

GREAT NEWS

GREAT RIVER HEALTH SYSTEMS

Aug. 10, 2017

Sex and menopause topic of Red Hot Mamas Aug. 31 program

Sex and menopause is the topic of the next Red Hot Mamas program presented by Great River Health Systems. The program is scheduled at 5:30 p.m. Thursday, Aug. 31, in the Blackhawk Room on the lower level of Mercy Plaza, 1225 S. Gear Ave., West Burlington.

The speaker will be Kimberly Marshall, M.D., Great River Women's Health. She will discuss the effects of menopause and aging on sexual health, treatments, lifestyle changes and the importance of communicating with health care providers.

A light supper and door prizes will be available at this free program. Register [HERE](#).

Red Hot Mamas is a program that educates women about physical and psychological changes as they age, and helps them make informed health care decisions. For more information, please visit www.redhotmamas.org.





Breastfeeding Awareness Walk

9 to 11 a.m.

Saturday, Aug. 12

Great River Health Systems' lakeside path

- Information about services for women and infants
- Dunk tank, three balls for \$2
- Door-prize drawing, 10:45 a.m.
- Free refreshments

Proceeds will be used to purchase donor milk from Mother's Milk Bank of Iowa. Donor milk is used at Great River Medical Center by newborns with special needs and those who need supplemental milk while their mothers are breastfeeding.

Program helps youth affected by loss

Great River Hospice is hosting a free program to help youth ages 8 to 15 who have experienced a loss that has greatly affected their lives. The Climb: A Workshop to Help Youth Overcome Loss is scheduled from 1 to 5 p.m. Wednesday, Aug. 16, at Great River Hospice House, 1306 S. Washington Road, West Burlington.

Participants will celebrate the lives of their loved ones, connect with peers with similar experiences, conquer physical obstacles – the rock-climbing tower at Great River Wellness Gym and an obstacle course – while learning how to conquer emotional barriers and create keepsakes in remembrance of their loved ones.

"The main goal of this program is to let youth know they are not alone and that there are other children going through the same thing," said Megan Woodard, social worker and program

coordinator, Great River Hospice. "The Climb was developed after we surveyed grief services in the area and discovered there were few resources for youth. Schools do a good job of supporting youth who have lost loved ones, but sometimes other resources are needed to support kids and parents."

The program will be led by Great River Hospice social workers and nurses, and a chaplain. An optional parent session from 1 to 2 p.m. will include a discussion on children's reactions to grief and loss, and ways to support them. It will be led by a Great River Hospice social worker and Kim Rector, a teacher who guided her young children through the loss of their father.

Registration is required for both programs. For more information or to register, please call Great River Hospice at 319-768-3350.



Balance class begins Aug. 15

Great River Health Fitness offers A Matter of Balance, an eight-week program that helps older adults reduce the fear of falling and increase activity levels. A new session will begin at 10 a.m. Tuesday, Aug. 15.

A Matter of Balance is a nationally recognized program developed at Boston University. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

The program fee is \$25 for Great River Health Fitness members and \$40 for nonmembers. It includes classes, educational materials and snacks.

For more information about A Matter of Balance or to register, please call Great River Health Fitness at 319-768-4191.

Casual days

Great River Health Systems employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The Aug. 18 casual day will benefit [The Marfan Foundation](#).

Letters

Donations from the Feb. 3 casual day were given to Camp Hertko Hollow for children with diabetes. Great River Health Systems received letters from campers this week:

Thank you for sending me to camp. I had so much fun swimming, laughing, campfires and many other things. The people are great, and so is the food. I love camp.

— Zach

Thank you for sponsoring my camp experience! It's been really fun.

— Jada

Thank you so much for sponsoring me for my last year as a camper. I have had so much fun, and I am excited to come back as a counselor next year. This year has been the best of my eight years at camp.

— Ashley

EMPLOYEE PROFILE

Shan Gao, M.D.

Physician
Emergency Department



Start date:

July 1

What a typical day looks like for me:

If I'm working, I get up, eat, go to work, come home, eat, go to bed. If I'm not working, who knows where I am. There is no typical day!

What I wanted to be when I grew up:

An emergency physician who travels the world

Hometown / Where I live now:

Shanghai, China, to Toledo, Ohio, to Burlington

Family:

Unattached. Single child. Parents are medical professionals in China. Friends are my family here.

Things I enjoy:

Being outside, mountains, rivers, beaches, good food, good wine, trying new places and things

If I could choose anyone, my mentor would be:

My mother, who is an amazing woman and physician

My favorite line from a movie or television show:

"You know nothing, Jon Snow." (Ygritte, "Game of Thrones")

The most recent app I've downloaded:

Panera, because they deliver to the hospital now!

Hidden talent:

I can make dumplings from scratch.

My biggest achievement:

Being the first Chinese graduate, to my knowledge, who matched into emergency residency in the U.S. directly from medical school. There were 33 non-U.S. international medical graduates in emergency medicine who matched that year.