

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

# Community Connection

*Guthrie County*

**COVID-19 VACCINE UPDATE**

**WHAT'S HAPPENING?**

SEE THE LATEST AT GUTHRIE  
COUNTY HOSPITAL & CLINICS

**MEDICAL MINUTES**

FALL PREVENTION  
& SAFETY

WINTER 2020

[WWW.GUTHRIECOUNTYHOSPITAL.ORG](http://WWW.GUTHRIECOUNTYHOSPITAL.ORG)



An Affiliate of  UnityPoint Health

# SERVING GUTHRIE COUNTY IN THE FOLLOWING LOCATIONS

## GUTHRIE COUNTY HOSPITAL

710 N. 12th Street  
Guthrie Center, Iowa



## GCH CLINICS—ADAIR

401 Audubon Street | Adair, Iowa



## GCH CLINICS—PANORA

603 E Main Street | Panora, Iowa



## GCH CLINICS—STAURT

312 N. Fremont Street, Suite A | Stuart, Iowa



## GCH SPECIALTY CLINIC

710 N. 12th Street | Guthrie Center, Iowa



# FALL PREVENTION & SAFETY



Falls account for approximately 13% of Emergency Room visits in the United States. Risk factors for falling include age, poor vision, chronic conditions, fear of falling and use of multiple medications. Winter is fast approaching and so are the risks of falls with our unpredictable weather in Iowa. It is important to take extra precautions to prevent falls and your risk for injury. Here are some tips for preventing falls this Iowa winter:

- Plan ahead: Allow enough time to get where you are going.
- Exercise Caution: Especially when you are getting in and out of vehicles. Hold securely to a door or a person.
- Ask for help: Ask someone to help you navigate slipper or unsafe paths.
- Footwear: Wear shoes with good traction.
- Dress Warm: If you are warm, your muscles stay relaxed. Tense muscles can affect your balance.
- Keep your driveway and walkways clear: Ask for assistance or pay someone if necessary.
- Concentrate: Keep an eye on the path ahead and avoid distractions.

If a fall does occur it is important to take steps to minimize risk for further injury. Don't get up right away after the fall, take your time and assess how you are feeling. After assessing your injury, attempt to roll to one side and utilize your arms and legs to stand up. Utilize your cell phone or medical alert device if you need assistance getting up. Dial 911 if the fall leads to an emergency for immediate medical help.



**Carly Schwartz**  
**MSN, FNP-C**

# Patient TESTIMONIAL

“All the employees I ended up coming in contact with during my stay were so caring & helpful. It was so comforting! Guthrie County should be proud & thankful to have this exceptional facility in our little community.” – Pat S.

“There was nothing bad to say about anyone. I've been in the hospital a lot with my mother and some with myself. The medical care was excellent. When I rang the bell, someone answered immediately and came in. The doctor explained things perfect and followed up on all medical needs.” – Judi F.

“The nurses are great—on time and not cruel. I got better care here than in the Des Moines ICU. They have a great team here!” – Ted P.

“The team at GCH Panora is accommodating and caring. I recommend GCH Panora and Dr. Strehle to everyone I meet and rave about their intelligence and helpfulness. Guthrie County is lucky to have them.” – Robyn V.

“ALL Physical Therapy gals are GREAT! I have been working with Kari and she is super-duper!” – Donna B.



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## REQUEST FOR TESTIMONIAL

Please take a few moments to describe your experience with us and our ability to provide excellent care to your needs. Thank you!

**Name of Employee(s) who helped you at GCH:** \_\_\_\_\_

**Testimonial:** \_\_\_\_\_

*Mail your testimonial to:*

Guthrie County Hospital

710 N. 12th Street

Guthrie Center, IA 50115

*or email your testimonial to [emily.mccolloch@gcho.org](mailto:emily.mccolloch@gcho.org)*

***I hereby authorize Guthrie County Hospital and Clinics to use the above statement in any manner they deem appropriate for marketing purposes.***

\_\_\_\_\_  
Name

\_\_\_\_\_  
Contact Preference (Phone or Email)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# DEPARTMENT SPOTLIGHT

## NURSING DEPARTMENT

### Who is in your department and how many years of experience?

- Addison
- Amanda
- Amy
- Anna
- Ashley
- Brie
- Chelsie
- Chris
- Christina
- Christy
- Cris
- Dan
- Denelle
- Ginny
- Greg
- Jenn
- Jessica
- Jill
- Jodi
- Kassie
- Kate
- Kelsey
- Kendra
- Kim
- Kris
- LaRoyce
- Loreen
- Merlin
- Michaela
- Mindi
- Molly
- Nicole
- Pam
- Rachelle
- Rick
- Stacy
- Steph
- Stephaney
- Theresa

