JARED’S STORY: Motorcycle vs. truck leads to a call for AirCare

HAVING A BABY? What to look for in a birth center

Pictured: Daniel White, Katie Harris, Jared Wessels, and Austen Clark.
A LETTER FROM THE PRESIDENT

Kay Takes, President

Mercy was founded by the Sisters of Mercy in 1879, a time that conjures up black and white images of a nostalgic Dubuque with dirt roadways and horse and buggy transportation, candle-lit homes and telegrams for long distance communication. In health care, there were no antibiotics, EKGs, blood transfusions or x-rays, and we were largely concerned with epidemic diseases like scarlet fever, small pox, cholera and tuberculosis. Landmarks like the 4th Street Elevator, St. Raphael’s Cathedral, and the Hotel Julien (originally the Waples House) were already (or almost) present in our downtown. Mercy, with other stalwart organizations, like Loras College (founded in 1839 as Saint Raphael’s Seminary), Clarke University (established in 1843 as St. Mary’s Female Academy), Morrison Bros. Co. (est. 1855), A.Y. McDonald Mfg. Co. (est. 1856), and the Telegraph Herald (est. 1870), has a rich history as one of Dubuque’s longest standing and most valued institutions and community leaders.

Mercy has been around for a long time but don’t let our age fool you. At 138 years young, we have reinvented ourselves many times over. The visual images have obviously changed with medical and technological breakthroughs. As important, our scope has expanded significantly, with a focus not only on excellent, acute inpatient care, but on reducing costs by managing care across settings and helping people to stay healthier, longer, consistent with the vision of the Triple Aim.

Among (perhaps) the lesser known services that we offer, in partnership with Medical Associates Clinic, is Preferred Health Choices (PHC), a third party administrator (TPA) of health benefits for self-insured employers, including Mercy. Businesses that are self-insured have flexibility to design a health plan which supports the unique needs of its employees and their dependents, putting premium dollars into care that is most appropriate for the population served. In addition to common services provided by TPAs, like processing health claims, PHC is uniquely positioned to deliver excellent, cost effective medical management, because the caregivers (physicians, nurses, therapists, pharmacists, etc.) and the PHC staff members are part of the same team. Collaboration is enhanced, bringing greater value to the employee and to the self-insured employer.

The 2016 edition of The Commonwealth Fund’s Scorecard on Local Health System Performance reported on the state of health care across the United States from 2011 to 2014. Dubuque ranked 10th overall among 306 regions on dimensions including access and affordability, prevention and treatment, avoidable hospital use, and healthy lives. Our high ranking is a very good thing for Dubuque because it means that our health care is excellent and affordable, due in part to the integrated approach and expertise in medical management offered by Preferred Health Choices. We are a model for other cities whose leaders are trying to figure out how to get the most benefit for their significant health care investment.

At Mercy, we are proud of our past and intent on continually evolving to ensure the best and most affordable care, and the best health for our citizens in the next century and beyond. We are dedicated to you and we appreciate your support. I wonder what we will look like in 2155?
Sleep plays a vital role in your good health and well-being. Getting enough quality sleep can help protect your mental and physical health, quality of life, and safety. According to the National Institute of Neurological Disorders and Stroke, about 40 million people in the United States suffer from chronic, long-term sleep disorders each year.

**DID YOU KNOW**

Sleep helps your brain work properly. While you’re sleeping, your brain is preparing for the next day. It’s forming new pathways to help you learn and remember information.

Sleep deficiency increases the risk of obesity.

Sleep plays an important role in your physical health.

For example, sleep is involved in the healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

People who are sleep-deficient are less productive at work and school. They take longer to finish tasks, have a slower reaction time, and make more mistakes.

Mental health issues, such as depression, are strongly linked to poor sleep quality and sleeping disorders.

