

# INsight

**Family  
Focused  
Issue**

**The Impact  
of Excellence**

Henry County Hospital  
2021 Annual Report

**Family  
Edition**

The Sandwich Generation  
*"A Generation Caught  
in the Middle"*

**Health  
Literacy**

Helpful Questions to  
ask your Doctor



# In the Community!

## EASTER BUNNY AND CAR SEAT CHECK



The Easter Bunny and the Henry County Health Department visited the hospital to perform car seat checks and to spread joy throughout our community.

## CPR

Napoleon Family Vision & Contact Lens Center attended



our first community CPR class hosted by Assistant Chief Frey from the Napoleon Fire Department. Check our website for more opportunities to attend.

## SENIOR HEALTH FAIR

Karen Westhoven, PA and our rehab team joined many at the Senior Center Health Fair to share education on physical and mental wellness.

## COMMUNITY GARDEN



We are ROOTing on the Girl Scouts as they undertake building, growing and distributing produce from the hospital's new community garden. We appreciate their hard work and dedication!



**PRENATAL CLASSES** – If you are expecting, you can take advantage of the free prenatal classes offered at Henry County Hospital. Classes are held monthly and cover everything from delivery to caring for your infant at home.

**SART** – Members from our Emergency Care Services team attended a conference focused on identifying signs of domestic abuse and sexual assault. We appreciate the team's dedication to caring for victims in our community.

## RELAY FOR LIFE



We were honored to be a part of Relay for Life of Henry County again this year. We are so appreciative of our staff members who donated lavish raffle baskets and the many community members who purchased tickets.

## Foundation Corner

The 1st Annual Henry County Hospital Foundation Golf Outing is in the books and was a huge success! A huge THANK YOU to the sponsors who supported the event, the golfers who came out for an afternoon of golf and the volunteers who gave of their time. Preliminary figures show that over \$36,000 was raised at the event. The CEO Challenge was a success and the \$2,500 was reached resulting in the match of another \$2,500. The money raised will go to Henry County Hospital to be used for technology and building improvements to ensure our hospital is always ready to care for the residents from our communities.



Thank you again for your tremendous support and mark your calendars Friday, July 14, 2023, so you can join us for the 2nd Annual Henry County Hospital Foundation Golf Outing.

Message from the  
**CEO**  
*Chief Executive Officer*

**FRIENDS AND FAMILY TAKING CARE OF FRIENDS AND FAMILY**

When you visit HCH, you will find a team of healthcare specialists committed to our mission: to provide quality healthcare and wellness services while emphasizing personalized patient care and excellent customer service. Every year, we see over 41,000 patients in our facilities, but no two patients are the same.

In every department, you will find a team of highly-skilled and dedicated physicians, nurses and clinicians who are committed to providing personalized care. That care is backed by advanced technology and a family atmosphere that makes us more than a hospital. Whether you are welcoming a new member to the family or experiencing a health issue, we have the absolute privilege of being with you on some of the happiest or hardest days of your life. We take that honor seriously, and constantly work to be an even better “Partner for Life.”

Throughout this issue, we cover topics that are important to families in our community. We hope you find the information beneficial as you prioritize your own family’s health and well-being.

Sincerely,

*Kristi Barnd*

Kristi Barnd  
 Chief Executive Officer



**TIPS FROM  
 HENRY COUNTY HOSPITAL  
 FAMILY MEDICAL CARE**

To schedule a wellness check, please call 419-592-1071

- 🍏 **Make Hand Hygiene Handy**
- 🍏 **Stay Active**
- 🍏 **Stay Up-to-Date on Wellness Checks & Vaccinations**
- 🍏 **Have Children Be Involved with Healthy Food Choices**
- 🍏 **Choose Water for Healthy Hydration**
- 🍏 **Make Sleep a Priority**
- 🍏 **Talk about Mental Health**
- 🍏 **Encourage Mask Wearing & Social Distancing**



