

HEALTHCARE HAPPENINGS

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**MONROE
COUNTY**
HOSPITAL & CLINICS

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MCHC: AN IOWA TOP PLACE TO WORK | *Same-Day Care* AT QUICK CARE

Wash to STAY WELL

The key to preventing winter respiratory infections lies in your (clean) hands.



Brenda Finneman, BSN, RN

THINK OF THE many different surfaces you touch throughout the day, each with the potential to spread bacteria or viruses to your hands. Those germs can infect you if you touch your face and they enter your nose, eyes or mouth. You can stop the spread by washing your hands with soap and water.

“Soap helps break down the germs that cling to your skin,” said Brenda Finneman, BSN, RN, Infection

Prevention and Employee Health Coordinator at Monroe County Hospital & Clinics. “The friction you create while scrubbing your hands helps remove germs. Rinsing with water after scrubbing also assists in getting rid of bacteria and viruses.”

INFECTION PROTECTION

Wash your hands whenever you think you may have come into contact with germs, such as after using the restroom, handling food, coughing or sneezing, or touching a pet. Wet your hands with clean water, lather with soap and scrub vigorously for 20 seconds. Hum the “Happy Birthday” song twice to be sure you spend enough time washing. Then, rinse and dry your hands.

Go the extra mile for infection prevention with additional hygiene steps.

“Cover your face when you cough and sneeze, clean surfaces and objects—such as the kitchen counter, door handles and your phone—frequently, and avoid touching your face,” Finneman said. “If you get sick, stay home and rest. Finally, stay up-to-date with vaccinations, including the flu shot.”



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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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Your Quick Path to Feeling Better

When you need timely treatment for a minor illness or injury, Quick Care has you covered.

WINTER IS BUSY enough without adding a doctor’s appointment or a long wait in the Emergency Department (ED) to your schedule. If you have a nonemergency medical condition, there’s another local option for diagnosis and treatment: Quick Care at Monroe County Hospital & Clinics.

Located inside the Medical Clinic at MCHC, Quick Care offers same-day appointments for many conditions, including coughs, colds, flu, earaches, rashes, simple cuts, minor bone and tissue injuries, and more. Additional services include X-rays, lab tests, swabs for diagnostic testing, vaccinations, and school and sports physicals.



Jenny Boley, ARNP

MAKING CARE MORE CONVENIENT

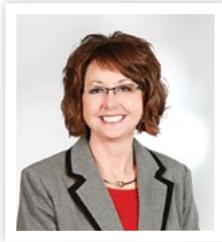
Advanced Registered Nurse Practitioner (ARNP) Jenny Boley brings several years of urgent care experience to Quick Care, where she sees patients four days a week. Fellow ARNP Beth Grimes also treats patients at Quick Care.

“Our urgent care clinic is a great place to find treatment for common, nonemergency conditions, especially when you can’t get an appointment with your primary care provider that day,” Boley said. “Quick Care is also a faster and more affordable alternative to the ED. We see a wide range of patients from children to older adults, and our staff takes pride in making health care more accessible in the Albia area.”

QUICK CARE IS OPEN MONDAY THROUGH FRIDAY FROM 8 A.M. TO 5 P.M. CALL 641-932-7172 TO SCHEDULE AN APPOINTMENT. WE ALSO ACCEPT WALK-INS.

Picture of CONVENIENCE

You don't have to leave South Central Iowa to find a full-service Radiology Department that includes an in-house MRI.



Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS)

FROM DIAGNOSING INJURIES and diseases to determining the effectiveness of treatment, medicine relies on imaging tests. Having to travel a long distance for a scan can delay diagnosis or treatment, wasting precious time. Over the years, Monroe County Hospital & Clinics has enhanced our Radiology Department to meet patients' needs, bringing numerous imaging services to our community.

"We take imaging orders from any qualified medical provider and send them the results," 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. "Therefore, patients don't have to be seen by an MCHC provider to have an imaging test here. They can get the tests they need without leaving their community, even if they're seeing an out-of-town provider."

WHAT WE OFFER

Located next to the Susan Allison Outpatient Clinic and the Rehabilitation Services and Laboratory departments, the Radiology Department offers a range of tests, including:

- 3D mammography
- bone density testing
- CT
- digital X-rays
- echocardiography
- MRI
- ultrasound

We also offer PET/CT scans twice a month, courtesy of a visiting mobile unit. PET/CT uses a radioactive material called a tracer and a specialized scanner to assess your organ function in real-time.

