

HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | FALL 2025



**MONROE
COUNTY**
HOSPITAL & CLINICS

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The MCHC AUXILIARY | Lab SERVICES | Help the FOUNDATION

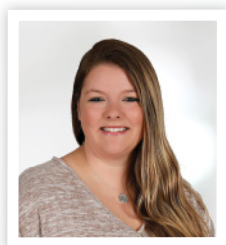
Compassion in Every Breath

If you have a lung condition, getting the care you need helps your lungs work as well as possible. That's where respiratory therapy comes in.

WITHOUT PROPER MANAGEMENT,

conditions such as asthma and chronic obstructive pulmonary disease can turn life upside down. The most routine tasks, such as walking to the mailbox or climbing stairs, can leave you tired or short of breath. Respiratory problems don't have to define your future.

"As a respiratory therapist, I take pride in helping people understand the disease they're living with and improve their quality of life," said Rae Griffin, BHS, RRT, Respiratory Therapy Department Coordinator at Monroe County Hospital & Clinics. "We provide tests that can help diagnose chronic respiratory diseases and we treat both short- and long-term breathing issues."



Rae Griffin, BHS, RRT,
Respiratory Therapy
Department Coordinator

PULMONARY PROBLEM-SOLVING

Griffin offers breathing evaluations, including pulmonary function tests, to give providers a clear picture of your lung health. Using the results, Griffin and your referring provider can recommend the most appropriate treatment, such as pulmonary rehabilitation. This program can help you improve your fitness with less shortness of breath.

"We work with patients to complete most respiratory therapy services soon after their providers order them," Griffin said. "Quick access to testing means treatment can start sooner."

TO FIND OUT MORE ABOUT RESPIRATORY THERAPY AND PULMONARY REHAB, VISIT MCHALBIA.COM. A MEDICAL REFERRAL IS REQUIRED.



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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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General Surgery's Local Operations

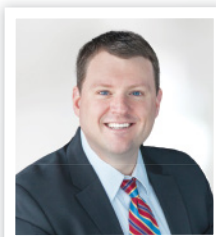
If you need a colonoscopy or gallbladder removal, you don't have to leave the Albion area for these and other routine surgeries.

SINCE 2023, GENERAL SURGEON

Tim Mayfield, MD, FACS, has delivered close-to-home surgical care at Monroe County Hospital & Clinics. He treats a variety of conditions ranging from hernias and hemorrhoids to appendix and gallbladder problems. Dr. Mayfield performs procedures and sees patients for consultations at the Susan Allison Outpatient Clinic on Thursdays.

"Dr. Mayfield is a great fit for MCHC because, like us, he puts people first," said Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services/Radiology Manager/Outpatient Clinic & Infusion Center Manager at Monroe County Hospital & Clinics.

"He's kind, caring and thoughtful. Dr. Mayfield takes the time to listen to his patients and partners with them to determine what would be best to relieve their symptoms, whether it's surgery or a nonsurgical treatment."



Tim Mayfield, MD, FACS



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

PROCEDURAL FIXES

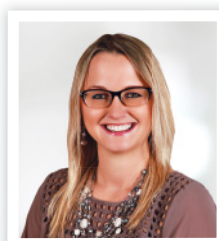
A Missouri native and longtime surgeon in South Central Iowa, Dr. Mayfield most often performs colonoscopies and endoscopic procedures at MCHC. Both use instruments called scopes to look inside the body and remove tissue, usually without incisions.

In addition to those procedures, Dr. Mayfield performs hernia repairs, appendix and gallbladder removals, and lymph node biopsies and removals, among other surgeries. You do not need a referral to schedule an appointment with him.

FIND MORE INFORMATION ABOUT SURGICAL SERVICES AT MCHALBIA.COM/SERVICES/GENERAL-SURGERY. TO SCHEDULE AN APPOINTMENT WITH DR. MAYFIELD, PLEASE CALL 641-932-1678.

Put Your Heart Into Recovery

Cardiac rehabilitation can reduce your risk of future heart problems.



Julie Vander Linden, RN,
Cardiac Rehab Coordinator

IF YOU'VE HAD a heart attack or heart surgery, cardiac rehabilitation offers a path forward for protecting your body's most powerful muscle. This medically supervised program allows you to meet three times a week with a team of experts who can help strengthen your heart.

