



**Episode:** [Navigating Rural Health in Legislative Crisis](#) |

**Guest:** Alan Morgan, NRHA

**Rural Health Recommendation:** "Get involved and make your voice heard! If you type the words 'rural health' into Google, Yahoo or Bing, our website is usually one of the first three that pops up. You'll get great information and great tips to get engaged and make your voice heard! You would be surprised how important and how influential your voice is as a rural practitioner and the difference that it makes."



**Episode:** [How Health Systems Collaborate with Rural Communities](#) | **Guest:** Dr. Greg Johnson, Parkview Health

**Rural Health Recommendation:** "Embrace it. Period. The rural life is most of America, and I sometimes get a sense that even in our own community hospitals in rural settings, they often feel like 'well we're just rural'. It's not 'just rural', we are rural! Recruit to your strengths. Whether you're urban, suburban or rural, there are strengths and opportunities across all of those."



**Episode:** [Facing the Reality of Maternity Care in Rural America](#) | **Guest:** Dawn Shanafelt, MDHHS

**Rural Health Recommendation:** "Take time to reflect on history and where the community has been. We don't want to stay in the past, but we can learn so much from the past to inform us as we move forward. Lean on the experts, which are the individuals that we serve, whether you call them clients or patients or community members."



**Episode:** [The Voice of Hospitals in Government Affairs](#) |

**Guest:** Dan Bucci, American Hospital Association

**Rural Health Recommendation:** “Don’t be afraid to innovate because things are constantly changing in healthcare. You don’t need to redo your whole process, but you can start small and become a little more efficient, cost-effective and patient friendly, even if it’s just considering how you talk to patients.”



**Episode:** [Challenging the Mental Health System for](#)

[Better Maternal Care](#) | **Guest:** Adrienne Griffen, Maternal Mental Health Leadership Alliance

**Rural Health Recommendation:** “Everybody check in on new moms. Ask them how they’re doing; say ‘hey, I know that this can be really wonderful but it also can be kind of a challenge, and that’s okay, and there’s help available.”



**Episode:** [Maternal Care Deserts & the Impact of Policy](#) |

**Guest:** Carrie Cochran-McClain, NRHA

**Rural Health Recommendation:** “Don’t underestimate the power of your voice and to use it in telling your story of what we need to be able to provide care to our rural populations.”



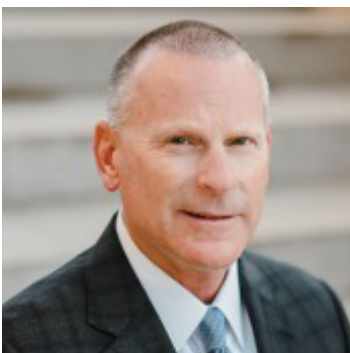
**Episode:** [Leading Conversations around Healthcare Headlines](#) | **Guest:** Scott Becker, Becker's Healthcare

**Rural Health Recommendation:** "If you're running a rural health system, you have to figure out where you're going to focus your resources, what you're going to be great at, and you have to be very clear, very disciplined that we can't do everything. You've got to figure out what you're going to be great at, and double down on that."



**Episode:** [Amplifying Marginalized Voices for Maternal Health & Wellness](#) | **Guest:** Dr. Amanda Williams

**Rural Health Recommendation:** "My recommendation from the patient perspective is to educate yourself. Do your homework ahead of time, come to trusted resources like MarchofDimes.org to figure out what might be in store for you with pregnancy and post-partum, because it does not always look like it happens in the movies."



**Episode:** [The Power of Collaborative Leadership among Rural Hospitals, Part 2](#) | **Guest:** Brian Peters, MHA

**Rural Health Recommendation:** "For folks who live and work every day in rural Michigan, take advantage of that. Get outside, walk on a nature trail, hop on a boat. Do something where you're in the great outdoors because there's something calming and centering about that."



**Episode:** [The future of Medicaid and what it means for Rural Hospitals](#) | **Guest:** Rick Pollack, AHA

**Rural Health Recommendation:** "I think the future of healthcare depends on making care convenient. We're so proud of the "H" and what it represents, but we need to look at how we define that "H" and provide that care, not only in the building, but also in schools, the workplace and other settings. We are positioned to do that, and I think that's an opportunity for rural hospitals in particular."



**Episode:** [How Can a Hospital be Birthing-Friendly?](#) |

**Guest:** Karla Weng, Stratis Health

**Rural Health Recommendation:** "Focus on assets instead of gaps. When you work in rural communities and live in rural communities, it's really easy to focus on the things that you don't have, but oftentimes you forget to focus on what you do have and that there's a wealth of resources. Focus on what you have and think about how you can use that to address your gaps."