**160**  
Providers

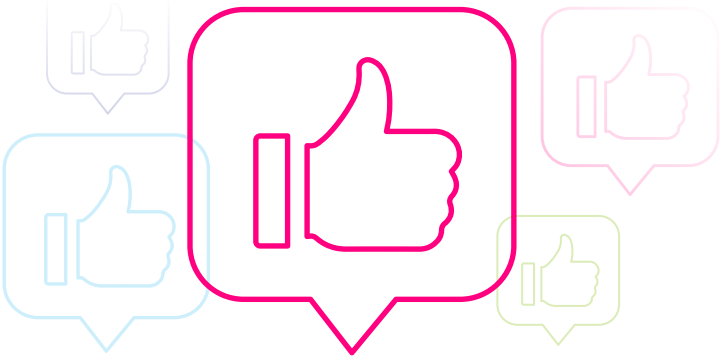


**310**  
Employees

**\$707,365**  
Total  
Charity Care




**\$37,421,416**  
Total Revenue




**33**  
Active  
Volunteers

**\$2,325**  
Donated to  
Guardian  
Angel



# The Impact of **EXCELLENCE**

*Henry County Hospital 2021 Annual Report*

**1,612**  
Outpatient  
Surgeries






**6,685**  
Emergency  
Care Visits

**843**  
Admissions




**2,174**  
Urgent Care  
Visits

**5,156**  
COVID-19  
Vaccines  
Administered

**3,300**  
COVID-19  
Tests



**88**  
COVID-19  
Hospitalizations

**44**  
Students  
Mentored






**\$6,869,416**  
Total  
Community  
Benefit

**\$186,748**  
Donated/  
Pledged to the  
HCH Foundation  
& Auxiliary




**\$123,054**  
Money Donated  
to HCH from the  
Foundation &  
Auxiliary

**162**  
Foundation  
Members

**821**  
Oncology  
Visits

**8,601**  
Laboratory  
Visits



**13,768**  
Radiology  
Visits





**9,248**  
Meals Served

**4,975**  
Physical  
Therapy Visits



**1,982**  
Cardiac  
Rehab Visits




**174**  
Births



## Meet our New Provider

### Henry County Hospital Welcomes New Certified Nurse Midwife

Henry County Hospital is pleased to welcome Kim Danser, Certified Nurse Midwife, to Riverview Women's Care. As a Certified Nurse Midwife, Danser is qualified to provide care for women in all stages of life.

"We are excited to have Kim join our team of women's care specialists," said Kristi Barnd, Chief Executive Officer at Henry County Hospital.

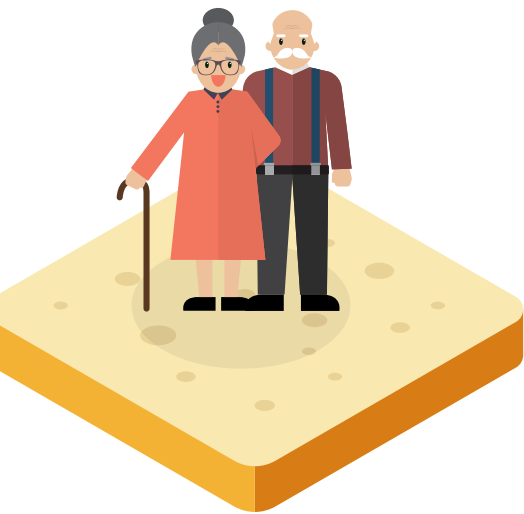
Danser earned an associate degree in nursing from Alfred State College, a bachelor's degree in nursing from Roberts Wesleyan College and a master's degree in nursing/midwifery from SUNY Stony Brook. She holds certification through the American College of Nurse Midwives and has birth doula training with Doulas of North America.

Danser has 27 years of experience in women's health care, working in labor and delivery and post-partum. She has also served as a lactation counselor. Prior to joining Henry County Hospital, Danser worked in women's health at Wyoming County Community Health System in upstate New York.