When to talk to a physician about your sleep patterns

There are many signs that will tell you that you need to speak to your physician about your sleep patterns. Once you talk to your physician, he or she will be able to help you decide what your next step needs to be. Some of the things you need to look for include:

- Difficulty getting to sleep
- Not being able to stay asleep for long periods of time
- Snoring
- Pause in breathing or gasping for a breath when you sleep
- Tired when you wake up, feeling like you cannot function
- Fatigue that lasts for weeks at a time
- Legs that feel active when laying down at night
Jared’s STORY

The last thing Jared Wessels remembers about Friday, June 17, 2016, is standing at his kitchen sink and pouring a glass of ice water down the drain. He recalls the ice hitting the sink and swirling around. And then nothing. He does not remember walking out to his garage, or backing his Harley out, or closing the garage door. He does not remember the crash.

Mercy’s AirCare 3 chief flight nurse Katie Harris was one of the crew members working that day.

“It was a beautiful, sunny day. We were dispatched out to rendezvous with Bi County Ambulance at Mercy in Dyersville for a motorcycle accident. That was all the information we received. We were landing as the ambulance was pulling into the parking lot; we unloaded and headed to the ambulance. I opened up the ambulance doors and I remember the smell of gas. His clothes were saturated in gas.

His situation was critical. He had multi-system trauma, and EMS on the scene recognized that, and called for air transport. EMS knew he needed more care than was available in the area, and if there was a potential for bleeding in the brain, he needed to be taken to a hospital where that could be fixed, fast.

Assessment showed possible head injury, multiple orthopedic injuries, and possible internal bleeding. The decision was made that the University of Iowa Hospitals and Clinics was the place he needed to be to get the comprehensive care that he needed for all his injuries.”

The crew flew him to Iowa City.

“The next thing I remember is waking up on that following Tuesday in Intensive Care, and my brother was sitting by my bed,” Jared recalls.
Jared Wessels meets the AirCare 3 crew who cared for him following a motorcycle accident: Pilot Austen Clark, chief flight nurse Katie Harris, and paramedic Daniel White.

“It was very fulfilling to meet and thank the people who saved my life.”

— Jared Wessels

His injuries were extensive: shattered legs, fractured ribs, dislocated kneecap, torn ACL, head trauma. He had five inches of his small intestine removed. Two blood transfusions. The list goes on.

Jared spent 2 ½ weeks in Iowa City. It was two months before he could put any weight on his legs. A year later, Jared is still attending physical therapy.

“I have a long way to go, but I keep getting stronger,” he says with determination.

When Mercy celebrated the one-year anniversary of AirCare 3, Jared posted the following on Facebook:

“I can’t thank you, your crew, and your equipment enough. Without you I wouldn’t be here to write this. By the time I arrived in Iowa City I was coding and told that if I had to wait for a different bird I wouldn’t have made it. I thank you all from the bottom of my heart. I wish I could thank the crew in person. 6-17-2016 motorcycle vs truck.”

Jared was able to do just that: He recently reunited with the flight crew who cared for him that critical day.

“It was very fulfilling to meet and thank the people who saved my life,” he says. He and the crew shared hugs and laughs, and the crew filled him in on all those details he doesn’t remember.

“It tugged at my heart strings to hear that Jared wanted to meet the crew who cared for him that day,” says Katie.

“He realized he was given a second chance and he valued that to the point that he wanted to reach out to everyone who cared for him that horrific day, and that’s commendable. This job has its highs and lows. Meeting Jared and seeing the obstacles that he has overcome the past year is a reminder to us all in this field of why we do what we do every day. Patients need us in their most critical time, and we are here for them.”
Q: I’m expecting my first baby and want to make an informed decision about what hospital to choose. What things should I pay attention to?

A: Congratulations on this very special time in your life. It’s smart to research your options, and there are several factors that I feel are important to consider when choosing a birth center.

- **Quality of the nursing staff:** Mercy is the only area hospital that requires all labor and delivery nurses to be fully certified. All Mercy labor nurses are NCC certified in electronic fetal monitoring, and all are ACLS (Advanced Cardiac Lifesaving) providers. All Mercy NICU and labor nurses are NRP (Neonatal Resuscitation Program) providers.

- **Quality of the medical staff:** At Mercy, your baby is cared for by board certified physicians during their entire stay, and our medical staff includes the region’s first and only board certified neonatologist.

