

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

# Community Connection

*Learn more about*

**PULMONARY REHABILITATION**

**WHAT'S HAPPENING?**  
SEE THE LATEST AT GUTHRIE  
COUNTY HOSPITAL & CLINICS

**MEDICAL MINUTES**  
MEDITERRANEAN DIET

SPRING 2022

[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  
(641) 332-2201



## **GCH CLINICS—ADAIR**

401 Audubon Street | Adair, Iowa  
(641) 742-1000



## **GCH CLINICS—PANORA**

103 SE 13th Street | Panora, Iowa  
(641) 755-4000



## **GCH CLINICS—STAURT**

312 N. Fremont Street, Suite A | Stuart, Iowa  
(515) 523-8050



## **GCH SPECIALTY CLINIC**

710 N. 12th Street | Guthrie Center, Iowa  
(641) 332-3900



# MEDICAL STAFF



**Donald Fillman**  
MD



**Brie Wessels**  
ARNP



**Cody Silker**  
DO



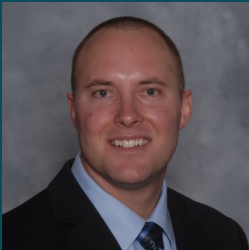
**Cindy Peterson**  
ARNP



**Jeff Roske**  
DO



**Marcia Roenfeld**  
ARNP



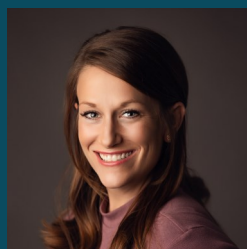
**Josh Strehle**  
DO



**Nicole Topliff**  
ARNP



**Jeff Wahl**  
DO



**Sabra Miller**  
ARNP



**Brittany Janssen**  
MD



**Sara Van Effen**  
ARNP



**Amber Burgin**  
ARNP



**David Ahrens**  
MD



**Beth Woods**  
ARNP



**Steven Bascom**  
MD

# FEBRUARY

## HEART AWARENESS MONTH



When did February become heart health month?

American Heart Month was established by President Lyndon B. Johnson under Presidential Proclamation 3566 in December 1963, 10 days after Congress issued a joint resolution requesting the president to issue an annual proclamation.

In his remarks announcing February 1964 as the first American Heart Month, President Johnson urged “the people of the United States to give heed to the nationwide problem of the heart and blood-vessel diseases, and to support the programs required to bring about its solution.” Johnson’s action marked a pivotal point in the nation’s approach to addressing cardiovascular disease.

Not long after the official launch of American Heart Month, the first Surgeon General’s Report on Smoking and Health was published on Jan. 11, 1964. This landmark publication, released by Surgeon General Luther Terry, MD, was the first federal government report to link smoking and negative health impacts, including lung cancer and heart disease.

“American Heart Month provides an important opportunity to emphasize the sharing of best practices, aligning measurements, advancing implementation strategies, and providing leadership to focus on the burden of cardiovascular disease.”

We’ve come a long way since 1964. Today, American Heart Month brings together a wide array of public, private and governmental organizations to shed light on how far we’ve come and the work that needs to continue. While annual deaths from cardiovascular disease and stroke have declined since the first Surgeon General’s report, heart disease continues to be a public health burden and a leading cause of death for both men and women. Cardiovascular disease accounts for one of every four deaths in the United States every year and many of these are preventable. <https://www.acc.org/latest-in-cardiology/articles/2017/02/21/12/42/the-evolution-of-american-heart-month>

This is the 58<sup>th</sup> anniversary of Heart Month in the United States and yet heart disease is still the leading cause of death for men and women.

The American Heart Association continues to promote live style changes including a minimum of 150 minutes per week of exercise including aerobic activity and strength training. Eating a diet low in cholesterol, saturated and trans fats. Including fruits, vegetables, and whole grains and managing portion sizes. Seeing your healthcare provider annually, tobacco and vaping cessation, moderate alcohol intake and managing your stress. <https://www.heart.org/en/healthy-living> Healthcare providers are monitoring our mental health and it’s impact on our overall health. Heart disease is no exception to this. There is growing evidence that mental health is an additional risk factor that needs to be considered when managing heart disease. According to the CDC A large and growing body of research shows that mental health is associated with risk factors for heart disease before a diagnosis of a mental health disorder and during treatment. These effects can arise both directly, through biological pathways, and indirectly, through risky health behaviors.

