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Pella Regional Health Center is pleased to welcome Shelby Meyer, ARNP, FNP-BC to the medical staff. Meyer is a Family Nurse Practitioner specializing in acute care, family practice and occupational medicine. She will practice at Pella Regional Medical Center in Pella.



Meyer earned her Master of Science in Nursing degree from Chamberlain University, Chicago, Illinois. She completed her Bachelor of Science in Nursing at Mount Mercy University, Cedar Rapids, Iowa. She is board certified by the American Association of Nurse Practitioners.

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Nearly everyone, either by choice or by chance, has been profoundly touched by a physician’s compassionate and professional care at one point in his or her life. Doctors are committed to our good health and well-being, and for that we should be grateful.

March 30 marks the annual observance of National Doctors’ Day in the United States. This commemorative date recognizes the contributions made by doctors in communities nationwide as well as their vital role in preventing and treating illness and injury.

Your primary care physician (PCP) has dedicated his or her career to serving your unique healthcare needs. According to a 2016 Physicians Foundation survey, 71 percent of doctors in the U.S. consider patient relationships to be the most satisfying aspect of their job.

Here are just three ways you can forge a stronger relationship with your PCP:

1. Know what’s important to you in a physician. No matter what specific qualifications your ideal doctor may possess, make sure he or she is someone you trust to coach you through your health milestones.

2. Ask the right questions. Engaged patients who ask the right questions and share the most pertinent information are a doctor’s best assets.

3. Help your doctor help you. Assist your physician in detecting and diagnosing conditions earlier by sharing your medical records and family health history.

This March 30, take the time to share your appreciation with your doctor. Far beyond the glamour of primetime television’s popular medical dramas, the real nitty-gritty of being a primary care physician involves dealing with patients’ pain and suffering round-the-clock.



On National Doctors’ Day, take the time to thank your physicians for the care they provide to you and your loved ones.



Doctors’ Day is March 30. Please join us in thanking our physicians at Pella Regional for all they do to care for our patients and our community. Scan the QR code to write a thank you note to your physician.



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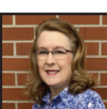
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DUTCH NATIONAL ARCHIVES

By Charles Apple | THE SPOKESMAN-REVIEW

The first half of 1969 was a momentous time for John Lennon and his new bride, Yoko Ono. They balanced recording what would become the final two Beatles albums with getting married, using their enormous media following to become noted anti-war protesters and Civil Rights advocates and launching a solo music career for Lennon.

They were married 55 years ago.

THREE WILD MONTHS FOR JOHN AND YOKO

MARRIED IN GIBRALTAR NEAR SPAIN

Lennon had seen the media circus that resulted from Paul McCartney's marriage to Linda Eastman. Wanting something much more private — but limited by countries that banned his travel due to his drug arrests — He had Beatles leg man Peter Brown research where to go. Brown's advice: Gibraltar, on the southern tip of Spanish peninsula. Brown hired a single photographer and served as best man. The ceremony lasted 10 minutes on March 20 and Lennon and Ono were in and out of Gibraltar in just a few hours, Brown wrote.



JOHNLENNON.COM

JOHN'S NAME CHANGE

In a brief ceremony on the roof of the Apple records building a 3 Savile Row in London on April 22, John Winston Lennon — who had always disliked his middle name — changed his name to John Ono Lennon.

"Yoko changed her name for me," Lennon told reporters. "I've changed mine for her." However, in the U.K., one cannot fully revoke one's birth name. Afterward, Lennon would be legally known as John Winston Ono Lennon.

'UNFINISHED MUSIC NO. 2'

Lennon and Ono's second avant-garde helping of experimental music and sounds was released on May 9. Some of the music was recorded — and the album cover photo taken — in the hospital after Ono's miscarriage the previous November.



APPLE RECORDS



ITV

DAVID FROST INTERVIEW

On June 14, Lennon and Ono sat down with British TV talk show host David Frost to talk about what they had been up to in the first half of 1969. Lennon proclaimed it "acorns for peace week" and tossed acorns to the audience. They discussed the acorn initiative, their campaigns for world peace and even bagism.

"If people did interviews for jobs in a bag," Lennon told Frost, "they wouldn't get turned away because they were black or green or long hair, you know." "They'd get turned away because they were in a bag," Frost replied. About the peace movement, Lennon said, "We're trying to sell peace, like a product, you know, and sell it like people sell soap or soft drinks."

THE REST OF 1969 WITH JOHN AND YOKO

The Beatles spent much of **July and August** recording their final album, "Abbey Road."

On **Sept. 13**, Lennon and Ono flew to Toronto for a concert appearance. The success of the show convinced Lennon to leave the Beatles.

Lennon informed the other Beatles of his decision on **Sept. 20**. Ten days later, Lennon recorded a single, "Cold Turkey," his first song credited only to himself.

That Christmas, Lennon and Ono buy billboards in 11 major cities around the world "War is Over! If you want it." Two years later, they'd record a song with that lyric.