**Episode:** [Bridging the Care Gap on Maternal Sepsis](#) |

**Guest:** Dr. Melissa Bauer, Duke University Health System

**Rural Health Recommendation:** "Don't make assumptions about what patients have available to them. Ask them specifically what they have access to and make sure they have access to the resource at all times. I think the biggest part, especially for rural patients, is taking the time to ask about social drivers of health such as housing."



**Episode:** [Breaking Down Barriers for Rural Healthcare Providers](#) | **Guest:** Dr. John Crongeyer, ModusOne Health

**Rural Health Recommendation:** “My recommendation is to take decisive action. Rural facilities have agility. Of course, don’t take action for action’s sake. You want to do things are both smart and simple. Think exactly about what you need, network for it, and go directly after it.”



**Episode:** [How Communities Play a Vital Role in Perinatal Psychiatric Wellness](#) | **Guest:** Dr. Maria Muzik, University of Michigan

**Rural Health Recommendation:** “In rural spaces, loneliness and socialization might be a big key. If you are a provider, if you have a chance, create spaces for social connection. Take the extra 30 seconds to ask about what’s going on in your patient’s life. Open yourself up as a provider to be that safe space where someone can open up to you.”



**Episode:** [Driving Patient-Centered Performance in Rural Hospitals](#) | **Guest:** LeeAnn Odom, Performance Transformation

**Rural Health Recommendation:** “I would like to lead with the thought of partnership. You do not have to do everything by yourself, you do not have to solve problems by yourself. There are so many great resources out there, it’s not up to you to do it independently. We are stronger together”



**Episode:** [An Examination of the Rural Health](#)

[Transformation Fund](#) | **Guest:** Lauren LaPine-Ray, MHA

**Rural Health Recommendation:** "You are never going to know everything right off the bat. Healthcare is inherently incredible complex. Every day I read a bill or policy, I read something that I have no idea what it's talking about. But you have to sit down and research and educate yourself to learn about it. And that part is really important."



**Episode:** [Overcoming Challenges as a Critical Access](#)

[Hospital in Rural Michigan](#) | **Guest:** Tim Johnson, Eaton Rapids Medical Center

**Rural Health Recommendation:** "You have to be flexible and you have to be willing to learn new things and adapt. People can specialize in big cities, but in small communities, you have to be a master of everything. You have to be willing to learn new things and try new things."



**Episode:** [A Conversation on Legislation, Funding and](#)

[Advocacy](#) | **Guest:** Laura Appel, MHA

**Rural Health Recommendation:** "Connect with your colleagues because there is so much support within the rural hospital CEO community, and your state association probably has a rural council. Do whatever you can to engage with that. Share with each about what's going on and how you can manage it."



**Episode:** [Navigating the Politicization of Healthcare as Hospital Leaders](#) | **Guest:** Scott Becker, Becker's Healthcare

**Rural Health Recommendation:** "It's really about building leadership and people teams. At the end of the day the most important thing is getting the right people on the bus with you, and then you can figure out where the bus is going. The critical thing is building great leadership teams."



**Episode:** [How a Rural Critical Access Hospital is Solving Health Access](#) | **Guest:** Jeremy Cannon, Kalkaska Memorial Health Center

**Rural Health Recommendation:** "You can grow in rural healthcare. Things is an urban setting that would have taken 400 meetings and four months to get done, I can get done in four hours, and I can see the tangible impact immediately... That impact has a ripple effect right outside the front doors. You can make an impact on people's lives and you can see it."



**Episode:** [Using the Right Information to Solve Repeat Problems for Rural Hospitals](#) | **Guest:** Jim Lee, Michigan Health & Hospital Association

**Rural Health Recommendation:** "Lean in to the opportunities that technology affords us. In rural settings, whether it's hospitals or communities, technology like AI can be a force multiplier. It can help level the playing field."



**Episode:** [Latest in Legislation & the Future of Sustainable Healthcare](#) | **Guest:** Travis Robey, American Hospital Association

**Rural Health Recommendation:** “There’s no more powerful voice than a local hospital leader who can tell their story. There’s no voice in your community that’s more respected than you are on these issues. When you tell your story, do it through the perspective of patients and the communities you serve.”



**Episode:** [Telling the Healthcare Story to Affect Policy Change](#) | **Guest:** Chad Mulvany, Forvis Mazars

**Rural Health Recommendation:** “Rural leaders in particular are wearing so many hats. Understand the depth of talent that you have on your team and be willing to delegate more and create more bandwidth. You can spend more time on longer-term thinking and strategic issues.”



