

HEALTHCARE CONNECTION

STEWART MEMORIAL COMMUNITY HOSPITAL



A Life Comes Full Circle

LAMBERT KLOCKE HAD BEEN DONATING BLOOD FOR OVER 40 YEARS. NOW, AS HE BATTLES LEUKEMIA, HIS LIFE RELIES ON BLOOD DONATIONS.

Tell Us What You Think PAGE 4

NOW IS YOUR CHANCE TO PROVIDE INSIGHT INTO SIGNIFICANT LOCAL HEALTH NEEDS -- TAKE THE 2023 CALHOUN COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT TODAY.

Just What the Doctor Ordered PAGE 5

THE MASSIVE LIGHTED CANVAS SHOWN HERE IS FEATURED INSIDE THE NEW MAIN ENTRANCE OF STEWART MEMORIAL COMMUNITY HOSPITAL. NOT ONLY DOES THIS PIECE SERVE AS A LANDMARK TO ASSIST PATIENTS AND VISITORS WITH WAYFINDING, BUT IT ALSO PLAYS AN INTEGRAL ROLE IN OUR COMPREHENSIVE APPROACH TO THE HEALING PROCESS.



"This is the best choice we could've made. We love it here."

Infusion patient Lambert Klocke is pictured here with his family: daughter RaeLynne Roe, daughter RoxAnne Magaña, daughter Michelle Souder, daughter-in-law Paula Klocke, and son Doug Klocke.

A Life Comes Full Circle

HANNAH STREETER-HALVORSEN

When Lambert Klocke began donating blood over 65 years ago, he never could have imagined his life would one day rely on donated blood and platelets. He had been a regular donor for most of his life, giving gallons and gallons of blood, earning pin after pin from the American Red Cross. Lambert was just a teenager when he donated for the first time, continuing to donate during his time in the Army, and then well into his adulthood.

Decades later, in 2022, Lambert was diagnosed with Myelodysplastic Syndrome (MDS), which causes his blood levels to drop. Since Lambert is a poor candidate for MDS treatment, his condition progressed into Acute Myeloid Leukemia, or AML.

"This type of cancer affects the blood and bone marrow and interferes with the production of normal blood cells and platelets," said SMCH Med/Surg Director Erica Ruhland. "Because of this, Lambert has transfusions of blood and platelets a few times per week to help replace what is not being produced in his body."

Every Monday and Thursday, Lambert visits the lab for a blood draw, and based on the results, transfusions are scheduled.

"Everyone is friendly and attentive from registration to lab to nursing," said Lambert's daughter, RaeLynne Roe.

He resides just north of Lake City, and fortunately, much of his family lives nearby and can spend time with him during the hours-long (and sometimes day-long) sessions. At first, Lambert and his family were driving to Carroll multiple times each week for transfusions since that's where he sees his cancer physician, Dr. Behrens.

"When we realized we could get the same quality of services in Lake City, it was a logical choice for us," said Doug Klocke, Lambert's son.

SMCH Prior Authorization Specialist Shannon Stephenson, RN, was able to facilitate a quick and easy transfer of care to Lake City for the Klocke family.

"It was a very smooth transition," said Lambert's daughter, Michelle Souder. "The communication between Stewart Memorial and Dr. Behrens is fabulous."

Since he spends so much time stuck in one place "burning daylight," Lambert appreciates that there's never any waiting and that everything is ready to go when he arrives. And having had some traumatic IV experiences at other facilities, Lambert is grateful to our nurses for always getting his IV in on the first try.

"Their IV skills are up and above and beyond," said Michelle. Daughter RoxAnne Magaña added, "We've been to bigger city hospitals that don't even hold a candle to what these nurses can do."

Despite his diagnosis and condition, Lambert remains in good spirits and seems to enjoy the time he spends at SMCH. His family continuously expresses their gratitude for our service and compassion during Lambert's fight against myelodysplasia and leukemia.

"This is a special place," said Michelle. "They've bent over backwards for us. I would recommend it to anybody."



Nurses Megan Schuttler and Samantha Small, LPN Allison Riat, and CNA Maggie Havens, stop in for a visit with Lambert during a recent transfusion session.

Stewart Memorial Community Hospital is proud to offer the best in medical technology and services close to home. It's our goal is to provide comprehensive, compassionate, state-of-the-art care. Our highly experienced nurses are specially trained in all aspects of IV infusion.

Outpatient Infusions & Injections :
(712) 464-4201

The Demand Never Slows

Did you know that as a nation, we use around 36,000 units of blood a day? But only 3% of the population donates blood regularly.

