

GREAT NEWS

IVER HEALTH SYSTEMS

Dec. 16, 2015

Pulmonary Rehabilitation Program certified

Great River Health Systems' Pulmonary Rehabilitation Program recently earned three-year certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The organization also certifies the health system's Cardiac Rehabilitation Program

Cardiac and pulmonary rehabilitation programs help people with heart-related and lung problems recover faster and improve their quality of life. They include monitored exercise, education, counseling and support for patients and their families.

AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmo-

nary rehabilitation. Certification requires extensive documentation and review.

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to reducing illness, death and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management.

For more information about cardiac and pulmonary rehabilitation at Great River Health Systems, please call 319-768-4100.



Work shift

Great River Health Systems President and CEO Mark Richardson, right, wore a red Great River Friends volunteer vest Thursday, Dec. 10, while escorting patients in the hospital lobby. During the health system's United Way Campaign, departments had an opportunity to put Richardson and five vice presidents to work in their areas. Volunteer Services was one of the departments chosen.



Great River Women's Health

A Great River Women's Health patient was scheduled for surgery. Her father passed away a couple of days before the surgery, so it was postponed. When the patient returned to the clinic for an examination before her rescheduled surgery, she learned that her Medicaid eligibility had expired.

By the time the clinic received 30-day authorization from Medicaid, the surgery schedule was full for the remainder of the year.

"Four people from our clinic and Great River Medical Center's Surgical Services Department worked diligently to get the patient's surgery scheduled before the authorization expired," said Patty Beckman, manager, Great River Women's Health. "The patient expressed how grateful she was for making her a priority."

Great River Athletic and Performance Center, Great River Orthopaedic Specialists and Great River Rehabilitation Services

Patient testimonial

"We began using Great River Health Systems' services two years ago when my daughter had knee pain. She was scared and worried, so she saw a certified athletic trainer every week. The trainer reassured my daughter that it was tendonitis, and that she could continue playing volleyball.

"My daughter used the center's services again last spring when she rolled her ankle playing soccer and she started having knee pain again after a grueling volleyball tournament. A certified athletic trainer who also is a physical therapist suggested physical therapy.

The volleyball team was heading to nationals and we didn't have much time to get my daughter to 100 percent.

"After being seen by a certified physician assistant at Great River Orthopaedic Specialists, the therapist provided treatments during her lunch breaks because her schedule was so full. The staff were great. They were respectful, understanding and compassionate.

"It is because of the way my daughter was treated by your athletic trainers and physical therapist, and how quickly she received care at Great River Orthopaedic Specialists that we will be transferring our care to Great River Health Systems. Thanks for providing these invaluable services to our student athletes and for helping keep them safe and healthy."

Inpatient Rehabilitation Program

A man was admitted to the Rehabilitation Unit after a long hospital stay. His leg had been amputated, which was a life-changing event for him and his family.

While on the Rehabilitation Unit, he had great nursing and medical care, including physical and occupational therapy twice a day, six days a week. He healed in body, mind and spirit. He returned home after three weeks of working hard and receiving support from the Inpatient Rehabilitation Program team and a brief stay in a skilled nursing facility.

"The staff is outstanding," the patient said. "I wouldn't be where I am today without them. I got my life back."

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Great River Cardiology and The Keokuk Clinic

Richard To, M.D., Great River Cardiology began seeing patients Thursday, Nov. 19, at The Keokuk Clinic. He will continue seeing patients every other Thursday afternoon.

"We are pleased to work with The Keokuk Clinic to bring Great River Cardiology services closer to patients' homes," Dr. To said.

Great River Sleep Disorders Center

After a community-education presentation, a patient told Sleep Disorders Center staff she was having trouble adjusting to her CPAP, an airway machine that improves breathing to help prevent sleep apnea. The problem was related to the mask that seals around the nose and mouth.

"We invited the patient to the Sleep Disorders Center to try many different masks," said Supervisor David Evans. "She spent a lot of time with us before finding a mask that was comfortable for her. We followed up two weeks later and learned that her problems were greatly improved."

The patient said she was very satisfied with this and other services provided by Great River Health Systems.



Great Gift Idea!

Great River Health Fitness gift cards
Use them for memberships, T-shirts and
the climbing tower

Climbing Tower

Get a great, low-cost workout while
having fun and reducing stress.

\$6 for 30 minutes

\$2 shoe rental

Climbing tower hours

Noon to 1 p.m. Monday, Wednesday, Friday

6 to 7 p.m. Tuesday, Thursday

10 a.m. to noon Saturday

Other hours by appointment

Climbing is a great activity for birthday
parties, clubs, scouts and other groups.

For more information, please call 319-768-4191



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GREAT COMMENTS

- "I received the best care I could have asked for."
- "Our nurse was completely loving toward my son and our family."
- "The physician and certified registered nurse anesthetist were excellent – so friendly and kind."



Holiday Hours



CLINICS

Burlington Area Family Practice Center

Dec. 24 – Closing at noon
Dec. 31 – Closing at 3 p.m.

Great River Audiology

Closed from Dec. 24 through Jan. 1

Great River Business Health

Dec. 24 – Closing at noon
Dec. 31 – Closing at noon

Great River Cancer Center

Hematology and Oncology
Dec. 24 – Closed
Dec. 31 – Closing at 2 p.m.

