

The Heart of a Healthy Community

MERRY CHRISTMAS TO YOU AND YOURS

Merry Christmas, happy holidays to you all and welcome to the busiest time of year for Santa and his elves! There will be opportunities to spoil your diets, travel, visit with friends and family and prepare to write 2020 (WOW!) for the upcoming year. This will be my 37th Christmas in Perryton with my Ochiltree General family. Just like all families I take a moment to stop and remember those

they have been in many hospitals, but none give the care with a personal touch as well as OGH. I have seen the effect of a smile, word of encouragement, or a hug transcend and enhance what any medication, IV fluid, or breathing treatment can do. That personal touch is there every day in every department at OGH. OGH has added a myriad of laboratory tests, advanced CT scanning, onsite

Jay Blasingame as well as Orthopedic Surgeon Dr. Cuyler Dear to our staff to provide care locally that normally would have been sent out of town. Local medical personnel will be manning the Emergency Room to care for emergency needs. Our hospital Board of Directors and Building Committee are working to make the needed additions and remodels to our facility in a timely and financially



Featured in the latest edition of the annual Ochiltree General Hospital Christmas photo are OGH Board member Steven Waide, Dr. Rick Siewert, OGH Auxiliary member Jean Pshigoda as well as 2019 Employees of the Month Kaleb Hooper, Lynsey McAnally, Karel Espinoza, Deirdre Floyd, Maria Avalos, Dyan Harrison, Alejandra Villalba, Jerra Lowrey, Nick Mancari, Kevelin Becerril and Judy Valenzuela.

we have lost in passing – Dr. Betty, Dr. Waide, Dr. Christopher, Lawrence Ellzey, Betty Clark and Adam Day – and to retirement or moves – Dr. Chase, Judy Russell, Diane Douglas and Irma Morales – among many others. The list is long. Memories of covered dish department holiday celebrations, decorations, and employees wearing holiday clothing, Santa hats or antler headbands. Wondering who was going to be this year's Santa at the OGH Christmas party and who will be roasted for Dr. Childers' annual award. It is a very busy time of year medically speaking as well with Pneumonia, Influenza, allergies, depression/anxiety and – as always – lots of babies. Through it all the hospital is ready, willing and able to assist each patient providing the best personal care anyone can imagine and experience. Never a day goes by that I don't hear someone make the comment

MRI scanning, and new respiratory treatments. They have updated the labor and delivery rooms as well as medical patient rooms to rival any hospital in the Panhandle, but in my opinion it is the employees who care for each patient that truly make the difference. You can't buy or remodel that. Two things that affect every business and its employees are change and teamwork. Change is a fact of life that we sometime have little control over. Teamwork is an attitude and a way of life that must be worked toward every day. If you want to witness a great example of teamwork, walk into OGH with a need and see that team pull together to care for you. Your issues will be resolved. Despite having the most stable medical staff in the Panhandle – with over 100 years of primary care experience between them – there are changes coming. In the next year, we welcome General Surgeon Dr.

responsible way. The capital campaign is on target to reach the \$5 million local goal needed to apply for grants from regional, state and federal sources. Change is coming, as we all know. OGH is going to be ready. The teamwork to make it all work is already in place. So I give thanks for the work being done by everyone from the Board of Directors to the CNAs working the floor and everyone in between. I can't imagine Mr. Lawrence Ellzey, Dr. Waide or Dr. Betty not being very proud of what they are seeing happen. From Christmases past, present and future, we count our many blessings and wish you and your families all the best throughout this holiday season. 🌿

HO, HO, HO!

*Dr. Rick Siewert
Chief of Medical Staff*

CAPITAL CAMPAIGN UPDATE

A community is only as strong as the health and well-being of the individuals who live there. As we prepare for the years ahead, it is our mission and goal to ensure that our residents have access to the highest quality healthcare.

When this campaign was launched, we informed the community of three of our own physicians returning home. Dr. Blake DeWitt is now in practice and settled in at Dr. Claude Betty's former clinic while General Surgeon Dr. Jay Blasingame and his family will be moving home this summer. And Orthopedic Surgeon Dr. Cuyler Dear started here at OGH in September. These factors make the campaign a true reality.

