



**CHEROKEE REGIONAL
MEDICAL CENTER**

CRMC *Health Link*

A publication of Cherokee Regional Medical Center for our partners and patrons

Vol. 1 Issue 1 • Winter 2011

Welcome to the *CRMC Health Link* Newsletter

Hello, and welcome to the first edition of the *CRMC Health Link* newsletter. This publication is produced by our Public Relations department as a means to help educate and update you on the services offered through Cherokee Regional Medical Center, The Beck, Cherokee Regional Clinics and the CRMC Wellness Center. We plan to publish *CRMC Health Link* on a quarterly basis.

Inside you can expect to find information on a variety of topics including, but not limited to, department and provider spotlights, new medical procedures and services, health and nutrition tips, schedules of classes and events sponsored by Cherokee Regional Medical Center, plus much more. In addition, *CRMC Health Link* will allow you to get to know more about the caring professionals that choose to live in the Cherokee area and are passionate about caring for you and your family. We hope that you find the newsletter to be helpful and informative.

Having served the area since 1916, we are proud to be your community hospital. If you have not done so recently, we invite you to come see our wonderful facilities and learn more about what Cherokee Regional Medical Center has to offer. Also, we value your input. If you have any comments or suggestions regarding the *CRMC Health Link* newsletter or Cherokee Regional Medical Center in general, please feel free to contact Kent Lundquist, Public Relations Manager at 712.225.3368 Ext. 259 or via email at klundquist@cherokeermc.org. We would love to hear from you!



**John Comstock, CEO
Cherokee Regional
Medical Center**

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**CHEROKEE REGIONAL
MEDICAL CENTER**

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With clinics in Cherokee, Marcus and Holstein

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Or visit us online at...

www.cherokeermc.org



At Their Fingertips

CRMC nurses utilize cutting edge iPad technology

In a rapidly changing health care environment, Cherokee Regional Medical Center continues to advance by utilizing the latest technology. Inspired by the seemingly endless possibilities available at her fingertips, Jessica Mattioda, a nurse supervisor at CRMC, spearheaded a project to implement multifunctional Apple iPads into the facility's day to day nursing practices.

"I have been using Apple devices for some time so I am very familiar with the technology and its capabilities," said Mattioda. "After hearing of paramedics using iPhones in the field, and seeing doctors use applications on PDAs (Personal Digital Assistants or palm top computers) to look up

medication information, I thought that Cherokee Regional Medical Center could definitely benefit from this cutting edge computer technology. After researching the

possibilities, I was confident that the iPads would be a good fit for our needs."

The Apple iPad is a device that uses applications, or programs, picked by the user. Applications are free or purchased from Apple or other

internet stores. The iPad has unique programming in conjunction with a large touch screen face that makes it very user friendly. They are very portable devices (no larger than a notebook and only about ½ inch thick) that can be used anywhere at CRMC with existing applications.

Numerous medical applications are available from a variety of companies and many new applications are continually being developed. However, according to Mattioda, CRMC only uses applications from verified sources. In fact, many of the applications are from accredited software suppliers that the doctors and nurses at CRMC currently use.

Mattioda will be responsible for selecting the applications to be downloaded to the iPad devices. "I am constantly researching and downloading applications. It is amazing to me how many different types of applications are available. Right now I am focusing primarily on applications that we could use on a regular basis across various departments," said Mattioda. Applications can include, but are not limited to, electronic medical encyclopedias, language translation, educational/ instructional tools, medical calculators and more.

The iPads have been in use at

"After demonstrating some of the applications and letting them see the capabilities first hand, everyone is quite impressed with their ease of use and how readily information is available."

CRMC for about seven months now and everything is going as planned. "At first, people were a little hesitant because they were not familiar with the technology. After demonstrating some of the applications and letting them see the capabilities first hand, everyone is

“All employees of Cherokee Regional Medical Center are encouraged to think out of the box.”

quite impressed with their ease of use and how readily information is available,” said Mattioda.

