

# HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | **SPRING 2019**



*Signs of* STROKE | *Thank You,* DOCTORS & VOLUNTEERS | *Spring* EXERCISE TIPS

# STAY WELL, YEAR-ROUND

**MONROE COUNTY HOSPITAL & CLINICS** allows you to keep tabs on your health—on your schedule.

MCHC offers walk-in wellness laboratory tests year-round. These wellness labs require only a simple blood draw. From this blood draw, our lab can help you keep up with your cholesterol, blood sugar, thyroid levels and more.

“All tests are run the same day as the blood draw, and we typically have results mailed to patients the next day,” said Erica Martinez, Laboratory Manager at MCHC. “Prostate cancer screenings for men over age 50 are also available.”

If you want to receive your results sooner, you can visit the lab to pick them up once they're ready.

## WELL WORTH IT

Wellness labs are a good way to screen for cardiovascular and thyroid disease. The results can also be helpful if you have a chronic condition that requires monitoring.

“Some patients complete a wellness lab before seeing their doctor, so they can take their results with them,” Martinez said. “Certain employers also offer wellness benefits to employees who have tests like these done.”

Wellness labs cost \$60 for a complete blood panel, while additional prostate cancer screenings cost \$35. Wellness labs are not covered by insurance and must be paid at the admissions desk during your visit prior to the blood draw.

**CALL 641.932.1731 TO TALK TO THE MCHC LABORATORY DEPARTMENT AND LEARN MORE ABOUT WELLNESS LABS.**



**Monroe County**  
HOSPITAL & CLINICS

An Affiliate of **MERCYONE**.

6580 165th Street • Albia, IA 52531

Monroe County Hospital & Clinics complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, call 641.932.2134 or see link on our home page at [mchalbia.com](http://mchalbia.com).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al MCHC: 1.641.932.2134.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.641.932.2134。

This institution is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call 866.632.9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202.690.7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).



## Act F.A.S.T.

**IF A FRIEND** or family member showed signs of a stroke, would you be able to tell?

Roughly 87 percent of all strokes are ischemic, according to the American Stroke Association (ASA), meaning an artery carrying oxygenated blood to the brain gets blocked by a clot. If the clot is not cleared in a timely manner, it can result in serious disability or death.

It almost happened to Jerry, age 70, when his daughter was home for the holidays. Jerry complained of a headache and was suddenly confused and dizzy. His left arm seemed very weak.

Fortunately, Jerry's daughter was familiar with stroke symptoms. She asked her father to raise both arms. When his left arm drifted lower than his right, she called 911, and Jerry received lifesaving treatment.

To recognize signs of stroke, the ASA recommends memorizing the acronym F.A.S.T.:

- **F**ace drooping
- **A**rm weakness
- **S**peech difficulty
- **T**ime to call 911

## TAKE ACTION

If you suspect a stroke, ask the person to smile, raise his arms and repeat a simple phrase. If one side of the face droops, if one arm stays lower than the other or if the person's speech is slurred or odd, call 911 immediately.

Time is of the essence for stroke treatment, and Monroe County Hospital & Clinics' emergency services are here for you. Early treatment can prevent long-term disability. It may even save a life.



# Hearts for Service



Volunteers mean the world to Monroe County Hospital & Clinics, which is why we're preparing to celebrate during a week that's just for them.

**ORGANIZATIONS AROUND THE COUNTRY** observe National Volunteer Week, and it's MCHC's tradition to honor our volunteers with a special celebration in June. In the past, we've hosted luncheons and presentations to recognize our volunteers. We don't want to spoil the surprise by sharing this year's plans, but what we have in store promises to be just as memorable.

### HOSPITAL AMBASSADORS

Honoring the 36 members of the MCHC Auxiliary members and volunteers who donate their time to our organization is our way of showing appreciation for their contributions, not least of which is how they connect us with the communities we serve.

"Many MCHC volunteers are members of churches and other organizations in our communities, which allows them to get the word out about hospital happenings," said Gale Herrera, Chief Nursing Officer at MCHC. "By offering their time whenever needed, even in bad weather, or by covering for fellow volunteers when they're sick, they set a wonderful example of service for others."

