

Stewart Memorial Community Hospital

HEALTH CARE CONNECTION

Committed to quality health & wellness for you and your family

“I enjoy the therapy department here tremendously. I don’t think there’s any other place that would stand up to this.”

FATHER LYNN BRUCH SAYS HE OWES HIS INDEPENDENCE TO SMCH THERAPY SERVICES

After a devastating Parkinson’s diagnosis over three years ago, Father Lynn Bruch of Lake City has maintained his independence by continuously challenging himself during therapy sessions at SMCH. Father Lynn works closely with Branden Roberts, DPT (*far right*) and Riley Anderson, Physical Therapy Student (*far left*) every week to exercise both his body and mind, working on balance, footwork, cognitive skills, & more.

READ MORE ON PG. 2

MORE INSIDE

- Remodeled Emergency Dept. Now Open **Pg. 3**
- Mother of Three Highly Recommends Pelvic & Low Back Pain Treatment **Pg. 4**
- Iowa Savings Bank makes contribution to Putting People First campaign **Pg. 6**
- Introducing 30+ new staff members **Pg. 7**
- Radial pulse treatment offers incredible results to patients in pain **Pg. 8**
- Diabetes Education is top of mind with recent observance of American Diabetes Month **Pg. 9**

FATHER LYNN BRUCH CONT.

OVER 60,000 AMERICANS are diagnosed with Parkinson's, a central nervous system disease, every year.¹ The cause of PD remains largely unknown, although scientists believe a combination of genetic and environmental factors play a role. Unfortunately, there is no real way to tell how quickly a patient will begin to lose function.

Father Lynn received his original diagnosis from a neurologist in Ames, who told him to start a therapy program right away. After looking around locally, Father Lynn made an appointment with SMCH Rehabilitation Services.



"I was diagnosed with Parkinson's about three and a half years ago," Father Lynn said, "And that's when I started here with Branden Roberts."



Branden Roberts, DPT, earned his Doctorate in Physical Therapy from Des Moines University in 2016. Since then, he's been treating patients, earning expertise in things like dry needling, orthopedics, myofascial release, neurological disorders, and neuropain science.

Branden said, "Father Lynn has what we call 'Akinetic Parkinson's Disease,' where his symptoms are consistent with slowed body movements, difficulty facilitating changes in direction, movement through tight spaces, impaired balance, and shuffling steps, which leads to loss of balance. We usually see these symptoms more predominant on one side of the body - Father Lynn demonstrates worse symptoms on his right. He also demonstrates micrographia, or small handwriting, and quiet voice."



Akinetic Parkinson's Disease makes up about 60 percent of all PD cases, and gets its name from the word "akinesia," a term for the loss of ability to move muscles voluntarily. This condition causes nerve cells in the brain's movement centers to weaken and die, no longer allowing them to send signals to nerves and muscles.²

"Our biggest concern with the progression of PD is loss of independence," Branden said, "Including slowed or freezing movement patterns, loss of mobility, frequent falls, and depression that ensues with these changes in abilities."

While PD doesn't come with a one-size-fits-all treatment plan, all treatment plans have a common goal: to maintain function for as long as possible. Branden said his approach in developing Father Lynn's physical therapy plan was to discuss his daily difficulties, and tailor the plan to those functional deficits.

MOST OF FATHER LYNN'S SESSIONS consist of aerobic movements specific to his job, including kneeling, lunging, changing direction, and standing for long periods, and also "dual-task activities," which are physical and cognitive tasks performed simultaneously.

"An example of a dual-task activity would be boxing activities, which work on hand-eye coordination and strength, while also stepping to metronome beats, since rhythm is another common issue with PD," Branden said.

Father Lynn added, "Branden and I work on balance and strength... He's got new ideas every time I'm here. He's able to think things through and put new ideas together so it never gets boring."

Father Lynn has been able to live his life without much limitation, continuing to serve his community and parish as a priest. He said, "I went back to my neurologist in Ames, and she says, 'You must be doing something right,' because usually people in my shoes are much more progressed in terms of Parkinson's."

Branden added, "Father Lynn has chosen to not let the disease rule his daily life and fights it weekly in therapy so he can keep living well."