Blood cannot be manufactured or replicated, so donations are the only way to maintain our supply. It's painless, takes less than one hour, and could even save someone you know.

If you're able, we encourage you to donate at our **LifeServe Blood Drive** on September 28. Call (712) 464-7907 to learn more and schedule a donation.

CONCUSSION 101

WITH HARVEST SEASON AND FALL SPORTS IN OUR MIDST, IT'S A GREAT TIME FOR A REFRESHER ON WHAT TO LOOK FOR AND WHAT TO DO IF YOU THINK YOU MAY HAVE A CONCUSSION.

A concussion is the most common type of traumatic brain injury. Although they occur frequently in sports, concussions can happen to anyone -- from falls, car accidents, and non-contact sports.

It's incredibly important to report a concussion if you think you may have one. If you don't, you're at serious risk for second impact syndrome (SIS) which is a serious condition that occurs when a person gets a second concussion before the first is fully healed. The brain swells and there can be lasting consequences, even death.

SIGNS

- Show behavior or personality change
- Lose consciousness, even briefly
- Are confused about assignment
- Appear to be dazed or stunned
- Forget events prior to or after injury
- Answer questions slowly
- Move clumsily

SYMPTOMS

- Problems with concentration/memory
- Dizziness or lightheadedness
- Sensitivity to light or noise
- Change in sleep pattern
- Double or fuzzy vision
- Feeling "foggy"
- Headache
- Nausea



If you think you may have a concussion:

1. Immediately report this to a coach, family member, or healthcare provider.
2. Visit a trained healthcare provider.
3. Closely follow your doctor's orders for treatment and rehabilitation.

Stewart Memorial Community Hospital's Sports Medicine staff is highly experienced in concussion management and is ready to answer your questions.

STEWART MEMORIAL COMMUNITY HOSPITAL REHABILITATION SERVICES
LAKE CITY : (712) 464-4244 | ROCKWELL CITY : (712) 297-5016



Tell Us

What You Think

You're invited to take the 2023 Calhoun County Community Health Needs Assessment.



In partnership with Calhoun County Public Health, SMCH is seeking public input on important local health needs. The Community Health Needs Assessment gives Calhoun County residents an opportunity to understand the most significant community needs and provide insight into the resources and interventions needed to address any issues.

The findings of this assessment will guide the development of the community health improvement plan and implementation strategies for 2024-2026. The implementation plan and strategies will be developed and used by hospitals, public health departments, and other community partners to set priorities and to coordinate resources for improving health outcomes in Calhoun County.

- All Calhoun County residents are encouraged to take the **six-minute** assessment to provide input on projects and issues that may affect them.
- The assessment can be found by scanning the **QR code** below, or by visiting <https://www.surveymonkey.com/r/DNXLMPN>.
- Those who would prefer to **fill out a paper copy** may pick one up at the Calhoun County Courthouse, the Calhoun County Public Health office in Rockwell City, Stewart Memorial Community Hospital, or at any McCrary-Rost Clinic location.
- Responses will be accepted until **October 31, 2023**.

Thank you for your help in making Calhoun County a better place for all!



JUST WHAT THE DOCTOR ORDERED

The Healing Power of Nature

Hannah Streeter-Halvorsen

If you've ever spent time in a hospital, you know that getting from one place to another can feel like being stuck in a trap. As a visitor, finding your destination inside a visually bland maze can intensify an already distressed mental state. For patients, it can even take a toll on the healing process. That's why Stewart Memorial is taking a comprehensive approach to the healing environment by incorporating the natural beauty of Iowa into our renovated spaces.

Researchers at the American Psychological Association, the University of Minnesota, and the National Institutes of Health all agree – even if they're artificial, the images, sounds and smells of nature can have positive, direct health effects.

And if people feel better, they can heal faster.

A growing body of evidence has proven that images of tree-lined streams, fields of crops, meadows full of flowers, and the like, can reduce stress and depression, support pain management, and even lower blood pressure. In chronic and terminal patients, interaction with nature can yield a higher level of quality of life.

"It's well-known that getting outdoors in nature can be good for your health and well-being," said SMCH CEO Cindy Carstens. "So as more and more studies reveal the positive impacts of imagery on the healing process, it became clear that we should fill our new spaces with nature and a little taste of home."

Throughout the Putting People First renovation and expansion project, facilities planning has been guided by this evidence-based research when it comes to interior design details. The barn canvas, photographed by Fort Dodge native Justin Rogers, is one of three pieces that will be installed throughout the hospital as part of the final phase of construction.