### PRICELESS GIFTS

Most MCHC volunteers help run the hospital gift shop. Thanks to our customers and the hard work of the volunteers, proceeds from the gift shop and twice-yearly, volunteer-organized bake

sales have funded purchases of blanket warmers, automated external defibrillators and a kitchen mixer for MCHC. The gift shop grows more popular with our community every year—during this past holiday season's open house, we grossed more than \$5,000 on the first day. That money will help us enhance even more services and programs at MCHC.


"Everyone passes the gift shop when they enter MCHC, and it's nice for patients and visitors to see people they know—our volunteers—greeting them," Herrera said. "We're so thankful for these generous community members."

---

**INTERESTED IN DONATING YOUR TIME AND TALENTS TO MCHC? TO LEARN ABOUT BECOMING A VOLUNTEER, CALL GALE HERRERA AT 641.932.1710.**

### Why Volunteer?

Studies show, when you volunteer, you are less likely to experience depression or chronic pain. Help a cause or organization you care about and enjoy the benefits of elevating your activity level, making new friends and staying connected to your community.



“ THE RELATIONSHIPS  
PATIENTS HAVE WITH OUR  
PHYSICIANS ARE WHAT  
BRING THEM TO MONROE  
COUNTY HOSPITAL &  
CLINICS.

—Gale Herrera,  
Chief Nursing Officer  
at MCHC

”

# DIAGNOSIS: *Grateful*

Monroe County Hospital & Clinics celebrates National Doctors' Day to show appreciation for our physicians.

**FOR CENTURIES, PHYSICIANS** have been valued members of communities. That's certainly true of the physicians at MCHC, and this March, we hope you'll join us in thanking them for everything they do during our week-long celebration of Doctors' Day.

The celebration of the contributions of physicians in the United States dates back to 1933, when a medical organization called the Barrow County Alliance in Georgia designated March 30—the anniversary of the first use of ether for anesthesia by Georgia physician Crawford Long—as a day to honor physicians. The first Doctors' Day featured cards for local physicians and a dinner. Over the years, state and regional organizations adopted Doctors' Day, and in 1958, the U.S. House of Representatives passed a resolution commemorating it. In 1990, President George H.W. Bush

signed a congressional bill into law designating March 30 as National Doctors' Day.

For years, MCHC has celebrated Doctors' Day with luncheons for our physicians, notes of thanks from patients and staff, and other forms of recognition. This year is no different, and we look forward to honoring our physicians the week of March 25–29.

“Doctors' Day is a time to show gratitude for what MCHC physicians provide to our community: kind, compassionate, high-quality care, in some cases to generations of families,” said Veronica Fuhs, MHA, Chief Executive Officer at MCHC. “We often see that compassion in the patient testimonials we receive.”

Here's a sampling of what patients had to say about each of our employed physicians.



**ALEX CURIEL, MD, FAMILY MEDICINE**

“Dr. Curiel is the best doctor I’ve ever seen. He tries to do the best he can for my wife and me. He really tries to find out what’s wrong with me. He cares about us as people, and I appreciate that.”

“I appreciate that Dr. Curiel took my son’s health history into consideration when diagnosing. He looks at the big picture and doesn’t jump to conclusions. Dr. Curiel is very compassionate and truly cares about what happens with each patient.”



**ANDREW FROST, DO, EMERGENCY MEDICINE**

“I am always impressed with the way Dr. Frost interacts with his patients. His personality puts them at ease, which is a wonderful thing in the Emergency Department. He doesn’t just treat the problem, he treats the entire patient.”

“Dr. Frost has a wealth of knowledge and is so kind and compassionate. He takes the time to listen and included me in my care.”



**GERALD HAAS, DO, FAMILY MEDICINE**

“Dr. Haas has been our family doctor since we have been coming here, as far back as I can remember. He sure seems to know his stuff.”

“I live part of the year in Florida, and I always wait to see Dr. Haas when I am here in town. I trust him. He always smiles, and I feel very comfortable with him because I know him and he knows me. That’s a nice thing about a small town. He has never led me wrong.”



**KENDRA MARTIN, DO, FAMILY MEDICINE**

“I love the way Dr. Martin gives you her full attention. She is very interested in you as a patient. I am confident in Dr. Martin’s abilities—she knows what she’s doing. She is very caring.”

