

# GREAT NEWS

IVER HEALTH SYSTEMS

Feb. 8, 2017

## Doorstep delivery brings hot meals

Where can you get pot roast, mashed potatoes and gravy, carrots and apple pie for \$5.50? At your front door (or the back, if you prefer).

Great River Health Systems' home-delivered meal program provides hot lunches Monday through Friday to clients who live in Burlington and West Burlington city limits. Frozen meals for weekends also are available.

"We can provide meals for most types of diets, such as diabetic and low-sodium," said Ann Brotherson, director, Nutrition Services. "It's a great service to people in our community who don't cook for themselves."

Some recipes – like curry-basil chicken with rice and chicken asparagus frittata – were created by Great River Health Systems Chef Christopher Morris. Other entrees include roasted turkey, cornbread-crust catfish, goulash and barbecue honey pulled pork. The nine-week menu cycle provides variety.

The nutritionally balanced meals include milk or juice.

"Clients who won't be home at mealtime or who don't like the day's meal can cancel until 10 a.m. that day," Brotherson said.

Clients are billed monthly for home-delivered meals. For more information, please call Nutrition Services at 319-768-3401.



**Bruce Morrison, Nutrition Services, prepares for meal deliveries.**



## Cafeteria meal cards

Gift cards for meals at Great River Medical Center are available in \$5 increments from Cafeteria cashiers. The Cafeteria offers a variety of a la carte items including:

- Eggs, hash browns and pancakes
- Grilled items – burgers, chicken, fish, black-bean burgers, paninis
- Meat, fish and poultry entrees
- Pizza
- Salad bar and prepared salads
- Soups
- Desserts and snacks

Change cannot be given for unused portions of gift card amounts. Cafeteria hours are:

- 6:30 a.m. to 6:30 p.m. Monday through Friday
- 7 a.m. to 2 p.m. Saturday and Sunday

# Inpatient Rehabilitation Program earns reaccreditation

Great River Medical Center's Inpatient Rehabilitation Program has earned three-year accreditation from CARF International. Specific accreditation was granted to the adult and stroke rehabilitation programs.

Eleven inpatient rehabilitation programs in Iowa are accredited by CARF International. Only four Iowa hospitals hold CARF International Stroke Specialty Program accreditation.

Three-year accreditation is the highest level of accreditation. It is awarded to organizations that have undergone a rigorous peer-review process and have demonstrated commitment to providing high-quality programs and services that are measurable and accountable.

Comments from the survey report include:

- "The rehabilitation leaders are enthusiastic about rehabilitation and committed to providing a high level of skilled service in the region."
- "The rehabilitation team and the rehabilitation leadership team, including the medical director of the program, have long tenure and commitment to the inpatient rehabilitation program, and are advocates for the services they provide."



- "The rehabilitation gym, courtyard, transitional apartment and unit design (which includes a simulated grocery store, functional kitchen, porch and car) are spacious and well designed."
- "The on-site library is a valuable resource for patients, their families and the staff."

Great River Medical Center received initial accreditation for inpatient rehabilitation in 2005, and for the stroke program in 2008.

Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, CARF International is an independent, not-for-profit accrediting body that helps organizations measure and improve the quality of their programs and services.

For more information about inpatient rehabilitation services at Great River Medical Center, please call Great River Snake Alley Rehabilitation at 319-768-4200.

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## Health Fitness waives enrollment fees for February

Great River Health Fitness is waiving enrollment fees for those who sign up for a membership during February 2017. Great River Health Fitness offers programs that extend beyond the scope of traditional exercise clubs, and empower members and the community to achieve optimal health and wellness.

Great River Health Fitness memberships include unlimited use of the gym and pool, and most land and water classes. Memberships also provide:

- Expertise in helping clients with health problems to minimize risk
- Fitness assessments
- Individual exercise "prescriptions" from staff members who have bachelor's or master's degrees in the fitness field, or extensive experience

CAUGHT IN THE ACT

# CIA

OF PROVIDING GREAT SERVICE

Comments are from "You're a Great Person at Great River" cards. Employees, patients and family members use the cards to recognize employees who show Great River Health Systems' values.

**Kasie Kirby, Great River QuickCare**

"Kasie spent quite a bit of time calling two clinics on behalf of a patient beyond our scope of service to get a same-day appointment."

**Nikki Herren, Emergency Department**

"Nikki scraped ice and snow off an elderly patient's vehicle."

**Ashley Thomas, Information Systems**

"Ashley went above and beyond in filling a need at Great River QuickCare from 4 to 7 p.m. so we could stay open."

**Rita Carlson, Patient Access**

"Rita helped a patient pay for her medicine. The woman just moved here and her insurance was inactive."

