

HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | FALL 2022



**MONROE
COUNTY**
HOSPITAL & CLINICS

An Affiliate of
MERCYONESM

The Future OF EMERGENCY SERVICES | *Is Your Diet* MAKING YOU SAD? | *Dedicated* TO ASSISTANCE



Slow Cooker Cherry-Apple Pork

STEW

Packed with protein and carbohydrates, this easy slow cooker meal has all the flavors of fall. Plus, leftovers make easy-to-microwave lunches.

INGREDIENTS

- | | |
|------------------------------|----------------------------|
| 2 pounds lean pork stew meat | 1½ cups bran flakes cereal |
| 3 cups baby carrots | (crushed to ¾ cup) |
| 1 large onion, sliced | 1 cup dried tart cherries, |
| 1½ teaspoons dried thyme | apricots or cranberries |
| ½ teaspoon black pepper | ¾ cup apple juice or cider |
| ¼ teaspoon salt | 2 cups brown rice |
| 1 clove garlic, minced | |

DIRECTIONS

1. Trim fat from pork, then brown in large pan on stove top.
2. Layer carrots, onion and spices in slow cooker. Cover with cereal and dried fruit. Add seared pork, then juice.
3. Simmer stew on the low setting for 7 hours or until tender.
4. When stew is close to done, boil 4 cups of water in a pan and add rice, or cook per package directions.
5. Serve ½ cup pork over ½ cup rice.

Serves: 8

NUTRITION INFORMATION

Calories: 360
Fat: 5g
Cholesterol: 54mg
Sodium: 139mg
Carbohydrates: 50g
Dietary fiber: 6g

Total sugar: 19g
Protein: 27g
Calcium: 89mg
Iron: 2mg
Potassium: 658mg

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.

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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Eat for THE WIN

If your kids are hitting the field this fall, help get them ready with healthy meals and snacks.

WHETHER YOUR CHILD plays varsity football or preschool soccer, proper nutrition is important before, during and after the game. As you prepare meals and snacks, keep these tips in mind:

- **Carbs rule.** Carbohydrates are a top energy source, but not all carbs are the same. Choose whole-grain breads, brown rice, oatmeal and fresh fruits. Avoid processed carbs, such as white bread and sugary snacks.
- **Don't overdo the protein.** Young athletes can get all the protein they need from meals featuring beans, dairy, eggs, fish and poultry. Most kids do not need the excess protein in muscle supplements.
- **Skip the fad diets.** Low-carb and low-fat diets do not provide the energy and nutrients needed for growing athletic bodies.

**NEED MORE NUTRITION
TIPS? MAKE AN
APPOINTMENT
WITH A MONROE
COUNTY HOSPITAL &
CLINICS PROVIDER AT
MCHALIA.COM.**





Have a **LOOK!**

Support Monroe County Hospital & Clinics by checking out our unique gift shop.

THE LOOK NOOK at MCHC isn't just a place to find distinctive gifts and home decor items. Buying gifts from the shop is also a great way to support the hospital.

"All proceeds from The Look Nook are used to purchase needed equipment for the hospital, from blanket warmers to surgical supplies to industrial cookware," said Emily Robinson, Education Support/Volunteer Coordinator at MCHC. "Every purchase helps us provide the best care and services for our patients and families."

To date, proceeds from The Look Nook have purchased:

- audiometer/tympanometer: \$4,300
- automatic external defibrillators: \$3,000
- biomechanical ankle platform system (BAPS): \$525
- bed for therapy department: \$2,500
- bladder scanner: \$9,000
- blanket warmers: \$10,000
- centrifuge for lab: \$900
- clinic exam table: \$5,500
- convection oven: \$5,000
- cookware (industrial): \$1,000
- CSR wrap rack: \$1,300
- digital column scale: \$400
- emergency EZ IO: \$2,500
- nightstands: \$3,500
- surgical Mayo stand (instrument tray): \$1,200
- temporal thermometers: \$1,000
- vital signs monitors: \$10,000
- waiting room recliner: \$500



Emily Robinson, Coordinator

VOLUNTEER SUPPORT

Located inside the hospital across from the Infusion Center, The Look Nook offers a wide variety of items, including seasonal home decor, greeting cards, jewelry, baby items, lotion, clothing, dishware and snacks. MCHC Auxiliary volunteers are responsible for running The Look Nook. In addition to working with customers in the shop, these volunteers also order, organize and price all items.

