

GREAT NEWS

GREAT RIVER HEALTH SYSTEMS

Dec. 28, 2016

Casual day, school donations reach \$17,273

Great River Health Systems employees donated \$17,273 through casual day contributions in 2016. On designated Fridays, employees may wear jeans to work in exchange for \$2 casual day stickers.

The amount topped last year's total by \$3,522. The money was given to more than 25 organizations and services, including:

- Boy Scouts Friends of Scouting
- Burlington High School Dreamcatchers
- Burlington Police K-9 program
- Des Moines County Wildlife Rehabilitation
- Flood relief for Louisiana
- Girl Scouts of Eastern Iowa and Western Illinois
- Iowa Donor Network
- Make-A-Wish Foundation
- Medication Assistance Program

More than \$1,200 was donated in two casual days and in a cafeteria donation box for the Burlington Community School District and West Burlington Independent School District. The money will be used to fulfill student needs through school nurses or social workers. Employees also donated hats, mittens and other winter gear to the schools.

The health system continued its holiday-giving tradition in other ways, too. Departments and clinics that adopted families were:

- Accounting
- Administration
- Diagnostic Imaging
- Great River Business Health
- Great River Home Health and Hospice

- Great River Physicians and Clinics Administration
- Heritage Medical Equipment and Supplies
- Legal Services
- Medical Staff Office
- Patient Access
- Volunteer Services

Other gifts:

- Burlington Area Family Practice Center collected gently used and new children's clothing for Lutheran Children's Services and nonperishable items for Kayla's Cupboard.
- Corporate Education packed food bags at St. Vincent de Paul food pantry for children who need food during the holiday break from school.
- Great River Cardiology and the Heart and Vascular Center provided equipment to help a patient communicate better.
- Great River Physicians and Clinics Business Services donated money to Miles for Melanoma.
- Patient Financial Services-Insurance Billing donated supplies to the Des Moines County Humane Society.
- Spiritual Care delivered poinsettias on Christmas Eve to 120 patients and elders at Great River Medical Center, Great River Hospice House and Great River Klein Center. It also provided prayer shawls and Christmas cards made by volunteers.

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.

Carrie Vaughn, Diagnostic Imaging

"Carrie helped a visitor with his tray in the Cafeteria, including paying for part of his lunch."

Allison Lansing, Great River Klein Center

"Allison took elders to the Great River Friends jewelry fair in Mercy Plaza. My mother loves jewelry and shopping, and I know she enjoyed it!"

Erica Black, Preadmission

"Erica ran upstairs to grab her wallet to pay for a patient's prescription because the patient left a checkbook at home."

Rhonda Doud, Emergency Department

"Rhonda takes time to teach me new skills I need to perform my job and provide excellent patient care."

Jessica Hughes, Diagnostic Imaging

"Jessica stayed late on Thanksgiving to help me with a patient."

Sabrina Rehm, Burlington Area Family Practice Center

"She volunteered to help at Great River QuickCare."

Great River Friends accepting scholarship applications

Applications for Great River Friends scholarships for the 2017-2018 school year are available. Two types of scholarships are offered to students pursuing health care careers:

- **High school scholarship** – Applicants must be seniors in high school, have minimum 3.0 grade point averages, and live in or attend schools within Great River Health Systems' service area (about 60 miles).
- **Continuing college student scholarship** – Applicants must have graduated from high schools in Great River Health Systems' service area in the last 10 years and have completed at least one year of college. Students in graduate school may apply.

Scholarship applications must be postmarked by Wednesday, Feb. 15, or delivered to the Volunteer Services office by Feb. 15.

Patients are saying ...

Comments from patient-satisfaction surveys:

"As always, customer service was on point! I felt very comfortable ... knowing that I was in good hands!"

"Great job! Thank you for everything you did to make my surgery less worrisome. I'm forever grateful!"

"I do not live in Burlington but will drive there for the care they give you. Great River Medical Center has great people working there, and it is worth the drive."

"Staff did an outstanding job. I would recommend them to others."

"All the staff attending me were excellent."

Two diabetes classes in January

Great River Diabetes Education Program offers four-week group diabetes classes monthly. The next afternoon series will be from 2:30 to 4:30 p.m. Mondays beginning Jan. 9. Morning classes are from 10 a.m. to noon Thursdays beginning Jan. 19.

Group diabetes classes are for people newly diagnosed, making a change in treatment, or having complications or concerns. A physician referral for diabetes education is required.

Class topics include:

- Proper eating for diabetes
- Managing blood sugars
- Medicines
- Diabetes-related health problems
- Exercise

Diabetes educators will assess needs for specific information and skills, teach self-care and provide continuing help. Most insurance companies cover the fee for the class series. A family member or friend is encouraged to attend at no additional cost.

The American Diabetes Association has awarded Great River Diabetes Education Program with its Education Recognition Certificate for providing a high-quality diabetes self-management program. Recognition assures that education programs meet the National Standards for Diabetes Self-management Education and are an essential component of effective diabetes treatment. The Iowa Department of Public Health also has accredited the program.

For more information or to register, please call 319-768-4165.

Three prenatal classes in January

Great River Health Systems is offering three prenatal classes in January – Childbirth Prep, Big Brother and Big Sister, and Prenatal Breastfeeding.

Childbirth Prep

6:30 p.m. Thursday, Jan. 5

Oak Room

Childbirth Prep is a free four-week series designed to help take the mystery out of the birth process, to alleviate fear and to help expectant parents prepare for this memorable event. It includes:

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

Big Brother and Big Sister

9:30 to 11 a.m. Saturday, Jan. 7

Walnut Room

This class helps children ages 2 to 10 develop realistic expectations about their new baby brother or baby sister and helps reduce the anxiety about being separated from their mothers. It 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 class

6:30 to 8:30 p.m. Tuesday, Jan. 24

Oak Room

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

To register for a prenatal class, click [HERE](#).

PROVIDERPROFILE

L. Nathan Gause, M.D.

**Vice President, Health System Informatics
Medical Director, Orthopaedics/Wound Clinic**

Start date:

August 2011

What does your new vice president role entail?

I am consolidating the Information Systems Department under sole executive leadership, promoting focused direction for the department. This role is responsible for the direction and planning of technology and systems required to maintain working effectiveness.

What does a typical day look like for you?

Early-morning administrative meetings followed by clinic appointments or surgery, depending on the day. Afternoon meetings usually complete my day, which typically flows into email responses until about 7 p.m. Occasionally, I find time to play racquetball with (anesthesiologist) Dr. Calderon or participate in a grueling jog if the weather permits. (I'm pretty slow and out of shape. I've come to accept that about myself.)

What I wanted to be when I grew up:

An actor

Hometown / Where I live now:

Columbus, Ohio / Burlington

Family:

- Daughters Deja, 18, and Nadia, 13
- Son, Nathan Jr., 10

Things I enjoy:

Audiobooks, traveling, racquetball, the results I get with running (Again, I don't enjoy the actual running part.)



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

Podiatrist Kelly Kadel, D.P.M., and Gary Davis, Great River Health Systems' director of Information Systems

People would be surprised to know ...

I'm the oldest of five children and the only doctor in my family. I'm awaiting my DNA results from Ancestry.com.

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

See "hidden talent."

Hidden talent:

"I've been called the songbird of my generation ... by people who've heard me." (Will Ferrell, "Step Brothers.")