

# HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | WINTER 2021



**MONROE  
COUNTY**  
HOSPITAL & CLINICS

An Affiliate of  
**MERCYONE**

*Healthy* HOLIDAY EATING | *Top Place* TO WORK IN 2021 | *Hygiene* BY HAND

# HEALTHY HOLIDAY EATING

Enjoy all your favorite special  
occasion foods guilt-free.

**OVERINDULGING DURING** the holidays can be easy. But you don't have to give up your healthy eating plan or your favorite foods while celebrating with friends and family. Following a few key tips can help:

- Don't stand next to the buffet while chatting with friends.
- Eat a light snack at home before going to an event with a lot of food, so you won't binge because you are hungry.
- If you're cooking for everyone, make use of healthy food swaps, like olive oil for butter and herbs for salt.
- Skip the alcohol, which adds calories and makes you likely to eat more.
- Take very small portions of your favorite holiday foods so you don't feel deprived, but fill your plate with healthy items like plain turkey or roasted vegetables.

**GET THE NEW YEAR STARTED WITH A HEALTHY EATING PLAN. TALK TO ONE OF OUR PROVIDERS TODAY.**



An Affiliate of  
**MERCYONE**

6580 165th Street • Albion, 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 homepage at [mchalia.com](http://mchalia.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).



## Apple-Stuffed Acorn Squash

Put a healthy spin on classic seasonal favorites with this autumn-inspired dish that can be either a main course or side dish.

**THIS QUICK RECIPE** can be easily doubled for a house full of guests. You can also add spices like ginger, turmeric and chili powder.

### INGREDIENTS

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 2 acorn squash                    | 2 medium Fuji apples          |
| 1/4 cup raisins                   | 1/8 teaspoon cinnamon         |
| 2 tablespoon no-calorie sweetener | butter-flavored cooking spray |
| 2 tablespoons light butter        |                               |

### DIRECTIONS

1. Cover raisins with warm water and soak for 20 minutes, then drain. While soaking, preheat oven to 375°F.
2. Cut acorn squash into quarters and remove the seeds. Spray the inside of each squash quarter with one second of cooking oil spray. Mix sweetener and cinnamon together.
3. Sprinkle squash quarters with 1/2 of cinnamon mixture. Bake for 10 minutes.
4. While baking, cut apples into quarters and remove the core. Chop apples into 1/2" pieces.
5. Melt butter in a sauce pan over medium heat. Add apples, raisins and remaining cinnamon mixture. Mix well and remove from heat.
6. Take squash from the oven and top with equal amounts of apple mixture, making sure to scrape sauce pan well.
7. Return squash to the oven and cook for 30-35 minutes or until apples and squash are tender.

### NUTRITIONAL INFORMATION

Makes 8 servings.

Calories: 808

Total Fat: 24 g

Saturated Fat: 8 g

Sodium: 224 mg

Cholesterol: 32 mg

Total Carbohydrate: 168 g

Dietary Fiber: 24 g

Protein: 8 g

Source: *Produce for Better Health Foundation*



# A HAPPY RETURN



Monroe County Hospital & Clinics and the Albia area made such a good impression on Joshua Harris, DO, when he was a medical student that he decided to return years later as a family practice physician.

**WHEN DR. HARRIS WAS** a third-year medical student at Des Moines University, he completed a clinical rotation in the Emergency Department at MCHC. The size and friendliness of the hospital and community reminded him of Sturgis, South Dakota, where he grew up watching his parents work in health care. When his rotation ended, Dr. Harris kept MCHC in the back of his mind.

“Over the years, I stayed in touch with Emergency Room Physician Andrew Frost, DO, and Chief Executive Officer Veronica Fuhs,” Dr. Harris said. “When I finished my residency at Monument Health in Rapid City, South Dakota, and started my job search, I interviewed at MCHC, and it seemed like a great fit. South Central Iowa seemed like a wonderful place to raise a family.”

Dr. Harris, his wife and their two young children moved to the Albia area, and he joined the Monroe County Hospital Medical Clinic in August 2021.

## A PHYSICIAN FOR EVERYONE

As a family practice physician, Dr. Harris provides personalized, comprehensive care for patients of all ages, from newborns to older adults. He treats acute illnesses, helps patients manage chronic conditions (such as high blood pressure and Type 2 diabetes) and performs a variety of procedures, including endoscopies and colonoscopies. The wide-ranging nature of family practice is what drew him to it in the first place.

“As an undergraduate student at Black Hills State University, I wasn’t sure what I wanted to do,” Dr. Harris said. “I took a job

as a nurse aide in Sturgis and got to see the different roles that small-town family practice physicians played from clinic to hospital. I thought it was pretty great that they could do so many different things in so many different settings.”

Now, Dr. Harris is following in these physicians’ footsteps by providing evidence-based care to entire families—and enjoying small-town life. When not in the clinic or hospital, he stays busy spending time with his family outdoors on their property, as well as pursuing his lifelong love of hunting and fishing.

