



# COMMUNITY NEWSLETTER

*Highlights & Happenings*

Summer 2025





## Ohio County Healthcare, *again*, earned the Gold Seal of Approval® Accreditation.

### Dear friends and neighbors,

We're proud to share some exciting news from Ohio County Healthcare (OCH). Following an intensive five-day, unannounced review by The Joint Commission (TJC), a nationally recognized leader in healthcare accreditation, OCH has once again earned the Gold Seal of Approval® for demonstrating the highest standards in patient safety and quality of care.

This recognition is more than a badge of honor. It reflects our ongoing commitment to delivering the safest, most effective care possible to every patient we serve. Participation in this review is voluntary, and we embrace it as part of our mission to continuously improve and uphold the trust you place in us.

What's especially meaningful about this year's results is that we not only improved our scores from the last survey in 2022, but we did so while expanding our services in Owensboro through a combination of newly integrated outpatient practices and a new clinic location. These include Midwest ENT, Landmark Digestive Health, FYZICAL Therapy, Women's Healthcare Partners, and our newly established OCH – Villa Point. By welcoming respected independent providers into the OCH system and launching new clinics where care is needed most, we're working to ensure patients can receive high-quality, local care with the added strength and support of our broader healthcare network.

We're proud of the collaboration it took across our clinics and departments to meet these high standards. Our teams in quality, education, compliance, facilities, and many others have created an environment where patients receive care rooted in excellence, compassion, and evidence-based practices.

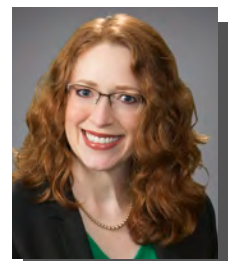
We also want to thank you—our community—for your continued support and partnership. Accreditation isn't a finish line for us. It's another milestone in our ongoing journey to serve you better.

As we look ahead, your input is essential. Please take a moment to participate in our Community Health Needs Assessment, found at the bottom of this page. Your feedback will help shape OCH's priorities and planning for the future.

Thank you for being a vital part of the OCH community. We're honored to care for you.

Warm regards,

**Shellie Shouse**  
*Chief Executive Officer,  
Ohio County Healthcare*



### Community Health Needs Assessment

Ohio County Healthcare is committed to the health and well-being of our community. Every three years, we conduct a Community Health Needs Assessment (CHNA) to evaluate the overall health needs of the area.

We are asking community members to participate in a survey that will help us complete this assessment. Through this survey, we hope to learn about the health

status of the community, determine factors that contribute to health issues, and ultimately prioritize the health needs in our area.

This survey should take less than 10 minutes and will be open until June 30th, but we look forward to your response as quickly as possible. This is very important in our commitment to our community, and we appreciate your time and assistance!

**Please scan this QR code  
to access this survey!**



PROUD TO HAVE A

# 5-STAR

PATIENT EXPERIENCE RATING

from CMS's patient survey (HCAHPS)



Every healthcare worker I've encountered has been kind, courteous, caring, and genuine — not only at this visit, but every visit I've had here. I'm thoroughly impressed with everyone's care and concern. I highly recommend Ohio County Healthcare. Thank you!"

— Tyrone S.



"I lived in Owensboro and chose to have each of my knee replacements at OCH. I was confident in their high level of medical expertise. Plus, their personal, attentive care, compared to other facilities, made OCH an easy choice."

— Maria O.



"My father received truly impressive care during his stay at OCH. Every nurse, doctor, and hospice team member went above and beyond to ensure his comfort and addressed any concerns. My family and I are very impressed with the level of knowledge and competence demonstrated at this facility. Thank you for helping my family through a challenging time."

— Terrie R.



"I've been treated at OCH several times, and the care has always been the best. The staff was kind, professional, and truly caring. After poor experiences elsewhere, it's clear OCH stands out for delivering real, quality care. I would recommend them to anyone who wants good healthcare."

— Charles R.



"I spent two days at OCH and received excellent care from the ER to inpatient services. The doctors and staff were knowledgeable, attentive, and truly dedicated. I'm proud to see OCH growing to meet the needs of our community—it's a place I trust and confidently recommend. I give them a ★★★★★ rating."

— Kenney S.

## Hear from our nurses:

### What Does 5-Star Care Mean to You?

**Brittany Campbell, BSN, RN**



"One story that really sticks with me is when we had a patient from out of state who had been in a bad car accident. During the accident, he lost his dog. While he was here recovering, all he could think about was getting his companion back. Our team searched and called around until we finally found the dog at an animal shelter. We worked with local authorities to get the dog back for him, and one of our ER nurses even volunteered to take care of the dog until the patient was ready to go home. That's a level of care you don't just find anywhere."

**Kirsten Reddish, RN**



"I remember around Christmas, a patient was spending their final days with us. Since they couldn't return home, we brought Christmas to them—helping the family decorate the room and even setting up a tree with twinkling lights.

After the patient passed, the family came back to tell us how much it meant to them and their loved one. Moments like that remind us why we do what we do. It makes all the hard work worth it.

When it comes to care, it's more than just the medical side."