"We try to switch up our selection seasonally to offer different kinds of items," Robinson said. "All purchases are tax free."

Did You Know? Volunteering Is Good for You, Too!

Volunteering is not only beneficial to the community—it also provides many benefits for you, including improved mental and physical health.

Studies have shown that people who give their time to help others feel less lonely and more socially connected, helping to reduce symptoms of depression. Activities that stimulate the brain, such as tutoring or reading to children, might also help boost memory and cognitive skills, especially for older adults.

Additional research reveals that health benefits don't stop there. People who volunteer on a regular basis may be less likely to develop high blood pressure than those who don't. This could be due to reduced stress levels and increased physical activity, along with other factors.

No matter the reasons, one thing is clear—helping others is good for you. Find an activity that interests you and get started.

THE LOOK NOOK GIFT SHOP IS OPEN MONDAY-FRIDAY FROM 9 A.M.-3 P.M. IF YOU ARE INTERESTED IN BECOMING A VOLUNTEER OR HELPING WITH OTHER FUNDRAISING EFFORTS, INCLUDING ANNUAL BAKE SALES, CALL EMILY ROBINSON AT 641.932.1706.



THE FUTURE OF **EMERGENCY SERVICES**

The Emergency Services team at Monroe County Hospital & Clinics strives to continually improve patient outcomes through an ongoing evolution of care.

THE EMERGENCY SERVICES team at MCHC is known for providing exceptional emergency care throughout the Albia area. Adjusting to meet the community's most timely needs is critical to our ability to achieve that goal.

"I'm so proud of the way our emergency team has

adapted to change over the past several years," said Brad Leedom, Emergency Services Manager at MCHC. "From working with local public health departments to training in ventilator management, our team is applying these new skills to patient care moving forward."



Brad Leedom, Emergency Services Manager

COMPASSIONATE CARE FOR BETTER RESULTS

The hospital-based Emergency Services team at MCHC includes ambulance personnel with many functions throughout the hospital. From laboratory testing staff to the specially trained Rapid Response Team, Emergency Services members work in multiple departments to provide hands-on care for all patients.

To make sure their methods are effective, the Emergency Services department relies on measuring quality of care and patient outcomes.

“By analyzing treatment methods we’ve used before, providers can utilize the best diagnostics to identify and treat emergency medical conditions,” Leedom said. “We regularly review our records to maintain consistency in care.”

This dedication to quality doesn’t end when a patient leaves the hospital. Emergency Services workers at MCHC are dedicated to each patient’s wellness long term, which means following up after they’ve been discharged.

“After a patient leaves the hospital, we contact them within 48 hours to ask how they are doing, if they have any questions, if their prescriptions are filled and if they’ve made a primary care appointment,” Leedom said. “We also ask how their experience was to help us gauge how well we’re providing care and services.”



Nicola Preston, DO

MEET THE NEW MEDICAL DIRECTOR

The recent addition of Nicola Preston, DO, as Medical Director of Emergency Services complements the leading-edge emergency care at MCHC. Prior to joining the MCHC team in July, Dr. Preston served as a physician in emergency departments throughout Iowa, an experience that familiarized her with both large and small emergency facilities.

“We’re excited about what Dr. Preston brings to our team,” Leedom said. “Everyone in the Emergency Services department is committed to quality patient care, and we’re proud to have additional team members to help us meet that goal.”

MEET THE EMERGENCY SERVICES TEAM AT [MCHALBIA.COM/SERVICES/EMERGENCY-SERVICES](https://mchc.org/locations/monroe-county-hospital-clinics).

