

# HEALTHCARE HAPPENINGS

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**MONROE  
COUNTY**  
HOSPITAL & CLINICS

An Affiliate of  
**MERCYONE**

*Working* AT THE TOP | *This Team* BUILDS YOU UP | *It's Not Too Late* FOR YOUR FLU VACCINE

# Avocados and HEART HEALTH

Adding this popular fruit to your plate may boost your heart health for decades to come.

**RESEARCH PUBLISHED** in the *Journal of the American Heart Association* explored the long-term heart health benefits of avocados. The 30-year study followed the eating habits of more than 100,000 American adults.

Researchers found that people who ate two or more servings of avocados per week lowered their risk of cardiovascular disease by 16% compared with those who never or rarely ate avocados. They also had a 21% lower risk of coronary artery disease.

The study suggests that you can lower your risk of future heart issues by substituting avocado for a half serving a day of:

- butter
- cheese
- egg
- margarine
- processed meat
- yogurt



Have fun with recipes featuring this festive fruit that is as nutritious as it is delicious!

**WANT TO LEARN MORE WAYS TO TAKE CARE OF YOUR HEART? MAKE AN APPOINTMENT WITH A MONROE COUNTY HOSPITAL & CLINICS PROVIDER AT MCHALBIA.COM.**



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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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# Sweet & Spicy Red Grapefruit Guacamole

Spice up your holiday spread with this twist on classic chips and dip. It combines creamy avocado with sweet red grapefruit and festive pomegranate.

**YOU DON'T NEED** to feel guilty when indulging in this delicious snack. The avocado can help lower your risk of cardiovascular disease, while the pomegranate seeds may reduce inflammation. The red grapefruit provides added potassium and vitamin C. Plus, the red grapefruit and whole-grain chips add fiber to your diet.

## INGREDIENTS

- |                                                 |                                         |
|-------------------------------------------------|-----------------------------------------|
| 2 large avocados                                | 3 tablespoons chopped cilantro          |
| $\frac{3}{4}$ teaspoon kosher salt              | 3 tablespoons pomegranate arils (seeds) |
| 3 tablespoons lime juice                        | whole-grain, low-sodium tortilla chips  |
| 1 teaspoon hot sauce                            |                                         |
| 1 jalapeño, seeded and chopped                  |                                         |
| 1 scallion, chopped                             |                                         |
| 1 red grapefruit, peeled, segmented and chopped |                                         |

## DIRECTIONS

1. Pit and peel avocados. Gently mash them in a bowl.
2. Add the salt, lime juice, hot sauce, jalapeño and scallions to the avocados.
3. Stir the mixture to blend to desired consistency—chunky or smooth.
4. Add the grapefruit segments and cilantro to the avocado mixture.
5. Garnish with the pomegranate arils.
6. Serve with whole-grain, low-sodium chips.

Prep Time: 10 minutes

Servings: 6 (makes 2½ cups)

## NUTRITION FACTS (per serving of guacamole, chips not included)

Calories: 242	Potassium: 744mg
Total fat: 11.5g	Total carbohydrates: 36.6g
Saturated fat: 1.6g	Fiber: 10.8g
Trans fat: 0g	Sugars: 23g
Cholesterol: 0mg	Protein: 4.1g
Sodium: 307mg	

Recipe courtesy of Produce for Better Health Foundation, [fruitsandveggies.org](http://fruitsandveggies.org)





# A SPECIAL PLACE FOR SPECIALTY CARE



Preparing to celebrate its 35th anniversary, the Susan Allison Outpatient Clinic at Monroe County Hospital & Clinics offers a wide range of specialty care close to home.



Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services and Radiology, Outpatient Clinic and Infusion Center Manager

**“I DIDN’T KNOW** we had that specialty at the hospital!”

That’s a statement of surprise the Susan Allison Outpatient Clinic staff commonly hears from patients, for good reason. Many people in South Central Iowa may not know the clinic hosts visiting physicians representing a variety of specialties, including:

- audiology
- cardiology
- dermatology
- foot and ankle surgery
- general surgery
- oncology/hematology
- orthopedic surgery
- pain medication management
- pain procedure management
- podiatry

“With providers coming from bigger cities, such as Des Moines, our patients don’t have to travel to those places to find specialty care,” said Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services and Radiology, and Outpatient Clinic and Infusion Center Manager at MCHC. “We’re meeting an important need in our community.”