MRI MOVES IN

MRI, which uses strong magnets and radio waves to create images, helps physicians diagnose cancerous and noncancerous tumors, heart valve problems, soft tissue injuries, and many other conditions. For more than 30 years, a mobile service provided once-weekly MRI scans at MCHC. Now, these services are available five days a week, following the installation of a leading-edge MRI machine by MCHC in December 2024.



SCANS
AVAILABLE
5 DAYS A
WEEK

I'm proud of our kind and skilled imaging technologists. They take pride in their work and want what's best for patients, treating them the way they would want their family members treated. Every member of our team looks for opportunities to grow by learning new modalities and seeking to offer new testing.

—Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS)

The spacious MRI suite features plenty of natural light, which, along with the wide-bore unit, helps put patients who may feel claustrophobic at ease.

"We can play patients' favorite music or podcast during their scan to help them feel more comfortable," Klyn said. "The machine has noise reduction technology to cut down on sound from the scanner while we perform tests."

We make scheduling MRIs and other tests easy, with our team typically able to accommodate next-day appointments.

CALL 641-932-1721 TO SCHEDULE AN IMAGING TEST AT MCHC. YOU WILL NEED A MEDICAL PROVIDER'S ORDER, EXCEPT FOR SCREENING MAMMOGRAMS.



#1

TRAINING
AWARD



ANOTHER JOB WELL DONE



Monroe County Hospital & Clinics has established a reputation as one of Iowa's premier places to work. That reputation continues to grow.

MCHC EMPLOYEES BRING our mission of putting people first to life. They make every office visit, imaging test and surgery possible. Recognizing their importance, we go the extra mile to foster a workplace culture where our employees feel heard, valued and supported. A recent honor tells us we're getting it right.

In September, *The Des Moines Register* recognized MCHC as an Iowa Top Workplace 2025, marking the 10th consecutive year we've been honored as one of the state's best employers. The most gratifying part is that the award is based on employee feedback, meaning those who call MCHC their professional home believe we deserve to stand out from the crowd.

"At MCHC, our people are at the heart of everything we do," said Veronica Fuhs, Monroe County Hospital & Clinics CEO. "Earning this recognition for the 10th year in a row—and ranking among the very best in Iowa—is a reflection of our team's unwavering commitment to excellence, teamwork and living

out our mission each day. I am incredibly proud of our staff and grateful for the positive culture they create together."

IMPRESSIVE RESULTS

More than 75% of MCHC team members completed a confidential survey from employee engagement technology partner Energage LLC. The employees rated MCHC on various aspects of workplace culture, including whether they felt respected, supported, encouraged to grow and empowered to succeed.

The survey results placed MCHC in elite company:

- MCHC ranked fifth out of 50 in the midsize organizations category.
- MCHC placed first in the Training category, ahead of the other 148 organizations statewide that made the Top Workplace list. Topping this category reflects our efforts to help employees develop their professional skills, enabling them to succeed regardless of where their careers take them.

“Earning a Top Workplaces award is a badge of honor for companies, especially because it comes authentically from their employees. That’s something to be proud of. In today’s market, leaders must ensure they’re allowing employees to have a voice and be heard. That’s paramount. Top Workplaces do this, and it pays dividends.”

—Eric Rubino, CEO of Energage LLC, an employee engagement technology partner that administered the Top Workplaces survey

FOUNDATIONAL ACHIEVEMENT

The foundation of MCHC’s success is a simple idea: We put people first. For us, this means prioritizing not only the patients we care for, but the skilled and compassionate professionals who do the caring. The two are tightly intertwined. We can only provide the care our patients deserve if our team members feel motivated to give their best every day.

We may have earned Top Workplace recognition every year since 2016, but that doesn’t make the accomplishment any less memorable. We’re always humbled to learn that our employees believe in our mission and trust us not only to help them grow professionally, but also to shape a workplace culture everyone can be proud of.

MCHC won’t rest on our laurels as 2026 begins. We will continue to look for every opportunity to retain and attract outstanding healthcare professionals. Together, we can add to MCHC’s reputation as a place where people want to deliver *and* receive care. That’s how we’ll stay a Top Workplace for another decade and beyond.