"Cardiac rehab helps reduce hospital readmissions," said Julie Vander Linden, RN, Cardiac

Rehab Coordinator at Monroe County Hospital & Clinics.

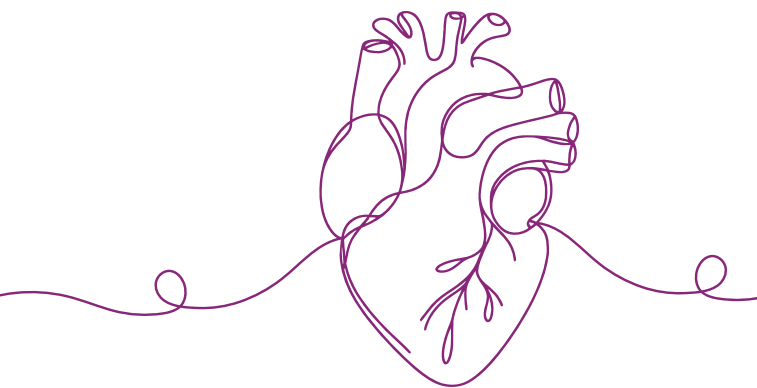
"Having a nurse assess you three times a week, monitoring your progress and watching for possible setbacks, is vital after a heart event or surgery. I'm an advocate for my patients. If they have any problems, I report them to their cardiologist or primary care provider right away."

GOOD WORK

Patients attend up to 36 cardiac rehab sessions, which combine aerobic exercise (while wearing a heart monitor) and education about healthy lifestyle changes, heart disease risk factors and more.

"Participating in the program reduces the risk of future heart problems, increases strength and stamina, lowers anxiety and depression, and boosts confidence," Vander Linden said. "Patients appreciate our family-like atmosphere, where I get to know them on a personal level and support them throughout their recovery."

TO LEARN MORE ABOUT CARDIAC REHAB, VISIT MCHALBIA.COM/SERVICES/CARDIAC-REHAB. A MEDICAL REFERRAL IS REQUIRED. IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO VANDER LINDEN AT 641-932-1677.



Tangy, Slow-Cook Beef Barbecue

This barbecue with a hint of sweetness is the perfect main dish for fall evenings around the firepit.

INGREDIENTS (SERVES 5)

- | | |
|---|-------------------------------------|
| 1½ pounds boneless chuck steak, 1½ inches thick | ¼ cup ketchup (add more if desired) |
| 1 garlic clove, peeled and minced | Salt (1 teaspoon, optional) |
| ¼ cup red wine vinegar | 1 teaspoon dry or prepared mustard |
| 1 tablespoon brown sugar | ¼ teaspoon black pepper |
| 2 tablespoons Worcestershire sauce | |

DIRECTIONS

1. Cut beef diagonally across the grain into 1-inch-wide slices. Place in a slow cooker.
2. Combine the remaining ingredients in a bowl. Pour over beef slices.
3. Mix meat and sauce.
4. Put lid on the cooker and cook on low 3–5 hours.
5. Serve on toasted hamburger buns with a side salad.

NUTRITION INFORMATION

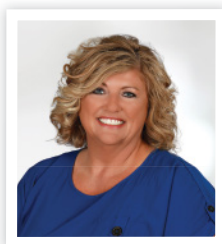
Total calories: 182	Total sugars: 3g
Total fat: 5g	Added sugars: 3g
Saturated fat: 2g	Protein: 27g
Cholesterol: 71mg	Vitamin D: 0mcg
Sodium: 234mg	Calcium: 32mg
Carbohydrates: 5g	Iron: 2mg
Dietary fiber: 0g	Potassium: 465mg

Recipe courtesy of Putting Your Slow Cooker to Work, University of Kentucky Cooperative Extension Service via U.S. Department of Agriculture MyPlate

Time, Talent and Treasures



From the hospital main entrance to the gift shop, the Monroe County Hospital Auxiliary makes a difference in every corner of Monroe County Hospital & Clinics.



