

Your Local Providers*Howard County Medical Center***Dr. Angela Brennan****Dr. Dan HARRAHILL****Dr. Jared Kramer****Kelli Platek, PA-C****Dr. Chris Tomhave****Roger Wells, PA-C**

Health Watch

Mission: Howard County Medical Center will provide quality, efficient healthcare.

Ronald Tagge: A Life of Service

**Ronald Tagge**

March of 2001 was a big month for Howard County Medical Center. During the month of March, Howard County Community Hospital merged with the Medical Clinic, and it was also the month that Ron Tagge joined the Board of Directors. Ron, who was appointed to the Board of Directors by the Howard County Commissioners, brought extensive financial experience to the position. He had worked with Swift and Company his entire career, and had experience in administration, finance, production and sales. "Ron served on the Howard County Medical Center Board of Trustees for ten years. His vast financial knowledge, experience with auditing and comprehension of government regulations was invaluable to our Board," states President Carol Schroeder.

During Ron's tenure on the Board of Directors, he had the opportunity to be involved in a variety of projects that included: a new Clinic addition and entry way that opened in 2008, changing to a different financial auditing firm, helping the facility to become dual status as both a government entity and a nonprofit organization, and many capital budget purchases including a new CT Scanner and OmniCell Medication dispensing system.

In addition to those projects, Ron helped to recruit and hire three different Chief Executive Officers. Arlan Johnson, who had previously been in the position of Clinic Director, was promoted to CEO after going through a rigorous interview process with Department Directors, the Medical Staff, and the Board of

Directors. "Ron and I were able to connect on a level that both of us had a lot of experience in, finances," states Johnson. "He had a unique awareness of the bottom line. He understood that it had to serve as a catalyst for future growth, but that is was also not always the most important number on a financial statement. He was never afraid to give his opinion, and you never had to guess what he was thinking. As a new CEO, I could always count on Ron to help me see things in the proper perspective. I will miss him."

The Medical Staff went through changes as well during Ron's time on the Board. Dr. Jared Kramer was hired in 2005, Dr. Angela Brennan in 2006, and Kelli Platek, PA-C, in 2010. Starting in 2009, the Chief of Staff started to regularly attend board meetings to serve as a spokesperson for the Medical Staff. This change helped to keep Administration, the Board of Directors and the Providers moving in the same direction with regards to budgets, equipment, purchases and the strategic plan. "Working with Ron was an experience that is almost hard to put into words. Ron brought a lot of passion and dedication to the board table and all his undertakings. In all his seriousness and focus, he also was quick to offer up a smile and his unique sense of humor. His exceptional qualities will truly be missed," states Dr. Jared Kramer, Chief of Staff.

In addition to being on the Board of Directors, Ron was also a Board Member for the Howard County Hospital Foundation.

"Ron had a commitment to excellence and dedication in always "doing the right thing" for patients, employees and providers. He was definitely passionate about his role, bringing humor and hospitality to the table as well," states Schroeder. "I will miss his "Hey Kiddo!," his friendship and laughter. We say good-bye to a wonderful human being."

Save the Date!

Howard County Medical Center will be hosting the annual Health Fair on Saturday, April 9, 2011.

Foundation Boosts Women's Health With Purchases



Dr. Brennan shows proud new mom Kourtney Kimminau her baby on the new portable ultrasound.

The Howard County Hospital Foundation set a lofty goal for their annual fundraising "Health Partners" program in 2010. The goal of fundraising \$42,000 was the highest goal ever to be set by the Foundation Board of Directors along with Foundation Director Dave Snow. "During uncertain times, it can be difficult to meet fundraising goals. We, however, had an incredible outpouring of support and were able to reach the lofty goal that was set nearly a year ago," states Snow. "We are overwhelmed by the support the community continues to show us, and we hope that it will continue into the future."

