



Live Well

SPRING 2019

Big city services, small town care: It's all under one roof

Grundy County Memorial Hospital offers exceptional care, advanced technology and highly professional caregivers devoted to your best health. Our comfortable and convenient outpatient setting offers a wide variety of health care services—just let your doctor's office know that you'd prefer GCMH when you need diagnostic testing, treatment or specialty care.

Our services

- Cardiac and Pulmonary Rehabilitation.
- Lab, including wellness labs that do not require a doctor's referral.
- Radiology and Imaging: CT scan, DEXA scan, 3D mammography, MRI, ultrasound and x-ray.
- Specialty Clinic.
- Surgery.
- Therapy, including physical, occupational and speech.

+ It's all about how we make patients feel when they're in our care. Patient surveys rank the hospital's Outpatient Services among the nation's top 5% for customer experience.

Surgery is offered in a private, modern environment where a UV light disinfection system provides state-of-the-art infection control. Orthopedic surgery, including total joint surgery, general surgery, foot surgery, cataract surgery and screening procedures such as colonoscopy are performed regularly at GCMH.



Specialty Clinic

Your appointment with a specialist is convenient and accessible at our hospital's dedicated Specialty Clinic. A complete list of specialties and contact information is on **page 5**.

Our therapy team

has graduate-level education and advanced training in orthopedics, sports medicine, geriatrics, dry needling and other specialized areas.

Quality—it's who we are



Adam Scherling, MHA
GCMH President

At Grundy County Memorial Hospital (GCMH), quality is not what we do. Quality health care is who we are!

Quality health care can be defined as

doing the right thing at the right time in the right way to achieve the best possible results. Behind the scenes—well before patients enter our doors for care—our caregivers are intentional about the care you will experience.

What is quality care? Patients and families recognize quality care when they experience it. A nurse's response to a call light, the timeliness of test results, an emphasis on medication safety—all of these are ways in which patients

experience quality care. Quality care is the result of workflows and processes that are based on best practices and instilled into each caregiver's routine.

How is quality measured? At GCMH, our performance improvement team carefully studies how care has been provided to assure that care standards have been met or exceeded. For instance, when a patient arrives at the hospital's Emergency Department with chest pain, he or she should receive an EKG within ten minutes. The hospital's standard is that this will occur 100 percent of the time.

What other steps does GCMH take to provide quality care? GCMH embraces national patient safety standards established by health care accrediting agencies. We also submit our data to the Iowa Hospital Association for comparison with other hospitals and to the federal government agency

that administers Medicare payments. An annual "culture of safety" survey seeks employee input about safety measures. GCMH is also beginning a new voluntary accreditation process. Accreditation is used by health care organizations to accurately assess their level of performance in relationship to established standards.

GCMH is consistently working to meet and exceed the expectations you have for high-quality health care. The best measure of quality is our patients. While the data we compile does not capture how our patients feel when they are here, the kind words you use on the surveys you complete help show the essence of who we are. Thank you for your choice of GCMH for your health care needs.

Adam Scherling, MHA
President

HEALTH CARE COSTS

Be in the know



Lynn Blythe,
Director of Revenue
Cycle

Did you know that Grundy County Memorial Hospital can provide cost estimates to you before you receive health care services? If you are scheduled for diagnostic services such as x-ray, CT scan, MRI, ultrasound or a sleep study, or are planning outpatient or inpatient surgery, a cost estimate can be prepared for you.

"Today's technology has made it possible for you to receive

an estimate for a specific service that you have scheduled," says Lynn Blythe, who leads the hospital's patient access team. "While many variables affect hospital costs and charges, we are able to provide an estimate that's based on the type of insurance you have and co-pays,

deductibles or other out-of-pocket expenses that your health insurance requires."

Financial counselors are available to provide out-of-pocket cost estimates based on your planned health care services and normal reimbursement from your insurance carrier/health plan. To take advantage of this service, contact GCMH Scheduling for a cost estimate in advance of your care by calling **319-824-5081** or **888-824-5081**. In addition, Blythe says your health insurance plan can provide an individualized estimate of your out-of-pocket costs for a specific health care service.