# FEBRUARY

## HEART AWARENESS MONTH



People experiencing depression, anxiety, stress, and even PTSD over a long period of time may experience certain physiologic effects on the body, such as increased cardiac reactivity (e.g., increased heart rate and blood pressure), reduced blood flow to the heart, and heightened levels of cortisol. Over time, these physiologic effects can lead to calcium buildup in the arteries, metabolic disease, and heart disease.

Evidence shows that mental health disorders—such as depression, anxiety, and PTSD—can develop after cardiac events, including heart failure, stroke, and heart attack. These disorders can be brought on after an acute heart disease event from factors including pain, fear of death or disability, and financial problems associated with the event.

Some literature notes the impact of medicines used to treat mental health disorders on cardiometabolic disease risk. The use of some antipsychotic medications has been associated with obesity, insulin resistance, diabetes, heart attacks, atrial fibrillation, stroke, and death.

Mental health disorders such as anxiety and depression may increase the chance of adopting behaviors such as smoking, inactive lifestyle, or failure to take prescribed medications. This is because people experiencing a mental health disorder may have fewer healthy coping strategies for stressful situations, making it difficult for them to make healthy lifestyle choices to reduce their risk for heart disease.

Addressing mental health disorders early by providing access to appropriate services and support to increase healthy behaviors (e.g., increased physical activity, improved diet quality, and reduced smoking) can reduce someone's risk of experiencing a heart disease event. <https://www.cdc.gov/heartdisease/mentalhealth.htm>



**Christine Drake RN, BSN**



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

## WELCOME TO OUR NEW PATIENT PORTAL

As a patient, you have easy access to your health information through MyUnityPoint – wherever you go.

### USING KEY FEATURES

The online portal or the MyChart app for iPhone® or Android®, gives you instant and secure access to your health records. Where you can:



#### SEND A NON-URGENT MESSAGE TO YOUR CARE TEAM

- Please expect to receive a response within 2-3 business days.
- Include files and images in your messages.
- Keep in mind, this feature is intended for questions about your care. Your provider may request you make an appointment.



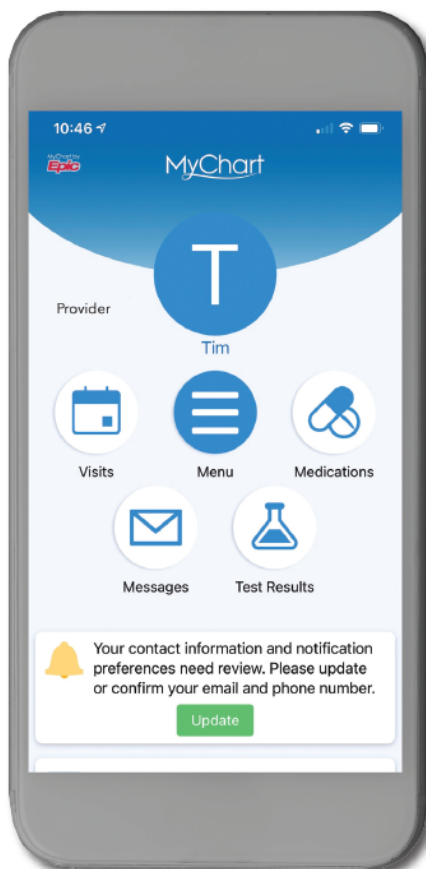
#### SCHEDULE OR REQUEST PRIMARY CARE APPOINTMENTS

- Directly schedule, confirm and cancel primary care appointments and enter details about the reasons for visit. If your provider requests more time for your appointment, we'll be sure to contact you.
  - See details about future appointments, including instructions and driving directions.
- Complete most of the check-in process from home, verify demographic information, allergies and pre-visit forms.
- Add or remove yourself to wait lists and move appointments to an earlier date when a new time is available. To complete, click on the upcoming appointment and review the wait list options.



#### REQUEST PRESCRIPTION REFILLS

- Send a refill request to the prescribing provider.



