



# HealthcareConnections

DECEMBER 2017

## Healthcare News



**Creating lifelong memories with loved ones is what December is all about. But with the annual celebrations comes the risk of overeating or becoming ill. Keep your festivities merry and bright with a few simple tips.**

### How to feel good after your holiday feast

A special occasion like the holidays doesn't mean your diet should take a break. As good as sugary treats look, it's important to limit how much you consume. Moderation is key to healthy eating. Instead, snack on healthier foods to help resist diving into high-calorie finger foods.

Choosing healthy snacks is also a great way to avoid overeating at the dinner table. By eating light throughout the day, it'll be easier to avoid having seconds, thirds, or fourths at your holiday meal. More easy ways to avoid consuming unnecessary calories include going light on the gravy and having veggies as your sides.

### Take steps to stay flu-free

Nothing ruins the holidays quicker than catching the flu or a cold. Worse yet, it can put others at risk for catching these illnesses, as well. Stay healthy over the flu season by washing your hands regularly and using disinfecting wipes when traveling. This can prevent germs from leaving you bedridden when you should be enjoying the company of others.

The best step you can take to avoid the flu is getting your annual flu shot. Doctors everywhere agree that it's the optimal way to stay healthy. An influenza vaccination can help you avoid getting the flu altogether and can reduce the severity of your illness if caught.<sup>1</sup>

*Visit Monroe County Hospital & Clinics from December 3 through December 9 during Influenza Week and get your seasonal flu vaccine!*

### Don't forget to relax

The holidays can be stressful. Work, home preparation, and gift buying can turn this time of cheer into a time of anxiety. To reduce your stress, try out these tips:

- Develop a plan to prevent last-minute scrambling
- Set a reasonable budget to stop overspending
- Take a breather when you're feeling overwhelmed to clear your mind

Taking time to relax is good for both your mental and physical health. Reducing your stress can help you avoid getting sick during the flu season.

As you're getting ready for your annual get-togethers, it's important to stay focused on what the season is all about: bringing joy to yourself and those you love.

*From all of us at MCHC, happy holidays and have a wonderful New Year!*

1. Centers for Disease Control and Prevention. (2017, November 14). 2017 National Influenza Week (NIVW) Key Messages. <https://www.cdc.gov/flu/resource-center/nivw/nivw-key-points.htm>

## Six simple rules to remember for making your New Year's resolution

### Set yourself up for success!

The year 2018 is just a few short weeks away. For many of us, it's a hopeful time of making goals and promises, especially for developing healthy habits. If you're looking to make 2018 your year for wellness, here are some tips to follow that will help.

- 1. Stay realistic.** Sometimes we can be too optimistic about our goal. Be honest with yourself, know your limitations, and set a health goal that you know—not hope—you can reach. Goals that are reasonably easy to achieve can be the start of something greater.
- 2. Make a plan.** Creating a plan gives you something to stick to. Seeing yourself check off your list is a spectacular feeling and will keep you motivated throughout the year. Plus, this gives you a chance to think about any obstacles that may get in your way and prepare to overcome them.
- 3. Commit to starting.** It's easy to say you'll do something tomorrow or next week. Set a date to begin working on your resolution, no matter what. They say the journey of a thousand miles starts with a single step. What does your first step look like? Make a promise to yourself and decide when to take it.
- 4. Make your resolution public.** Tell your friends, family, and coworkers about your goal. You'll not only have a commitment to yourself, but to them, as well. By being accountable to others, you may find more motivation to stay on track.
- 5. Find support.** It's likely that you're not the only one trying to get healthy during 2018. Find others with similar plans and work together to reach your shared goals. Whether it's having someone to talk to or someone to drag you to the gym when you'd rather stay home, having partners is an invaluable resource.
- 6. Take baby steps.** Most of us can't become a marathon runner overnight or give up junk food cold turkey. That's ok! By taking smaller steps and making gradual progress, you'll be more likely to reach your goal. Drastic change is rarely permanent, while developing good habits can result in a lifetime of healthy living.



## Choose a better MRI experience



MCHC is excited to announce the addition of a new MRI machine—the GE Voyager wide bore system. Designed with your comfort and health in mind, this machine offers a better experience, decreases claustrophobia, and consistently provides quality images.

### Features include:

- Noise-reducing technology
- Breathe-free and move-free applications
- Adjustable lighting, skylights, and murals
- Integrated music system
- Faster scan times
- Sharper images