Carla Sebolt, Volunteer Coordinator

THE MONROE COUNTY Hospital Auxiliary is a volunteer organization formed in 1956 that raises funds and provides services not only for MCHC employees, but also the public. The group is comprised of community members who dedicate their time and effort to enhance the hospital's ability to serve patients and the surrounding area.

"Our amazing volunteers selflessly offer their time and talent to MCHC," said Carla Sebolt, Volunteer Coordinator at Monroe County Hospital & Clinics. "Each member generously works toward the common goal of raising money for many hospital projects great and small

that may not have been included in the fiscal year budget, or for other unplanned department needs."

A ROLE TO FIT EVERY INTEREST

In the past, members have tirelessly served as seamstresses fixing torn linens or gowns, crafted for bazaars, prepared and donated for bake sales, provided personal items and snacks on courtesy carts, and held harvest carnivals in the community. Today, volunteers help in the gift shop and with other worthy fundraisers. They also cheerfully greet patients and employees as soon as they enter the doors of MCHC, offering friendly conversations and a helping spirit.

LOOKING FOR SOMETHING SPECIAL?

Volunteers also take turns serving in The Look Nook gift shop, located across from the Infusion Center. Open weekdays from 9 a.m. to 3 p.m., the gift shop offers an array of tax-free, locally made items, giftable treasures and more, including:

- baby items
- greeting cards
- seasonal home décor
- bakeware and dishware
- jewelry
- snacks
- books
- personal items



Mark Your Calendar!

The Monroe County Hospital Auxiliary's Holiday Open House is just around the corner, and you don't want to miss out on the biggest fundraiser of the year!

When: Nov. 13 and 14

Where: The hospital conference rooms across from The Look Nook gift shop

What: Discover beautifully crafted holiday décor, unique gift items, stunning ornaments, and everyday treasures—all specially curated for the season.

"We strive to offer items at several different price points," said Carla Sebolt, Volunteer Coordinator at Monroe County Hospital & Clinics and Merchandise Buyer for The Look Nook. "We want our customers to get the best deals on merchandise they will enjoy gifting throughout the season without breaking their budgets."



Additionally, The Look Nook offers rehabilitation supplies, such as walker trays, over-the-door pulleys and kinesiology tape, allowing patients to conveniently obtain the items they need to support healing at home.

FINDING FULFILLMENT AND BUILDING COMMUNITY

Many Auxiliary members find volunteering is one of the most worthwhile and enriching experiences they've ever had. Volunteers don't have to serve a minimum number of hours, and finding time to volunteer is easier than you think.

"When I first joined, I was afraid I wouldn't want to commit to working several hours a month in the gift shop or planning fundraising. I knew I just wanted to help in smaller ways, which would have been just fine," said Volunteer Bev Gray. "But after just a few months, I found myself more excited to come in 'to work,' and it became easier to make the time to be here. I enjoy spending shifts in The Look Nook, getting to visit with people and offering a friendly smile. It is so worthwhile."

Volunteer Carol McClure cherishes a special moment she recently shared with a customer in The Look Nook.

"I was the first person with whom a patient's wife confided her husband had just been declared cancer-free because she came into the shop after learning the wonderful news," McClure said. "It just made my day to experience that moment with her, even though we were complete strangers. It's what being a volunteer is all about: sharing moments and finding human connections that are often missing in the rest of the world."

'FEELS LIKE HOME'

Every volunteer finds their own meaningful reason to serve. For longtime Auxiliary member Sally Bachman, it's the sense of belonging she feels at MCHC.

"Ultimately, the goal of an Auxiliary member is to raise money to help the hospital, but we gain so much more in the work we do with one another and the public," she said. "MCHC just feels like home for us, and we want everyone who comes through the doors of the hospital and The Look Nook to feel the same."

INTERESTED IN GIVING BACK TO YOUR LOCAL HOSPITAL? THE AUXILIARY WOULD LOVE TO WELCOME YOU AS A MEMBER. TO LEARN MORE ABOUT JOINING, CONTACT SEBOLT AT 641-932-1779, OR AUXILIARY PRESIDENT CHERYL GRAY.