## TEAMING UP FOR CARE

Established in 1988 and later renamed to honor former hospital employee Susan Allison, the clinic is located on the east side of the hospital across from the Rehab Services Department. A diverse array of specialists isn’t the only thing that makes the clinic an important asset for patients.

A full-time team of nurses, a certified nurse assistant and patient access staff go the extra mile to ensure patients have a seamless experience. This includes coordination of care. It’s easy for patients’ MCHC primary care providers to communicate with visiting specialists and access their appointment notes.

“We have team members who live in our community, and that puts patients’ minds at ease,” said Abbey Reed, RN, BSN, Outpatient Clinic Team Lead at MCHC. “When patients see a familiar face or hear a voice they know over the phone, it makes their experience with our clinic more comfortable and personal.”



Abbey Reed, RN, BSN, Outpatient Clinic Team Lead

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**TO SCHEDULE AN APPOINTMENT AT THE SUSAN ALLISON OUTPATIENT CLINIC, CALL 641.932.1678. THE CLINIC IS OPEN 8 A.M. TO 5 P.M. MONDAY THROUGH FRIDAY.**

## Cancer Care Gets More Convenient

Board-certified Medical Oncologist Brian Freeman, MD, and his team see patients every Monday at the Susan Allison Outpatient Clinic at Monroe County Hospital & Clinics—and that’s led to more cancer services. MCHC has expanded infusion services for patients needing chemotherapy and added PET/CT imaging scans, which help physicians find and diagnose cancer.

“Patients can see an oncologist, undergo follow-up scans and get treatment locally,” said Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services and Radiology, and Outpatient Clinic and Infusion Center Manager at MCHC. “That’s great for patients because our region doesn’t have many options for oncology services.”

**TOP  
WORK  
PLACES**  
2022

# WORKING AT THE TOP **7 YEARS RUNNING**

Monroe County Hospital & Clinics is named  
an Iowa Top Workplace winner for 2022.



Veronica Fuhs, MHA,  
CEO of MCHC

**SINCE 2016**, MCHC has been designated as an Iowa Top Workplace. This September, the hospital received the award for the seventh year in a row—and we couldn't have done it without our employees.

"It's not a big deal that we keep getting the award on its own," said Veronica Fuhs, MHA, CEO of MCHC. "But it's a huge deal that our employees think so highly of their co-workers and our organization that they keep landing us in the top 10 mid-sized Top Workplaces, because the entire award is scored on the basis of employee feedback."

## **CULTURE MAKES A DIFFERENCE**

MCHC prides itself on putting its employees first.

"We really focus on caring for each other, as well as our patients," Fuhs said. "We know that if we have strong teams who care about each other and feel valued, we can provide the best patient care, while also being a great place to work."

MCHC also prioritizes employee input to ensure a top workplace culture.

"We are always asking our employees what we can do better, and we take those suggestions seriously," said Kaylee Siebrecht, MPA, Director of Human Resources at MCHC. "MCHC values flexibility and work-life balance. We know our employees have priorities outside of work, and we keep that in mind when making decisions that will affect them."

This level of teamwork permeates the hospital from the top down.

"Even our Board of Trustees is very supportive of the processes we have in place for our employees," Fuhs said. "This dedication to creating a great work environment



Kaylee Siebrecht, MPA,  
Director of Human Resources

shows up every day with the caliber of employees we have on staff and their willingness to go above and beyond when treating patients.”

#### **RIISING TO THE OCCASION DURING TURBULENT TIMES**

Although COVID-19 has been hard on everyone, healthcare workers experienced particularly high levels of stress and trauma.

