

HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | SUMMER 2026



**MONROE
COUNTY**
HOSPITAL & CLINICS

An Affiliate of
MERCYONE

Understanding PAIN | Cancer Care & INFUSION SERVICES | Beat the DEDUCTIBLE CLOCK

Fuel Up! Healthy Eating for Busy School Days

EASY & HEALTHY BREAKFAST IDEAS

Greek yogurt + berries + granola | Whole-grain toast + peanut butter + banana | Scrambled eggs + whole-grain toast + fruit
Oatmeal + berries or banana + a spoonful of peanut butter | Whole-grain cereal + milk + fresh fruit | Hard-boiled egg + banana + whole-grain toast
Breakfast sandwich with egg and cheese on a whole-grain English muffin | Smoothie made with fruit, Greek yogurt and milk
Cottage cheese + fruit + whole-grain toast | Whole-grain waffle + peanut butter + sliced strawberries or banana

TASTY & FILLING LUNCH COMBINATIONS

Packing a healthy school lunch is easy when you follow this guide:



A protein

sliced turkey, ham, hard-cooked egg, hummus, cheese sticks or cottage cheese



A whole grain

whole wheat wraps, pockets, whole grain pasta or crackers



Fruit

berries, apple slices, grapes, banana



Vegetables

carrot sticks, cucumber slices, snap peas, bell pepper strips, broccoli with ranch or hummus dip

IDEAS:

Snack tray that includes whole-grain crackers paired with sliced deli turkey or chicken, cheese cubes, and cucumber slices
Ham or turkey rolled tightly around a string cheese inside a tortilla | Thermos of leftover pasta with marinara sauce and a side of broccoli
Sliced hard-cooked egg, leftover pasta salad with veggies, grapes

AFTER-SCHOOL SNACK IDEAS

Apple slices and string cheese | Apple slices with peanut butter
Greek yogurt with granola | Homemade muffins or bars
Toast with peanut or other nut butter
Veggies with hummus or yogurt dip | Dried fruit | Smoothies
Cheese and crackers | Hard-cooked egg with toast
Fruit and cheese plate | Energy bites



Peanut Butter Oatmeal Bites

INGREDIENTS

1 cup oats	1 cup ground flaxseed (can use wheat germ or more oats)
½ cup chocolate chips (minis work well)	
½ cup peanut butter	⅓ cup honey (can use molasses)
1 teaspoon vanilla extract	

INSTRUCTIONS

1. Combine all ingredients in a bowl and stir until thoroughly mixed.
2. Roll into 1-inch balls.
3. Firm in the refrigerator by placing the balls on a cookie sheet lined with wax paper. Refrigerate for 30 minutes.
4. Store stacked in a covered container.

Makes 24 1-inch balls
Recipe courtesy of U.S. Department of Agriculture



An Affiliate of
MERCYONE

6580 165th Street • Albia, IA 52531

Monroe County Hospital & Clinics complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, call 641-932-2134 or see link on our homepage at mchalbia.com.

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。

This institution is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call 866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202-690-7442 or email at program.intake@usda.gov.

We've Got Chronic Pain Covered

Your local hospital offers numerous options to ease long-standing pain.



Becca Carter, PT, DPT,
Rehab Services Manager



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

CHRONIC PAIN FROM an injury, overuse or a medical condition, such as arthritis, can affect nearly every aspect of your life. It can also leave you wondering where to turn for help.

Your primary care provider can recommend steps to try at home, like taking nonprescription pain relievers or performing low-impact exercises. They may also refer you for specialized treatments, such as rehabilitation therapy or a procedure to reduce pain. You'll find these treatments and more at Monroe County Hospital & Clinics.

MOVE BEYOND YOUR LIMITS

Working with our physical or occupational therapists can help you move with less pain by improving your strength, flexibility and range of motion. Therapists can also help you understand what may be contributing to your discomfort.

"It can be difficult to recognize when we adopt unhealthy movement patterns that lead to pain," said Becca Carter, PT, DPT, Rehab Services Manager at Monroe County Hospital & Clinics. "Working with a therapist is a great way to identify these patterns and manage pain so you can stay involved in the activities you enjoy."