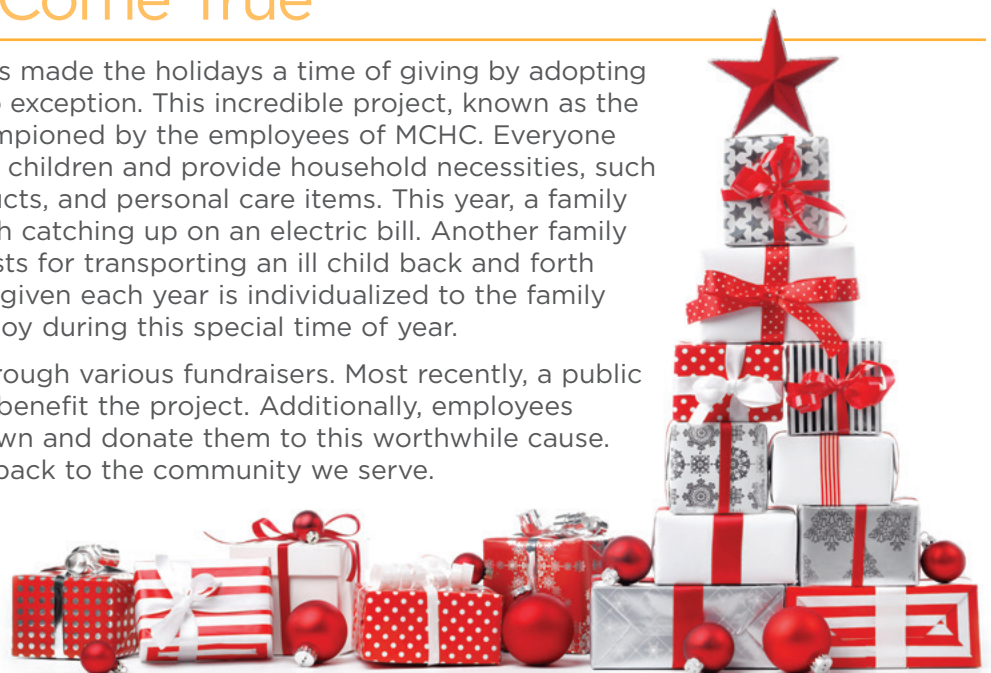
Beginning in December, MRI will be offered on Monday mornings from 7 a.m. to noon.

To book an appointment, please call 641-932-1721. MRIs must be physician ordered.

## Making Wishes Come True

For more than 20 years, MCHC has made the holidays a time of giving by adopting families in need, and this year is no exception. This incredible project, known as the Christmas Families Project, is championed by the employees of MCHC. Everyone works together to fill wish lists for children and provide household necessities, such as laundry detergent, paper products, and personal care items. This year, a family is receiving a special gift: help with catching up on an electric bill. Another family will receive gas cards to offset costs for transporting an ill child back and forth to the Mayo Clinic. The extra help given each year is individualized to the family in an effort to provide peace and joy during this special time of year.

Money is raised for this project through various fundraisers. Most recently, a public book fair was hosted at MCHC to benefit the project. Additionally, employees can purchase gift items on their own and donate them to this worthwhile cause. The MCHC Team is proud to give back to the community we serve.



## Healthy Recipe

They're as tasty as they are tasteful! Bring this healthy appetizer to your dinner table for a sweet and savory holiday treat.

### Baked Pears

3 pears, Concorde or green Anjou preferred

1 tablespoon of liquid honey

3-5 sprigs of thyme

6 teaspoons of your favorite blue cheese

1/2 cup of walnut halves

Ground black pepper

1. Preheat oven to 400°F.
2. Cut the pears in half lengthwise. Scoop out any seeds you find and the core of each pear. To help prevent too much wobbling, cut a small slice away from the rounded end.
3. Arrange the pears core-side up in a baking dish. Drizzle the pears with liquid honey and place thyme on top.
4. Bake for 10 minutes or until the pear flesh is soft enough to prod with a fork. If you don't want the cheese to melt, let them cool before proceeding on to the next step.
5. Use a teaspoon of blue cheese to stuff each pear. Add the walnuts for a nice garnish and a little crunch. Season with pepper fit your taste buds.
6. Serve and enjoy this holiday treat!

**Tips for the chef:** If you have a sweet tooth, you can add more liquid honey after your dish comes out of the oven!

Do you have a recipe you'd like to share? Send us your healthy snack or meal at [jwitt@mchalbia.com](mailto:jwitt@mchalbia.com).

## The Look Nook

**Monday-Friday**  
**9:00 a.m.-3:00 p.m.**

6580 165th Street • Albia, IA 52531

Located through the main entrance  
of the hospital.

- Free Gift Wrap
- Holiday Decor
- Tasting Samples
- Tax Free



**Monroe County**  
HOSPITAL & CLINICS



## December 2017

### Susan Allison Outpatient Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Marcus Onsrud	2
3	4 Homedan Agarwal	5 Sokol	6 Narayan Curtis	7 Sokol Coleman	8 Marcus Moratz	9
10	11 Homedan Freeman	12 Sokol	13 Sanders Moore	14 Sokol Moratz	15 Marcus Onsrud	16
17	18 Homedan	19 Sokol	20 Sanders Curtis	21 Sokol Coleman Moratz (a.m.)	22 Marcus Moratz	23
24	25 <b>Merry Christmas!</b>	26 Sokol	27 Dickins/ Dawley	28 Sokol	29 Moratz	30

#### Outpatient Clinic Specialists

Ravinder Agarwal, M.D. - *Allergy & Immunology*  
 Greg Moore, AUD - *Audiology*  
 Richard Marcus, M.D. - *Cardiology*  
 Rachel Onsrud, ARNP - *Cardiology*  
 Heidi Curtis, ARNP - *Dermatology*  
 Neal Sokol, D.O. - *General Surgery*  
 Kelley Dawley, ARNP - *Neurology*

Q. Stokes Dickins, M.D. - *Neurology*  
 Joseph Coleman, M.D. - *OB/GYN*  
 Brian Freeman, M.D. - *Oncology/Hematology*  
 Shehada Homedan, M.D. - *Orthopedic Surgeon*  
 Robert Moratz, DPM - *Podiatry*  
 Tamarisa Narayan, M.D. - *Pulmonology*  
 Shayla Sanders, ARNP - *Rheumatology*

For additional information or to schedule an appointment, please call 641-932-1678.



*To those who continue our tradition of caring for the community, thank you. We wish you a happy holiday season filled with good health and good cheer.*