**Collectively as a department, we have more than 400 years of experience in healthcare.**

### What services does your department provide?

ED, Outpatient Nursing Services, Observation, Acute, SNF, Hospitality, Hospice Respite, Surgery, Cardiac Rehab, Diabetic Education, CPR Classes (Heartsaver, BLS, ACLS, & PALS)

### Why do you choose Guthrie County Hospital & Clinics?

We choose Guthrie County Hospital & Clinics because of the community. We like knowing that we are caring for and serving our neighbors. GCH becomes a home, our co-workers become a family and patients become a friend.

### Testimonial/Story:

"At Guthrie County Hospital, you are not just a patient, you are family. They treat you like you would treat your mother or father, with respect.

They made sure I was comfortable at all times. If I had a question that they didn't have an answer to, they would always get back to me right away with the answer.

At one point a gentleman, who I thought was a doctor, came into the room. I was having discomfort with my IV so I asked if he could fix it for me.

I came to find out that was the CEO of the hospital coming to see how my stay was at GCH. He immediately went and got a nurse to fix my IV. That meant a lot to me!

The Physical Therapy went above and beyond! They were there for me when I needed them. They were always positive and encouraging me to do my best.

Don't have fear going to Guthrie County Hospital because you will get excellent treatment! They are great, caring, compassionate people!"

**Abraham L.**

# MARIJUANA EFFECTS

## *On Mental Health*

Changes in marijuana policies across states for legalizing marijuana for medical and/or recreational use suggest that marijuana is gaining acceptance in society. People use marijuana for many reasons: to feel good, to feel better, to fit in, or feel different. No matter the reason, it is very important to understand what is known about both the potential therapeutic benefits and adverse health effects associated with marijuana. While many of nature's plants have positive health effects, it is myth that because something is "natural" it is harmless. In fact, there are many "natural" plants that are poisonous, harmful, and cause negative effective.

After alcohol, marijuana is the most commonly used psychotropic drug in the United States. Marijuana has a psychoactive chemical called tetrahydrocannabinol, or THC. When smoked, the THC and other chemicals enter into the bloodstream and they are rapidly carried through the body and to the brain. Effects are experienced almost instantly. Many people experience a sense of relaxation and euphoria, reduced nausea for cancer patients, or decreased pain. However, effects vary. Many people experience increased appetite, altered perception of time, loss of motivation and interest to do things, aggression, paranoia, increased anxiety or panic, fear, and heightened sensory perception such as seeing bright colors, among others.

The psychoactive chemical in marijuana, THC, affects brains areas that influence pleasure, memory, thinking, concentration, movement, coordination, sensory and time perception. THC also activates the brain's reward system, which includes enhancing pleasure behaviors, such as sex or eating. It also floods the brain with a hormone called dopamine that makes a person feel high or "stoned".

Marijuana use causes impaired thinking and interferes with a person's ability to learn and perform complicated tasks. THC impairs parts of the brain that regulate balance, coordination, reaction time, and judgement. Fatal car crashes involving marijuana have tripled during the past decade. Currently, one of nine drivers involved in fatal crashes tests positive for marijuana and the level of THC is found to be directly related to the impairment of the driver.

The dangers of drinking and driving are well known and uncontested. There are clear, strict laws with large fines and penalties for violators operating a vehicle when over the legal blood alcohol limit. Moreover, drunk drivers can be held civilly liable for any accidents caused as a result of their drunk driving. A recent study reviewed fatal accidents over a 10-year period in a state with legal marijuana use: five years before and five years after the legalization was official. It found a clear increase in drivers who tested positive for THC. Most alarming, alcohol use is normalized typically to evening and night and those under the influence of alcohol mainly drive alone or with other adults. However, society is accepting the use of marijuana for all times of day and nearly 14% of those confirmed to be using marijuana had a child in their vehicle while driving under the influence of marijuana.

Marijuana and THC have widespread use among adolescents and teens. Teens perceptions of the risks of marijuana have steadily declined over the past several years. In 2019, a survey found that 28.8% of 10th graders and 35.7% of 12th graders used marijuana in the past year, and 18.4% of 10th graders and 22.3% of 12th graders used in the past month. As vaping has grown in popularity, teens have started vaping THC. In fact, 4% of 12th graders in the survey reported vaping THC daily. Research shows that using marijuana before age 18 are 4 to 7 times more likely to develop a drug problem.



