

# People *page*

Dear Washington County Hospital and Clinics,

While I was at Washington County Hospital and Clinics for four days with pneumonia, the care provided for me was excellent. The doctors were very concerned and wasted no time in diagnosing my condition. Less than two hours had passed from the time I arrived at the clinic, had x-rays taken and read, moved into my hospital room, hooked up to IV's and administered oxygen. The nurses were very gentle and caring in the level of comfort they could provide for me.

I was very sick and in much pain my first two days at WCHC. I could barely recognize my visitors and didn't feel like visiting, probably due to the morphine that I was receiving. However the third day in the hospital was my turning point. I began feeling better and started to get up and walk the halls quite frequently. During Dr. Nacos's daily routine visit, he told me I would be moving to skilled nursing the next morning. By the fourth morning, I had made such an improvement that I was allowed to go home. I give much of the credit for my fast recovery to the doctors and nurses who provided the up most level of care.

The hospital was immaculately clean and well kept. The meals were appetizing and the servings were plentiful. My last two days there, I felt more like I was staying in an elite hotel with exceptional room service. My call button was answered within seconds. I almost hated to go home knowing that being waited on hand and foot was going to come to an end. Also, the WCHF Gift Shop really caught my eye while I was there. I actually went back the following week and purchased many items to give as gifts. I also took a special interest in the history and memorabilia displayed in the halls of the hospital.

I am proud and thankful to be a member of a local, surrounding community that is only 19 miles from such a fine medical facility and a staff that genuinely cares for you. No one likes to be sick, but when you are, there is no place more comforting than WCHC.



*Nancy Flynn*

Keota, Iowa

## Pay Attention to Your Heart!



Heart disease is the leading cause of death for both men and women in the United States. More than one quarter of all deaths are from heart disease, and heart disease is a leading cause of disability.

"In addition to the lives lost to heart disease, the Centers for Disease Control and Prevention estimates that heart disease cost the United States approximately \$316.4 billion in 2010. This total includes the cost of health care services, medications and lost productivity," says Beth Buckley, Clinical Operations practice leader at Quorum Health Resources (QHR). "Fortunately, there are a number of things you can do to reduce your chances of developing heart disease."

The American Heart Association offers "The Simple 7" – seven simple steps you can take now to improve your heart health:

**Get Active.** Did you know that by exercising as few as 30 minutes per day, you can improve your heart health and quality of life? In fact, studies show that for every hour of walking, you may increase your life expectancy by two hours.

**Eat Better.** A healthy diet is one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, sodium and added sugars. A healthy diet also emphasizes making smart choices from every food group and paying attention to portion sizes and overall caloric intake.

**Lose Weight.** Among Americans age 20 and older, 145 million are overweight or obese (BMI of 25.0 kg/m<sup>2</sup> and higher).

That's 76.9 million men and 68.1 million women. This is of great concern, because obesity is now recognized as a major, independent risk factor for heart disease. Not sure how to kick off your weight loss effort? Ask your primary care doctor or provider for guidance.

**Control Cholesterol.** There are two types of cholesterol: "good" (HDL) and "bad" (LDL). It's important to understand the difference, and to know the levels of each in your blood. A total cholesterol level over 200, a "good" cholesterol level under 40, or a "bad" cholesterol level over 160 generally indicates an increased risk for heart disease. Don't know your numbers? Talk to a doctor about a cholesterol screening. Then, take steps to move your numbers in the right direction.

**Manage Blood Pressure.** Hypertension is the single most significant risk factor for heart disease. One in three adults has high blood pressure, yet, about 21 percent don't know they have it. Of those with high blood pressure, 69 percent are receiving treatment, yet, only 45 percent have their blood pressure under control.

"Because there are generally no symptoms associated with high blood pressure, it's important that you work with your doctor to monitor and control it, especially as you age," says Debbie Gibbs, M.D., at Mercy Family Medicine of Washington. "Key steps include maintaining a healthy lifestyle and following the treatment plan that your doctor prescribes."

