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### It's Flu Season

Flu season has been declared at Methodist Jennie Edmundson Hospital, and as you've seen on the news, there have been many severe cases reported even in our area. If you work in a patient care area, you are required to provide proof of receiving a flu shot, OR you are required to wear a mask while volunteering. Those who have met the requirement were issued a blue dove sticker for their ID badges. Volunteer service areas that do not require proof of vaccination include: Jennie's Gift Shop, the Pharmacy Annex, and Office Resource Volunteer supporting the Foundation and Volunteer Services office.

The flu vaccination is still your best shot at avoiding the flu and severe complications, including pneumonia, sinus infections, and heart inflammation.

### What's New

With a new year comes a new look to the Edmundsonian. We are switching things up and plan to send out a more frequent and condensed version. We are calling it "Ed" because that's condensed too! Our plan is to distribute Ed every other month...well that's the plan anyway! Ed will not be the lengthy publication you've seen in our past quarterly editions. Instead, it will only be a couple of pages, ensuring the information you are getting is timely news.

**Foundation Review** - Foundation Fundraising efforts for 2019 were very successful. We keep setting the bar high, yet manage to still surprise ourselves in the end. This past year, with *Dance to the Beat*, *Wheels of Courage*, *Spirit of Courage* and *Pink Out* events all combined, the Foundation raised \$190,000! That's a lot of people we were able to help through our fundraising efforts.

The Year End Caring Campaign focused on raising funds for a new handicap accessible van. Our old Medi-Bus had been in use for more than nine years, logging hundred's of thousands of miles while transporting more than 27,000 patients. The goal was to raise \$100,000, which was just enough money to replace the bus and fund its first year of operation. For every dollar that was donated, Jennie's Gift Shop matched up to \$60,000. We are happy to announce we surpassed our goal and raised \$120,000 for a new handicap accessible van. Just in time too, because the bus reached the end of the road (so to speak) in December. At this point we are using an old white Methodist passenger van until the new van arrives. Needless to say our drivers and staff can hardly wait for the new arrival!

### Security Tip

Writing 2020 in full on documents can save headaches as the new year begins. Consumer protection and law enforcement agencies are offering a simple tip to thwart fraud and scammers. Their suggestion: Write out the full year when dating checks and documents. For example, instead of abbreviating the year like "1/5/20," write "1/5/2020." This step can prevent another party from adding digits to the date, potentially voiding a check or causing other problems. For other consumer advice and tips, visit the Better Business Bureau's news page.

## Upcoming Events:

February 18

**Retired Employee & Volunteer  
Outreach - Estate Planning**  
Classroom 2HA  
10am - noon  
Please RSVP by Feb 14

February 22nd

**Legislative Coffee**  
Wilson Middle School  
9am - 10:15am

February 29th

**Dance to the Beat**  
Mid-America Center  
7pm - 11pm  
Featuring: Taxi Driver  
Tickets: \$30 each

March 2nd

**Auxiliary Board Meeting**  
Tish's  
12 -1:30pm

March 4th & 12th

**In-service Sessions**  
**Boardroom - Ground Floor**  
3pm - 5pm  
Please RSVP

March 6th

**In-service Session**  
**Boardroom - Ground Floor**  
9am - 11am  
Please RSVP

March 7th

**Legislative Coffee**  
Wilson Middle School  
9am - 10:15am

March 10th

**In-service Session**  
**Boardroom - Ground Floor**  
6pm - 8pm  
Please RSVP

March 18th

**Division Heads Meeting**  
Volunteer Board Room  
9am - 11am

March 26th

**Chaplains Meeting**  
Cafeteria - 9am



Tickets are \$30 per person in advance or at the door and include:

**Live Music • Dancing • Light Appetizers • Raffles • Auction Items**

For additional information or to purchase tickets, visit [jehfoundation.org](http://jehfoundation.org) or call (712) 396-6040.

## Healthwise - Plastic Containers

Most of us don't think twice about refilling our plastic water bottles. After all, it's all in the name of personal hydration - plus, it's eco-friendly. And there's absolutely nothing harmful about a simple bottle of water, right?

Many plastics contain estrogen-like chemicals (BPA is a well known one) that can leach into water or food when the plastic is heated, (in a microwave or even a hot car on a sunny day). The chemical can cause a wide range of health issues. In a study by Treadmill Reviews, researchers tested different types of reusable water bottles used by athletes for a week and found that the bacteria count reached more than 313,499 colony-forming units per square centimeter, on average, depending on the type of bottle. That's more bacteria than the average toilet seat. Plus, 60% of those germs were able to make people sick.