# MARIJUANA EFFECTS

## *On Mental Health*

Marijuana is likely linked to a decrease in IQ. A 2012 study completed over 20 years found that when people use marijuana for a period of time prior to their 18th birthday, they have a permanent and significant decrease in their IQ. Persistent marijuana use disorder with frequent use starting in adolescence was associated with a loss of an average of 6 or up to 8 IQ points when measured in mid-adulthood.

Some studies suggest regular marijuana use in adolescence is associated with altered connectivity and reduced volume of specific brain regions involved in memory, learning, and impulse control compared to people who do not use. Many choose to use THC while pregnant or around children soon after birth. This has been found to cause evident problems with specific learning and memory tasks later in life. Marijuana use has been linked to less career success and lower salaries.

Marijuana use is linked to increased chances for mental illness, including depression, anxiety, and schizophrenia, especially for those with risk factors already present. Overall, it is also linked to increased risk for health issues, such as chronic bronchitis, and pulmonary issues similar to tobacco use. A recent study in animals even found that secondhand marijuana smoke can affect heart and blood vessels as much as secondhand tobacco smoke. Some evidence shows that in the first hour after smoking marijuana, the risk for heart attack increased by five times.

Whether smoking or consuming marijuana has therapeutic benefits that outweigh health risks is still undetermined. It is important to note that any substance or drug, including marijuana, tobacco, and caffeine, can interact with other medications you are taking. There is growing research that finds evidence for the efficacy and safety of marijuana derived compounds, such as CBD, which are not psychoactive. Science is still investigating ways TCH, marijuana, or other components can be used in healthcare. It is important to consider all benefits versus risks and stay up to date on research as marijuana gains acceptance and use in society.



**Megan Stukenholtz**  
**ARNP, PMHNP-BC, FNP-BC**



# COVID-19 UPDATE

## SNEAKERS CAFÉ TO REMAIN CLOSED

At Guthrie County Hospital, our highest priority is the safety and well-being of our members, patients, staff and communities. At this time, the Sneakers Café will remain closed to the public until March 1st. We will re-evaluate this decision in mid-February. Sneakers Café is still providing curbside delivery for breakfast and/or lunch by calling (641) 332-3818.

We appreciate your continued patience and understanding during this unprecedented time.

If you have any questions, please call (641) 332-3818.

## HOW YOU CAN HELP

**SEWING PPE**—Guthrie County Public Health is accepting hand sewn face masks and gowns. The safety of our patients and staff is our top priority. We are not out of PPE, but we would like to have this as an option for our patients and staff. Visit [www.guthriecountyhospital.org](http://www.guthriecountyhospital.org) for patterns of masks and gowns. You can deliver these items to Guthrie County Public Health but please call ahead as the doors are locked. Their phone number is (641) 747-3972.




















## RESOURCES

- **YOUR LIFE IOWA**—Everyone needs help sometimes. Iowa Department of Public Health has created YourLifelowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. We are your everyday life support. Visit [YourLifelowa.org](http://YourLifelowa.org), call 855-581-8111 or text 855-895-8398.
- For up-to-date local information on COVID-19, visit [adairguthriecounty covid.org](http://adairguthriecounty covid.org).
- Discover the latest resources, maps, and information about the coronavirus (COVID-19) outbreak in your community. For more information visit, [coronavirus.iowa.gov](http://coronavirus.iowa.gov).
- **Questions about COVID-19?** Call Guthrie County Hotline at (833) 833-4600 or call Adair County Public Health at (641) 743-6173

# COVID-19 vs Flu

COVID-19 and flu are both contagious respiratory illnesses that can have similar symptoms, but they are caused by different viruses. Use this chart to learn some of the similarities and differences.

For more information on COVID-19 and flu, visit [www.cdc.gov](https://www.cdc.gov).

	COVID-19	Flu
 Common		
		
		
		
 Less Common		
		
		
 Not Common		
	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.
	Later (2-14 days after infection)	Earlier (1-4 days after infection)
	SARS-CoV-2	Influenza viruses



# COVID-19 VACCINE TIMELINE

As of January 22, 2021:

Based on current vaccine supply, this is an **estimated timeline** on when we will see vaccine in our community for the following phases. This timeline may change at anytime based on vaccine supply.