**Lauren Comer, RN**

"At the heart of 5-Star care is meeting patients exactly where they are and building a foundation of trust. It's

going the extra mile—whether that means listening, comforting, or simply being present.

5-Star care is about giving back to the generations that built our community as well as caring for those who will carry it forward. It's treating everyone like family and ensuring they feel welcome. It's advocating for our patients until their needs are met, and they can go home with success."

## Google Reviews ★★★★★

### Ohio County Family Care Beaver Dam



I can't say enough great things about this medical office! From the moment you walk in, the staff is friendly, professional, and efficient. The office is always clean, well-organized, and runs smoothly.

The providers Dr. Westerfield, Michelle Osborne, Cara Hayden and Daniel Walker are truly exceptional—knowledgeable, compassionate, and thorough. They take the time to listen, explain treatment options, and ensure you feel comfortable with your care plan. Whether it's a routine visit or something more complex, I always feel confident that I'm in the best hands.

Scheduling is easy, wait times are minimal, and they go above and beyond to provide excellent patient care. Highly recommend this office to anyone looking for top-notch medical providers!

— Larry N.

### Shawn Sikka, MD Ohio County Specialty Care Pain Management



Dr Sikka is a wonderful, caring doctor. His bedside manner is very calming and polite. My pain is so much better these days. Highly recommend! — JD

In the spirit of our 5 star CMS rating, we'd like to showcase some recent 5-Star Google reviews from our patients:

### Nicole Akers, MD Ohio County Specialty Care Weight Management and Wound Care



Dr. Akers was very kind and took the time to listen to my multitude of symptoms, which sometimes don't make much sense. She was incredibly helpful, having already reviewed much of my background information so we could move forward with a plan of action. I appreciated the time and effort she took to make me feel comfortable. All the staff were very helpful and seemed to enjoy their work. That is always a plus for patients who are new and a bit apprehensive.

— Shirley L.

### Colette Johnson, APRN Ohio County Family Care Hartford



Shout out to Dr. Johnson for taking the time with me today. I appreciate her so much and don't think I'd have any motivation left if it wasn't for her advice and kind words today

— Jessica A.

### Jordan Pharris, DO Butler County Family Care



Great Dr. who's very easy to communicate with and who is very thorough. — Brett

## BE SURE TO REVIEW US.

Your experience matters to us! If you've had a positive visit with our doctors or at our clinics, we'd be grateful if you'd share your thoughts through an online review. Your feedback helps us continue to provide the best care possible and lets others know what they can expect from our services. We truly appreciate your support!



- APRN-Mobile Access Clinic Team Lead
- APRN-Quick Care (Full-time & Part-time)
- APRN-Behavioral Health (Full-time & Part-time)
- Clinical Team Lead Nurse-Specialty Dept
- Medical Assistants:
  - Women's Healthcare Partners
  - Orthopedics
  - Behavioral Health
  - Quick Care
- RN positions:
  - Med Surg
  - Emergency Department
  - Externs
  - Hospice
  - Outpatient Surgery
  - PACU
- Lead Adult In/Outpatient Therapist
- Physical Therapist
- Speech Language Pathologist
- Housekeeping-All shifts
- Maintenance



Please apply online at [ochcares.com/careers](https://ochcares.com/careers)

## OCH Received \$20,000 Perdue Foundation Grant to Fund Innovative Wheelchairs



(Pictured standing from left to right): Shelly Casteel, OCH Grant Specialist; Erin Groves, Perdue Farms Administrative Assistant; Shellie Shouse, OCH CEO; Jayme Pharis, OCH Emergency Dept. Manager; and Allen Pavlovic, Perdue Farms Director of Operations. (Seated in transport chair): Tina Lamar, LPN Charge Nurse, Perdue Farms.

Ohio County Healthcare is proud to announce a generous \$20,000 grant from the Franklin P. and Arthur W. Perdue Foundation to support our Wheelchair Replacement Project. Thanks to this donation, OCH has purchased 20 new Stryker Prime Transport Chairs—top-of-the-line wheelchairs known for their safety features and superior comfort.

These chairs will enhance care and comfort for all patients, including many Perdue associates and their families. The gift reflects the continued strong partnership between OCH and Perdue, as we work together to improve health and well-being across Ohio County.

"OCH is deeply grateful for Perdue's ongoing investment in our community," said CEO Shellie Shouse. "Their support helps us deliver the outstanding care recognized by our recent 5-Star Patient Experience Rating."

Kim Nechay, executive director of the Perdue Foundation, added, "We're proud to help improve the patient experience at Ohio County Healthcare, which is such a blessing to the community."

## KHA Quality Conference



OCH is proud to have been panelists at the 2025 KHA Annual Quality Conference, where our team had the opportunity to share about the implementation of our T-CHEST program. This initiative is one more way we're delivering on our commitment to providing 5-Star care for our patients and our community.

Pictured is: Shellie Shouse, CEO; Julie Byrne, Manager of Quality, Infection Prevention, and Risk Management; Olivia Burden, Clinical Staff Operations Manager; & Athena Minor, CNCO.

## Orthopedics

### MAKO TOTAL HIP REPLACEMENT

Studies show that MAKO total hip replacement offers acetabular cup placement that is 4x more accurate and reproducible than traditional manual procedures.