EMERGENCY SERVICES AT MONROE COUNTY HOSPITAL & CLINICS BY THE NUMBERS

5 BED Emergency Department (ED)

>3,900 PATIENTS
treated in the ED every year

8 REGISTERED NURSES
on staff with three cross-trained to work in ambulance services

>1,200 AMBULANCE SERVICE CALLS
placed every year

4 EMERGENCY MEDICAL TECHNICIANS on staff

2 ADVANCED EMERGENCY MEDICAL TECHNICIANS on staff

2 PATIENT ACCESS SPECIALISTS

9 PARAMEDICS ON STAFF
four of whom are Critical Care Paramedics

Primary Care and the Emergency Department

Most people might miss the connection between primary care providers and medical emergencies. Yet, it turns out they’re closely linked.

The main focus of the Emergency Department (ED) at Monroe County Hospital & Clinics is to identify and treat emergency conditions. ED providers don’t manage a patient’s care long term or refill prescriptions.

“This is what makes establishing a primary care appointment after an ED visit so important,” said Brad Leedom, Emergency Services Manager at MCHC. “We assist patients in scheduling primary care appointments when they leave the ED because those regular visits help you stay healthy into the future.”

Providers will always offer care at the ED. Yet, it’s important to prevent medical emergencies by maintaining regular primary care appointments.

TO FIND A PRIMARY CARE PROVIDER, VISIT [MCHALBIA.COM](https://mchc.org/locations/monroe-county-hospital-clinics).



Don't Let Your Diet *Make You SAD*

Feeling blue during the winter months due to seasonal affective disorder (SAD)? Your diet may help boost your mood.

Eat This, Not That

Simple carbohydrates, such as the added sugar found in many winter comfort foods, can boost your serotonin in the short term, but eating too many of these unhealthy carbs could lead to Type 2 diabetes and weight gain. Swap out your feel-good go-to items with healthier options.



Instead of a typical cheeseburger and french fries, try a black bean burger over lettuce served with a side of homemade sweet potato fries.



Instead of potato chips and dip, satisfy your crunch craving with carrots and hummus.



Instead of an ice cream sundae, treat yourself to strawberries dipped in nonfat Greek yogurt.

TO LEARN ABOUT UPCOMING DIABETES NUTRITION EDUCATION CLASSES, CALL 641.932.1680.



Liz Zmolek, RDN, LD

DURING THE

SHORT,

dark days of winter, many people experience symptoms associated with SAD,

a form of depression that occurs most commonly during the fall and winter.

"SAD is a condition that's likely caused by a lack of sunlight, which leads to decreased production of the brain chemical serotonin," said Liz Zmolek, RDN, LD, Registered Dietitian Nutritionist at Monroe County Hospital & Clinics. "This may contribute to feeling more irritable and depressed, sleeping more, and craving carbohydrates."

HOW YOUR DIET CAN HELP

Your body feels better when it's well-fueled, but during the winter months, our bodies don't get enough vitamin D.

Vitamin D is known as the "sunshine vitamin" because much of it is produced in our skin by the sun. Consuming enough vitamin D through diet alone is difficult.

"A deficiency in any nutrient can leave the body stressed and susceptible to illness, which can increase feelings of fatigue and depression," Zmolek said. "Good sources of vitamin D include fish, eggs, and fortified orange juice and milk. But it may be wise to take a vitamin D supplement in the winter,

so long as your primary care provider says it's safe."

Low levels of B vitamins and omega-3 fatty acids are also linked to depression. Some good sources of vitamin B include:

- leafy greens
- legumes
- low-fat forms of protein, such as chicken, fish and dairy
- whole-grain breads and cereals

To get enough omega-3 fatty acids, eat fatty fish, such as salmon and sardines. You can also get omega-3s from plants, including flax, chia and hemp seeds, and walnuts. Eat these at least twice a week.

DON'T FORGET YOUR EXERCISE

"Exercise increases the production of the feel-good neurotransmitters in the brain known as endorphins," Zmolek said. "Regular exercise can help you sleep better at night, so you feel more alert during the day. Try to exercise outside when it's sunny to boost your vitamin D and serotonin levels."

IF YOU STRUGGLE WITH SAD, MAKE AN APPOINTMENT WITH YOUR PRIMARY CARE PROVIDER AT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT.