**In Guthrie County, we are following the State Vaccine Shortage order and are currently vaccinating Phase 1A but will move to 1B on February 1.**

- Healthcare Personnel
- Long-term Care Facility Residents and Staff

*Vaccination of Phase 1A will likely continue through Spring 2021.*

**Phase 1B will begin on February 1, 2021.**

**If you have already signed up on the [healthyguthrie.org/immunizeguthrie](http://healthyguthrie.org/immunizeguthrie) website or called into our hotline to sign up and are eligible for 1B, we have you on our list and will begin scheduling appointments for our clinics based on our list.**

**Vaccine may remain in short supply for a few weeks. This means not everyone in Phase 1B will be able to get vaccine right away and so we ask that people continue to have patience and utilize the signup on our website to help us to continue to rollout the vaccine as efficiently as possible.**

**[www.healthyguthrie.org/immunizeguthrie](http://www.healthyguthrie.org/immunizeguthrie)**

To help balance vaccine supply with the Phase 1B demands, the Iowa Department of Public Health (IDPH) has implemented a tiered prioritization, outlined on the next page.

Phase 1B Priority Populations Persons aged 65 years and over, OR, the following populations vulnerable to high risk of exposure or severity of illness (listed in order of priority):

## **TIER 1**

- First Responders
- PK-12 staff, early childhood education, childcare workers

## **TIER 2**

- Frontline essential workers in food, agriculture, and manufacturing sectors who live or work in non-social distanced settings
- Individuals with disabilities living in home settings and their direct care staff

## **TIER 3**

- Staff and individuals living in congregate settings not covered by previous Phase or Tier Government officials, including staff, engaged in business at the State Capitol

## **TIER 4**

- Inspectors responsible for health, life and safety

## **TIER 5**

- Correctional facility staff and individuals incarcerated.

**Phase 1C will start right after phase 1B.**

- People aged 16–64 years with underlying medical conditions which increase the risk of serious, life-threatening complications from COVID-19
- Other essential workers

**General public will begin after Phase 1C. This is likely to occur mid 2021.**

**For a weekly update on COVID-19 and the vaccine, please visit our Guthrie County Health Services Facebook live video on Tuesdays at 5:00 PM or go to our website [www.healthyguthrie.org](http://www.healthyguthrie.org).**



# NEWS RELEASE

## FOR IMMEDIATE RELEASE

February 1, 2021

Contact:

Emily A. McColloch

(641) 332-3915

emily.mccolloch@gcho.org

## COVID-19 VACCINE ALLOCATION

On Monday February 1, 2021 the Guthrie County Health Department will begin vaccinating individuals in phase 1B.

Our allocation for the 1B population has started with 200 doses and we anticipate that we will begin receiving weekly notifications of allocations for 1B individuals each Friday.

We have begun calling individuals on our list to schedule appointments for this week and will be working through our list to get to as many individuals for which vaccine is available. This will be our process each week. Once we know what our allocation is for the week, we will call down our list and set up appointments. We will leave a message if you do not respond and follow up.

If you receive a call from one of the following Guthrie County Public Health numbers listed below and there is no caller ID, please answer.

- 833-833-4600
- 833-833-1400
- 641-200-6623

While the vaccine is limited, we will be doing appointments at Guthrie County Health Department on Wednesdays and Thursdays. When more vaccine is made available, we will allocate doses to all of our partners including our pharmacy partners and clinics throughout the County. We will also be working with our partners to do on-site vaccination clinics at the schools and businesses that are eligible in 1B.

It is our goal to provide vaccines as quickly and efficiently as possible to the residents of Guthrie County however we ask that residents have patience with our process. We will not stop vaccinating until everyone has had an opportunity to get a vaccination for COVID-19.

It will take us several weeks to potentially months at our current weekly allocation to vaccinate everyone who would like a vaccination in Guthrie County for Phase 1B.

As we receive more vaccine, we will be able to speed up our process.

## Questions About COVID-19?

Call Guthrie County Hotline at (833) 833-4600

Call Adair County Public Health at (641) 743-

[ADAIRGUTHRIECOUNTYCOVID.ORG](https://adairguthriecountycovid.org)

# NEWS RELEASE

At this time, the best thing that a resident can do would be to sign up for the vaccination at [www.healthyguthrie.org/immunizeguthrie](http://www.healthyguthrie.org/immunizeguthrie) to get your name on our list. We will call you when we have vaccine available and your name is up on the list. If you are not available when we call to schedule a time that week then we will try you on the next week's allocation. If you have an opportunity to get your vaccine from somewhere else in another county or through your employment, please feel free to do so and then just reach out to us so we can remove you from our list.

Thank you for your continued patience and support. Working together today, we can achieve a healthier tomorrow!