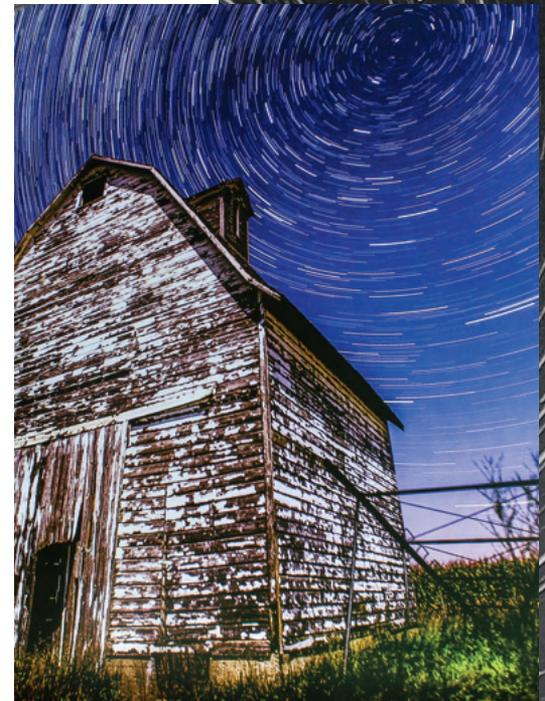
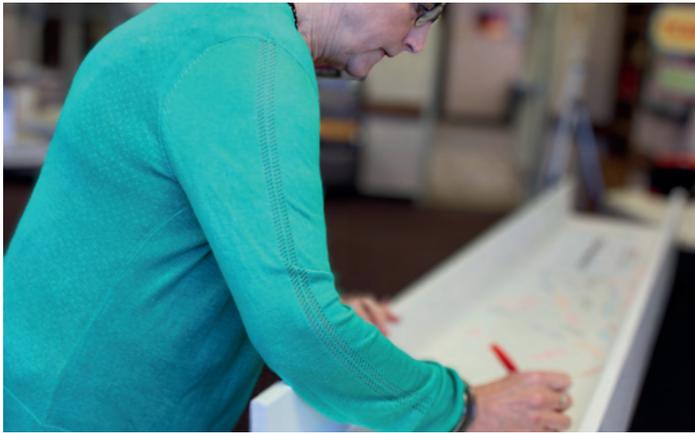


PHOTO: ROGERS PHOTOGRAPHY

Justin Rogers, owner of Rogers Photography in Ankeny, photographed the artwork used for this canvas. Photography began as a hobby for Rogers in 2013, but soon developed into a passion. Most of his work consists of rural Iowa landscapes and Des Moines cityscapes, and at the right time of year, he loves capturing wildlife.



2020: CINDY SIGNS HER NAME ON A SUPPORT BEAM THAT WAS LATER INCORPORATED INTO OUR NEW MAIN ENTRANCE



2022: CFO JIM HENKENIUS, CEO CINDY CARSTENS, AND CNO ANN LENGELING POSE WITH SMCH'S 9TH CONSECUTIVE TOP WORKPLACE AWARD

THANK YOU AND FAREWELL

A MESSAGE FROM CINDY

As many of you know, this is the last article I'll write for the Stewart Memorial Healthcare Connection newsletter as I approach my retirement date in December.

As I reflect on my 15 years at SMCH, what comes to mind is that my journey has been like reading a great book – which happens to be one of my passions. Every great book has a distinct group of characters that play specific roles whom the reader makes connections with, and those characters draw the reader into the story.

There have been many characters in many different chapters of my SMCH book. Those characters include the great SMCH & McCrary-Rost Clinic teams that I have been honored to work with, as well as the community members who have served on our many hospital boards providing guidance and support through my journey at SMCH. Other characters in my book are the people who SMCH has developed partnerships with over the years, including the Calhoun County Public Health team, the Calhoun County Disaster Coalition team, the Mental Health Coalition, and the other Unity Point Rural Affiliates. All of you have helped SMCH become more prepared for the future and have helped make healthcare in rural Iowa better.

Each year at SMCH represents a chapter of my book. Each chapter shares my growth as well as the remarkable work we have been able to accomplish over all these years. Some chapters have suspense and drama, some share the happy times and the sad times -- I feel that the Building Project chapters have created the suspense and drama some days! The stories I hear from our patients about the exceptional experiences and quality care that they receive at SMCH is a significant chapter in this book. And there are chapters about how the SMCH team comes together as family to support each other.

I have had the privilege of being a character in this gripping story. As I complete my final chapter and close this book for the last time, I know that this journey has been a great one and will be remembered for years to come. I am excited to see what the sequel to my SMCH journey will hold because I know that this organization and this team will continue to do great things, continuing to impact the lives of the people they serve.