TAKE RELIEF TO THE NEXT LEVEL

If treatments like physical therapy and over-the-counter medicines don't provide the relief you're looking for, you may benefit from medication management or a procedure at the Susan Allison Outpatient Clinic.

"We start by conducting tests, such as X-rays or MRIs, to determine the cause of patients' pain," said Jenny Klyn, MHA, RT (R)(M)(ARRT)(RDMS), Director of Ancillary Services and Radiology, Outpatient Clinic and Infusion Center Manager at Monroe County Hospital & Clinics. "Patients have to try physical therapy before we prescribe a medication or procedure."

The Outpatient Clinic offers:

- Epidural steroid injections for neck and back pain
- Joint injections
- Long-term prescription medication management
- Nerve blocks
- Procedures, such as radiofrequency ablation (the use of heat to destroy pain-signaling nerve tissue)

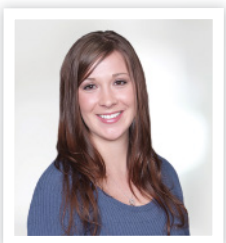
In addition to providing relief on their own, injections or procedures can pave the way for other treatments, such as physical therapy.

"It can be difficult for some patients to perform the physical activities needed to strengthen their bodies and ease chronic pain," said Michele Manternach, BSN, RN, CNOR, Surgery Manager at Monroe County Hospital & Clinics. "An injection or procedure may alleviate the pain long enough for patients to focus on strengthening and get better."



Cancer Care Where Your Heart Is

Your life happens in South Central Iowa, the place you call home. So can your cancer treatment.



Alyssa Wilson, RN, Infusion Center Team Lead

AT MONROE COUNTY Hospital & Clinics, we know the value of close-to-home cancer care. According to the Iowa Cancer Registry, our county has one of the highest rates of new cancer cases in the state. If you receive a diagnosis you never expected, getting care nearby can relieve some of the stress of treatment, giving you time back in your schedule and reducing expenses. Most of all, staying local ensures

you can be surrounded by your support network, which can make a world of difference to your quality of life.

“Having treatment close to home helps ease anxiety for patients who continue to work during their care, enabling them to attend appointments and return to their job easily,” said Alyssa Wilson, RN, Infusion Center Team Lead at Monroe County Hospital & Clinics. “Plus, friends and family members can be with their loved ones throughout their care without having to travel far away.”

From offering oncology consultations and chemotherapy infusions to providing physical therapy and other services that support cancer care, MCHC can help you receive as much of your treatment as possible in the Albia area.

WHAT YOU’LL FIND

When it comes to cancer care, expertise means everything. At MCHC, you’ll have access to a team of experts on our campus, including board-certified Medical Oncologist/Hematologist Christian Schultheis, MD, FACP, with University of Iowa Health Care’s Mission Cancer + Blood in Des Moines. Dr. Schultheis visits our Susan Allison Outpatient Clinic twice monthly to see patients for initial or follow-up appointments.

When Dr. Schultheis isn’t on campus, our nurses in the Outpatient Clinic and Infusion Center work with patients to ensure their care continues seamlessly. If you need additional services, our team coordinates with Mission Cancer + Blood for higher-level care that may only be available in Des Moines.

Dr. Schultheis may recommend chemotherapy, a mainstay of cancer care that uses medicines to kill cancer cells throughout your body. Immunotherapy, a newer type of cancer treatment, enhances your immune system's ability to fight cancer. The MCHC Infusion Center provides both chemotherapy and immunotherapy, as well as supportive treatments, such as nausea medications.

At MCHC, you'll also have access to services that play a key role in the cancer journey, including:

- **Imaging services:** The Radiology Department performs tests to diagnose or stage cancer or gauge the success of treatment, such as CT, MRI and PET/CT.
- **Laboratory services:** Our lab offers tests that can help your medical team monitor your health and the progress of treatment.
- **Physical therapy:** Working with a physical therapist can reduce discomfort, rebuild strength and mobility after cancer treatment, and manage treatment-related side effects, such as lymphedema.

