HOW TO AVOID GAME CHANGING INJURIES

PATIENT EXPERIENCE
DR. ANTHONY’S GRANDSON JOB SHADOWS AT VGH

GET YOUR GRILL ON!
ADDING FLAVOR TO YOUR MEALS WITHOUT THE CALORIES

SWEET DREAMS
ARE YOU GETTING YOUR BEST SLEEP?

WORKING TOGETHER
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Warmer weather is here and it’s time to BBQ! Explore a world of flavor and healthy eating from the convenience of your backyard grill.
I have been amazed and humbled by the support and words of encouragement I have received from the community, the hospital’s board of directors, and our staff as I transitioned to leading Virginia Gay as CEO.

LESSONS LEARNED

I have already learned that although my experience and knowledge of day-to-day operations have been essential, there are plenty of new challenges. One of the most significant challenges is keeping abreast of changes in local and national regulations that might impact the future of Virginia Gay and convenient-access to health care in Benton County. I am also involved in struggles with insurance, regulatory, governmental, and reimbursement issues that must be dealt with daily. My predecessor and mentor Mike Riege said those issues had to be approached like a battle, and now I know more than ever that he was right to call it that.

DEDICATED STAFF

As residents of Benton County, we are all fortunate to have a medical staff dedicated to providing primary health care while also being on call for our emergency department and seeing patients in the hospital. We have nursing, clinical, and support staff who take pride in working together toward a common goal of improving the health and safety of our patients.

COMMUNITY SUPPORT

Those of us working in health care are fortunate to have the support of our communities that make possible clinics in Atkins, Urbana, and Van Horne, in addition to the facilities we have in Vinton. Our board members are generous with their financial support and donations of time and expertise, and when Virginia Gay asks the community for financial support, it is given and given in abundance.

LASTING LEGACY

Many people have asked what I hope to accomplish in my time as CEO, and it’s been a difficult question to answer. The constantly changing realities of health care make it almost impossible to chart one course and to have goals carved in stone. If there is something I want to leave as a legacy, it is this – to maintain and strengthen the relationships between Virginia Gay and the community that benefit us all.

There are currently many rural hospitals in Iowa in financial peril. Throughout the U.S. many small hospitals are closing, and the result in their communities is an economic and health-access disaster. Virginia Gay is financially strong, professionally respected, and an extremely important economic force for good in Benton County. Maintaining and strengthening its connections to our communities is and will remain my top priority because our health and well-being depend on it.

Thank you all for the support you’ve shown our Virginia Gay health care community and me.
The following is an edited conversation between Ben Anthony Palmer, a fourth-year medical student at Des Moines University, and Virginia Gay physician Dr. Maggie Mangold. Ben graduates from Des Moines University in May and has been accepted to the pediatric residency program at the University of Iowa Hospitals and Clinics. Dr. Mangold and Ben worked together for four weeks as part of his clinical rotations. Ben’s parents live and work in Pella where his mother, Jennifer (Anthony) Palmer, practices dermatology at Epiphany Dermatology. His father, Jim, is the business manager for the practice. Dr. Tony Anthony, a physician in Vinton between 1962 and 1996, was Ben’s grandfather. While in Vinton Ben stayed with his grandmother, Dottie (Anthony) Anderson, and her husband, John Anderson, who Ben affectionately refers to as his step-grandfather.

**Q** Dr. Mangold, why do you like having students with you?

**DR. MANGOLD:** First of all, it’s just fun having bright young students to work with and having students here helps us learn new things. Students have learned new evidence and can share new ways of thinking about caring for patients. I think teaching also keeps all of us sharper because, to teach, we need to think not only about what should be done for a patient but we also have to revisit why it makes sense. I also enjoy sharing my passion for family medicine, and I hope I share that with students in a way that inspires them to be excited about medicine.

**Q** Ben, what will you take with you from your experiences at Virginia Gay?

**BEN:** I’ll remember experiencing the connection doctors can make in a rural family practice setting. I’ve learned a lot about the care you can provide when you really know your patients. Experiencing that connection firsthand has been inspiring. It’s difficult to get that in medical school, or even in many of the rotations. As a student, you’re in one place for a month, and then you move on to the next experience in a new location. Being here has given me enthusiasm for beginning my practice.

**Q** How have patients reacted to letting you participate in their care?

**BEN:** They’ve all been very welcoming and very kind.

**DR. MANGOLD:** Part of that is because Ben is just a delightful young man. His sense of humor is fantastic, and he connects with patients. He has a real gift that’s going to serve him and his patients very well.

Another part is a reflection of how supportive our patients have always been of teaching new generations of health care providers. Patients have seen students become staff here, and I think they know how providing those learning opportunities not only benefits the student but often benefits the community as well.

It can sometimes be a little inconvenient for patients to go over symptoms and concerns twice and to be here a little bit longer than they typically are. That’s why I like to say, “Thanks for being the teacher today,” because the patients are the ones doing the most important teaching. Medical students like Ben already know a lot about medicine; our patients are helping them learn how to be a doctor.
Ben, is family medicine what you want to do, or do you have something else in mind?