From an administrative standpoint there are many benefits as well. Application updates have the potential to save money by having the ability to download updates when available in lieu of purchasing books which can be quite expensive and outdate quickly. Also, CRMC will be able to take advantage of free applications to preview or sample new software which could save on unwanted purchases.

“All employees of Cherokee Regional Medical Center are encouraged to think out of the box. This is a perfect example of someone having the foresight to take the latest in personal technology and apply it within the field of health care,” said John Comstock, CEO of CRMC. “Not only do the iPads have the potential to save money in the long run, they could also help improve employee education and most importantly, increase efficiencies in the treatment process when using the appropriate applications.”

Mattioda acknowledges that this will be an ongoing process at CRMC, but she is very excited about the possibilities. “I can honestly envision an iPad or similar technology being used in virtually every department someday at CRMC,” said Mattioda. “With this abundance of information available at your fingertips, it is hard for me to believe that iPad technology will not become an integral piece in the future of health care everywhere.”



CRMC Offers Digital Mammography

The Best Protection is Early Detection... Schedule Your Annual Mammogram!

Late last summer, Cherokee Regional Medical Center purchased a Hologic™ Selenia™ full field digital mammography system with one goal in mind... Increase the number of area women who follow recommendations for regular screenings which in turn, will save lives. So far, CRMC has made great strides in achieving this goal.

“Many women have taken advantage of the state-of-the-art digital mammography services offered at Cherokee Regional Medical Center,” says Jeanna Bergendahl, CRMC Radiology Manager. “The convenience of being able to receive digital mammograms at CRMC has encouraged more area women to schedule annual screenings. We are pleased with the response because early detection is considered to be the best protection against breast cancer.”

Cherokee Regional Medical Center offers digital mammograms Monday- Friday from 8:00 a.m. – 4:00 p.m. All mammograms at CRMC are read by our in-house board certified Radiologist, Dr. Jeffrey Powers. If you have any questions regarding digital mammography or if you would like to schedule an annual screening, please contact the Cherokee Regional Medical Center Radiology Department at 712.225.1501.



Kick Start Your Health in 2011

Tips for beginning a fitness program at the CRMC Wellness Center

Contributed by Kasey Reilly, CPT - Wellness Center Assistant Manager and Exercise Specialist



**Kasey Reilly– Asst. Manager
CRMC Wellness Center**

By now, many of the well intended New Years resolutions have gone by the wayside, however, there is no need to worry! Any time is a good time to become more fit and healthy. Now that we are in the dog days of another long Iowa winter, there is no better way to get started on a fitness program than by going to the Cherokee Wellness Center. It never snows or rains inside the Wellness Center and if you ask the staff it is always sunny.

First of all, you want to take advantage of the many different activities and programs we offer. We have one suited for every person depending on your fitness level. Determining your fitness level is easy... Start by walking a lap around the track and see how you feel. If you feel you can go more, keep going and count your laps. After you get tired this should be a good indication of

where your fitness level lies. Simply, tell one of the staff at the Wellness Center and they can point you in the right direction or explain what classes will suit your needs.

Also, we offer a free orientation of the machines upstairs. If you feel uncomfortable with the equipment or if you have forgotten how to use a machine, please do not hesitate to ask for a

Steps to a Healthier You...

1. Go to the CRMC Wellness Center.
2. Trained Wellness Center staff will help you determine your fitness level.
3. Find an activity that best suites YOU.
4. Commit to exercising 2-3 times a week for at least 30 days.
5. Exercise a minimum of 20-30 minutes per session.



free orientation. Just go down to the front desk and ask to schedule a time for the orientation. An Exercise Specialist will be happy to assist and introduce you to the fitness machines.

