

## Vandiver receives state award for long-term care activities

Amy Vandiver received the Excellence in Long-term Services and Supports Activity Services Award Sept. 27 from the Iowa Health Care Association. She is the Life Enhancement supervisor at Great River Klein Center.

The Iowa Health Care Association represents more than 730 nursing homes, assisted-living programs, residential care facilities and home health agencies in Iowa.

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In her 16 years at the Klein Center, Vandiver has reinvented the activities program. The root of Vandiver's mission is her passion to help others learn, and a drive to ensure elder activities are meaningful.

Vandiver developed Klein University, a summer school program for elders. Taught in a classroom setting, elders help choose the subjects, and guest lecturers and Vandiver teach the courses. There is a graduation ceremony at the end.

Vandiver's leadership and creativity comes from her ability to look at problems as opportunities. She sees how Klein Center staff, elders and the community can work together to find solutions.

For example, she established the Sunshine Club, whose membership and leadership consists of only elders. Its mission is to raise money for activities and services that will support the group's motto: brighten someone's day.

"Amy's activities encompass all aspects of life and encourage re-engagement in the community," said the award judges. "Amy sounds like a driven leader who inspires others to enjoy life to the fullest."



## New provider



**Siva Gadde, MD**  
Hospitalist Program

Medical degree: Andhra  
Medical College, India  
Residency: Wayne State  
University, Detroit

## A Matter of Balance

**10 a.m. Tuesdays beginning Oct. 17**

This eight-week program offered by Great River Health Fitness helps older adults reduce the fear of falling and increase activity levels. Participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

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

For more information or to register, please call 319-768-4191.

## FAST – Fitness, Agility, Strength and Training

**6 to 7 p.m. Tuesdays and Thursdays  
Beginning Oct. 24**

This eight-week program for 8- to 14-year-olds include cardiovascular endurance, speed drills, lifting form and plyometric exercises at Great River Wellness Plaza. The price for 16 sessions is \$128; Great River Health Fitness members receive a 20 percent discount. For more information, please call 319-768-4191.

## Life Is Your Art: Create Peace in Your Masterpiece

**Organ donation**

**6 to 7 p.m. Thursday, Oct. 12**

**Art Center of Burlington**

**301 Jefferson St., Burlington**

Representatives of the Garrett M. Brockway Foundation will present a short program followed by a walk to the “Before I Die . . .” mural and refreshments. For more information, please call 319-768-3350.

## It's back! \$5 Jewelry\* Fair

**8 a.m. to 6 p.m.  
Wednesday, Oct. 18**

**8 a.m. to 3 p.m.  
Thursday, Oct. 19  
Friday, Oct. 20**

Mercy Plaza lobby  
1225 S. Gear Ave.  
West Burlington



 **Great River  
Health Systems**

**GIFT SHOP**

\*And accessories

# JDRF Iowa TypeOneNation Summit

9 a.m. to 4 p.m.

Saturday, Dec. 9

Medical Education Research Facility  
University of Iowa Health Care Campus  
375 Newton Road, Iowa City

A free event for people who have type 1 diabetes, their families and friends, and health care professionals. Learn about the newest technology and tools for living with diabetes, and about research advances.

To register, call 319-393-3850.

## 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:

Oct. 6 Employee Food Drive

Oct. 20 Ronald McDonald House



## Red Hot Mamas

### Red Hot Mamas: Breast cancer

5:30 p.m. Thursday, Oct. 26

Blackhawk Room, lower level

Great River Wellness Plaza

1401 W. Agency Road, West Burlington

Cara Sawyer, DO, Great River Physicians and Clinics-Surgeons, will discuss signs, symptoms, detection, diagnosis and treatment of breast cancer. This is the last Red Hot Mamas presentation for 2017.

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

Red Hot Mamas 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](http://www.redhotmamas.org).

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# MEN'S HEALTH FAIR

**8 to 10 a.m.**  
**Saturday, Oct. 21**  
**Blackhawk Room**

Great River Wellness Plaza, lower level  
1401 W. Agency Road  
West Burlington

Information about Great River Health Systems services and clinics  
Light breakfast  
Door prizes

## **Presentations**

- 8:30 a.m. **Prostate Enlargement**, Brandy Parker, ARNP  
Great River Urology
- 8:50 a.m. **Substance Abuse**, Jim Towler, SAP  
Great River Mental Health
- 9:10 a.m. **Pre-Diabetes**, Marcia Carlson, RN, MS, CDE  
Great River Diabetes Education
- 9:30 a.m. **Breast Cancer in Men**, William Rockey, MD, PhD  
Great River Cancer Center, and a patient's story

To register, please call 319-768-3491, or  
visit [GreatRiverMedical.org/events](http://GreatRiverMedical.org/events).



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# EMPLOYEE PROFILE

## Kathy Rashid

**Physician Assistant**  
**Great River Physicians and Clinics,**  
**Burlington Area Family Practice**

### Start date:

I've been working in family practice for about two years.

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

A doctor

### Hometown / Where I live now:

Lima, Peru / Burlington

### Family:

- Husband, John, a physician at Great River Medicine Specialists
- Son, Zachary, 18, a freshman at Yale University
- Daughter, Cassidy, 16, a junior at Burlington Notre Dame

### Things I enjoy:

Exercising, traveling, watching a good movie and – most important – spending time with my family

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

I came to the United States alone at age 18.

### My motto or personal mantra:

You can't do anything with your hands in your pockets.



### Favorite line from a movie:

"Great men are not born great, they grow great."  
("The Godfather")

### Given a chance, I would be this person for a day:

Donald Trump. I would change some things!

### Who I root for:

The underdog

### The most recent app I've downloaded:

Target

### Hidden talent:

I found my new talent a few years ago – designing the house we built. I loved doing it!

### My biggest achievement:

Raising two good, talented and generous kids