BEN: I hadn’t found anything that ignited my passion until I experienced a pediatrics rotation. Pediatrics is something I can see myself doing every day. I look forward to working with kids to help improve their lives and better their health, and again, to experience that continuity of care from a newborn to a toddler to an adolescent with all the highs and lows that come with it. I knew it was the area for me because, odd as it sounds, I even enjoy the challenge of working with kids who are screaming and bouncing off the walls. I find a lot of joy in helping parents understand what their children are going through and in sharing what I’ve learned to help improve their lives.

Ben, what will you take from all you’ve learned about your grandfather’s practice?

BEN: One thing is the amazement at understanding that he did a little bit of everything, including anesthesia, delivering babies, and doing housecalls. Some of the nurses who worked with my grandfather and who still work at Virginia Gay brought up some of his old charts for me to look at, and sometimes they’re only a couple words long. “Strep throat amoxicillin,” or a few words and a charge of five dollars. It has also been fun to learn of his time here and to hear those stories from the people he helped. It’s brought home how much the practice of medicine has changed.

Anything you would like to add?

BEN: Just a thank you to Virginia Gay. It’s been fun. Growing up I heard a lot of stories about the community, about my grandfather, and about Virginia Gay Hospital. But to be here as a student and to be welcomed almost as part of the community... the time here has been an educational experience for me that will always be a very special memory.
CONTINUING PROFESSIONAL EDUCATION

Being hospitalized or needing long-term care can be an extraordinarily vulnerable moment in life. In those times, we depend on the skill and compassion of health care professionals who have chosen to be a doctor, nurse or one of the essential staff needed to provide safe, effective patient care.

To retain the excellent staff we have and to improve their level of skill, Virginia Gay Hospital and the Virginia Gay Hospital Health Care Foundation created a forgivable loan program in 2017. Employees may apply for a limited number of grants available to offset the cost of additional education or professional development. The awards are given annually to employees who demonstrate a commitment to quality health care in our community. The following are just a few of our past recipients.

CHELSEA ERHARDT is a recent recipient of one of these awards. “I was more than thrilled in August 2003 when I was offered the social worker position for Virginia Gay. I have been able to enjoy a career full of variety, working with patients in the clinic, hospital, nursing home, and emergency department. I assist patients in receiving services such as Meals on Wheels, Lifeline, home health, hospice, and long-term care. I work with these patients not only to find appropriate services that are safe and comfortable, but also to provide support to their families in difficult situations. I especially enjoy helping locate funding sources such as Title IX.”

“Being a part of the Virginia Gay team has allowed me to form relationships with co-workers, patients, residents, and families within the community. I continue to consider Virginia Gay my career path of choice, and taking continuing education is geared toward being successful for the hospital and the patients I serve.”

BRITTANY USHER has been working at Virginia Gay for over ten years and received an award in 2018. “Since I was a little girl, becoming a nurse was something I always wanted. I started my journey at Virginia Gay Hospital as a Certified Nurse Assistant (CNA) and Oral Medical Technician (OMT) in the Nursing and Rehab Department. I recently transitioned to home health care, and I plan to stay indefinitely. My plans include obtaining my Bachelor of Science degree in nursing to better not only myself but also Virginia Gay Hospital. Being a resident of Vinton, Virginia Gay has been a staple in my life. My long-term goals are to work and grow here at Virginia Gay.”

After working as a CNA for about two years, DONNA ELLIS realized she’d found the right career path. Continuing her education to earn a nursing degree was a challenge for the single mother of three young children, but she successfully met her goal of becoming a registered nurse. “I love where I am. I can honestly say Virginia Gay has been one of the best places I have ever worked, and being here has helped me grow as a nurse.” A VGH forgivable loan offered her an opportunity to prepare for the next step in her education and skill development.

ERIC STRUVE, another recipient, made a move from long-term care at another facility to working as an LPN in acute care at Virginia Gay Hospital. Eric’s goal is to further his education and become a registered nurse. “I am looking to further my knowledge by working in the hospital setting. It has been wonderful to be able to take care of people in our community, and I look forward to doing that in an acute setting.”

Goals of continuing to provide quality patient care and lifelong learning prompted KELLI SCHMADEKE to apply. “I love the variety of patient care I can provide. The best part of my job at Virginia Gay is that it is such a tight-knit community. It allows me to get to know the patients, which allows me to do a better job of caring for them.”

MEGAN METZ had always been interested in working for Virginia Gay Hospital and Clinics because it was close to home and offered many opportunities. She fondly remembers being a young patient of Rita Taylor-Stewart, the physician assistant at the Van Horne Family Medical Clinic. She recently transferred to that same clinic to fill the role of Health Coach/Care Coordinator. “I enjoy working here and value the opportunities I have been given, especially obtaining my Health Coach Certificate (CHC). I enjoy the variety of patient care I can give and have a passion for helping people.”
"I have been in health care since I was 17 years old," wrote MISTY GAHRING on her award application. "Growing up, my mother had to have emergency back surgery, and that event sparked my desire for the field." Misty has also been exposed to diabetes management her entire life, so as she was searching for employment opportunities, she was excited to find a job that offered her flexibility to be with her family and work directly with diabetic patients. Since joining Virginia Gay, she’s become a Certified Clinic Health Coach and is looking forward to resuming her education and becoming an RN.