If you're experiencing joint issues or other orthopedic concerns, reach out to one of our convenient clinic locations:

**Hartford: 270-504-1300**

**Owensboro: 270-691-0059**

**Morgantown (Wednesday afternoons only): 270-526-3137**

Visit [OCHcares.com/Mako](https://OCHcares.com/Mako) to learn more!



OCH now  
performing  
Robotic Hip  
Replacements

Building  
**SURGICAL  
EXCELLENCE**



Photo: Dr. Tihista performing one of the first MAKO Total Hip Replacements in the OCH surgical suites.

### Is Mako right for me?

**Mako Total Hip Arthroplasty is for people who:**

- Experience severe hip pain or stiffness resulting from: noninflammatory degenerative joint disease (including osteoarthritis, traumatic arthritis, or avascular necrosis), rheumatoid arthritis or post-traumatic arthritis.
- Haven't experienced adequate relief with conservative treatment options, like bracing, medication or joint fluid supplements.



## Welcome Courtney Kramer, APRN

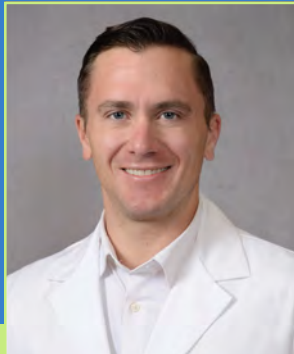


Ms. Kramer is now supporting our BCFC providers on the clinic's busiest days, Monday and Wednesday, from 8 am to 5 pm.

**Walk-ins Welcome Every  
Monday and Wednesday!**

## Service Lines Now Available!

### Orthopedics



**Mikel Tihista, MD**  
ORTHOPEDIC SURGEON

Dr. Mikel Tihista has started seeing patients at BCFC on Wednesdays from 1 PM - 4 PM. Walk-ins and scheduled patients are welcome!

**To schedule an appointment  
or for more information,  
please contact**

**270-526-3137**

### General Surgery



**Michael Campbell, MD**  
GENERAL SURGEON

Beginning June 13th, Dr. Campbell will be available in Morgantown for Friday morning appointments.

**To schedule an appointment  
or for more information,  
please contact**

**270-730-5344**

## Radiology

Butler County Family Care is now equipped with a new in-house X-ray machine, offering faster, higher-quality imaging with the ability to capture more views.

**Monday - Friday: 8 am - 5 pm**  
**Saturday (1st and 3rd each month): 8 am - 5 pm**

**270-526-3137**



**Butler County  
FAMILY CARE**

1238 South Main Street,  
Morgantown, KY 42261



## Understanding Major Depressive Disorder (MDD): A Closer Look at a Common and Serious Condition



Depression is more than just feeling sad or “off” now and then. For millions of Americans, it’s a serious medical condition that affects how they think, feel, and live day-to-day. Known officially as Major Depressive Disorder (MDD), this illness is one of the most common mental health conditions in the United States. According to national studies, 1 in 5 adults will experience MDD at some point in their lives.

But while MDD is common, it’s also complex. The symptoms can look different for everyone. Some people lose interest in things they once enjoyed, others feel hopeless or exhausted all the time. It can disrupt sleep, appetite, concentration, and even lead to physical pain. Often, it’s not just the emotional toll—

MDD can affect relationships, work, and the ability to function in daily life.

Right here in Ohio County, the community has recognized how urgent this issue really is. In our most recent Community Health Needs Assessment, completed in 2022, mental health ranked as the #2 health priority, with 83.5% of respondents rating it “extremely important.” Only drug and substance abuse ranked higher at 86.5%.

These aren’t just numbers—they’re our friends, family members, neighbors, and coworkers. It’s clear: mental health matters deeply to our community, and there’s a growing need for accessible, effective support.

The good news? Depression is treatable. Over the past few decades, researchers and doctors have made huge strides in understanding what causes MDD and how to treat it. Therapy, medications, and lifestyle changes can help many people—but not everyone finds relief through traditional options.

That’s where new approaches come in. As we learn more about how the brain works in people with depression, newer, science-backed tools are becoming available to target the condition in different ways.

Whether you or someone you love is struggling with depression, you are not alone—and new hope is here at home...

*(Continued next page -->)*



## Breakthrough Depression Treatment Now Available at OCH – Behavioral Health.

# Introducing NeuroStar® Transcranial Magnetic Stimulation (TMS) Therapy

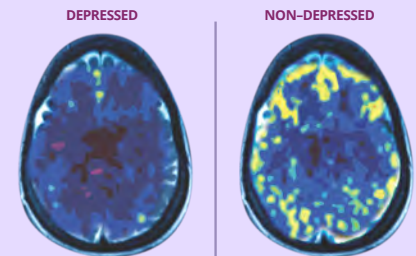
On March 19, OCH – Behavioral Health began offering a new hope for depression with the launch of NeuroStar® TMS Therapy—a non-invasive, FDA-cleared treatment that uses gentle magnetic pulses to stimulate areas of the brain involved in mood regulation.

This innovative therapy is especially helpful for people who haven't found relief through medication. Unlike antidepressants, NeuroStar doesn't involve drugs or surgery—just focused, proven science.



