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“Gordon Memorial Hospital Hosts 4th Annual Healthy Living Fair”

For more information visit
www.gordonmemorial.org

It's here! Log on NOW to our Gordon Memorial Hospital Patient Portal

Step 1

Through self enrollment on the patient portal tab at gordonmemorial.org. You will need your Medical Record Number, as well as have previously provided us with a valid e-mail address. Your information needs to match EXACTLY what is on your Medical Record.

Step 2

An e-mail will be sent to your e-mail account with your login password and user name. Click on the link and set up a new user name and password.

Step 3

Accept the user agreement and you can view your health record, profile, and see upcoming appointments!

The Patient Portal is a web-based system that serves as a secure communication link between you and the clinic and Gordon Memorial Hospital.



For any questions or more information about our patient portal, please call 308-282-0401 or visit www.gordonmemorial.org



You can now:

- Request appointments
- View and manage your medical records
- Exchange secure messages with our staff (coming soon)
- Access forms before you arrive at our office
- View recent visits
- Update your demographic information

Your Name Here

What's New Within the Last 7 Days

- You have new Result activity.
- You have new Medication activity.

Recent Visits			
Tue, Apr 01, 2014		Recurring	DIABETIC EDUCATION
Mon, Mar 31, 2014	1:00 pm	Recurring	DIABETIC EDUCATION
Wed, Jan 29, 2014		Clinical	



Gordon Memorial Health Services had great success in the fourth annual Healthy Living Fair. Vendors included Peterson Drug, Gordon Countryside Care, Bountiful Baskets, Gordon Vision, Griff's Compounding, Clara Cohen, SNAP, Stacy Meeks, Northwest Community Action Partnership, Physical Therapy West, Cowboy Trail, Western Community Health Resources, Funk Chiropractic, Boy Scouts, Eagle Medical Services, Diagnostic Sleep Solutions, Gordon Chiropractic, Western Nebraska Behavior Health, Aging Office of Western Nebraska, Airlink, Missouri Breaks, Gordon Volunteer Rescue Squad, Arbor Health, ESU #13, Panhandle Public Health District, Super Foods, PILS, LiveStrong, Sheridan County Sheriff's Office, DOVES, Disability Rights, Proteus, and Prescription Assistance.

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In addition to the great vendors, countless hours of preparation and help has gone into making the Healthy Living Fair what it is thanks to all of the Gordon Memorial Health Services employees. Gordon Memorial Health Services Department vendors included Laboratory, Respiratory Therapy, Cardiac Rehabilitation, Radiology, Wound Care and Diabetic Education, Pharmacy, Patient Portal and Cassie Banks, DNP. "A lot of man hours, and hard work go into this, as well as a lot of coordination between Gordon/Rushville High School, Medical Explorers, and TJ Moore," said Tracey Baseggio, Gordon Memorial Health Services Health Fair Coordinator, "we look forward to what next year brings!" For more pictures visit www.gordonmemorial.org.

"5 Spring time tips for an allergy-free home"



Our Respiratory Therapist, Gaye Chercus, RTT, gave some tips on making this Spring allergy free! For information about our Respiratory Therapy department call 282-0401.