Attracting and retaining professionals who are ready and willing to serve our community is an essential aspect of quality health care. Virginia Gay Hospital and the Virginia Gay Hospital Health Care Foundation invest in our community by creating an environment that encourages professional development and growth for those health care professionals. Learn more about Virginia Gay Hospital at www.myvgh.org and the Virginia Gay Hospital Health Care Foundation at www.myvghfoundation.org.

HIGH SCHOOL SCHOLARSHIP AWARDS
As careers in health care continue to grow and thrive, Virginia Gay Hospital Health Care Foundation is pleased to offer scholarships to Benton County youth interested in becoming health professionals. Each year, high school seniors at Benton, Center Point-Urbana, and Vinton-Shellsburg Community High Schools are awarded thousands of dollars in scholarships. Robin Martin, Foundation Director, explains, “It’s an opportunity to pay back the communities we serve. Those scholarships are an investment in the future as they encourage students to seek educational opportunities in a variety of medical fields. We are helping them achieve their dreams as we also promote continued quality health care.”

In 1992, Virginia Gay Hospital established a scholarship fund for students who wish to pursue a degree or certification in human health sciences or nursing. The Jeanette M. Miller Scholarship was established in 2014 explicitly for students pursuing a degree in nursing. In addition to earning substantial grades in math and science, it is essential that candidates show involvement in activities in their school and community, including volunteering. Students who have participated in the Patient Care Academy course to earn a certified nurse assistant certificate receive special consideration. The Patient Care Academy is a program through Kirkwood Community College that explores the medical field, provides an 85-hour nurse’s aide course, and enables high school students to make informed decisions on a health career while earning several college credits.

To learn more about scholarship opportunities through the Virginia Gay Hospital Health Care Foundation, please visit myvghfoundation.org.
Don Logan and Don Eells both serve on the board of the Virginia Gay Hospital Health Care Foundation. They recently spoke about how keeping medical care close to home has relied on charitable giving. Virginia Gay Hospital is one of a small number of completely independent hospitals in Iowa. Because it does not receive support from taxes, Virginia Gay and its clinics rely completely on payment for services and donations.

Don Logan and his wife, Jan, are retired and live in Van Horne. The Logans were featured for their commitment to their community and Virginia Gay in a 2015 Thrive article. Visit bit.ly/Thrive_2015_GroundUp to view the article online.

Don Eells and his wife, Gwen, are retired and live just north of Vinton. Don and Gwen moved back to Don’s hometown in 2004 after successful careers in California. Don and Gwen are active members of the community and give generously to help young people and organizations like Virginia Gay.

Why are you both so passionate about supporting Virginia Gay through charitable giving?

DON EELLS: We want to make sure the hospital is well funded and its future is secure. We want it to continue to grow and to continue keeping pace with medical technology. We are also interested in doing all we can to assure its continued independence because we like that our medical staff is focused on the needs of the patient rather than fulfilling mandates, whether those mandates are from a corporate parent or the government. The Virginia Gay Health Care Foundation helps achieve all those goals.

DON LOGAN: As a rural county we can’t afford to lose the jobs and the economic benefit of having Virginia Gay and its clinics, and traveling 30 or more miles for primary care costs a lot of time and money. We also know that losing a resource like Virginia Gay would mean losing a lot of vital energy our communities need. Our county’s public health effort depends on medical volunteers from Virginia Gay as do our ambulance services. Beyond health care, the employees of Virginia Gay are also involved in many organizations as non-medical volunteers.

Can you give some specifics about how the VGH Health Care Foundation provides support for the health of Benton County residents?

DON LOGAN: The competition for medical professionals is intense, whether those professionals are nurses, technicians, or doctors. Finding the professionals who want to practice in a rural setting, and making sure we offer competitive salaries and benefits, is one role of the foundation. We provide support with loan repayment offers and scholarships for advanced training of nurses and other staff.

DON EELLS: The support Don Logan focused on is something we do behind the scenes to keep Virginia Gay healthy. For most people, they think of us only for the capital campaigns that have renovated the hospital and constructed clinics. Those projects have also helped add new technologies like MRI and 3D mammography.

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### Major Gifts

**Virginia Walcutt Gay**
- gave the original gift that established the hospital
- 1914

**Women’s Club of Vinton**
- Reopened the hospital after finances caused its closure
- 1962

**Members of the Community**
- Loans and gifts provided for construction of the long term care addition
- 1974

**Members of the Community**
- Major renovation and remodel of the hospital
- 1979

**Rodgers Trust**
- Expansion of the hospital for acute care
- 1982

**Vernon S. Flechner Land donation**
- Members of the Community
- 1986

**Members of the Community**
- Complete hospital renovation
- 2002

**Members of the Community**
- Expansion of the clinic adjacent to the hospital
- 2013

**John Anderson & Family**
- Special support of the Hospital Foundation
- 2017

**Members of the Van Horne Community**
- Expansion of Van Horne Clinic
- 2018

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**Herger Trust**
- Construction of first clinic adjacent to the hospital
- 1914

**John Grover Trust**
- Expansion and improvement of radiology and emergency services
- 1976

**Elwick Family Land donation**
- 1982

**George W. Fry Land donation**
- 1985

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**[MAJOR GIFTS] TO THE VIRGINIA GAY HOSPITAL ORGANIZATION**
Crews are busy at work on an addition to the Virginia Gay Family Medical Clinic in Urbana. The addition will almost double the size of the clinic and will include four additional exam rooms, an office for a second provider, and a larger waiting room. Additional space is being provided for two more restrooms and space for a retail pharmacy if an interested pharmacy partner can be found in the future. During construction of the addition, the crew will replace the flooring, apply fresh paint throughout the facility, and create a larger work station for nurses.

