

# February 13-19 is National Cardiac Rehab Week: Cardiac Rehabilitation at VMH is a highly utilized local service

## New Arrivals

Veterans Memorial Hospital began its own Cardiac Rehabilitation unit over three decades ago to help fulfill a need in the community - a need that has been and continues to be well utilized.

Heart disease is the leading cause of death in the United States. Half a million people die each year due to this disease. Many people develop symptoms of heart disease when they are in their 40s or 50s, interrupting a most productive time of life. Cardiac Rehabilitation is an important tool in the fight against heart disease. Rehabilitation involves monitored exercise, nutritional counseling, emotional support and education about lifestyle changes to reduce risks of heart problems.

Cardiac Rehabilitation is designed to help patients improve their health and recover from a heart attack, surgery to treat heart disease, or to help manage other forms of heart disease. Patients are referred to Cardiac Rehabilitation by their physician following one of these events. The goal of Cardiac Rehabilitation is to develop an individualized plan for regaining strength, managing heart

conditions, reducing risk of future health problems and improving overall health and quality of life. Cardiac Rehabilitation is designed for outpatients who travel to the hospital three times per week for a one-hour session of supervised, monitored exercise and education sessions. Cardiac Rehabilitation nurses Amy Rolfs, RN and Diann Weymiller, RN oversee individualized cardiac rehabilitation programs for their patients at Veterans Memorial Hospital.

The heart needs to exercise in order to regain strength following the cardiac event, but patients need close supervision due to the heart's delicate condition. In Cardiac Rehabilitation, the patient's heart is continually monitored by a telemetry unit that traces the heart's activity. The nurses supervise each session documenting all activity, checking blood pressures, measuring improvement and patient's response to activity.

A Cardiac Rehabilitation program is essential for the fullest recovery of a victim of a heart disorder. Again this year, many new patients were referred to the Veterans Memorial Hospital Cardiac Rehabilitation pro-

gram. VMH averages over 40 new patients each year. These patients come from Allamakee, Clayton, Winnebago and Fayette counties, and sometimes even further. Without this local Cardiac Rehabilitation program at Veterans Memorial Hospital, many heart patients would need to travel a great distance, three times per week to attend another program, or go without proper rehabilitation.

Gary Moritz of Monona is currently in the Cardiac Rehabilitation program at Veterans Memorial Hospital. He states, "I was referred to this Cardiac Rehabilitation program by La Crosse to build heart muscle so I can have a future procedure done," states Gary. "Everyone here is so friendly and I am so happy this program is close to home."

Each Cardiac Rehabilitation session lasts approximately one hour and consists of a five-minute warm-up, 30 minutes of aerobic activity, strength training, and a five-minute cool down. Each patient also receives education on stress reduction, nutrition, medications and exercise during each session.

The Cardiac Rehabili-

tation unit at Veterans Memorial Hospital is fully equipped with a computerized treadmill, weighted pulleys, steps, and a NuStep machine.

For more information on the Veterans Memorial Hospital Cardiac Rehabilitation department, call Veterans Memorial Hospital at 563-568-3411.



### Cardiac Rehab at VMH ...

February 13-19 is National Cardiac Rehab Week. Veterans Memorial Hospital began its own Cardiac Rehabilitation program over three decades ago to help fulfill a need in the community, a need that has been and continues to be well utilized. Pictured above, left to right, is Cardiac Rehab Nurse Amy Rolfs, RN with Gary Moritz of Monona using the weights in the Cardiac Rehab Department. A Cardiac Rehabilitation program is essential for the fullest recovery of a victim of a heart disorder and is available locally at Veterans Memorial Hospital. Submitted photo.

### - Bartling

David and Heather Bartling of Waukon announce the birth of their son, Caleb Dale Bartling, born February 1, 2023 at Veterans Memorial Hospital in Waukon. He weighed 7 lbs. 15 ozs. and measured 20 inches in length at the time of his birth. He joins brothers, Seth (2) and Noah (18 months).

Grandparents are Randy and Kathy Van Ruler of Waukon and Tom and Julie Bartling of Waterville. Great-grandparents are Howard and Dorothy Van Ruler of Waukon, Dale and Joann Meiners of Eitzen, MN, Sue and Hank Heine of Waverly, and Ed and Teri Sanger of Clermont.

### - Roen

Bradon Roen and Hannah Schutte of Blue River, WI announce the birth of their daughter, Delilah Josephine Roen, born February 2, 2023 at Veterans Memorial Hospital in Waukon. She weighed 7 lbs. 8 ozs. and measured 20-1/2 inches in length at the time of her birth.

### - Cota

Brett and Paige Cota of Waukon announce the birth of their daughter, Elodie June Cota, born February 6, 2023 at Veterans Memorial Hospital in Waukon. She weighed 7 lbs. 7 ozs. and measured 20-1/2 inches in length at the time of her birth. She joins siblings, Everly (6), Esmae (4) and Brooks (1).

Grandparents are Brian and Karen Cota of Waukon, Paul Nelson of Fredericksburg and Penny Neuzil of Brooklyn. Great-grandparents are Rich and June Cota of Waukon, Mary and the late Gary Johnson of Waukon, Julie Nelson of Cedar Falls, and Jan and the late Dale Nelson of Fredericksburg.