**Nicole Dix, Rehabilitation Unit**

"Nicole's patient planned to go home after the pharmacy closed, so she picked up the prescriptions at Heritage Park Pharmacy."

**Janelle McGuire, Home Health and Hospice**

"Janelle starts all the company cars on extremely cold mornings so staff can get in warm cars."

**Piper Williamson, Heritage Pharmacies**

"Piper called Great River Pulmonology looking for alternative inhalers to get a patient the lowest price."

## New providers



**J. Randy Gipple, M.D.**  
**Great River Orthopaedic Specialists**

*Nonsurgical, presurgical and postsurgical orthopedics only*  
Wellness Plaza, Suite 101  
1401 W. Agency Road  
West Burlington, IA 52655  
**319-768-4970**

Medical degree: University of Iowa  
Residency: Mayo Clinic School of Graduate Medical Education  
Certification: American Board of Orthopedic Surgery



**Amanda Proczak, PA-C**  
**Great River Surgeons**

Eastman Plaza, Suite 202  
1223 S. Gear Ave.  
West Burlington, IA 52655  
**319-768-4350**

Medical education: St. Ambrose University, Davenport, Iowa

## Patient billing office hours change

Great River Patient Financial Services-Patient Billing is no longer open on Saturdays. Hours are 7 a.m. to 4:30 p.m. Monday through Friday. Offices are in Great River Medical Center's main lobby and the lower level of Eastman Plaza.

Patients can [pay bills online](#) or by telephone at 319-768-3625.

## Casual days

Employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The next casual days and organizations they benefit are:

Feb. 17 Great River Friends

March 3 Des Moines County Humane Society

# UPCOMING EVENTS

## Running clinic

9 a.m. to noon

Saturday, Feb. 11

Great River Athletic and Performance Center  
Wellness Plaza

To register: 319-768-4191

For athletes who want to improve their running form, efficiency and speed. Clinic topics are:

- Dynamic and static stretches
- Functional running
- Neuromuscular facilitation
- Running drills
- Running theory

Participants will receive a running clinic T-shirt, and educational and drill instructions. Registration fee is \$30 per person. The clinic is limited to 20 participants.



## Wellness Gym open house

10 a.m. to 1 p.m.

Tuesday, Feb. 14

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 and volunteers
- Health Fitness members
- Inpatient and outpatient rehabilitation patients

Guests also are welcome. Refreshments will be available.

Events and information offered during the open house include:

- Blood pressure, heart rate and blood oxygen checks
- Burlington Area YMCA display and promotions
- Climbing tower demonstrations
- Des Moines County Living Well booth
- Des Moines County Public Health Department booth
- Exercise class demonstrations – Delay the Disease (Parkinson's) and gentle movement
- Great River Cardiology display
- Healthful food preparation demonstration
- Tours of the outpatient rehabilitation facilities, wellness gym and pools

For more information, call 319-768-4191.

# UPCOMING EVENTS

## **Pack the Gym in Pink Night**

7 p.m.

Wednesday, Feb. 15

**Southeastern Community College**

**1500 W. Agency Road, West Burlington**

Free game tickets are available at Great River Hospice House and Great River Gift Shop.

Great River Hospice will receive money raised at the men's basketball game against Illinois Central College. The Blackhawks will wear pink jerseys in support of Great River Hospice, and fans are encouraged to wear pink. Pack the Gym in Pink T-shirts are available for \$10 at The Hawk Eye, 800 S. Main St., Burlington, and Great River Hospice House. Everyone who attends the game will receive a free pink rally towel.

There will be a silent auction of Valentine-themed gift baskets and a live cake auction at halftime. View and bid silent auction baskets and items online [HERE](#).

Pack the Gym in Pink is sponsored by Southeastern Community College and The Hawk Eye.

## **High in Plain Sight: You Can't Stop What You Don't Know**

Public program

6 to 8 p.m.

Monday, March 6

**Blackhawk Room**

**Wellness Plaza**

Professional workshop

9 a.m. to 2 p.m.

Tuesday, March 7

**Blackhawk Room**

**Wellness Plaza**

For more information and to make a reservation, click [HERE](#).

Nationally known Idaho law-enforcement officer Jermaine Galloway will discuss alcohol and drug indicators of at-risk youth, how drugs and alcohol are concealed, and logos and terms for substances.

These programs are offered by Quad County Decategorization and Great River Health Systems. The registration deadline is Friday, Feb. 24.

# Letters

## Donation for AED

"The trustees and staff of the Burlington Public Library express their appreciation for the generous donation of \$2,000 to help fund the AED unit for the library. We are thankful to have this potentially lifesaving device at our library. Ideally, we will never need to use it, but having it here if we need it could make a huge difference.

