

JUNE 2023



HEALTHCARE CONNECTION

STEWART MEMORIAL COMMUNITY HOSPITAL

THE FUTURE OF EMERGENCY MEDICINE IS HERE

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NOW OFFERING PULMONARY REHAB

SMCH Respiratory Therapy now has the capabilities to provide pulmonary rehab programs

RUNNING TO RECOVERY

SCC Student-Athlete Jayci Graeve didn't let a traumatic femur fracture stop her from competing

MEET OUR NEW CCO

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MACKE REHABILITATION CEN



PHOTO: GOWRIE NEWS

FEMUR FRACTURE IS NO MATCH FOR STAR ATHLETE

SOUTH CENTRAL CALHOUN RUNNER AND VOLLEYBALL PLAYER JAYCI GRAEVE RECOVERS FROM A TRAUMATIC SPORTS INJURY WITH SMCH REHABILITATION SERVICES

As a high school athlete, you only get four years to participate in as many sports and activities as you can. So when South Central Calhoun Student Athlete Jayci Graeve endured a traumatic femur fracture, she was determined to get right back to doing what she loves. After six weeks of immobilization and hours of physical therapy, Jayci regained her strength, coordination, confidence, and her ability to compete.

Jayci suffered a distal femoral fracture, or a break in the thigh bone just above the knee. To emphasize the seriousness of her diagnosis, this type of fracture in young

people is often the result of a car accident or other high-impact injury.

"It was track season and I was running hurdles, and I fell," Jayci says, "My leg pretty much hyperextended 90 degrees backwards... I was taken from Ida Grove to Sioux City for emergency surgery."

In many cases, a distal femoral fracture can extend into the knee joint and shatter the bone into several pieces. The distal femur is also surrounded by important nerves and blood vessels, making the surgery process especially delicate.

During surgery, the pieces of Jayci’s femur were brought back into alignment, and were then surgically fixated, which refers to the method of physically reconnecting bones with special screws, plates, rods or wires to prevent bones from healing abnormally.

Jayci was required to immobilize her leg and maintain a non-weight-bearing lifestyle for six weeks – but she was finally able to get back on her feet during physical therapy sessions at the Stewart Memorial Community Hospital Macke Rehabilitation Center.

“I was really, really nervous to start,” Jayci recalls, “But everyone was super nice and friendly. They were always laughing – it made the time go by faster.”

Physical Therapist Dr. Branden Roberts worked with Jayci several times per week. A large portion of her therapy consisted of strength training, footwork, and agility training.

PHOTO: CARROLL BROADCASTING



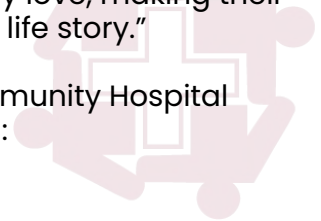
PHOTO: CARROLL BROADCASTING

Branden says, “With the nature of her injury, surgery, and prolonged immobilization, she was bound to be very unstable on her leg. For this reason, we focused a lot on single leg balance training and dynamic movements in all directions to improve knee control and strength.”

Jayci went on to exceed everyone’s expectations for recovery when she returned to running after just two months. She is back to participating and excelling in her favorite sports. Jayci says, “I was worried I wouldn’t be ready in time for volleyball, but Branden made me feel like it was possible.”

Branden adds, “Jayci worked very hard in therapy and on her own. She was a model patient! Her story is a perfect example of why we therapists at SMCH got into our profession: to guide an exceptional patient back to doing what they love, making their injury just a blip in their life story.”

Stewart Memorial Community Hospital
Rehabilitation Services :
(712) 464-4244





NOW OFFERING PULMONARY REHAB

With its expansive renovation and a new therapist on the team, Stewart Memorial's Respiratory Therapy department now has the full capabilities to offer Pulmonary Rehabilitation.

"We're here to help patients get their lives back," said Nicole Steele, RRT, "A lot of patients I've seen before say that they just need someone to tell them what to do and how to do it. There's definitely a learning curve when it comes to exercise and respiratory care, and that's why we're here."

Nicole was hired earlier this year to fill the growing need for respiratory therapy and therapists after the Covid pandemic. She has over 20 years of experience in respiratory care, and before coming to SMCH, she worked in both pulmonary rehab and cardiac rehab at Loring Hospital in Sac City and at Mercy in Des Moines.