INTERESTED IN ADDING YOUR TALENTS TO ONE OF IOWA’S BEST WORKPLACES? VISIT MCHALBIA.COM/ABOUT/EMPLOYMENT TO LEARN ABOUT CAREER OPPORTUNITIES AT MCHC.

Benefits to Help You Thrive

At Monroe County Hospital & Clinics, we believe in equipping our employees with the tools to be their healthiest, most productive and most empowered selves, both within and outside our walls. That’s why we offer a wide range of benefits to support our team members’ health, wellness and career goals.

Eligible MCHC employees have access to:

- Iowa Public Employee Retirement System (IPERS)
- medical, dental and vision insurance
- paid time off (16 hours added to PTO bank upon hire)
- tuition assistance
- health savings accounts with employer contribution
- employee assistance program
- flexible spending account
- voluntary benefit plans
- long-term and short-term disability insurance
- term life insurance
- voluntary life insurance
- wellness activities
- deferred compensation plan

Let’s Grow Together

Employees value opportunities to build their skills and advance their careers. In fact, supporting employee growth may be *the* essential ingredient in attracting and retaining the most talented workers.

According to the research and analytics company Gallup, career growth opportunities are the top reason people change jobs. The organization reports that nearly 90% of millennials, the generation that accounts for the largest share of the U.S. workforce, consider professional development or career growth opportunities to be a very important aspect of a job.

At Monroe County Hospital & Clinics, we want employees’ careers to flourish, which is one reason we’ve been one of Iowa’s Top Workplaces for a decade and counting. We support our team members by providing numerous opportunities for additional training and growth. If you want to pursue a degree to advance in your field, we’ll help you achieve it with education assistance after you’ve been employed for six months.

We want every MCHC team member to dream big. We will help you get as far as your drive and determination can take you.

Heads Up: ENT Care Is Here

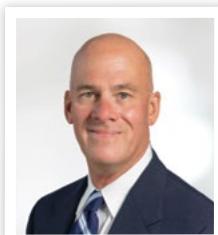
Local ear, nose and throat specialty care is now available here in the Albia area.



Jennifer Archer, ARNP-FNP

FOR MANY YEARS, patients with ear, nose and throat conditions at Monroe County Hospital & Clinics were referred to ENT Specialist Matthew Brown, MD, in Des Moines. Today, however, Dr. Brown provides care much closer to home. He now sees both children and adults at MCHC's Susan Allison Outpatient Clinic, making trips to see him far more convenient.

"Dr. Brown is a huge asset to our community, especially when it comes to caring for children," said MCHC Family Nurse Practitioner Jennifer Archer, ARNP-FNP. "Before he came to MCHC, families had to travel out of town for procedures like ear tube placements and tonsil removals. Now, they can stay local and limit time off work and out of school to receive care."



Matthew Brown, MD

REFERRAL RESOURCE

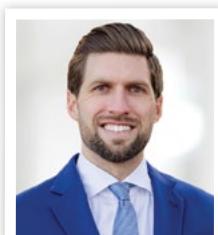
Dr. Brown treats the full range of ENT conditions, including hearing loss, recurrent ear infections, sinus problems, difficulty swallowing and many more. Archer refers patients to him because of his knowledge, experience and compassionate way of communicating with patients.

"Dr. Brown explains medical information in an understandable way for every patient," Archer said. "He takes the time to discuss the problem and treatment plan in detail. Plus, he sees patients promptly and doesn't hesitate to refer them to other specialists or subspecialists when needed."

TO SCHEDULE AN APPOINTMENT WITH DR. BROWN, CALL 641-932-1678.

Lasting Birth Control Made Easy

Men now have local access to a simple, in-office procedure to prevent pregnancy.



Nicholas Parker, MD

UROLOGIST NICHOLAS PARKER, MD, performs vasectomies at Monroe County Hospital & Clinics' Susan Allison Outpatient Clinic for men who want a long-term birth control solution. After an initial consultation, Dr. Parker can perform the 30-minute procedure during a subsequent visit.

"A vasectomy is the most cost-effective way to have permanent contraception," 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. "Dr. Parker performs the procedure in a treatment room at the outpatient clinic, which is less expensive than having it in a hospital operating room."