We are focused on you and your family by continuing to provide access and affordable, high-quality medical care in the Texas Panhandle. This campaign is designed to include updates to the

surgical suite, clinic space, laboratory and pharmacy to optimize the hospital space for the next 50 years. We will also respond to the need for increased outpatient space for optimal growth. The campaign leadership has stepped up to ensure the seed gifts are in place. We have raised \$3,123,142.52 in gifts and pledges which includes a \$1 million matching gift from an Ochiltree County family. We are getting closer to the \$5 million local goal needed to qualify the hospital for state and federal grants. The hospital has retained the Merchant McIntyre Associates in Washington, D.C. to assist with federal grants. Within the federal government's \$4 trillion budget, there is significant funding that matches OGH healthcare priorities through competitive and discretionary grant programs. Over the next two months, the OGH Board, staff, Foundation and Campaign Committee will be working with Merchant McIntyre leadership to

finalize the federal grant plan. We need your commitment as many of these grant dollars are dependent on a local match. Coupled with individual and corporate gifts, we have the opportunity to effectively compete on the local level. All of this is positive news for OGH, but your support at all levels is the key to success.

The Campaign Committee is also planning some activities and events that you will be contacted about soon. We will be honoring Ochiltree County women who have made a significant impact on healthcare here in our community over the past 50 years. We thank you for considering an initial gift or upgrading a gift to help us reach the \$5 million in local support that we must meet to move forward. 🌾

Sincerely,
The Capital Campaign Executive Committee

The Holiday Shuffle

As the holidays approach, we often find ourselves overwhelmed by obligations. The decisions we have to make about visiting family and continuing traditions. Through each phase in our life we have to transition and recreate our holiday activities. Transitioning to a different sense of "family-ness" is flexibility we create during adulthood. This flexibility helps to minimize stress and create new traditions that nurture our hearts as well as our loved ones. As children we are a part of our parent's yearly traditions. They play a large role in our views of the holiday seasons. As we age, marry, and have children of our own, the holidays may become stressful due to not wanting to break "our" traditions. Being able to juggle multiple family functions on the same day is a struggle many can relate to. One strategy that may help is to decide what your priorities are for your immediate family. What traditions do you want to have with your children that they can carry with them throughout their life? If it is important

to spend Christmas morning at home with your children, communicate that with extended family members. It does not hurt to have a boundary that your family will not be able to attend events until lunch time.

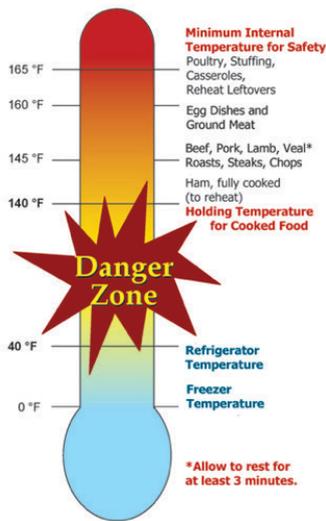
Another strategy that has assisted many is being flexible about dates. It does not come down to two or three days on the calendar, we have the whole season. Communicating with family about prior obligations and setting dates for seeing one another can decrease stress. The purpose of the holiday season is to see our loved ones and share life with them. If we get too focused about the date on the calendar and having to see each person on these specific dates, we can set ourselves up for disaster. We may end up emotionally and physically exhausted. Looking at the calendar and finding a time when you can travel to see parents, grandparents, siblings, etc. throughout the entire season may ease the tension and allow for more enjoyable times. Eating at one home, rushing to another (eating

again), and then running out to yet another meal, is a stress that can be avoided. Remember to communicate with your family as early as possible about their plans and expectations for the holidays. It may be that one part of your family can only meet together on a certain day due to flight schedules, etc., while others might be more flexible. The sooner you discuss these things, the better. Knowing what everyone else has in mind will help you develop a schedule that will hopefully include everyone.

We all desire a stress free and fun holiday season. We all want to share life with our loved ones. Open communication about needs and desires will assist in achieving these goals. Our hopes here at Ochiltree General Hospital this Christmas is for our community to be showered with support, love, and blessings. 🌾

Candace Lizardo
Crossroads Director

HOLIDAY FOOD SAFETY



As important as it is to ensure Mom's Green Bean Casserole is on the menu or to take out the holiday ham before it burns, it is most important to make certain your holiday meal is safe to eat. According to the Centers for Disease Control and Prevention (CDC), foodborne illnesses alone account for at least 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in the United States. Although no one is immune from exposure, those at

greatest risk for developing a foodborne illness are pregnant women, small children, older adults, and individuals with compromised immune systems including those with autoimmune disorders, diabetes, liver and kidney disease, organ transplants, and those receiving chemotherapy or radiation for cancer.

The top five foodborne illnesses reported each year are Norovirus, Salmonella, Clostridium perfringens, Campylobacter, and Staphylococcus aureus (Staph). Symptoms of these illnesses, most of which come and go in less than 24 hours, range from mild to severe gastrointestinal distress and fever. However, in the most severe cases or in immune-compromised individuals, these symptoms can lead to dehydration and death if not treated immediately. Considering most of us have at least one or more of these at risk individuals in our families, it is important to use the following method to help make sure the food served this season is safe for all!