This year the Foundation was able to help purchase a portable ultrasound machine for the Medical Clinic, a bone density machine that will be used in the Hospital, and two new exam tables for the Medical Clinic. These purchases totaled just over \$60,000.

"The new ultrasound machine allows us to show the parents at each visit how much their baby has grown over the last month. It always makes parents feel better when they can see the baby. We do not use it for diagnostic purposes because we are not radiologists, but it does allow us to do basic functions of identifying the sex, position, and fluid levels. We are very fortunate to have this in our practice," states Dr. Angela Brennan.

"The portable ultrasound machine is a major upgrade from the portable ultrasound machine that was previously used in the Clinic," states Kathy Hurst, Clinic Director. "Now all Physicians will have access to this piece of equipment, and they are excited to be incorporating this into their practice."

HCMC took another giant step for women's health in the recent purchase of a bone density machine. The machine, which was installed the end of January, allows HCMC to schedule patients five days per week, as opposed to two days per month. "The test, which takes approximately 10 minutes, can be performed by the local Radiology department, and the results can be read by any medical provider," states Jillyn Klein, Radiology Director. "The machine will take scans of the hip and back, and each patient will receive an overall score. Being able to offer this service at any time will definitely have scheduling benefits for both our patients and providers," states Klein.

The Foundation will again start Health Partners in the spring. "The uncertainty of the changes in our industry based on the complexity of Healthcare Reform legislation makes it even more important for the facility to partner with our Foundation to make sure that there is money available to offer our current services and also expand our facility's outreach programs including new clinics and community wellness programs," states Arlan Johnson, CEO.

A Healthy Change

We have all heard the startling statistics: over 60% of all adults are overweight or obese, we work longer and exercise less, and that billions of dollars are spent each year in health care costs due to being overweight.

But what about the motivational ones? For example, a Harvard Alumni study indicates that walking an hour a day can increase one's life expectancy by up to two hours, or about two years longer than those who do not exercise. The American Heart Association also indicates that 30 minutes of moderate exercise, five days per week, can also reduce coronary disease in women by 30-40%, reduce stroke by 20%, prevent bone loss, and improves cholesterol levels.

"Getting started is the first step," states Jill Paulsen, Dietitian at HCMC. "Roger Wells, PA-C, made a great statement a long time ago, and I still use his comments for clients today. "He said, you need to make an appointment

with yourself. If you can make it to doctor's appointments, you can make an appointment to work out," states Paulsen. "At first, it can just be five minutes a day. It just needs to be something to get you started."

"You also need to work out for the right reasons: for a healthier, more fit life," states Paulsen. "The motivation has to come from wanting to do it for yourself and your family, otherwise it may not last."

"The average weight loss plan lasts about 45 days. Typically around Valentine's Day is where you start to see people drop off. It is important to know that statistic, and find something that can help to get you over the hump," says Paulsen. "Instead of thinking of it as a weight loss program, think of it as a lifestyle change. A tip for success is being accountable, so pick a partner to help you to stay on track. And most of all, be diligent and patient!"

Strong Financials Continue for 2010

Howard County Medical Center hired Tom Parish to join our staff in the capacity of Chief Financial Officer in October 2010. In addition to being a Certified Public Accountant, Tom brings over 40 years of financial experience to the position. Although Tom has only been at HCMC a few months, he has hit the ground running, and has made several observations regarding the financial soundness of HCMC that are detailed below.

- HCMC's profitability over the past two years has been stable. Net income has been around \$800,000. However, the percentage of net return has decreased from 6.8% to 5.8%. This has occurred even though our net patient service revenues have increased approximately 10% per year. The increase in net patient service revenues has been used to pay increasing operating expenses.

- Our financial goals are to minimize operating expenses and grow revenues through new services and increased utilization.
- Environmental changes that are increasing costs are coming from government mandates and new computer systems and technology necessary to provide patients with an electronic health record.
- A service based industry like healthcare requires a substantial annual profit to create the working capital necessary to provide the cash to purchase the manpower and equipment that is necessary to provide those services requested or needed by patients and families.

