MercyOne North Iowa celebrated the opening of our new 27,200-square-foot Behavioral Health Center. Public open house events were held the week of June 3, leading up to the formal dedication ceremony on June 8.

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Now open

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The entrance of the building has a unique feature—a community space, named the Jan Again Resource Center for Hope and Safety. The resource center will provide free access to information on community resources, such as how to get help for those struggling with mental illness and general information on the disease. A $900,000 gift from the Jan Again Foundation allowed for this addition.

The new center will also increase safety for our staff and reduce the stress level of patients by offering 29 private rooms.

NOW ABLE TO SERVE MORE PEOPLE

“This whole project has been incredibly exciting to work on! Moving to private rooms allows us to serve more behavioral health patients,” said Teresa Mock, M.D., senior vice president of MercyOne Medical Group North Iowa. “Private rooms are also important to reduce stress levels for patients. Diminished patient stress means more opportunity for positive response to the care they are receiving. The newly designed unit will allow for an increase in safety for patients and our staff.”

MercyOne, the largest health care system in Iowa, is positively impacting mental health care across the state.

In addition to the new North Iowa Behavioral Health Center, MercyOne recently held a groundbreaking in Des Moines for a similar facility, and a residency program emphasizing mental health is nearing the finish of its first year. MercyOne Northeast Iowa, in Waterloo, opened a newly designed emergency room specifically designed for behavioral health patient needs.

GET AN INSIDE LOOK: Turn to page 4 for photos from our June 8 open house event!

 Contest winner revealed

Congratulations to Holly Wilde, from Mason City, for winning the spring 2019 hidden cross contest! Randomly selected from the entries received, Holly was excited to win the $75 prepaid Visa card.

SUBMIT YOUR ENTRY TODAY!

Join us in a little fun as we give away a $75 prepaid Visa card to a lucky reader who finds the hidden images. In the past, we invited you to find hidden crosses; however, we are changing it up this issue, encouraging you to find three hidden suns. The image looks like this ☀️ but remember, the one shown here is just a sample. The hidden image may be smaller and is only placed in articles.

The search is on! To play, complete these simple steps by Aug. 15, 2019:

1. Find all three of the hidden suns in this issue.

2. Submit the article titles where suns are placed to be eligible to win a $75 prepaid Visa card.

3. Share your name, address, phone number and email address.

4. Send items listed in steps 2 and 3 by mail or email to us at:
   MercyOne
   Marketing Department (Sun Contest)
   1000 4th St. SW
   Mason City, IA 50401
   or question@MercyHealth.com

Contest rules: One (1) entry per household. Participants must be at least age 18 to enter. Photo ID required to claim prize. Entry into this contest grants MercyOne permission to send future communications to contest participants regarding general health updates and information. Trinity Health and MercyOne colleagues are ineligible to win.
5 facts to know about melanoma

Melanoma is a type of skin cancer. And even though it’s far from the most common type—melanoma accounts for only about 1 percent of all skin cancers—it does cause most skin cancer deaths.

Here are five other facts about melanoma you should know.

1. **Exposure to ultraviolet (UV) rays is a major risk factor for melanoma.** The most common source of UV rays is the sun. But tanning beds and sunlamps also give off UV rays.

Other risk factors for melanoma include:
- Being older. Though younger adults, especially younger women, also get melanoma.
- Having fair skin, freckles, or red or blond hair.
- Having a family history of melanoma.
- Having a personal history of melanoma or other skin cancers.
- Having a weak immune system.
- Being a man older than 50.

2. **Melanoma can appear on your body in multiple ways.** It may show up as:
- A change to an existing mole.
- A new spot or patch on your skin.
- A slowly growing patch of thick skin that looks like a scar.
- A spot that looks like a changing freckle or age spot.
- A dark streak under a fingernail or toenail.
- A band of darker skin around a nail.

3. **The only way to tell if you have melanoma is to have a skin biopsy.** If your doctor suspects melanoma, he or she will take a sample of the suspicious spot to look for cancer cells.

