

Health Update

HENRY COUNTY
HEALTH CENTER

CARE YOU TRUST. COMPASSION YOU DESERVE.

MOUNT PLEASANT, IOWA
APRIL, MAY, JUNE 2013

Hospitalist Program focuses on inpatient care

Henry County Health Center recently implemented a new inpatient program. HCHC is partnering with Family Medicine of Mt. Pleasant, P.C. to offer a Hospitalist Program that is designed to provide specialized care for patients who are hospitalized.

"Henry County Health Center is pleased to collaborate with Family Medicine on this new initiative. The health center and physicians are dedicated to bringing the Hospitalist Program to HCHC for the benefit of our patients and to meet the healthcare needs of our communities," stated HCHC CEO Robb Gardner.

A hospitalist is a physician who specializes in the care of hospitalized patients. Because hospitalists are committed solely to the care of inpatients, they have the capacity to spend more time with patients and family during their stay at the health center.

"We are currently working to recruit two hospitalists. In the interim, until those two individuals are identified, the physicians of Family Medicine have offered to serve in the hospitalist capacity. Over the years we have worked closely with this group of physicians, and as members of our

medical staff they know the health center and our associates, and we have a positive working relationship. We look forward to working with them on this project, and believe this interim coverage will help make for a smooth transition to the hospitalist model," explained Gardner.

According to Joel Ryon, M.D., Family Medicine of Mt. Pleasant, P.C. is fully supportive of this new initiative. "Hospitalist programs have really become the trend in healthcare. Hospitalized patients benefit from this patient-centered focus of having a physician dedicated exclusively to their inpatient care. In addition, primary care physicians can focus on seeing patients during clinic hours and feel confident that our patients who are hospitalized are receiving quality care by the hospitalist. We are pleased to be able to help the health center transition into this new program and provide coverage until the permanent hospitalists are in place," explained Dr. Ryon.

CARDIAC REHAB AT HCHC 2

CARDIAC REHAB AT HCHC, CON'T ... 3

FOUNDATION 4

FOUNDATION 5

CONSTRUCTION UPDATE 6

HCHC NEWS 7

UPCOMING EVENTS 8



Cardiac Rehabilitation

Cardiac Rehab at HCHC

HCHC's Cardiac Rehab Department offers a multi-level individualized program designed to help cardiac patients reach their highest level of health. The Cardiac & Pulmonary Rehabilitation Programs are certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Certification recognizes those programs rigorously reviewed by a national board and found to meet the outlined essential requirements for standards of care.

Cardiac rehabilitation programs are designed to limit the physiological and psychological effects of cardiac illness; reduce the risk for sudden death or relapse; control cardiac symptoms; stabilize and/or improve the patient's condition; and enhance the patient's quality of life.

HCHC's Cardiac Rehab multi-level individualized program is designed to help cardiac patients reach their highest level of health. Three phases are offered:

- **Phase I** is an inpatient program designed to teach the cardiac patient and his or her family about heart disease and the recovery process, and to start the patient on a monitored and supervised exercise program.
- **Phase II** is an outpatient cardiac program conducted three times per week, which is

designed to increase cardiovascular fitness. These are supervised and monitored exercise sessions. In addition, educational classes are provided. These instruct patients in risk factor awareness to help prevent further cardiovascular disease and to promote lifestyle changes.

- **Phase III** is a wellness and prevention program designed to help participants improve and maintain cardiovascular fitness and good health. The program is designed for anyone who has two or more risk factors for heart disease, including smoking, high blood pressure, high cholesterol, overweight, tension or stress, lack of exercise, diabetes, or family history of heart disease.

For more information on HCHC's Cardiac Rehab program and specific information about the three phases, call 319.385.6504.



After receiving a stent for her heart condition, Beverly Garrels of Cardiac Rehab program. However, she wasn't too thrilled with the

"I didn't feel real great and I drug my feet coming to rehab. It's been 10 years since that first day I stepped foot in the Cardiac gym and I continue to come here," commented Garrels.

The day she started Cardiac Rehab she found the nurses and other participants to be friendly and helpful. Nurses monitored her pulse, blood pressure and heart rate, and through this close monitoring they identified that things weren't going as well as they should be.

