

HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | **SPRING 2022**



**MONROE
COUNTY**
HOSPITAL & CLINICS

An Affiliate of
MERCYONESM

Spring into SUPERFOODS | *South Central Iowa's* HOME FOR SURGERY | *Helping Our Community* STAY HEALTHY

SPRING INTO SUPERFOODS!

Make your diet healthier by adding plenty of fresh vegetables high in nutritional density.

WHEN SPRING PRODUCE comes into season, it's prime time to punch up your diet with superfoods. Adding nutritionally dense fresh vegetables and fruits to every meal is not only good for your heart health, it can also help you lose weight. Next time you hit the farmers market or grocery store, search for these items:

- **artichokes**—rich in vitamin K
- **arugula**—a surprising source of calcium
- **asparagus**—loaded with potassium and fiber
- **beets**—filled with folate and vitamin C
- **fava beans**—high in vitamin B1 and copper
- **green peas**—full of protein
- **strawberries**—packed with antioxidants

Don't forget to mix your spring superfoods with year-round staples, like dried beans, walnuts, garlic, sweet potatoes and salmon.

HAVE MORE QUESTIONS ABOUT EATING HEALTHY? TALK TO A MONROE COUNTY HOSPITAL & CLINICS PROVIDER TODAY.



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6580 165th Street • Albion, IA 52531

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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。

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Arugula, Beet —AND— White Bean Salad

Packed with superfoods and full of protein, this simple salad has endless variations. Substitute goat cheese and sunflower seeds for the blue cheese and walnuts to transform the dish.

INGREDIENTS

- | | | | |
|---------------------------------------|--|---|--|
| 2 | tablespoons cider vinegar | 1 | 15-ounce can low-sodium white beans, drained |
| 1 | tablespoon Dijon mustard | ½ | cup reduced fat crumbled blue cheese |
| ½ | teaspoon sugar | ½ | cup coarsely chopped walnuts, toasted |
| ¼ | cup extra-virgin olive oil | 2 | cups of arugula, rinsed and dried |
| Salt and ground black pepper to taste | | | |
| 2¾ | cups beets, boiled and peeled, cut in half (or use 1 16-ounce can) | | |

DIRECTIONS

1. In a small bowl, whisk cider vinegar, Dijon mustard and sugar. Gradually add olive oil until well blended. Season with salt and pepper. Set aside.
2. In a larger bowl, combine beets and beans. Toss with dressing.
3. Divide arugula among four plates. Top with beet and bean mixture, then top with cheese and walnuts.

NUTRITIONAL INFORMATION

Makes 4 servings

Calories: 420

Total fat: 29g

Saturated fat: 6g

Cholesterol: 13mg

Sodium: 454mg

Carbohydrates: 29g

Dietary fiber: 7g

Total sugars: 5g

Protein: 14g

Calcium: 169mg

Potassium: 562mg

Source: U.S. Department of Agriculture.

CELEBRATING DOCTORS

Every March, Doctors' Day honors the physicians who are dedicated to keeping us healthy.

ON MARCH 30, Monroe County Hospital & Clinics, along with health systems across the country, celebrate Doctors' Day to recognize the commitment and contributions of the providers who keep us well.

The first Doctors' Day occurred in 1933 in Winder, Georgia. Eudora Brown Almond, whose husband was Charles B. Almond, MD, decided to honor the work of her husband and others like him by mailing greeting cards to physicians living in the community and placing flowers on the graves of physicians who had passed. The tradition continued and grew, and in 1990, President George H.W. Bush designated March 30 as National Doctors' Day.

On Doctors' Day and every day, MCHC is proud to recognize our dedicated physicians:



N. SOKOL, DO, FACOS, FICS

Susan Allison Outpatient Clinic/
Surgery Services

SPECIALTY: SURGERY

Dr. Sokol is a board-certified general surgeon who has been practicing surgery in southern Iowa since 1999. His special interests include cancer, gynecology and orthopedics.



GERALD HAAS, DO

Monroe County Hospital Medical Clinic

SPECIALTY: FAMILY PRACTICE

Dr. Haas graduated from the Doctor of Osteopathic Medicine program at Des Moines University. He specializes in geriatrics, chronic disease management and long-term care.