#### REVIEW YOUR TEST RESULTS AND PROVIDER NOTES

- Our commitment to providing timely access to test results means you may be viewing the results before your provider has had the opportunity to review them.
  - If you have an active MyUnityPoint account, your care team may not call you if you have normal lab results.
- If you have any questions about your test results, please send a secure message to your care team.
- View and download details of past appointments and admissions - including after visit summaries and provider notes.



#### ACCESS YOUR FINANCIAL STATEMENTS AND PAY YOUR BILL

- Prepay estimates and copays in advance.
- Pay bills from recent appointments.
- If you have questions, please contact our billing department customer service at 844-849-1260.



#### MANAGE YOUR HEALTH

- Add, remove, modify: health issues, medications and allergies.
- Print immunization records.
- Review the medical history we have on file.
- Review your plan of care summary and goals
- To-do reminders notify you of upcoming health checks.
- Request a copy of your medical record.

### Don't Have An Account Yet?

Creating an account is easy, you can:

- Sign-up at [chart.myunitypoint.org](http://chart.myunitypoint.org).
- Sign-up during an office visit with a unique email or text link.

### Getting Started

Visit account settings:

- Your thumb print or face recognition security feature.
- Your communication preferences.
- Your email and phone number.
- Check the FAQ section of [chart.myunitypoint.org](http://chart.myunitypoint.org) for additional tips.

### Have Questions?

Please contact the MyUnityPoint Support team at (877) 224-4430 or [MyUnityPointSupport@unitypoint.org](mailto:MyUnityPointSupport@unitypoint.org).

If you would like to update how you receive MyUnityPoint communication notifications:

- Access MyUnityPoint
- Select "communication preferences" under the Account settings
- Select a category from the drop-down menu
- Click the notification icons of your choice for each corresponding item

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

## GCH FITNESS CENTER

### GCH FITNESS CENTER RECEIVES NEW EQUIPMENT

- The Guthrie County Hospital Fitness Center is excited to announce our new equipment has arrived! We have a new leg press/calf raise machine, a new leg extension/leg curl machine, multi-machine that has a lat pulldown/mid row and multi-press for chest and shoulder press. We also have put in a pull-up bar that is a huge benefit to any exercise program.

We have a lot to offer for everyone. We are open Monday through Friday 5 a.m. to 7:30 p.m. and Saturday 8 a.m. to noon. The walking track is available for walking inside on days when the weather is too hot or too cold. We have trackers to keep track of how many laps you walk, with 23 ½ laps making a mile.

We offer a variety of classes throughout the year which include an abs class, weightlifting class, low-impact exercise, and yoga. These are typically 15-to-30-minute classes. We are also excited to bring personal training through the fitness center. Kellie has started offering personal training sessions to help you with all your exercise needs and questions. She will design a program just for you to help you achieve your exercise goals.

The Fitness Center equipment purchase was made possible in part thanks to the Guthrie County Community Foundation grant and the generous donation from Verdell Nelson in memory of Janet Nelson.

For more information, please call (641) 332-3810.

### GCH PERSONAL TRAINING NOW AVAILABLE

- Personal training is now available at GCH Fitness Center!
  - 1 hour session for initial visit, 45 minutes thereafter.
  - Fitness Center keeps punch card and track sessions.
  - First missed appointment forgiven. Every missed appointment after will be charged for a session if using the punch card.
  - Complimentary movement consultation available at no cost for Fitness Center members.
  - Current members:
    - Can purchase individual sessions for \$25 which is paid prior to the session OR
    - Punch card - 10 sessions for \$220
  - New Fitness Center/Personal Training Members Package Deal:
    - Includes 3 months Fitness Center membership + 10 training sessions (45 min/session-initial movement consult free) for \$280
    - Must fill out Fitness Center and Personal Training paperwork at initial consult
    - Must be paid in full at time of consult

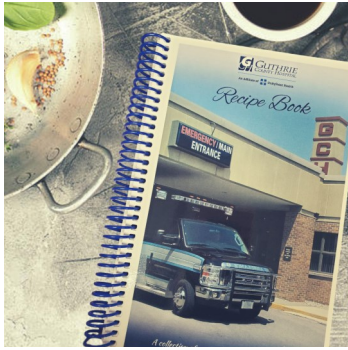


## *Join our team!*

For all position vacancies and details, visit [www.guthriecountyhospital.org](http://www.guthriecountyhospital.org).

