

HAYSMED

FOUNDATION NEWS

A publication of the **HaysMed Foundation** | 2220 Canterbury Drive, Hays, Kansas 67601 | Spring 2019

Little Wonders Happen Everyday at HaysMed



HaysMed Continuing Care and Pharmacy Associates work together to discuss resources available to help our patients. Pictured left to right: Dorothy Gideon, Shelbie Brooks, Kim Meier, Danna Krom, and Erin Hobbs.

Patient Education, Respiratory Therapy, Occupational and Physical Therapy, and Continuing Care are all involved in helping patients with identifying needs and securing resources. All of these departments work closely with the HaysMed Foundation which can help these patients pay for medication, transportation, testing, and equipment.

The Foundation also provides funding for patients at risk of infection to be dismissed with a thermometer to monitor their temperature, a subtle but important predictor of sepsis and septic shock. Handmade comfort care blankets are given to patients at HaysMed to use during their final hours. The blanket is wrapped with a card that reads, "Love wraps itself around the heart like a warm blanket of care." Donated funds in the care of the HaysMed Foundation, gifted material, and blankets HaysMed Associates and friends make these gifts possible.

These are just a few ways HaysMed and the HaysMed Foundation work together to improve patient outcomes long after dismissal. You can be a part of making every day little wonders by helping fund one trip to a scheduled radiation therapy appointment, one week of medication, one blood screening, or material for one Comfort Care Blanket. It is true that the big things are important, but it is in the daily care provided to each patient and each family in the small things that makes HaysMed a place of healing.

In Rob Thomas' 2007 song, *Little Wonders*, he refers to our lives being made of twists and turns of fate, small hours and little wonders. He alludes to the idea that the little things we experience each day make us who we are. When we think about the work of HaysMed and the HaysMed Foundation, we often think about the big things: multi-million dollar capital campaigns and room-sized pieces of diagnostic and life-saving equipment. It is true that these things are a big part of what the Foundation does, but there are so many Little Wonders that happen every day that can be defining moments to one person or family. Any one of us is one diagnosis away from experiencing a drastic change in our lives.

A recent patient was, upon discharge from their hospital stay, ordered by his doctor to have oxygen, medications costing \$93 out-of-pocket, and a wearable defibrillator costing \$600. All of these things were required for him to be dismissed safely from HaysMed, but having recently lost his insurance, he had no way to pay for these necessities.

Another patient living alone in a rural community had insurance coverage through Medicare and the VA. His discharge instructions required outpatient IV antibiotics and regular hyperbaric chamber treatments to save his leg. He had a vehicle, but due to his condition was unable to drive himself to his scheduled treatments.

Both of these patients were able to return to their homes knowing they have the tools they need. To ensure patients like these receive the continuity of care required for their recovery once they are no longer in the 24-hour care of HaysMed, multiple departments across the hospital coordinate to take care of these needs. Nursing, Security, Pharmacy,



The Continuing Care Department recently held a blanket drive and collected 70 comfort care blankets from Associates and friends. This project highlights our desire to give a little extra to someone who needs it.



Jeff Brull, Executive Director
HaysMed Foundation

The View From Here

For those fortunate to have known “The Audubon of Moths,” Dr. John Cody, it was not hard to grow in wisdom just being around him. To a class of eight-year-olds he once reportedly said, “Forget the condor, snow leopard, and panda. Pick some little musquash, guib, or buzzing thingamajig that nobody thinks about. Adopt it. Care about it. See that it gets what it needs: its food, its space, pure air, and good water. Succeed in that and the condor, snow leopard, and panda will be okay too.”

It can be easy to look at big problems as too complex and expensive for our limited resources to affect. We’d like to make a million dollar gift or volunteer to a cause about which we’re passionate, but we can’t find the time, energy, or resources. We tell ourselves we’ll wait until we retire or win the lottery. As Dr. Cody suggests, however, we don’t have to set out to solve world hunger or save the whales. Pick something you love right here in your own community. Nurture it, care for it, give it what it needs, and you’ll make an impact.

So many elements of healthcare can feel “too complex” or “too expensive” to feel like we can make a difference. The HaysMed Foundation was established to give anyone the ability to make an impact by stewarding resources, pooling them over time to make a difference in the lives of our neighbors and friends.

I’d like to close by welcoming our two newest board members, Mr. Chris Brungardt and Mrs. Nancy Curtis. We look forward to their experienced leadership in helping the Foundation achieve its goals, both big and small.