SMCH is proud to have an exceptional Rehabilitation Services department. Our array of services and leading-edge treatments offer our patients the best in physical, occupational, and speech therapy. As part of our Putting People First renovation project, this department will become the Macke Family Rehab Services Center, a state-of-the-art facility with capabilities for better service and more convenience.

FATHER LYNN HAD THIS TO SAY ABOUT SMCH REHABILITATION SERVICES, "There are excellent people on staff here - they're knowledgeable, they're excellent in terms of their qualifications, and they're a lot of fun to be with... They've welcomed me - I feel like part of the family."



Father Lynn has also worked closely with Speech-Language Pathologist Courtney Schreck, who specializes in degenerative diseases, Parkinson's voice therapy and cognitive intervention.

"Courtney is a great therapist," Father Lynn said, "She has me working on being loud, making sure I can continue to project my voice. We just got done with the 'Big & Loud' program - Courtney has studied to be an instructor for this program - and it helps with volume and cognitive skills."



**SCAN THIS QR CODE TO VISIT THE
REHABILITATION SERVICES WEBSITE**

Lake City: (712) 464-4244
Rockwell City: (712) 297-5016

1. Parkinson's Foundation: <https://www.parkinson.org/understanding-parkinsons/statistics/prevalence-incidence>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4280458/>

"IT'S THAT TIME OF YEAR AGAIN!"

Each year in the United States, there are millions of cases of the common cold! Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in about 7-10 days. However, people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as bronchitis or pneumonia.

Protect yourself and your loved ones this cold and flu season by following these simple guidelines:

- Clean your hands frequently.
- Avoid close contact with people who have colds or respiratory infections.
- Cover your mouth and nose when coughing or sneezing.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Don't smoke, and avoid secondhand smoke.
- If you're sick, stay home!

While there is no cure for a cold, there are steps you can take to feel better! You should get lots of rest and drink plenty of fluids. Over-the-counter medicines may help ease symptoms, but, unfortunately, will not make your cold go away any faster. Always read the label and use medications as directed.

The flu, caused by influenza viruses, also spreads around the same time as the common cold. Because these two illnesses have similar symptoms, it can be difficult to tell the difference based on symptoms alone. In general, flu symptoms are worse than the common cold and can include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.³

3. <https://www.cdc.gov/flu/symptoms/coldflu.htm>

Learn more at [cdc.gov](https://www.cdc.gov).

EMERGENCY DEPT. NOW OPEN

Recently, we celebrated a big move in our renovation project! The 1,500-pound CT Scanner shown below made it's way through the halls of Stewart Memorial as it was transported to our new Emergency Department [ED].

Having a CT Scanner in the ED will make it much easier for our providers to quickly and efficiently examine trauma patients.

Please follow these guidelines for ED entry:

- Patients arriving to the ED via ambulance will be brought in directly from the new ambulance garage.
- Patients arriving to the ED in private vehicles will enter through the old ED, and will then be led to the new area.
- Patients arriving for MRI appointments will enter through the old ED and be led to the new area.
- Family members of ED patients will enter through the old ED and be led to the new area.



WEB-CAL & AUREON MAKE CONTRIBUTION TO PUTTING PEOPLE FIRST

On Wednesday, November 9, 2022, Webster-Calhoun Cooperative Telephone Association [WCCTA] awarded the Stewart Memorial Community Hospital grant funds in support of their Putting People First campaign. This \$31 million expansion and renovation project aims to enhance the overall patient experience, broaden available healthcare services, recruit and retain the best medical staff, and be a catalyst for economic development. WCCTA and their telecommunications partner, Aureon, each granted \$5,000 to the hospital, totaling \$10,000, through the Ripple Effect program. These funds will be used to cover engineering costs associated with the expansion.