---

**DR. HARRIS IS ACCEPTING NEW PATIENTS. TO SCHEDULE AN APPOINTMENT, CALL 641.932.7172 OR VISIT [MCHALBIA.COM](http://MCHALBIA.COM).**

**“I enjoy getting to know my patients and their families, and I do everything I can to provide the best care for them.”**

**—Joshua Harris, DO,  
Family Practice Physician at  
Monroe County Hospital Medical Clinic**

# ***Top Place to Work*** ***for Six Consecutive Years***

Monroe County Hospital & Clinics is proud to be recognized  
as an Iowa Top Workplace once again.

## **MCHC WAS RANKED THE THIRD TOP IOWA**

**WORKPLACE 2021** in the mid-sized business category by *The Des Moines Register*. MCHC is honored to rank on the Top Workplace list not just in 2021, but for the preceding five years, too.

"I am both very proud and humbled for Monroe County Hospital & Clinics to be recognized as a Top Workplace for the sixth year in a row," said Kaylee Siebrecht, Director of Human Resources at MCHC. "Healthcare workers across the country have faced unfathomable challenges in the last year and a half. It hasn't been easy, but with this award, it gives me great pride that MCHC employees are still continuously focused on providing the best care to our patients in a workplace that they enjoy. Research shows that higher employee engagement equates to great patient satisfaction, which I believe we see each and every day."

## **ACHIEVING DURING HARD TIMES**

Top Workplaces are chosen based on employee feedback gathered through a third-party survey administered by Energage, an employee engagement technology partner. The survey measures employee engagement based on 15 different factors called "culture drivers." Factors include connection, appreciation, innovation, helpfulness and values, to name a few.

"During this very challenging time, Top Workplaces has proven to be a beacon of light for organizations, as well as a sign of resiliency and strong business performance," said Eric Rubino, Chief Executive Officer at Energage. "When you give your employees a voice, you come together to navigate challenges and shape your path forward. Top Workplaces draw on real-time insights into what works best for their organization, so they can make informed decisions that have a positive impact on their people and their business."

## **MOST CLUED-IN SENIOR MANAGEMENT**

To best serve patients, employees need a healthy workplace environment that fosters communication, collaboration and meaningful recognition. It also means having authentic leadership to support the team. Out of 130 participating organizations, MCHC ranked first place for having the "most clued-in senior management," which shows senior leaders at the hospital are attentive to employee feedback.

"I am extremely proud that our senior leadership team received the 'most clued-in senior management'," said Veronica Fuhs, Chief Executive Officer at MCHC. "I am elated about our Top Workplace honor. To receive this award six years in a row is a significant accolade and speaks to our employees' unwavering commitment. Obviously, 2020 was a challenging year as nothing about the year was business as normal. However, our employees all rose to the call and continued to provide high-quality, patient-focused care."



## Join Our Team

At Monroe County Hospital & Clinics, we have a strong commitment to high employee satisfaction scores while offering competitive pay and benefit packages. Join our team as we continue providing excellent, passionate care for our patients.

Benefits for eligible employees include:

- medical
- dental
- vision
- access to an Iowa Public Employees' Retirement System (IPERS) plan
- health savings account options (with employer contribution)
- flex spending account options
- paid time off
- term life insurance
- short-term disability
- long-term disability
- deferred compensation plan
- voluntary life insurance
- guardian voluntary benefits
- education assistance
- employee assistance program
- wellness activities

---

TO VIEW OUR CAREER OPPORTUNITIES, VISIT [MCHALBIA.COM/ABOUT/EMPLOYMENT](http://MCHALBIA.COM/ABOUT/EMPLOYMENT).

**TOP  
WORK  
PLACES**  
2021

# GET A FRESH *Perspective with* PULMONARY REHAB

Lung disease can leave patients wondering how to move forward. Pulmonary rehabilitation teaches them how to keep going with confidence.

**PULMONARY REHAB AT** Monroe County Hospital & Clinics is a multidisciplinary outpatient program that helps patients

adapt to living with lung disease so they can enjoy the activities they love. Rae Griffin, BHS, RRT, Respiratory Therapy Department Coordinator at MCHC, leads the pulmonary rehab program.

“Patients with pulmonary disease often struggle to catch their breath, which causes them to stop being active,” Griffin said. “That can lead to lost muscle strength, which can make their shortness of breath worse. Pulmonary rehab works to improve breathing techniques and

muscle strength to enhance quality of life.”

Pulmonary rehab is appropriate for a variety of patients, including those with:

- asthma
- chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis
- pulmonary fibrosis

## BOOSTING STRENGTH AND SAFETY

Pulmonary rehab takes place in MCHC’s therapy gym, where Griffin draws on eight years of experience as a registered

respiratory therapist to help patients build the strength and skills they need to thrive. She tailors the program to meet each patient’s needs and abilities, but all therapy courses have certain elements in common, including education and exercise.

The pulmonary rehab team teaches patients about their specific lung conditions. Patients also learn breathing techniques, strategies to cope with stress and more. Additionally, with our team’s supervision, patients perform stretching and resistance and endurance exercises to increase their fitness level.