SAFE AND EASY

Vasectomies are simple procedures that involve cutting a tube through which sperm travel, preventing them from leaving the body during sex. Vasectomies are in-office procedures, and you go home the same day. You'll likely be able to get back to your daily routine 24 to 48 hours later.



"The procedure is easy and safe," Klyn said. "It is quick and does not require a lot of time off work."

The procedure requires a follow-up test to confirm its effectiveness, but you can perform the test conveniently at home. If the results show the procedure was successful, you won't need any follow-up appointments.

TO SCHEDULE A VASECTOMY CONSULTATION, CALL 641-932-1678.



Wound Care's Healing Touch

Some wounds struggle to heal. Specialized care provides a helping hand.



Beth Grimes, ARNP

Practitioner Beth Grimes specializes in treating these chronic wounds.

"At Monroe County Hospital & Clinics, we use advanced dressings and wound cleaning techniques that improve healing rates and reduce the risk of infections," Grimes said. "Our comprehensive approach evaluates health factors like nutrition, related medical conditions and mobility that affect patients' wound healing potential."

ONE-OF-A-KIND TREATMENT PLANS

Your path to healing begins with a detailed wound assessment. Then, Grimes creates a personalized treatment plan. Your treatment may include the removal of dead tissue from the wound or the use of specialty dressings, compression therapy or skin substitute materials, among other options.

"Patient education is the cornerstone of our success," Grimes said. "We ensure patients and caregivers understand how the dressings work, the importance of routine care and how to prevent wounds from returning."

In addition to solving lingering sores, wound care can reduce your risk of hospitalization and enhance your ability to get around independently. That's the power of healing.

GET MORE INFORMATION ON HOW OUR TEAM CARES FOR PERSISTENT WOUNDS AT MCHALBIA.COM/SERVICES/WOUND-CARE. MAKE AN APPOINTMENT BY CALLING 641-932-7172.

Slow Cooker Pork Stew Over Brown Rice

This tasty take on traditional pork can help you get a good start on your 2026 healthy eating goals.

INGREDIENTS (SERVES 8)

2	pounds lean pork	1	clove garlic, minced
	stew meat	1½	cups complete bran and
3	cups baby carrots		wheat flakes ready-to-eat
1	large onion, sliced		cereal (crushed to ¾ cup)
1½	teaspoons dried	1	cup dried tart cherries
	thyme leaves	¾	cup 100% apple juice or
½	teaspoon coarse		apple cider
	ground black pepper	4	cups hot cooked
¼	teaspoon salt		brown rice

DIRECTIONS

1. Remove fat from pork.
2. Spray a large pan with nonstick cooking spray, then brown half of the pork at a time.
3. Layer carrots, onion, thyme, pepper, salt and garlic in a 4- to 6-quart slow cooker. Sprinkle cereal and cherries over the contents.
4. Top the contents with pork and pour apple juice or cider over them.
5. Cover cooker. Cook on low heat for 7–8 hours, or on high heat for 3.5–4 hours.
6. Follow the package instructions to prepare the brown rice as the stew nears the end of cooking time.
7. Stir stew and serve over ½ cup rice.

NUTRITION INFORMATION

Calories: 412	Carbohydrates: 57g
Total fat: 2.5g	Dietary fiber: 6g
Cholesterol: 64mg	Total sugars: 20g
Sodium: 280mg	Protein: 30g

Source: MyPlate National Strategic Partners, The Grain Chain



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.

Welcoming the New Year With Communication Updates

**Patient communication will look a little different this year,
but many things you rely on will stay the same, including:**

Don't Forget Your Insurance Card!

Remember to bring your up-to-date insurance information to every appointment at Monroe County Hospital & Clinics. Having your current insurance card at registration helps us verify coverage, file claims quickly and avoid delays.

Having your card:

- helps us determine if medical services require prior authorization
- prevents claims being sent to an old insurer or plan
- reduces claim delays or denials
- speeds up the registration process

Keep your card handy in your wallet or save a digital copy on your phone for added convenience!

- ✓ **text reminders**
- ✓ **appointment alerts**
- ✓ **care team communication**

Soon, we'll introduce online check-ins for appointments! No action is needed from you right now, and we'll share more details as we get closer to launching this new option.

Have questions? Call 641-932-7172 or stop by and chat with our friendly registration team.