**Episode:** [How Idealizing Dangerous Reforms will Cripple Rural Health Access](#) | **Guest:** Dr. Michael Shepherd, University of Michigan

**Rural Health Recommendation:** “There is a lot to be gained from being in a rural place, talking to rural people about what their needs are, what their interests are, what they hope for, and when you do that, you learn that there’s some modes of thinking in healthcare policy that are not in line with how people feel about their own healthcare.”



**Episode:** [How to Make Community Impact that Lasts in Rural Health](#) | **Guest:** John Barnas, Michigan Center for Rural Health

**Rural Health Recommendation:** “Become involved in your community. Listen first, be humble, think about others, make the right decisions. Leadership doesn’t need to be charismatic. You just need to be humble and do the right thing.”



**Episode:** [How Rural Hospitals Serve as Safety Nets for Underserved Communities](#) | **Guest:** Ewa Panetta, Michigan Health & Hospital Association

**Rural Health Recommendation:** “Take the time to pause and reflect about what you do. Don’t ever forget to reflect on the impact. We have the opportunity to impact and change lives. Use those opportunities to collect the voices of the unheard. The stories that humanize the data that we have, use them as an advocacy channel.”



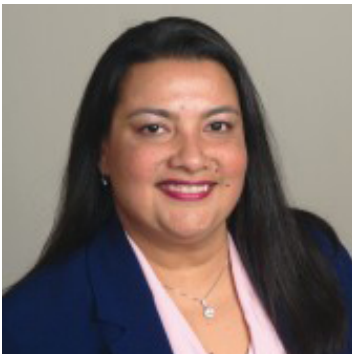
**Episode:** [Considering the Future of Rural Health Funding and Policy](#) | **Guest:** Dr. Mark Holmes, UNC Gillings School of Global Public Health

**Rural Health Recommendation:** “The rural community is small, there’s little anonymity, so you have to think about that in all your interactions. Living in a rural area makes you appreciate people more because you need to be kind.”



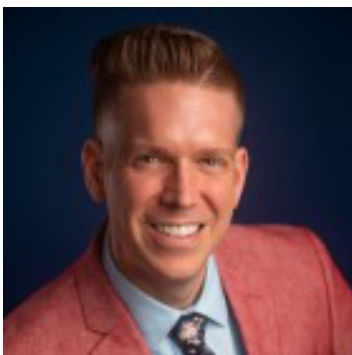
**Episode:** [Addressing the Rise of Violence Against Healthcare Workers](#) | **Guest:** Amy Brown, Michigan Health & Hospital Association

**Rural Health Recommendation:** “Despite all the complexities of healthcare, I always go back to the patient. When I felt overwhelmed, I’d close my laptop and go round on a patient. Going back to your people grounds you and helps you find one small thing that you are able to make a difference with. All of us can find those.”



**Episode:** [How a Mindset can Impact Healthcare Finances](#) | **Guest:** Alicia Faust, Forivis Mazars US

**Rural Health Recommendation:** “Get involved, and get involved locally. Whether that is your local HFMA, your local ACHE, your local AHIMA, whatever area of healthcare you want to support, get involved. Go in person. You can never underestimate the value of the connections you make. If nothing else, you get to meet your peers and understand that you’re not going it alone.”



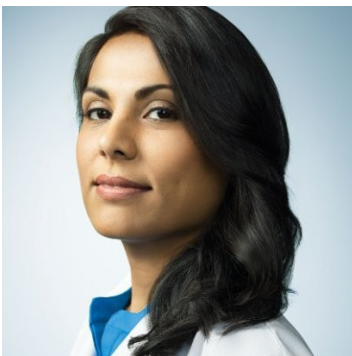
**Episode:** [Rebuilding Trust Between Rural Hospitals and Communities](#) | **Guest:** Dr. Ross Ramsey, Scheurer Health

**Rural Health Recommendation:** “Use your public figure and leader status to proactively build trust in your rural healthcare system. If you don’t, someone will fill that space with negative perceptions out there. It’s really important to go out there and advocate. Not necessarily to legislative folks, but to your community in general.”



**Episode:** [How a Rural Hospital CFO is Leading Advocacy for Financial Sustainability](#) | **Guest:** Julie Soekoro, Hamilton Health Care System

**Rural Health Recommendation:** “It’s really important for all of our leaders to get involved in advocacy for our organizations, regardless of how busy we are. We need to be able to message what we’re going through and have a grassroots effort around that.”