After you find a class that suits your needs or you have developed a workout program with the assistance of the Wellness Center staff, be sure to keep on a regimen. Be certain that you find time at least 2-3 times a week to exercise either using a program or by attending class. Keeping a good schedule will keep you motivated and it will also let you go on with your day. According to fitness journals, if you keep working out consistently for 30 days, it will become a habit and you will find



CHEROKEE REGIONAL MEDICAL CENTER WELLNESS CENTER

AQUATIC FACILITY

4-Lane Lap Pool • Zero Degree Entry Pool
Water Slides • Whirlpool

GYMNASIUM

Basketball • Volleyball • Fitness Classes

EXERCISE AREA

Cardiovascular & Weight Training Equipment

OTHER OFFERINGS

Walking/Jogging Track • Interactive Game Area
Racquetball • Special Workout Programs

YEARLY MEMBERSHIP FEES

Family- \$380.00

Individual- \$280.00

6- MONTH MEMBERSHIP FEES

Family- \$225.00

Individual- \$165.00

DAY PASSES

\$5.00

Monthly billing is available for the yearly and 6-month memberships.

it easier to go to the gym. So, my challenge to you is to commit to a fitness regimen for 30 days and see what happens.

How long should you workout? I would start at only 20-30 minutes of activity 2-3 times a week. That is only about 1 hour total. That's not much when you consider that one week consists of 168 hours. So get started and don't make excuses!

The Wellness Center has a great staff that is here to serve you. We want you to be healthy now and for the rest of your life. The benefits of fitness are countless so there is no reason not to come for a least an hour a week. We would love to help you on your road to success.

If you want more information about our programs or activities, please feel free to stop in or give us a call at 712.225.6858. We look forward to meeting you and fulfilling your fitness needs.



March is National Nutrition Month Eat Right with Color!

Contributed by CRMC Registered Dietician, Stephanie Jacobson- RD, LD



Stephanie Jacobson- RD, LD
CRMC Diabetes Educator

In March we will celebrate National Nutrition Month. This year's theme is **Eat Right with Color**. One thing that most of us can do to eat healthier is add more color to our plates by increasing the amount of fruits and vegetables in our diets. Fruits and vegetables are good sources of vitamins, minerals, fiber and other compounds that affect our health without overloading us with excess calories and fat.

People who eat more fruits and vegetables, compared to those who eat few, are more likely to reduce their risk of diseases such as Stroke, Type 2 Diabetes, some types of Cancer, Heart Disease, High Blood Pressure and others.

The amount of fruits and vegetables you should eat depends on your gender, age, and activity level. The table below shows recommendations for moderately active people. Visit www.fruitsandveggiesmatter.gov to find the amount recommended for you.

Age	Fruits	Vegetables
Girls		
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 cups
14-18	2 cups	2 ½ cups
Women		
19-50	2 cups	2 ½ cups
51+	1 ½ cups	2 ½ cups

Age	Fruits	Vegetables
Boys		
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups
Men		
19-50	2 cups	3 ½ cups
51+	2 cups	3 cups

Think adding more fruits and vegetables to your meals is impossible? Consider substituting a fruit or vegetable for another food at your meal. It's a small change that can add big nutrition and help keep your calorie intake in check.



How can I easily include more fruits and vegetables in my diet?

- Add fruit to your cereal in the morning.
- Add extra vegetables to sauces and casseroles.
- Try a fruit smoothie. (See recipe below.)
- Take a banana, apple or a small bag of carrots for a between meal snack.

Berry Banana Smoothie

6 oz. Plain Yogurt, Low Fat

1/4 cup Orange Juice

1 Banana

2/3 cup Unsweetened Frozen Strawberries

Add all ingredients to a blender. Blend until smooth.
Makes 2 servings.

Per Serving: 140 Calories, 2g Fat, 6g Protein, 27g Carbohydrate,
3g Fiber, 60% DV for Vitamin C, 20% DV for Calcium





Dr. Timothy Rice and "Chester" talk to local elementary students about germs!



Matt Johnson, Doctor of Physical Therapy and Operation Iraqi Freedom veteran, helped put together military care packages this past holiday season.



Rick Williams, Paramedic Specialist, gives an ambulance tour to area middle school students.