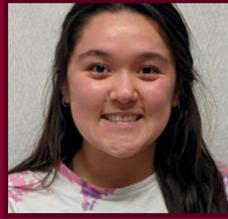
This is not goodbye – this is until we meet again.

Cynthia Carstens
CINDY CARSTENS

NEW FACES AT SMCH



Kyra Brincks
Nursing Services



Mackinzie Fahey
Laboratory



Minnie Huster
Nutrition Services



Brittany Frantz
Nursing Services



Natasha Smith
Environmental Svcs.



Paula Mohr
Nursing Services



Olivia Grote
Laboratory



Ashley Anderson
Nursing Services



Laura Feldhans
Environmental Svcs.



Jean Culver
Reception



Victor Ogoti
Anesthesia



Amanda Myers
Nursing Services



Sandra Hooper
Surgery



Renee Goettsch
Clinic Nursing



Mark Crouse
Facilities



Abby Arthur
Rehab Services



Caleb Blair
Nursing Services



David Billmeier
Facilities

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 :



SCAN ME



NATIONAL RECOVERY MONTH

24/7 NATIONAL HELPLINE:
1 (844) 289-0879

It is estimated that nearly **58 million** US adults live with a mental illness, and **20 million** Americans aged 12 and older live with substance abuse disorder.

September is National Recovery Month, so we're giving a shout out to those in recovery from substance use and mental health conditions. Recovery Month celebrates your gains and offers hope to those still fighting.

By spreading awareness, we can help to reduce the stigma of addiction and seeking treatment. This makes it easier for more people to find the courage to get treatment for themselves or their loved ones.

This month, let's work together to promote and support treatment and

recovery practices, the emergence of a strong recovery community, and the dedication of service providers and community members who make recovery possible in all forms.

If you or a loved one is unsure where to locate recovery resources, Stewart Memorial has a highly experienced social worker on staff who can help.



Michelle Shaver, LISW
(712) 464-4238

LUNCH 'N' LEARN

SMCH will host its third quarter Lunch 'n' Learn seminar on Wednesday, **September 20 at 12:00 pm** in the Conference Center. Leann Olhausen, Volunteer SHIP Counselor, will present Making Sense of Medicare. If you or a loved one has questions about Medicare, this is the perfect opportunity for you to learn about the resources available to you, and to ask your questions to a highly experienced counselor.

SMCH Nutrition Services will prepare and serve a light lunch of wild rice harvest soup, a cornbread muffin, and an apple butter cake bar. The cost of entry is \$10, which can be paid at the door.

This event has limited seating and requires a reservation. RSVP by September 11 by calling Hannah Streeter-Halvorsen at (712) 464-4214 or emailing hstreeter@stewartmemorial.org.

SMCH OBSTETRICS PRESENTS LADIES' NIGHT OUT

As we prepare to welcome Family Medicine & Obstetrics provider Julia Richardson, MD, we invite you, your family, and friends to join us for Ladies' Night Out!

- Meet our providers and OB staff
- Learn more about pelvic health, women's health screenings, and OB services
- Schedule your recommended screenings
- Tour our NEW facility
- Get a massage!
- Enjoy refreshments, wine, and charcuterie



All are welcome -- no reservation required!

This is a great opportunity for women of all ages to learn more about our women's health resources and experience the Stewart Memorial difference!

WED. OCT. 18 | 4:00 - 6:00 PM
SMCH MAIN ENTRANCE

UPCOMING EVENTS



SMCH AUXILIARY CALENDAR

- IA/ISU Cookie Sale:** Week of Sep. 5
- Auxiliary Group Meeting:** Sep. 20, 10 am
- \$5 Jewelry Sale:** Sep. 26, 11 am - 4 pm
- LifeServe Blood Drive:** Sep. 28
- Mum Sale:** September TBD
- Nut Man Sale:** Oct. 4-5
- Designer Bag Bingo:** Oct. 11
- Auxiliary Group Meeting:** Oct. 18, 10 am
ft. guest speaker Dr. Cheney
- Mingle Jingle:** Nov. TBD
- Small Business Saturday:** Nov. 25
- Linen Sale:** Nov. TBD
- Gingerbread House Competition:** Week
of Dec. 18
- Auxiliary Group Meeting:** Dec. 20, 10 am

Kristen Hall

SMCH Auxiliary & Volunteer Coordinator
(712) 464-4183 | khall1@stewartmemorial.org



SMCH AUXILIARY PRESENTS DESIGNER BAG BINGO

WED. OCT. 11 | 4:00 PM
LAKE CITY COMMUNITY MEMORIAL BUILDING

You're invited for 10 rounds of bingo -- playing to win designer bags! Vera Bradley, Coach, Kate Spade, DKNY, Michael Kors, and MORE!

