Stock up on FRESH PRODUCE at the market page 1

CHRIS’S STORY: 100-pound weight loss page 2

Pictured: Meredith Gockel at the Dubuque Farmers’ Market
Labor Day marks the unofficial end of summer and more importantly, pays tribute to the contributions and achievements of American workers, who are the backbone of our country. The Gallup Organization has researched engagement of more than 30 million workers for the past 30 years. Their findings, that highly engaging cultures are a critical predictor of an organization’s overall performance, are quite conclusive and no surprise.

At Mercy, we understand and embrace the fact that our success depends on our talented team of 1,363 colleagues, who commit to excellent care and service, 24 hours/day, 365 days/year. Of course, our compelling mission and our Model of Caring, which has at its center, excellence in the Mercy experience (for patients and employees) work to our advantage. But, consistent with the Gallup evidence, we measure employee engagement annually and are constantly working to improve key engagement factors such as colleague autonomy, recognition, a team-based environment, and personal and career growth. Simply said, we value the contributions of every single Mercy colleague, and we are intentional about making ours a workplace where they can thrive.

Mercy’s culture is highly collaborative and characterized by shared leadership. We believe people should have a voice in decision making that affects their work, and we have a governance structure that empowers our staff to be leaders in their areas of expertise. Our shared leadership philosophy is consistent with Catholic social teaching and the principle of subsidiarity, which supports autonomy and dignity of the human individual. Positive and pervasive leadership at all levels of Mercy translates to great care and outcomes for patients and families, because our staff; our leaders, are engaged and take great pride in their work.

Mercy employees have an average tenure of 14 years, with seasoned and brand new associates ranging from zero to 50+ years of experience working side-by-side across the organization. We sponsor a large number of recognition and team building activities throughout the year, like our annual Burger Bar, the Mercy 5K Walk/Run, serving meals at the Mission, Salute to Excellence and professional achievement awards, and the list goes on and on. Additionally, we offer ongoing learning opportunities for staff, including grand rounds on clinical topics of interest, a wide array of online educational courses, formal tuition support, and residency experiences for our newer colleagues.

I receive wonderful compliments from patients and family members almost every day about their Mercy experience; and we regularly receive awards from external agencies for exceeding standards of performance in all departments and disciplines. There is no doubt that our great outcomes are a product of the engaged and exceptional people who work at Mercy. We celebrate ours and all workers on this Labor Day, and commit to fostering a great culture well into the future, ensuring Mercy is a wonderful place to both give and to receive care.
**a hot time for**

**PRODUCE at the MARKET**

The fruits and vegetables you buy at the farmers’ market are some of the freshest and tastiest available. Here are just a few of the seasonal favorites you can find at the market right now.

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**APPLES**

Apples are extremely **rich in antioxidants, flavonoids, and dietary fiber** and may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.

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**POTATOES**

The potato’s **fiber, potassium, vitamin C, and vitamin B-6 content**, plus its lack of cholesterol, all support heart health.

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**PEARS**

Pears provide **six grams of fiber per medium-sized fruit** and offer a lot of nutrients in its fat-free, cholesterol-free, 100-calorie package.

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**CUCUMBERS**

Made up of 95% water, cucumbers are naturally **low in calories, fat, cholesterol, and sodium**, and their high water content helps ward off dehydration.

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**PEPPERS**

The many varieties of peppers add a flavorful kick to a meal, plus they’re **loaded with vitamins and disease-fighting properties**.

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**STRING BEANS**

Some of the health benefits of green beans include the **reduced risk of heart disease and colon cancer**, as well as an improved regulation of diabetes.

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**DID YOU KNOW?**

The summer Dubuque Farmers’ Market has been located in the area surrounding City Hall since 1845. The market sprawls more than three city blocks on Iowa Street and extends down 12th and 13th Streets from May through October.

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**MERCY at the MARKET**

Have you stopped at the Mercy booth yet? Drop by on **September 24** to chat with our AirCare 3 team. Look for the Mercy tent at the corner of Iowa and 13th Street.
Chris’s Story

Lifestyle changes lead to 100-pound weight loss

Chris Armetta enjoys yoga classes with Traci Cooley at the Sweaty Yogi in Dubuque.
You’d never guess by looking at him that 60-year-old Chris Armetta weighed 300 pounds a year and a half ago. But this now fit and active John Deere engineer struggled with the same issues that many of us face: extra weight, low energy, and lack of confidence.