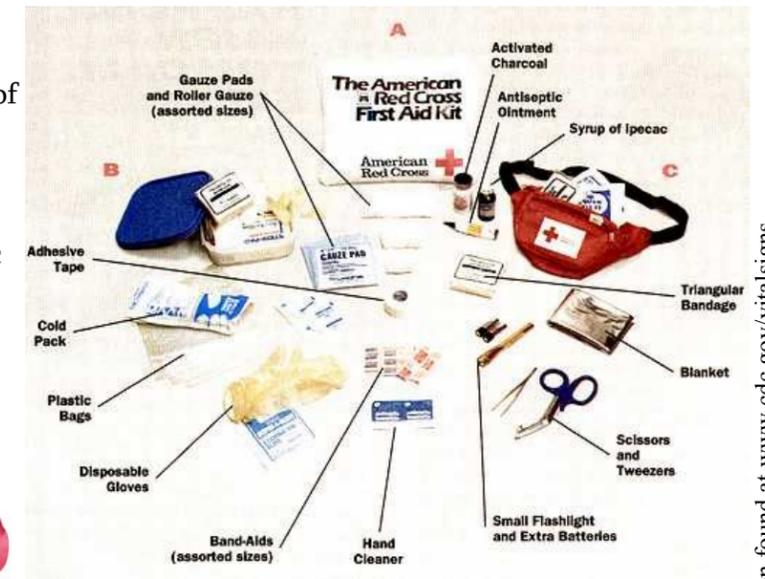
- Clean or replace furnace air filters so they trap allergens.** Have allergies but want to keep your pet? Wash the dog once or twice a week. Keep bedrooms pet-free. Have as little carpeting as possible; dander and allergens can accumulate. Keep pets out of guests' rooms and, if necessary, confined to another area of the house, such as the basement.
- Mites are everywhere,** but you can reduce their numbers by getting rid of carpeting in your home. If you can't remove carpet, then vacuum regularly. Remember upholstered furniture and drapery as well as carpet. Use a vacuum with a hepa filter to avoid stirring up allergens into the air from your vacuum's return vent. If you have asthma, have someone else vacuum.
- Pay attention to the weather report.** If pollen and mold counts are high, or if it's windy, stay indoors as much as possible, keep your windows closed, run the air conditioner or dehumidifier, and don't hang your clothes outside to dry.
- Remove the food source** for bugs and roaches by keeping your kitchen counter and floors clean and free of crumbs, cleaning your microwave frequently and storing food properly.
- Having a springtime event?** Ask guests about food allergies before planning your menu. Even trace amounts of an offending food can trigger a reaction. Know what is in each dish and avoid cross-contamination by thoroughly washing utensils, cookware and food storage containers between uses. Limit fragrant candles, plants and potpourris. Apply perfume conservatively. Don't burn wood in the fireplace as smoke and ash can trigger asthma issues. Require guests who smoke to do so outdoors.

"Being Prepared for Unpredictable Spring Weather"

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events. You should have on hand:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation plan, with routes to safety from each room.
- A List of Important Numbers and Information including insurance and property information, telephone numbers of utility companies and medical information
- A first aid kit including: non-latex gloves, assortment of adhesive bandages, antibiotic ointment, sterile gauze pads in assorted sizes, absorbent compress dressings, tweezers, scissors, adhesive cloth tape, aspirin packets (81 mg each), First aid instruction booklet.
- A 3-5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car



Information found at www.cdc.gov/vitalsigns

Mark Your Calendars

- A Blood Drive will be **June 18** at Gordon Memorial Hospital 8:30 am to 1 pm
- Gordon Memorial Hospital Foundation Golf Tournament **June 28**. With an auction and Calcutta June 27 at the Gordon Country Club. Visit gordonmemorial.org for more details

Gordon Memorial Health Services is offering a 30% Administrative Write off to any self pay account.

This 30% write off can be applied to any self pay account, and the account must be paid in full by May 11.

Example: \$115 bill, 30% self pay Administrative Write Off = \$80.50 due

For questions about this Administrative Write Off please contact Jeni Borders at 282-6202 or Heidi Cushing at 282-6103.



Professionals Who Care, Right Here At Home

Key Lime Bars

16 servings

Ingredients:

- * 1 1/2 cups low fat Graham Cracker crumbs
- * 2 tbsp. Brown Sugar
- * Cooking Spray
- * 8 ounces Fat Free Cream Cheese
- * 1 tbsp. lime zest
- * 1 1/4 ounce fat free sweetened condensed milk
- * 1/3 cup lime juice

Directions:

Combine cracker crumbs with brown sugar. Line an 8x8 square baking pan with a sheet of tin foil with the sides hanging over. Tuck the sides under the pan. Spray foil with cooking spray. Press crumb mixture into pan. In a medium bowl, beat cream cheese, lime zest and condensed milk until smooth. Add lime juice. Mix until blended. Pour mixture onto crumbs. Bake for 25-30 minutes until center is just set. Chill for at least 2 hours and cut into 16 bars.

Nutritional Facts: Per Bar Calories 144, Total Fat 2.7g, Cholesterol 10mg, Sodium 155mg, Total Carbohydrate 26.1g