“Dr. Martin takes care of my mother, who has dementia. She is so patient with my mom and takes extra time with her when she’s confused. Dr. Martin is very kind and really listens to her patients and their caregivers. I am so glad she is here.”



**NEAL SOKOL, DO, FACOS, GENERAL SURGERY**

“I was very impressed that Dr. Sokol checked on me several times throughout my hospital stay. He has performed prior surgeries on me and has done a fantastic job.”

“The kindness that Dr. Sokol extended to me during a stressful procedure really helped me through a difficult time. He really cares.”

**Your Medical Home**

In January, Monroe County Hospital & Clinics was awarded the Patient-Centered Medical Home Recognition by the National Committee for Quality Assurance. This means MCHC strives to put patients first by:

- helping patients better manage chronic conditions
- helping patients set and achieve health goals
- improving patient satisfaction
- lowering the cost of care
- providing more access to care

“MCHC is committed to providing a safe, healthy environment where patients partner with their providers to make healthcare decisions,” said Kendra Sinclair, Director of Rural Health Clinic Operations at MCHC. “We will continue to focus on patient-centered care.”



**PHYSICIANS ARE THE FOUNDATION OF MCHC. OUR DOCTORS PROVIDE COMPASSIONATE CARE TO OUR PATIENTS, WHILE BEING TRUSTED FRIENDS, COWORKERS AND NEIGHBORS. THEY SIT NEXT TO YOU IN CHURCH AND AT SCHOOL EVENTS AND ARE PROUD MEMBERS OF THIS COMMUNITY.**



**—Kendra Sinclair,  
Director of Rural Health Clinic  
Operations at MCHC**



# THE *POWER* OF *YOUR CHOICE*

Begin the process of advance care planning today.

**LAST SUMMER**, the Health Resources & Services Administration awarded Monroe County Hospital & Clinics funding for a three-year program to spread awareness about advance care planning. This is the process of making and sharing decisions about the type of medical and end-of-life care you wish to receive if you're unable to speak on your own behalf. When you create an advance care plan, you have peace of mind that your wishes will be followed.

"Advance care planning gives you a voice in your care," said Allison Judge, BSN, RN, Health Coach at MCHC. "It's based on your values and beliefs, not about what is important to doctors or caregivers. It focuses on what's important to you and how you want to live your final days or what you want to happen in case of an accident."

To ensure your wishes are upheld, Judge said another goal of the program is increasing the number of advance directives, legal documents defining your wishes, that MCHC has stored in its electronic medical records. Keeping these directives on hand ensures all MCHC healthcare providers know who to call in the event of an emergency and are immediately aware of your wishes about urgent medical matters, such as your preferences for potentially lifesaving treatments.

## **ADVANCE DIRECTIVES**

There are many types of advance directives, and an MCHC health coach, such as Judge, or your medical provider can

assist you in determining which are right for you, depending on your age and circumstances. One of the most common forms is a living will. For this, MCHC uses a program known as Five Wishes.

"Five Wishes is a comprehensive document that allows you to select a healthcare agent, someone to make and follow through with the healthcare wishes you have expressed, and to look at life-sustaining measures and whether or not you want them performed," Judge said. "It also asks questions about more personal preferences. For instance, if you were in a coma or in the hospital for an extended period of time, would you want someone there holding your hand?"

MCHC encourages anyone age 18 and older to begin advance care planning and to revisit the process annually and after any major medical diagnosis or event, such as a heart condition or trauma.

"It's such a personal journey," said Jacque Heiter, Project Manager at Mercy Accountable Care Organization. "Whether you are motivated by religious beliefs, financial factors or just the desire to not burden your loved ones with these tough choices, now is a great time to start the conversation."

---

**TO LEARN MORE ABOUT ADVANCE CARE PLANNING AND THE RESOURCES AVAILABLE TO YOU AT MCHC, VISIT [MCHALBIA.COM/YOURCHOICE](http://MCHALBIA.COM/YOURCHOICE) OR SPEAK WITH YOUR MEDICAL PROVIDER.**

# Ready, Set and Spring Into Action

Learn how to prevent injury when refocusing your workout routine.

**IF YOUR PHYSICAL ACTIVITY** decreased during the winter months, there is no time like the present to adopt healthy exercise habits—but pace yourself.

