

GREAT NEWS

MARCH 2021



It's National Nutrition Month

Nutritious Meal Choices for Everyone

March is National Nutrition Month®. This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet cultural and personal food preferences.

"America is a cultural melting pot, so you can't expect everyone's food choices to look the same," said registered dietitian nutritionist Su-Nui Escobar, a national spokesperson for the Academy of Nutrition and Dietetics. "Eating is meant to be a joyful experience. As supermarkets increasingly diversify their shelves to meet the needs of their customers, it's becoming easier to create nutritious meals that align with a variety of cultural preferences."

During National Nutrition Month, Great River Medical Center's registered dietitian nutritionists encourage everyone to make informed food choices and develop sound eating and physical activity habits.

"Developing healthful eating habits doesn't require making drastic changes," said Kathy Schmidt, RDN, Great River Medical Center. "Choosing a variety of foods makes healthful eating enjoyable. Healthy eating combined with exercise can improve the way you feel and look."

Look for healthy-eating videos by our registered dietitian nutritionists on [Facebook](#) this month.

Get Nutrition Tips

Learn how to make healthy choices for your favorite cuisine:

[Tips for personalizing your plate](#)

[Asian-Indian food](#)

[Chinese food](#)

[Filipino food](#)

[Latin-American food](#)

[Middle Eastern food](#)

Dietitians Are Food Experts

As food and nutrition experts, registered dietitian nutritionists are an important part of the health care team. They help clients fine-tune traditional recipes, provide alternative cooking methods and other healthful advice for incorporating family-favorite foods into everyday meals.

Dietitians are experts in:

- Assessing inpatients' nutritional status, and developing and ordering nutrition plans
- Medical nutrition therapy, which includes education for patients, staff and providers on therapeutic diets including heart healthy, diabetic, renal and low fiber
- Nutrition support such as feeding tubes
- Providing outpatient counseling for managing chronic disease such as heart disease, diabetes and kidney disease; weight loss; gastrointestinal issues; food allergies and other medical issues

Get help from a dietitian

Appointments with registered dietitian nutritionists are available at Great River Medical Center and Fort Madison Community Hospital. Insurance plans, including Medicare, may cover some services with a health care provider's referral. Check with your provider and insurance company. To make an appointment, call:

- Fort Madison Community Hospital
319-376-2720
- Great River Medical Center
319-768-4100, option 1

Gall Is Employee of the Month



Stefanie Gall was named Employee of the Month at Great River Medical Center. She is the hospital's infection prevention coordinator.

Gall has worked many hours, late nights and weekends to ensure patients, employees and visitors stay safe during the COVID-19 pandemic. She also trained in the Laboratory to pick up shifts during staff shortages, and she provided a basket of treats and many other gifts to departments to show her appreciation for all they do. At the same time, Gall finished her master's degree with honors.

What Older Adults Need to Know About COVID-19 Vaccines

The risk of severe illness from COVID-19 increases with age. This is why people 65 years and older are among the first groups to receive COVID-19 vaccines.

To get a COVID-19 vaccine:

- Contact your state or local health department for more information.
- Check if your pharmacy is offering the vaccine.
- Ask a family member or friend to help with scheduling an appointment.

Even after getting the COVID-19 vaccine, you should still wear a well-fitting mask that covers your nose and mouth when around others, stay at least 6 feet away from others, avoid crowds and poorly ventilated spaces, and wash your hands often.

Medicare Advantage Open Enrollment Ends March 31

Iowans who are enrolled in a Medicare Advantage plan have options to switch through the Medicare Advantage open enrollment period, which ends Wednesday, March 31. The options are:

- Switching to a different Medicare Advantage Plan with drug coverage
- Switching to a different Medicare Advantage Plan without drug coverage
- Returning to Original Medicare and, if needed, joining a Medicare Prescription Drug Plan. With this choice, enrollees may be unable to buy a Medicare supplement insurance policy.

New coverage will start the first day of the month after the new plan's request for coverage is received.

Senior Health Insurance Information Program (SHIIP) counselors at Fort Madison Community Hospital and Great River Medical Center are available by telephone help make changes and answer questions. To make an appointment, call 319-768-3342.

The Medicare Advantage Open Enrollment Period isn't for people who are enrolled in Original Medicare or are enrolled in a Medicare Cost plan.