Dedicated to Assistance



Kim Higginbotham, BSSW

KIM HIGGINBOTHAM, BSSW, Social Worker/Case Manager/Discharge Planner, is a one-woman force of nature at Monroe County Hospital & Clinics.

When asked what her responsibility is as an employee of MCHC, Higginbotham focuses exclusively on the experience of the patients and families she serves.

"I see myself as a patient advocate," Higginbotham said. "I spend my time coordinating and discussing with colleagues in other disciplines or services to provide the best options possible for each patient, promoting a safe and positive experience during and after their hospital stay."

ONE WOMAN, MANY HATS

Higginbotham's typical day at the office can change regularly. She holds many different responsibilities that may include one or all of the following on a given day:

- **Medical social work**—In this role, Higginbotham helps patients and families find resources or connect with services, including insurance, transportation, counseling, food and energy assistance, and housing.
- **Discharge planning**—As a discharge planner, Higginbotham helps patients and families develop goals and make plans at the time of hospital discharge. Depending on the patient, this could be a plan for in-home services, assisted living or nursing home placement, medical assistive devices, and meal delivery.
- **Case manager**—In this role, Higginbotham oversees or manages a patient's stay with other care team members, including physicians, nurses, therapists, and dietary department and pharmacy staff. Higginbotham also works with a patient's insurance to request authorization for services and coordinate services.

"My work is truly dependent on the collaboration of our MCHC team," Higginbotham said. "I may be 'designated' in these roles, but it's the combination of all the team members working together with the patient and family that leads to success."

Medical-Surgical Care WITH A PERSONAL TOUCH

The Medical-Surgical Unit at Monroe County Hospital & Clinics offers specialized patient care, and nurses are a critical piece of the puzzle.



Heather Leshen, RN

THE MEDICAL-SURGICAL nursing staff at MCHC provides specialty care for patients hospitalized for illness, surgery, testing or observation.

The unit can accommodate 25 patients who receive care from a team of Registered Nurses (RNs), Licensed Practical Nurses (LPNs) and Patient Care Technicians (PCTs).

The Medical-Surgical nursing team works closely with the social worker/case manager, rehab services team and ancillary services to provide high-quality patient care.

PATIENT CARE FOR EACH PERSON

With an experienced nursing team and advanced care

technology, the Medical-Surgical Unit provides individualized care to meet each patient's unique needs.

"If a patient requires additional therapies or pain management, we can adjust their stay accordingly," said Heather Leshen, RN, Assistant Chief Nursing Officer, Inpatient Manager and Trauma Coordinator at MCHC. "Whatever a patient needs, our team helps them find the right solution."

This specialized care often involves ancillary services, such as radiology and laboratory testing, and collaboration from other medical departments at MCHC.

"We work together as a team not only with the staff on the Medical-Surgical Unit but also with providers throughout the hospital to offer excellent patient care," Leshen said. "Our patients go home with the resources they need to be successful."

**CALL 641.932.2134 TO LEARN MORE ABOUT THE
MEDICAL-SURGICAL UNIT AT MCHC.**



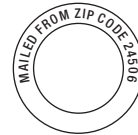
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10 Ideas for

Summer adventures may be over, but fall is full of seasonal activities that will keep your family active and engaged.

FALL FAMILY FUN

THE DAYS ARE getting cooler, but that doesn't mean the outdoor fun has to come to an end just yet. Make the most of autumn with these family-friendly pursuits:

1. Visit a pumpkin patch and pick out the perfect Halloween or Thanksgiving decor.
2. Go apple picking at a local orchard.
3. Find a cozy camping spot and set up a tent (just don't forget to bring warm clothes and dress in layers).
4. Go for a family hike and enjoy the fall foliage.
5. Wander through a corn maze at a local farm.
6. Collect fall leaves and twigs and create fall crafts.
7. Enjoy the colors of changing leaves and the crisp air on a bike ride.
8. Invite friends over for a fall-themed scavenger hunt in the yard.
9. Visit a local farm or fall festival and go for a hayride.
10. Plant spring bulbs, such as tulips and daffodils.

FIND A PROVIDER WHO CAN HELP YOU AND YOUR FAMILY STAY HEALTHY ALL YEAR. VISIT MCHALBIA.COM.

