

GREAT NEWS

RIVER HEALTH SYSTEMS

Feb. 10, 2016

Great River Health Systems hosts open house at Wellness Gym, Feb. 12

An open house is scheduled from 10 a.m. to 1 p.m. Friday, Feb. 12, at the Great River Wellness Gym. The open house is for past and current:

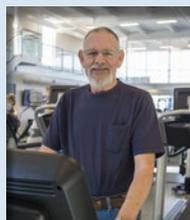
- Athletes from the health system's training programs
- Great River Health Systems employees
- Health Fitness members
- Inpatient and outpatient rehabilitation patients

Guests also are welcome.

"The intent of the open house is to thank everyone we have worked with to help restore and maintain their health, and those who have helped us continue to be one of the state's premier rehabilitation and wellness programs," said Jeff Taeger, director, Rehabilitation Services.

PETER RICHARDSON

Member since 2009



I ENJOY:

Cardiac Rehabilitation Phase III

MY FAVORITE THINGS ABOUT GREAT RIVER HEALTH FITNESS:

The camaraderie is similar to what I had at work, but this reduces my blood pressure instead of increasing it! I have made great friends.

CHRISTIN PRITCHARD

Member since 2009



I ENJOY:

Individual and group personal training. I like working with a personal trainer because, if it were up to me, I would do the same things over and over. In nearly four years, we have never done the same workout twice. It has helped me avoid getting bored with exercise, and it keeps me excited about staying healthy.

MY FAVORITE THINGS ABOUT GREAT RIVER HEALTH FITNESS:

I enjoy learning new lifts, routines and ways to stay in shape. I have met people I wouldn't have met otherwise.

Events and information offered throughout the open house include:

- Blood pressure, heart rate and bone density checks
- Burlington Area YMCA booth and promotions
- Climbing tower demonstrations
- Great River Cardiology informational booth
- Delay the Disease class demonstration
- Healthful food preparation demonstration
- Les Mills class demonstrations
- Tours of the outpatient rehabilitation facilities, wellness gym and pools

Great River Health Fitness will waive enrollment fees for those who sign up for a membership during the open house. For more information, call 319-768-4191.

New providers



Timothy Monson, M.D.
Great River Surgeons
Suite 202, Eastman Plaza
1223 S. Gear Ave.
West Burlington, IA 52655
319-768-4350

Medical degree: University of South Dakota
Residency: University of North Dakota
Certification: American Board of Surgery



Jennifer Clark, ARNP
Burlington Area Family Practice Center
1201 W. Agency Road
West Burlington, IA 52655
319-752-4242



Sheri Schlagel, D.N.P.
Hospitalist Program
Great River Medical Center
1221 S. Gear Ave.
West Burlington, IA 52655
319-768-1170



Paula Stultz, ARNP
Great River Gastroenterology
Eastman Plaza, 205
1223 S. Gear Ave.
West Burlington, IA 52655
319-768-1520

Hysterectomy topic of program Feb. 25

A new 10-month Red Hot Mamas series sponsored by Great River Health Systems is set to begin Thursday, Feb. 25. Gynecologist Michael McCoy, M.D., Great River Women's Health, will present Hysterectomy: Everything You Need to Know at 5:30 p.m. in the Blackhawk Room on the lower level of Mercy Plaza.

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

Red Hot Mamas is an ongoing program that educates women about physical and psychological changes as they age, and helps them make informed health care decisions. It has been educating and engaging women, and health care providers, since 1991. For more information, please visit www.redhotmamas.org.

Great River Hospice offers monthly grief-sharing program

Great River Hospice offers a monthly support program for people who have experienced the loss of a loved one. First Friday Share meets at 5:30 p.m. the first Friday of every month at Great River Hospice House, 1306 S. Washington Road, West Burlington. It includes a short presentation followed by a potluck dinner, and visiting and sharing with others.

First Friday Share is led by Chris Oleson, director, Great River Hospice, and Barbara Miller, social worker. It is not exclusive to families and friends of former Great River Hospice patients. Registration is not required.

For more information, please call Great River Home Health and Hospice at 319-768-3350 or toll-free 877-404-4766.