Respiratory Therapy Director Tammie Riedell was thrilled to see the extensive experience on her resume. "It was getting busier patient-wise," Tammie said, "And then God dropped Nikki in our hands. She definitely was the right person to head up pulmonary rehab."

Nicole added, "It will be better to have something local. I know a lot of patients don't want the inconvenience of driving long distances — especially since it is a twice-per-week program."

Pulmonary Rehab is a 7-18 week program, depending on the severity of the condition, focusing on education, exercise and encouragement to improve each patient's quality of life. It is widely accepted as the most effective non-pharmacologic management for chronic respiratory conditions, like COPD, emphysema, and post-Covid shortness of breath.

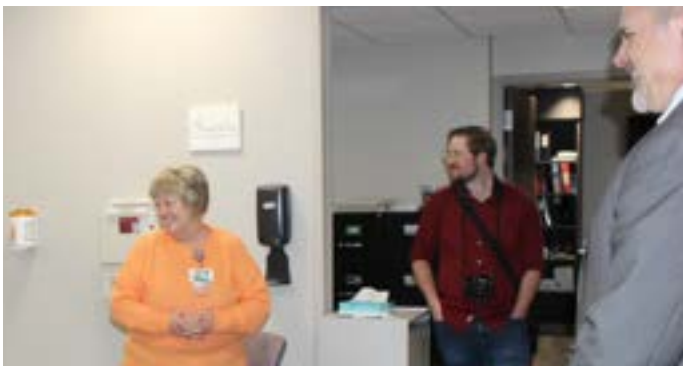
In the new, private education room, patients will have the opportunity to visit with our social worker and our dietician, learn how to correctly use medication, and have a truly integrated, coordinated therapy program experience.

Studies have shown that patients who participate in pulmonary rehab spend fewer days in the hospital. Additionally, among those hospitalized for COPD, initiation of pulmonary rehab within three months of discharge is associated with a 37 percent lower risk of mortality.

"The numbers don't lie," Tammie says, "It's better to come sooner than later — once you get so far down, it's hard to come back. So if you're noticing some shortness of breath or other issues, we encourage you to talk to your doctor."

She adds, "We really care about our patients — I mean, our patients come first — and so to offer this service locally, think about how many lives we're going to impact just by expanding this one program."

Tammie Riedell, CRT, was all smiles as she gave a tour of the newly-remodeled department during a ribbon-cutting event April 11.



Contact Us

MONDAY - FRIDAY, 9:00 - 3:00

(712) 464-4288

MCCRARY-ROST CLINIC: GOWRIE WELCOMES JESS DREES, FUTURE ARNP



Soon-to-be Advanced Registered Nurse Practitioner Jess Drees anticipates seeing patients of all ages when she begins her practice at McCrary-Rost Clinic: Gowrie after she completes her boards in August. She has a passion for preventative health care, women's screening, and preconception counseling.

Having grown up in Auburn, her health care career took root with a CNA position here at Stewart Memorial. After earning her RN in 2010, she gained experience in a variety of settings, including Med-Surg, Emergency, and OB.

Jess and her husband, Justin, have three children: 9-year-old Knox, 7-year-old Kipp, and 2-year-old Kwincy. Together, they enjoy attending sporting events, being outdoors, and traveling.

Jess will be available in Gowrie four days per week. To schedule an appointment, call (712) 464-8891.

"When you walk through our doors, you aren't another number," Jess says, "You'll receive timely, exceptional, individualized care at every visit."

LAKE CITY NATIVE DR. JULIA RICHARDSON JOINS FAMILY MEDICINE & OBSTETRICS TEAM

Julia Richardson, MD, will begin offering family medicine and OB services at McCrary-Rost Clinic: Lake City on September 11. Interestingly, she was born right here at SMCH!

Dr. Richardson became interested in medical science at a young age, being the daughter of veterinarians. She completed her Bachelor's Degree at Iowa State University, and earned her Medical Degree from the University of Iowa, making her a proud CyHawk. Before coming to SMCH, her family lived in Nebraska as she completed her medical residency.

Dr. Richardson says she looks forward to incorporating obstetrics, lactation support, pediatrics, and women's health into her practice.

Together with her husband Michael, Dr. Richardson has a son, Joshua, who has Down syndrome, and twin 18-month-old daughters, Charlotte and Grace. Dr. Richardson enjoys spending her free time with her family.

She says, "To be a part of serving the great need for rural healthcare in my own hometown is such a privilege."

To schedule an appointment with Dr. Richardson, call (712) 464-7907.