THE HOMETOWN DIFFERENCE

We deliver more than high-quality, convenient and evidence-based cancer care at MCHC. As your friends and neighbors, we take pride in embodying the compassion and small-town hospitality that define our community, and that's reflected in the feedback we receive.

"People tell us how different we are from other hospitals," Wilson said. "Former patients stop in after completing therapy just to say hi. We often get cards from patients' family members thanking us for the care we provided their loved one."

That's what it means to have a local team in your corner for one of life's biggest challenges.

IF YOU HAVE BEEN DIAGNOSED WITH CANCER AND NEED AN ONCOLOGIST, PLEASE CALL 641-932-1678 TO INQUIRE ABOUT GETTING AN APPOINTMENT AT MCHC.

"We provide patient-centered care. Our patients are not a disease process or a treatment regimen. They are people spending their day with us while they receive treatment. Seeing patients as individuals makes them feel special and confident in the care we provide."

—Alyssa Wilson, RN, Infusion Center Team Lead
at Monroe County Hospital & Clinics



10 Questions for Your Oncologist

If you are newly diagnosed with cancer, your mind may be full of questions about what comes next. A medical oncologist will likely serve as the point person for your care, planning chemotherapy or immunotherapy and coordinating with additional specialists on other treatments. Your medical oncologist is an excellent resource for information, but remembering everything you want to ask during such a stressful time can seem impossible.

Ease the preparation for your initial appointment with the medical oncologist by using these questions to spark an in-depth conversation about your care plan.

1. What type of cancer do I have, and where is it located?
2. What is the cancer's stage?
3. How will the stage of the disease affect my treatment plan?
4. Do I need any more tests before starting treatment?
5. What are my treatment options, and which treatment should I start with?
6. What is the goal of each type of treatment? Is a cure possible?
7. What are the potential short- and long-term side effects of treatment?
8. How will treatment affect my daily life, including my ability to work and care for my family?
9. How long will my treatment last?
10. Who should I contact if I have questions about my care or experience side effects from treatment?

OPERATION FINISH STRONG

If you've met your insurance deductible for the year, you can save money by having elective surgery before the calendar turns to 2027.



Michele Manternach, BSN, RN, CNOR, Surgery Manager

THE DEDUCTIBLE IS the amount you pay out of pocket for medical expenses before your insurance starts paying for a significant portion. When you meet your out-of-pocket maximum, your insurance will pay for 100% of covered medical services. Waiting to have an elective (nonemergency) procedure until you meet your deductible or out-of-pocket maximum can save you thousands of dollars, according to Michele Manternach, BSN, RN, CNOR, Surgery Manager at Monroe County Hospital & Clinics.

Here are three steps to take advantage of those potential savings before the start of the new year, when many deductibles and out-of-pocket maximums reset.

1. CHECK WITH YOUR INSURANCE PROVIDER

Tracking how much you've paid for medical care can be challenging. To find out whether you've met your deductible or out-of-pocket maximum, check your insurance provider's app or website, or call the company. You can also look at your most recent explanation of benefits.

2. PRIORITIZE THE MOST IMPACTFUL PROCEDURE

When deciding what procedure(s) to schedule before the end of the year, think about what would make the greatest difference for your quality of life. For example, if knee pain is complicating daily activities or forcing you to give up pastimes you love, consider exploring pain-relieving injections or knee replacement surgery. Your primary care provider (PCP) and orthopedic surgeon can recommend the most appropriate treatment.

3. START EARLY

Don't delay scheduling surgery for weeks or months.

"Scheduling an elective procedure takes time," Manternach said. "You may need to be seen in the clinic or try nonsurgical treatments first. Then, it can take time for insurance to approve the procedure and for your PCP and specialists, such as a cardiologist, to clear you for surgery."