“To be honored as a Top Workplace repeatedly during the pandemic makes the recognition even more special,” Siebrecht said. “The past three years have truly shown that our employees can rise above any situation and deliver the best results, no matter the circumstance.”

Artfully juggling changing regulations, supply shortages and high patient volumes, MCHC employees have managed with grace and resilience.

“Since 2020, our employees have been asked to do things we never thought we would be doing,” Fuhs said. “They have stepped up to meet every challenge while providing exceptional patient care.”

The 2022 Iowa Top Workplace award confirms again that MCHC truly is a great place to work.

“Everyone who works at MCHC can tell you that,” Siebrecht said. “But with the official Top Workplace recognition, it shows that we aren’t just saying that—we can prove it.”

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**WANT TO JOIN AN IOWA TOP WORKPLACE? SEE CURRENT OPENINGS AT [MCHALBIA.COM/ABOUT/EMPLOYMENT](https://mchalbia.com/about/employment).**

## **MCHC Is a Great Place to Work**

It’s not just the camaraderie with your co-workers that makes Monroe County Hospital & Clinics an ideal workplace. We also offer full benefit packages to eligible employees that include:

- dental insurance
- education assistance
- employee assistance and wellness programs
- flexible spending accounts
- health savings accounts with employer contribution
- Iowa Public Employee Retirement System enrollment
- life insurance
- long- and short-term disability insurance
- medical insurance
- paid leave
- vision insurance

## **About Top Workplaces**

In 2022, a total of 139 companies earned the honor of being an Iowa Top Workplace, subdivided by size (small, midsize and large). MCHC ranked 10th out of the 55 midsize employers. All rankings are determined based solely on feedback from employee surveys.

**TOP  
WORK  
PLACES**  
2016

**TOP  
WORK  
PLACES**  
2017

**TOP  
WORK  
PLACES**  
2018

**TOP  
WORK  
PLACES**  
2019

**TOP  
WORK  
PLACES**  
2020

**TOP  
WORK  
PLACES**  
2021

**TOP  
WORK  
PLACES**  
2022

# *An Image of* **EXCELLENCE**

Monroe County Hospital & Clinics offers a spectrum of radiology services, bringing the answers you need close to home.



Jenny Klyn, MHA, RT(R)(M) (ARRT)(RDMS), Director of Ancillary Services and Radiology, Outpatient Clinic and Infusion Center Manager

## **THE RADIOLOGY DEPARTMENT**

at MCHC is proud to provide patients in South Central Iowa with various advanced diagnostic imaging services delivered by a dedicated team.

“Our staff cares about patients and offer great customer service,” said Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services and Radiology, and Outpatient Clinic and Infusion Center Manager at MCHC. “Our staff is committed to capturing high-quality images for radiologists to make accurate diagnoses. They’re willing to go above and beyond for any patient.”

## **RADIOLOGY SERVICES WHEN YOU NEED THEM**

Not only are emergency radiology services available 24/7 at MCHC, but the radiology team also collaborates with other departments within the hospital.

“We perform imaging for all providers and are in close contact with their nurses to make sure we are all taking care of our patients,” Klyn said. “We take care of patients from the inpatient floor, the emergency room, clinics and surgery departments.”

The radiology team relies on advanced technology and trained technologists to provide the highest-quality imaging.

Radiologists are available to read medical images around the clock. This means reduced wait times when you’re expecting a diagnosis or screening result.

Available services offered by our team include:

- 3D mammography
- CT scans
- DEXA (bone density scan)
- digital radiography
- echocardiogram
- MRI
- nuclear medicine
- PET/CT scans
- ultrasound

## **READY FOR RADIOLOGY?**

Talk to your doctor if you are looking for answers that may require imaging. Except for mammograms, radiology imaging requires a referral from a provider. Once you’ve received an imaging order from a provider, radiology staff will contact you to schedule a convenient time for your test.

“We work with patients and providers to make sure we’re getting exams done,” Klyn said. “Completing your imaging and providing a report to the provider in a timely manner is our first priority.”