THE FUTURE IN HEALTHCARE IS HERE A VEL ECARE EMERGENCY TELEMEDICINE



PHOTO: AVEL ECARE

In emergency situations such as stroke, heart attack, trauma, or serious injury, every second counts.

That's why Stewart Memorial has partnered with Avel eCare Emergency for a fast response and quick specialty intervention to help our patients achieve better outcomes and avoid unnecessary transfers, reduce costs and support staff. Since Avel eCare Emergency launched in 2009, their board-certified ER physicians have delivered immediate, virtual care to emergency departments like ours at over 200 hospitals across the country.

CEO Cindy Carstens says, "With this technology, we always have access to medical specialists, which is especially valuable for medical emergencies we deal with infrequently, such as burn patients."

The photo above shows how it works: Avel's team installs secure, interactive, high-definition video and audio equipment into the emergency rooms and trains staff on how to use it. When our staff needs emergency assistance, they simply push a button to connect 24/7/365 with Avel's physicians and critical care nurses, who respond immediately from a virtual hospital hub.

They have capabilities to pull up our emergency department's profile to leverage staff lists, phone numbers, medications, supplies, equipment, and procedures

so they can operate seamlessly as a member of our care team. After the visit, Avel even faxes over documentation and orders to include in medical records.

"Having Avel's emergency physicians and critical care nurses just a call away gives us the span of experience and knowledge to make decisions quickly and efficiently," says Lara Cornelius, Emergency Department Director, "Not only that, but they can handle a lot of the documentation and orders for our staff so they aren't pulled away from the situation at hand."

Avel eCare Emergency services are ideal for critical access hospitals like ours. Avel's team is ready to respond immediately and provide as much or as little support as we require for services such as immediate medical direction, nursing documentation, specialty consults, complex cases, and ordering diagnostic testing. Whether the emergency situation requires transfer arrangements, triage or life-saving measures, Avel eCare experts provide the support that helps our staff keep their heads and hands in direct patient contact.

"The second opinions, education, and encouragement that they provide builds confidence within our nursing staff, and it provides an extra level of comfort for both patients and staff," Lara says.

Learn more :
www.avelecare.com/services/emergency.



INTRODUCING

LEIGH MILLER

Stewart Memorial's new Chief Clinic Officer has an unparalleled passion for rural healthcare and a drive for delivering excellence to every patient, every time.

Leigh Miller, RN, BSN, MBA, assumed the role of Stewart Memorial Community Hospital's Chief Clinic Officer on April 17.

Leigh's position here at SMCH encompasses a wide scope of duties. In general, she directs, supervises and coordinates the overall healthcare operations for McCrary-Rost and Stewart Memorial clinics. This means it's her job to arrange quality, reliable, safe care in a fiscally responsible manner to ensure future generations have access to that care as well.

"When I am asked what it is that I do, I will often tell people that at the end of the day, my number one priority is to make sure the people taking care of people have what they need to be able to do their jobs correctly, effectively, and efficiently," Leigh explains, "In this position, I will be able to support a team that is very invested in caring for our patients and our community."

While Leigh has spent her first weeks at SMCH getting to know the people and departments she'll work with closely, including providers, staff, Board members, volunteers and Foundation members, she is excited for the opportunity to identify services that we can either enhance or begin offering. She says, "I hope to establish a few ways that we can improve the patient experience and increase efficiencies for our providers and staff."

Together with her husband Brian, Leigh has five sons and one daughter, all of whom currently work in their respective careers aside from daughter McKenna, who is a sophomore at South Hamilton in Jewell.

"In addition to a blended human family, we are also a blended pet family," Leigh adds, "We have three cats, a Great Dane, Millie, and a long-haired miniature Dachshund, Pepper. Millie may have 130 pounds on Pepper, but Pepper definitely runs the house!"

Leigh has been a resident of the Stanhope area her entire life, which has instilled in her a passion for giving back to small communities. Her family is often involved in town celebrations, Lion's Club, and other events, and currently, she serves as Vice President of the South Hamilton School Board, while her husband Brian is the mayor of Stanhope.

Before her 25 years of experience in nursing, Leigh had studied psychology and worked in a nursing home. She recalls, "Watching the relationships that nurses had with the residents and seeing the impact we made in their lives convinced me to change directions, and I started nursing school that fall."