JOSHUA HARRIS, DO

Monroe County Hospital Medical Clinic

SPECIALTY: FAMILY PRACTICE

Dr. Harris received his Doctor of Osteopathic Medicine from Des Moines University. He specializes in family medicine and osteopathic manipulative medicine.



TANNER CROSSLEY, DO

Monroe County Hospital Medical Clinic

SPECIALTY: FAMILY PRACTICE

Dr. Crossley graduated from Kirksville College of Osteopathic Medicine in Kirksville, Missouri. He specializes in family medicine and osteopathic manipulative medicine.



KENDRA MARTIN, DO

Monroe County Hospital Medical Clinic

SPECIALTY: FAMILY PRACTICE

Dr. Martin received her medical degree from University of Pikeville-Kentucky College of Osteopathic Medicine. Her special interests include family medicine, pediatrics, women's health, chronic health conditions, in-patient hospital care and osteopathic manipulative medicine.



ANDREW FROST, DO

Emergency Services

SPECIALTY: EMERGENCY ROOM PHYSICIAN

Dr. Frost graduated from the Doctor of Osteopathic Medicine program at Des Moines University. He is certified in advanced cardiac life support, pediatric advanced life support, advanced trauma life support and family practice.



ALEX CURIEL, MD

Monroe County Hospital Medical Clinic

SPECIALTY: FAMILY PRACTICE

Dr. Curiel received his medical degree from the University of Kansas School of Medicine. He specializes in endoscopy, orthopedics and pediatrics.

TO SCHEDULE AN APPOINTMENT WITH AN MCHC PROVIDER, VISIT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT.



MONROE COUNTY HOSPITAL & CLINICS INFUSION CENTER:

Being Here Feels Almost Like Home

The Infusion Center at Monroe County Hospital & Clinics offers safe and unparalleled service to anyone in need of an infusion or injection.

AT MCHC, WE UNDERSTAND that having an infusion can be a tedious task to undertake. That is why our expert nurses, Alyssa Prater, RN, and Kasi Overmyer, RN, are committed to making every patient feel like family.

At our infusion center, Prater and Overmyer provide you with full-time, personalized care and a flexible schedule that best suits your needs. We also strive to deliver some of the latest therapies available.

“As a dedicated infusion center, we are able to stay up to date on new treatments for diseases and new indications,” Prater said. “It is our area of expertise.”

While a majority of our patients are cancer patients, we offer a myriad of additional services, including:

- antibiotic therapy
- biotherapy services
- blood product transfusions
- central line lab draws and maintenance care
- chemotherapy
- hydration therapy
- pain control and comfort medications
- vascular access device/port lab draws and maintenance care



Alyssa Prater, RN

We also have an oncologist on-site every Monday, except the fifth Monday of the month. Additionally, we accept orders from providers outside of our facility. This means you can see your provider in another town and then receive your treatment here, giving you the freedom and flexibility to receive your orders one day and your treatment on a day that works better with your schedule.



Kasi Overmyer, RN

THE DYNAMIC DUO

Prater and Overmyer work together seamlessly to provide you with the safe and supportive treatments you need.

“We work to learn our patients’ likes and dislikes and pass that information back and forth to one another,” Prater said. “We also remind each other how a patient prefers to take their pills, what bay or room they prefer and what channel they like the

TV turned to. We inspire one another to deliver the best possible care every step of the way.”

To help patients feel as cozy as they would be at home, Prater and Overmyer provide a wealth of comfortable amenities, including blankets, beverages, meals, pillows and snacks.

“We strive to make everyone feel at home and that they are treated like family,” Prater said. “We both feel that physical healing really correlates with emotional well-being.”

FOR MORE INFORMATION ABOUT THE INFUSION CENTER AT MCHC, VISIT MCHALBIA.COM/SERVICES/INFUSION-CENTER.

“The nursing staff at Monroe County Hospital & Clinics treats patients as people rather than their diseases. We genuinely care about each person.”