Health system to host blood drive Feb. 25

Every three seconds, someone in the U.S. needs blood because of illness or injury. To help meet this need, Great River Health Systems is hosting a Mississippi Valley Regional Blood Center blood drive from 8 a.m. to noon Thursday, Feb. 25, in the Mercy Plaza lobby.

The blood center provides all blood and blood components for Great River Medical Center patients — more than 1,500 blood cell units every year.

More than one-third of the population is eligible to give blood, but less than 10 percent donate. Donors must be 17 years old (16 with a signed Parental Consent Form), weigh at least 110 pounds and be in good health. Photo identification is required to donate. Donors who last gave blood on or before Dec. 31 are eligible to give at this drive.

Donors may walk in or make an appointment by calling 319-768-3303. They also can register online:

- Visit www.bloodcenterimpact.org.
- Click Create My Account.
- After logging on, click Donate Blood.
- In Step 1 at the top of the screen, search for Great River Health Systems.

- Click Feb. 25.
- Click Schedule next to the time you choose.

Scheduling online earns points for gear at Mississippi Valley Regional Blood Center's Donor Loyalty Store.

To prepare for donation, eat a snack before donating and drink plenty of fluids before and after giving blood.

The major reasons patients need blood are cancer, heart and blood vessel disease, gastrointestinal diseases and emergencies such as car accidents and burns. There is no substitute for blood; it must come from donors. Every unit of blood donated can save up to four lives.

The not-for-profit Mississippi Valley Regional Blood Center provides all the blood products used at Great River Medical Center and 86 other hospitals in Iowa, Illinois, Missouri and Wisconsin. Based in Davenport, Iowa, it tests, processes and distributes more than 250,000 units of blood components each year.

For more information about donating blood, please click [HERE](#).

New processes improve billing system

Great River Health Systems has a new billing and payment system. Instead of having separate bills for each encounter, charges for all hospital or clinic services received in a 30-day billing cycle are on one statement. The new system began Monday, Feb. 1. Billing for balances before that date will continue with the old process until balances are paid completely.

Because Great River Medical Center, and Great River Physicians and Clinics have different billing systems, patients will continue receiving statements from each entity.

The new statements have different return and mailing addresses. Statements with incorrect patient addresses are returned to Toledo, Ohio, where a software program tracks correct addresses. Addresses may be incorrect because patients move or give incorrect addresses.

"Searching for addresses was nearly a full-time job," said Shannon Leffler, manager, Patient Financial Services-Patient Billing. "The software system does this in about one-fourth the amount of time."

When the health system receives lists of correct addresses, statements are sent again.

Patients and other people who are responsible for payment will notice that mailed payments are sent to a Texas address, where they are processed electronically.

"This is a safe method for processing payments," Leffler said. "It reduces human error and gives our financial counselors more time to help our customers."

More information about Great River Health Systems new billing and payment system, including 24-hour automated telephone payments will be in the next issue of *Great News*.

EMPLOYEE PROFILE

Charles Heidbreder

Clinical Informatics Pharmacist
Information Systems



Start date:

Sept. 1, 2013

What does a typical day look like for you?

I help troubleshoot, coordinate and develop new medicine workflows in the health system. As part of the Information Systems clinical staff, I help translate the needs and requests of clinicians into our electronic systems. I am usually in meetings, answering emails or working on requests.

What I wanted to be when I grew up:

Veterinarian

Hometown / Where I live now:

Schaumburg, Illinois / Burlington

Family:

My older sister, Beth, lives in Denver with her children Noah, Alana, Mia and Adam. My younger sister, Emma, lives in Seattle.

Things I enjoy:

I enjoy reading, learning, traveling to random places and scuba diving.

If you could choose anyone, whom would you pick as your mentor?

My grandpa and The Dude from the movie "The Big Lebowski"

People would be surprised to know...

I made soap for a year before going to pharmacy school.

What's your favorite line from a movie or television show?

"Come with me if you want to live." (Arnold Schwarzenegger, "Terminator 2: Judgment Day")

Hidden talent:

Playing the saxophone

What are your biggest achievements?

- Eagle Scout
- Bachelor's degree in inorganic chemistry (2008)
- Doctor of Pharmacy (2013)