"We recently celebrated 10 years at the new library. That milestone would not have been possible without the generous donation Great River Health Systems made when they donated this site to the city. That donation was key to getting a new library for our community. Thank you for the ongoing support in making our community a great place to live, work and play."

— Rhonda Frevert, library director

## Annual food drive

"On behalf of the Burlington Area Homeless Shelter, I would like to thank you for your donation of \$1,500 in food vouchers. The Burlington Area Homeless Shelter is very grateful to receive such a generous donation that will take us through 2017. Thank you for your generosity and continued support."

— Char Blodgett, executive director

## School donations

"On behalf of the Board of Directors for the Burlington Community School District, I would like to thank you for your donation of \$944.64 cash and \$500 value of hats, scarves and gloves to the students of the Burlington Community School District. Your gift is sincerely appreciated, and we thank you for all your support to students of the district."

— Patrick Coen, superintendent of schools

# Diabetes program earns reaccreditation

Great River Diabetes Education has received four-year reaccreditation for outpatient diabetes education from the Iowa Department of Public Health. It also holds the American Diabetes Association Education Recognition Certificate for quality diabetes self-management programs.

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.

Great River Diabetes Education offers these programs:

- Four-week diabetes self-management classes
- Annual diabetes review
- Continuous glucose-monitoring test
- Medical nutrition therapy

All programs require referral from a health care provider. For more information, talk to your provider or call Great River Diabetes Education at 319-768-4165.



**Red Hot Mamas is a free Great River Health Systems educational series for women**

Session 1:

**“Don’t Wait Until You’re Dead:  
The Latest Science on Aging”**

Speaker:

**Lee Merritt, M.D.**

Orthopedic Surgeon

**5:30 p.m. Thursday, Feb. 23**

Blackhawk Room

Lower level, Wellness Plaza

1401 W. Agency Road, West Burlington

Don't miss this free opportunity for education and a good time. **Register online at [GreatRiverMedical.org](http://GreatRiverMedical.org) or call 319-768-3491.**

 **Great River  
Health Systems**

# Special Olympics basketball T-shirts



For every shirt purchased, Heritage Medical Equipment and Supplies will donate \$2 to the Midwest Magic Special Olympics basketball team. Wear your T-shirt to the annual game against the Burlington Police Department at **4 p.m. Sunday, March 26**, in the Burlington Community High School gym.

**Orders are due Friday, Feb. 24.** Bring or mail order forms and payment to Heritage Medical Equipment and Supplies, 1223 S. Gear Ave., West Burlington. Shirts will be ready for pick up at the store Friday, March 17.

Pay with cash or check. Make checks payable to Heritage Medical Equipment and Supplies.

**For more information, call Amy or Shelly at 319-768-4312.**

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Price	\$10 – youth XS to adult XL							\$12 – 2XL to 5XL				
Size	YS	YM	YL	YXL	S	M	L	XL	2XL	3XL	4XL	5XL
Quantity												

Number of shirts \_\_\_\_\_

**Youth shirt sizing chart:**

- small, 6 to 8
- medium, 10 to 12
- large, 14 to 16
- X-large, 18 to 20

**Total amount due \$** \_\_\_\_\_

Paid

 **Heritage Medical  
Equipment and Supplies**

A service of Great River Health Systems

# EMPLOYEE PROFILE

## Susan Xiao

### Population Health Analyst

#### Start date:

Aug. 1, 2016

#### What does a typical day look like for you:

I analyze population health and claims data to help the administrative team make decisions about providing better and more cost-effective care.

#### What I wanted to be when I grew up:

A travel journalist

#### Hometown / Where I live now:

I am from the Hunan province in China. I live in Burlington.

#### Family:

My family is in China. My sister is a lawyer. She's married. My parents are retired.

#### Things I enjoy:

Paper crafting, watching TV and traveling

#### What are your favorite TV shows?

"Modern Family" and "Big Bang Theory"

#### What is your favorite place in the U.S.?

San Francisco

#### In the world?

My hometown – Changsha, population 7.4 million. It's the capital of the province.



#### People would be surprised to know ...

I came to the U.S. to attend the University of Iowa when I was 16. I'm 20 now.

#### Given a chance, who would you be for a day?

Sheldon from "Big Bang Theory." He's always himself. Although he says mean things to his friends, they take care of him.

#### What's the most-recent app you've downloaded?

IFTTT

#### Hidden talent:

Baking

#### What are your biggest achievements?

Graduating from college with the highest distinction, and having friends and a lovely family that always support me