The goal is for work to be completed by the end of September 2019. Watch the Virginia Gay Hospital Facebook page for progress updates.

The clinic will welcome Pam Keel, ARNP, in July 2019. She joins Michele Burnes, PA-C, who has been a clinic provider since March 2002.

Learn more about all the Virginia Gay Family Medical Clinics located throughout Benton County on our website at www.myvgh.org.
The most common injury in sports is an ankle injury. Perhaps they are dismissed as a nuisance rather than a serious injury because they are so common. They are serious because an estimated 30% of first time sprains result in Chronic Ankle Instability (CAI) and between 70 and 75% of those who suffer from repeated sprains will have CAI. Chronic ankle instability has been shown to have serious, negative lifetime effects.

Research in sports medicine has identified a failure to seek medical diagnosis and treatment of sprains as the leading cause of chronic ankle instability and the repeated sprains leading up to it.

Brandt Corcoran, Physical Therapy Assistant at Virginia Gay Hospital, says it is important to get injuries assessed by a trained professional, especially ankle sprains. “Sprains are often much more complicated than they seem. There are different levels of sprains determined by the level of damage to the ligament or ligaments, which can be assessed by doctors, athletic trainers, physical therapists, and other health care providers. The degree of the injury will guide the rehab progression and determine the time it takes to return to sport.”

Many athletes suffer from re-injury, especially with ankle sprains. They may not seek help and proper rehab guidance, and the result is that they return to their activity too soon. Physical therapists can help the athlete go through a proper progression of exercises and activities so that they can return to their sport safely and at their full potential. They can help the recovering athlete from an injury starting with light intensity exercises and including treatments to decrease pain and inflammation. Contrary to what you might have heard, continuing to participate with pain is the wrong thing to do. A good acronym to keep in mind is ‘POLICE’ (protect, optimal, loading, ice, compress, and elevate).

The best injury protection

Young parents today live with an abundance of sports participation activities for their children, and those activities seem to grow increasingly specialized and demanding of time and money. One sport can so dominate the student’s time that the athlete can now become specialized in one sport at a very early age. Parents also feel under pressure to allow and even encourage specialization, so their child has the opportunity to play during competition.

Young athletes who specialize early aren’t significantly more likely to play their sport at a Division I college or to become a pro athlete. They are significantly more likely to be injured in their sport and to lose interest long before they would have enjoyed their highest level of success, a level that is the result of maturity and years of steady practice.

Well rounded athletes

A key to understanding the need for participating in multiple sports is to understand that there are two types of injury: acute and overuse injuries. Acute injuries are the result of one incident like an awkward collision, an elbow to the face, or a dislocated shoul-
Take breaks: You should have a day or two off each week and longer breaks throughout the year.

Cross-training: Playing other sports or doing other exercises gives some muscle groups a much-needed rest while developing others.

Not only does specialization not create elite athletes, but it also significantly increases the chance of injury. According to a 2013 study, adolescents who spent more hours per week than their age playing one sport were 70 percent more likely to experience overuse injuries than other injuries. Another study showed that kids who play one sport for eight months out of the year are nearly three times more likely to experience an overuse hip or knee injury.

**The Timeless Value of Sport**

There is plenty to disapprove of about sports today. Parents who covet sports scholarships sometimes push their children beyond what is healthy for them, while putting pressure on coaches and yelling at referees. What was once a season for a sport has now mutated into a schedule of competitions and practices for school and league that engulfs the entire year. Parents often feel negligent if they don’t spend every weekend at a tournament and allow a schedule of near-constant practice.

We should not let the negative aspects of over-specialization and the corrosiveness of single-mindedly becoming an elite athlete blind us to the values we can learn from participating in sports. When parents and coaches focus on core values, sports can impart beneficial lessons lasting a lifetime. Those core values include learning to trust others and be part of a team. Through sports, we can gain knowledge about the lessons of failure without suffering permanent harm. We can learn to accept and offer help, and learn that life isn’t always fair. Sports teach us to have a growth mindset; no matter what my performance was today, with practice I will be better tomorrow.

Among the most important lessons that sports can teach are how to be a gracious winner and how to lose with dignity because we all experience successes and failures as part of life.

**Age vs. Hours:** Don’t let your kids spend more hours per week than their age playing sports. For example, 9-year-olds shouldn’t be spending 10 hours a week at soccer practice.

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When it comes to the cooking term grilling, most people think of steaks, burgers, and bratwursts. But adding vegetables and fruit to a searing grill can create a sweet and smoky flavor that will enhance your dish. For healthy, flavorful grilling that adds flavor without the added calories, check out these tips the next time you barbecue.

GET STARTED

Make sure to always start with a clean grill. That’s easier when you use a wire brush after each grilling session and don’t let the char build up on the grill. For easy clean up put down aluminum foil (small holes poked in foil) or grab some vegetable grates for grilling.