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**FOR MORE INFORMATION ABOUT RADIOLOGY SERVICES AT MCHC, CALL 641.932.1721.**

## **Hours of Operation**

The Radiology Department at Monroe County Hospital & Clinics takes patients on referral at a time that’s convenient for them.

Our hours are **Monday–Friday from 7 a.m. to 5 p.m.**

**Need help scheduling a radiology appointment? Call 641.932.1721.**



# SNOW-CLEARING SAFETY

Protect your health when winter-proofing your home.

**ACCORDING TO A** study published in the *American Journal of Emergency Medicine*, thousands of Americans land in the emergency room yearly with heart attacks, lower back sprains and other injuries due to clearing snow.

If you have a history of heart problems, talking to your doctor is an important first step before you tackle your driveway. He or she can help you protect your cardiovascular health.

## BEST PRACTICES TO STAY SAFE

Following a handful of other key tips can help you stay safe as you work.

- Before you begin, warm up with stretches to prevent strains.
- Choose a shovel with a plastic blade and a small scoop for a lighter load.
- Dress in layers. This helps you stay warm but allows airflow that prevents you from overheating.
- Drink plenty of water before, during and after shoveling. Clearing snow is strenuous exercise that causes you to lose fluids.
- Get ahead of the storm. The more snow on the ground, the more difficult it is to remove.
- Use good body mechanics when shoveling. Avoid twisting. Bend at the knees. Lift with your legs. Push the snow instead of lifting.
- Wear insulated boots with nonslip tread to help prevent falls.



## This Team Builds You Up

Physical therapists at Monroe County Hospital & Clinics help patients develop strength, range of motion and confidence.

**IF YOU'RE RECOVERING** from an injury or surgery or dealing with a degenerative condition, such as arthritis, physical therapy can help you regain function so you can feel like you again.

"Every member of our team is dedicated to the success of our patients," said Becca Carter, PT, DPT, Rehab Services Manager at MCHC. "From the moment we receive your order to the time we discharge you from therapy, you'll receive personalized care specific to your condition. We'll assign you the therapist most qualified for treating the condition you have and keep your treatment within a close-knit team for high-quality care."



Becca Carter, PT, DPT, Rehab Services Manager

## EXPERIENCED AND SKILLED

The physical therapy team features five physical therapists and three physical therapist assistants who, collectively, have 124 years of experience in the field. Several team members have completed extra training to treat specific conditions, including lymphedema, pelvic floor dysfunction, vertigo and concussion.

"Our service continues to grow each year," Carter said. "That's a testament to the quality of treatment we provide and our patients trusting us to care for them when they need help."

**VISIT [MCHALBIA.COM/SERVICES/REHABILITATION-SERVICES-DEPARTMENT](https://mchalbia.com/services/rehabilitation-services-department) TO WATCH A VIDEO BY THE REHAB SERVICES TEAM ABOUT HOW TO STAY ACTIVE THIS WINTER.**



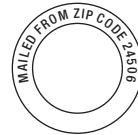
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# *It's Not Too Late* FOR YOUR FLU VACCINE

**FALL IS THE** prime time to get the annual flu vaccination.

However, if autumn came and went without you even noticing, don't worry. You can still protect yourself and your family from the flu by getting your annual vaccine in the winter.

## **WHY GET A FLU SHOT?**

According to the Centers for Disease Control and Prevention, annual flu vaccination reduces the risk of the flu by 40% to 60%. If you get a flu vaccine and still get sick, the vaccine reduces your risk of experiencing severe illness.

In addition, the flu vaccine:

- lowers life-threatening cases of the flu in children by 75%
- protects the people around you who are more vulnerable to the flu, such as infants, older adults, people with chronic illnesses and pregnant women
- reduces your risk of flu-related hospitalization

It's important to remember that you can't contract the flu from the vaccine. You may feel some side effects, such as headache, muscle aches or fever, but they are typically mild and go away in a few days.

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**MCHC MEDICAL CLINIC OFFERS FLU VACCINES. CALL 641.932.7172 TO SCHEDULE YOUR APPOINTMENT.**