**Episode:** [Emerging Disease & the Crisis of Misinformation](#) | **Guest:** Dr. Nahid Bhadelia, Boston University Center on Emerging Infectious Diseases

**Rural Health Recommendation:** “We’re so much more globally connected. It is now possible, more than ever, to see when someone is suffering. I want hold the hope that if we get better at sharing the results of some of the political actions around infectious diseases, that people will change their mind.”



**Episode:** [Understanding & Expanding MS Care in Rural Healthcare Deserts](#) | **Guest:** Alana Sky Campbell, National Multiple Sclerosis Society

**Rural Health Recommendation:** “Careful and close listening allows us to get at the root cause of what’s getting in the way. Meet people where they are and always start by listening. I think that could apply not just to rural health professionals, but also legislators everywhere.”



**Episode:** [Confronting the State of Healthcare Legislation & 340B Misinformation](#) | **Guest:** Elizabeth Kutter, Michigan Health & Hospital Association

**Rural Health Recommendation:** “Get involved with your association. Get involved with other local entities. Get involved with the local chamber. Get involved with the business community. Get together with local leaders. Get together with folks in your community and get to know them and know them authentically.”



**Episode:** [Sustaining Mental Health Resources in Rural Communities](#) | **Guest:** Monica McConkey, Eyes on the Horizon Consulting

**Rural Health Recommendation:** “Get out in the community, talk with other community leaders, talk with the natural helpers in your community. The ministers, the teachers, the people that the community goes to naturally and build relationships.”



**Episode:** [Federal Healthcare Policy & Legislation Updates](#) | **Guest:** Alexa McKinley-Abel, National Rural Health Association

**Rural Health Recommendation:** “Get involved in advocacy. And like I said, you can dip your toes in and it doesn’t have to be coming to DC for a meeting. We have advocacy campaigns where all you do is literally put in your zip code. I highly encourage you to get involved in some way.”



**Episode:** [“Reclaiming Your Life after Medical Trauma”](#) |

**Guest:** Dr. James Jackson, Vanderbilt University Medical Center

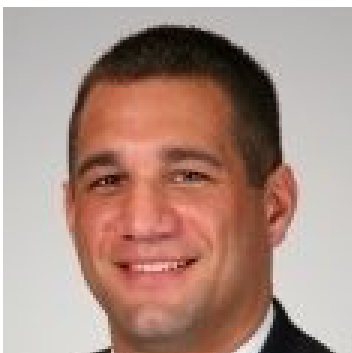
**Rural Health Recommendation:** “You’re going to be able to survive these difficult seasons if you make what you’re doing not a job, but a calling. Make it meaningful. It’s meaningful work. It’s not so simple, but you need to find a way to frame it as meaningful work.”



**Episode:** [Building Support for Addiction Recovery in Rural Areas](#) |

**Guest:** Joyce Feltrow, North Michigan Opioid Response Consortium

**Rural Health Recommendation:** “When our communities invest in recovery the ROI is \$7 for every \$1 they spend, and anytime we can get that person into a level of wellness and recovery, that person goes on to be a productive citizen in their community.”



**Episode:** [How Healthcare Affordability Impacts Patient Outcomes](#) |

**Guest:** Dominick Pallone, Michigan Association of Health Plans

**Rural Health Recommendation:** “If you’re a new leader in rural health, whether it’s hospital, whether it’s outpatient, it doesn’t matter what level of service. Reach out to your payers. The payers do want to engage with you. They want to get to know you. They want to build that trust. Don’t be afraid. Don’t view the payers as this evil, big evil empire.”



**Episode:** [The Intersection Between Food Insecurity & Rural Health](#) | **Guest:** Amanda Bank, Center for Healthcare Strategies

**Rural Health Recommendation:** "Something that I try to do is just take small moments to regulate my nervous system, to reconnect with myself. Doing this work every day and thinking about all of these problems every day that are only seeming to get worse, can leave us in a constant fight or flight state, and it can be very destabilizing."



**Episode:** [Keeping Rural Hospital Doors Open Through Advocacy, Collaboration & Storytelling](#) | **Guest:** Craig Thompson, Golden Valley Memorial Healthcare

**Rural Health Recommendation:** "Get involved with an association. We find great value in that association membership. We receive a lot of resources. If you have a trusted resource and you have a network, rely upon that network, rely upon those resources."



**Episode:** [Exploring the Health Effects of Rural Childcare Deserts](#) | **Guest:** Heidi Hagel-Braid, First Children's Finance

**Rural Health Recommendation:** "The one thing that I want to focus on is the strength of rural communities. People just come together and they get it done. That is the strength of rural communities. When you walk into a room in a rural community, you see an individual, but they're wearing about five invisible hats on their head."