"The nurses faxed the results to my cardiologist and it was determined that

I needed a pacemaker. My cardiologist was very impressed that the HCHC nurses discovered the issue. I got the pacemaker, came back here to do rehab, and there never came a time to quit. I come every Tuesday and Thursday and it's like my home away from home. I feel better when I'm here. It's so clean, the windows make it bright and cheerful, there is well-maintained exercise equipment, and the staff is so helpful and watchful," explained Garrels.

Before going to Cardiac Rehab, Garrels stayed active outdoors with gardening,

Cardiac Rehabilitation

Patients reveal personal success from Cardiac Rehab Program

Henry County Health Center's Cardiac Rehabilitation Department plays a key role in helping cardiac patients reach their optimum level of health. The multi-level individualized program consists of three phases: Phase I for cardiac inpatients, Phase II for cardiac outpatients, and the Phase III outpatient maintenance program for anyone with risk factors for heart disease. The success of the program is so evident that patients continue to participate long after their cardiac event. The following two individuals can speak personally about why they feel so strongly about the benefits of the Phase III program.



After Thomasa Alaniz of Mt. Pleasant suffered a heart attack a year ago, she came to HCHC's Cardiac Rehab Department. She continues to participate in the program and plans to never quit.

"I've been coming here for a year and I love it. I would never give it up. I've always been active, but this provides discipline in my life. They monitor my blood pressure, weight, and more. I've been diabetic for 48 years and since I've been exercising here my blood sugars are much better. I watch my diet more carefully, too. I had a disciplined life before, but after my heart attack I realized how much I need to discipline my exercise. Life is all about choices and we choose whether or not to take care of ourselves," explained Alaniz.

She was shocked at how inexpensive the Phase III program is. She has other options of places to exercise, but exercising at HCHC offers Alaniz peace of mind.

"The program is very inexpensive for what you get. The nurses are wonderful and helpful. They monitor everything and provide education. When I leave here I feel good and have peace of mind because my numbers for my blood pressure and weight were good. If I'm not exactly where I want to be with my weight, it encourages me to do more with diet and exercise. I can see the results because my clothes fit better and I feel so good," she said.

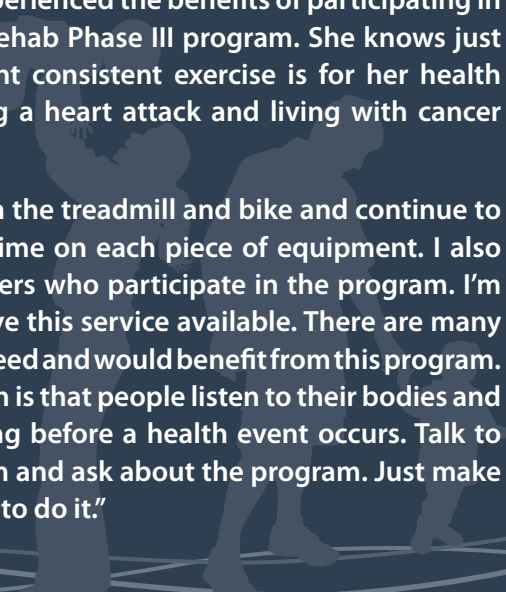
Alaniz has experienced the benefits of participating in the Cardiac Rehab Phase III program. She knows just how important consistent exercise is for her health after suffering a heart attack and living with cancer and diabetes.

"I work out on the treadmill and bike and continue to increase my time on each piece of equipment. I also enjoy the others who participate in the program. I'm so glad to have this service available. There are many people who need and would benefit from this program. My suggestion is that people listen to their bodies and start exercising before a health event occurs. Talk to your physician and ask about the program. Just make up your mind to do it!"

Mt. Pleasant was encouraged to enroll in HCHC's idea.

yard work and some walking. Although she was active, she didn't exercise regularly and had never used exercise equipment. That was not an issue when she began rehab as the nurses instructed her on how to safely use the equipment and monitored her progress.