Danser is accepting new patients. To learn more about the services available at Riverview Women's Care at Henry County Hospital or to schedule an appointment, call **419-599-0055**.

# A GENERATION CAUGHT IN THE MIDDLE



Feeling caught in the middle of raising your children while also caring for an aging parent? You are not alone. Recent research shows that 1 in 7 middle-aged adults are simultaneously supporting their children while also providing financial, physical or emotional support for a parent. These individuals are part of what is known as the sandwich generation.

## **What is the sandwich generation?**

Adults who are part of the sandwich generation have a living parent aged 65 or older and are either raising a child under 18 or supporting a grown child. These superheroes juggle a staggering number of responsibilities that include managing financial obligations, transportation, meal planning, healthcare, and general housekeeping. Throw in a full-time career and it is no wonder that many in the sandwich generation experience high levels of stress and anxiety.

## **Who is taking care of the sandwich generation?**

While caregiving does have its rewards, it can also be a demanding role. Often, adults in the sandwich generation are so focused on taking care of everyone else's needs, that they often neglect their own health and well-being. To help members of the sandwich generation, Henry County Hospital Family Medical Care offers the following tips.

- **Take care of yourself:** It is difficult to take care of others when your own health is suffering. No matter how crazy life gets, it is important to make a commitment to eat right, get enough sleep, drink plenty of water and exercise regularly.

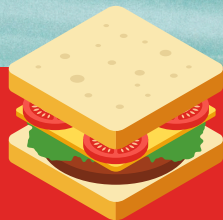
- **Find healthy ways to manage stress:** Don't lean on unhealthy behaviors to cope with stress. Consider healthy activities that clear your head and help you relax like taking a walk, meditation, reading a book or talking things out with a friend.
- **Ask for help:** Don't be afraid to lean on friends or family members when things get tough. Older kids can help with household chores, and other relatives may be able to provide transportation or help with grocery shopping. Don't have any volunteers? Consider hiring a housekeeper or have your groceries delivered so you can focus on your family.
- **Learn to say no:** Parental guilt or family expectations can make it difficult to say no, but it is important to choose your priorities carefully. Hold a family meeting to make sure everyone is on the same page and practice saying no to unnecessary requests or demands on your time.

## **Henry County Hospital Family Medical Care offers care for the entire family**

At Henry County Hospital Family Medical Care, we care for your family as if they were our own. From newborn babies to great-grandparents and every age in between, we offer individualized care all in one convenient location. Best of all, you get the same services you would expect at a big city hospital with the caring atmosphere you can only find in your own hometown. Visit [www.HenryCountyHospital.org](http://www.HenryCountyHospital.org) to learn more or call 419-592-1071 to schedule appointments for the entire family.



## THE SANDWICH GENERATION



The National Caregiving Alliance (NCA) published a national report titled *Burning the Candle at Both Ends: Sandwich Generation Caregiving in the U.S.* That report listed several statistics that paint an eye-opening picture of this hard-working generation.

- An estimated 11 million caregivers (28 percent of all caregivers) provide unpaid care to an adult while also caring for children living in their homes.

- Sandwich caregivers are often juggling work responsibilities in addition to caring for both an adult and a child in their home. They report dedicating, on average, 22 hours per week to caring for their loved ones.

- Sandwich caregivers often lack workplace benefits, such as paid leave, that might help them manage their multiple responsibilities.

- Caregivers living in rural areas find themselves with few supports or services, such as transportation (15 percent) and respite care (17 percent), meaning responsibility for performing these services falls on the caregiver.



## Henry County Hospital Urgent Care

is here to help you handle life's surprises. Unexpected illnesses and minor injuries can happen at any time, often outside of your regular doctor's office hours. That's where Urgent Care comes in.