- **NICU services:** Mercy Birth Center is the only Level II Regional Center serving the tri state area for about a 70 mile radius. The staff is prepared to acutely care for babies in Mercy’s NICU who require critical care, including premature infants, infants requiring ventilator assistance, and infants with special needs.

- **Comfortable environment:** You’ll feel at ease knowing you’re being cared for by Mercy’s expert, caring staff, and you’ll enjoy comfort in the modern accommodations with access to Wi Fi and blockbuster movies.

These are just a few of the factors that set Mercy apart. We invite you to tour our birth center to learn more. It’s a great opportunity to meet some of our staff who will care for you and ask any questions you may have.

– Robert Wethal, Chief Nursing Officer and VP of Patient Care Services

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**SUMMERTIME FUN**

Summer is here, and the kids are out of school! Help make their summer memorable with these outdoor activities that will get them moving and having fun!

- Pick berries
- Go creek stomping
- Pick up trash at a local park
- Play kickball
- Go on a nature scavenger hunt
- Plant a garden
- Run through the sprinkler
- Fly a kite
- Have a water balloon fight
- Create a backyard obstacle course
- Go for a hike
- Have a wheelbarrow race
- Toss a frisbee
- Visit a new park

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**MERCY GIFT SHOP**

Find the perfect gift at the Mercy Gift Shop. All proceeds support children in Mercy’s care. Free gift wrap is available. As always, there is no sales tax.

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.

www.mercydubuque.com/gifts

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Learn more about pregnancy classes and tours at mercybaby.com/pregnancy classes
WORK IT! CHAIR SQUATS AT WORK

If you’re sitting at a desk for the majority of your workday, it’s important to take breaks throughout the day. Getting up and moving around has a number of benefits, including reducing eyestrain and improving productivity and creativity.

In addition to breaks, challenge yourself to go one step farther by adding some exercise to your workday. Chair squats are a great option to do at your desk. Squats are great for a total lower body workout and work most of the major muscle groups of the butt, hips, and thighs.

1. Stand in front of your chair. As you exhale, bend your knees and lower your rear down toward the seat, letting it touch briefly on the edge of the chair, and then stand back up. Try to keep the weight back in your heels as you squat down.

2. Repeat this for a total of 10 times.

HEART HEALTHY

DIABETES FRIENDLY

ZOODLES WITH AVOCADO PESTO

SERVES 2

INGREDIENTS

2 medium zucchini, ends trimmed
½ cup packed fresh basil leaves
½ large ripe avocado
2 cloves garlic
2 tablespoons walnut halves
1 tablespoon lemon juice (from 1 small lemon)
3 tablespoons olive oil
¼ cup grated parmesan cheese
½ cup sliced grape tomatoes
Salt and pepper to taste

INSTRUCTIONS

1. Use a julienne peeler, mandolin, or spiralizer and spiralize the zucchini into noodles. Add noodles to a large bowl.

2. Add basil, avocado, garlic, walnuts, and lemon juice to a food processor and pulse for 20 seconds or until pesto is chopped. Drizzle in olive oil and continue to process until completely smooth (you may need to add a little water to get the pesto to your desired consistency).

3. Transfer to a bowl with the zucchini noodles and toss the noodles until they are well coated. Top with halved tomatoes. Serve at room temperature, chilled, or warmed.

Optional add in: Cooked shredded chicken may be added to zoodles.
ZOODLES WITH AVOCADO PESTO

“If you haven’t taken the veggie-noodle trend for a spin yet, it’s not too late. Special gear isn’t always necessary to get the zoodle look; a box grater, vegetable peeler, mandolin, or even a knife can do the trick. Zucchini noodles can be a great alternative to usual spaghetti pasta. Zucchini are low in carbohydrates and mild flavored, making them extremely versatile.”

–Stacy Barton RD, LD

NUTRITIONAL INFORMATION PER SERVING (WITHOUT ADDED CHICKEN):
371 calories, 9gm protein, 33gm total fat, 5gm saturated fat, 206mg sodium, 10gm carbohydrate, 4.5gm fiber