ALSO - you know you shouldn't pop plastic leftover containers into your microwave, but you still do right? Here's why that's bad: In a study published in Environmental Health Perspectives, 95 percent of 450 plastic products (such as baby bottles, zipper-top bags and containers) tested released chemicals that acted like estrogen after they were microwaved, washed in a dishwasher, or soaked in water. Even products labeled "BPA-free" released estrogen-like chemicals. Better to be safe and warm up your dinner directly on a microwave safe plate or glass dish. Avoid a double whammy and make sure you're not using plastic to reheat your foods.

Content provided from the publishers of the Reader's Digest via [thehealthy.com](http://thehealthy.com).



### Look Who Came to Visit!

Will and Trey Kyker stopped by the Volunteer office for a quick viewing after their very first visit to the pediatrician. The doctor must have worn them both out because, as you can see, they were very content and slept through the entire visit. Needless to say, when a baby (or two in this case) are sleeping soundly, you don't get the chance to hold them (maybe next time). Their sleep deprived parents like it when they sleep. According to Katie, they do well sleeping in long stretches but they tend to stay up real late. Hope this isn't a sign of their teen years!



# Jennie Edmundson's Women's Services Expansion Announced

Wanting to provide moms a safe and comfortable birth experience while further solidifying itself as a leader in women's services in western Iowa, Methodist Jennie Edmundson Hospital is embarking on a \$10.75 million renovation of its fifth floor. The announcement was made Wednesday, Jan. 22, to employees, board members, community leaders, physicians and Methodist Health System leadership.

"There has been much discussion in recent years about how we can continue improving services and the health of our community, and a project of this magnitude kept rising to the surface," said Steve Baumert, president and CEO of Methodist Jennie Edmundson Hospital.

"This is an exciting day to be announcing this project, which will position Jennie Edmundson as the eastern edge of women's services for Methodist Health System. "Work is already underway on the fifth floor space. Upon completion in late 2020, the 18,000-square-foot project will feature:

- Six private rooms where moms can labor in a comfortable and soothing environment
- Three Jacuzzi tubs available for pain control
- 12 postpartum rooms for bonding with your baby after delivery
- A cesarean section suite that offers moms the ability to do skin-to-skin immediately after surgery
- Four Level II NICU bays with a dedicated space for consults
- Expanded space for childbirth education and prenatal breastfeeding education as well as postpartum breastfeeding support
- Safe Place infant security system
- A larger waiting room area for family and friends

"Projects like this come about after months of conversations, planning, studies and presentations to our board," said Dr. Dan Kinney, a Methodist Jennie Edmundson Hospital board member. "We take such proposals very seriously and truly explore their impact on our community and health care in general. This project further establishes Jennie's long-term commitment to the health and betterment of Council Bluffs and western Iowa."

Lori Platt, MD, is one of six OB/GYN providers who will call the new medical office building on the Jennie Edmundson Hospital campus home this summer. As with the hospital, an entire floor in the building will be dedicated to women's services.

"We have so many families that trust us with their care," Dr. Platt said. "To be able to offer them a beautiful place to experience one of the most amazing days in a family's life is truly an honor." The OB/GYN group recently gained two providers, further expanding its outreach efforts in western Iowa and Omaha.

"Our group is growing, which means more families will have access to outstanding care," Dr. Platt said. "My passion for caring for people in this community is so strong, and to be part of such wonderful projects makes me incredibly proud. The future of health care at Methodist Jennie Edmundson is very bright, and we can't wait to share it with patients, staff and all the communities we serve."





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Change Services Requested



## Do You Knit? Do you know someone who does?

The nursing floors have a need for "fidget sleeves". The idea is to use them on confused patients that will mess with their IV if they "see" it. The sleeve is a little bright shield that serves as camouflage for IVs in the forearm. If you have an interest in helping with this new project, or have yarn to donate, please call the volunteer office at 712-396-6040.

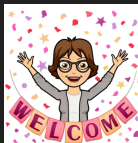
### Auxiliary Annual Meeting

April 20, 2020

Formal Invitation to Follow



LIVE LIFE  
IN FULL  
*bloom*



### New Volunteers

#### Adults:

Julie Morton - Office

Kylee Dunphy - Oncology/GS

#### Teens:

Olivia Matson

MacKenzie Emmart

### Volunteers of the Month

#### December:

Irene Dodder

#### January:

Sondra Dorsett

#### February:

Samantha Falknor



Happy  
Valentine's  
Day!

You make  
the world  
a better place  
and we love  
you for it.

Thank you  
for volunteering