### What to Know Before Your Visit:

- Urgent Care is open Monday-Friday, 9 a.m. to 9 p.m. and 11 a.m.-5 p.m. on weekends
- No appointment is required, just walk in
- Care is available to patients of all ages, no matter who your regular care provider is
- Urgent Care services are designed for non-life-threatening conditions

### When to Visit Urgent Care:

As the name implies, our urgent care department is here:

- For timely issues that don't require a visit to the emergency department
- When your doctor's office is closed and you can't wait until the next day
- Minor injuries, cuts requiring stitches and sprains & strains
- Rashes and hives, cold, flu, ear infections, diarrhea and other minor illnesses

**Call 419-591-3843  
for more information**

# Helpful Questions to Ask Your Doctor





## Helpful Questions to Ask your Doctor

Whether you are in the office for an annual check-up or to manage a chronic condition, take advantage of the opportunity to ask questions that can help you take control of your healthcare. Not sure where to start? Here are 10 questions that can help you identify good habits, change bad ones and make the most out of every appointment.

### 1. Am I up to date on my routine health maintenance?

Staying up to date on vaccines and routine health screenings is essential to maintaining a healthy and active lifestyle. They allow providers to detect health concerns early when treatments are less invasive and more successful. Recommended health screenings will vary based on your age, gender, health status and family history but typically include:

- Blood pressure measurement
- Cancer screenings
- Blood panels that measure cholesterol and glucose levels

### 2. Can you explain these test results?

Medical terminology and abbreviations can be confusing and make it difficult to understand your test results. Ask your provider to explain the results and how they will impact your healthcare plan moving forward.

### 3. What else could I be doing to stay healthy and prevent disease?

Your lifestyle choices have a significant impact on your overall health. Making the right ones can help prevent serious illnesses like heart disease, type 2 diabetes and certain types of cancer. Don't be afraid to ask your doctor for help with everything from eating healthier and exercising to quitting smoking.

### 4. What is my ideal weight?

Everyone's ideal weight is different and can depend on several factors. Your height, age, bone density and preexisting medical conditions all help to determine your ideal weight. Before you start comparing yourself to others, ask your provider what a healthy weight range looks like for you.

### 5. What are the side effects of this medication?

Every time you start a new medication, you should ask your provider about what side effects you might experience. If you are concerned about any of the side effects, ask if it is okay to stop taking the medication or if you should call your provider first.

### 6. I have been feeling overwhelmed lately and it's beginning to affect my health.

This one may not be a question, but it is an important conversation to have with your provider. Ignoring your mental health will eventually begin to negatively impact your physical health. Share your concerns with your provider and trust them to offer advice on healthy coping strategies or to refer you to a mental health professional.

### 7. Is there anything I should warn my family members about?

Family history is an important factor when it comes to healthcare. Many conditions, ranging from breast cancer to high blood pressure, are influenced by our genetics. It is important for you to know your family history, and to ensure that your family knows theirs as well. If you are diagnosed with a new condition or illness, make sure to ask your provider if your family needs to be tested too.

### 8. "What questions haven't I asked that I should have?"

Sometimes it isn't until you walk out of the office that you think of a question you should have asked. Before you leave, ask your provider what questions they would ask if they were in your shoes. Of course, if you do have a question that comes to mind after you leave, you can always call your provider's office and ask.

### 9. What is a reliable internet source for information?

We have all done it before. We walk out of the provider's office and immediately turn to Google for more information on a diagnosis. Before you start typing, ask your provider for a list of reliable resources you can research on your own.

### 10. How often should I schedule an appointment?

There is no one-size-fits-all answer to this question. If you are in good health, you may only need to see your provider once a year. However, if you have health concerns, like high blood pressure or prediabetes, your provider may want to see you more frequently to monitor your condition.

While some of these topics may be uncomfortable, remember that your doctor's office is a judgment-free zone. Your family, history, wellness goals and personal experience all help your doctor develop a comprehensive healthcare plan that focuses on you. Be your own advocate and don't be afraid to bring up topics that are important to you.





