

HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | **SPRING 2020**



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A Community Mainstay GETS A MAKEOVER | *Inside* IMAGING | *Safe* SPRING CLEANING

SAFE SPRING CLEANING

Protect yourself as you freshen your space.

WHILE PUSHING THROUGH your spring cleaning tasks with 100% vigor and speed may sound tempting, being overly enthusiastic may result in overuse injuries, muscle strain or low back pain.

“Spring is a great time to get back into being physically active with things like spring cleaning,” said Jill Fitzgerald, Physical Therapist with Monroe County Hospital & Clinics. “But if you have not been active during the winter and then spend eight hours cleaning in one day, you will be tired and sore the next morning. Spacing out your to-do list will help you feel better overall.”

BEST PRACTICES

As you clean your home and yard, Fitzgerald recommends the following tips:

- **Lift with awareness.** When picking something up, try to keep objects close to your body with your back in a neutral position. Lift using strength from your hips and legs and try not to twist your back.
- **Don't do it alone.** Lifting heavier objects, such as furniture or large boxes, is a task that is best tackled with help of another person. Also, when you are picking up those objects, try to keep them at waist level.
- **Alternate your tasks to avoid overuse injuries.** If you have been standing for hours, find something to do that involves sitting, like gardening or polishing silver.



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Portal — TO — Health

The MyMCHC portal puts your health care in your pocket.

WITH JUST THE click of a button, MyMCHC provides a portal to your health care without leaving your home. The patient portal puts your health care in the palm of your hand, allowing you to view your full medical history. You have access to lab testing results, radiology reports and a complete list of medications.

If you have an upcoming appointment, you can review your chart to alert your provider of any discrepancies or print out the portions of your records you would like to discuss. If your concerns can't wait for your next scheduled visit, the portal gives you the opportunity to directly ask your provider your health-related questions, even after office hours.

“Instead of having to make a telephone call, patients can send messages from the portal,” said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. “We respond to messages the day that we receive them, sometimes within a few hours. It's a direct line of communication, and it's always there when patients need it.”

The portal also allows you to schedule appointments, request prescription refills and pay your bills online.

TO ENROLL, VISIT MCHALBIA.COM AND SELECT “ACCESS MYMCHC PORTAL.”



ON THE DOT

Here for the Ride

Even if you don't need an Iowa Department of Transportation physical, our medical clinic is here for any of the bumps in the road you may encounter.

Our excellent medical team includes four nurse practitioners and four physicians to make care from a skilled provider easy and accessible. Our quick-care clinic offers care for minor, acute conditions, such as colds, flu or minor injuries, and our extended business hours can help you receive care when you need it.

Iowa Department of Transportation (DOT) physical exams are now available at our medical clinic.

WE ARE PROUD to offer vital health and wellness services to our community at Monroe County Hospital & Clinics. Now, we are excited to add physicals for a commercial driver's license to our list.

"It's been a long time since this service was locally available to our community," said Darcy Weilbrenner-Sheldon, ARNP, Family Nurse Practitioner at MCHC. "We're proud to be able to offer it again."

LICENSE TO CARE

If you are interested in receiving your commercial driver's license or if it's time for renewal, you will be required to complete a DOT exam to ensure you are in suitable health to drive. Only licensed medical examiners can provide them, and you cannot receive or maintain a commercial driver's license without one.

"We have a lot of farmers and truckers in our rural areas who require commercial driver's licenses," Weilbrenner-Sheldon explained. "That's why we felt it was important to make DOT physicals available close to home."

We offer same-day appointments when it's convenient for you to limit your time away from work or home. Most visits take less than 45 minutes, and pricing is competitive and paid during registration—no jumping through insurance hoops necessary.

"It is important that we offer these services to our patients," Weilbrenner-Sheldon said. "We want to make this as convenient as possible."

WHAT TO BRING TO A DOT PHYSICAL

If you're planning a DOT physical, bring a complete list of any medications you are currently taking, including who prescribes them.

"Be sure to know why you take those medications, as well," Weilbrenner-Sheldon said. "It's a way to help us get a more complete picture of your health."

Alert your provider if you have any other health conditions that may make it unsafe for you to drive. If you have an exemption for hearing, vision or diabetes, bring that with you, as well.

"And don't forget your driver's license," Weilbrenner-Sheldon added.

A COMMUNITY

GETS A



Monroe County Hospital & Clinics, an affiliate of MercyOne, is excited to announce the launch of our new brand identity!

THE UPDATED BRAND identity reflects MCHC's growth and future focus, while at the same time reinforces our long-established purpose: to provide high quality personalized care in a supportive environment while treating people with dignity, compassion and respect.

"I am delighted to share MCHC's new brand identity with our patients and community," said Veronica Fuhs, Chief Executive Officer at MCHC. "Many months of hard work have gone into creating and refining the brand."

Even though the logo is different, what has not changed is MCHC's promise to care for the community by improving the health and well-being of the people we serve.

