\$7,693,550
Total Cost of Write-offs	\$34,285,726

Cost Per Day to Operate **\$174,838**

FOR EVERY DOLLAR CHARGED

Contractual	\$(0.58)
Charity	\$(0.003)
Bad Debt	\$(0.02)
Total Cost of Write-offs	\$(0.61)

REMAINING AMOUNT TO COVER OPERATING EXPENSES

Salaries, Wages & Benefits	\$(0.19)
Supplies and Drugs	\$(0.05)
Other	\$(0.13)
Depreciation and Amortization	\$(0.02)

440
TOTAL BIRTHS

1,557
TOTAL SURGERIES

115
REHAB
ADMISSIONS

18,627
RESPIRATORY TESTS

64,412
CORE CENTER VISITS
(PT, OT, ST)

253,425
TOTAL LAB TESTS

Imaging

23,223 TOTAL IMAGING

1,677 MAMMOGRAMS



9,789 VISITS

808 ER PATIENTS ADMITTED

TOTAL ER, INPATIENT AND OUTPATIENT ADMISSIONS

Outpatient

39,835
CLINIC VISITS

13,944
QUICK CARE VISITS

Employment

636

TOTAL # OF EMPLOYEES

466.1

FULL TIME EMPLOYEES

\$0 PROPERTY TAXES PAID

\$484,728
CHARITY CARE

DAVIESS ADVANCES RECOVERY ACCESS CONSORTIUM

Indiana University's School of Public Health has been awarded a \$1 million Health Resources and Services Association (HRSA) grant to bring mental health care and addiction recovery services to Daviess County, Indiana. The project's priority populations are residents living with an active addiction and individuals living in long-term recovery.

Daviess County, Indiana, is a designated Health Professional Shortage Area and Mental Health Professional Shortage Area. The Daviess Advances Recovery Access Consortium (DARAC) will address this shortage through its 15 consortium members, including four health care providers and two state agencies, with Daviess County Peer Recovery Services Program as the core operating agency. The project will implement and test the efficacy of a coordinated care model to increase the number of individuals receiving peer support services and mental and/or behavioral health services and reduce the number of emergency department admissions due to unintentional overdoses or other related substance use concerns.

This grant continues an extensive collaboration between the IU School of Public Health-Bloomington, the IU Center for Rural Engagement, and the Daviess County community, with support from the Indiana Office of Community and Rural Affairs, to develop a community health improvement plan and implement strategies to address the community's greatest health priorities.

"Community-academic partnerships are essential in creating participatory approaches to ensure that the voices of local residents are heard and represented in the development and sustainability of programs, administrative processes, and local policies," says Dr. Priscilla Barnes, associate professor in Indiana University School of Public Health-Bloomington's Department of Applied Health Science.

Consortium partners include REAL Recovery, DRPERK INC/Serenity House, Central Christian Church (Recovery Central), United Way of Daviess County, Daviess County Connections, Purdue Extension-Daviess County, Daviess County Economic Development Corporation, Mental Health Association of Indiana (Mental Health America of Indiana), Indiana Department of Health Division of Chronic Disease, Primary Care, and Rural Health, Daviess

County Hospital (dba Daviess Community Hospital), Good Samaritan Hospital (Samaritan Center), PACE Community Action Agency, Inc., Daviess County Community Corrections, St. Vincent Evansville—Ascension Health, and Indiana University Bloomington.

Jimmy Hay, president of the board of REAL Recovery, says, "We at REAL Recovery (Reaching Every Addict with Life) are very grateful and excited for the opportunity to be partners with DARAC and our community. The REAL Recovery Board invested a lot of time in building a recovery community organization. It is important that the voice of the people in recovery be heard. We need to ensure services are offered to help individuals in active use as well as for individuals in long-term recovery."