## HCH Patient Story: Jason Maassel

Jason Maassel never envisioned his family's Christmas morning festivities to include a visit to the Henry County Hospital emergency room, but in 2021, that's exactly what happened. After spending the prior evening enjoying the Christmas Eve program at church and driving around town to look at the lights, Jason realized he didn't feel well.

"I had a growing pain in my stomach that just wouldn't go away," he said.

He tried to eat, but that didn't help. When he woke up Christmas morning, the pain hadn't improved, and by 8:30 a.m., Jason drove himself to the emergency room at Henry County Hospital.

**"While emergency surgery wasn't in his Christmas plans, Jason is grateful he found the care he needed close to home."**

"Merry Christmas! I'm sorry I'm here," he recalled saying at check in.

A short time later, he was in a room and undergoing numerous tests. In just a few hours, the care team determined Jason's appendix needed to be removed, so surgery was scheduled for around 2:30 p.m. on Christmas Day.

Henry County Hospital's surgeons and staff are dedicated to providing quality care when it matters most. From common surgeries including general surgery, gynecology, orthopedic, pain management and urology to emergency procedures, the expert care close to home provides more than just convenience. It also makes it possible for patients to recover close to home, surrounded by their loved ones.

Despite the fact that it was Christmas Day, "They had all the tools they needed. They had all the people there they needed," Jason said.

By 6:30 p.m. that very same day, Jason's parents were there to pick him up and take him home.

"I went to the hospital at 8:30 in the morning, and I was home in time to watch the supper dishes get cleared, minus my appendix," he shared.

For the doctors, nurses and staff at Henry County Hospital, the calendar is not a factor. Providing excellent care is an everyday occurrence.

"I think I could have picked the 25th of any month, and I would have seen such great care. Right down the line, everyone was great. They were so calm, so I could be calm. They were helpful, so I didn't have to worry," Jason said.

While emergency surgery wasn't in his Christmas plans, Jason is grateful he found the care he needed close to home.

"When you start planning out Christmas for your family, nobody includes an emergency trip to the hospital. Because it was right here, I felt comfortable driving myself, that I could make it that far," he said. "I wasn't sure how long I was going to be there. My wife was able to stay home and enjoy Christmas, and that helped distract the kids."

Jason is also grateful he received such high-quality, personalized care.

"Henry County Hospital is not where someone goes to work a 9 to 5. It's where they go to provide outstanding care. It's a community-minded hospital. You're going to see some familiar faces there that you'll see around town," he said. "You're not Mr. Maassel. You're not the patient in room number five. You're Jason. I find that to be a great comfort, people that you know are taking really great care of you."



## EXTENSIVE Surgery Capabilities, Available in your Hometown

Our surgical team includes highly-experienced physicians and nurses to ensure you are receiving top-quality care that is individualized and compassionate. We understand that people feel apprehensive about surgery, and our goal is to make your surgical experience as comfortable and positive as possible. We perform many common procedures with personalized attention from preparation through recovery.

- Anorectal Disorders – Fistulas
- Breast Biopsy, Mastectomy
- Cancer (Breast, Gastrointestinal, Colon/Rectal)
- Appendectomy, Cholecystectomy
- Colonoscopy, Gastroscopy, esophageal dilation, hemorrhoid banding
- Excision
- General surgery – Bowel Resection
- Hernia repair
- Laparoscopic Surgery of GI Tract
- ENT (Ear, Nose, Throat)
- Gynecological surgery – Pelvic Laparoscopy, Tubal Ligation
- Hysterectomy
- Obstetric – C-sections
- Prolapse surgeries
- Orthopedic surgery – Total joints, small and large bone fractures, shoulder procedures
- Podiatric surgery - Surgery on the Foot  
ex: Bunionectomy
- Pain management
- Urological surgery – Cystoscopy, Ureteroscopy, Stents, Lithotripsy
- Vascular surgery – Vascular access, PICC, Midlines