"Over the past 10 years I've kept my weight down, I've continued to be aware of making healthy diet choices, and my heart has been fine. I strongly encourage people to participate in this program. I know how it is to drag your heels because you are uncertain if you want to do it. Give it a try and see what it's like. The cost is reasonable, the care is great, and the nurses are so astute. I also like the fact that my cardiologist comes to HCHC's Specialty Clinic. I don't have to travel for appointments, I don't have the travel expense, and the wait time for appointments is minimal."



HCHC Foundation

Late winter snow didn't hamper charitable gifts to HCHC Foundation

"Not only personally, but as a local business, it's important to have access to a quality health center. Our staff has had an occasion to need the hospital, and it's reassuring to know that good care is so conveniently located." **Kathy Schimmelpfennig, Lomont Molding, Inc.**



President Michael Vens and Agent Raymond Vens present Michelle Rosell, HCHC Foundation, with a \$3,000 contribution.

"We have been a longtime supporter of HCHC. It's hard to imagine not having a county hospital. And today with so many small community facilities struggling and/or closing, it's very important that we support our

local health center." **Michael Vens, Gamrath-Doyle-Vens Insurance, Inc.**

"We have always understood the importance of having a good hospital in the county and we



Board President Brian Roth and General Manager Rex McGuire donate \$500 to HCHC Foundation's Close to Home Campaign.

want to do our part to support our hospital's future." **Farmers & Merchants Mutual Telephone Company of Wayland, General Manager Rex McGuire**

"We have worked with

several hospitals before. I can honestly say that the hospitality and kindness shown by the staff of HCHC is some of the best I've experienced. It made being

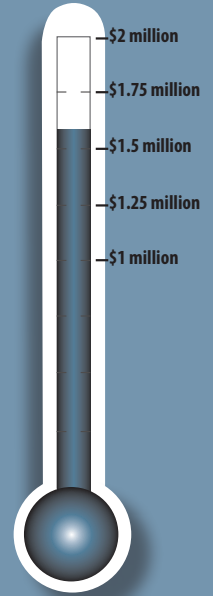
there a pleasure." **Michael Mohrfeld, Morhfeld Electric, Inc.**

Generous contributions from area businesses are coming in for HCHC's Foundation's *Close to Home Campaign* in response to Hearth & Home Technologies \$200,000 challenge gift. Our communities' commitment to the future of HCHC and the health of their neighbors is remarkable. Today, there are many questions looming around the effects of the Affordable Care Act. And though we don't know all the consequences of these changes, one thing we do know is that the expansion and renovations at HCHC will better position us to respond to those challenges in an effective and efficient manner. It is encouraging to hear area business leaders and individuals recognizing the expansion and growth of HCHC as an important solution to future healthcare demands and regulations.

As the Campaign nears its \$1.6 million mark, I look around our hospital and see what your generous donations have accomplished. True selflessness is quite abundant. We are fortunate to have exceptional medical staff, nurses and support staff who work continuously to improve patient care. And we are so fortunate to be surrounded by people whose generosity is making a huge difference in the lives of patients and their families every day.

Completion of the new surgery department and reaching our \$2 million goal is anticipated at the end of September.

Share in our success and pledge your support today! Call Michelle Rosell at 319.385.6541 or email rosellm@hchc.org for more information.





FACTS and TIDBITS

Did you know...

- Over 650 visits to medical specialists at HCHC occur each month. This includes appointments with visiting cardiologists, dermatologist, urologists, oncologist, orthopedists, pulmonologist, endocrinologist, Ears/Nose/Throat (ENT), audiologist, business health specialists, gastroenterologist and neurologists.
 - Over 90% of HCHC Surgical Services are outpatient/same day surgeries provided by a variety of doctors including general surgeons, ophthalmologists, orthopedists, podiatrists, urologists, gastroenterologists, obstetric /gynecologists and ENT.
 - National trends indicate that a growing number of specialty care and ambulatory surgery will be provided in community-based outpatient centers where patients can easily access treatments, diagnostic services, specialists and support services.
 - In Fiscal Year 2012, HCHC served over 47,000 patients through inpatient care, outpatient surgery, Wayland/Winfield Clinics, emergency room, lab, radiology and other diagnostic services, and ambulance calls.
 - HCHC Specialty Clinics are provided in collaboration with physicians affiliated with University of Iowa, Mercy Cedar Rapids, and Great River Medical Center.
 - HCHC provides a variety of support services necessary to accompany specialized care including lab tests, X-rays, PET and CT scans, MRI, nuclear medicine, stress tests and EKGs, pulmonary and breathing tests, rehabilitation services of physical, occupational and speech therapy, diabetes and dietary education, and more.
- SUPPORT YOUR LOCAL HEALTH CENTER TODAY. Join our *Close to Home Campaign***

