

# HEALTHCARE HAPPENINGS

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**MONROE  
COUNTY**  
HOSPITAL & CLINICS

An Affiliate of  
**MERCYONE**<sup>SM</sup>

*Grill Healthy* THIS SUMMER | *Hands-on* HEALING | *Emergency Care* RIGHT WHEN YOU NEED IT



# GRILL HEALTHY

## This Summer

These easy tips can help you keep grilled food healthy all summer long.

**GRILLING IS A** great way to bring out the natural flavors in food, but did you know that eating grilled protein such as red meat, chicken or fish can increase your cancer risk? At high temperatures, amino acids in protein react with a substance called creatine to create heterocyclic amines (HCA). HCAs create tasty char, but they're also a carcinogen that can cause cancer. Try these healthy grilling tips and reduce your risk:

- **Marinate your meat.** Marinades not only add flavor, but marinating meat for just a few hours reduces HCAs.
- **Grill more vegetables.** Grilled produce is low in calories, helps lower cholesterol and has no HCAs. When burgers or chicken share grill space with vegetables, fewer HCAs can develop on the meat. Stick to produce with low water content, such as asparagus, squash or peppers.
- **Use fresh herbs and spices.** Basil, black pepper, marjoram, oregano, rosemary, sage and thyme all help reduce HCAs while grilling.

## Grilled Asparagus and Shrimp Quinoa Salad With Lemon Vinaigrette

This meal uses safer grilling techniques to create fresh flavors.

**GRILLING BRINGS OUT** the natural flavors of seafood and asparagus, while fresh lemon vinaigrette packs flavor. Plus, marinades on protein help prevent HCAs from developing during grilling. Use a grill tray to make it easier to cook shrimp and cut vegetables.

### INGREDIENTS

- |  |   |
|--|---|
| 2 cups fresh asparagus cut into 1-inch pieces      | 12oz. fresh or frozen large raw shrimp, peeled and deveined |
| ½ yellow or red bell pepper cut into ½-inch pieces | 1 ½ cups dry quinoa cooked to package directions            |
| 1 clove of minced garlic                           |   |
| 1 14 oz. can quartered artichoke hearts, drained   |   |

### FOR THE LEMON VINAIGRETTE

- |  |                                |
|--|--------------------------------|
| 1 teaspoon grated lemon peel               | 1 teaspoon Dijon mustard       |
| 3 tablespoons fresh or bottled lemon juice | ½ teaspoon dried thyme leaves  |
| 3 tablespoons olive oil                    | ½ teaspoon ground black pepper |

### DIRECTIONS

1. In a small bowl, whisk vinaigrette ingredients and set aside.
2. Heat the grill and grilling tray.
3. In a large bowl, combine vegetables, shrimp and 3 tablespoons of vinaigrette.
4. Spread the marinated shrimp and vegetables over hot grilling tray.
5. Grill until shrimp is opaque in color, about 5–6 minutes.
6. Serve shrimp and vegetables over quinoa with remaining vinaigrette.

### NUTRITION INFORMATION

Serving size: ¼ of recipe  
Calories: 460  
Total fat: 16g  
Saturated fat: 2g  
Cholesterol: 115mg  
Sodium: 420mg

Carbohydrates: 51g  
Dietary fiber: 7g  
Total sugars: 6g  
Added sugars included: 0g  
Protein: 29g

Source: MyPlate.gov



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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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# HANDS-ON *Healing*

Osteopathic medicine offers whole-body healing that can relieve back pain and many other conditions.



Kendra Martin, DO

**YOU MIGHT KNOW** that osteopathic manipulative treatment (OMT) is frequently used to treat back pain. Using hands-on techniques, the physician manipulates muscles and tissues to relieve pain without medication or other types of treatment. But what you may not know is that OMT goes far beyond pain management.

“While people are most familiar with OMT as a treatment for back pain, it can also influence the body’s structure to help it function

efficiently so it can be used to treat multiple disease processes, such as ear infections, constipation, sinusitis, pneumonia and more,” said Kendra Martin, DO, board-certified family and neuromusculoskeletal physician who also specializes in OMT at Monroe County Hospital & Clinics. “Instead of just focusing on one part of the body, OMT takes a whole-body approach.”

## TREATING THE WHOLE BODY

The foundation of OMT is the link between the neuromusculoskeletal system and the rest of the body. Through different manipulation techniques, OMT can improve movement and function in bones, joints, muscles and tissues.

Removing these barriers to wellness promotes healing throughout the body and helps to prevent illness and disease.

“The fact that this hands-on treatment can only be practiced by a board-certified physician makes it very different from other treatment options,” Dr. Martin said. “The physician must go through medical school and then undergo several hundred hours of hands-on training focusing on the musculature, skeletal, vascular and nervous systems of the body and how to restore the body’s natural functions.”

