

2026
HEALTHCARE
guide



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Daviess Community Hospital: Moving Forward

Daviess Community Hospital is pleased to share an important update regarding the future of our organization and the direction we are taking to better serve our patients, families, employees, and the broader community. As healthcare continues to evolve, we remain focused on building a stronger, more connected system of care that preserves our local identity while expanding access, quality, and long-term sustainability.

For generations, Daviess Community Hospital has served this region with a commitment to improving the health of the people in our communities by providing excellent medical care, ensuring access to that care, promoting healthy lifestyles, and working alongside local partners to meet community health needs. That mission remains unchanged. Our vision continues to be clear: to be the community's choice in healthcare.

As part of our next chapter, we are moving in a direction that emphasizes stronger clinical partnerships, expanded specialty access, continued investment in our workforce, and improved technology to support patient care. This includes strengthening collaboration with regional healthcare partners, preparing for a unified electronic health record platform, and continuing to

grow services such as a new orthopaedic platform and Women's Health Center, that help keep care close to home. These efforts are designed to make it easier for patients to access providers, coordinate treatment, and receive high-quality care within the communities they know and trust. Importantly, this direction reflects growth, not a departure from who we are. Daviess Community Hospital remains committed to its local mission, its community-centered values, and the relationships that have defined our organization for decades. We believe this path will strengthen our ability to recruit and retain talented healthcare professionals, enhance the patient experience, and ensure that our hospital remains responsive to the needs of Daviess County and the surrounding communities for years to come.

We are grateful for the trust and support of our patients, staff, physicians, partners, and community members as we move forward together. With a shared commitment to excellence, compassion, and innovation, Daviess Community Hospital is positioning itself for a future that honors our history while meeting the healthcare needs of tomorrow.



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Time outdoors increases happiness

Increasing time spent outdoors enjoying nature can positively affect mood and mental health. Generally speaking, outdoor enthusiasts tend to be happier overall. The American Psychological Association says spending time in nature is linked to both cognitive benefits and improvements in mood, mental health

and emotional well-being. Both green spaces and blue (aquatic) spaces benefit overall well-being. Several years ago, the University of Derby in the United Kingdom conducted a study titled, “The 30 Days Wild.” The study encouraged people to do something wild once a day for 30 days. Participants shared that their connection to nature and doing things in nature created a significant increase in happiness and health. People who spend more time outside can experience greater self-esteem, less stress, increased memory retention, and more positive body image. Natural environments also lower activity in the rumination area of the brain, decreasing negative, repetitive thoughts. Also, those who are outside more tend to be engaging in physical activities, and exercise directly correlates to better mental health.



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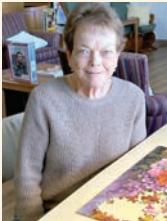
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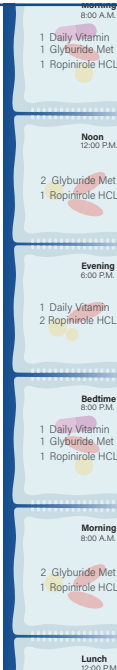
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Lyme disease cases likely under-reported

Instances of Lyme disease may be under-reported. The Bay Area Lyme Foundation estimates more than 630,000 people are diagnosed with Lyme disease annually in the United States. However, the Centers for Disease Control and Prevention says only a portion of those cases are officially reported each year. Tick-borne illnesses are rising due to climate change and human expansion into forested areas. Unlike some other illnesses, Lyme disease can be contract-

ed even if you've been bitten before. Left untreated, Lyme disease can cause serious issues with joints, the heart and the nervous system, says the Cleveland Clinic. However, if diagnosed in the early stages, Lyme disease can be successfully cured with prompt antibiotic administration. However, while most patients make a full recovery, some may experience lingering fatigue or pain even after the infection is gone. This is known as Post-Treatment Lyme Disease Syndrome.



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