After earning her RN, she worked in a variety of nursing departments and organizations before transitioning to leadership roles 15 years ago. Leigh explains, "While my focus and method for delivering care to patients is different than when I was providing direct care, I still find tremendous satisfaction in helping ensure staff and providers are able to effectively care for our patients."

Leigh is always open to and would love to hear any patient feedback. She can be reached at (712) 464-4100 or lmiller@stewartmemorial.org.



NEW FACES AT SMCH

GROW WITH US

Start a career where your talents, skills, and gifts are appreciated and celebrated, and be part of a team that loves coming to work!

Our teams serve a higher purpose at SMCH and in our communities. We strive to be an outstanding place to work because we care about one another, our families, and our patients.

Explore open positions and complete an application :



Vicky Higgins
Nursing Services



Sayer Steig
Nursing Services



Shannon Stephenson
Prior Auth. Specialist



Tara Barrett
Anesthesia



Leigh Miller
Chief Clinic Officer



Merle Stauter
Nutrition Services



Katelyn Slawson
Laboratory



Jared Solko
Quality Director



Emma Tunning
Rehab Services



Nicole Steele
Respiratory Therapy



Hannah Lemmon
Environmental Svcs.



Hannah Batten
Nursing Services



Heather Garcia
Environmental Svcs.



Casey McCaulley
Facilities



Addison Wiskus
Nutrition Services



JUNE IS MEN'S HEALTH MONTH

Men are 2 times less likely to use preventative health care services than women. Don't put off recommended health screenings -- make prevention a priority!

Call your local McCrary-Rost Clinic to get your preventative screenings scheduled today.

Lake City: (712) 464-7907
Rockwell City: (712) 297-8989

Gowrie: (712) 464-8891
Lake View: (712) 665-8555

IN YOUR 20S & 30S

- Annual flu shot and tetanus booster every 10 years
- Blood pressure check every two years
- Cholesterol screening at 35, earlier if you have heart disease risk factors
- Diabetes screening if you have a high BMI, family history, or high blood pressure
- Height, weight and BMI checked every year
- Skin cancer exams annually
- Teeth cleaned and examined once or twice each year
- Vision screening every two years, more often if you have diabetes

IN YOUR 40S & 50S, ADD

- Diabetes screening when older than 44 and then every 3 years
- Colorectal cancer screening at 45, earlier if you have high risk factors
- Shingles vaccine beginning at 50
- Prostate cancer screening beginning at 50
- Lung cancer screening at 50 for current or former smokers

IN YOUR 60S, ADD

- Bone density testing at age 70, earlier if you break a bone after 50
- One-time abdominal aortic aneurysm screening at 65-75 for current or former smokers
- Pneumonia vaccine beginning at 65



Fun Run
Registration



upcoming EVENTS

Fun Run

This year's **SMCH 2-Mile Fun Run** will take place Saturday, June 24 at 8:30 am in Lake City – in conjunction with the Lake City Betterment Association's annual Western Days weekend.

The Fun Run will commence at 8:30 am. Both the start and finish lines will be located on the west side of the Lake City town square. Kids ages 9 and under are invited to join the free Kid's Dash starting at 8:15. Sign up that day!

Registration for the 2023 Fun Run is completely online. Although pre-registration closed on May 31, participants can still register up until the day of the event. Cost is \$20. Visit www.getmeregistered.com/smch2mile or scan the QR code above to complete your registration. All registration fees include a 2023 Fun Run t-shirt in a size of your choice!

Questions and concerns can be directed to SMCH Nutrition Services Director Casey Wetter at (712) 464-4182 or cwetter@stewartmemorial.org.

Lunch 'N' Learn



Ann Riat, PT

SMCH will host a Lunch 'n' Learn seminar on June 13 at 12:00 pm in the SMCH Conference Center.

Better Bladder, Better Life will be presented by Physical Therapist and Pelvic Health Specialist Ann Riat. The menu for this event includes a Cobb salad with avocado ranch dressing, a toasty garlic knot, and frosted lemon blueberry cake.

If you or a loved one experience frequent leaks, pelvic pain, or disruptions to your daily routine due to bladder control issues, this is the perfect opportunity to learn about the resources and treatments available to you at Stewart Memorial, and to ask your questions to a highly experienced therapist.

The cost is \$10, which can be paid upon entry and includes your meal and program. Reserve your seat by June 6 by calling Hannah Streeter-Halvorsen at (712) 464-4214 or emailing hstreeter@stewartmemorial.org.

