

GREAT NEWS

RIVER HEALTH SYSTEMS

July 26, 2017

Golf tournament raises \$6,600

Great River Health Systems' Food Drive Golf Tournament July 14 raised \$6,600, about one-third of the anticipated total for the 2017 drive. Other funds come from raffle ticket sales, an online auction for health system employees, and contributions from employees and others, the health system and businesses.

Since 2000, the health system has donated \$151,271 to local food pantries. Last year's total was \$17,850.

Thirty-six teams participated in the sixth annual public tournament, this year at Flint Hills Golf Course.

"Last year, we had two dozen teams, so this was a big increase," said John Mercer, director, Facilities. His department has coordinated the 22-year-old old food drive since 2006. "The tournament is a great way to kick off the drive. After all the activities, we distribute hundreds of \$50 food vouchers to the pantries in time for Thanksgiving."



Hot flashes topic of July 27 program



Anne Grieves, D.O., Great River Women's Health, will discuss hot flashes at 5:30 p.m. Thursday, July 27. The sixth program in the 10-month Red Hot Mamas series will be in the Blackhawk Room on the lower level of Mercy

Plaza, 1225 S. Gear Ave., West Burlington.

About 75 percent of women have hot flashes, mostly as they begin their menopause journeys. They often continue for several years. Learn about treatment for hot flashes and ways to cool off when the heat rises.

A light supper and door prizes will be available at the 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.redhot-mamas.org.

Balance class begins Aug. 15

Great River Health Fitness offers A Matter of Balance, an eight-week program that helps older adults reduce the fear of falling and increase activity levels. A new session will begin at 10 a.m. Tuesday, Aug. 15.

A Matter of Balance is a nationally recognized program developed at Boston University. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

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

For more information about A Matter of Balance or to register, please call Great River Health Fitness at 319-768-4191.

Learn about Alzheimer's disease

The Alzheimer's Association is offering two free educational classes Wednesday, Aug. 2, at Burlington Public Library, 210 Court St.

1 to 2:30 p.m.

- Basics of Alzheimer's and dementia
- How these diseases compare with normal aging
- How they are diagnosed and treated
- What to do if you see warning signs

2:30 to 4 p.m.

Essential steps of caring for someone who is diagnosed with a progressive disease like Alzheimer's

Registration is required. Call 800-272-3900. For more information, contact Jerry Schroeder at 563-293-8056, or jschroeder@alz.org.

Walk to End Alzheimer's Team kickoff parties

Learn how you can get involved in the fight against Alzheimer's and dementia. Get tips for starting a team and raising money for the walk Saturday, Oct. 14. Cash bar and hors d'oeuvres will be available. RSVP by calling 319-931-8089.

5:30 to 7 p.m.

Wednesday, Aug. 2

Bent River Brewing Company
500 Jefferson, Burlington

5:30 to 7 p.m.

Friday, Aug. 4

Pizza Hut
900 Grand Ave.
Mount Pleasant, IA

Make way for baby

Great River Health Systems offers several free classes to help expectant parents and siblings prepare for the newest members of their families.

Baby-Care Basics

6:30 to 9 p.m.

Thursdays, Aug. 3 and 10

Oak Room, Great River Medical Center

This class helps new parents learn the essentials of caring for newborns.

Childbirth Prep

6:30 to 9 p.m.

Thursdays, Sept. 7, 14, 21, 28

Oak Room, Great River Medical Center

Childbirth Prep helps expectant parents prepare for the birth and helps alleviate fear through knowledge. The classes are for women in their sixth or seventh months of pregnancy and their partners or birth coaches. Mothers-to-be should come dressed in comfortable slacks and bring a pillow and blanket.

The series includes:

- An extensive tour of the Women and Family Center
- Discussion, questions and answers about labor and delivery
- Vaginal and cesarean-section birth information
- Birthing videos
- Pain-relief options
- Breathing and relaxation techniques
- Completing preadmission paperwork

Childbirth Prep (condensed class)

9 a.m. to 3:30 p.m.

Saturday, Aug. 5

Oak Room, Great River Medical Center

This class is for women who already have had a birthing experience or want a condensed class.



Big Brother and Big Sister

9:30 to 11 a.m.