Bickle Philanthropy Award

Beginning this year, the HaysMed Foundation will bestow a special annual recognition to a benefactor that has demonstrated leadership through investment in the programs and people of HaysMed. It is fitting that this award serves both to honor its inductees as well as inspire the proliferation of their passionate support. This year’s awardees are Don and Chris Bickle. This special recognition will bear the name of it’s first honorees in perpetuity. The Don and Chris Bickle Philanthropy Award will be given each year at the HaysMed Foundation Black Tie Gala.



Planning Your Legacy

An old Chinese proverb says that the best time to plant a tree is twenty years ago, and the second-best time is today. If you didn’t take inventory of your assets and plan your legacy twenty years ago, you are not too late. The second-best time to do it is today. Even if you did do it long ago, experts recommend revisiting your plan every 2-5 years. A good plan can prevent your wealth from going to unintended beneficiaries, protect your heirs and save them taxes, and eliminate family disputes. Simply put: if you want your assets and your loved ones protected when you no longer can do it, you will need an estate plan. Without one, your heirs could face huge tax burdens and the courts could designate how your assets are divided, or even who gets your children. The HaysMed Foundation staff is able to help you identify opportunities to accomplish these goals while also providing for the future of healthcare in western Kansas.



Local artist Doloris (Pfeifer) Pederson recently donated the original oil painting “Lotusland” which she created while visiting the botanical garden of the same name outside Santa Barbara, CA. The gift hangs in the newly relocated Hospice area at HaysMed as a tribute of celebration to the artist’s parents, Pater A. and Rosa Pfeifer and their children. The Hospice department is currently located inside HaysMed’s Entrance C for more convenient access for families.



We celebrate National Doctor's Day each year to thank our HaysMed physicians for their commitment to providing expert and compassionate care for our patients. Our celebration is just one day, but our gratitude lasts all year long!

Free Community CPR Training

Saturday, March 23 at 10 a.m.
HaysMed Center for Health Improvement Gym,
2500 Canterbury Drive, Hays
Training is open to people 8 and older. Friends and Family CPR course is not for professional certification.
To register call 785-623-5500 or on-line at www.haysmed.com/education.

Opioid Epidemic – Our Community Response

The opioid epidemic is considered the deadliest drug crisis in American history. Every day 110 Americans die from drug related overdoses. Prescription and illicit opioids are driving the U.S. drug overdose epidemic – accounting for 66% of drug poisoning deaths nationwide in 2016 according to the Center for Disease Control.

The HaysMed Opioid Stewardship Committee is working on a number of strategies to reduce the negative impact of opioids in our community. One important response at HaysMed is to reduce the amount of opioids prescribed, in order to reduce and prevent opioid misuse. The committee recommends the YouTube video, *Rebekkah's Story*, which highlights the issue.

The Drug Enforcement Administration reports that 70% of people who misuse pain killers obtain the medication for the first time from friends or relatives. It is essential for the community to reduce the supply of unwanted, unneeded prescription opioids and other drugs with potential for non-medical use by participating in a take-back program.

In Hays, secure disposal sites for all unwanted medication are available at the Ellis County sheriff's department and at Walgreens. Walmart, Dillons, and HaysMed pharmacies provide patients receiving new opioid prescriptions (for example, for post-operative pain) with a packet of powder to make the prescription safe for disposal.

If you think someone you know may need help, there are resources available locally at Dream, Inc., Smoky Hill Foundation, High Plains Mental Health, and Central Kansas Foundation (Salina).



Secure drug disposal unit at the Ellis County Sheriff's Office, 105 W. 12th St, Hays

In Memory and In Honor

We respectfully recognize the names of family members, friends and HaysMed Associates who have been honored or memorialized through contributions to the HaysMed Foundation from November 1, 2018 through January 31, 2019.