Supporting Local Care, Career Dreams and Community Pride

The Monroe County Hospital Auxiliary relies on fundraising events, gift shop sales and monetary donations to fund equipment for Monroe County Hospital & Clinics. Over the years, the group has funded equipment purchases ranging from \$10 to \$10,000, including:

- a bed for the Rehabilitation Services Department
- a bladder scanner
- a centrifuge for the Laboratory Department
- a clinic power exam table
- a free library cart for visitors
- a waiting room recliner
- automated external defibrillators
- blanket warmers
- temporal thermometers
- vital signs monitors

The Auxiliary also helps students in the Albion area pursue their goals by gifting college scholarships to graduating high school seniors. In addition, the Auxiliary donates auction items to support the Welcome Home Soldier Monument and prizes for the Monroe County Health Care Foundation Glow Ball Tournament.



The Unsung Heroes of Your Care

The Laboratory Department team at Monroe County Hospital & Clinics provides the information medical providers need to guide patient care.



Erica Martinez, Laboratory Manager

LAB TESTS HAPPEN behind the scenes, but they play a starring role in medicine. More than 70% of healthcare decisions hinge on these tests' results, according to the Centers for Disease Control and Prevention.

"Some lab tests are as simple as a pregnancy test," said Erica Martinez, Laboratory Manager at Monroe County Hospital & Clinics. "Others are more complex and have to be performed on large instruments called analyzers that can run multiple

tests at once. In some cases, we stain slides and look at samples under a microscope."

Often, the Laboratory team takes and analyzes samples of blood, urine and other bodily substances, but their services extend far beyond that.

VERSATILE TEAM

The Laboratory staff conducts electrocardiograms (a test of the heart's electrical activity) and heart rhythm monitoring. They also perform therapeutic phlebotomy (drawing blood to treat certain conditions). All services require a medical provider's order.

"Providers can place orders in our computer system or send signed orders from their office," Martinez said. "When patients arrive in our department, we review their provider's orders, collect the appropriate specimens, and run the tests ourselves or send them to our reference lab in Des Moines, if needed. Once we have the results in our computer system, the report goes to the provider either electronically or by fax."

MEETING OUR COMMUNITY'S NEEDS

Pricing and the timeline for results vary, depending on the test. Some results are ready in five minutes. Others may take up to two weeks if samples have to go to Des Moines. Most tests performed at MCHC take less than an hour.

Martinez takes pride in the expertise and efficiency of her team.

Window on Wellness

The Laboratory Department at Monroe County Hospital & Clinics can empower you with wellness labs. Available without an appointment, these tests can help you make informed decisions about your health.

Our comprehensive wellness profile (\$45) measures more than a dozen indicators of health, including blood sugar, sodium, potassium, cholesterol and more. The prostate-specific antigen test (\$20) measures the amount of a protein produced by the prostate. Medical providers use this test to screen for prostate cancer.

Wellness labs don't require a medical referral, but we encourage you to share your results with your primary care provider.

Wellness labs are available weekdays from 7 a.m. to 3 p.m. To learn more, call 641.932.1731.

"We have a very experienced staff," Martinez said. "Patients compliment them all the time for their skills at drawing blood and taking care of their lab needs."

TO FIND OUT MORE ABOUT THE LABORATORY DEPARTMENT, VISIT MCHALBIA.COM/SERVICES/LABORATORY.

GIFTS OF HEALTH

The Monroe County Health Care Foundation
enhances health and wellness in the Albia area in ways both big and small.

A NONPROFIT ORGANIZATION, the Foundation hosts fundraising initiatives and accepts donations from community members and Monroe County Hospital & Clinics employees throughout the year. Gifts to the Foundation have funded a range of key equipment and projects, including surgery lights, treadmills, an IV fluid/blanket warmer and a podiatry chair, and scholarships for local students.

The Foundation's efforts don't just improve our community's health—they also boost quality of life. One exciting example: The Foundation helped secure a \$100,000 grant from the Wellmark Foundation for the Albia Trails Project.

GOOD TIMES FOR GREAT CAUSES

In 2024, the Foundation added the Fun Walk/Run, which saw participants jog or stroll to raise money for a new MRI machine for MCHC. The 2024 Glow Ball Tournament, our most popular annual fundraiser, generated more than \$6,000 to support the MRI project.

The momentum continued this year, when the Glow Ball Tournament returned to Albia Golf & Country Club on Sept. 13. Golfers enjoyed a delicious catered meal from Rib Shack and

played two rounds, including a neon-themed, glow-in-the-dark session under the stars.