Radiation Therapy

Dec. 24 – Closed

Great River Cardiology

Dec. 24 – Closed
Dec. 31 – Closing at noon

Great River Clinic, Mediapolis

Dec. 24 – Closing at noon
Dec. 31 – Closing at 3 p.m.

Great River Clinic, Wapello

Dec. 24 – Closing at noon
Dec. 31 – Closing at 3 p.m.

Great River Eye Specialists

Dec. 24 – Closed
Dec. 31 – Closing at 3 p.m.

Great River Family Practice Clinic

Dec. 24 – Closing at noon
Dec. 31 – Closing at 3 p.m.

Great River Gastroenterology

Dec. 24 – Closing at noon
Dec. 31 – Closing at noon

Great River Medicine Specialists

Dec. 24 – Closing at noon

Great River Nephrology

Dec. 24 – Closing noon

Great River Orthopaedic Specialists

Dec. 24 – Closed
Dec. 31 – Closing at 3 p.m.

Great River Pulmonology

Dec. 24 – Closing at noon

Great River QuickCare

Dec. 24 – 8 a.m. to 4 p.m.
Dec. 31 – 8 a.m. to 4 p.m.
Jan. 1 – 10 a.m. to 2 p.m.

Great River Surgeons

Dec. 24 – Closing at noon
Dec. 31 – Closing at noon

Great River Urology

Dec. 24 – Closed
Dec. 31 – Closed

Great River Women's Health

Dec. 24 – Closing at noon

Great River Wound and Hyperbaric Clinic

Dec. 24 – Closing at noon
Dec. 31 – Closing at noon

The Keokuk Clinic

Dec. 24 – Closing at noon
Dec. 31 – Closing at 3 p.m.





DEPARTMENTS

Great River Health Fitness

Dec. 24 – Closing at 1 p.m. (pool, 12:30 p.m.)

Dec. 25 – Closed

Dec. 26 – Closed

Dec. 27 – Closed

Dec. 31 – Closing at 1 p.m. (pool, 12:30 p.m.)

Jan. 1 – Closed

Jan. 2 – 7 a.m. to 1 p.m. (pool, 12:30 p.m.)

Jan. 3 – Noon to 4 p.m. (pool, 3:30 p.m.)

Library

Dec. 24 – Closed

Dec. 31 – Closed

Outpatient Laboratory

Dec. 24 – 6 a.m. to 1:30 p.m.

Dec. 26 – 8 a.m. to noon

Dec. 31 – 6 a.m. to 5 p.m.

Jan. 2 – 8 a.m. to noon

Patient Financial Services

Insurance Billing

Dec. 24 – Closing at noon

Patient Billing

Dec. 24 – The lobby office will close at noon. The lower-level office will be closed.

Registration – main lobby

Dec. 24 – Closing at 1 p.m.

Dec. 31 – Closing at 5 p.m.

Rehabilitation Services, Wellness Plaza

Dec. 24 – Closing at noon

Dec. 31 – Closing at noon



GREAT RIVER GIFT SHOP

Dec. 24 – 8:30 a.m. to 2 p.m.

Dec. 31 – 8:30 a.m. to 2 p.m.

MEDICAL EQUIPMENT AND SUPPLIES

Heritage Medical Equipment and Supplies

Eastman Plaza

Dec. 24 – Closing at noon

Dec. 31 – Closing at noon

Roosevelt Avenue, Burlington

Dec. 24 – Closing at 3 p.m.

Dec. 31 – Closing at 3 p.m.

PHARMACIES

Heritage Family Pharmacy

Dec. 24 – Closing at 1 p.m.

Dec. 31 – Closing at 1 p.m.

Heritage Park Pharmacy

Dec. 24 – Closing at 1 p.m.

Dec. 31 – Closing at 1 p.m.

Heritage Partners Pharmacy

Dec. 24 – Closing at 2 p.m.

Dec. 31 – Closing at 3 p.m.

EMPLOYEE PROFILE

Amy Chambers

Human Resources Generalist

Start date:

Sept. 21

What I like about my job:

I became interested in Human Resources while working in an insurance office after graduating from high school. I like helping employees better understand the benefits and opportunities we offer. I also like the camaraderie in our department.

What I wanted to be when I grew up:

A veterinarian

Hometown / Where I live now:

Colchester, Illinois / Blandinsville, Illinois

Family:

- Husband: Lance
- Sons Cole, 14, and Cade, 5
- Daughter, Brynn, 12

Things I enjoy:

Riding four-wheelers, watching my kids play sports and working in my flower gardens

Service I'd like to learn more about:

Great River Hospice House

Favorite memory:

Our family's first vacation – the beach in North Carolina. It was our 10th anniversary, and we learned we were going to have Cade the day we left home.

People would be surprised to know ...

I have always lived within 15 miles of the house where I was raised.



If I could, I would ...

Travel to Israel to see the biblical sites

Most interesting things in my office:

My daughter's paintings and my son's macaroni rainbow

Weirdest thing I've eaten:

Turtle – by accident. It was in a crockpot at a potluck.

Proudest moments:

My recent proudest moment was my son being voted best offensive and defensive player by his football teammates. My not-so-recent proudest moments were getting my bachelor's and master's degrees while working full time and being a mother to three active kiddos!

I can't live without:

Music and my iPhone