“The most important thing to do is start slowly,” said Stephanie Coughlin, DPT, MHA, Rehab Services Manager at Monroe County Hospital & Clinics. “Ease back into activity and gradually add more. Listen to your body and make your goals achievable.”

Part of listening to your body, according to Coughlin, is learning the difference between pain and soreness.

“Muscle soreness is healthy and an expected part of exercise,” Coughlin said. “Pain feels different from soreness and could be a sign of an injury. That pain will persist if not addressed.”

A way to tell the difference between the two is timing: Muscles usually become sore during exercise or 24–72 hours after activity, according to the American Physical Therapy Association.

## TO STOP OR GO?

PAIN	SORENESS
Sharp or aching pain in muscles or joints while exercising	Tired or burning sensation in muscles while exercising
Sharp or aching pain at rest	Tight, dull or achy feeling at rest
Pain improves with rest and ice, unless the injury is significant.	Soreness lasts a few days and improves with rest, recovery, stretching and movement.
Pain feels worse with activity after adequate rest and recovery.	Soreness feels worse after prolonged rest and immobility.
Consult a provider if in extreme pain or if pain lasts more than a week.	Get moving again but with modified activity to limit soreness.

VISIT [MCHALBIA.COM](http://MCHALBIA.COM) TO LEARN MORE ABOUT OUR ORTHOPEDIC CARE.



## 7 Ways to Maximize Your Workout

1. **Schedule** exercise.
2. **Stretch** with good form.
3. **Drink** water.
4. **Recognize signs** of fatigue, pain or soreness.
5. **Refuel** with carbohydrates, protein and healthy fat foods.
6. **RICE**—rest, ice, compress and elevate to address pain and inflammation.
7. **Recover** with seven to nine hours of sleep nightly.

## Zucchini Au Gratin

This springtime twist on a classic dish offers a healthier alternative with the same taste of home.



### INGREDIENTS

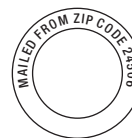
4 cups zucchini, thinly sliced  
 1/2 cup onion, sliced  
 2 tablespoons water  
 1 tablespoon margarine  
 3 tablespoons Parmesan cheese, grated  
 Pepper to taste

### DIRECTIONS

Place zucchini, onion, water, margarine and pepper in a frying pan. Cover and cook over medium heat for one minute. Remove cover and cook until crisp-tender, about 10 minutes. Turn with a large spoon to cook evenly. Sprinkle with cheese; toss lightly. Serve at once.

### NUTRITIONAL INFORMATION

Serves: 7  
 Serving size: 1/2 cup  
 Calories: 40  
 Carbohydrates: 4g  
 Total fat: 2.5g  
 Cholesterol: 0mg  
 Saturated fat: 0.5g  
 Dietary fiber: 1g  
 Sodium: 55mg  
 Protein: 2g



PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 830



This is a  
recyclable product.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# A New Structure for Care



The current construction project at Monroe County Hospital & Clinics expands services for the community.

**IN 2017, MCHC** began construction on a new medical clinic and remodel of outpatient service areas.

The medical clinic will help us accommodate more providers in a patient-centered care model. “The purpose of the addition and renovation,” said Veronica Fuhs, MHA, Chief Executive Officer at MCHC, “is to provide additional space to accommodate newly recruited doctors, enhance privacy and improve patient flow.”

“We want to take care of the whole patient,” Fuhs continues. “We’re moving toward a wellness model of care that will keep patients healthy instead of only taking care of them when they’re sick.”

If you look at the construction site today, you’ll see the steel structure being erected for the new medical clinic.

We’re also renovating other areas of MCHC to make

improvements to rehab services and outpatient clinics, as well as a renovated infusion therapy area.

All these improvements will lead to greater access and patient-focused care. Our goal is to continue to provide quality care with a relentless pursuit of service, safety and value.

**WE STRIVE TO PROVIDE WORLD-CLASS CARE IN A SAFE ENVIRONMENT. TO LEARN MORE ABOUT OUR SERVICES, VISIT [MCHALBIA.COM](http://MCHALBIA.COM) OR CALL 641.932.2134.**

The construction project is due for completion in 2020 and will include an easily accessible main entrance and renovated parking lot.