

HEALTHCARE HAPPENINGS

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Monroe County
HOSPITAL & CLINICS

An Affiliate of
MERCYONE

Preventing FALLS | *Meet* DR. CROSSLEY | *Construction* UPDATE



PREVENTING FALLS *After a Hospital Stay*

Following a few key tips can help older adults
create a foundation for balance.

AFTER A HOSPITAL STAY, some seniors may be more likely to fall when they return home. As a result, they may find themselves back in the hospital once again.

A University of Michigan School of Nursing study of over 8 million older adults found that an estimated 14% were readmitted to the hospital within one month of their discharge.

STEPS TOWARD STEADINESS

Preparation is key to reduce the risk of falling after a hospital stay. Older adults should take care to:

- **Improve balance** by participating in occupational and physical therapy. Focus on exercises that strengthen bones, muscles and balance. Yoga and tai chi are great options.
- **Review medications with a healthcare provider** to understand which ones might cause dizziness. A healthcare provider can make adjustments to prescriptions to reduce potential side effects.
- **Make small changes to the home to enhance safety.** These may include removing tripping hazards such as rugs or carpets, installing handrails in the shower, and using night lights in hallways, bedrooms and bathrooms.

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

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Choose to PLAN AHEAD

Now is the time to begin advance care planning.

WHEN YOU ARE HEALTHY, preparing for a life-changing medical event is probably the furthest thing from your mind. However, advance care planning is an important step to ensure your wishes are respected in the event that you cannot make decisions for yourself.

“It is a common misconception that you have to be elderly or unhealthy to begin advance care planning, but it is appropriate for everyone ages 18 and older,” said Jacque Heiter, Project Manager with MercyOne. “Thanks to funding from the Health Resources & Services Administration, we are able to help you start that journey for free.”

SUPPORT EVERY STEP OF THE WAY

Through the Your Choice Advance Care Planning Project, a Monroe County Hospital & Clinics Facilitator can guide you through the process, which may include completing these advance directives:

- **Durable power of attorney for health care**—This document identifies the individual you would want to speak for you if you cannot speak for yourself.
- **Living will**—This document defines the types of medical treatment you do or do not want.

Once decisions are made, and documents are created for advance care planning, it is important to share those with your loved ones and medical providers.

“The meaningful conversations you have with loved ones and your providers as you complete these forms are so important,” Heiter said. “They offer opportunities to share your values and priorities.”

LEARN MORE BY VISITING MCHALBIA.COM/YOURCHOICE OR CALLING AN MCHC FACILITATOR AT 641.932.7172.



YOUR CHOICE

ADVANCE CARE PLANNING PROJECT



Rehab WITH Heart

After a heart attack or cardiac surgery, the road to a healthier future runs through cardiac rehabilitation.

A 12-WEEK COURSE of medically supervised aerobic exercise and education about healthy lifestyle changes, cardiac rehab provides a plan for reaching your goals following a heart attack, coronary artery bypass surgery, or another cardiac event or treatment. Benefits abound: If you participate in cardiac rehab, you are less likely to have another heart attack, according to the American Heart Association, and you may lose weight, reduce chest pain and other symptoms, and avoid hospital stays. Cardiac rehab also makes your heart more resilient.

“Patients can stop or reverse damage to the heart, improve their strength and endurance, and boost their confidence and overall well-being,” said Julie Vander Linden, RN, Cardiac Rehab and Medical/Surgical Clinical Support Coordinator at Monroe County Hospital & Clinics. “Our goal is for patients to be able to return to the activities they enjoyed before the cardiac event.”

BUILDING A BETTER BEAT

Cardiac rehab takes place in the Physical Therapy Department at the hospital. Three times a week, you'll work closely with Vander Linden and Respiratory Therapist David Oldham, CRT, to gradually increase your exercise intensity and endurance on a treadmill or recumbent cross-trainer machine. You'll also meet with a dietitian to learn how to make dietary choices that benefit your heart.

For many patients, cardiac rehab becomes something they look forward to.

“Dave and I listen to our patients and get to know them on a personal level,” Vander Linden said. “We laugh and have fun so cardiac rehab becomes not only beneficial, but also enjoyable.”

Vander Linden, who became the leader of the cardiac rehab team in August, wants to see the team continue to enhance its expertise—she and Oldham attended the American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting in September. The team continues to learn and grow, she said, to provide exceptional care for the patients who mean so much to them.

VISIT [FACEBOOK.COM/MONROECOUNTYHOSPITALANDCLINICS](https://www.facebook.com/monroecountyhospitalandclinics) TO LEARN MORE ABOUT HOW WE ARE CELEBRATING HEART MONTH AROUND TOWN. ENTER FOR A CHANCE TO WIN A FREE T-SHIRT.