4. **Surgery is often part of the treatment for melanoma.** If melanoma is found early enough, surgery may be the only treatment you need. The surgery may be done in your doctor’s office while you’re awake. However, if the melanoma has spread, you may need more extensive surgery in a hospital.

5. **After you’ve been treated, you’ll need follow-up care.** If melanoma is going to recur, it’s most likely to return within five years of treatment. That’s why you’ll need checkups and tests for several years afterward. Your doctor also will show you how to examine yourself for any signs that the cancer has returned.

Sources: American Academy of Dermatology; American Cancer Society

Have a suspicious-looking mole or spot on your skin? Don’t wait: Let your primary care provider know.
MercyOne celebrates dedication and opening of $10.6 million Behavioral Health Center

Wally Smeby, with the Jan Again Foundation, addresses the crowd at the dedication ceremony on June 8.

JoEllen Steil, clinical nurse manager, gives a tour during open house events.

The Jan Again Resource Center for Hope and Safety offers information to people about behavioral health issues.
Fr. Ken Gehling waves as he prepares to give the dedication.

A look inside the new behavioral health center.

This plaque describes the statue lighting the way to the Behavioral Health Center at MercyOne North Iowa Medical Center.
Walk With a Doc
Whether you want to learn more about health or just want to socialize while doing a healthy activity, we invite you to take part in this free event. The event includes a 5-minute presentation about a health topic, followed by a mile walk around the nearby neighborhoods with doctors from MercyOne. Come join us for this healthy activity and friendly conversations.

Meet at the picnic table area outside the MercyOne North Iowa Cancer Center (1000 4th St. SW, Mason City).
- Monday, July 22, 5:15 to 6 p.m.
- Monday, Aug. 26, 5:15 to 6 p.m.
- Monday, Sept. 23, 5:15 to 6 p.m.

See the most up-to-date list online at MercyOne.org/northiowa. Click on “Find a Class or Event.”

Prediabetes Class
Join this free lifestyle program that will cover risk factors, prevention, heart-healthy meal planning, weight-loss strategies and exercise strategies. Classes are taught by diabetes educators from MercyOne North Iowa Diabetes Care. Registration is required. Class size is limited. To register, call MercyOne North Iowa Diabetes Care at 641-428-7799.

MercyOne North Iowa Medical Center West (910 N. Eisenhower Ave., Mason City), Diabetes Care Conference Room. Please use the north entrance when entering the building.
- Tuesday, Sept. 17, 6:30 to 8:30 p.m.
- Tuesday, Nov. 12, 6:30 to 8:30 p.m.

Skin Cancer Screening
Screen the skin you’re in at this free event hosted by the MercyOne North Iowa Cancer Center and MercyOne North Iowa Dermatology Care. Skin cancer is the most commonly diagnosed cancer in the United States.

Camp Greentree, Youth Grief Camp
The death of a loved one is hard, especially for kids. This camp provides help. Free of charge and open to those ages 7 through 14, Camp Greentree supports those who have experienced the death of a family member or friend, including those who have not been served by MercyOne North Iowa Hospice. Kids will learn about feelings of grief and learn ways to cope with the changes following the death of a loved one. Advance registration is required by Sept. 16. Kids who previously attended will be on a wait list, as space is limited.

Camp Tanglefoot (14948 Dogwood Ave., Clear Lake)
- Saturday, Sept. 21, check-in 9 a.m.; camp 9:30 a.m. to 4 p.m.

To register, call MercyOne North Iowa Hospice at 866-890-3979.
States. The best defense against this disease is to find it and treat it early; this starts with a visual exam of your skin. To schedule an appointment for this event, call 641-428-6367 any time during Sept. 16 through Oct. 8. Reservations are encouraged; walk-ins are also accepted.

MercyOne North Iowa Dermatology Care (1421 4th St. SW, Mason City)
- Saturday, Oct. 12, 9 a.m. to noon

Bariatric Support Group
Take part in this free bariatric support group, designed to provide individuals with an opportunity to share information, offer support, gain insight and become aware of options in coping with the challenges of living with obesity. This free support group is open to those who have had bariatric surgery or are interested in learning more about bariatric surgery. For more information, call 641-428-6154.