*Online applications now available.*

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



## ORDER YOUR GCH COOKBOOK

Looking for a gift? Cookbooks make a great gift! Order your GCH Cookbook! \$10 each or buy 2, get 1 free. Available at Guthrie County State Bank (both locations), 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!

## UPCOMING EVENTS & FITNESS CENTER CLASSES

- Every Monday & Wednesday - Let's Get Pumped Class\* @ 5:30 p.m.
- Diabetes Support Group—May 19<sup>th</sup> at Sneakers Cafe @ 7:00 p.m.

*\*Must be a current paid member. Not a member but want to take a class? Only a \$5 drop-in charge for each class.*

# DIABETES SUPPORT GROUP

## • SAVE THE DATE •

May 19<sup>th</sup>, 2022 @ 7:00 p.m.

August 18<sup>th</sup>, 2022 @ 7:00 p.m.

November 17<sup>th</sup>, 2022 @ 7:00 p.m.

***Facilitated by Christine Drake, RN, BSN***

**Join us at Sneakers Café located in Guthrie County Hospital for the diabetes support group. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.**



An Affiliate of  UnityPoint Health

641-332-3802



# Mediterranean Diet

As a Registered Dietitian Nutritionist, I am often asked “what is the best diet?” The answer I give really depends on what your overall goal might be for your health. Is your goal to lose weight, manage diabetes, decrease risk of chronic conditions like heart disease, hypertension, or stroke? I got this question from a friend of mine last fall who had been diagnosed with an inflammatory disease that affects the spine called Ankylosing spondylitis. When we talked about his inflammatory markers (CRP), glucose and lipid levels, my response back to him was you need an anti-inflammatory diet, like a Mediterranean style of eating.

I will say not everyone listens to me when I give out my nutrition recommendations, but he did! He and his wife adopted the Mediterranean way of eating and lifestyle and after 4-5 months, his inflammatory markers went to zero and his lipid levels went to normal range. He said his rheumatologist was so surprised he asked him what he was doing and just to keep it up! He had also incorporated stretching twice a day, yoga, and other lengthening and strengthening exercises into his daily routine. He made the choice last fall to take action and adopt some real lifestyle and dietary changes.

So many times, it is taking the first step to change behaviors that can be the most difficult. Setting intention and goals, determining WHY you want or need to make changes and then enlist the support you need to make it happen. That is what my friend did, and he has seen improvements in his health without having to add lifelong medications to slow the disease progression. This brings me to a couple of my favorite quotes: One by Hippocrates “Let food be thy medicine, and medicine be thy food.” or “The food you eat can be the safest form of medicine or the slowest form of poison.” by Anne Wigmore.

## Interest in the Mediterranean Diet

Interest in the diet began in the 1950s when it was noted that heart disease was not as common in Mediterranean countries as it was in the U.S. Since then, numerous studies have confirmed that the Mediterranean diet helps prevent heart disease and stroke. Many of the foods we eat in our typical Western diet such as high fat dairy like cheese, red meat, sugar, and saturated fats, contribute to overall inflammation in our bodies that adversely affect our health.

## What is the Mediterranean diet?

The Mediterranean diet is a way of eating that's based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea. This style of eating can play a big role in preventing heart disease and stroke and reducing risk factors such as obesity, diabetes, high cholesterol, and high blood pressure. There is some evidence that a Mediterranean diet rich in virgin olive oil may help the body remove excess cholesterol from arteries and keep blood vessels open.

Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs, and spices, are the foundation of the diet. Olive oil is the main source of added fat.

Fish, seafood, dairy, and poultry are included in moderation. Red meat and sweets are eaten only occasionally.

# Mediterranean Diet

## Healthy fats instead of unhealthy ones

Olive oil is the primary source of added fat in the Mediterranean diet. Olive oil provides monounsaturated fat, which lowers total cholesterol and low-density lipoprotein (or "bad") cholesterol levels. Nuts and seeds also contain monounsaturated fat.

Fatty fish, such as mackerel, herring, sardines, albacore tuna and salmon, are rich in omega-3 fatty acids. These polyunsaturated fats help fight inflammation in the body.