The Clean > Separate > Cook > Chill Method

1. **Clean** - a. Wash your hands with soap and water – Before: handling any food, utensils and cookware. After: handling any raw meat, fish or poultry, eating, drinking, smoking, using the restroom, and washing dirty dishes.
b. Clean and sanitize all preparation surfaces immediately after handling raw meat, poultry and fish.
2. **Separate** - Use a separate, clean cutting board and knives for raw meat, poultry and fish than you would use for fruits, vegetables, breads, cheeses, and other ready to eat food. If you only have one cutting board, chop all your veggies first and save the raw meat for last.
3. **Cook** - Use the Safe Temperatures Chart to ensure all your food is cooked to and held at a safe temperature.
4. **Chill** - Store all leftovers in the refrigerator immediately. Do not leave food sitting out in the Danger Zone and make sure leftovers are reheated to an internal temperature of 165°F. 🌾

Have a happy (and healthy) holiday,
Tamren Terhune
Registered Dietitian

Employee Spotlight

BIRTHDAYS NOVEMBER AND DECEMBER

Olga Marrufo - Nov. 2	Misty Lira - Nov. 22
Tiffanie Lucero - Nov. 3	Tiffany Robicheaux - Nov. 24
Matt Thornton - Nov. 5	Lupe Cervantes - Nov. 28
Karel Espinoza - Nov. 7	Judy Valenzuela - Nov. 28
Opal Romero - Nov. 8	Nancy Gonzales - Dec. 9
Maria Ontiveros - Nov. 9	Edna Carnero - Dec. 12
Buddy Hopper - Nov. 10	Krystine Ramsey - Dec. 16
Tracie Martinez - Nov. 10	Deryenda Overton - Dec. 17
Jamie Bentley - Nov. 19	Emily Marquez - Dec. 19
Jerra Lowrey - Nov. 19	Candie Pickett - Dec. 19
David Smith - Nov. 20	Ana Tarango - Dec. 23
Denise Rojas - Nov. 21	Hannah Mayfield - Dec. 27
Kristi Brown - Nov. 21	Faviana Camacho - Dec. 28

OGH ANNIVERSARIES NOVEMBER AND DECEMBER

Jessica Arredondo - 1 Year	Maria Estrada - 4 Years
Alyssa Frame - 1 Year	Buddy Hopper - 7 Years
Nancy Gonzales - 1 Year	Candie Pickett - 18 Years
Gerardo Rosales Jr. - 1 Year	Suzanna Jarrell - 27 Years
Deisy Chairez - 3 Years	Yolanda Garcia - 36 Years
Hayle Hill - 3 Years	

OGH ROCKSTARS

Valeria Najera	Bree Stamps
Josie Corral	Hilda Zapien
Yesenia Herrera	Reyna Ortiz
Martha Esquivel	Ciera Smith

FROM THE OGH KITCHEN

DARK CHOCOLATE TRUFFLES



INGREDIENTS

- 4 Egg Whites
- 1/2 tsp of Cream of Tartar
- 1 cup White Sugar
- 1/2 tablespoon Vanilla
- 1/2 tablespoon Mint Extract
- Christmas sprinkles
- Gold Sugar Pearls
- Green Food Coloring

To prepare: Preheat oven to 225°. Cover a baking sheet with non-stick spray, or use a slip mat. Use a stand mixer to whip the egg whites for a few minutes, until they are frothy. Gradually add in the sugar, then the cream of tartar, then vanilla and mint. Now add in green food coloring until you have reached your desired shade. Fill your icing bag or decorator tool with the meringue mixture. When squeezing it out, move in a circular motion and press down gently. Cover with Christmas sprinkles and place golden pearl on top. Bake for 45 minutes, or until edges have started to turn slightly brown. Eat immediately or store in an airtight container for up to 1 day.

HOMETOWN HEALTHCARE PROVIDERS



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3101 Garrett Dr., Perryton, TX



Corina Ramirez, FNP-C
Advanced Nurse Practitioner
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EMPLOYEES OF THE MONTH

Each month Ochiltree General Hospital recognizes one outstanding staff member for their dedicated service to providing quality healthcare in our community. Since September, two more well-deserving staff members have been honored by being named Employee of the Month. The Employee of the Month for October is Jerra Lowrey who has been manager of the Perryton Health Center and DeWitt Family Practice since January 2019. The Employee of the Month for November is Nick Mancari who has been a part of the IT Department at Ochiltree General since October 2017. 🌾



CONTACT US

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Would you like updates from Ochiltree General? Email lmcanally@oghtx.com to get on the Ochiltree General eList.