

GREAT NEWS

IVER HEALTH SYSTEMS

Dec. 13, 2017

Weight loss and exercise improve life

Kevin Mineart shares his story

When did you join Great River Health System-Health Fitness?

I started Operation Transformation and A Better Life Every day (ABLE) in late June.

What was your inspiration?

My weight was the most it had ever been, and I couldn't fit into my clothes. I also had trouble with some of my regular physical activities, and I had begun taking medication for hypertension. I knew losing weight would make my blood pressure return to the normal range.

Describe your workout:

I do at least two strength-training sessions each week. Besides using weights, I walk a minimum of three times a week. When I began, it took me 45 minutes to one hour to walk 1.5 miles. Now, I can do it in about half the time. I walk three miles when time permits.

I have started a walk-run interval, completing two miles in less than 30 minutes. Ultimately, I want to run three miles.

What are your results?

I have lost more than 45 pounds in five months. I feel much healthier, and my blood pressure without medication is 110/82. I am wearing clothes that I had packed away several years ago.



How have Great River Health System programs changed your life?

When I started Operation Transformation, improving my health and weight were my only goals. At Boy Scout camp last summer, conversation turned to plans for a backpacking trip at Philmont Scout Ranch in the mountains of northeastern New Mexico. I didn't think I could go on another trek, but now it seems attainable. I committed to next summer's trip.

After completing the six-month Operation Transformation program Dec. 27, my next goal is to lose additional weight before hitting the trail. I am quite certain I would not have considered making this commitment without the help of Operation Transformation!

New providers



Alex Pederson, MD
Pathology, Laboratory

Medical degree:
University of Nebraska
Residency:
University of Missouri

Fellowships: Blood banking and transfusion medicine (University of Illinois-Chicago), surgical pathology (Creighton University, Omaha), cytopathology (Henry Ford Hospital, Detroit)

Certifications: Diplomate, American Board of Pathology (anatomical and clinical pathology, blood banking/transfusion medicine, cytopathology)



Kristin Murphy, LISW
Therapist

Great River Mental Health
Mercy Plaza, Suite 251
1225 S. Gear Ave.
West Burlington, IA 52655
319-768-3700

Keep kids warm with hats, mittens

Great River Health System's hat and mittening drive ends Friday, Dec. 15. Children in kindergarten through 12th grade will receive the items as needed through schools in Burlington and West Burlington. Collection boxes are in:

- Employee entrance
- Family Medicine (formerly Burlington Area Family Practice Center)
- Family Medicine, Mercy Plaza
- Gift Shop
- Heritage Medical Equipment and Supplies (Eastman Plaza and Roosevelt Avenue stores)
- Hospital Cafeteria
- Klein Center
- Superior Ambulance
- Wellness Plaza

A box for monetary donations will be in the Cafeteria. Money will be donated to the schools for children's needs.



EMPLOYEE PROFILE

Amy E. Booker-Hirsch

Associate Chaplain Spiritual Care

Start date:

Oct. 29, 2014

What a typical day looks like for me:

I work Wednesdays and Thursdays. On Wednesdays, I lead an emotion management class at Great River Health System-Mental Health. On Thursdays, I do spirituality groups in Mental Health and the Behavioral Health Unit. Between and after groups, I visit patients and give them a "little slice of hope and love" (a quote from my Clinical Pastoral Education supervisor in Oklahoma).

What I wanted to be when I grew up:

I wanted to work as a food scientist at a Betty Crocker test facility. Now, I feed people spiritually.

Hometown / Where I live now:

Phoenix, Arizona (the best city in the nation) / Media, Illinois, with a whopping population of 150 souls

Things I enjoy:

Visiting patients, preaching, reading (Henderson County, Illinois, has a wonderful book club called Turning Pages), helping at Family Outreach Community Center and, when my son is around, bowling at Roseville (Illinois) Lanes with him and a young spunky third-grader, Alexis.

If I could choose anyone, my mentor would be:

I choose my real mentor, Sherron Hughes-Tremper, who taught me to "be present for my patients, to love them and to be willing to let them go."

My motto or personal mantra:

Love God, serve others and the earth, and clean house!



People would be surprised to know ...

I spent 2.5 years as a Disciple of Christ missionary in Zaire/Congo, teaching nutrition to mothers with very malnourished babies. There was no running water or electricity, and it was hot and humid! I was evacuated by Belgian paratroopers in 1991 because of rioting militia. The dictator had not paid his soldiers.

Who I root for:

The overlooked, the underfed and those whom society deems throwaways

The most recent app I've downloaded:

I am very low-tech. I am still in the Congo in many aspects.

Hidden talent:

I can visit total strangers and come away nourished by their "little slices of hope and love."

My biggest achievement

Raising a smart, kind and funny son. He is a junior at Knox College in Galesburg, Illinois.