Omega-3 fatty acids also help decrease triglycerides, reduce blood clotting, and lower the risk of stroke and heart failure.

## What about wine?

Wine is often associated with the Mediterranean diet. It can be included but only in moderation. While alcohol may reduce the risk of heart disease, it has other health risks.

## The Mediterranean way

Interested in trying the Mediterranean diet? Get started with these tips:

- Build meals around vegetables, beans, legumes, whole grains, nuts and seeds.
- Eat fish at least twice a week.
- Use olive oil instead of butter in preparing food.
- Enhance flavors with herbs and spices
- Fruit should be served as dessert
- Moderate quantities of low-fat dairy, preferably fermented dairy or minimally processed cheese like Feta, Mozzarella, Parmesan, Ricotta, Greek Yogurt
- Moderate amount of chicken
- Red meat should be consumed very rarely, on special occasions.
- Limit added sugars, sugary beverages, sodium, highly processed foods, refined carbohydrates, saturated fats, and fatty or processed meats.

Living the Mediterranean way also means being physically active and sharing meals with loved ones. Savor the flavor of your foods and spend time engaging in the meal.



# Mediterranean Diet



## MEDITERRANEAN DIET

If you are interested in receiving more information, please call (641) 332-3802 to schedule your appointment.



**Carol Laughery, RDN, LDN, RN, BSN**

# COVID-19 UPDATE

## GCH UPDATES MASKING GUIDELINES

*Effective April 25, 2022*

Due to lower levels of COVID-19 and other respiratory illnesses in our community, masking is now optional for most patients and visitors in our facilities. All visitors should be free of any signs or symptoms of illness. However, Guthrie County Hospital and GCH Clinics reserves the right to change the masking requirements based on the level of community spread within the county.

### **Please continue masking in our facilities if:**

- You are unvaccinated
- You are experiencing respiratory symptoms.
- Have had a known COVID-19 exposure in the past 10 days.
- Have tested positive for COVID-19 in the past 10 days.

Patients or visitors who would like to continue wearing masks are encouraged to do so. Our team members will still mask when providing direct patient care.

If community transmission levels increase, we will again require visitors and patients to wear masks in our facilities.

## VISITOR POLICY

To help you support and care for your family and friends who are in our care, we have put together some useful information on how you can best do so in our facilities.

- Open visitation is allowed as long as it does not interfere with patient care. Based on patient condition and type of illness, visitors may be limited and/or personal protective equipment may be required. Please check at the nurse's station prior to visiting if there are any concerns or questions.
- All visitors must be free of signs of illness. Visitors with a fever or symptoms of illness will be turned away.
- Visitors should stay in the patient's room, as appropriate, and only be outside of this area during entrance, exit, or if food is obtained from Sneakers Cafe or vending machines. Food and drink must be consumed in the patient room or Sneakers Cafe.
- Visitors should clean their hands prior to entering the patient room and upon leaving the room using soap and water or hand sanitizer. Cleaning hands frequently during the visit is recommended as well.
- Visitors will be asked to leave if they are not willing to comply with these requests.



# PULMONARY REHABILITATION

If you, or a loved one, suffers with a chronic lung disease, like chronic obstructive pulmonary disease (COPD) or pulmonary fibrosis, there is hope for rebuilding strength and enjoying a more full and active life through pulmonary rehabilitation. These programs are designed to improve lung function, reduce symptom severity, and improve quality of life.

## **What is Pulmonary Rehabilitation?**

Pulmonary rehabilitation is a program of education and exercise to increase awareness about your lungs and your disease. You will learn to achieve exercise with less shortness of breath. The classes are offered in a private setting so you can receive individualized treatment. The skills and knowledge learned in the program will help you feel better and manage your chronic lung disease. You'll become stronger by increasing your level of fitness. Exercising your lungs and your muscles helps you be more active so you can do the things you enjoy with your loved ones. Pulmonary rehabilitation may even decrease the need for hospital visits.

## **Is Pulmonary Rehabilitation right for me?**

Pulmonary rehabilitation is recommended for patients with lung disease who experience shortness of breath frequently and are not able to perform daily activities despite daily use of medication. Many patients in rehabilitation programs have a diagnosis of COPD, but these programs also help people with other types of chronic lung disease that limits breathing and activity.