Quick Stats

(Data from 7/1/09-6/30/10)

• Total Hospital Registrations	23,473
• Total Admissions	454
• Total Patient Days	3,703
• Average Daily Census	10.15
• Newborns	49
• Surgeries	412
• Scopes	323
• X-Rays	2810
• Ultrasounds	673
• CT Scans	1358
• Lab Procedures	51,156
• Physical Therapy Modalities	12,539
• Occupational Therapy Modalities	1,522
• Medications Given	147,112
• Total Outpatients	22,549
• Dietary Meals	17,128
• Laundry Pounds	131,546
• Clinic Visits	16,756
• Total Employees	165

Condensed Balance Sheet

(in thousands)

	2010	2009
Current Assets	\$5,239	\$ 4,270
Assets limited as to use	\$1,961	\$ 2,170
Capital Assets, net	\$10,021	\$10,175
Other Assets	\$92	\$111
TOTAL ASSETS	\$17,313	\$16,726
Current Liabilities	\$2,038	\$1,528
Long-term Liabilities	\$6,173	\$6,881
Total Liabilities	\$8,211	\$8,409
Net assets-invested	\$3,243	\$3,006
Net assets-restricted	\$3	\$3
Net assets-unrestricted	\$5,856	\$5,308
Total Net Assets	\$9,102	\$8,317

Highlights for the last fiscal year include:

- Net assets increased by \$785,000, or an 9.4% increase
- Net patient revenue increased to \$13,525,000, up approximately \$1,236,000 from the previous year
- Financial assistance granted to underinsured or uninsured totaled \$245,078
- Salaries, wages and benefits totaled \$7,648,000
- Long-term liabilities decreased by approximately \$709,000 which was due to scheduled and early bond payments
- As with previous years, the hospital has not received any county funds to help with operational costs

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Howard County Hospital Foundation

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Returning To Your Roots



Kelli Platek, PA-C

Choosing to work at Howard County Medical Center was not a tough choice for Kelli Platek, PA-C. “From the beginning, I knew that I wanted to practice in a rural community. I chose St. Paul because I am very familiar with not only what a wonderful community it is, but also what a great place it is to raise a family,” states Platek.

Platek, who graduated from St. Paul High School in 2003, went on to attend college at the University of Nebraska at Lincoln. She majored in biochemistry, with a minor in mathematics, and graduated in 2007. From there, Platek finished her graduate studies at the

University of Nebraska Medical Center in Omaha, where she graduated with a Masters in Physician Assistant studies in 2009.

“Kelli chose to do a clinical rotation at our facility during her final year, and she did a great job. We were fortunate enough to be able to recruit her back to her hometown, and add her to our already outstanding medical staff,” states Arlan Johnson, CEO.

Kelli knew from a young age that she wanted to work in the medical field. “I knew that I wanted to work in medicine, I just wasn’t sure which area. I started to job shadow in several different areas including family practice, pharmacy and radiology,” states Platek. “Then I decided to shadow my own childhood provider, Roger Wells, PA-C. I had such a positive experience, and I knew right away that it was the profession for me.”

Kelli also has great advice for those that are interested in be-

coming a Physician Assistant. “Stick with it; because after all the classes, tests, and rotations, you will find a very fulfilling profession, and one that is completely worth the time spent.”

Family: Jeff, Husband
Baby Platek (due in April)

Favorite Vacation Spot: Mexico

Hobby: Reading fiction novels & running

Favorite Restaurant: Lo Sole Mio or Johnny’s (both in Omaha)

Things on your bucket list?

I would like to visit every state, and several different countries, including Ireland, Germany & England.

Something people don’t know about you:

I worked as a waitress at an Italian restaurant while obtaining my undergraduate degree.

Profession Kelli would choose if not a PA?
Elementary School Teacher