

GREAT NEWS

RIVER HEALTH SYSTEMS

Dec. 30, 2015

Diabetes Education Program moving to Mercy Plaza

Great River Diabetes Education Program will move to Suite 159, Mercy Plaza, Monday, Jan. 11. The new telephone number will be 319-768-4165.

Diabetes is a chronic condition that causes high blood sugar levels. It occurs when the body doesn't produce or properly use insulin, a hormone that helps the body use food for energy. Without treatment, diabetes can lead to serious health problems.

Diabetes Education Program nurses and dietitians provide individual outpatient and inpatient education, group outpatient classes, and instruction on insulin administration and self-glucose monitoring. Physician referral is required.

Group outpatient classes

Diabetes education classes are for people who:

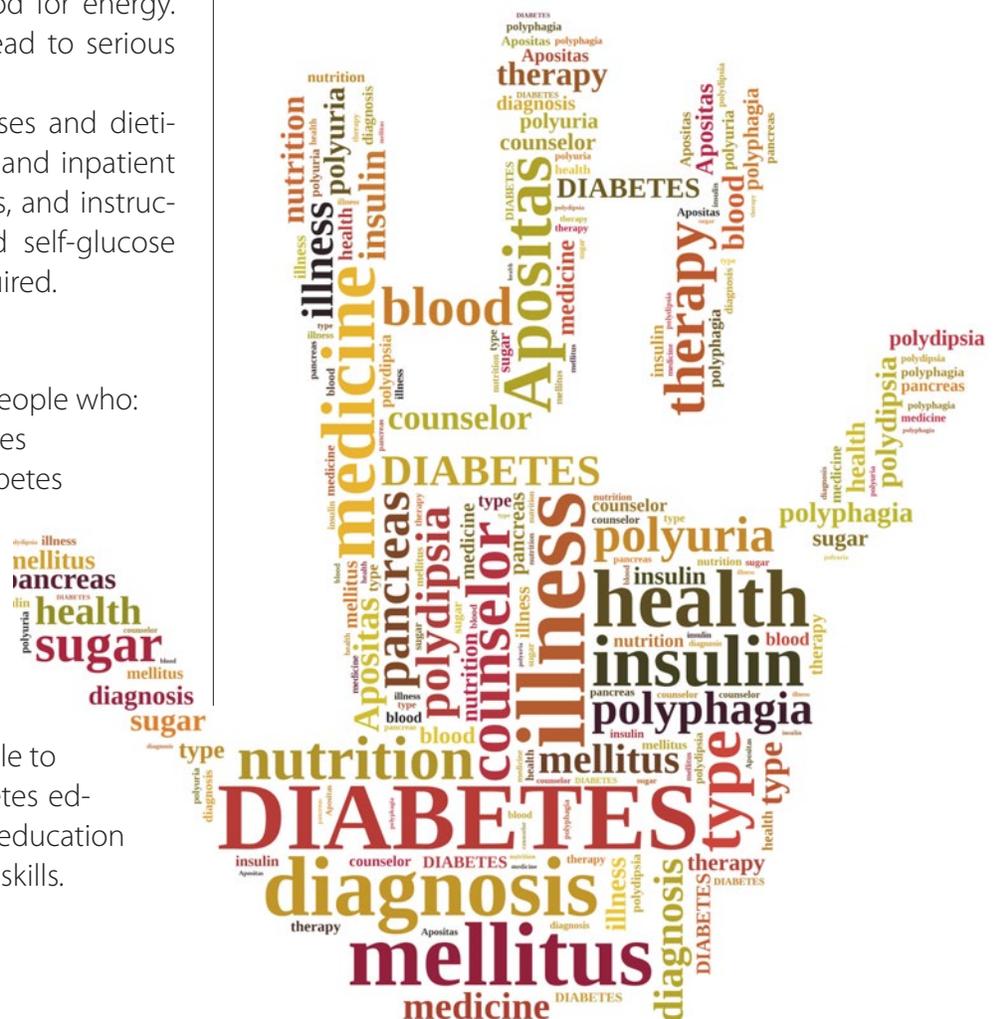
- Recently learned they have diabetes
- Want to learn how to manage diabetes
- Are making a change in their diabetes treatment
- Have concerns or questions about diabetes

Annual diabetes review

An annual diabetes review is available to people who have completed diabetes education. It includes individualized education and an update of self-management skills.