“When you’re overweight, you tend to hide,” Chris shares. “Food and TV become your companions, and you get into the mindset that certain things are long gone for you.”

Chris began dieting to lose weight and succeeded in shedding about 40 pounds. But when he started to gain some of that back—the common yo-yo effect—he knew he needed to try something else. That’s when he heard about his employer teaming up with Mercy to offer a 12-week health and wellness program.

The major components of the program included biometric screenings and lab reports, a calorimeter test to measure daily caloric needs, personalized nutrition information, and wellness coaching sessions.

“I turned the corner when I took the Mercy program,” Chris says. “The personalized evaluation and consultation set me on the right path.”

“I learned that if I approach it as a lifestyle change instead of a diet that I would be able to lose weight, get to a healthy weight, and also get more active.”
— Chris Armetta

Chris never let obstacles get in his way,” recalls his wellness coach, Michelle Arensdorf, Mercy community education nurse. “If he had to travel for work, he would take his snacks with him rather than be tempted with airport terminal options.”

And since he often travels a couple times each month, Chris learned a lot of practical tips to accommodate his new lifestyle, such as climbing the stairs up and down in the hotel for a cardiovascular workout.

Chris also tries to follow the example of Europeans—using smaller plates, slowing down when eating, focusing on conversation rather than food, and enjoying a walk after a meal. When he has dessert, he’ll do so while also completing an activity, such as a crossword puzzle—he’ll take a bite, work on the puzzle, then take another bite, rather than rushing through and not enjoying what he’s eating.

Chris has lost nearly 100 pounds—down from 300 to 203 pounds. His blood pressure is now in a healthy range and he has reduced his medication and improved his LDL.

In addition, he has gained confidence.

“We all want to look like a runway model in a week, and I know how hard it is to be patient for the changes to happen. But the best advice I can give is to be patient and make it a lifestyle change. Soon you will actually prefer to go to the gym or work out, and those cupcakes and chips will not really appeal to you. It just gets better the longer you do it.”

Chris began tracking his daily food intake with an app on his phone and watching portion sizes. He also started wearing a pedometer and aimed for 10,000 steps each day.

“I learned that if I approach it as a lifestyle change instead of a diet that I would be able to lose weight, get to a healthy weight, and also get more active. Once you lose weight, you get more energy, and then you want to do even more.”

One of Chris’s new passions is yoga, which he does three times a week. He found the low-impact movements were a great way to introduce more exercise to his routine, and it improves his sleep. Chris also enjoys the camaraderie and support of the class setting.

“We’re a group of people with all different body types,” he says. “We’re all in it together, and there’s a sense of belonging. We encourage each other.”

He also weight trains and does kickboxing.

WORKFORCE HEALTH SOLUTIONS

Mercy teams up with many businesses in the community to offer customized programs to improve workforce health and wellness.

For more information on how Mercy can help your business, contact Barb Barton at 563-589-8773.

MICHELLE ARENSDORF, RN

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Q: I need to reduce my daily caloric intake. What small changes can I make?

A: To lose weight we need to eat and drink fewer calories than we use in a day. Reducing your regular calorie intake by 500 calories per day leads to weight loss, and it doesn't take extreme dieting to see pounds come off.

Consider the following small change for big results:

» **Change Your Drink** – Replace daily one 20 ounce regularly sweetened beverage (220 calories) with water or other non calorie beverage and save 6,835 calories in four weeks – or nearly two pounds.

» **Swap Your Snack** – If your usual mid day or evening snack is a big grab size bag of chips or crackers (330 calories) and a candy bar (260 calories), swap this for a granola bar (110 calories) and an apple (80 calories) and save 400 calories each day or 12,000 calories over four weeks, which potentially results in a 3 ½ pound weight loss each month.

Don’t ever give up on your weight loss goals remember, every day is a new day.

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**PARK BENCH EXERCISES**

Many exercises can be done using just a park bench or picnic table. The next time you’re strolling through the park or watching the kids on the playground, take a few minutes to do some toning exercises. Here are a couple options to give your upper body a boost.

**BENCH PUSHUPS**

1. Facing a park bench, place your hands on the bench, slightly wider than your chest. Step back until your body is in a straight line.
2. Bend at your elbows and lower your chest to the bench.
3. Push up.