"This new brand identity embodies everything about MCHC," Fuhs said. "Though the brand is changing, the exceptional care, supportive environment and dedication to the community that MCHC has had in years past remain the same."

A TEAM EFFORT

The updated brand identity is the result of a process that began in February 2019, when MCHC adopted the MercyOne name within the logo. At that time, the MCHC Board of Trustees and Administrative Leadership Team members decided it was time to update the MCHC portion of the logo.

After carefully considering multiple versions of a new brand identity, the MCHC Board of Trustees chose this logo as a representation of a lifelong commitment to providing healthcare services for patients, while continuing the strong relationship with the community.

"Lots of exciting things are happening at MCHC," said Marilee Scieszinski, Chair of the MCHC Board of Trustees. "What better time than now to refresh our logo with a new brand identity? As we experience these many positive changes at MCHC, the care and compassion of our patients will continue to be our No. 1 priority."

SHOWCASING OUR STRENGTHS

The Board of Trustees wanted the brand identity to accurately reflect who MCHC is today, to symbolize our vision for the future and to commemorate what we have always been: the hospital and clinics with the healing touch you know and trust.

The refreshed brand identity also fits in with the look and feel of our recent facility renovations, which have been designed to provide a bright, calm, soothing and positive atmosphere for patients and staff alike.

"Our new brand identity serves our mission and vision well," said Matt Foster, Secretary/Treasurer of the MCHC Board of Trustees. "The colors and design capture our commitment to health, wellness and community values."

TY MAINSTAY

Takeover

Say Hello to Our New Logo

Monroe County Hospital & Clinics' updated brand identity includes a fresh and vibrant new logo, colors, and font. The various elements of the design represent different aspects of the organization's core values, including a sense of community, health, support and growth. The graceful design and harmonized color scheme illustrate how all aspects of our mission come together as one.



The leaves represent comfort and are a symbol of life and growth.



The circular arrangement of the leaves signifies unity and represents the path of growth between MCHC, our patients, our visitors, our families and our community.



The Medical Cross signifies health care.

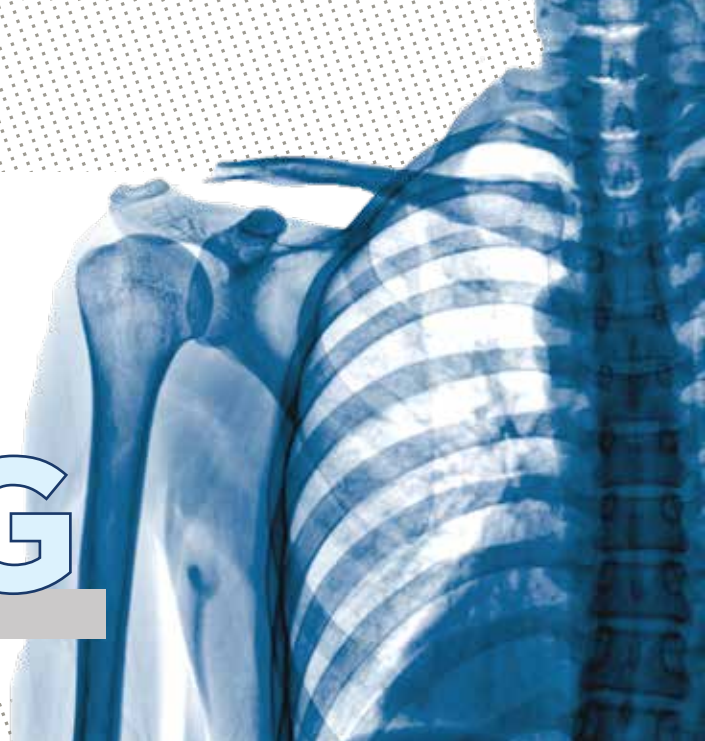


The light green color unifies MCHC with MercyOne. The navy blue color represents credibility, cleanliness, focus, stability, unity, wisdom, trust and loyalty.



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INSIDE IMAGING



The Radiology Department is an important part of Monroe County Hospital & Clinics, but it often flies under the radar. Let's take a closer look.

MUCH OF MODERN medicine relies on radiology to peer inside the body to screen for disease, diagnose conditions, render treatment and check to ensure therapies are working as intended. With so much riding on radiology, it's important to provide a wide variety of imaging exams to patients. The MCHC Radiology Department does just that, offering:

- 3D mammography, which provides better images of dense breast tissue and can help physicians find more cancers
- 40-slice CT
- diagnostic radiography (X-ray)
- dual-energy X-ray absorptiometry (DEXA), which measures bone mineral density to help diagnose osteoporosis
- echocardiography
- MRI
- nuclear medicine
- ultrasound

"We're proud to offer so many options to our patients and physicians," said Jenny Klyn, MHA, RT(R)(M)RDMS, Director of Ancillary Services and Radiology Manager at MCHC. "We've been able to keep pace with changing technology by upgrading to the latest equipment to offer state-of-the-art imaging to our community. Many of our patients are unable to make multiple trips outside of the Albia area to see specialists and have imaging tests. In our department, we can start an important part of the healthcare journey close to home."