### Treat Depression at the Source.

NeuroStar TMS goes right to the source of depression - your brain. It is a non-invasive, non-drug treatment that uses focused magnetic pulses to “wake up” those areas, and help your brain work the way it should. It's like physical therapy for your brain.



Actual PET Scans of Adult Brains



### What is NeuroStar?

NeuroStar uses Transcranial Magnetic Stimulation to deliver magnetic pulses that reawaken underactive areas of the brain. Think of it like physical therapy—but for your mind.

Since its introduction in 2008, NeuroStar has been used over 6.6 million times, helping 182,000 patients with proven results. It's the only treatment clinically proven to provide effectiveness for up to 12 months, even in treatment-resistant depression (TRD) patients.

### Proven Results, Fewer Side Effects.

NeuroStar offers impressive results:

**83%** of patients saw improvement in their symptoms.

**62%** achieved complete remission.

Unlike traditional treatments and medications, NeuroStar has minimal side effects, with the most common being mild to moderate scalp discomfort during or after a session, which typically fades quickly.

### Ready to Learn more?

Visit [NeuroStar.com](http://NeuroStar.com) or call OCH – Behavioral Health at **270-274-9222** for more information or to schedule your consultation.

**Covered by Most Major Insurance plans**

### A Unique Option for the Region.

NeuroStar TMS is one of the few locations in Kentucky offering this innovative therapy. It is designed for patients ages 15 and older who have not found relief from 2 to 4 depression medications.

### What to Expect:

- Non-drug, in-office treatment
- Sessions as short as 19 minutes
- Resume normal activities immediately after
- 36 sessions complete a full treatment cycle

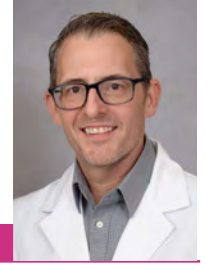


### Battling Depression?

Scan the QR code to complete a private depression screening. Your responses will be privately and securely sent to our Behavioral Health team. Once received, a team member will review and contact you to discuss treatment options and next steps.

# Heart Health Awareness

Our very own cardiologist, **Dr. Joshua Skibba**, is dedicated to helping everyone maintain a healthy heart. He's offering some **heart-healthy tips** to empower you to take charge of your cardiovascular health.



**Remember: No matter your age, it's never too late to start!**

## HEART HEALTHY TIPS To Keep Your Heart in Top Shape

### Eat Healthier. Avoiding Processed Foods!

Cutting back on dining out and opting for home-cooked meals with simple, fresh ingredients can make a big difference.

♥ **Dr. Skibba grocery shopping tip:** If the food comes in a package, box, or can – or has more than 4-6 ingredients – it's likely overly processed.

**Manage Stress:** Chronic stress can take a toll on your heart. Finding relaxation techniques such as meditation, yoga, or even breathing exercises can take a load off and help manage your anxiety.

Dr. Skibba sees patients:  
Monday – Friday  
at Ohio County Specialty Care  
1215 Old Main St. in Hartford, KY.

Also, every other Tuesday  
at OCFC - Fordsville  
44 W. Main St. in Fordsville, KY.

To schedule an appointment,  
call **270-730-5344**  
or visit [OCHcares.com/cardiology](https://OCHcares.com/cardiology)  
for more information.

**Stay Active:** Regular exercise is one of the easiest ways to protect your heart! Dr. Skibba suggests 30 minutes of daily exercise that elevates your heart rate for at least 5 days a week. Starting small and gradually increasing your activity is key when first starting out.

♥ **Dr. Skibba's Favorite Exercise: Running!** His love for running is EXTREME—he's completed several ultra-distance races, including *the Big Turtle 50 Miler* in Morehead, KY (2024), and *the Zion-100 Mile Challenge* in the Southern Utah desert (2023).

Whether it's running, walking, playing sports, or any other form of exercise, making time to move is a wonderful way to show your heart some love.



Big Turtle 50 Miler



Zion-100 Mile Challenge

**Get Enough Sleep:** Quality sleep is essential for heart health. Aim for 7-9 hours of sleep each night to give your body time to recharge and repair.

### Regular Check-Ups:

Scheduling regular check-ups with your primary care provider is key to monitoring risks like heart disease.

They can help assess your overall health, identify potential concerns early on, and provide a referral to a cardiologist if a more focused evaluation of your heart is needed. Staying on top of these check-ups helps ensure you're taking proactive steps in maintaining your heart health.