Judith K. Armbruster *	Marion Dorzweiler *	Frank Hardwick *	Janet Mayo *	Russell Oplinger *	Gary Siek *
Goldie Barker *	Caroline Dreher *	Merle Hardwick*	Edmund L. McCabe *	Henry Ott *	Leonard Slater *
William C. Barker *	Bernice A. Dreiling *	Irma Herl *	Martha McCabe *	Irene Ott *	Mildred H. Snook *
Arthur R. Basinger *	Dennis Dreiling *	Alex Herrman *	Carol McCall *	Laurence Patterson *	Gerhart Spreen *
Nancy J. Bates *	Edna Dreiling *	Gilbert Herrman *	Walt McCall *	Eugenia Pfannenstiel *	Frieda Spreen*
Raymond Becker *	Elizabeth A. Dreiling *	Clarence Honas *	Maxine McClelland *	Mary R. Pfeifer *	Martin Staab *
LaVerne Berg *	Fred Dreiling *	Brad Horn *	Tom McClelland *	Thomas Rahul *	David Stahl *
John E. Bird *	T.J. Dreiling *	Irene Hrabik *	Lily Meier *	Dr. Richard Rajewski	Joseph Stahl *
N. Jean Bird *	W. Pat Dreiling *	Lydia Hynek *	David Mick *	Clarence Rathbun *	Marcelline Stahl *
Eudale Brack *	Nick Dreitz *	Christine Kelly	Carolyn Miller	Tina Rathbun *	Dean Stout *
Magdalene Brack*	Carolyn Engel *	Troy Kerby *	Samantha Miller	Judy A. Rohr *	Mike Strohl *
Jordan Brady *	Oscar Fear *	Edna Kern *	Stephen J. Miller *	Viola Rohr *	Leaa R. Teichman *
Wm. B. Bremenkamp *	Herman Fellhoelter *	Leonard Kern *	Wayne F. Miller *	Mary Lou Rome *	Donald Vistuba *
Steve Brown *	Edward Froelich *	Bertha Koerner *	Rev. William Miller *	Susie Ruder *	Jerry Walcher *
Fred Burgardt *	George Garvert *	Joseph Koerner *	Marjorie M. Misfeldt *	Tony Ruder *	Patrick Walters *
Rosie Burgardt *	Lenora Garvert*	Melvin G. Koerner *	Betty Mock *	Marvin Rupp *	Agnes Wannamaker *
George Butler *	Dennis Gerstner *	Fannie Kuehl *	Patricia Moran *	Renette L. Saba *	Larry Watson *
Norma Chittenden *	Ida Gerstner	Alfred Kuhn *	Della M. Neill *	Gustav Sauer *	Darlene Werhahn *
Brenda Crawford *	Myron Gerstner *	Dena Legere *	Paul North *	Charles Schmidt *	Dick Whittington *
Edna Degenhardt *	Chuck Glasco *	Delbert Leiker *	Erman Oelkers *	Steve Schmidt *	Ronald Wise *
Gilbert Deutscher *	Adolph Grabbe *	Gladys L. Long *	John Oelkers *	Eldon Schmidtberger *	Doris Wittuhn *
Alvera Dinges *	Roger Gray *	Robert Lowen *	Ethel Oelkers*	August Schonhaler *	Connie Zimmerman *
Robert L. Dinges *	Emily Rose Gross *	Gene Ludlow *	Lawrence Oelkers *	August Schonhaler *	Fern Zimmerman *
Wendelin Dinges *	Mary Jo Gubitoso	Tom Maday *	Lawrence Oelkers *	Edna Schonhaler*	* deceased
Pete and Lillian Dlabal *	James Gustin *	Tom Maday *	Dale Oldham *	Barbara Schumacher *	
Don Doerfler *	James Gustin *	Elizabeth Marqueling *	Ione Oldham *	Thomas Schumacher *	
Don Doerfler *	Magdalene Gustin *	Jacqueline Massaglia *	Grace Oplinger *	David Seibel *	

We hope you enjoy receiving the newsletter from the HaysMed Foundation. However, if you would rather not receive this publication, please call Jayne Inlow at (785) 623-5014 or e-mail her at jayne.inlow@haysmed.com, and we will remove you from the mailing list. By the same token, if you know others who would like to receive this newsletter, please ask them to let us know.

If you would prefer to receive this newsletter by e-mail, please send a message to jana.fross@haysmed.com and include Newsletter Subscription in the subject line. You will then begin receiving an e-mail directing you to the newsletter on-line.

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Go Red for Women® is the American Heart Association's national movement to end heart disease and stroke in women. The annual initiative is designed to increase women's heart health awareness. Cardiovascular disease is the #1 killer of women in America, more deadly than all cancers combined.

To bring awareness to this movement, HaysMed greeted guests with a red dress at the primary entrances during the month of February. Guests at the Bickle Family Pavilion were welcomed by this spectacular dress designed by former associate, Linda Glassman.



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