

Food 'recycling' is hospital's newest conservation venture

This story has nothing to do with medical care, but it's about good health for the body and the environment. It also is great trash talk.

Two months ago, Great River Medical Center began a partnership with The Homestead 1839, a new nonprofit organization based on 19 acres of land on Agency Road in West Burlington, across from the old Menards store. Its purpose is to benefit the community by empowering people to be more self-sufficient, and producing and distributing organically grown produce.

'It will save \$2,400 in solid-waste disposal fees in one year and prevent 12,000 pounds of waste from entering the landfill!'

The Homestead collects 175 to 250 pounds of food-preparation waste from Great River Medical Center's kitchen each week. The vegetable and fruit peels and cores, egg shells and coffee grounds are used to make compost, decomposed organic matter that enriches soil. The natural fertilizer helps produce grow without the use of chemicals.

"We haven't changed our prep," said Great River Medical Center Chef Christopher Morris. "There's no inconvenience to our employees. They're just putting the waste in different trash cans."

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Mike McGinity, Nutrition Services, puts cucumber peels in a designated container. Food-preparation waste from Great River Medical Center's kitchen is used to make compost for organic produce production.

The Homestead picks up the waste twice a week. The remnants of fresh food are stored in a cooler to prevent decomposition before it leaves the hospital.

Great River Medical Center has received many awards for its recycling and conservation efforts since 2000. Food recycling is new.

“We were looking at a company from Des Moines to do this, but it was going to cost us a lot of money,” said Kevin Dameron, manager, Environmental Services. “Based on the amount of food-prep waste collected by The Homestead in November and December, we estimate we will save \$2,400 in solid-waste disposal fees in one year. It also will prevent 12,000 pounds of waste from entering the landfill.”

The Homestead 1839 co-directors Mollie and Tobin Krell plan to increase their quarter-acre produce plot to five acres this year. Some of it may be

open to the community for planting and tending. They are creating a habitat on the remaining land that will attract insects and other species that help with pollination.

“Great River Medical Center has been amazing in helping us put systems in place to collect material for composting,” Tobin Krell said.

Chef Christopher is looking forward to the next step in the new partnership – buying some of the produce grown at The Homestead for use in the hospital’s kitchen. He and Krell will meet soon to discuss the foods that will be planted.

“I want to purchase this produce because I know where it’s grown and what’s in the soil,” he said. “This is turning into an awesome partnership. What’s so beautiful about this it that it’s just across the street. We’re closing the food delivery system to about a quarter of a mile.”



Tobin Krell, right, and Kevon Luckett, 16, load food-preparation waste into Krell’s truck at Great River Medical Center. Up to 250 pounds are picked up weekly for composting in an expanding produce garden at The Homestead 1839. Through a partnership with Burlington Innovative Learning Academy, students earn school credit for working at The Homestead.

New provider



Tarik Qasim, M.D.
The Keokuk Clinic
1603 Morgan St.
Keokuk, IA 52632
319-524-6274

Medical degree: Temple University, Philadelphia
Residency: Tulane University, New Orleans
Fellowship: University of Hawaii (geriatrics)
Certifications: American Board of Internal Medicine (internal medicine and geriatrics); diplomate, American Board of Holistic Medicine

Balance class begins Jan. 24

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, Jan 24.

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.

Eberhardt to receive EXCEL Service Hero award Jan. 19

Jean Eberhardt, Great River Clinic-Mediapolis, will receive an EXCEL Service Hero award Thursday, Jan. 19, at the clinic.

Eberhardt's nomination:

"An elderly patient of ours has no heat because the patient's furnace isn't working. With the woman's permission, Jean called Community Action to seek help in fixing the furnace because of the patient's medical conditions. She is awesome."



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:

- Jan. 20 Hetta Gilbert Children's Medical Fund
- Feb. 3 Camp Hertko for children with diabetes

Patients are saying ...

Comments from patient-satisfaction surveys:

"The only reason I could find my way around was because I was escorted. What an awesome service!"

"The volunteer in the waiting area was very kind and cheerful."

"I am so pleased to have this great facility in the Burlington area. I would highly recommend it to family and friends."

"I love how everyone is so helpful and ready to do what it takes to make sure you are well taken care of."

"The doctor was very knowledgeable and took care of my toe. He was very nice and treated me with respect."

"The lady who did my MRI was so super nice and had so much patience with me. She was incredible. She went through the procedure beforehand to make me comfortable."