March Casual Days

Employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The March casual days and organizations they benefit are:

- March 5 [Burlington Homeless Shelter](#)
- March 19 [Ronald McDonald House Charities](#)

Letters

On behalf of the Board of Directors for the Burlington Community School District, I would like to thank you for your donation of hats and mittens valued at \$75 as well as your donation of \$500 [Oct. 23 and Nov. 20 casual days] to BCSD nurses for student supplies ... Your gift is sincerely appreciated and we thank you all for your support to the students.

— Patrick M. Coen
Superintendent of Schools

Thank you so much for choosing the Des Moines County Humane Society as a recipient of casual day [Aug. 7] resulting in a \$309 donation. We sincerely appreciate your kindness and support of our effort. Without donations such as yours, we would not be able to care for all the animals that make their way to our door.

— Stacey Meyer
Board Secretary

Doctors Day March 30

Thank you for leading our community and the nation during the most devastating health crisis in over 100 years.



Great River
HEALTH

Athletic Trainers Are Medical Professionals

March is National Athletic Training Month, an opportunity to spread awareness of the impact athletic trainers have on work, life and sport. Athletic trainers are health care professionals who prevent, diagnose, treat and rehabilitate injuries for active people in many industries, including sports, military and clinical practice.

Athletic trainers work with people who are physically active or involved in sports participation through all stages of life. They help prevent, treat and rehabilitate musculoskeletal injuries as well as sports and work-related illnesses and medical conditions. They offer a continuum of care unparalleled in health care and practice under the direction of and in collaboration with physicians.

Athletic trainers work with patients to prevent injuries. If a patient is injured, they work with physicians to provide care and rehabilitate the patient back to life before the injury as fast and as safely as possible. Brain and spinal cord injuries and conditions such as heat illness can be life-threatening if not recognized and properly handled. Athletic trainers are there to immediately address emergencies.

Great River Medical Center and Fort Madison Community Hospital's 14 athletic trainers and four athletic trainer/physical therapists provide athletic training services for Iowa Wesleyan College, Southeastern Community College and these southeast Iowa school districts:

- Burlington
- Central Lee
- Danville
- Fort Madison
- Holy Trinity
- Keokuk
- Mediapolis
- Mount Pleasant
- New London
- Notre Dame
- West Burlington
- Wapello



ESSENTIAL TO
HEALTH CARE



Employee Profile

Holly Blint & Heather Allen

Billing and Insurance Specialists
Patient Financial Services



Start date:

Holly: Feb. 8, 2016

Heather: Oct. 22, 2018. I was looking for a job with better hours. I wanted to work at Great River Medical Center – not necessarily in the same department – and there was an opening in Patient Financial Services.

Holly: It's not the first time we have worked at the same place. We worked together at a retail store for six years.

What a typical day looks like for us:

Both: We review claims for errors before submitting them to the payers. We also work with denied, past-due and overpaid claims, and help patients with questions about their claims. The only difference in our jobs is we work with different payers [insurance providers].

What I wanted to be when I grew up:

Holly: Nuclear medicine technologist or the owner of a bakery/coffee shop

Heather: Chef or owner of a bakery and coffee shop with my twin

Hometown / Where we live now:

Burlington

Family:

Holly: Husband, Nick; dogs Bonnie, Belle and Beretta; cat, Freyja

Heather: Husband, Stephen; daughters Annabelle, Sydney and Emmalyn

Things we enjoy:

Holly: Hanging out with family and friends, playing cards, crafting, reading, baking

Heather: Hanging out with family and friends, being outside

Both: We've had dinner with our families, parents, grandparents and sister every Sunday for as long as we can remember.

If we could choose anyone, our mentor would be:

Heather: Our dad, Daryl Wolff. He's the most selfless person I've ever met. He'd do anything for anyone at the drop of a hat. We got our work ethic from him.

Holly: You took my answer! He's awesome!

People would be surprised to know ...

Holly: I love houseplants but I can't keep them alive. I even manage to kill cactus and succulents.

Heather: I'm a twin.

Who we root for:

Holly and Heather: Iowa Hawkeyes

Our greatest difference:

Both: Holly is left-handed and Heather is right-handed. Otherwise, we're pretty much the same.