\$40 per ticket or \$50 at the door
\$70 per couple

Proceeds will benefit the Auxiliary's pledge to the SMCH Renovation Project. Enjoy complimentary snacks and a cash bar. Walking nachos will be available for purchase.

CONTACT KRISTEN HALL FOR TICKETS:
(712) 464-4183
KHALL1@STEWARTMEMORIAL.ORG

and **CLASSES**

CONTACT ASHLEY MORK, RN, TO REGISTER & LEARN MORE:

(712) 464-4184

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.

- Tuesday, October 17, 8:30 - 12:30 pm
Conference Center
- Thursday, December 7, 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 update their certification.

- Friday, Sep. 15, 9:00 - 12:00 pm,
Conference Center
- Tuesday, Nov. 14, 9:00 - 12:00 pm,
Conference Center

ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS) -- \$150.00

The American Heart Association's ACLS course builds on the foundation of lifesaving BLS skills, emphasizing the importance of continuous, high-quality CPR. This is a two-day course.

- Wednesday, Oct. 18, 8:30 - 4:30 pm,
Private Dining Room
- Thursday, Oct. 19, 8:30 - 12:30 pm,
Private Dining Room

ACLS RENEWAL -- \$75.00

This course is for those who are currently certified in Advanced Cardiovascular Life Support and need to update their certification.

- Thursday, Sep. 14, 8:30 - 1:30 pm,
Conference Center
- Tuesday, Oct. 10, 8:30 - 1:30 pm,
Conference Center

PALS RENEWAL -- \$75.00

This course is for those who are currently certified in Pediatric Advanced Life Support and need to update their certification.

- Wednesday, Sep. 27, 8:30 - 1:30 pm,
Private Dining Room

OH BABY! PRENATAL CLASS -- FREE

Topics covered include pre-term labor, stages of labor, interventions during labor/delivery, Cesarean birth, hospital procedures during and after labor, breastfeeding, infant CPR, and more.

- Oct. 14, 8:30 - 12:00 pm, Conference Center
- Nov. 9, 5:30 - 9:00 pm, Conference Center

BIG BROTHER/BIG SISTER -- FREE

Siblings-to-be will learn how to hold the new baby, what to do when baby cries, and more. Participants will have snack time, read a book, design a craft for the new baby, and tour our OB department.

- Oct. 17, 6:00 - 7:00 pm, Conference Center

BREASTFEEDING BASICS -- FREE

Topics covered include breastfeeding benefits, skin-to-skin, what a good latch looks like, breastfeeding positions, tips for a fussy baby, hand expression & pumping, postpartum diet, troubleshooting, and more.

- Sep. 19, 6:00 - 8:00 pm, Conference Center
- Dec. 7, 6:00 - 8:00 pm, Conference Center

MOMS CONNECT

Join our casual postpartum support group! Meet other moms and babies in an informal setting. Certified lactation experts are available to offer support and answer questions. Come and go as your schedule allows -- in the Conference Center.

- Monday, Sep. 25, 5 - 6 pm
- Friday, Oct. 13, 10 - 11 am
- Monday, Oct. 23, 5 - 6 pm
- Friday, Nov. 10, 10 - 11 am
- Monday, Nov. 27, 5 - 6 pm
- Friday, Dec. 8, 10 - 11 am

See a full schedule :



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, FNP-C, ANP-C
Lexie Badding, PA-C
Stephanie Bellcock, ARNP, PMHNP
Katelyn Brown, PA-C
Ron Cheney, DO
Jess Drees, ARNP, FNP-C
Derek Duncan, DO
Carrie Goodwin, DNP, ARNP, PMHNP-BC
Megan Grodahl, PA-C
Susan Hornback, DO
Jeremy Johnson, CRNA
Jim Lewis, CRNA
Mark Mogensen, PA-C
Victor Ogoti, CRNA
Liz Peterson, PA-C
Julia Richardson, MD
Josh Smith, DO
Barbara Weber, ARNP, FNP-C



Calhoun County Community
Health Needs Assessment

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.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumed liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional. Websites not belonging to this organization are provided for information only. No endorsement is implied.

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
Kate DeWall, LISW

Urology

Timothy Kneib, MD, FACS

Wound Care

Mark Mogensen, PA-C