BED-IN FOR PEACE IN AMSTERDAM

After a quiet, private wedding ceremony, Lennon and Ono leveraged the enormous media interest in all things Beatles to hold a "Bed-In" to advocate for world peace and an end to the ongoing conflict in Vietnam. They rented the presidential suite of the Amsterdam Hilton for a week and invited reporters and photographers to come visit them every day between 9 a.m. and 9 p.m.

Reporters didn't know quite what to expect. Just four months before, Lennon and Ono had released an album of experimental sound effects they called "Unfinished Music No. 1: Two Virgins" that included nude photos of the couple on the covers. Some wondered if the newlyweds were there to have sex in front of cameras.

Lennon and Ono held court, talking about ending war and discrimination, while demurely dressed in pajamas and eating room service. Reporters were disappointed or relieved, depending on their point of view.

BAGISM AND ACORNS

With the end of their shenanigans in Amsterdam on March 31, Lennon and Ono flew to Vienna, where they held a press conference about their latest protest philosophy: Wearing a bag over one's body as a satire of prejudice and stereotyping.

Throughout April, Lennon and Ono sent packages containing two acorns to world leaders, asking them to plant them as a symbol of peace. Several did.



APPLE RECORDS

'THE BALLAD OF JOHN AND YOKO'

After Lennon and Ono returned to London, Lennon was eager to record a song he had written about their honeymoon adventures. With both George Harrison and Ringo Starr out of town, Lennon and Paul McCartney recorded "The Ballad of John and Yoko" on April 14.

Lennon was eager to release the single right away, but was forced to wait: The group's "Get Back" had been released three days before. The single wouldn't be released until May 30. It would peak at No. 1 on the U.K. singles charts and at No. 8 on the Billboard Hot 100.

PLANS FOR A SECOND BED-IN

Lennon and Ono began planning a second Bed-In for Peace in New York City, but were thwarted by U.S. officials who wouldn't grant Lennon a visa because of his 1968 cannabis conviction.

Plan B was to head for the Sheraton Oceanus Hotel in the Bahamas. The arrived on May 24 but found it much too hot there for their liking. They left after one day and applied for — and received — a 10-day visitor visa in Canada.

They liked Toronto but figured they'd get more media coverage in Montreal, which was closer to New York City. They booked four rooms at the Queen Elizabeth Hotel for seven days.

THE SECOND BED-IN IN MONTREAL

Lennon and Ono issued invitations to respected musicians, comedians, writers and poets as well as to the U.S. media. Dozens showed up, among them author and drug advocate Timothy Leary, comedian Dick Gregory, comedian and musician Tommy Smothers, radio DJ Murray the K and "Li'l Abner" cartoonist Al Capp.

Lennon and Ono gave more than 60 interviews over their 10 day Bed-In in Montreal. Many of them were live radio broadcasts for U.S. audiences. Four separate camera crews were there to film: Two from the Canadian Broadcasting Corporation and one from Murray the K's production company and one Lennon had hired.

The highlight of the week came with a Saturday night sing-along recording session for a song Lennon had written in bed there in Montreal. The session was recorded on a small, four-track, reel-to-reel tape recorder and four microphones. The song would become an anthem for anti-war protesters.



PLASTIC ONO BAND YOUTUBE CHANNEL

Smothers, at left, plays guitar during the recording of "Give Peace a Chance."



APPLE RECORDS

The single would be released in the U.K. on July 4 and in the U.S. on July 21. It would peak at No. 2 in the U.K. and No. 14 in the U.S.

Sources: "The Love You Make: An Insider's Story of The Beatles" by Peter Brown and Steven Gaines, "The Beatles: An Illustrated Record" by Roy Carr and Tony Tyler, "The Complete Beatles Recording Sessions" by Mark Lewisohn, "Lennon and McCartney: Together Alone" by John Blaney, American Songwriter, Songfacts, Discogs.com, BeatlesBible.com, Mental Floss



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Welcome Rachel Grenier, ARNP, FNP

Pella Regional Health Center is pleased to welcome Rachel Grenier, ARNP, FNP to the medical staff. Grenier is board-certified by the American Association of Nurse Practitioners and is an Iowa-licensed Family Nurse Practitioner. She will practice at the Pella Regional Medical Clinic in Pella.



"I look forward to continuing to provide excellent patient care alongside the amazing team at Pella Regional's Medical Clinic," said Grenier. "I have experience caring for all ages in primary care, and specialize in lifestyle medicine, obesity medicine, and managing primary care mental health conditions."

Grenier earned her Master of Science, Family Nurse Practitioner degree from Purdue University Global, West Lafayette, Indiana. She also completed her Bachelor of Science and Associate of Science in Nursing from Purdue University Global. She is a member of the American Association of Nurse Practitioners, Obesity Medicine Association, Iowa Nurse Practitioner Society and the American Academy of Lifestyle Medicine.

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