## ***Pulmonary Rehabilitation can improve quality of life.***

Guthrie County Hospital offers a six-week program that meets twice a week. The program is designed to meet the following goals:

- Reduction of dyspnea (shortness of breath)
- Improvement in quality of life
- Increase in exercise tolerance and performance
- Enhanced ability to perform daily activities
- Better knowledge of lung disease and lung care
- Improved sense of well being
- Reduced hospitalizations and use of medical resources

It uses several approaches to meet these goals, including exercise training, breathing retraining, nutrition training, medication information, and education.

When someone is short of breath, they become out of shape. It is uncomfortable to exercise, and they worry that they may be hurting their body doing the things that add to their shortness of breath. Activity becomes even more difficult, they become even more fearful and short of breath, so they do even less. Eventually any activity becomes difficult, and they try to do as little as possible.

Living with lung disease can frustrate, anger, or depress you. Some individuals deny that there is a problem. These emotions are normal, but they can interfere with quality of life and the ability to care for oneself.

Fortunately, Pulmonary Rehabilitation will help break this cycle. Regardless of what type of lung disease. Pulmonary Rehabilitation will provide benefits. Pulmonary Rehabilitation can help prevent infection and complications of lung disease. It may even prevent the disease from becoming worse.

With the help of trained professionals, they will review and help someone understand the treatment plan so that they can reduce symptoms of shortness of breath, coughing, and wheezing. By the end of Pulmonary Rehabilitation, one will have increased strength and endurance to complete activities of daily living. Pulmonary Rehabilitation is not a program that can be forgotten about after completion. Pulmonary rehabilitation will teach what to do to maintain the goals that are achieved throughout the program. It is encouraged to bring a close friend or family member to participate in as many rehabilitation sessions as possible so that they can supportive and understanding of the lifestyle and treatment plan.

# PULMONARY REHABILITATION

## Exercise Training

Patients will be individually assessed by our Pulmonary Rehab Staff and an individual program of exercise will be developed and implemented to increase strength and endurance. Exercise is done at each session (twice a week) and patients are expected to exercise on their own as well. The benefits of exercise will be increased strength and endurance. An added benefit of exercise is that toned muscles utilize oxygen more efficiently and will therefore relieve some of the dyspnea (shortness of breath) they may now feel with activity.

The Respiratory Therapist will monitor the heart and lungs throughout the exercise sessions by keeping track of the heart rate, breathing rate, blood pressure, lung sounds and oxygen level.

## Breathing Retraining

The Respiratory Therapist will teach breathing techniques that will help control dyspnea (shortness of breath) and trapped air. These techniques will be practiced at every session so that they will become comfortable with the method of breathing that will help when shortness of breath occurs.

## Education

Each pulmonary rehabilitation session includes education. Lectures, handouts, and videos will be used. These educational materials will help with the understanding of health and how lung problem scan be better managed. Questions and discussion on every topic are highly encouraged.

Throughout Pulmonary rehabilitation there will be the opportunity to meet with other members of the health care team including a Registered Dietician, Pharmacist, and Social Worker.

## Nutrition

Our Registered Dietitian will meet with you to discuss how nutrition plays a role in your overall pulmonary treatment plan. They are a great resource for any nutritional questions.

## Medications

A pharmacist will discuss your medications with you and explain how each of them works to help you breathe. During this session we encourage you to ask questions about all your medication.

## Social Services

Our social worker will meet with you to discuss advanced directives. They are also available if you would like to discuss any aspect of your health care including financial, insurance or personal issues.

It is vitally important that you attend **EVERY SESSION**. Many professionals will be working with you throughout this program, but **YOU** are the most important member of this healthcare team.

For more information, please contact the GCH Pulmonary Rehab Department at 641-332-3904.