MARCH WAS  
**COLON  
CANCER**  
AWARENESS MONTH



## COLON CANCER

COLON CANCER IS ON THE RISE FOR  
PEOPLE UNDER THE AGE OF 50



BEGIN COLON CANCER SCREENING AT AGE

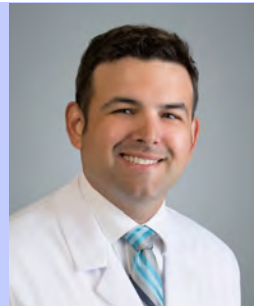
**45**



Charles Riccio, MD  
270-298-7225



Michael Campbell, MD  
270-730-5344



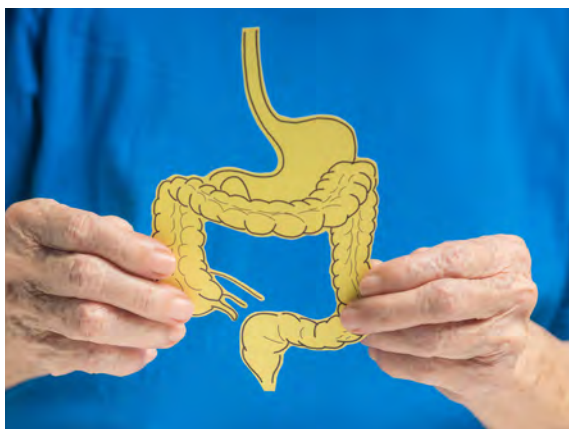
Miguel Lalama, MD  
270-922-2500



Brittany Davidson, APRN

### EARLY DETECTION SAVES LIVES

Schedule a preventative colorectal cancer screening today.



### AWARENESS AND SCREENING

- Colon cancer is highly treatable when found early.
- Screening is important because there usually are no symptoms of colon cancer at first.
- Screening can prevent colon cancer by removing polyps.
- Screening for average-risk persons should begin at age 45.
- Persons who are at high-risk may need to be screened before age 45 and more often.
- There are many screening options, including at-home tests; talk with your healthcare provider to see which is right for you.
- Most colon cancer screenings are covered by insurance, Medicare and Medicaid.
- You may be eligible for a free colon cancer screening if you are uninsured or underinsured. Call Kentucky Cancer Program for more information, toll free, 1-877-326-1134.



### WHAT IS THE DIFFERENCE BETWEEN COLONOSCOPY & COLOGUARD?



#### COLONOSCOPY

- Visual test that views the entire colon and rectum for abnormalities.
- Screening colonoscopies are covered by insurance because they are preventative.
- Can detect polyps before they turn into cancer.
- Polyps can be removed during initial screening.
- Suitable screening method for anyone 45+.

#### COLOGUARD

- Shows possible signs of cancer that may result in false positives or false negatives.
- Colonoscopies after positive test results are no longer considered preventative, and therefore are not fully covered by insurance.
- May only find cancer after it has occurred.
- Colonoscopy still required if results are positive.
- Not recommended for high-risk individuals, those with previous history of colon polyps, or those with GI-related symptoms.





March 27th was Dress in Blue Day at OCH, bringing awareness to colorectal cancer. Colon cancer is the 2nd leading cause of cancer death in the United States. However, through routine screenings, it's one of the most preventable diseases. A colonoscopy remains the gold standard for diagnosing colon cancer. OCH performed more than 1500 colonoscopies in FY 2024. Let's wipe out colorectal cancer!



Admin



HR



Shellie Shouse, CEO

ER  
Admitting

Auxiliary



IT



Behavioral Health



HIM



Case Management



Butler Co. Family Care







Landmark Digestive Health



OCFC Fordsville



OCFC - Hartford



Respiratory Therapy



Maintenance



OCFC - Hartford



Pharmacy



Quality



Rehab



Fyzical Therapy

Dress In Blue Day™



COLORECTAL  
CANCER  
AWARENESS  
MONTH



OCFC Beaver Dam



Rehab



Specialty Care



Patient Financial Services



## DEVELOPMENTAL DISABILITY AWARENESS



The OCH Rehab team provides skilled therapy to help children with developmental disabilities enhance their daily functioning and independence.

The most common developmental disabilities are: motor disorders and learning difficulties, autism spectrum disorder (ASD), Down syndrome, cerebral palsy, intellectual disability, and attention deficit hyperactivity disorder (ADHD). Our Services Include:

### Occupational Therapy:

- Adaptive equipment training
- Sensory Integration
- Behavior modification
- Fine motor (writing, cutting, using utensils, buttoning, zipping, grasping)
- Coordination
- Educational concept development

### Physical Therapy:

- Gross motor (head and neck control, crawling, walking, climbing)
- Trunk strengthening
- Facilitating adaptive equipment

### Speech Therapy:

- Stuttering
- Receptive language

- Expressive language
- Verbal apraxia
- Alternative/augmentative communication
- Executive functioning skills
- Social skills
- Speech sound treatment
- Play skills
- Central auditory processing disorder

Call the OCH Rehab Department today at **270-298-5426** to schedule an appointment and learn how our therapy services can help improve mobility, independence, and quality of life at every stage of development!



## The Very Hungry Caterpillar Day

Our Pediatric Therapy Team celebrated, "The Very Hungry Caterpillar Day" with a fun and engaging art activity. Our team is constantly looking for ways to keep our patients actively engaged and learning during their treatments!



Rosie Burden



Breanne Cox with therapists  
Shelby Jo Cecil & Shae Bratcher



Finley Cline





Dr. Glenn Henning

## Minimally Invasive Bunion Surgery

Bunions are a common foot problem that can cause discomfort and affect daily activities. Many patients delay surgery due to concerns about pain, long recovery, and limited mobility. Fortunately, minimally invasive bunion surgery offers a less painful, quicker recovery with immediate weight-bearing benefits.