**Reduce Blood Sugar.** Diabetes is considered one of the major controllable risk factors for cardiovascular disease. In fact, adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes.

If you have diabetes, it's critical to

Try these "super foods" to boost nutritional goodness while eating your way to a healthier heart

- Blueberries
- Salmon
- Soy Protein
- Oatmeal
- Spinach

- Courtesy of WebMD

monitor your blood sugar level and have regular check-ups. Work closely with your healthcare provider to manage your disease and control other risk factors.

**Stop Smoking.** Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis – the buildup of fatty substances in the arteries – which can lead to coronary heart disease, heart attack and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

"It's also important to control stress and anger, which can put you at increased risk for heart attack or stroke," adds Dr. Gibbs. "There are a number of stress and anger management techniques that can help, including breathing exercises, yoga, journaling, and eliminating as many environmental stressors as possible."

*This article courtesy of Washington County Hospital and Clinics and Quorum Health Resources (QHR).*

**WCHC is fortunate to have the specialized expertise from three visiting Cardiologists from Mercy Hospital in Iowa City and the University of Iowa Hospital and Clinics in their Specialty Clinic area.**

Dr. Stephan Schomer and Dr. Nicholas Walker are both Cardiologists who practice at the Iowa City Heart Center, P.C., an affiliate of Mercy Hospital. Dr. Schomer practices Non-Interventional Cardiology including diagnostic heart catheterization and sees patients every Tuesday and Friday. Dr. Walker practices Interventional Nuclear Cardiology and sees patients every second and fourth Mondays.

Dr. John Chase from University of Iowa Health Care also has a Cardiology Outreach Consultation Clinic at WCHC. Dr. Chase, a University of Iowa Health Care Cardiologist and Assistant Professor, is available every Wednesday.

WCHC also has a Phase I and II Cardiac Rehab program. It offers individualized rehabilitative sessions, which consists of an exercise program utilizing circuit training, discussions of risk factors, medical plan of care, medication assessment and counseling, dietary counseling, and life style adjustments. They also perform diagnostic testing ordered by WCHC physicians and cardiac specialists.



## March 30 is National Doctor's Day

March 30 is designated as National Doctor's Day, a day for people to publicly acknowledge and thank their physicians for the care they provide, the research they do and the good health they promote.

Washington County Hospital and Clinics will be celebrating National Doctor's Day by holding a special breakfast and presenting them with a gift.

"Everyone understands that our physicians are important to our community not only as caregivers, but as neighbors, civic club members, church leaders and the like. Our doctors are part of this community and are part of our families, so we want to be sure to publicly thank them for their contributions to our health and well-being," said Mr. Don Patterson, CEO at WCHC.

When you see your doctor, tell him/her thanks!

## WCHC begins Music Therapy



WCHC is excited to begin utilizing the expertise of Elisabeth Tinnes from the Joy of Music of Washington for Music Therapy Services. Music therapy is the clinical use of music by a trained professional to meet cognitive, physical, social, emotional, behavioral, spiritual and communication needs of people of all ages and abilities.

A music therapist is an individual who has a minimum of a bachelor's degree in music therapy from an accredited college, completed 1200 hours of clinical training in an approved internship site, and

satisfied the board-certification exam allowing the use of the credentials MT-BC (music therapist - board certified).

Music therapists are skilled in guitar, piano and voice and are experienced in clinical and therapeutic areas qualifying them to work in a wide variety of locations. Music is used in hospitals to: alleviate pain in conjunction with anesthesia or pain medication; elevate patients' mood and counteract depression; promote movement for physical rehabilitation; calm or sedate, often to induce sleep; counteract apprehension or fear; and lessen muscle tension for the purpose of relaxation.

## *Grateful* PATIENT PROGRAM

Maybe it was a kind word, a gentle smile or a warm blanket that brought comfort to you or your loved one. It could have been a lifesaving procedure or a visit from a volunteer during your stay. Say "thank you" by making a gift in honor of those who made a difference to you.