"I believe that the HRSA grant will greatly benefit and strengthen the community partnerships that have formed through the writing of this grant, and it will offer greatly needed resources for those affected by substance use and mental health problems," says Brian Peek, Director of Peer Recovery for Daviess County Community Corrections and certified Addiction Peer Recovery Coach (CAPRC II) and Licensed Addiction Counselor (LAC). "The partnerships of the consortium of Daviess County will also help change the attitudes and policies surrounding recovery and help create a better Recovery Oriented System of Care for our county."

Local leaders say mental health and addiction services have long been identified as an area of need.

"Our Community Health Needs Assessment (CHNA) is conducted every three years," said Angie Steiner, Director of Outreach Services at Daviess Community Hospital. "Based on survey responses, we have learned what the community's perception of needs is which has not always matched what the hospital identified. Mental health has ranked in the top five needs in the results of all three surveys since 2013. Substance use often is related to mental health is a concern for many in our community."

"The struggles of addiction and substance use are very evident in people who wind up in trouble with the law," said Diana Snyder, executive director of Daviess County Community Corrections. "There is not hardly an individual who goes through the court system that doesn't have an addiction."

Brian Peek serves as the director of Peer Recovery. He works through both community corrections and Daviess Community Hospital to help people with addiction get back on the right track. Peek has been in his role for 14 months and has already met with 135 patients.

“As a peer recovery coach, I am someone who has lived through addiction,” said Peek. “We use our lived experiences in addiction as a way of helping people. I help people who come through the hospital ER or ICU by getting them into a rehab or detox unit. We help them make that connection and then help them stay in recovery.”

Members of the DARAC group agree that this grant has helped create the consortium that has been needed to bring several entities to collectively gather resources in the community, reduce redundancy and strengthen the way we are dealing with substance use in our community.

In addition to the \$1 million grant through IU, Daviess Community Hospital and community corrections have also partnered with officials in Knox and Pike counties for an additional \$1 million grant through the state department of mental health. Daviess County’s portion will be \$432,000 spread out over 18 months.

“We are excited about both of these grants,” said Nancy Devine, DCH Chief Nursing Officer. “This is something very much needed here. We are grateful to have this money allocated here to better serve our mental health population and those who battle addictions.”

“This grant is targeted to get more peer recovery coaches into the Emergency Department to assist people with addictions,” said Diana Snyder. “It will also provide more services to people getting out of jail to help them stay in recovery. I don’t think this or anything else will ever eliminate all addiction in the community, but if we can help one person stay alive, stay off drugs, and live a successful life, it will be well worth the effort.”



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(Left to Right) Kiran Burla, MD, FACP, FAAP; Jessica Kavanaugh, FNP-C; Trisha Garrett, DO; and Susan Kraft, DNP, NP-C, COHN, CME

As of September 7, Dr. Burla and Jessica Kavanaugh are now seeing patients at the DCH Medical Clinic-Rural Health.

DAVIESS COMMUNITY HOSPITAL RECEIVES VALUABLE TRANSPORT DEVICE

Daviess Community Hospital recently received a valuable piece of equipment through a request for funding under the OB Navigation Infrastructure Grant which was awarded to the Indiana Rural Health Association (IRHA) and is funded by the Indiana Department of Health under the Division of Maternal and Child Health. Under the Indiana Department of Health application, the focus of this specific grant was to continue to focus efforts to reduce infant mortality in Indiana through supporting infrastructure costs incurred in the delivery of a robust home-visiting model to families.

A partnership between Daviess Community Hospital and the IRHA Healthy Start Communities that C.A.R.E. (HSCC) program has placed trained Perinatal Navigators to work one-on-one with residents in Daviess, Dubois, Green and Martin counties with a focus on reducing infant mortality. The new funding allowed for the purchase of a Pedi-Mate pediatric restraint device thus supporting this effort even further.

No one expects a medical emergency, especially when it involves otherwise healthy small children or infants. The DCH EMS crews' responsibility for a child's safety during transport is just as important as providing medical care. In many cases, the child's car seat may not always be available to use on scene.