### What is a Bunion?

A bunion is a bony bump at the base of the big toe, caused by misalignment in the foot. This can lead to pain, swelling, and difficulty walking.

### Traditional vs. Minimally Invasive Surgery

Traditional open surgery involves a large incision, longer recovery, and more post-operative pain. Minimally invasive surgery, however, uses small incisions and specialized instruments, leading to:

- Less Pain
- Faster Recovery
- Smaller Incisions
- Lower Risk of Complications

### The Procedure & Recovery

Performed as an outpatient procedure, small incisions allow for realignment using specialized tools, with screws or a plate for stability. Most patients can walk immediately in a protective shoe, transition to regular shoes in six weeks, and resume full activity within three months.

### Who is a Candidate?

Ideal candidates have mild to moderate bunions and have not found relief with conservative treatments like orthotics, wider shoes, or anti-inflammatories. Severe bunions, arthritis, or

flatfoot may require alternative treatments. A consultation is necessary to determine the best option.

### Success & Considerations

Minimally invasive bunion surgery has a high success rate, significantly reducing pain and improving mobility. As with any procedure, risks include infection, nerve damage, and recurrence. Discussing these risks with a specialist is important when considering surgery.

For more information or to schedule a consultation, visit Dr. Henning at his Hartford or Owensboro locations:

#### Hartford

20 E. McMurtry Ave.  
270-504-1300

#### Owensboro

3500 Villa Point, Suite 110  
270-691-0059

# Urinary Tract Infections (UTIs)



A urinary tract infection happens when an infection develops in your urinary system. It usually affects the lower urinary tract which includes the bladder and urethra. Hence the slang, "Bladder Infection."

Urinary tract infections are common and even more common in women than men. This is due to the shorter urethra which is the tube that brings urine out of the bladder. The shorter urethra allows bacteria to enter the bladder more easily. Other factors that increase risk of infection include pregnancy, menopause, frequent sexual activity, a weakened immune system, catheter use, or blockages of the urinary tract such as kidney stones.

Signs and symptoms of urinary tract infections are: constant urge to urinate, burning while urinating, cloudy urine, bloody urine, smelly urine, or pelvic pain in women.

## Simple natural ways to prevent a UTI

1. Wipe from the front to the back. This habit decreases the risk of introducing E.coli from the anus to the urethra.
2. Drink plenty of fluids- stay hydrated, this will make you urinate more often which

flushes bacteria away from your urinary tract.

3. Avoid holding your urine. Holding urine encourages bacterial growth. Try to urinate every 3-4 hours.
4. It's helpful for women to urinate after intercourse to flush out bacteria.
5. Avoid scented products — scented feminine products can allow bacteria to grow causing yeast infections as well as a urinary tract infection. Avoid douches, scented powders, pads or tampons. Some scented soaps and bubble baths can also irritate the genital area.



6. Cranberries are a traditional home remedy for preventing UTI's. The berry has compounds called proanthocyanidins that may prevent E. coli from adhering to tissue in the urinary tract. Some scientific studies state it's not clear if cranberries can prevent UTI's, but it is a low-risk remedy.

## Prevention in babies and children includes

teaching girls to wipe from the front to the back, avoiding tight underwear or clothing, avoid bubble baths and stay hydrated.

Visit your medical provider if you notice symptoms of a UTI. They will likely do a urine test and if you test positive for a UTI, your provider will probably prescribe antibiotics.

If you don't have a primary care provider, be sure to check out page 23 for the most current OCH provider list!

References: [healthline.com](https://www.healthline.com/uclahealth.org/news/article/7-tips-prevent-uti)  
[uclahealth.org/news/article/7-tips-prevent-uti](https://uclahealth.org/news/article/7-tips-prevent-uti)



## VALENTINE'S AT SIGNATURE HEALTHCARE OF HARTFORD

For Valentine's Day, Ohio County Family Care and Quick Care made homemade cards and collected donations of socks, snacks, crossword puzzles, and other items for Signature Healthcare of Hartford. We were able to prepare and distribute 91 individual goodie bags to residents.



Pictured: Signature Resident David Ackman with Bethany Devine



## Retired Teachers Meeting

OCH sponsored the Retired Teachers meeting on February 17th.

Cindy Waltz, APRN spoke to the group about managing chronic pain and the procedures available within our pain clinic.

## Holy Redeemer Catholic Church - Fish Fry

OCH attended the second fish fry of the Lenten season on March 14th at Holy Redeemer Catholic Church in Beaver Dam to raise awareness for colon health and give blood pressure checks and glucose screenings!



Dr. Westerfield, CeCe Robinson, and Dr. Campbell.





## Spring SHOP & SCREEN

BLOOM INTO SELF-CARE AND WELLNESS

On March 22nd, the inaugural Ohio County Ladies Shop & Screen event was hosted by Ohio County Chamber of Commerce, Ohio County Healthcare, AARP, and Kentucky Cancer Program. It was a moment for all the Ohio County ladies to bloom into self-care and wellness by having a health-related shopping day filled with vendor set-ups, healthcare screens, snacks, and door prizes.