*Interested in
the dinner and
auction only?*

Join us at 6:00 p.m.
Tickets \$35/person.

HCHC FOUNDATION GOLF BENEFIT

Mount Pleasant Golf and Country Club

Wednesday, August 14, 2013

The benefit features an 18-hole tournament.

Four-person "Best Shot"

Noon Shot Gun Start

Flight Prizes

Hole-in-One, Skins, Closest to the Pin and Longest Putt contests and more.

Call Michelle Rosell at 385-6541 for details, or go to www.hchc.org/foundation. Proceeds help support hospital services, community programs and equipment needs. Gifts to the HCHC Foundation are tax deductible.



Construction Updates

Building for the Future

CONTINUED PROGRESS MADE ON EXPANSION PROJECT

Phase three of HCHC's construction project continues to move forward. The new Surgery Center is taking shape and the structure is enclosed with great progress being made on the interior. To ensure a positive experience for patients and visitors during this construction project, we will keep you well informed of the construction progress. Here is an update:

- Construction for the new Surgery Center is moving at a steady pace. The new addition is constructed and fully enclosed, and work is currently focused on completing the interior of the department. This area is not visible to the public, but updates will be provided on the project's progress. The anticipated date of completion for the Surgery Center is mid-September 2013.
 - Construction is also impacting the interior of the health center's main level resulting in some visible changes for patients and visitors. Walls and a roof have been built around the courtyard by Specialty Clinic. The Health Education Center (HEC) and the hallway that runs by the HEC is closed and a temporary hallway has been established. The hallway starts near Specialty Clinic and ends near Elevator C by the cafeteria. Signage is posted to assist patients and visitors with way-finding needs.
 - The public restrooms located by the HEC are no longer available. Restrooms can be found by Registration near the front lobby.
 - The Diabetes Education Center has moved to a new location. Enter through the Front Lobby and proceed to the second floor. Turn left at Ideal Protein and the Diabetes Education Center is Suite 24, the second door on the right.
 - The Frontage Road (the street between the health center and parking lot) continues to be closed so there is **no entry and no parking** on that road. The parking lots can only be accessed from White Street.
 - On White Street, "Patient Parking" signage posted by the parking lot entrance directs patients and visitors to the parking lot that is closest to the main entrance of the health center. For patients who need to be dropped off/picked up at the main lobby door, drivers can turn into the entrance marked "Patient Parking" and access the circular drive located under the main entrance canopy.
 - The main lobby entrance doors are open every day from 5 a.m.-9 p.m.
 - Handicapped parking is located in the parking lot by the main entrance.
- Updates on the construction project are found at www.hchc.org. On the homepage, click on "**Building Project Updates**" or click on the building rendering. To access updates on Facebook, "like" us at www.facebook.com/HenryCountyHealthCenter. In addition, important information is also placed in area news media. If you have additional questions about the construction project, please call HCHC's Public Information Department at 319.385.6124.



HCHC News

Local economy benefits from Henry County Health Center

HCHC ADDS \$19.3 MILLION, 411 JOBS TO LOCAL ECONOMY

According to the latest economic impact study by the Iowa Hospital Association, Henry County Health Center generates 411 jobs that add \$19,318,514 to Henry County's economy. In addition, HCHC Associates by themselves spend \$4,793,710 on retail sales and contribute \$287,623 in state sales tax revenue.

"The health sector plays a significant role in positively impacting Henry County's economy. As a community employer, Henry County Health Center employs a large number of area residents. In addition, the health center and our associates also purchase goods and services from local businesses. All of this benefits Henry County's economy," stated HCHC CEO Robb Gardner.