# February is Heart Month: The facts on heart health

Over 950,000 Americans die each year from cardiovascular disease. Since February is National Heart Month, Veterans Memorial Hospital provides the following facts and tips on heart health:

- 250,000 people die within one hour of onset of a heart attack.
- 60-70% of those individuals are male.
- Heart disease is the #1 killer of American women and men.
- 75-80% of arrests happen in the home.
- Bystander CPR does improve the outcome once someone has arrested.
- Traditional CPR courses are not reaching those who live with high-risk populations.
- Rapid defibrillation is the most important treatment for victims.
- For every minute delay in defibrillation there is a 10% loss for chance of survival.
- In the case of heart attack, "Time is Muscle."
- In the case of stroke,

"Time is Brain Tissue."

• Older women who have heart attacks are twice as likely as men to die in a few weeks. Each year about 20,000 women under age 65

die of heart attack. Over 3% are under age 55. About half of all women over age 55 have high blood pressure.

• One in five Americans has high blood pressure.



### Heart Month recognized at VMH ...

February is Heart Month. Pictured above is Callie Thorson, Emergency Department Manager at Veterans Memorial Hospital, in ER Room 1 of the hospital. She shares the facts and tips about heart health in the surrounding article. Submitted photo.

# 'Baby and Me - The Basics' class offered at VMH

Veterans Memorial Hospital in Waukon, together with Helping Services of Northeast Iowa, will begin offering the 'Baby and Me - The Basics' class Tuesday evening, March 14, from 5-8:30 p.m. in the hospital's Large Conference Room.

Helping Services' Certified Child Passenger Safety Technicians Barb Fjelstul and Rachel Weber will teach the basics of how to correctly secure children in their car seat and getting the seat secured in the vehicle. Barb Fjelstul, also a breast-feeding educator, will guide participants through the challenges and rewards of

breast-feeding and provide techniques to ensure baby is getting the most benefit from nursing.

Rachel Stone, RN, a labor and delivery nurse, will give expecting mothers education on breathing techniques and coping with pain during labor.

Cheryl Livingston, EMT-Paramedic and SIDS Educator will provide parents with hands-on infant CPR training. She will also educate parents on Sudden Infant Death Syndrome (SIDS), risk factors associated with SIDS and how to provide a safe sleeping environment for infants.

There is a small registration fee to participate in the 'Baby and Me-The Basics' class. Registration is available online at [https://www.surveymonkey.com/r/baby\\_and\\_mebasics](https://www.surveymonkey.com/r/baby_and_mebasics).

## Diabetes Support Group meeting

The Veterans Memorial Hospital Diabetes Support Group will hold its next meeting Thursday, February 16 at 10 a.m. The meeting will be held at Veterans Memorial Hospital in the Large Conference Room, located on the lower level of the hospital.

The next Grandparenting Class offered by Veterans Memorial Hospital will be held Saturday, April 15. More details will be shared about that class in the near future.

This diabetes class is open to everyone who has diabetes or who has a friend or loved one with diabetes. For more information on the Diabetes Support Group, call coordinator Angie Mettelle, RN, at Veterans Memorial Hospital in Waukon at 563-568-3411.

one eye.

- Difficulty talking.
- Feeling dizzy or experiencing a loss of balance and the worst headache one has ever had.

If you or anyone near you is experiencing any of these heart attack or stroke warning signs, be sure to seek medical assistance immediately.

For more information on heart health, call Veterans Memorial Hospital at 563-568-3411.

### Heart Attack Warning Signs:

- Pressure, fullness, discomfort or squeezing in the center of the chest.
- Pain may last for a few minutes or may go away and come back; it may go to the shoulders, neck and/or arms.
- The victim may sweat, feel faint, sick to their stomach or short of breath.

### Stroke Warning Signs:

- Sudden weakness in an arm, hand or leg.
- Loss of feeling in one side of the face or body.
- Diminished eyesight in

## Charles and Lois Rolfs 60th wedding anniversary

Charles and Lois (Halvorson) Rolfs of Waukon are celebrating their 60th wedding anniversary. The couple married February 16, 1963 at St. John's Lutheran Church in Waukon.

Their children are Kathie (Randy) Robinson of Chicago, IL, Sandy (Jim) Casetta of Eau Claire, WI, Charlie (Amy) Rolfs of Decorah, Steve Rolfs of Waukon and Kim Rolfs of Waukon. Their family also includes ten grandchildren and one great-grandson.

The couple will be celebrating their wedding anniversary with family February 25.



Charles and Lois Rolfs

In honor of the occasion, cards and well wishes may be sent to 306 3rd Street SW, Waukon, IA 52172.

## • PUBLIC NOTICE • Residents of the City of Waukon

**If you have not scheduled a time for your WATER METER REPLACEMENT, please do so as soon as possible.**

This is a community wide project to replace all current water meters and reading devices. **Failure to have your meter replaced could result in being shut off from water services until replacement occurs.**

HydroCorp are the technicians the City has hired for the installation. **To schedule an appointment, please contact them at 1-800-315-4305.**