WCH Foundation's new **Grateful Patient Program** provides patients and their families with an opportunity to show gratitude to the physician, nurse or other caregiver who played a special role in your care. We invite you to remember that individual or department today, by making a Grateful Patient contribution to the Washington County Hospital Foundation in his/her honor.

The WCH Foundation will utilize all gifts to help support programs, services and needed purchases for Washington County Hospital and Clinics. When a gift is made, the person whom you are honoring will be sent an acknowledgment letter along with your personalized card, a special lapel pin to wear proudly each day and recognition of you and your caregiver in the employee newsletter. There will also be special recognition for those receiving multiple gifts in their honor.

*For more information, or to make a donation contact the Foundation at 319.863.3920.*



# Foundation *wch*

## Employees Make A Difference at WCHC!

Each year staff members are asked to pledge their financial support of the Washington County Hospital Foundation and help make a difference at WCHC. The following staff members pledged their support by donating a minimum of one hour of their pay per month to help the projects of the WCH Foundation, making WCHC's own staff one of the largest giving groups to the WCH Foundation. Over \$18,000 was pledged to the WCHF from their staff!

|               |                 |                 |                  |                   |                |
|---------------|-----------------|-----------------|------------------|-------------------|----------------|
| Tanya Stalder | Katy Samo       | Bunny Peiffer   | Clarice Graham   | Carrie Garman     | Barb Cutkomp   |
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| Denni Brown   | Kippen Richards | Evie Heald      | Karalee Martin   | Kathi Keller      | Joan Sieren    |
| Erin Jarrard  | Robin Lloyd     | Cindy Johnson   | Sandi Hotchkiss  | Linda Six         | Tracy Ousey    |
| Jody Tanner   | Becky Kremer    | Carol Hoyle     | Natalie Howell   | Ken Hershberger   |                |
| Rhonda Moore  | Dan Stutzman    | Don Patterson   | Michelle Green   | Lorraine Hardt    |                |

## Holiday Appeal

Each December the Washington County Hospital Foundation holds its Annual Holiday Appeal. Over \$12,000 was raised from this year's appeal that will provide funding for in-house MRI at WCHC!

A sincere thank you to the following donors who have a direct impact on the Foundation's ability to purchase needed equipment at WCHC.

|                          |                          |                          |                           |                           |
|--------------------------|--------------------------|--------------------------|---------------------------|---------------------------|
| Eveline Adam             | Phil and Vicki Ealy      | Pauline and Edward       | Charles Miller            | Dennis and Constance      |
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## WCH Foundation

400 East Polk  
Washington, IA 52353

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# News *briefs*



**Nicole Naraine** joined the hospital's staff as a full time Physical Therapist in the Rehab Services Department at WCHC. She received her Masters Degree in Exercise Science from the University of Iowa, as well as her Doctorate of Physical Therapy this past year. She has completed several internships at St. Luke's Hospital and Rehabilitation Center, the University of Iowa Sports Medicine Clinic as well as WCHC. Her training and experience includes treating sports-related injuries as well as neurological rehabilitation with patients who have suffered a stroke, brain injury and spinal cord injury.

Nicole is looking forward to meeting the people in Washington and surrounding communities. She is now accepting patients at the WCHC Rehab Services Department.



**Brandice Armstrong** recently joined the hospital's staff as Nurse Manager of the Emergency Department, Obstetrics, Cardiac Rehab and Specialty Clinics. She received her Associates Degree from Kirkwood Community College and is currently pursuing her Bachelor of Science in Nursing from Allen College. Brandice has worked in several different healthcare settings ranging from Quality Assurance, Emergency Department and most recently as manager of the Ryan Residency Program at the University of Iowa Hospital and Clinics for the past two years. She is happy that her new position integrates her two

favorite aspects of nursing. She looks forward to working with the staff at WCHC and finding out more about Washington and how her role can contribute to the community.