MARINADES: Make your own. It is an easy way to increase flavor, and you’ll know what ingredients it contains. If using bottled marinades, grab ones that are lower in sodium.

SPICE & HERB COMBINATIONS: For those watching their salt intake, marinades are a great way to increase the flavor of meats, vegetables, and even fruit by using a variety of flavor combinations.

GRILLING VEGETABLES AND FRUITS: Using the grill intensifies the taste of fruits and vegetables just as it does for meat. Kabobs are an easy and fun way to eat grilled fruits and vegetables.

MARINADES

What does the term marinade mean? It refers to soaking food in a flavorful liquid. Marinating is a technique that’s been around at least since the Renaissance when acidic mixtures were commonly used to help preserve foods. Here is a list of some marinades that are easy to put together and offer great variety.

OPTIONS FOR MEAT

* GREEK – Olive oil, lemon, and herbs
* TERIYAKI – Soy sauce, ginger, and a vinegar (rice or white)
* COFFEE – Coffee grounds, mustard, garlic, and a balsamic vinegar
* JERK – Onions, soy sauce, peppers, and spices such as cinnamon and all-spice

OPTIONS FOR VEGETABLES

* ASIAN – Soy sauce, red or white wine
vinegar, ginger (fresh or dried), and sesame oil (optional)

**LEMON & GARLIC** – Olive oil, lemon juice and zest, garlic, salt and pepper

**MEDITERRANEAN** – Olive oil, thyme, rosemary, lemon, salt and pepper

**VEGETABLES**
Adding vegetables to any dish helps to add instant flavor to the meal without having to sacrifice calories. As a bonus, veggies are full of health-impacting vitamins and minerals. For those looking to lower their carbohydrate or starchy vegetable intake, increasing the non-starchy vegetable intake is an easy way to accomplish it. Just brush the vegetables with some olive or avocado oil, some seasoning, and grill!

**HERBS & SPICES**
Spices and herbs offer an easy way to add a lot of flavor to any recipe or food item. Many spices and herbs can complement a dish and each other. There’s an almost endless variety of flavor and food combinations to try. Many of these items may already be in your pantry.

**MORE SUGGESTIONS**
Did you know personal dietary guidance through one-on-one meetings is available with Sara Wattnem, Virginia Gay’s clinical dietitian? Participation in this service does not require a referral from either your doctor or your insurance company. The first one-hour consultation and planning session is $40. Additional visits can be scheduled as needed. Call Sara at 319-472-6224 to schedule your consultation.

Sara recently became a Certified Specialist in Obesity and Weight Management (CSOWM). As a CSOWM, she is able to educate, support, and empower patients to understand and manage their weight and risks associated with being overweight or obese through nutritional, physical, psychological, behavioral, medical and/or surgical interventions.

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**FLAVOR COMBOS TO TRY!**

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<thead>
<tr>
<th>TRY:</th>
<th>WITH ANY OF THESE FLAVORS!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td>Basil, bay leaf, caraway, curry, dill, dry mustard, garlic, grape jelly, green pepper, mace, marjoram, mushrooms (fresh), nutmeg, onion or onion powder, parsley, pepper, rosemary, sage</td>
</tr>
<tr>
<td><strong>CHICKEN</strong></td>
<td>Basil, cloves, cranberries, mushrooms (fresh), nutmeg, oregano, paprika, parsley, pineapple, saffron, sage, savory, tarragon, thyme, tomato, turmeric</td>
</tr>
<tr>
<td><strong>EGGS</strong></td>
<td>Chervil, curry, dill, dry mustard, garlic or garlic powder, green pepper, jelly, mushrooms (fresh), nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato</td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td>Basil, bay leaf, chervil, curry, dill, dry mustard, green pepper, lemon juice, marjoram, mushrooms (fresh), paprika, pepper, tarragon, tomato, turmeric</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td>Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td>Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td>Apricots, basil, bay leaf, currant jelly, curry, ginger, marjoram, mushrooms (fresh), oregano, paprika</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, sugar or sugar substitute, salt-free salad dressing, vinegar</td>
</tr>
<tr>
<td><strong>DESSERTS</strong></td>
<td>Allspice, anise, cinnamon, cloves, ginger, mace, nutmeg, vanilla extract, other extracts</td>
</tr>
</tbody>
</table>
Each year, the Virginia Gay Hospital Health Care Foundation distributes more than $25,000 to support women’s health in Benton County through Gifts of Hope at Virginia Gay Hospital. The only application needed is to tell your Virginia Gay Family Medical Clinic primary care provider that you need assistance paying for services. The Gifts of Hope fund provides mammograms and other services to women who cannot afford the tests needed for breast cancer detection and other procedures. The fund also pays the difference between standard 2D mammography and 3D (Tomosynthesis) for any patient whose insurance won’t cover the additional cost of the advanced diagnostic test.

The Party In Pink 5K Walk/Run is the primary source of funds for Gifts of Hope and raises about $10,000 annually. You can contribute by registering to run or walk the entire course or the one-mile route. There is also a fun run for the kids. This year marks the seventh year for Party in Pink, and the hope is to set a new fundraising record.