That desire to offer up-to-date, convenient care is why MCHC was one of the first critical-access hospitals in southern Iowa to offer 3D mammography—and why all of our radiology equipment is less than five years old.

FOCUSED ON YOU

The MCHC Radiology Department is home to a close-knit, experienced team of eight that includes radiologic technologists—all of whom specialize in different types of imaging, such as mammography or ultrasound—a manager and a receptionist. Most members of the team have been with MCHC for more than 10 years.

Nowhere is team members' dedication to patients more apparent than in their daily interactions with them. Every member of the Radiology Department works hard to put patients at ease with education and compassion.

"We take time to explain to patients why they're having a test, what it involves and when they'll receive the results," Klyn said. "We want patients to leave our department feeling comfortable and understanding what we did and how it can help them."

"We take pride in Monroe County Hospital & Clinics, our work and each other. We care about each of our patients and come to work each day to help people."

**—Jenny Klyn, MHA, RT(R)(M)RDMS,
Director of Ancillary Services and Radiology
Manager at MCHC**



The Produce Debate: FRESH, CANNED OR FROZEN

SOME SWEAR BY canned veggies, while others say fresh is the only way to go. Whether to buy fresh, canned or frozen produce has been debated for quite some time. So, which is the healthiest option? The answer could be all of them.

The Academy of Nutrition and Dietetics recommends eating all forms of produce—fresh, canned or frozen—but make sure the way it's prepared meets your dietary needs. Studies show that the nutrition content of each type is similar, but added sodium or sugars can decrease the nutritional value of your fruits and vegetables.

Here are some pros and cons of each type of produce to help you decide which works best for your next meal:

CANNED

Pros:

- Inexpensive
- Shelf-stable
- Time-saving

Cons:

- Added sugars
- High amounts of sodium

Tip: Always buy canned fruit unsweetened or packed in its own juice. Fruit canned in syrup contains higher amounts of added sugar.

FROZEN

Pros:

- Less waste
- Preserved nutrients

Cons:

- Added sugars
- High-calorie sauces
- Thawing time

Tip: Don't keep your produce in the freezer for too long. To maintain nutritional value, frozen vegetables should be consumed within 8 months of purchase, and frozen fruits consumed within 12 months, depending on the fruit.

FRESH

Pros:

- Eat on the go
- Little preparation
- Variety

Cons:

- Seasonal
- Sometimes expensive
- Spoilage

Tip: Follow a fresh produce storage guide to avoid spoiling. Certain fruits emit ethylene gas, which can cause surrounding produce to rot. Proper storage can help your fruits and vegetables last longer.



Fruit Skewers With Yogurt Dip

Pair this sweet, creamy dip with a variety of fruits for a light, refreshing dessert or snack.

INGREDIENTS

- 1 cup strawberries, fresh or frozen, cut into halves
- 1 cup fresh pineapple, diced, or canned pineapple chunks, drained
- ½ cup blackberries, fresh
- 1 tangerine or clementine, peeled and cut into 8 pieces
- 8 6-inch wooden skewers

DIP:

- 1 cup strawberries, cut into halves
- ¼ cup of fat-free, plain yogurt
- ⅛ teaspoon vanilla extract
- 1 tablespoon honey

DIRECTIONS

1. Thread two strawberry halves, two pineapple chunks, two blackberries and one tangerine segment on each skewer.
2. To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla and honey, and mix well.
3. Serve two skewers with yogurt dip on the side.

NUTRITION INFORMATION

Servings: 4	Carbohydrates: 18g
Calories: 71	Fiber: 2g
Total fat: 0g	Protein: 1g
Saturated fat: 0g	Sodium: 10mg

Recipe courtesy of the National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health & Human Services.





100 GREAT IOWA NURSE *Award Winner 2020*

Monroe County Hospital & Clinics is proud to announce that Brenda Finneman, RN, Employee Health & Infection Prevention Coordinator, was named as an honoree of the 2020 list of 100 Great Iowa Nurses!

EACH YEAR, the 100 Great Iowa Nurses program asks patients, coworkers, friends and family members to nominate outstanding nurses for recognition. After undergoing a two-part review process, award recipients are chosen.

This year, Brenda Finneman was included in the review process. Her coworkers nominated her, and she will be recognized during a ceremony on May 3, in Des Moines.

“This award is well-deserved for Brenda, as she exemplifies the characteristics of a Great Nurse daily,” said Gale Herrera, BSN, Chief Nursing Officer at MCHC. “Brenda excels at everything, but she is truly outstanding in the area of infection prevention. We especially appreciate her knowledge and attention to detail in all that she does.”

100 great iowa nurses

courage, competence, commitment