—Alyssa Prater, RN

What to Bring to Your Treatment

With some infusions lasting three to four hours, you might want to pack a bag to make appointments feel manageable.

Here are some go-to essentials to bring with you:

- a favorite blanket or pillow to help the space feel cozier and more comfortable
- a book to read
- crossword puzzles, Sudoku books or any mind-challenging games to help pass the time
- headphones to catch up on your podcasts, listen to music or watch movies
- a notebook to keep track of any questions, symptoms or thoughts you might have
- water bottle

The First Treatment

During the first dose of your treatment, your nurses will go over any medications or regimens the provider has ordered. They will explain what your infusion contains, any side effects you may notice and how long the process should take. You are encouraged to ask questions, not just during the first visit, but every visit.

“We want to make sure you understand what treatment you are receiving before we administer it,” Overmyer said. “We also encourage you to contact us with any concerns or side effects you may experience after your infusion. We are here to partner with and support you as you go through your infusion journey.”



SOUTH CENTRAL IOWA'S HOME FOR SURGERY

Why leave the Albia area to have surgery when you can stay in the community
you know—and that knows you best?



Michele Manternach, BSN,
RN, CNOR, Surgery Manager

WHETHER YOU NEED a major operation or a minor procedure, Monroe County Hospital & Clinics offers a wide range of surgical services with the personalized attention that defines our standard of care.

“When undergoing and recovering from surgery, patients want to receive medical services from people they know care about them,” said Michele Manternach, BSN, RN, CNOR, Surgery Manager

at MCHC. “MCHC has the latest technologies and offers many procedures found at larger, metro area hospitals. Our patients receive the same services available at the bigger hospitals but with compassionate, high-quality care from professionals they know.”

SURGICAL SPECIALTIES

Equipped with an operating room and endoscopy suite, MCHC offers a variety of surgeries from specialties in the following:

- **General surgery.** Board-certified General Surgeon N. Sokol, DO, FACOS, FICS, has cared for patients in our region for 23 years. He performs several general procedures, including colonoscopy, gastroscopy, gallbladder removal, hernia repair and placement of infusion ports, among others.
- **Orthopedic surgery.** Orthopedic Surgeon Shehada Homedan, MD, completed fellowships in orthopedic trauma, orthopedic adult reconstructive surgery and orthopedic sports medicine—training that allows him to employ the latest techniques in surgical care. He performs a wide range of orthopedic procedures, including carpal

tunnel syndrome repair, diagnostic arthroscopy of the knee, shoulder and knee, hip and shoulder replacement.

Dr. Homedan also provides comprehensive care for fractures.

- **Pain management.** Our pain management team includes Pain Management Specialists Matthew Biggerstaff, DO, and Robert Rossi, MD, as well as Certified Registered Nurse Anesthetist Jay Brewer. These providers help patients reclaim their lives from chronic pain with joint injections, epidural steroid injections in the neck and low back, trials of spinal cord stimulators and radiofrequency ablation.
- **Podiatry.** Podiatrist Gary Gansen, DPM, treats conditions of the feet and ankles. His procedures include Achilles tendon repair, bunion repair and hammertoe correction.

No matter what kind of surgery you have, it will be a collective effort.

“The collaboration between the Surgical Services team and other departments at MCHC is outstanding,” Manternach said. “The entire MCHC team works together to deliver on our promise of creating a world-class healthcare experience in the safest environment possible.”

TO LEARN MORE ABOUT OUR SURGERY SERVICES, VISIT
MCHALBIA.COM/SERVICES/GENERAL-SURGERY.

**“Patients at Monroe County
Hospital & Clinics are our friends,
neighbors and, often, our family
members. We pride ourselves on
treating patients like family.”**

**—Michele Manternach, BSN, RN, CNOR,
Surgery Manager**



Change OF HEART

Cardiac rehabilitation at Monroe County Hospital & Clinics can do much more than help you get active again. It also shows you how to reorient your lifestyle to better support heart health.

IF YOU'VE HAD a heart attack or heart surgery, a personalized, medically supervised exercise program as part of cardiac rehabilitation can help you return to your previous level of activity. Just as important, you'll also learn lifestyle skills that can reduce your risk of future heart problems.