This is the first year donations can be made through a Facebook fundraiser. Facebook does not charge for this service so all the donated funds will support women’s health in our local communities. Visit the Party in Pink 5K Walk/Run Facebook page and click on the fundraising button. Use your credit card to donate through Facebook, or the Virginia Gay Hospital Health Care Foundation will also accept checks mailed to VGHHCF, 502 North 9th Avenue, Vinton, 52349.

Though the statistics are that one in eight women will be diagnosed with breast cancer, five of nine first cousins in the Alpers family have all received a diagnosis of breast cancer.

SOME OF THE ALPERS COUSINS AT A RECENT GATHERING from left to right: Cheryl Thacker, Daryl Alpers, Greg Alpers, John Alpers, Sue Newman, Scott Inman, Lu Karr, Drew Alpers, Scarlett White, Duane Alpers and Barb Anderson

AS A MEMBER OF SURVIVORS OF BENTON COUNTY, I HELPED ORGANIZE THE FIRST PARTY IN PINK 5K RUN/WALK, AN EVENT THAT IS NOW A PROGRAM OF THE VGH HEALTH CARE FOUNDATION. THIS YEAR OUR FAMILY WILL PARTICIPATE IN MEMORY OF THOSE WE LOST TO BREAST CANCER, INCLUDING MY COUSIN BECKY (BUN TEN) COTTRELL AND AUNT LEONA (ALPERS) BUN TEN, AND TO HONOR THOSE WHO HAVE FOUGHT THIS DISEASE. | LU KARR
IS THE QUALITY OF YOUR SLEEP IMPACTING YOUR HEALTH?

In the era since the invention of artificial light, our average hours of sleep have dropped from nine hours to seven-and-a-half. When flickering light was made by candle or whale oil, most people experienced “first” and “second” sleep. Going to bed at or near dark, they would wake up at roughly midnight or 1:00 AM, be awake for several hours, and then sleep again until the sun came up. In our chronically sleep-deprived lives today, waking up in the middle of the night for an hour or so is almost like torture, yet it was our normal pattern for millennia.

HOW TO KNOW IF YOU AREN’T GETTING ENOUGH SLEEP

A sleep deficiency can be the result of sleeping at the wrong time of day, not getting enough hours of sleep, or because of poor sleep quality.

The body needs two kinds of sleep: REM and NREM sleep. REM sleep is when your mind is active, almost as though you were awake. NREM, or Non-REM sleep, is the deepest kind of sleep. A sleep deficiency can be caused by not getting enough sleep or not getting the right balance of the two kinds of sleep.

GETTING HELP IS EASIER THAN EVER

Virginia Gay Hospital was recently accredited and can now provide home sleep studies. Home sleep studies are a major advance in sleep disorder diagnosis because they are less intrusive and allow patients to be in their own beds.

Home sleep study equipment includes a belt-like device worn on a patient’s chest. This belt has three devices that are monitoring the following: blood oxygen levels, patient’s heart rate, patient chest wall movement, breathing pattern, and the airflow thru a patient’s airway. The results from a home sleep study can rule out sleep apnea and help diagnose other sleep disorders. Testing in a sleep study room with more sophisticated monitoring capabilities is only necessary if the home study detects sleep apnea.

A home sleep study measures the following:

- AIRFLOW
- RESPIRATORY EFFORT
- OXYGEN SATURATION
- HEART RATE
- SNORING

WHY SHOULD I CHOOSE TO DO A HOME SLEEP STUDY WITH VIRGINIA GAY?

Many people think the only outcome of a sleep study is sleep apnea or no sleep apnea, but it’s a great first step to a better night’s sleep. For example, a sleep study might determine that you need to see a dentist for a night guard. Bruxism is the term for clenching and grinding teeth, and it can cause insomnia, headaches, and facial pain, not to mention the damage it can do to your teeth. The sleep monitors pick up other issues like restless leg syndrome, which can cause a lot of sleep disruption, or a deviated septum. The septum is the bone and cartilage that separates your nose...
OKAY, I NEED A HOME SLEEP STUDY. NOW WHAT SHOULD I DO?

If you feel as though you’re not getting the rest you need or you show signs of sleep disorder, schedule an appointment to visit with your primary care doctor or physician assistant (PA).

At that appointment, make sure you voice any concerns you may have about your sleep. Tell them if you experience daytime tiredness, fatigue, snoring, or any other issues in regards to your sleep patterns.

Your doctor or PA may then place an order for a home sleep study which will require a pre-authorization from an insurance company. Make sure you specify that you’d like your home sleep study to go through Virginia Gay Hospital.

Once the pre-authorization is complete, you will receive a phone call from the VGH Respiratory Department to schedule your study. They will send you an information packet that explains the procedure and contains paper work that you will need to complete.

Each patient that participates in a home sleep study will receive an educational session at the hospital to ensure proper use of the equipment and have an opportunity to ask questions and submit the required paperwork. The next day you’ll return the sleep study device to the hospital for analysis. The Sleep Center will review and interpret the data uploaded for you with results usually available within seven business days.

Your results will be returned to your primary care doctor or PA who will notify you with any follow-up care that is needed.

If at any point you have questions or concerns regarding the process, call the VGH Respiratory Therapy Department at (319) 472-6217.

What I find fulfilling about working with the sleep study team is hearing from patients who are now full of energy and life after treating their sleep problems. They were once tired all the time and just struggling to stay awake during the day, and are now patients living full lives again.