## WCH Foundation 2011 Care for Our Kids Golf Classic – Save the Date!

**June 10, 2011 at the  
Riverside Casino and  
Golf Resort**

Plans are underway for the annual WCHF Care for our Kids Golf Classic. Each year golfers come together for a great day of golf and fellowship in support of healthcare for kids in Washington County. For more information on how you can become a part of this event, contact Kathleen Brinning at 319-863-3920 or by email at [kbrinning@wchc.org](mailto:kbrinning@wchc.org).



## WCHC announces **Kidzfest 2011** May 20 4:30-8:30 pm

Kidzfest 2011 will be held on Friday, May 20 from 4:30 – 8:30 pm! Kidzfest is a community-wide health fair for kids of all ages and their families. There is fun, food, learning and entertainment. For more information on getting involved or having a booth contact Carrie Garman at 319-863-3921 or by email at [cgarman@wchc.org](mailto:cgarman@wchc.org).



WASHINGTON  
COUNTY HOSPITAL  
AND CLINICS

# VITAL *signs*

Quarterly Newsletter to WCHC Friends

Winter 2010

## Washington County Hospital and Clinics welcomes **Ron Barnes and Keith Lazar** to the Board of Trustees



Keith Lazar

**Keith Lazar** has worked at the Washington State Bank for twenty-one years and has served as President and CEO since 1990. He is active in the community serving on the Washington Community Y Endowment Investment Committee, Washington Community Center Endowment Investment Committee and is a member of the Kiwanis AMers. Keith is happy to be back on the board and said, "Serving Washington County as a hospital trustee is truly an honor and privilege. The health industry plays a vital role in our quality of life. I take seriously the responsibility of policy making while embracing the challenges that will keep the hospital viable for years to come." Keith feels the county is fortunate to have an outstanding staff with a state-of-the-art facility. Keith and his wife, Sam, live in Washington.



Ron Barnes

**Ron Barnes** is a familiar face at WCHC. He worked as a C.N.A. in McCree Home and the Medical/Surgical Unit for six years. Ron served in the military for 35 years from 1956 to his retirement in 1992. He was trained as a Medic with the 134th AMB Unit in Washington. His work experience includes working at Collins Radio in R & D and the VA Hospital as a Journeyman Electrician. Ron is also a black belt in Shorin RU Karate "An Okinawan Form". He trains and volunteers at the YMCA in Washington. He and his wife, Judy, have 5 children, 13 grandchildren and 4 great-grandchildren. When asked about his new position as a Board of Trustee member he said, "Having led what I think is an interesting life to this point, being on the Board of Trustees for WCHC continues that interest. I hope I can bring a different perspective to the board."

## WCH Foundation launches the WCHF Planned Giving Society

**O**ver the years WCHF has been very lucky to receive over a dozen estate gifts ranging in value from \$5,000 to over \$1 million. Those leaving a planned gift to the Foundation make a significant impact on keeping WCHC vital and strong.

Becoming a part of this newly formed society means that through a gift in a will or revocable living trust, or by making the WCH Foundation the beneficiary of a life insurance policy, a retirement plan or a charitable trust, they have set aside a part of their estate to be placed in the endowment fund or used for the donor's designated project.

If you have considered including the WCH Founda-

tion in your estate plans, please consider joining others who have seen the value of ensuring the long-term vitality of WCHC in the Washington Community.

A free guide is available through the WCH Foundation entitled Ways to Give. If you would like to receive a free copy of this guide, please call the Foundation office at 319-863-3920 or email [kbrinning@wchc.org](mailto:kbrinning@wchc.org).

All donors joining the WCHF Planned Giving Society will receive an invitation to our Annual Donor Recognition Event to be held in September, along with special recognition on our Donor Recognition wall.

If you would like more information about how to include the WCH Foundation in your plans, please call Kathleen Brinning at 319-863-3920.