Most patients attend pulmonary rehab twice weekly for about three months. Griffin looks forward to seeing pulmonary rehab make a difference in the lives of more and more patients in the Monroe County area.

“We want to grow this service at MCHC,” Griffin said. “I’ve worked in pulmonary rehab at other facilities, and I’m working hard to build a program at MCHC that’s flexible and beneficial for every patient.”

---

**PULMONARY REHAB IS AVAILABLE WITH A PHYSICIAN’S PRESCRIPTION. IF YOU HAVE LUNG DISEASE, ASK YOUR PHYSICIAN ABOUT A REFERRAL TO PULMONARY REHAB AT MCHC.**



Rae Griffin, BHS, RRT,  
Respiratory Therapy  
Department Coordinator

## Leading the Way in Lung Care

For Rae Griffin, BHS, RRT, Respiratory Therapy Department Coordinator at Monroe County Hospital & Clinics, building and leading the pulmonary rehabilitation program isn’t the only way she looks out for patients’ lungs.

“As a respiratory therapist, I see patients in the Emergency Department for acute respiratory distress and continue to care for them when they’re admitted to the hospital,” Griffin said. “I work closely with the nursing staff and physicians to recommend appropriate treatments. In the outpatient setting, I diagnose and manage pulmonary disease to help patients avoid admission to the hospital.”





# HYGIENE BY HAND

Viruses and bacteria can use your hands to hitch a ride to your eyes, mouth or nose—entryways for infection. Cut their journey short by washing your hands.

## “PRACTICING HAND HYGIENE

is one of the most important things you can do to stop the spread of illnesses,” said Brenda Finneman, RN, Employee Health and Infection Prevention Coordinator at Monroe County Hospital & Clinics. “People touch their face, mouth and eyes, and then touch surfaces that others touch. By washing your hands, you remove germs before touching your own face, mouth or eyes.”

Handwashing has a proper technique. To do it correctly, you should:

1. Wet your hands under running water.
2. Use soap to work up a lather.
3. Scrub your hands and wrists. Don't forget to clean the backs of your hands, between your fingers and under your fingernails. This step should last 20 seconds—the amount of time it takes to sing the “Happy Birthday” song twice.
4. Rinse and dry with a clean towel. Use a different towel or your elbow to turn the water off.

“When you touch your body, food or surfaces, remember to wash your hands,” Finneman said. “If you get into the habit of washing your hands in those situations, it will become like brushing your teeth—you'll just do it.”



Brenda Finneman, RN,  
Employee Health and Infection  
Prevention Coordinator



# DON'T RUN DRY

Try these hacks if your schedule makes it hard to stay hydrated.

## WATER: IT MAKES UP ABOUT 60% OF YOUR BODY.

Every cell, tissue and organ needs water to work properly. You can't survive without it. Yet so many of us get busy and forget to stay hydrated. Having a hectic life schedule can distract you from your body's thirst signals. Adopt these hacks to keep hydration a priority.

## HYDRATION HACK #1: HAVE A DESIGNATED TRAVEL BOTTLE.

Invest in a water bottle that is fun to use and easy to take on the go. Choose whichever bottle meets your needs. Some water bottles are vacuum insulated to keep your drink cold or hot. Others are lightweight and easy to stow in a backpack. You can even purchase a timeline water bottle that motivates you to drink.

## HYDRATION HACK #2: SET A SCHEDULE.

If you find yourself forgetting to drink water during the day, try drinking on a schedule. For example, drink a glass of water before every meal. Or drink water at the beginning of each hour.

## HYDRATION HACK #3: DRINK THE CORRECT AMOUNT.

A common misconception is that drinking a gallon of water a day is optimal to stay hydrated. Not everyone needs this much water. In fact, you may get frustrated taking so many bathroom trips that you avoid drinking water altogether. Instead, pay close attention to your urine color to monitor whether you need more water. Clear or light-yellow urine means you are well hydrated.





An Affiliate of **MERCYONE**

6580 165th Street • Albion, IA 52531



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.



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

# RING IN A **HEART HEALTHY YEAR!**

Set yourself up for success with realistic New Year's Resolutions to help boost cardiovascular wellness.

**JANUARY IS THE MONTH** for goal setting around the globe. However, by April, many of those best intentions have become distant memories. Resolutions that are too lofty are typically the first to go—not great news if you were striving to improve your heart health. The good news is, you can actively avoid the pitfalls ahead of time by thinking strategically and planning ahead.

## **HEART HEALTH GOALS**

Adapting a variety of lifestyle habits can help reduce your risk for heart disease or improve the condition if you live with it already. For example, you may aspire to:

- choose healthier foods
- exercise more
- lose weight
- keep up with medical appointments
- quit smoking

Each step sounds simple and doable, but you may be tempted to forget about your goals if you have too many. That is why it is important to focus on one goal at a time before moving on to another. Also, make your to-dos actionable. Instead of, "I will exercise more," think, "I will exercise for 30 minutes a day, five days each week."

If you are having trouble designing or sticking to a plan, talk with your primary care provider. Together, you can design a plan that makes sense with your goals, health and lifestyle.