Ohio County Healthcare was present with several different booths including:

- Behavioral Health
- Case Management
- Chronic Care Management
- Fyzical Dizziness and Balance
- Pelvic Health Rehab
- Orthopedics
- Pain Clinic
- Podiatry
- Tobacco Cessation
- Weight Management and Wound Care

The Mobile Access Clinic was also onsite to perform skin cancer checks, breast exams, blood glucose screens, and blood pressure checks.

**Thank you to each of our volunteers for this event and we cannot wait to see what next year brings!**



Jamee French – 14News Anchor/  
Guest Speaker

## Butler County Chamber of Commerce



OCH sponsored the Butler County Chamber of Commerce meeting on Thursday, March 27th.

Dr. Pharris spoke to the chamber about our new location in Butler County, services of our organization, and the importance of colon cancer awareness!

## OHIO COUNTY CHAMBER OF COMMERCE MEETING

OCH sponsored the April Ohio County Chamber of Commerce Meeting on Thursday, April 24th. Food was catered by Moonlite BBQ and Joanna Shake from GRADD spoke about their services.







Behavioral Health Team

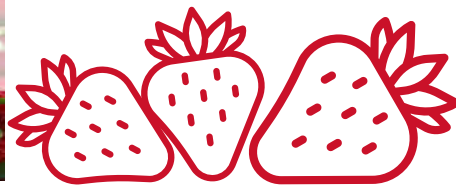
OCH was excited to go under the sea for the 29th annual Celebrate the Child! Behavioral Health, Pediatric Therapy, and the Community Relations teams were in attendance to celebrate the 40 assets and give information on our services.



Pediatric Therapy Team



Community Relations Team



## OCH at the Strawberry Festival

Ohio County Healthcare was proud to be part of the Beaver Dam Strawberry Festival on May 23rd and 24th. We enjoyed sharing health resources, giving away fun items, and connecting with our community!







Ohio County Healthcare hosted the 2nd Annual Charity Golf Scramble on Saturday, May 17th at the Ohio County Community Golf Course.

Over \$8,500 was raised to be put towards the OCH Foundation which will support the experience of patients, patients' families, and staff members.



Fore Loko



Designated Drivers



2 Grams of Ancef



Grant Us the Win



King Drug



On the Ball



Mikel Tihista, MD  
Thomas Logan, MD



The Crushers



The Mulligan Masters



BREWCO  
MARKETING  
GROUP



John Ruth, MD  
Joshua Skibba, MD

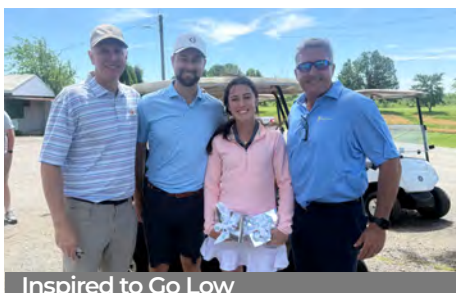
Shellie Shouse, CEO  
Michael Campbell, MD



The Boneheads



The Legends of the Goat Ranch



Inspired to Go Low



The Unknowns



The Par Sighted



## Butler Co. FREE SPORTS PHYSICALS

Grades:  
6th - 12th



**June 28th**

9 am – 1 pm

**July 26th**

9 am – 1 pm

at Butler County Family Care

Students younger than 18 must be accompanied by an adult. The last athlete check-in will be 20 minutes prior to the end time.



## Ohio Co. FREE SPORTS PHYSICALS

Grades:  
6th - 12th



**June 18th**

10 am – 2 pm

**July 10th**

2 pm – 6 pm

at Ohio County High School

Students younger than 18 must be accompanied by an adult. The last athlete check-in will be 20 minutes prior to the end time.



## MAC EVENTS IN JULY



**MAC**  
MOBILE ACCESS CARE

### Pleasant Ridge Walk In Clinic w/ Cara Hayden, APRN

**Thursday, July 17th**

Pleasant Ridge Baptist Church  
4195 KY 746

Utica, KY 42376

8 am – 4 pm

#### Services:

- Follow Ups
- Acute Visit Clinic
- On-Site Labs

Walk-ins are highly encouraged!



**Bringing Care to You**

## Ohio County Healthcare celebrated National Volunteer Month



Ohio County Healthcare celebrated National Volunteer Month in April by recognizing our Auxiliary volunteers. Their dedication makes a real difference every day within our organization. In celebration of our volunteers a party was held in place of their monthly meeting.

If you happen to pass by an Auxiliary member in the gift shop or hospital, let them know how appreciated they are!

Thank you, Auxiliary, for all you do to support our hospital and community!

### May Fundraising Summary

**Mother's Day:** Fresh flower arrangements were sold in the gift shop. They were hand made by volunteers and a total of \$582 was raised!

### Masquerade Jewelry Sale

The Auxiliary also hosted the \$5 Masquerade Jewelry Sale on Wednesday, May 21st with a total profit of \$492 raised.

All proceeds will be used to enhance the experience of patients, patients' families, and staff members within the organization.



## AUXILIARY FUNDED AED GO BAG FOR ER!

Earlier this year, our Auxiliary generously funded a new portable AED/Go Bag for the ER, enhancing our ability to respond quickly and flexibly to emergencies anywhere in the hospital.