Current standard charges

The Centers for Medicare and Medicaid Services (CMS) now requires hospitals to provide a list of their current standard charges, including every item and service provided by the hospital, on the hospital's website. But this list of standard charges does not provide information on what your final cost will be for a specific health care service. Your financial responsibility will vary depending on your health insurance plan, so utilizing a care cost estimate is recommended.



Summer screen time limits for your family



Eric Neverman, DO,
UnityPoint Clinic

Summertime changes to school and child care schedules mean your kids may have more time on their hands. Before your child fills the time with video and computer games, learning apps, or more television, consider the effects of screen time on young children. Eric Neverman, DO, pediatrician with UnityPoint Clinic–Grundy Center Family Medicine, says the latest research on the impact of excessive screen time supports limits.

“Research shows that excessive time spent with video games, TV, computers and handheld devices like phones and tablets contributes to increased childhood body mass index and also negatively affects cognitive, social and emotional development in young children,” Dr. Neverman says.

Dr. Neverman advises parents to limit the amount of time each child spends with technology based on their age.



Babies and toddlers up to 24 months

No screen time is recommended. “Hands-on exploration and social interaction with a trusted caregiver encourage the development of cognitive, motor and language skills in very young children,” says Dr. Neverman. “Toddlers learn from interaction with people and need an adult to read, to speak and to teach by repetition.”



2 to 5 years

Limit screen time to one hour per day. Well-designed programs, such as Sesame Street, build cognitive skills in preschoolers, but apps and computer-based electronic games for kids are not proven to boost learning and social skills. Interaction and conversation with an adult or older sibling are essential to learning, says Dr. Neverman. “Higher-order thinking skills are best taught through unstructured and social play, with support from a trusted caregiver,” he advises.



6 to 11 years

Dr. Neverman agrees with the recommendation of Iowa’s “Healthy Choices Count” program and the American Academy of Pediatrics, which advise no more than 2 hours of recreational (non-school) screen time per day. Dr. Neverman reviews the screen time guidelines with his school-age patients at doctor visits. “Giving children the healthiest start possible is very important, so we emphasize the screen time limits to both parents and kids,” he says.

Dr. Neverman advises outdoor play and exploration to maximize your children’s learning and development.

“Make being active a family affair,” he says. “Go on walks or bike rides; play sports together; or engage in fun, active games with your kids.”



Live Well

Classes and events



**Grundy County
Memorial Hospital**
UnityPoint Health

All classes and events are in the GCMH Education Room unless otherwise noted. Use Entrance #3 on the west side of the hospital. Pre-registration is requested for programs. Enroll at grundycountyhospital.org/classes-and-events, by emailing GCMH_Info@unitypoint.org or by calling **319-824-5085**.




Just What the Dr. Ordered—Summer Farmer's Market Series

Eating more fresh vegetables and fruit has a positive impact on your health! Introduce fresh, local foods onto your dinner table with help from our dietitian-nutritionists. Join GCMH for recipe demonstrations and tasting samples at these Farmers Market locations:

- **Thursday, June 20, 4:30 to 5:30 p.m.**
Grundy Center Farmer's Market (Brother's Market parking lot, Grundy Center)
- **Thursday, July 18, 4:30 to 5:30 p.m.**
Grundy County Fair Farmer's Market (Fairgrounds)
- **Thursday, Aug. 15, 4:30 to 5:30 p.m.**
Grundy Center Farmer's Market



Diabetes Prevention Program—Free Preview Session

Did you know you can prevent or delay type 2 diabetes by eating better, being more active and losing weight? If your doctor has told you that you have pre-diabetes or you are at risk for developing type 2 diabetes, this program is for you. At the free preview session, you'll learn the life-changing impact of diabetes, and why it's so important to prevent or delay diabetes. You'll also receive an overview of the prevention program, a sample class schedule and hear testimonials from people who have completed the program. The cost of the program may be covered by health insurance or Medicare benefits. Call **319-824-4154** for more information or to enroll for the preview session. Class dates and times will be determined to fit program participant needs.