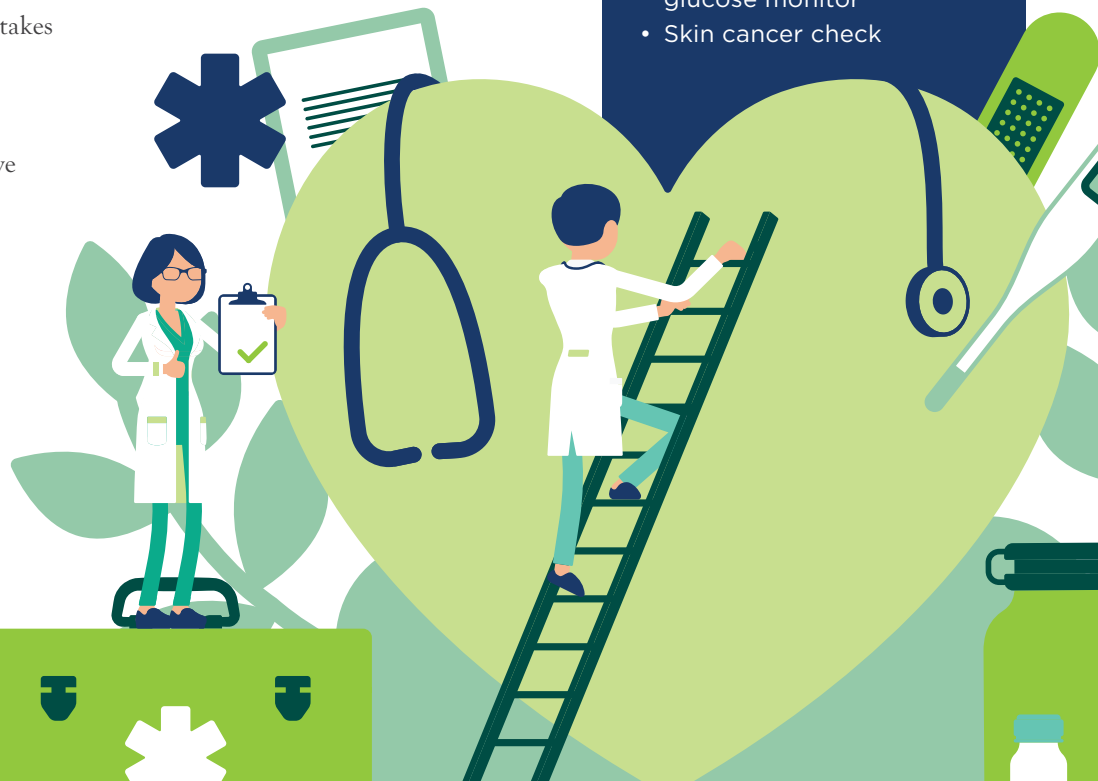
The sooner you start the process, the sooner you can start feeling better.

READY TO SPEAK WITH A SPECIALIST ABOUT AN END-OF-YEAR PROCEDURE? CALL 641-932-1678 TO SCHEDULE AN APPOINTMENT AT THE SUSAN ALLISON OUTPATIENT CLINIC.

Care to Consider

What elective procedures or tests should you schedule before the end of the year? Base your decision on your health needs, priorities and goals, in consultation with your primary care provider. Here are some services to consider if you've met your deductible:

- Corticosteroid injections for persistent pain
- Diagnostic arthroscopy for joint issues
- Hand, foot or ankle surgery
- Hernia repair
- Imaging for a lingering injury
- Joint replacement
- Physical therapy
- Medical equipment, such as a wheelchair or a continuous glucose monitor
- Skin cancer check





Grilled Salmon and Veggies

Level up your summer grilling with this flavorful dish.