**Shari Carroll, RRT/RCP**

## Resource

American Lung Association, The Basic of Pulmonary Rehabilitation  
[The Basics of Pulmonary Rehabilitation | American Lung Association](#)



# Sheet Pan Teriyaki Salmon & Vegetables

## Ingredients

### **For vegetables:**

- 2 cups bite-size broccoli florets
- 10 mini sweet rainbow peppers, seeded and halved
- 1 tablespoon sesame oil
- ¼ teaspoon kosher salt
- Freshly ground black pepper, to taste

### **For salmon:**

- 2 (4-ounce) wild salmon filets
- 1 teaspoon sesame oil
- 1 garlic clove, grated
- ½ teaspoon grated ginger
- 2 tablespoons reduced sodium soy sauce, or gluten-free soy sauce
- 1 teaspoon unseasoned rice vinegar
- 1 teaspoon brown sugar

### **For garnish:**

- ½ teaspoon toasted sesame seeds
- 1 large scallion, chopped

## Instructions

1. Preheat oven to 400F degrees. Cover a large sheet pan with foil or parchment, lightly spray olive oil and set aside.
2. Meanwhile, combine sesame oil, garlic, ginger, soy sauce, vinegar and brown sugar in a small bowl and mix. Pour into a large ziplock bag and add salmon, marinate 10 minutes.
3. In a medium bowl, toss broccoli and peppers with 1 tablespoon sesame oil, ¼ teaspoon salt and pepper. Spread them evenly on prepared sheet pan and roast for 10 minutes.
4. Remove veggies from oven, toss, and move them over slightly to make room for the salmon. Place the salmon on the sheet pan, reserving the marinade and return to oven, roast an additional 7 to 8 minutes, or until salmon is just cooked through.
5. While salmon is cooking, heat a small skillet over low heat. Pour the remaining marinade and simmer stirring until the sauce has thickened slightly, about 1 to 1 1/2 minutes.
6. Brush sauce over salmon and sprinkle fillets with sesame seeds and scallions. Serve with veggies on the side.

## Nutrition

Servings: 2 Serving Size: 1 cup

Per Serving: Serving: 1 filet with 1 cup veggies, Calories: 326kcal, Carbohydrates: 17g, Protein: 27g, Fat: 17g, Saturated Fat: 2.5g, Cholesterol: 62mg, Sodium: 758mg, Fiber: 4g, Sugar: 4g WW Points Plus:8



[Sheet Pan Teriyaki Salmon and Vegetables - Skinnytaste](https://www.skinnytaste.com/sheet-pan-teriyaki-salmon-and-vegetables/#recipe)

<https://www.skinnytaste.com/sheet-pan-teriyaki-salmon-and-vegetables/#recipe>

# Strawberry Frozen Yogurt

## Ingredients

- 140g strawberries
- ½ x 405g can light condensed milk
- 500g tub 0%-fat Greek yogurt

## Instructions

1. Roughly chop half the strawberries and whizz the rest in a food processor or with a stick blender to a purée.
2. In a big bowl, stir the condensed milk into the puréed strawberries then gently stir in the yogurt until well mixed. Fold through the chopped strawberries.
3. Scrape the mixture into a loaf tin or container, pop on the lid or wrap well in cling film and freeze overnight, until solid. Remove from the freezer about 10-15 mins before you want to serve the frozen yogurt. Can be frozen for up to 1 month.

## Nutrition

Servings Per Recipe: 5. Per Serving: cal 173 ; fat 0g; saturates 0g; carbs 31g; sugars 30g; fiber 1g; protein 14g.



# DEPARTMENT SPOTLIGHT

## HUMAN RESOURCES DEPARTMENT

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

Mary, Michaela and Tiffany.

***Collectively as a department, they have a combined 16 years of HR experience.***

### **What services does your department provide?**

We are the People people! Our job is to support our current employees however we can.

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

We love our surrounding communities! GCH provides us the opportunity to be an integral part of our communities and help provide personalized care to all of our patients by supporting our awesome employees!

### **When was your department established?**

Human Resources for GCH was officially established in 2005.



# 5 Top Tips for a Healthy Spring

## **Renew and revitalize yourself with healthy choices**

Spring feels like a new beginning and a fresh start. Let the regenerative powers of sunshine, warm weather and more sunlight restore you and inspire you to spring-clean your world.

"Spring is a great time to refocus yourself and your family toward making healthy choices so you can enjoy the seasonal changes that come with the longer days," says Rio Dickens-Celestin, MD, an internal medicine physician at Scripps Clinic Carmel Valley.