NANCY HLAS
Respiratory Manager
Virginia Gay Hospital

SLEEP APNEA?

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts.

You might snort, choke or gasp.

This pattern can repeat itself 5-30 times or more each hour, all night, impairing your ability to reach the deep, restful phases of sleep.

Most common signs & symptoms
- Loud snoring
- Episodes in which you stop breathing during sleep (which would be reported by another person)
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep (insomnia)
- Excessive daytime sleepiness (hypersonnia)
- Difficulty paying attention while awake
- Irritability

If you snore loudly and feel tired even after a full night’s sleep, you might have sleep apnea. If you think you might have sleep apnea, see your doctor. Treatment can ease your symptoms and might help prevent heart problems and other complications.
ach rare disease affects a relatively small number of people. The benchmark for a disease to be classified as rare is that it affects no more than 200,000 people. Taken together, the 7,000 or so rare diseases afflict 25 to 30 million people in the U.S., or nearly 10% of the population.

One person who has a rare condition and who looks to a Virginia Gay Family Medical Clinic for primary care is Carol Knoff. Carol worked as a graphic artist for more than 35 years and her husband, Ray, is a systems engineer at Collins Aerospace. He is involved in projects to improve aircraft. After moving to Vinton, the couple lovingly renovated their home that was built in 1901.

“We moved to Cedar Rapids from Cleveland, Ohio, when I was nine years of age. My father wanted to teach at a community college,” explains Carol, “and he chose Cedar Rapids not just so he could teach at Kirkwood Community College, but also because the University of Iowa Hospitals and Clinics was within easy driving distance. Being close to University Hospitals was important because my youngest sister was born with severe birth defects and would need many surgeries in the years to come. My father, and all four of us children were born with a disease that includes varied symptoms. The disease is genetic. My father died at the age of 65 without ever knowing what his disease was.”

“It was in 2007 that I got shingles, and that seemed to trigger a dramatic worsening of my symptoms. My younger sister’s symptoms were apparently triggered when she was in her early 20’s after her fiancé’s dad died suddenly and unexpectedly. The symptoms are sometimes triggered at birth but can also be triggered by an illness or extreme stress.”

Like many people with rare diseases, without a diagnosis, Carol struggled with the challenge of explaining a wide variety of symptoms when she visited a doctor. “I’ve heard everything from a funny arthritis to being told that it was all in my head,” says Carol. “It took a long time, but after many years of hearing the same things and not finding help, I was frustrated; I began getting angry when I would hear those things. I finally stopped going to doctors and suffered in silence.”

She received a diagnosis of Muckle-Wells Syndrome after she and her siblings went through a variety of tests with Dr. Polly Ferguson at the U of I’s (photo above: Carol, Ray and their dog, Czarina)

Carol met North Dakota native Ray on a blind date at a church they were attending, and 11 days later Ray proposed. They were married the following year in 1978 and raised their two sons in a split foyer home in Cedar Rapids. When their sons were grown and settled with spouses of their own, Carol and Ray realized they would really enjoy living in a more traditional home.

It’s very different having a doctor in a small town where they know you compared to having a doctor who doesn’t know you outside the exam room.

working together:
PATIENT, SPECIALIST, AND FAMILY PHYSICIAN

Carol Knoff may have a rare condition that requires a specialist, but she doesn’t discount the care she receives from her family doctor at Virginia Gay.
Rheumatology Department. Muckle-Wells is a hereditary condition diagnosed by symptoms that can sometimes be confirmed with genetic testing.

Carol’s disease has manifest itself with muscle loss, a severely curved spine, joint problems, and severe fatigue. One sister has hearing loss, rashes, and severe fatigue that can last up to six weeks. Her youngest sister was born with birth defects while the oldest sibling has relatively few symptoms.

“It was nice to have a name...a definitive diagnosis a doctor gave us,” says Carol. “It meant we could identify what kind of specialty care we needed. It is also nice to have a name because I can tell a doctor what I have instead of going through a list of symptoms. I can share the name of the specialist who diagnosed it, and that means my symptoms are taken seriously. With the internet, even if my medical providers don’t immediately recognize the condition, and there are so many symptoms no one can know them all, at least they can get an overview and understand what I’m dealing with.”

A rare disease diagnosis can make a close relationship with a family medical provider even more important. Primary care providers will still manage routine health concerns, including management of chronic conditions like hypertension, as well as vaccines and other health issues. It can also be important to have a provider in your community who is familiar with your condition in the event of acute care for an illness or trauma.

“Even though all my care for Muckle-Wells is with the specialist at the University of Iowa, I still rely on my doctor at Virginia Gay for my routine care,” explains Carol. “For example, when I needed medication for osteoporosis, my specialist wanted my primary care physician to be the one who decided which medication I should be taking. When I wanted a vaccine for shingles my primary care physician called my specialist to make sure the vaccine wouldn’t adversely affect me. I think that says a lot for the role your family doctor plays in your health, even if you also have a complex or rare condition.”

Carol thinks there are even more reasons to have a local health care provider. “It’s very different having a doctor in a small town where they know me compared to having a doctor who doesn’t know me outside the exam room. That small-town feel is really a good thing because I’m a real person; they see me in the grocery store and say hello and talk to me. For me, having my doctor at Virginia Gay makes a real, positive difference.”