- **FREE PREVIEW Wednesday, Aug. 7, 5:30 to 6:30 p.m.**



Safe Sitter

This daylong class provides parents peace of mind that their children, sixth through eighth grade or older, are able to stay home alone safely or babysit for other families. The program is part of the national Safe Sitter® program, developed by a health professional to include choking and first aid skills, CPR, basic caregiving skills, and the knowledge of what to do in an emergency—such as during a storm or power outage. Build confidence and provide essential safety knowledge to your young teen—enroll in Safe Sitter today!

Cost is \$35. Students need to have completed the fifth grade in order to enroll in Safe Sitter.

- **Thursday, June 13, 8:30 a.m. to 2:45 p.m.**
- **Thursday, Aug. 15, 8:30 a.m. to 2:45 p.m.**



CPR and First Aid Class

Learn CPR for adults, infants and children, including defibrillator use. The class also includes choking and first aid skills. Cost is \$65 to cover materials and certification card.

- **Saturdays: June 15, July 13, 8:30 a.m. to 3:30 p.m.**



Live Well Healthy Lifestyle Challenge

This popular class returns this fall with a new schedule and new learning materials! Mark your calendar for **Aug. 26 at 5:30 p.m.** and plan to attend a free, no-obligation preview session. The class will run Monday, Sept. 9, through early December.

How the challenge works: Each participant will receive pre-program measurements that are good indicators of health. Each participant works with a health coach to choose health-related goals and determine actions to take. As a group, class

members exercise, learn new skills and complete the *Intuitive Eating Workbook* throughout the next 12 weeks. Wrap up the challenge with individual post-program measurements and a review of your progress with a health coach. If you want to be healthy...learn to do what healthy people do!

- **Monday, Aug. 26, 5:30 p.m.—Healthy Lifestyle Challenge preview**



Diabetes Self-Management Education

The Diabetes Education program at Grundy County Memorial Hospital provides the expertise of licensed and registered dietitian nutritionist Wendy Brewer, to provide optimal care and education to those who are managing diabetes. The program cost is covered by many health insurance companies and Medicare upon physician referral. Whether you're newly diagnosed with diabetes or wish to have an annual follow-up session to review nutrition and disease management, this program can meet your needs. Education takes place in an individual or small group setting. The GCMH program is accredited by the American Diabetes Association.

Topics Include:

- Adopting healthy eating habits, reading food labels, and consistent carbohydrate counting
- The importance of physical activity in controlling blood sugar
- Various medications used to control diabetes
- Blood glucose monitoring/pattern control
- Hypoglycemia prevention and treatment
- Risk reduction measures/preventive care
- Goal setting
- Insulin start/adjustment

To schedule an appointment, call: **319-824-5081** or **888-824-5081**

GCMH Support Groups: Cardiac Support Group

- **Monday, June 3, 5 p.m.**

Pulmonary Support Group

- **Monday, July 1, 5 p.m.**

Diabetes/Prediabetes Support Group

- **Monday, Aug. 5, 5 p.m.**



Keep your feet healthy

For lowans, spring provides a long-awaited chance to enjoy the outdoors. From walking to biking to golf, the lure of sunshine and warm air invites us to be more active. Healthy feet are your foundation for taking part in most summer activities. Podiatrist Stephen Solomon, DPM, encourages you to take care of your feet to avoid injury and to maximize your summer enjoyment.



Stephen Solomon, DPM

Dr. Solomon is among the medical specialists who see patients in the hospital's Specialty Clinic, and he has the following tips for good foot health that will allow your feet to take you where you want to go this summer.

1 Wear shoes that fit.
If it's been a while since you've had your feet measured, take the time for measurements the next time you purchase shoes. Well-fitting shoes are the best companion on your summer walks, as blisters, ingrown toenails and bunions can result from shoes that don't fit.

2 Avoid high heels.
The pressure that wearing high heels places on your feet can lead to bunions, ingrown toenails and general foot pain.

3 Mix sitting and standing while on the job, if possible.
Standing all day on hard surfaces can lead to painful feet.

4 Avoid flip-flops.
This popular, warm-weather footwear should be avoided for long walks, yardwork or sports. They won't protect your feet during these activities, and they may lead to injury. Instead, Dr. Solomon recommends sandals that are known for comfort and arch support, such as Vionic or Birkenstocks.