INGREDIENTS (SERVES 4)

- | | |
|--|---|
| 1 medium zucchini, halved lengthwise | ½ teaspoon salt, divided |
| 2 red, orange or yellow bell peppers, trimmed, halved and seeded | ½ teaspoon ground pepper |
| 1 medium red onion, cut into 1-inch wedges | 1¼ pounds salmon fillet, cut into four portions |
| 1 tablespoon extra virgin olive oil | ¼ cup thinly sliced fresh basil |
| | 1 lemon, cut into 4 wedges |

DIRECTIONS

1. Preheat grill to medium-high.
2. Brush vegetables with olive oil and sprinkle with ¼ teaspoon salt. Sprinkle salmon with pepper and remaining salt.
3. Place vegetables and salmon fillets, skin down, on the grill. Cook the vegetables, turning once or twice, until tender and grill marks appear, four to six minutes per side. Cook the salmon until flaky, without turning, about eight to 10 minutes.
4. Chop grilled vegetables into smaller pieces. Remove salmon skin (if desired) and serve with vegetables. Garnish each serving with 1 tablespoon basil and serve with lemon wedge if desired.

NUTRITION INFORMATION

Calories: 281
Total fat: 13g
Sodium: 369mg

Carbohydrates: 11g
Dietary fiber: 3g
Protein: 30g

Source: Liz Zmolek, RDN, LD, Medical Nutrition Therapist/
Registered Dietitian at Monroe County Hospital & Clinics



"This salmon dinner comes together in just 25 minutes for an easy weeknight meal. Colorful vegetables in season or from the garden add vitamins and nutrients for a balanced meal."

—Liz Zmolek, RDN, LD



Save the Date

Let's glow! The Monroe County Health Care Foundation's Glow Ball Tournament returns on Saturday, Oct. 3.

BACK FOR A seventh year, the Glow Ball Tournament will take place at Albia Golf, capping an exciting evening preceded by a dinner, silent auction and fun contests. Registration begins at 5:30 p.m., followed by dinner in the clubhouse at 6 p.m. The highlight of the evening, six holes of glow ball, begins at 7:15 p.m.

The event helps enhance health care in South Central Iowa by raising money for services and equipment at Monroe County Hospital & Clinics. It will also enable a local student to pursue their dreams by funding a scholarship for a high school senior.

Want to help improve your community's health by spending an evening on the golf course? You can register a team of four for the tournament for \$240, which includes dinner, glow ball and accessories (golf cart not included). We accept payment by Venmo, PayPal or personal check, which you can mail to Monroe County Health Care Foundation, 6580 165th St., Albia, IA 52531.

BECOME A SPONSOR

Step up your support by sponsoring the tournament at one of the following levels:

- **Birdie:** Donate an item, gift basket or a monetary gift for the silent auction.
- **Eagle:** \$500 (half off a foursome and dinner)
- **Hole-in-One:** \$750 (foursome and dinner)

INTERESTED IN
REGISTERING FOR
OR SPONSORING THE
TOURNAMENT? EMAIL
FOUNDATION@
MCHALBIA.COM OR
CALL 641-932-1795.

venmo

PayPal



MONROE COUNTY
HEALTH CARE FOUNDATION

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.

Ann Stocker Receives GOVERNOR'S VOLUNTEER AWARD

MONROE COUNTY HOSPITAL & CLINICS is thrilled to celebrate Ann Stocker, SHIIP/SMP Counselor, for receiving the prestigious 2026 Governor's Volunteer Award. Personally honored by Governor Kim Reynolds at a special ceremony on July 14, Stocker was recognized for her extraordinary five-year service helping individuals, families and caregivers navigate Medicare.

Since 2021, Stocker has selflessly dedicated her time to empowering local families with:

- 1,594+ hours of volunteer service to ensure members of our community receive trusted, unbiased guidance
- 2,283+ appointments completed

In addition to serving as a SHIIP/SMP Counselor, Stocker is also a valued member of our Board of Trustees, where she continues to make a lasting impact on the health and well-being of our community.

"Ann's dedication to serving our community extends far beyond her work as a SHIIP/SMP Counselor," said Veronica Fuhs, Chief Executive Officer of Monroe County Hospital & Clinics. "Whether she's helping individuals navigate Medicare or serving on our Board of Trustees, Ann consistently demonstrates compassion, leadership, and an unwavering commitment to improving the lives of others."

Coordinated by Volunteer Iowa, this state-level award highlights the spirit of generosity that defines our community.