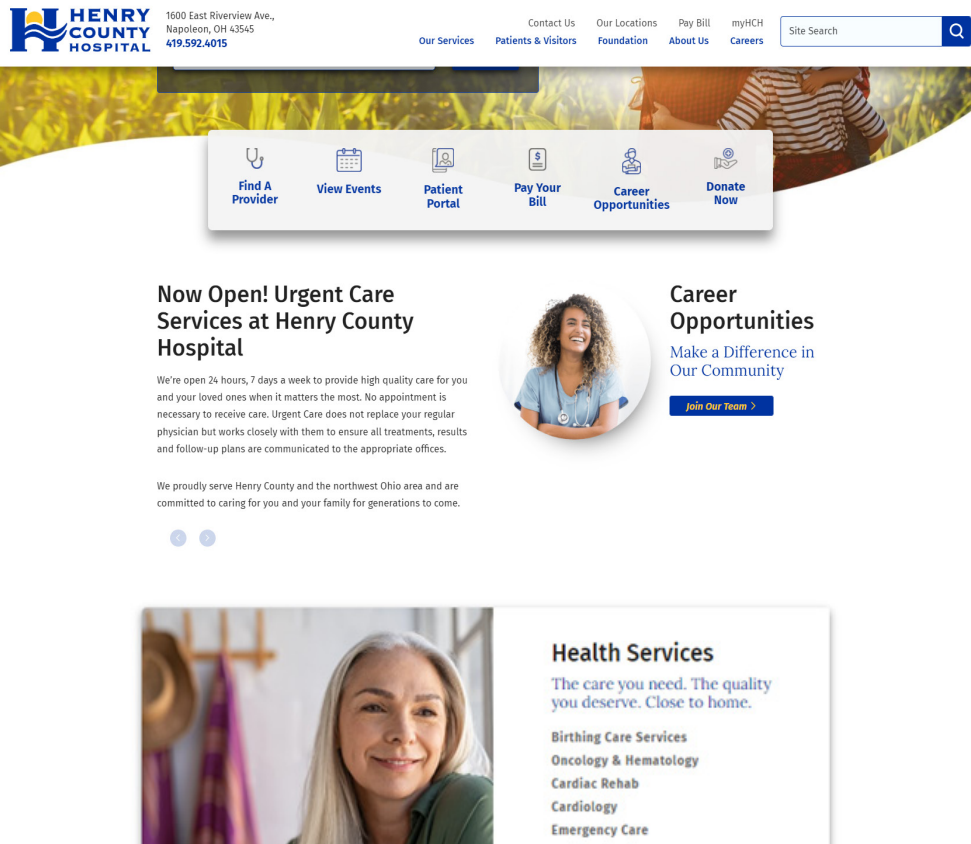
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# Be a Part of Henry County Hospital's Excellence!

Henry County Hospital has been awarded THE BEST PLACE TO WORK for ten years. Join us in delivering excellence in patient care and be a part of a team that treats you like family. Find open positions at [HenryCountyHospital.org](http://HenryCountyHospital.org).

## Benefits for full-time and part-time employees include:

- 401k matching
- Health, dental, and vision insurance
- Free life insurance
- Paid vacation time
- Paid sick time
- Weekend and shift differentials
- Free disability coverage
- Contingent staff bonus
- Pay for experience
- Career advancement
- Paid breaks for health
- Sign-On Bonuses for certain positions



**H**  
*Join Our Team*

Apply online at [HenryCountyHospital.org](http://HenryCountyHospital.org)

## Check out our new website!

The new HenryCountyHospital.org includes enhanced features that make it easier than ever to find trusted information on healthcare and wellness. New features include:

- **Find it:** Search capabilities make it easier to find providers and services
- **Be informed:** Relevant articles, providers and contact information are categorized by service line
- **Give back:** Make a gift to the hospital with ease through PayPal
- **Learn something new:** Valuable content, like information shared through the Insight, is also available