

News 4 You

An Iron County Medical Center Monthly Newsletter

A Note From Joshua



First of all, I want to thank each and every one of you for your ongoing support of ICMC as we work to get things stabilized and turned around to ensure we have a strong and viable Hospital District for years to come.

We have been very busy, as you are aware, with Town Hall meetings, Insurance negotiations, CMS and the USDA advocacy, fixing of our Charge Master, and strategic planning for this coming year.

Today's message is one of hope, a time to look ahead at what is possible and where we want to go as an organization. We remain financially constrained, but there are positive changes happening. Our Town Hall Meetings went well and we are planning to continue them quarterly in the future, both externally and internally as we just did. It is imperative that each of you understand how your Hospital District is doing and where we are headed strategically. Our current strategy is to stabilize our financials and begin to turn things around through Fiscal Year 2018 (July 1st, 2017 through June 30th, 2018). Looking to the future we want to ensure that we are making good choices now that will benefit us both in the present and in the future. In light of this, we participated in the Bankruptcy Estate Auction for Southeast Health Center of Reynolds County. Our hearts go out to the many people who have been directly affected by their closure. This auction was an opportunity for us to make the best of a bad situation. We have been trying to slowly replace our aging beds in MedSurg and have been able to buy approximately 1 to 2 a year at a cost of about \$6,000 per bed. This auction had slightly used beds

that originally sold for about \$15,000 apiece. We were able to get 7 of them at a total average cost of about \$1,100 each. I want you to know that we financed this purchase and didn't pay directly for it as we do remain in our cash crunch. We will have this paid off by the end of the year though, and are excited that we were able to get the much needed, much newer beds to care for our patients. These beds will replace the ones we are currently using that are late 80's models. Thank you all who worked so very hard to make this happen!

Our Insurance negotiations continue to progress, with Anthem BCBS being the most recent one to work with us. They have even been open to our need to repair the CDM (Charge Data Master) which controls our pricing. While we do not yet know what final impact these negotiations will have on our Net Revenues (how much we actually get paid at the end of the day) we do know it will be positive for ICMC.

I am pleased to inform you that we are now seeing some movement from both Medicare and the USDA thanks in large part to all of you and your support in our letter writing campaign. We are looking at a "graduated" repayment plan option with both of them and should know fairly soon what the impact of that will be for our organization. Even without knowing the details of what they will offer, I can assure you that it will be beneficial to us in our efforts to stabilize our financials for ICMC.

So, while we anticipate it taking a long time (12-24 months) before we are more stabilized financially here at ICMC, I can honestly say things are looking up! There are no magical solutions to getting us back on tract overnight, but with due diligence, hard work and a great team, we can and will get things turned around!

Joshua Gilmore, CEO

August Birthdays

August 3 Marianne Arnold	August 6 Michelle Hampton	August 14 Aubrie Polk Nannette Allgier	August 27 Amy Casteel
August 4 Debbie Wade	August 9 Brenda Gott	August 18 Kayla Chamberlain	August 28 Betty Link
August 5 Sissy Gallaher	August 13 Kylee Fitzgerald	August 23 Christina Luksza	August 30 Catriona Walker Rhonda Martin



Barbecue Tips to Prevent Foodborne Illness

It's the season for picnics, cookouts, and other outdoor parties, but eating outdoors in warm weather presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important.

Wash hands

Wash hands well and often, with soap and water for at least 20 seconds.

Keep raw food separate from cooked food.

Don't use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.

Marinate food in the refrigerator

And if you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Don't reuse marinade that contained raw meat.

Cook food thoroughly.

To kill any harmful bacteria that may be present, use a food thermometer. Hamburgers should be cooked to 160°F & chicken should be cooked to at least 165°F.

Refrigerate and freeze food promptly.

Food should not be left out of the cooler or off the grill for more than two hours. Never leave food out for more than one hour when the temperature is above 90°F.

Keep hot food hot.

Hot food should be kept at or above 140°F. When re-heating food at the outing, be sure it reaches 165°F.

Keep cold food cold.

Cold food should be held at or below 40°F. Foods like chicken salad and desserts that are in individual serving dishes can be placed directly on ice or in a shallow container set in a deep pan filled with ice.

Have Content?

If you have content that you would like included in the next newsletter then please email details to Shaun Kerr - sakerr@icmedcenter.org no later than the 3rd week of the month for inclusion in the next month's newsletter. Examples of newsletter content could be a news article, an event or announcement.

Rosie Thompson

We would like to announce that we have hired Paula Rose Thompson, RN, BSN as our RN Case Manager. The RN Case Manager will fill the role of Swing Bed Coordinator, Social Services Designee, and Utilization Review Nurse for ICMC. Paula (she goes by Rosie...this helps us distinguish her from our other Paula Thompson!)

Brantley Hickman

The Executive Team is please to announce that Brantley Hickman, Financial Analyst, is being promoted to Controller effective July 21st. Brantley holds a B.S. in Business Management from William Carey University in Hattiesburg, MS. He joined the ICMC team in February 2015 with 7 years of business and finance Experience. Brantley, his wife Tiffany and infant son Carter have made their home in Ironton.

Amanda Pelikan

Amanda has been accepted into the RN Bridge Program at Jefferson College and will start next month. Way to go Amanda you're gonna do great!

Upcoming Events



ICMC will be having an Eclipse Party on Monday, August 21, 2017. The solar eclipse has been described as the "Great American Eclipse" as it will be visible in totality only within a band across the entire contiguous United States.



Iron County Medical Center is pleased to announce that we will be hosting an on-site health fair on August 5th, 2017. The goal of this health fair is to provide information about services available at our facility including surgeries, outpatient services, health screenings and our many specialty services. We will have food, drinks and various activities for all attendees, including children!



There will be a blood drive August 17th at the Arcadia Valley Elks Lodge, 204 McCune St., Pilot Knob, Missouri 63663 from 2-6pm.

Networking our Community's Healthcare Services

Iron County Medical Center's Executive Team is developing a plan to engage local healthcare providers and agencies that offer medical services within our area to take part in a health care network. Those that choose to take part in this network would partner together with a focus on ensuring continuity of quality care for patients choosing to use the various services each of us offer while also striving to offer as many of their healthcare service needs as possible right here, close to home. After all, improving health and healthcare outcomes takes ALL of us! If you have suggestions or connections to share in support of this initiative, please speak to an Executive Team member. Stay tuned for more news about this exciting whole health network initiative in coming months.