2023 Swinging for Patients



The SMCH Auxiliary will host its annual golf tournament fundraiser Swinging for Patients on July 22 at the Lake City Country Club -- shot gun start at 9:00 am. This tournament is a 4-person best ball style tournament with flighted cash prizes. Team registration costs \$400, or \$425 to include an event shirt for each team member. Cost will also include lunch and dinner. If you're not a golfer but still want to support the Auxiliary, a variety of sponsorships are also available. There is only space for 15 teams! Contact Kristen at (712) 464-4183 or khall1@stewartmemorial.org to sign up by June 23.



and CLASSES

To register for classes, contact Ashley Mork, RN, at (712) 464-4291 or amork@stewartmemorial.org.

Basic Life Support (BLS) -- \$40.00

- The American Heart Association's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED.
 - Friday, June 16, 8:30 - 12:30 pm, Conference Center
 - Wednesday, August 23, 8:30 - 12:30 pm, Conference Center

BLS Renewal — \$30.00

- This course is for those who are currently certified in Basic Life Support and need to renew their certification.
 - Thursday, July 13, 9:00 - 12:00 pm, Conference Center

Infant Feeding Support Group

- Ask questions, share your experiences, weigh your baby, and meet other moms in the community going through similar experiences.
- Our certified lactation experts will be available to answer your questions about feeding. Come and go as your schedule allows — bring your baby!
- Meet in the SMCH Conference Center.
 - Monday, June 26, 5:00 - 6:00 pm
 - Friday, July 14, 10:00 - 11:00 am
 - Monday, July 24, 5:00 - 6:00 pm
 - Friday, August 11, 10:00 - 11:00 am
 - Monday, August 28, 5:00 - 6:00 pm

Oh Baby! Prenatal Class — FREE

- Topics covered include pre-term labor, stages of labor, interventions during labor and delivery including induction, pain relief options, Cesarean birth, hospital procedures during and after labor, breastfeeding, care of the newborn like bathing and diapering, and infant CPR
 - July 22, 8:30 - 12:00 pm, SMCH Conference Center

Big Brother/Big Sister — FREE

- Topics covered include ways brother or sister can help mom and dad with the new baby, how to hold the new baby, what to do when baby cries, and how you can play with baby.
- Participants will also have snack time, read a book about newborns, design a craft for the new baby and tour our OB department.
 - July 25, 6:00 - 7:00 pm, SMCH Conference Center

Breastfeeding Basics — FREE

- Topics covered include what to expect in the first few weeks, benefits of breastfeeding, skin-to-skin, what a good latch looks like, positioning, tips for a fussy baby, hand expression, pumping, postpartum diet, and troubleshooting.
 - June 20, 6:00 - 8:00 pm, Conference Center



See a full schedule of classes offered at Stewart Memorial.



OUR PROVIDERS



**Stewart Memorial
Community Hospital**

1301 W Main St
Lake City, IA 51449

NEW PATIENTS ALWAYS WELCOME!

Danni Anderson, PA-C
Tonja Petersen-Anderson, ARNP-C
Lexie Badding, PA-C
Stephanie Bellcock, PMHNP
Katelyn Brown, PA-C
Ron Cheney, DO
Derek Duncan, DO
Carrie Goodwin, PMHNP
Megan Grodahl, PA-C
Susan Hornback, DO
Jeremy Johnson, CRNA
Jim Lewis, CRNA
Mark Mogensen, PA-C
Liz Peterson, PA-C
Josh Smith, DO
Barbara Weber, ARNP-C

Stewart Memorial Community Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, gender identity, or sex.



EMERGENCY

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OUTPATIENT CLINICS

Call (712) 464-7907 to schedule an appointment.

Cardiology

Suzanne Feigofsky, MD

Dermatology

Abigail Behrens, MSN, ARNP, FNP-C

Ear, Nose & Throat

Tracey Wellendorf, MD

General Surgery

Ronald Cheney, DO
Josh Smith, DO

Mental Health Services

Glenna Nockels, LISW

Ophthalmology

Logan R. Vincent, MD

Orthopedics

Lacey Crimmins, ARNP
Elijah Miller, DO

Pain Solutions

Jeremy Johnson, CRNA
Jim Lewis, CRNA

Podiatry

Brian Hamm, DPM

Rural Behavioral Health

Melinda Engelmann, LISW
Karla Manternach, LISW

Urology

Timothy Kneib, MD, FACS

Wound Care

Mark Mogensen, PA-C