THE BEST IN FOOT CARE. Dr. Solomon is available each Wednesday in the GCMH Specialty Clinic to provide treatment for foot problems, including sports injuries of the foot and ankle. Dr. Solomon also performs foot surgery at GCMH, including bunion and hammertoe repair and tendon repair.

Visiting Specialists

Audiology

Seema Arab, AuD

Cardiology and Echocardiogram

Kalyana Sundaram, MD

Kari Haislet, DNP

Abbie Schrader, ARNP

Dermatology

Angela Buttjer, PA-C

Ear Nose & Throat/Skin Cancer

David J. Congdon, MD, MPH, FACS

Tricia Thompson, ARNP

Gastroenterology/Hepatology

Srinivas Kalala, MD

Tracy Elliott, ARNP

General Surgery/Colonoscopy

Paul Burgett, MD, FACS

Nephrology

T. Michel Daoud, MD

Vinay K. Kantamneni, MD

Oncology

Wael Ghalayini, MD

Ophthalmology

Benjamin Mason, MD

Orthopedics

Robert B. Bartelt, MD

Podiatry

Stephen Solomon, DPM

Psychiatric Social Work & NP

Debra Estes, LISW

Kelsie Swisher, ARNP

GCMH Services

Anti-Coagulation

Ariel Loring, PharmD

GCMH Orthopedics

Douglas Cooper, MD

Pain Management

W. Keith Barnhill, PhD, ARNP,

CRNA, DAAPM

Sleep Disorders

GCMH Sleep Service

Wound Healing

Mandy Vervaecke, ARNP



319-824-5081 or 888-824-5081

LIVE WELL is published as a community service for the residents of the service area of Grundy County Memorial Hospital, 201 East J Ave., Grundy Center, IA 50638, grundycountyhospital.org, 319-824-5421

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**Nutrition
corner**

Fun, no-fuss meals for summer

by **Crystal Petersen, RDN, LD**

You have better things to do this summer than sweat over a hot stove. Healthy meals can come together quickly without lengthy recipes and cook times, which is helpful for the busy family no matter what the season. I like these four creative ways to get the evening meal on the table in a hurry because they use ingredients that are healthy and commonly found in your fridge, children can be involved in creating the meal, and they make creative use of leftovers!



Crystal Petersen,
RDN, LD

PINWHEEL SANDWICHES

Give your sandwich a twist

- 1 Start with a whole-grain tortilla and slather on hummus or guacamole.
- 2 Layer on leafy greens and chopped vegetables.
- 3 Add a thin layer of sliced lean deli meats, shredded cheese or black beans (or all of the above).
- 4 Roll it up tight and slice it into pinwheels.

POWER BOWLS

The possibilities are endless

- 1 Start with a whole grain in the bottom of a bowl. (Consider using leftover cooked grains and pasta.)
- 2 Top with chopped veggies, shredded greens or leftover roasted vegetables.
- 3 Add rinsed and drained canned beans, sliced hard-boiled eggs, cubes of cooked poultry, canned seafood or meats.
- 4 Add crunch and flavor by sprinkling on seeds, nuts and dried fruits.

ALL ABOARD

Assemble a dinner board

- 1 Select a variety of foods and arrange them on a large tray.
- 2 Start with fresh vegetable sticks and pickled and marinated veggies.
- 3 Include sliced meats and cheeses and condiments for dipping, such as salsas or relishes.
- 4 Add something sweet, such as melon balls, fruit slices or dried fruits.
- 5 Add whole-grain crackers, bagel chips, pretzel sticks or small whole-grain buns.

CHOPPED SALAD

Get all the flavors in one bite

The healthiest chopped salads are made with a generous amount of greens, combined with vegetables, fruits, lean protein sources, and nutrient-dense nuts and seeds. Top salads off with dressing made from healthy oils and vinegar.

Pita, anyone?
Chopped salads make excellent whole-grain pita pocket stuffers!

Find creative ideas for themes, flavorful combinations and recipes at grundycountyhospital.org or on the hospital's Facebook page.