MercyOne North Iowa Medical Center West (910 N. Eisenhower Ave., Mason City), Diabetes Care Conference Room. Please use the north entrance when entering the building.
- Monday, Oct. 14, 6:30 to 7:30 p.m.

Living Healthy With Diabetes
We invite you to join the MercyOne diabetes educators to help you on the path to healthy living and successfully managing your diabetes. Adopting a healthy lifestyle can help prevent or delay the onset of diabetes and is crucial to managing the disease. It’s important to normalize your critical health numbers, including weight, body mass index, blood sugar, blood pressure and blood cholesterol. Registration is required for this free event by calling 641-428-7294.

MercyOne North Iowa Medical Center West (910 N. Eisenhower Ave., Mason City), Diabetes Care Conference Room. Please use the north entrance when entering the building.
- Tuesday, Oct. 15, 5 to 7 p.m.

MercyOne North Iowa Ambassador events
All events are held in the MercyOne North Iowa Medical Center south lobby unless otherwise stated. Proceeds support the MercyOne North Iowa Ambassadors’ scholarship program and annual donation to the hospital.

MUM SALE
Beautiful 10-inch mums in several colors for fall decorating.
- Wednesday, Sept. 11, 9 a.m. until gone.
  MercyOne North Iowa Medical Center, West Entrance

LIONNE FINE JEWELRY SALE
Quality sterling silver and 14K gold-filled design sets using beautiful gemstones and natural stones. Each design is handcrafted and has a lifetime guarantee.
- Wednesday, Sept. 25, 10 a.m. to 5 p.m.
  - Thursday, Sept. 26, 7 a.m. to 3 p.m.
Cypriot chicken kebabs

Makes 4 servings.

INGREDIENTS

Kebabs
1 12-ounce chicken breast, boneless, skinless, cut into 12 even pieces
1 zucchini, cut into 8 slices
1 medium red bell pepper, cut into 8 pieces
8 cherry tomatoes

Marinade
1 tablespoon extra-virgin olive oil
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard (spicy brown may be substituted)
½ teaspoon dried oregano
2 cloves garlic, minced
2 tablespoons fresh parsley, chopped
Salt and freshly ground black pepper to taste

Marinade
12 fresh mint leaves
1 cup frozen peas, cooked
1 teaspoon salt
1 tablespoon extra-virgin olive oil
1 clove garlic, minced
¼ teaspoon cumin
Juice of 1 lemon

DIRECTIONS

- Whisk together marinade ingredients and set aside 1 tablespoon for basting later. In shallow dish, cover chicken with marinade until well-coated. Cover and marinate in refrigerator for at least 2 hours.
- Using 4 kebab skewers, arrange 3 pieces of chicken and 2 pieces each of zucchini, pepper and tomatoes per skewer. For easier grilling, start and end each skewer with chicken.

Marinade

- Coat grill lightly with oil to prevent sticking. Place skewers on medium–hot grill. Turn frequently and brush with reserved marinade. Cook for 18 to 25 minutes or until juices run clean. Cooking time will depend on the size of chicken pieces and temperature.*

- In the meantime, for dressing, place ingredients in food processor or blender. Puree and set aside.

- After removing kebabs from grill, let stand 5 minutes. Serve with dressing on the side.

NUTRITION INFORMATION

Serving size: 1 kebab. Amount per serving: 200 calories, 8g total fat (less than 1g saturated fat), 10g carbohydrates, 21g protein, 3g dietary fiber, 105mg sodium. Source: American Institute for Cancer Research

*An alternative cooking method is to preheat oven to 400 degrees. Place skewers on shallow baking dish on center rack. Bake 10 minutes. Baste and turn over, baste and bake for additional 10 to 15 minutes or until chicken is cooked through.

Cook chicken to 165 degrees to help prevent foodborne illness.