



The decision to be healthy was embraced by her husband, Craig. “We gained weight together, so we got healthy together,” says Crystal. Craig had a Heart2Heart screening in November 2010, although he is blessed with a heart-healthy family. He has lost an impressive 40 pounds, his blood pressure has substantially improved and his total cholesterol is lower from the lifestyle changes he has made since his screening.

Other family members noticed the changes in Crystal and her family. In fact, when her mother and stepfather visited from Colorado, they were so interested that they both had Heart2Heart screenings. Now, they’re eating differently and seeing results, too.

“I met with Crystal’s parents in July 2011. They loved the program and wished there was

something similar closer to home,” says Holly. “I talked to her mom again this fall, and she said the recent death of Crystal’s grandfather from a heart attack has confirmed the importance of the healthy lifestyle they have all embraced and has motivated them even more to continue.”

Crystal laughingly says she has become friends with all the health food department managers at the local grocery stores. It is not uncommon for her to plop down on the floor with several products just to read labels.

“I’ve learned about what food does for my body. Now, even my kids look at the ingredient list to see if they can sell me on buying something,” says Crystal.

Her annual Heart2Heart is coming up again soon – and Crystal is looking forward to it with a smile.

The cost of a Heart2Heart is \$35 (no physician referral required). For more information, visit www.mercycare.org/heart2heart. Schedule your appointment today by calling (319) 861-7778.

“I didn’t want to accept that a medication was responsible for my heart health.”

*Crystal Tjeerdsma
H2H Advocate*

We’ve also posted some of her recipes on our Facebook page, www.facebook.com/mercycedarrapids.

ALSO AT MERCY EAP

Dr. Jim Huber is a research scientist who has participated in archeological digs all over the country. But when his wife was diagnosed with breast cancer in August 2010, he just couldn’t dig deep enough within himself to cope. In two-and-a-half months, Jim lost 43 pounds. He couldn’t eat. He couldn’t sleep. He needed help.



Ann Alliger, Director of EAP at Mercy Family Counseling

Luckily for Jim, one of his wife’s employment benefits includes an Employee Assistance Program (EAP), a service Mercy has provided for 25 years. Mercy’s EAP program is designed to assist employees and their families with problems affecting their job performance and their personal lives by offering confidential, professional counseling, as well as referral, and

follow-up services when other treatment resources are necessary. A palynological consultant, Jim specializes in documenting environmental changes over time based on pollen and spores found in sediment. He is highly educated with multiple college degrees and a variety of hobbies and passions. Jim approached his wife’s illness with

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