



Established 1972

By and For the People of Love County

Richard Barker,
Administrator

Ambulance Emergency
911

Clinic Appointments
276-2400

Hospital Information
276-3347

Adult Day Center
276-1542

Community Resources
211

Domestic Violence Help
276-2042
Hotline - 226-6424

Growers Market
276-9410

Dietary Services

Patients on a "regular diet" have no medical restrictions on what they eat. Other patients have medical conditions that require special diets. Examples of special diets at our hospital include:

- **Low Sodium**
- **Low Fat**
- **Low Cholesterol**
- **Diabetic**
- **Low Residue**
- **Renal Diet (diet for kidney failure)**
- **Bland**
- **Modified Texture (Pureed and Dysphagia diets)**

Special diets are used mainly in the hospital, but some patients will need to stay on the diet when they go home too. The dietary manager checks daily on how our patients are eating. She advises patients and their family how to stay on the diet at home.

Valerie Brown, Dietary Manager

Valerie Brown is celebrating her 30th year in the hospital's dietary service. What keeps her going? "I am able to help people heal their bodies nutritionally, and I am around good people, a good boss, and good coworkers," Brown said. She grew up cooking for younger siblings in her large family and has spent her entire career in the field. She graduated from Marietta High School in 1984.

The longtime manager is state-licensed by the Association of Nutrition and Food Service Professionals. She takes 15 hours of continuing education annually in such subjects as dietary and nutritional standards, food safety, sanitation, fire protection, and employee management, all of which are areas of concern in a busy kitchen.

Her department prepares meals daily for up to 25 hospital patients. Also, every month there are meal days for the entire hospital staff or guest organizations that are meeting here.

"I try to cook as close to home-cooking as possible. That's what people like," Brown said. Admittedly the home-cooking standard is a little harder to achieve for some of the patients on special diets. "The doctor has ordered the special diet for their recovery, and we work with the patient on foods that fit their preference the best we can," Brown said.

Brown is assisted twice monthly by Janet Charalampous, a registered dietician who consults with the department. She stipulates the make-up of the regular and special diets.



We're YOUR Hospital, Clinic and EMS

Mercy Health/Love County

*The Small-Town Hospital
with the Big Heart*

300 Wanda - Marietta, OK 73448

www.mercyhealthlovecounty.com