"Changes in the healthcare sector greatly impact both the economic and medical health of the community. In order to attract new business and residents to our area, it is crucial that HCHC is able to provide high quality healthcare services. This helps our economy advance and helps HCHC work toward our mission to enhance the health of individuals and our communities through high quality, effective and efficient services."

The IHA study examined the jobs, income, retail sales and sales tax produced by hospitals and the rest of the state's health care sector. The study found that Iowa hospitals generate more than 133,000 jobs that add nearly \$6.2 billion to the state's economy. Iowa hospital employees spend \$1.8 billion on retail sales and contribute nearly \$106 million in state sales tax revenue. Iowa hospitals directly employ 71,169 people and create another 62,198 jobs outside the hospital sector. As an income source, hospitals provide more than \$4 billion in salaries and benefits and generate another \$2.2 billion through other jobs that depend on hospitals.



Area athletes benefit from athletic training

HCHC Rehabilitation Services offers therapies which include physical therapy, occupational therapy, speech therapy and massage therapy. But did you know that Rehab Services also provides athletic training?

HCHC partners with Iowa Wesleyan College and Mt. Pleasant Community Schools to meet the athletic training and sports medicine needs of local athletes. HCHC's two certified athletic trainers, Mandy Borchers and Andy Niemann, provide services which include injury prevention programming, injury evaluation, post-injury rehabilitation, as well as coordination for referrals for student athletes.

For school-aged athletes Rehab Services also offers the Bump and Bruise program. Youth who are injured playing or practicing for their sport can utilize this program by simply having a coach or parent contact Rehab Services at 319.385.6102 to set up an appointment for their athlete to be checked out by one of our physical therapists free of charge. Depending on the severity of the injury, the athlete can be seen up to three times or they may be referred to their family physician as needed.





407 South White Street
Mount Pleasant, IA 52641

Non-Profit
U.S. Postage
PAID
Cedar Rapids, IA
PERMIT NO. 174

Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Wednesday, May 15, Noon
"Hydration"

Carmen Miyoshi, CDM-CFPP
Lunch provided
Classroom A1, HCHC

DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, May 2, 2-4 p.m.
Thursday, June 6, 2-4 p.m.
Diabetes Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, April 23 and
Tuesday, April 30
Tuesday, May 21 and
Tuesday, May 28
Tuesday, June 18 and
Tuesday, June 25
Call 385-6518 to register
Diabetes Education Center, HCHC

PRE-DIABETES CLASS

Thursday, June 20, 12-1 p.m.
Call 385-6518 to register
Diabetes Education Center, HCHC

BOOT CAMP FOR NEW DADS

Saturday, April 27, 9 a.m.-12 p.m.
Call 931-0067 to register
ISU Extension Office, Mt. Pleasant

AUXILIARY \$5 JEWELRY SALE

Friday, April 19, 7:30 a.m.-5:30 p.m.
Classrooms A1 & A2, HCHC
(Please note new location)

FOUNDATION BOOK FAIR

Thursday, May 2, 9 a.m.-4:30 p.m.
Classroom A1, HCHC

HCHC AUXILIARY MEETING

Monday, May 13
Monday, June 10
9:00 a.m. Monthly Meeting
Classroom A1, HCHC

PHYSICIANS & CLINICS of HCHC

WAYLAND COMMUNITY CLINIC

Jessie Anderson, ARNP
227 W. Main
319.256.7100

Clinic held on Mondays and Thursdays
8:30 a.m.–Noon and 1 p.m.–5 p.m.
Wednesdays 8:30–11:30 a.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP
110 W. Pine
319.257.6211

Clinic held on Tuesdays (Tess)
and Fridays (Tess & Jessie)
8:30 a.m.–Noon and 1 p.m.–5 p.m.
Wednesdays (Jessie) 1–4:00 p.m.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional.

Chief Executive Officer: *Robb Gardner*
Editor: *Shelley L. Doak*
© 2013 Henry County Health Center

"Like" us on Facebook at www.facebook.com/HenryCountyHealthCenter. To also receive information from HCHC's Dietitian, "like" www.facebook.com/HenryCountyHealthCenterDietitian.