6 Ways to Celebrate American Heart Month

Show your heart some love during American Heart Month in February by:

- devoting time each day to an activity you find relaxing or invigorating to relieve stress
- introducing a new form of aerobic exercise into your workout routine
- making simple substitutes, such as swapping brown rice for white and cooking with olive oil instead of butter
- scheduling a wellness checkup with your primary care provider
- starting a walking group with friends or coworkers
- using herbs and spices to flavor your food instead of salt

Get to know board-certified
Family Medicine Physician
Tanner Crossley, DO,
who joined Monroe County
Hospital & Clinics in
August 2019.



MEET DR. TANNER CROSSLEY

Q. WHEN DID YOU KNOW YOU WANTED TO PRACTICE MEDICINE, AND WHAT MOTIVATED YOU?

A. My brother and I both considered the field of medicine when we were in high school. I did some job shadowing and liked the health field. I also experienced some health problems while on a mission trip to Brazil, which further sparked my interest. While traveling, I got appendicitis and had an operation as soon as I returned home. I was treated very well and thought that I could also be good at providing care. That experience inspired me to declare a health science major at Brigham Young University-Idaho.

Q. WHY DID YOU CHOOSE YOUR AREA OF SPECIALTY?

A. I enjoy taking the whole person into account, understanding what excites them about life and what I can do to help them reach their goals. Health is often a barrier that prevents us from doing what we want to do. So I strive to help prevent complications and enhance patients' quality of life. It is fun to see them succeed.

Q. WHY DID YOU WANT TO PRACTICE IN ALBIA AT MCHC?

A. I am originally from Pittsburgh, Pennsylvania, and I have lived all over the country. I earned my undergraduate degree in Idaho while I was also working in construction. Then I attended medical school at Kirksville College of

Osteopathic Medicine in Kirksville, Missouri, and completed my family medicine residency at Cornerstone Care Teaching Health Center in Mt. Morris, Pennsylvania. My four kids were all born in different states, and my wife, Ashley, is from Nevada, so we are not really tied down anywhere.

When we were considering places to relocate, the job here at MCHC popped up. I liked the progressive approach to using technology, and I thought the family medicine clinic was a well-run program. The people are nice, and I enjoyed everyone I met. The staff was great from the very beginning.

Q. WHY DID YOU CHOOSE TO PURSUE OSTEOPATHIC MEDICINE?

A. I took the allopathic medical boards, but I chose Doctor of Osteopathy because I enjoy considering the mind, body and spirit of a patient. That approach spoke to my mentality.

Q. WHAT DO YOU FIND MOST REWARDING ABOUT MEDICINE?

A. The two most frustrating things for me are health problems and car troubles. I enjoy giving people one less thing to worry about. Working with them as they get stronger is very fulfilling.

Q. WHAT DO YOU FIND MOST CHALLENGING?

A. Paperwork is never exciting, but it is necessary. However, MCHC gives us the tools to make that process easier.



ARE YOU AWESOME?

JOIN OUR TEAM!

Monroe County Hospital & Clinics is on the lookout for qualified individuals to fill a variety of job openings. If you are looking for a satisfying healthcare career, we want to hear from you.

We are proud to receive a Top Workplaces 2019 designation from *The Des Moines Register*. This award highlights our commitment to promoting a culture of excellence. Through our dedication to aspects such as alignment, connection and execution, we strive to attract and keep the best talent on our team. Together, we are well-positioned to deliver the highest quality of care to our patients. That commitment is what sets MCHC apart from other providers in our region and makes it a truly great place to work.

“MY GOAL IS TO HELP MY
PATIENTS LIVE LIFE THE
WAY THEY WANT TO LIVE.”

—*Tanner Crossley, DO,*
Family Medicine Physician

Q. WHAT DO YOU ENJOY ABOUT THE ALBIA COMMUNITY?

A. Everyone here has pride in what they do. It is a small town, but it is well taken care of, and people seem to enjoy being from here. The crime rate is low, and we like being out in the country with genuinely good, nice people.

Q. WHAT DO YOU ENJOY DOING WHEN YOU ARE NOT WORKING?

A. I am a sports enthusiast and enjoy the outdoors. I also like to read, work on our house and cook. I am good at adapting recipes to put my own spin on them. Ashley and I also love spending time with our kids. Mariah is 7, Chet is 6, Austin is 3 and Eliza is 1.

TO SCHEDULE AN APPOINTMENT WITH DR. CROSSLEY, CALL 641.932.7172.



THE FUTURE LOOKS BRIGHT



Our facility renovations will help provide for the community for years to come.

WHERE DO WE see ourselves in five years? Before our construction plan began in 2017, we met to discuss the best way to meet the needs of our patients, currently and in the future.

“If someone has not seen our facility since our last construction update, I think they will be impressed by our progress,” said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. “Since last spring, we have completed our west and east parking lots, started on our north parking lot and have completed the first phase of our new Medical Clinic.”