**BENCH DIPS**

1. Sit on a bench and place your hands on either side of your hips.
2. Slide forward off the bench so you’re supporting yourself with your hands.
3. Bend your elbows to lower your body to the ground, with your upper arms almost parallel to the ground.
4. Push up.
5. Complete 12 repetitions.

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**MERCY GIFT SHOP**

Shop gifts and home decor at the Mercy Gift Shop. All proceeds support programs and services for children in Mercy’s care. mercydubuque.com/gifts

Monday, Thursday, and Friday: 10 a.m. – 5 p.m.
Tuesday and Wednesday: 10 a.m. – 7 p.m.
Saturday: 10 a.m. – 3 p.m.
Even though summer is winding down, there are still plenty of high-temp days before fall returns. Sara Bechen, Mercy’s trauma coordinator, has some simple reminders to keep you and your family safe during the warm days ahead.

» Stay hydrated.
Dehydration can escalate to the more serious case of heat stroke so keep your thirst quenched. Be especially aware if you’re participating in a strenuous activity or exercise since you’ll be losing fluid more rapidly through sweat. Two to four glasses of cool fluid will keep you hydrated—and, no, alcohol doesn’t count; in fact, it leads to dehydration.

» Be safe in and on the water.
Assign a responsible chaperone to watch children in or near the water. To prevent a spinal cord injury, never dive into shallow water or water where the depth is unknown. Anyone boating should wear a life jacket, and under no circumstances should you drink when boating.

» Use/wear appropriate protective devices.
Studies on bicycle helmets show they can reduce the risk of head injury by as much as 85 percent. A helmet should always be worn whenever biking, skateboarding, or riding a scooter. And always, always, always use your seatbelt. “Parents, remember that you set an example for your children, so make sure you’re wearing your helmet and using your seatbelt, too,” Sara says.

**GRILLED HAWAIIAN CHICKEN KABOBS**

**MAKES 4 SERVINGS » SERVING SIZE: 2 KABOBS**

**KABOB INGREDIENTS**
4 or 5 boneless, skinless chicken tenders or about 2 chicken breasts
1 whole pineapple (about 5 cups)
1 small red onion
1 medium orange pepper

**MARINADE INGREDIENTS**
¼ cup low sodium soy sauce
2 tablespoons lemon juice
2 tablespoons rice vinegar
¼ cup brown sugar
1 tablespoon honey
1 teaspoon fresh ginger (minced)
2 cloves garlic (minced)
2 teaspoons cornstarch + 2 teaspoons water, mixed together
1 jalapeño (include seeds for added heat)

**INSTRUCTIONS**
1. Cut chicken into bite-size pieces. Place in a bowl.
2. To prepare marinade, add all marinade ingredients into a small saucepan over medium heat. Bring to a bowl, stirring constantly, and boil for about one minute. The sauce should be thick enough to coat the back of the spoon.
3. Pour ¼ cup of the marinade over the raw chicken. Cover and refrigerate for at least 30 minutes. Keep the remaining marinade for glazing.
4. Prepare pineapple, peppers, and onion by cutting into bite-size pieces for kabobs.
5. Prepare grill.
6. Skewer chicken (discard the marinade it was chilling in), pineapple, and veggies onto bamboo skewers. Use 2 to 3 pieces of chicken per kabob. When piercing the pineapple pieces, go slowly to prevent breaking.
7. Grill kabobs, brushing with remaining marinade once, or keep remaining marinade to drizzle on the kabobs after grilling. Note: chicken should reach an internal temperature of 165 degrees F.
HEALTHY VARIETY

Created and approved by Mercy dietitians, Healthy Variety frozen meals are heart healthy, low in sodium, diabetic friendly — and delicious. Try all 12 varieties!

PICK YOUR MEALS UP TODAY

Healthy Variety meals range from $4 – $5, and are available for purchase in the Mercy cafeteria.

For more information, call 563-589-9655 or visit mercydubuque.com/healthy-variety-meals

GRILLED HAWAIIAN CHICKEN KABOBS

“Summer is in full swing and it’s time to get outside and fire up those grills! Tender chicken, sweet pineapple, and fresh vegetables brought together with a light teriyaki marinade make this perfect for your next summer grill out.”

— Stacy Barton, RD, LD

NUTRITIONAL INFORMATION:
352 calories, 6g total fat, 1g saturated fat, 651mg sodium, 53g carbohydrates, 4g fiber, 22g protein