Saturday, Sept. 9

Oak Room, Great River Medical Center

The free class helps children develop realistic expectations about their new baby brother or baby sister and helps reduce anxiety about being separated from their mothers. Children ages 2 through 10 learn how an additional child will change their families and how they can help with this adjustment.

The class includes:

- A tour of the Obstetrics Unit
- Dressing up in hospital gowns, masks and caps
- Story time about having a baby
- Role playing for children

Prenatal Breastfeeding

6:30 to 8:30 p.m. Tuesday, Aug. 29

Oak Room, Great River Medical Center

The class is for expectant mothers who want to learn more about breastfeeding their babies. Partners are welcome and encouraged to attend.

Register for classes

Registration is required for all classes. Click [HERE](#). For more information, please call Great River Corporate Education at 319-768-4070 or toll-free at 866-297-9516, between 7 a.m. and 3:30 p.m. weekdays.

Casual days

Employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The Aug. 4 casual day will benefit the **Retired and Senior Volunteer Program** (RSVP).

Wounded Warrior Project

Thank you so much for your generous gift of \$544.90. Your generosity to Wounded Warriors Project speaks volumes about your concern for the truly deserving servicemen and women who placed their loves on the line to secure our freedom and safety, and, as a result, returned home wounded in body and spirit.

Through your generosity, WWP provides warriors with the assistance they need to regain independence and begin rebuilding their lives. You give our injured warriors and their families hope for a brighter tomorrow.

— Michael S. Linnington
Lieutenant General, U.S. Army, Retired
Chief Executive Officer, Wounded Warrior Project



Breastfeeding Awareness Walk

9 to 11 a.m.

Saturday, Aug. 12

Great River Health Systems' lakeside walkway

- Information about services for women and infants
- Dunk tank, three balls for \$2
- Door-prize drawing, 10:45 a.m.
- Free refreshments

Proceeds will be used to purchase donor milk from Mother's Milk Bank of Iowa. Donor milk is used at Great River Medical Center by newborns with special needs and those who need supplemental milk while their mothers are breastfeeding.

The Climb

A WORKSHOP TO HELP YOUTH OVERCOME LOSS

1 to 5 p.m.

Wednesday, Aug. 16

Great River Hospice House

1306 S. Washington Road, West Burlington, Iowa

Open to youth ages 8 to 15. Registration is required and limited. To register, please call 319-768-3350.

Participants will:

- ◆ Celebrate the life of their loved one
- ◆ Connect with peers with similar life experiences
- ◆ Conquer physical obstacles (rock climbing and obstacle course) while learning to conquer emotional barriers
- ◆ Create a touching keepsake in remembrance of their loved one

The Climb: Parents' Companion Workshop (optional)

1 to 2 p.m.

Wednesday, Aug. 16

Great River Hospice House

Refreshment will be served at both programs.



A service of Great River Health Systems

www.greatriverhospice.org

319-768-3350 ♦ 877-404-4766

Guilt

Regret

Tearfulness

Anger

Loneliness

Sorrow

Confusion

Numbness

EMPLOYEE PROFILE

Vickie Lucas

**Housekeeper
Environmental Services**

Year I started:

2004

What a typical day looks like for me:

My main job is stripping rooms after patients are discharged. I remove dirty linen, empty trash and get the room ready for the person who cleans and sanitizes the room. On a busy night, I do more than 20 rooms.

What I wanted to be when I grew up:

An adult probation officer. My family was in law enforcement.

Hometown / Where I live now:

Media, Illinois / West Burlington

Family:

- Husband
- Two daughters and one son
- Two great-granddaughters and one due in September
- Three brothers (one is deceased) and one sister

Things I enjoy:

Reading books by John Grisham and James Patterson, crocheting, sewing and all kinds of yard work

If I could choose anyone, my mentor would be:

My mom



People would be surprised to know ...

I'd love to be a storm chaser.

My motto or personal mantra:

My cup's always half full, not half empty.

I'm always saying ...

"That didn't turn out the way I thought it would."

Who I root for:

Cubs

The most recent app I've downloaded:

The Weather Channel

My biggest achievement:

I've been married to my husband for 28 years. He stepped up to help me raise three kids.