"The nurse at the cancer center was very kind. Concern for me was very heartwarming. She has real compassion for her job and people."



Great holiday gift

Great River Hospice Director Chris Oleson, center, receives a \$20,000 check Dec. 23 from 2016 Champion for Cures Dan Weber. As honorary champion of the Fifth Annual Birdies for Cures Golf Classic near Chicago, Weber chose to give nearly half the event's proceeds to Great River Hospice. His niece Ashley Bartenhagen, fourth from right, is a social worker in the department. The remaining proceeds were donated to Mayo Clinic, Rochester, Minnesota.

Correction

In the Dec. 28 issue of Great News, L. Nathan Gause was incorrectly identified as the medical director of Great River Wound and Hyperbaric Clinic. The director is Jonathan Arnold, M.D.



Love Tree ceremony

Great River Health Systems President and CEO Mark Richardson opens the annual Love Tree Celebration Ceremony Monday in Mercy Plaza. Donors were invited to celebrate loved ones with a reading of names of those honored or remembered, presentation of ornaments and refreshments. Love Tree donations help Great River Friends provide scholarships to students pursuing health care careers.

Organ Donor Awareness T-shirt Order Form

In recognition of Donate Life Month in April, Great River Health Systems is selling T-shirts to raise awareness about the importance of organ donation. Proceeds will benefit the Iowa Donor Network.

Organ donation facts

- An average of 22 people die each day while waiting for an organ.
- Every 10 minutes, another person is added to the national organ transplant waiting list.
- Every driver's education class in Iowa must have one educational session on organ, tissue and eye donation for students.
- In 2014, the lives of 29,532 Americans were saved by organ donation.
- On average, 81 transplants occur every day in the U.S.
- One donor can save up to nine lives through organ donation, and save or heal more than 100 lives through tissue donation.

2016 Iowa Donor Network statistics*

Organ donors – 50
 Organs recovered for transplant – 158
 Tissue donors – 756

Iowa organ waiting list*

Heart – 41
 Lungs – 5
 Liver – 33
 Kidney – 586
 Kidney/pancreas – 8
 Pancreas – 2

* As of Dec. 1.



Organ Donor T-shirt Order Form Orders must be received by Friday, Feb. 10.

Name _____

Telephone _____

Department _____

(Great River Health Systems employees)

Price	\$8 – S to XL				\$10 – 2X and 3X	
Size	S	M	L	XL	2X	3X
Quantity						

T-shirts may be picked up between 2 and 5:30 p.m. Wednesday, April 5, in Great River Medical Center's lobby near the Gift Shop.

If you have questions, please call:

Tiffany West, 319-768-4013

Please make check payable to Great River Health Systems

Send the check and form to:
 Tiffany West
 Great River Corporate Education
 1221 S. Gear Ave.
 West Burlington, IA 52655

Total amount due \$ _____

PROVIDERPROFILE

Brandy Parker, ARNP

Title, Department:
Nurse Practitioner
Great River Medicine Specialists

Start date:
Aug. 31

What does a typical day look like for you?

I'm trying to work out at Great River Health Fitness a few mornings a week before work. When I get to the clinic, I check orders and then begin seeing patients. I see patients in Great River Urology two afternoons a week.

What I wanted to be when I grew up:

I wanted to be a veterinarian at first, but I was still very young when I chose nursing. I earned my advanced registered nurse practitioner degree while working full time as an emergency nurse.

Hometown / Where I live now:

My heart is in southeast Iowa. I was born in Fairfield, raised in West Point, and now I live in Danville.

Family:

My husband, Chris, is a Burlington firefighter and paramedic. We have two children, Nick, 8, and Allison, 5. We also have two boxers, Kaci and Ember.

Things I enjoy:

Besides being with my family, I like reading mysteries and romances, and working with photos on the computer.

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

I choose two – Peter Reynen, M.D., for convincing me to go back to school to become an advanced registered nurse practitioner and my grandfather because he was a hard worker who didn't give up.



People would be surprised to know ...

I'm not a girly-girl, although my daughter is and I don't know what to do with her!

Given a chance, who would you like to be for a day?

I'd like to be a kid again just for a day.

What's your favorite food?

Pasta with white or butter sauce

Who do you root for?

I don't watch sports much, but I come from an Iowa State family.

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

Digipass, an app for prescribing medicine

Hidden talent:

Baking — especially cheesecakes

What is your biggest achievement?

My kids