## Primary Care

### OHIO COUNTY FAMILY CARE HARTFORD

20 E. McMurtry Avenue, Hartford, KY  
**270-504-1300**

Bruce Durham, MD  
Steven Mills, DO  
Bailey Phelps, MD  
Colette Johnson, APRN

### OHIO COUNTY QUICK CARE

20 E. McMurtry Avenue, Hartford, KY  
**270-504-1300**

Shannon Casey, APRN  
Kim Gilstrap, APRN  
Melinda Milam, APRN  
Dana Nall, APRN  
Deanna Tarter, APRN

### OHIO COUNTY FAMILY CARE BEAVER DAM

1313 N. Main Street, Beaver Dam, KY  
**270-274-9928**

Cara Hayden, APRN  
Michelle Osborne, APRN  
Amber Westerfield, MD

### FORDSVILLE AREA MEDICAL CLINIC

44 W. Main Street, Fordsville, KY  
**270-276-9953**

Angel O'Quinn, DO  
Terra Roberts, APRN

### BUTLER COUNTY FAMILY CARE

1238 S. Main Street, Morgantown, KY  
**270-526-3137**

Bruce Durham, MD  
Jordan Pharris, DO  
Donna Embry, APRN  
Courtney Kramer, APRN

## Specialty Care

112 E. McMurtry Ave., Hartford, KY  
**270-298-7225**

### GASTROENTEROLOGY

Charles Riccio, MD

1211 Old Main St., Hartford, KY  
**270-298-5178**

### SLEEP MEDICINE

Daniel Walker, APRN  
Michael Zachek, MD

## Specialty Care (cont.)

1621 N. Main St., Beaver Dam, KY  
**270-274-9222**

### BEHAVIORAL HEALTH

#### On-Site

Shannon Casey, APRN  
Michelle Hickerson, APRN  
Lisa Wolfenbarger, LPCC-S

#### Telehealth

LaShonda McAdams, APRN  
Jacqueline Rice, PMHNP-BC  
Kellye Singletary, MD  
Monique Upton, MD

1215 Old Main St., Hartford, KY  
**270-730-5344**

### AUDIOLOGY

Susan Driskill, Au.D.

### CARDIOLOGY

Joshua Skibba, MD

### EAR, NOSE, & THROAT

Rowgena Cain, APRN  
John Ruth, MD  
Paul Tennant, MD

### GENERAL SURGERY

Michael Campbell, MD  
Jules Hayden, APRN

### PAIN MANAGEMENT

Shawn Sikka, MD  
Cindy Waltz, APRN

### WEIGHT LOSS MANAGEMENT

Nicole Akers, MD

### WOUND CARE

Nicole Akers, MD

1313 N. Main St., Beaver Dam, KY  
**270-274-9928**

### GYNECOLOGY

Elizabeth Ottman, MD

20 E. McMurtry Ave., Hartford, KY  
**270-504-1300**

### ORTHOPEDIC & SPORTS MEDICINE

Glenn Henning, DPM    Jan Bickett, APRN  
Mark McGinnis, MD    Chris Swift, APRN  
Mikel Tihista, MD

## Hospital Services

### PATHOLOGY

Brian Ward, MD

### EMERGENCY MEDICINE / HOSPITALIST | 270-298-7411

Nicole Akers, MD    PatrickJason Panzu, MD  
Alex Argotte, MD    Terry Perkins, MD  
Bethany Burkhart, MD    Ray Rowland, MD  
Kevin Gregory, MD

## Owensboro Locations

### LANDMARK DIGESTIVE HEALTH

3112 Fairview Dr, Owensboro, KY  
**270-922-2500**

### GASTROENTEROLOGY

Miguel Lalama, MD  
Brittany Davidson, APRN  
Ashley Strader, APRN

### MIDWEST ENT

2841 New Hartford Rd, Owensboro, KY  
**270-691-6161**

Thomas Logan, MD  
Matthew Taylor, MD  
Theresa Rhineburger, APRN  
London Roberts, APRN

### AUDIOLOGY

Alissa Gable, Au.D.  
William Speer, Au.D.

### WOMEN'S HEALTHCARE PARTNERS

2851 New Hartford Rd, Owensboro, KY  
**270-688-6035**

### GYNECOLOGY

Elizabeth Ottman, MD  
Misty Powers, APRN

### OCH – VILLA POINT

3500 Villa Point Dr., Owensboro, KY  
**270-691-0059**

### GASTROENTEROLOGY

Charles Riccio, MD

### GENERAL SURGERY

Michael Campbell, MD

### ORTHOPEDIC & SPORTS MEDICINE

Mark McGinnis, MD  
Mikel Tihista, MD  
Chris Swift, APRN

### PAIN MANAGEMENT

Cindy Waltz, APRN

### SURGICAL PODIATRY

Glenn Henning, DPM





Ohio County  
**HEALTHCARE**



**PATIENT  
EXPERIENCE**

**PROUD TO HAVE A**

**5-STAR**

**PATIENT EXPERIENCE RATING**

from CMS's patient survey (HCAHPS)