

GREAT NEWS

RIVER HEALTH SYSTEMS

Nov. 30, 2016

Food drive tops goal

Great River Health Systems' annual food drive raised \$16,526, topping last year's total by \$692. Money was raised through a golf tournament, raffle ticket sales, an online auction and contributions from individuals, the health system and businesses.

With a discount from a local supermarket, 349 \$50 food vouchers were given to:

- Henderson County, Illinois, Food Cellar
- Kayla's Cupboard
- Louisa County Food Pantry
- Salvation Army
- Southeast Iowa Community Action



Blood drive can help hundreds

Within 72 hours of Great River Health Systems' Nov. 23 blood drive, patients were receiving transfusions at hospitals served by Mississippi Valley Regional Blood Center. A total of 62 units (pints) of were collected at the drive.

The blood was transported to the blood center's headquarters in Davenport, Iowa, for testing and separating into up to four components – cryoprecipitate, plasma, platelets and red blood cells. This means the 62 units have the potential of helping 248 patients.

Blood and components are stored for different lengths of time:

- Cryoprecipitate – Frozen for one year. It must be used within five days of thawing.
- Plasma – Frozen for one year. It must be used within five days of thawing.
- Platelets – Room temperature for five days
- Red blood cells – Refrigerated for 42 days

Interesting facts about blood

- In China, more than 99 percent of the population is Rh positive.
- Dogs have four blood types, cats have 11 and cows have more than 800.
- Mosquitos prefer blood type O over other types.
- Spiders, lobsters and snails have blue blood.

Keep kids warm with hats, mittens

Great River Health Systems is collecting new and gently used, clean hats, mittens and other winter wear through Friday, Dec. 16. Children in kindergarten through 12th grade will receive the items as needed through schools in Burlington and West Burlington. Collection boxes are in the:

- Burlington Area Family Practice Center lobby
- Employee entrance
- Great River Klein Center
- Great River Wellness Plaza entrance
- Heritage Medical Equipment and Supplies (Eastman Plaza and Roosevelt Avenue stores)
- Hospital cafeteria

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



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:

- Dec. 2 Hats and Mittens Drive
- Dec. 16 Free casual day in appreciation for donations in 2016

Holly Days Pops!

3 p.m. Saturday, Dec. 10

**Iowa Wesleyan College Chapel Auditorium
601 N. Main St., Mount Pleasant**

Hear favorite holiday tunes played by the Southeast Iowa Symphony Orchestra. The free concert is sponsored by Great River Health Systems and Henry County Health Center.

Stroke Support Group

10 to 11 a.m.

Third Wednesday of the month

Blackhawk Room, lower level

Great River Wellness Plaza

Survivors and caregivers are invited to attend Stroke Support Group meetings. Life after a stroke requires some adjustments. Learn how to make them and live better from health care professionals, other stroke survivors and caregivers.

2017 meetings

Jan. 18	July 19
Feb. 15	Aug. 16
March 15	Sept. 20
April 19	Oct. 18
May 17	Nov. 15
June 21	Dec. 20



A service of Great River Health Systems

Love Tree

Loved ones' names are placed on donors' choice of three trees at Great River Health Systems – Great River Hospice House, Great River Klein Center, Great River Medical Center lobby. With donations of \$25 or more per person, name cards will be accompanied by ornaments.

All Love Tree proceeds benefit Great River Friends' Scholarship Program. Each year, up to \$10,000 is awarded to area residents pursuing health care careers, which include high school seniors, current college students and Southeastern Community College students.

Click [HERE](#) for more information and a donation form.

Book and gift fair Dec. 7 to 9

- 10 a.m. to 4 p.m. Wednesday, Dec. 7
Great River Klein Center
- 8 a.m. to 5 p.m. Thursday, Dec. 8, Mercy Plaza
- 7 a.m. to 3 p.m. Friday, Dec. 9, Mercy Plaza

Besides books, hundreds of items from Collective Goods will be available at reduced prices. They include educational products, toys, music collections and stationery.

Gift Shop Sale

8:30 a.m. to 4 p.m.

Tuesday, Dec. 6

Wednesday, Dec. 7

Take

20 percent off most items!

Taste food samples!

Tackle the Tower With Your Group

Great River Health Fitness' 35-foot climbing tower can be rented for group outings. It's a unique and inexpensive way to practice skills, develop teamwork, exercise and have fun. Skill levels range from beginner to experienced climber. Hand- and footholds are changed regularly to create different climbing experiences.

Scheduling

Four people can climb at the same time using controlled-descent devices called auto belays. Allow 30 minutes for every four climbers in your group. For example, a group of 12 should plan on spending 90 minutes at the tower. For an additional fee, an exercise specialist can lead an obstacle course to occupy those who aren't climbing.

Group scheduling requires at least one week's notice.

Birthday party packages

Birthday party packages include climbing tower instruction and supervision, shoe rental, one "I celebrated my birthday on The Tower" T-shirt and a choice of a la carte items:

- Souvenir carabiners
- Pizza
- Cookies
- Beverages

Details

- The minimum weight for climbing with an auto belay is 22 pounds. The maximum weight is 330 pounds.
- Climbing-shoe rental is included in group prices. Although they aren't required, their close fit and smooth rubber soles allow climbers' feet to fit into and grip small footholds better than regular athletic shoes.
- Climbers must sign a waiver. A parent or guardian's signature is required for youth under 18 years old.
- All Great River Health Fitness climbing tower staff are certified by the Professional Climbing Instructor Association.

For information on private rentals and group rates, please call Great River Health Fitness at 319-768-4191.



STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like Salmonella, E. coli, and Listeria, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose pre-cut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Get fruits & vegetables home and in the fridge in 2 hours or less

Fruit and Vegetable Safety at Home



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

CS239285



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PROVIDERPROFILE

Cara Sawyer, D.O.

General Surgeon
Great River Surgeons

Start date:

Aug. 1

What does a typical day look like for you?

I wake up, usually with a toddler's leg stretched across my face. Have a 30-ounce YETI tumbler of coffee. Start surgery or endoscopy at 7 a.m. Clinic appointments in the afternoon. If I'm on call, I stay at the hospital until 7 p.m. or so. Then I hurry home for supper and bedtime with my kids.

What I wanted to be when I grew up:

Ice skater and physician

Hometown / Where I live now:

Churdan, Iowa / "Turtle Hill" (north of Burlington)

Family:

- Husband, Todd
- Son, Cru, 2 years
- Daughter, JoJo, 3 months

Things I enjoy:

Being outside, traveling and cooking

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

I'm lucky: My greatest mentor has always been my mama.



People would be surprised to know ...

I've spent time working or volunteering in Romania, Costa Rica, Bangladesh and the Dominican Republic

What is your motto or personal mantra?

"What if I fall? Oh, but my darling, what if you fly?"

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

Joanna Gaines from "Fixer Upper"

Hidden talent:

I make the BEST popcorn.

What is your biggest achievement?

My kids!