Medical nutrition therapy

Medical nutrition therapy with a registered dietitian helps people improve diabetes control with self-management skills in nutrition, physical activity and glucose monitoring. It also may prevent or slow the development of diabetes complications.



Great River Friends accepting scholarship applications

Applications for Great River Friends scholarships for the 2015-2016 school year will be available Friday, Jan. 1. Two types of scholarships are offered to students pursuing health care careers:

- High school scholarship – Applicants must be seniors in high school, have minimum 3.0 grade point averages, and live in or attend schools within Great River Health Systems' service area (approximately 60 miles).
- Continuing college student scholarship – Applicants must have graduated from high schools in Great River Health Systems' service area in the last 10 years and have completed at least one year of college. Students in graduate school may apply.

Scholarship applications must be postmarked by Monday, Feb. 15, or delivered to the Volunteer Services office by Feb. 15. There are three ways to get an application:

- [Click HERE](#)
- Call Great River Volunteer Services at 319-768-3340.
- Ask a high school counselor.

Financial office extends hours

Beginning Monday, Jan. 4, Patient Financial Services-Patient Billing will extend its office hours to provide better service. Offices are located in the Great River Medical Center lobby and on the lower level. New hours will be:

- 7 a.m. to 5:30 p.m. Monday, Wednesday, Thursday, Friday
- 7 a.m. to 4:30 p.m. Tuesday
- 8 a.m. to noon Saturday (lobby office only)

Telephone service will be available from 8 a.m. to 4:30 p.m. weekdays. The telephone number is 319-768-3625, option 2.

Patient Financial Services-Patient Billing services include:

- Collecting payments and sending bills
- Helping patients receive financial help for paying bills
- Helping patients sign up for insurance through the Healthcare Marketplace
- Providing estimates for services
- Setting up loans for medical expenses through the Medical Expense Support Program

Sign up for emergency messages from county

Des Moines County is among nearly 80 percent of Iowa counties using Alert Iowa, a statewide mass notification and emergency messaging system. It can be used by state and local authorities to quickly send emergency information to residents.

The Des Moines County Emergency Messaging System through Alert Iowa allows citizens to sign up for the types of alerts they would like to receive.

Messages may contain photo, video and audio attachments to help subscribers understand the situation or learn where to find additional information.

Messages can be issued through:

- Email
- FAX
- Landline and wireless phones
- Social media
- TDD/TYY
- Text messaging

To register, [click HERE](#). People who don't have Internet access may call 319-753-8206.

EMPLOYEE PROFILE

Mindy Rice

Patient Access Associate
Patient Access

Start date:

February 2013

What I like about my job:

My coworkers, and learning a lot of interesting things

What I wanted to be when I grew up:

A podiatrist

Hometown / Where I live now:

Seaton, Illinois / West Burlington

Family:

- Husband – Darrin Rice
- Children – Jakob, 18; Phillipe, 15; Savannah, 11; Lawrence, 9
- Stepsons – Darryl, 18; and Michael, his wife, Amber, and their children Caleb, 9, and Ava, who was born Dec. 24

Things I enjoy:

Singing, fishing, shopping, camping

I recently demonstrated the EXCEL values by:

Helping a woman search for her missing ring in a bathroom trash can. We found it!

Department I'd like to learn more about:

Surgical Services

Favorite memory:

Playing trombone in the University of Utah marching band



People would be surprised to know ...

I'm very religious, and I hold four track records in two states in discus, shot put and javelin.

If I could, I would ...

Be a French interpreter. I studied French for nine years and had French foreign-exchange students.

Weirdest thing I've eaten:

Escargot – I liked it.

Hidden talent:

I have a green thumb.

Proudest moment:

When my kids were born

Must-have guilty pleasure:

Dr. Pepper