All proceeds from our 2025 fundraising initiatives support the purchase of a Raizer lifting chair for the MCHC Emergency Services ambulance team.

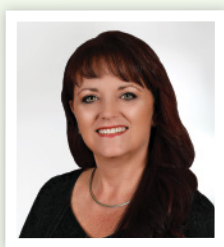
WATCH YOUR MAILBOX

If you couldn't make it to a Foundation event this year, you can still support the healthcare services you and your family depend on.

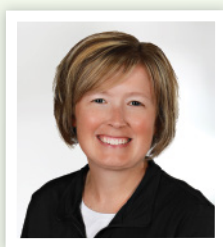
"Soon, the Foundation will hold our annual appeal campaign," said Jill Witt, Communications and Foundation Coordinator at Monroe County Hospital & Clinics. "We'll distribute letters to local residents encouraging contributions of any amount. We deeply appreciate every donation and its impact on health care in the community we call home."

YOU CAN DONATE TO THE MONROE COUNTY HEALTH CARE FOUNDATION BY MAIL (MONROE COUNTY HEALTH CARE FOUNDATION, 6580 165TH ST., ALBIA, IA 52531) OR ONLINE AT [MCHALBIA.COM/ABOUT/FOUNDATION](https://mchalbia.com/about/foundation).

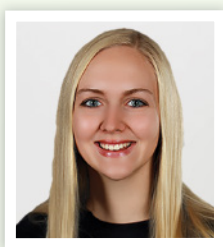
Meet the Foundation Board of Directors



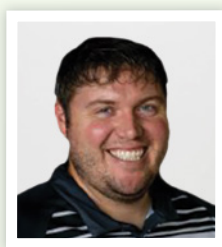
Erica Martinez,
President



Tiffany Havard,
Vice President



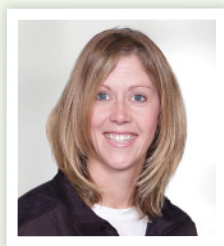
Katy McDonald,
Secretary/Treasurer



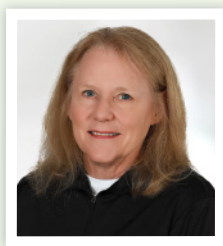
Wes Aeschliman,
Director



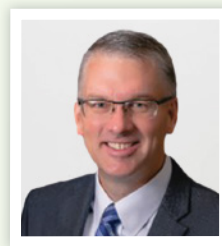
Tyler Boley,
Director



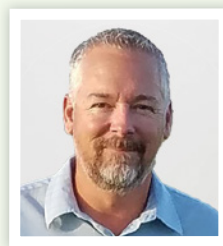
Lori Keller,
Director



Ann Stocker,
Director



Dan Stocker,
Director



Dan Tometich,
Director

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.

Need Help Managing Your Medicare Costs?

OPEN ENROLLMENT IS OCT. 15–DEC. 7.

MANAGING MEDICARE EXPENSES can be overwhelming, but help is available! Through Medicare Savings Programs or Extra Help, those with limited income and resources may qualify for financial assistance.

The Senior Health Insurance Information Program (SHIIP), is a free, confidential service provided by the Iowa Insurance Division. Staffed by knowledgeable volunteers, SHIIP helps you navigate your options and save money.

The Albia SHIIP office, conveniently located at the east entrance of Monroe County Hospital & Clinics, proudly serves more clients than the state average.



WHO'S ELIGIBLE?

You may qualify if you:

- Are enrolled in (or eligible for) Medicare Part A
- Meet the income and resource guidelines

Not sure if you're eligible? Our local Albia SHIIP counselors walk you through the process step-by-step—and at no cost to you.

CONTACT US TODAY!

Your Monroe County SHIIP Volunteers are ready to help!

Call: 641-932-1703

Email: shiip@iid.iowa.gov | **Visit:** shiip.iowa.gov

OUR SHIIP TEAM: ANN STOCKER, COUNSELOR | CYNTHIA HALBMAIER, COUNSELOR
PAM DATWYLER, COUNSELOR | KATHY GRIFFIN, OFFICE ASSISTANT