CRMC Hospice Trees of Light a Success

Over \$4,100 Raised at 2010 Event

Every year, Cherokee Regional Medical Center Hospice holds its Trees of Light lighting ceremony. This is an annual fundraiser in which Christmas trees are lit in Cherokee, Aurelia, Marcus and Holstein throughout the Christmas season in memory of friends and loved ones through tax-deductible donations.

Due to the blustery weather conditions, the 2010 ceremony was held in the CRMC Specialty Clinic lobby. An inspirational message of hope and special music was provided after which close to 200 names of loved ones were read by various members of the CRMC medical staff. Seventy of those remembered were CRMC Hospice patients.

The CRMC Hospice team would like to thank everyone who participated in the ceremony and especially those who made generous monetary donations. More than \$4,100 was raised. The funds will help the CRMC Hospice team assist patients and families facing life-limiting illnesses.

Donations to this worthy cause are accepted year-round and may be made by calling the CRMC Hospice department at 712.225.6459.



Dr. Wes Parker - CRMC Hospice Medical Director

CRMC Hospital Auxiliary

Providing valuable support for over 50 years

The Cherokee Regional Medical Center Auxiliary has been in action for well over 50 years. During this time, the Auxiliary has been able to do many, many "extras" for the hospital and community. Some of the current projects include providing cable TV service to patient rooms, educational books to first time mothers at CRMC, and awarding two \$400 scholarships to qualifying local area high school seniors each spring. Funding all of these projects is quite an undertaking so any monetary contributions, volunteer help at events, and the furnishing of baked goods in support of the CRMC Auxiliary are greatly appreciated.

If you are a CRMC Auxiliary member and have not already done so, now is the time to renew your membership. 2011 membership fees will remain at \$5.00 for a Regular Membership, \$10.00 for a Contributing Membership or \$50.00 for a Lifetime Membership. New faces are also welcome, so ask a friend or relative to join you in supporting this great organization, which in turn provides so much support to Cherokee Regional Medical Center.

If you have any questions about Auxiliary membership, please contact Marilyn Brown at 712.225.4758.



Dates to remember...

Vascular Screening Tests- March 17, 2011 & April 21, 2011 2:00-7:00 p.m.



CAROTID ULTRASOUND SCREENING

This test is for everyone who is at any increased risk for stroke to look for abnormal plaque buildup on the artery wall.

Stroke is the third leading cause of death in America and the number one cause of adult disability.

80% of strokes are preventable; you can prevent a stroke!

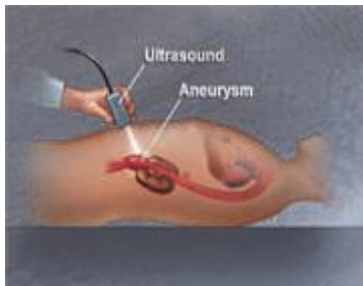
ABDOMINAL AORTIC ANEURYSM (AAA) SCREENING

Ultrasound imaging is an accurate and reliable test for detecting AAAs before rupture. The majority of people with AAA have no symptoms.

Especially recommended for men aged 65 to 75 years who have ever smoked.

Cost for each screening test is \$35.00.

Pre- registration for these non-invasive tests is required. Call the CRMC Radiology Department at 712.225.1501 to schedule your screenings.



Prenatal Classes for Expectant Mothers- March 14 & 21, 2011 6:30-9:00 p.m.

There is no charge for prenatal classes. Call 712.225.5101 and ask for the OB Department to pre-register.

Grief Support Group- March 15 - April 12, 2011 Tuesdays from 2:00-3:30 p.m.

No charge, but group sizes are limited. Call CRMC Hospice at 712.225.6459 to RSVP or if you have questions.

Diabetes Support Group- April 4, 2011 6:30 p.m. in the CRMC Education Room

This group will allow you to offer and receive peer support regarding diabetes in a caring, small group atmosphere.

CRMC Specialty Clinics- Calendars available online!

Go to www.cherokeermc.org for Specialty Clinic dates or call us at 712.225.1506 for more information.