They found their home in Vinton listed on the cover of the Great Iowa Homes Realty listings. After a four-hour tour of the house one snowy Sunday, they were hooked. The house was theirs by the following Saturday. “When we saw this beautiful Victorian home, we just couldn’t resist,” says Carol.

Carol and Ray began repairs to improve structural integrity after buying the home in 2002. At every step of the way, they focused on being true to Victorian décor. “Our home is 118 years of age,” says Ray, “and we want it to last another 118 years.” They have made many improvements, both inside and out. Although suffering from fatigue, Carol has found that a routine of hard work for a few hours, followed by a few hours of rest to be the key. “I just keep at it, and I haven’t let my illness stop me from doing what I want, including the improvements and custom draperies I’ve made for every room in the house.” “We see ourselves as preservationists,” says Ray. “We will always do our best to preserve this little bit of history we call home.”
Virginia Gay Hospital
Mandatory Nondiscrimination/Accessibility Notice

Virginia Gay Hospital does not discriminate, exclude or treat people differently on the basis of race, color, national origin, age, disability, or sex. We provide the following for free:
- Communication aids and services to people with disabilities such as:
  - Sign language interpreters
  - Written information in other formats
- Language services to people whose primary language is not English, such as:
  - Interpreters
  - Information written in other languages

If you need these services, contact a Patient Representative. If you believe that we have failed to provide these services or discriminated on the basis of race, color, national origin, age, disability, or sex, you can file a grievance in person, by mail or by phone with:

Patient Representative
502 N. 9th Avenue
Vinton, IA 52349
(319) 472-6200

A Patient Representative is available to help you file a grievance. You can also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:
U.S. Department of Health and Human Services
200 Independence Avenue, SW Room 509F,
HHH Building
Washington, D.C. 20201
1-800-368-1019,
1-800-537-7697 (TDD)
Complaint forms are available at http://www.hhs.gov/ocr/office/index.html

Arabic
نماذج ومواد خاصة من منظمة الصحة العالمية و كذلك ترجمة من إنجليزية إلى العربية تتوفر عبر الرقم 1-319-472-6200.

Chinese
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-319-472-6200。

French
ATTENTION : Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez le 1-319-472-6200.

German

Hindi
ध्यायों के द्वारा और जीवन बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता से बाहें उपलब्ध हैं। 1-319-472-6200

Korean
우리 언어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-319-472-6200.

Laotian
ໄດ້ໄຊຍາວ ທີ່ ເອົາວ່າ ໜ້າທ້າຍ ທີ່ ທິດທານ ການຊ່ວຍເຫຼືອ ທ່ານ ທິດທານ ຈາກ ທີ່ ທິດທານ ທີ່ ເອົາວ່າ ໜ້າທ້າຍ ທີ່ ເອົາວ່າ ໜ້າທ້າຍ ທິດທານ ຈາກການຊ່ວຍເຫຼືອ ທີ່ ທິດທານ ທີ່ ເອົາວ່າ ໜ້າທ້າຍ ທີ່ ເອົາວ່າ ໜ້າທ້າຍ ທິດທານ ຑ່າຍ 1-319-472-6200.

Pennsylvania Dutch

Russian
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-319-472-6200.

Serbo-Croatian

Spanish
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-319-472-6200.

Tagalog
PAUNAWA: Kung nagsasali ka ng Tagalog, maari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-319-472-6200.

Thai
เนื่องจากภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ที่ โทร 1-319-472-6200.

Vietnamese
CHÚ YÊU: Nếu bạn nói tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-319-472-6200.
“Can I do that at Virginia Gay?”

Learn more about all the services offered at Virginia Gay Hospital when you visit www.myvgh.org

SURGICAL SERVICES: ABSOLUTELY!

Just ask John Yundt, president of Wilson-Hite Insurance in Vinton. John recently needed a procedure and experienced a streamlined process from initial consultation to follow-up. He was able to take advantage of Virginia Gay Hospital’s connections with Physician’s Clinics of Iowa surgical staff coming to Vinton to perform procedures. “The surgical suite is state of the art, and I know as a hospital board member, Virginia Gay is continuously making updates to accommodate the needs of our surgical professionals.” John was pleased with his experience and appreciated the convenience of being able to have everything done right in Vinton. “The professional care and personal attention I received was nothing but top notch.” If your health care provider recommends a surgical procedure, you should ask, “Can I do that at Virginia Gay?”

A Healing Tradition

VIRGINIA GAY HOSPITAL
Clinics, Home Health, Nursing & Rehab

319-472-6200
502 N. 9th Ave., Vinton

VGH Home Health
502 N. 9th Ave., Vinton
319-472-6360

VGH Nursing & Rehab
502 N. 9th Ave., Vinton
319-472-6280

Atkins Family Medical Clinic
401 Cardinal Ave., Atkins
319-446-7800

Van Horne Family Medical Clinic
205 Main, Van Horne
319-228-8000

Urbana Family Medical Clinic
1002 W. Main, Urbana
319-443-5000

Vinton Family Medical Clinic
504 N. 9th Ave., Vinton
319-472-6300

Connect with us! Facebook Twitter LinkedIn Instagram www.myvgh.org