For example, the patient may be in a store, at home with a babysitter, or the car seat may be too damaged

to use from a wreck. Assuring an infant or child's safety during EMS transport is not an option. The Pedi-Mate pediatric restraint device was selected based on interviews with several EMS services throughout the country, with an overwhelming consensus given towards this style of pediatric restraint. The Pedi-Mate restraint system will not restrict access to the patient for assessment and treatment, and it allows you to provide care while safely securing the child on the EMS stretcher. It is easy to clean, durable, and takes up very little storage space in the ambulance.

As the Perinatal Navigation teams (consisting of a Nurse Practitioner, Registered Nurse, and Community Health Worker) are in the homes completing home visits and providing services to the infants and families, an infant could be identified as needing immediate care. When this pediatric emergency need is identified and 911 is called, the Pedi-mate equipment is loaded into the ambulance. This Pedi-mate equipment would allow the infant to be safely transported to the nearest facility for further care.

The Pedi Mate + Pediatric Restraint System, designed for pediatric patients ranging in size from 10-100 lb (4.5-45.4kg), provides a quick and efficient way to safely secure young patients to almost any cot without having to purchase additional equipment or specialized seats. The Pedi Mate + is fully adjustable with a five-point harness system that securely holds patients, providing comfortable restraint for transport. Three straps easily attach the Pedi-Mate + to any cot.

For more information about Daviess Community Hospital services, please visit www.dchosp.org or call 812-254-2760.



Daviess
Community
Hospital

Emergency Medical Services
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Pictured (left to right): Ashley Burch (DCH EMS), Shawna O'Kelley Brinson (RN, Director of OB Services), Keith Miller (DCH CFO), JoAnah R. Wischmeier (RN, IRHA Program Director - Healthy Start Communities that C.A.R.E. (HSCC)), Desiree Lewis, (RN, DCH Perinatal Navigator), JoAn Cox (Certified Community Health Worker).

DCH FOUNDATION'S ANNUAL GOLF OUTING RAISES OVER \$30,000

Nearly one hundred golfers enjoyed sunny skies and warm temperatures which made the day nearly perfect for the 28th Annual Daviess Community Hospital Foundation Golf Benefit. This year's event was held on Thursday, August 12th at Country Oaks Golf Club near Montgomery, IN.

According to Angie Steiner, Director of the DCH Foundation, "Each year we have been fortunate to have many local and regional sponsors and individuals supporting our efforts through donations and players. Everyone comes together to support the Foundation and Daviess Community Hospital projects while having a fun day on the course."

The sponsors and individual players are vital to raising the funds for scholarships, but the event would not be possible without the volunteers to make it happen. This year, the list of volunteers included those who have benefited from past Foundation funding including scholarship recipients, healthcare professionals from the DCH Patient Navigator program, the CORE Center, Endocrinology and Oncology units. Each of the four tents on the course provided information about past projects, fun games, and refreshments for the golfers.

"It was great to see so many new and familiar faces assisting with this year's golf outing," remarked Chasity Matthews, DCH Foundation Board President. "They are an

outstanding group of people. The event was extremely well organized, which shows the dedication and hard work of those who put it together."

This year's event raised more than \$30,000 to support the many college students from our area who have chosen a career path in healthcare.

Just a few short months ago, twelve area students were recognized for their academic accomplishments and awarded scholarships totaling \$11,500.00 from the Health Careers Scholarship Fund. One of these scholarships was for \$1,000.00 donated by the DCH Auxiliary. One nursing student received \$500.00 from the Helen Arthur Memorial Scholarship for Nursing.

"We are grateful to those who supported this program through the golf outing this year and we look forward to engaging many in the community as we kick off our next project later this year for our 2022 Campaign," Angie Steiner remarked.

Next year's golf event will again be held on the second Thursday in August. For more information on the Foundation efforts, please contact Angie Steiner at 812-254-8858 or asteiner@dchosp.org.



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