## ADVANTAGES OF OMT

For many patients, the benefits of OMT are numerous:

- OMT is a noninvasive and medication-free option.
- Physicians can perform these techniques in various settings.
- OMT can be used to treat a wide variety of conditions, including headaches, arthritis, stress and sports injuries, respiratory conditions, gastrointestinal diseases and more.
- Other medical treatments and diagnostic tools, as well as prescription medications, can be used in conjunction with OMT when necessary. Osteopathic physicians can also refer patients to other specialists.

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**INTERESTED IN SCHEDULING AN APPOINTMENT?  
CALL 641.932.7172 OR SCHEDULE ONLINE AT  
[MCHALIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalia.com/patients-visitors/schedule-appointment).**

## Meet Dr. Martin

Kendra Martin, DO, board-certified family and neuromusculoskeletal physician, provides osteopathic manipulative medicine that focuses on the joints, muscles and spine. She offers treatment that may provide relief for arthritis, back pain, headaches, digestive issues and posture problems, including:

- dry needling
- osteopathic manipulative treatments
- trigger point injections
- joint injections





# EMERGENCY CARE RIGHT WHEN YOU NEED IT

The Monroe County Hospital & Clinics Emergency Department works 24-7 to keep your family safe.



Brad Leedom, Emergency  
Services Manager

**WHETHER YOUR CHILD** has a sudden fever in the middle of the night or you fell off a ladder cleaning the gutters, almost everyone needs emergency medical care at some point in life. That's why the Monroe County Hospital & Clinics Emergency Department (ED) is staffed with professionals every hour of every day, even on weekends and holidays.

"We provide emergency care for all ages, from infants to senior citizens," said Brad Leedom,

Emergency Services Manager at MCHC.

The five-bed ED is staffed 24 hours a day, seven days a week with a physician or nurse practitioner. Our ED is staffed with an RN and by our hospital-based emergency medical team.

## FAMILY TIES

While the ED may be a small team compared to big city

hospitals, the pride they take in their work is vast.

"Our team is more like family than anything, which is amazing—they're very tight," Leedom said. "Everybody jumps in to take care of the patient, regardless of what's going on. Our cohesive team enables us to provide great care."

This level of cohesion has led to decreased wait times in the lobby. Patients are seen, triaged and treated as soon as possible.


"Our level of communication makes all the difference," Leedom said. "If we're treating a critical patient, we recognize when we need to pause and say, 'Hey, wait, stop. Is that the correct procedure or dose?' We practice asking questions and communicating and talking as a team."

## UPGRADED CARE

MCHC recently installed new flooring across the whole ED.

"It may seem unimportant, but a simple crack in linoleum can cause a problem for infection control," Leedom said. "Now with the new flooring, it makes it easier for our environmental services to clean, as well as improving the look of the floor."

The ED also added a new telemetry system for cardiac and vitals monitoring.



“This system helps our nursing and EMS staff watch over our patients when we are not in the room, along with assisting other departments in cardiac rhythm monitoring,” Leedom said.

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**IF YOU OR A LOVED ONE NEEDS EMERGENCY CARE, CALL 911.  
THE ED IS LOCATED AT 6580 165TH ST., ALBIA.**

## Remote Care From Expert Physicians

The Emergency Department at Monroe County Hospital & Clinics utilizes the services of Avel eCare Emergency (previously Avera Emergency) to provide the best patient care.

“Avel eCare is a telehealth service that provides additional medical direction, advice and examination from board-certified emergency physicians,” said Brad Leedom, Emergency Services Manager at MCHC. “Physicians are able to remotely consult during critical cases which require staff and providers to deliver life-saving, stabilizing procedures.”

Avel eCare is not used for every emergency. It is most commonly consulted when a patient has had a stroke, heart attack or major trauma. When MCHC staff push a button, they are immediately connected to a provider via interactive video and audio equipment and software.

“It’s great because you get more eyes on the patient,” Leedom said. “They also do the documentation for us, which means our staff has more time to treat patients instead of filling out their records.”

# Meet the Board of Trustees

Our board works tirelessly to maintain excellent medical care. Serving on the Monroe County Hospital & Clinics Board of Trustees may not be the most high-profile position, but it's an incredibly important one.

**“OUR BOARD OF TRUSTEES** shows good character and outstanding dedication,” said Veronica Fuhs, Chief Executive Officer at Monroe County Hospital & Clinics. “They demonstrate knowledge of the healthcare industry and a strong commitment to our facility and community.”

A hospital board works to ensure there is public accountability for the hospital. It monitors hospital finances to comply with its fiduciary duty.

## OUR TEAM OF LEADERS

You don't have to be a doctor to serve on the board, but it helps if you understand a budget. Board members are elected

in nonpartisan local elections every four years, though terms are staggered to ensure there won't be seven vacancies at the same time.

Would-be members must live in Monroe County and must meet certain criteria specified by state law, including not having conflicts of interest, such as working for the hospital or getting paid by the hospital as a vendor. Board members are not paid, but they are reimbursed for certain expenses, like traveling on behalf of the hospital.