###

## Questions About COVID-19?

Call Guthrie County Hotline at (833) 833-4600

Call Adair County Public Health at (641) 743-

[ADAIRGUTHRIECOUNTYCOVID.ORG](http://ADAIRGUTHRIECOUNTYCOVID.ORG)



# HEALTHIER HOLIDAY RECIPES



## SPINACH-ROASTED RED PEPPER DIP

SERVING SIZE: 1 TABLESPOON, SERVINGS PER RECIPE: 36

- ♦ *½ cup shredded part-skim mozzarella cheese*
  - ♦ *½ cup plain low-fat or fat-free yogurt*
  - ♦ *½ cup light mayonnaise dressing or salad dressing*
  - ♦ *¼ cup grated Parmesan cheese*
  - ♦ *1 tablespoon all-purpose flour*
  - ♦ *1 teaspoon Dijon-style mustard*
  - ♦ *1 cup loosely packed fresh spinach leaves, coarsely chopped*
  - ♦ *¾ cup bottled roasted red sweet peppers, drained and chopped*
  - ♦ *¼ cup thinly sliced green onions*
  - ♦ *3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers*
1. Preheat oven to 350°F. In a large bowl, stir together mozzarella cheese, yogurt, mayonnaise dressing, 2 tablespoons of the Parmesan cheese, the flour, and the Dijon mustard.
  2. Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly into a 1-quart ovenproof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated Parmesan cheese.
  3. Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining 2 tablespoons green onions. Serve with red and/or yellow sweet pepper strips. Makes 2¼ cups.

**NUTRITION FACTS PER SERVING:** Calories: 21, Total Fat: 2 g (0 g sat. fat), Cholesterol: 3 mg, Sodium: 47 mg, Carbohydrates: 1 g, Fiber: 0 g, Protein: 1 g.

Used with permission from Diabetic Living® magazine. ©2007 Meredith Corporation. All rights reserved. For more diabetes-friendly recipes, visit [www.diabeticlivingonline.com](http://www.diabeticlivingonline.com).



# *What's happening at Guthrie County Hospital & Clinics?*

## GCH CLINICS OUTREACH

### **GCH CLINICS-ADAIR**

In October, they participated in the statewide Healthy Walk with Fay Pharmacy, passed out treat bags for Adair City Chamber of Commerce during Trick or Treat, presented ACGC and CAM with their sport's physical checks and delivered buckets of Antibacterial wipes to KidZone in Adair and Boys and Girls Club in Adair.

In November, they participated in the Adopt a Family program thru New Opportunities in Guthrie Center.

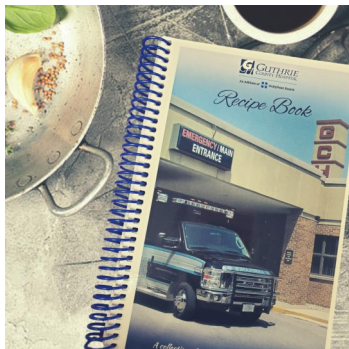
In December, they participated in the Adair Festival of Lights.



### **GCH CLINICS-PANORA**

GCH Clinics in Panora delivered a sports physical check to Panorama Schools, Sara Van Effen ARNP and her nurse took goodies to area businesses, Dr. Strehle and his nurse Carrie helped with Toy for Tots, they delivered sanitizer wipes to Panorama Schools, and Sara Van Effen ARNP did a handwashing video.

## ORDER YOUR GCH COOKBOOK



Exhausted all your recipes because of all your extra time at home? Order your GCH Cookbook! \$10 each or buy 4, get 1 free. Available at Crafty's Coffee (Panora), People's Bank (Guthrie Center), or call Sneakers Café at (641) 332-3818.

This cookbook includes great recipes from employees, Auxiliary, Foundation and Hospital Board members!

## "HERE'S TO YOUR HEALTH" EPISODES ON FACEBOOK

Check out our second "Here's to Your Health" episode on our Facebook page. Every month we will feature a different provider and topic. Stay tuned!

## "DID YOU KNOW..." WEDNESDAY ON FACEBOOK

Every Wednesday we will give a "Did you know" fact about Guthrie County Hospital & Clinics.



**FOLLOW US  
ON FACEBOOK**

@GUTHRIE COUNTY HOSPITAL

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# WALK-IN TELEHEALTH APPOINTMENTS

*Your care, anywhere.*

GCH Clinics in Panora now has walk-in telehealth as an option to access medical care with Sara Van Effen, ARNP.

Visit [www.guthriecountyhospital.org](http://www.guthriecountyhospital.org)  
to start your appointment.

**NO APPOINTMENT NEEDED**

**Monday - Friday from 7:30 - 11:00 a.m.**  
*9:00 - 11:00 a.m. the third Thursday of each month*

 **CLINICS**

603 E. Main St. Panora, IA 50216  
641-755-4000