"The most important components of heart-healthy living are exercise, nutrition, stress management, weight management, quitting smoking and understanding heart disease," said Julie Vander Linden, RN, Cardiac Rehab/Med-Surg Clinical Support Coordinator at MCHC. "Each patient receives an educational booklet and DVD upon admission to the cardiac rehab program. I individualize the program for each patient with videos and educational handouts, and our patients meet with our dietitian, Liz Zmolek, RDN, LD, to learn about nutrition."

When you participate in cardiac rehab, you'll learn tips and information to help you shape a healthier future for your heart. You'll find out how to read food labels and to recognize and manage stress. Journaling, yoga or deep breathing may help. You'll also learn other invaluable lessons, like the importance of taking medications as directed.

FOR MORE INFORMATION, VISIT [MCHALBIA.COM/SERVICES/CARDIAC-REHABILITATION](https://mchalbia.com/services/cardiac-rehabilitation).

Helping Our Community Stay Healthy

The Monroe County Health Care (MCHC) Foundation is dedicated to supporting the programs and services of Monroe County Hospital & Clinics. Here's how you can help.

THANKS TO generous donors, the MCHC Foundation is promoting health and wellness throughout Monroe County and the surrounding areas. Funds are used to buy equipment for Monroe County Hospital & Clinics, support wellness programs and coordinate events throughout the community.

Recent projects include purchasing an IV fluid blanket/warmer for the MCHC Emergency Services team, surgery lights for the MCHC Surgery team, treadmills for the MCHC Physical Therapy/Cardiac Rehab teams, and providing scholarship opportunities for local school districts. The Foundation also recently helped the town of Albia secure \$100,000 in grant money for the Albia Trails Project.

You can support the MCHC Foundation in its mission by volunteering, making a donation or participating in events like the annual Glow Ball Tournament, taking place this year on Saturday, Oct. 8.

VISIT [MCHALBIA.COM/ABOUT/FOUNDATION](https://mchalbia.com/about/foundation) FOR MORE INFORMATION.

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Healthy Heart Tips

Many people are experiencing extra stress these days. According a survey conducted by the American Psychological Association in 2021, 79% of American employees reported feeling work-related stress within one month of the survey. While you may simply accept stress as part of life, it is also important to keep stress under control. In addition to your mood, stress also affects your physical health—including your heart. Take good care of your heart by fitting in stress-busting activities that are good for your mind and your heart every day. Ideas include:

- meditating
- laughing with loved ones
- going for a walk
- journaling
- taking time for a favorite hobby



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SPRING CLEAN *Your Health*

Routine care can prevent problems before they start.

WARMER WEATHER PRESENTS a great opportunity to check in with your doctor for an annual well-person appointment before summer vacations. Your physician can make sure your medications are still working as needed and address any new health concerns.

In addition to checking your blood pressure, blood sugar and cholesterol levels, your provider can either conduct or help you schedule age-appropriate cancer screenings. For example:

- Pap tests are recommended for women 21 and older to screen for cervical cancer.
- Mammograms are recommended for women ages 45 and older but may be a beneficial option starting at age 40 to detect breast cancer.
- Colonoscopies are recommended for everyone ages 45 and older to screen for colorectal cancer and can remove polyps if they are found.
- Low-dose lung CT scans are recommended for current and former smokers ages 50 to 80 who have quit in the last 15 years with a 20 pack-year smoking history to find lung cancer.
- Men 55 and older should ask about PSA blood level checks for prostate cancer.

SEE A MONROE COUNTY HOSPITAL & CLINICS PROVIDER FOR ALL YOUR NEEDED SCREENINGS. MAKE AN APPOINTMENT TODAY.



Ideas to Spring Clean Your Health

- **Go outside (and wear sunscreen).** Fresh air and sunshine will boost your mood and can provide needed vitamin D.
- **Spring clean your house.** Eliminating dust and mold will help you breathe easier, and it can also provide a great workout.
- **Try gardening.** Studies show digging in the dirt can make you happier. If you plant vegetables and herbs, you can also eat healthier this summer.