“The new clinic and construction updates will help us grow the amount of care we can provide,” added Bill Bayer, Facility Manager/Plan Operations at MCHC. “Most of our community wants to receive all of their care from one clinic that they know and trust. That is what these updates will allow us to offer.”

In addition to providing new space for physicians and patients, care was also taken in how the new clinic would make patients feel when they enter the building.

“We want to ensure that our patients are satisfied not just with the care they are given but the atmosphere in which they receive it,” Bayer said. “That is an important part of caring for patients as a whole.”

The new facilities will provide a calm, private atmosphere with soothing decor and an abundance of natural daylight, which Bayer said was an intentional choice. The new clinic will include several windows to help our patients, physicians and staff feel a little bit brighter.

“When people come into a healthcare clinic, they are trying to fix a problem,” he said. “Sunlight gives the clinic a positive atmosphere and helps patients feel more hopeful.”

By the Numbers: Past, Present and Future



1982

Facility was built

1982

Parking lot was complete

7,960 square feet

Original size of the clinic

14,600 square feet

Planned size of the clinic
after renovation

204

Number of
parking spaces

257

Number of parking
spaces after renovation

Construction workers on site per week:
around 25

CONSTRUCTION OF THE NEW CLINIC IS SCHEDULED FOR COMPLETION BY 2021.

COLD WEATHER CRAVINGS

Is winter working up your appetite?

IF YOU FIND yourself getting hungrier as the temperature drops, you are not alone. Research published in the *European Journal of Clinical Nutrition* found that the average daily caloric intake of the study's participants increased in the fall as the weather started to cool down, and that their body weights peaked during the winter months.

While the exact cause of this effect is unknown, some believe it is because you start to crave foods that help you produce more heat and energy. Others suspect that tradition is to blame. The holidays often go hand in hand with high-calorie, carbohydrate-rich treats, and that association may prompt you to begin seeking out certain foods you easily avoided before.

Mental health may also be a culprit. If you experience seasonal affective disorder, a type of depression that typically emerges during the late fall and early winter, and resolves by summer, you may experience certain appetite-related symptoms, such as overeating, intense carbohydrate cravings and weight gain.

MANAGING THE WINTER MUNCHIES

Help curb your seasonal cravings with the following tips:

- **Distract yourself.** The next time you have unhealthy cravings, take a walk, go to the mall or call a friend.
- **Indulge (in moderation).** Research has shown that trying to avoid certain foods entirely may cause you to want them more. Instead, try eating a smaller portion of whatever food you are craving or, when possible, replacing it with a lower-calorie, more nutritious version.
- **Plan.** If you know you get hungry in the afternoon, for example, try making some healthy, go-to snacks ahead of time.



Turkey Stew

Packed with protein and vegetables, this hearty stew will satisfy your comfort-food cravings without the guilt.

INGREDIENTS

- 2 teaspoons vegetable oil
- ½ cup onion, chopped
- 1 garlic clove, finely chopped (or 1/2 teaspoon garlic powder)
- 4 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, chopped
- 1 can diced tomatoes
- 2 cups water
- 2 cups cooked turkey (or chicken), chopped
- salt and pepper to taste (optional)
- Italian seasoning or oregano to taste (optional)
- Basil or thyme to taste (optional)

DIRECTIONS

1. Heat oil in a medium saucepan. Add onion, garlic, carrots and celery, and stir for 2 minutes.
2. Add potatoes, tomatoes and water to the saucepan. Bring to a boil, then lower the heat and simmer for 30 minutes (or until vegetables are tender).
3. Add turkey and cook for another 5 minutes (or until heated).
4. Season to taste before serving. Refrigerate leftovers.

NUTRITIONAL INFORMATION

Serves 4	Carbohydrates: 30g
Calories: 248	Dietary fiber: 6g
Fat: 4g	Sugar: 7g
Cholesterol: 51mg	Protein: 23g
Sodium: 495mg	

Recipe courtesy of "What's Cooking? USDA Mixing Bowl."





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Get to Know **DR. KENDRA MARTIN**

KENDRA MARTIN, DO, is board certified in both Family and Neuromusculoskeletal Medicine with nine years of postgraduate medical education. She not only practices Family Medicine at Monroe County Hospital & Clinics but also Osteopathic Manipulative Medicine (OMM). OMM is a physician-performed manual treatment designed to improve the body's function and support balance. She achieves this by hands-on manipulation of the nervous, muscular, vascular and skeletal system and cranial manipulation.

Dr. Martin is also trained in joint injections, trigger point injections and dry needling. These treatments can be performed on newborns, pregnant women and adults and go beyond just treating back pain. They can be used to treat feeding issues in newborns, plagiocephaly, ear and sinus disorders, carpal tunnel syndrome, migraines, and TMJ dysfunction, to name a few.