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**FIND OUT MORE ABOUT OUR BOARD OF TRUSTEES AT**  
**[MCHALBIA.COM/ABOUT/BOARD-OF-TRUSTEES](http://MCHALBIA.COM/ABOUT/BOARD-OF-TRUSTEES)**.

## Who's on Our Board of Trustees



### MARILEE SCIESZINSKI, BOARD CHAIR

Marilee has been on the board since 2006. She is the Office Manager at Albia Motor Company/Chariton Ford-Mercury.



### JOSEPH BATES, DDS

Dr. Bates has been on the board since 2013. He operates a dental practice.



### MATT FOSTER, SECRETARY AND TREASURER

Matt has been on the board since 2011. He is a retired Albia High School English teacher. He is also the President of the Monroe County Health Care Foundation Board of Directors.



### TIFFANY HAVARD

Tiffany has been on the board since 2020. She is a Staff Pharmacist for Hy-Vee, Inc.



### STEVA HAVICK JUDGE

Steva has been on the board since 2022. She is a Supply Base Manager for John Deere.



### ANN STOCKER, VICE CHAIR

Ann has been on the board since 2017. Retired from Cargill, she works part-time as a Tax Accountant for RSM and Clow Valve. She serves on the Monroe County Health Care Foundation Board of Directors.



### JASON SUMMERS

Jason has been on the board since 2012. He is the President of Summers Insurance.



# MAINTAINING OUR MISSION

The Monroe County Hospital & Clinics maintenance crew makes patient care possible by working behind the scenes to ensure our hospital functions smoothly.

## WHEN YOU VISIT MCHC,

you might interact with a small group of providers as part of your care, but they aren't the only ones who determine the quality and success of your experience. They share that responsibility with people you probably won't meet—the professionals who maintain our hospital.

"Even though we don't provide direct patient care, patient safety and, ultimately, clinical outcomes are areas where the facilities team can have a dramatic impact," said Bill Bayer, Plant Operations Manager, Facility Manager and Safety Coordinator at MCHC. "By properly maintaining air handling equipment, controlling contaminants from construction sites and taking care of furnishings, the maintenance team takes steps to ensure that the physical environment won't have a negative effect on patient health."

Adaptability is crucial for the four-person crew of Bayer, Kenny Ross, Michael Ballard and Nick Billings. Whether it's helping our operations carry on seamlessly during renovations or handling unexpected repairs, each day on the job is different.

"Every day and night, we do our job with pride," Bayer said. "I'm so proud of our team members for always seeing the good in an honest day's work."



Bill Bayer, Facility Manager



Kenny Ross



Michael Ballard



Nick Billings

## Materials Management Helps Monroe County Hospital & Clinics Run Smoothly

The Materials Management team at MCHC provides a vital service for hospital operations.

### THE MATERIALS MANAGEMENT DEPARTMENT

includes three full-time staff members who provide medical and office supplies throughout the entire hospital.

"We are a busy group," said Pam Raduechel, Manager of the Materials Management Department. "Each of us has an important role of keeping the department in order, the hospital and clinic running smoothly and helping as needed throughout MCHC."

The department uses a "two-bin system" for hospital supplies. For each product, there are two bins containing a three-day supply of a certain item. Every morning, empty bins are picked-up by team members and brought to Materials Management to be refilled, expensed and brought back to their respective departments.

When items run low, the department orders through hospital-approved vendors for next-day delivery. New supplies are accounted for and added to a computer system to be distributed once again.

Even though the department is busy managing supplies hospital wide, they still find time to have fun.

"We've hosted bingo and holiday events," Raduechel said. "We also make fun gift bags for children who visit MCHC, so their visits are a little less scary."



Pam Raduechel, Materials Management Manager



Nancy Sheehan, Materials Management Technician



Carla Sebolt, Materials Management Technician

LEARN MORE ABOUT MCHC AT [MCHALBIA.COM](http://MCHALBIA.COM).



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# Stay Active THIS SUMMER

You don't have to hit the gym to get your exercise during the summer. Warmer temperatures and days filled with sunshine mean you can spend time outdoors while getting in the Centers for Disease Control and Prevention's recommended 150 minutes of moderate-intensity activity each week.

Get started with some of these ideas.

- **Find some two-wheel fun.** Biking is a great way to stay active. Check out the bike trail that runs from the hospital to Albia City Park for an easy, family-friendly ride.
- **Get growing.** Staying active in the garden is good for your mind and body. Raking, mulching and planting are all great ways to get moving.
- **Jump in the water.** Swimming is a low-impact workout for your entire body.
- **Walk the dog.** Take advantage of the weather and get outside with your furry friend! Pick up the pace at a dog run, where pets are free to run and chase.

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**STAY HEALTHY ALL SUMMER. FIND A PROVIDER WHO CAN HELP GUIDE YOU THROUGH SUMMER HEALTH AND BEYOND AT [MCHALBIA.COM](http://MCHALBIA.COM).**