Try these simple ways to jumpstart your spring cleaning.

### **1. Shake up your fitness routine**

Take advantage of a warm spring weekend to rethink your attitude toward exercise.

"Instead of dreading it, think of exercise not as a workout, but as a chance to play and have fun," Dr. Dickens-Celestin says. "Get back to basics and re-discover activities or sports you used to enjoy, but haven't done in a while, whether that is hiking, bike riding or swimming."

### **2. Rethink your diet**

"It's important to make sure you're getting a balance of nutrients. Keep your food choices simple in the midst of conflicting nutritional and weight-loss messages," Dr. Dickens-Celestin says.

"Most nutrition experts agree that choosing whole, unprocessed foods, and reducing added sugars and portion sizes will improve your nutrition," Dr. Dickens-Celestin adds.

To reduce sugars, scan ingredients on packaged foods and choose those with little or no sweeteners, including corn syrup, evaporated cane sugar, dextrose and fructose. Bolster your meals and snacks with more raw foods, such as raw nuts, baby carrots, broccoli and zucchini.

An easy way to make sure you are loading up on fiber, vitamins and other nutrients is to enjoy spring's bounty of colorful fruits and vegetables. Include three or more colors in each meal, and one or two in snacks. Try scrambling eggs with spinach and red bell peppers; add raspberries and oranges to green salads, or add blackberries or blueberries to yogurt.

If your family enjoys take-out, try fake-aways instead – healthy homemade meals intended to replicate takeaway food, such as gourmet pizza, sizzling stir fry and Chinese noodles.

# *5 Top Tips for a Healthy Spring*

## **3. Schedule time for yourself**

Time alone helps you recharge and replenish your energy. Schedule some “me” time every day and make it a priority, just as you would a doctor’s appointment or picking up the kids from school.

What you choose to do doesn’t have to be complicated. Try soaking in the tub with a good book, enjoying a morning cup of coffee, taking a walk or putting in the garden.

“If it doesn’t work for you, try something else,” says Dr. Dickens-Celestin. “Think about what clears your mind and makes you relaxed and restores your sense of balance.”

## **4. Do a digital detox**

Don’t let phones, laptops and tablets distract you from living your life. Rather than trawling social media, check out new activities or hobbies that might interest you, whether that is a new sport, volunteering or a craft. Time away from technology can help you feel more productive and boost your mood.

Harnessing the power of spring to renew and revitalize your life can help pave the way for months of enjoyment with friends, family and yourself.

## **5. Check your medicine cabinet**

Chances are, if you open up your medicine cabinet, you’ll find some old prescription bottles or over-the-counter medications that need to be tossed.

Examine everything in your cabinet, including ointments, supplements and vitamins, and discard any item that is beyond its expiration date or is more than a year old. Make sure to dispose of medications in a safe manner by removing personal information from the bottle and mixing the drugs with something unappealing like coffee grounds. Then seal in a plastic baggie and throw away.

Almost all medicines can also be safely disposed of through medicine take-back events, mail-back programs and collection receptacles authorized by the U.S. Drug Enforcement Administration.

“Leftover prescription pills are far from harmless,” says Dr. Dickens-Celestin. “Taking them incorrectly or accidentally could lead to a trip to the emergency room, especially for young kids or teens.”

VOLUME 2 • ISSUE 7 | *Want More?* Visit our website to check out all our newsletters! | [GuthrieCountyHospital.com](http://GuthrieCountyHospital.com)  
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.

# PODIATRY SERVICES

## NOW INCLUDING SURGERY

### **SERVICES PROVIDED:**

Office Procedures/Routine Care | Foot and Ankle Surgery  
Trauma | Sports Medicine | Arthroscopy



Sean Grambart, D.P.M., FACFAS, joined Foot and Ankle, part of the DMU Clinic, and the DMU College of Podiatric Medicine and Surgery in fall 2019. He currently serves as the Assistant Dean of Clinical Affairs and is excited to bring services to the Guthrie County communities.

Dr. Sean Grambart will be seeing patients in the clinic every Tuesday and completing surgeries on Wednesday afternoons.

**To schedule your appointment, call (641) 332-3900.**