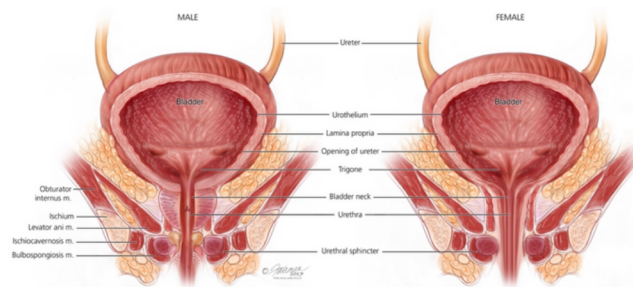


(Left to right) SMCH Board Members Mary Lauver, Marcie Boerner, and Joyce Schleisman, DON Amy Schumacher, SMCH Board Members Kathy Baker, Jean Blum, Chuck Schmitt, and Jo Grodahl, CEO Cindy Carstens, CFO Jim Henkenius, Ripple Effect Program Director Ethan Pitt, and SMCH Foundation Director Jesse Underwood pose in the hospital's new emergency room entrance.

MOTHER OF THREE HIGHLY RECOMMENDS PHYSICAL THERAPIST ANN RIAT'S PELVIC & LOW BACK PAIN TREATMENT

Urinary incontinence, pelvic pain, and pelvic floor problems - these are topics that no one really wants to talk about, but it's striking how common these problems are. Many people believe it's a normal part of aging, or just something you learn to live with after having kids. But Physical Therapist Ann Riat is here to tell us why that couldn't be farther from the truth.

"Many people don't feel comfortable talking about personal topics like pelvic floor disorders and symptoms such as incontinence. But these are actually very common medical problems that can be treated successfully. Millions of people have the same issues, but many don't seek treatment, and compromise their quality of life," Ann says, "While pelvic floor disorders become more common as women get older, they are not a normal or acceptable part of aging. Men can also have pelvic floor disorders, such as incontinence, after a prostatectomy. Fortunately, these disorders often can be improved or reversed with treatment."



EMILY BROWN, A LOHRVILLE RESIDENT AND PATIENT OF ANN'S, experienced worsening pelvic and low back pain after three pregnancies, and says the treatment she received has changed her life.

“My pregnancies all went fairly well, but by the time I had my third kid, I was in a lot of pain and I was going for chiropractic adjustments and massages often... You hear things from people after having kids, so you feel like experiencing discomfort all the time is something that you just have to live with.”

Emily's pain progressively got worse, but she says it was such a slow progression that she didn't realize how bad it was getting. "At first it just started with normal postpartum discomfort - I thought everything was just really sore... And then I realized that it hurt to do lifting, it hurt to have sex, it hurt riding in the car," which is what she says finally sent her over the edge.

“One day I pulled out of my driveway, and drove over a washboard on gravel, and I was sobbing. It felt like I had knives shooting up through my pelvic area. I literally stopped at the stop sign and called Danni [Anderson] because I was thinking, ‘I can not live like this anymore.’”



Danni Anderson, PA-C, Emily's primary care provider, suggested she see Ann Riat. Since earning her Master's in Physical Therapy from The University of Iowa in 1999, Ann has been helping patients overcome a variety of musculoskeletal impairments, but her specialized training focuses on pelvic health, specifically incontinence, pelvic pain, bowel disorders, and pre- and post-natal physical therapy. Many of Ann's pelvic health patients have had great success in improving their issues through treatment.

Emily said, “I went for about 12 weeks, and the sessions were super easy - you get to relax the whole time!”

**ANN RIAT, PT**

She had been trying at-home exercises and stretches to reduce her pain, but eventually learned that this was only making things worse. Emily says she quickly noticed a difference after just the first few weeks of treatment, but by the end of her treatment plan, there was a “night and day” difference.

“Nothing hurts anymore. I can do daily physical activities and I don’t feel like my insides are all jumbled up in a knot - which is so great because I had just decided in my head that after having kids, you can never be normal again. And that is absolutely not true.”

The first step in Ann's treatment program involves a thorough evaluation, including a detailed medical history, and questions about the patient's bowel and bladder habits, and fluid intake. Then, Ann performs a musculoskeletal evaluation, specifically noting the strength and endurance of the patient's pelvic floor muscles. Once all the information is collected and the patient's goals are discussed, a comprehensive treatment plan is designed and tailored to that patient.

CONTINUES ON PAGE 5



"Treatment can have a dramatic effect on pelvic floor dysfunction," Ann said, "For most people, this usually involves patient education and behavior changes, such as avoiding pushing or straining when urinating or having a bowel movement; drinking appropriate types and amounts of liquid; and 'biofeedback,' which can help you learn how to relax and coordinate the movement of your pelvic floor muscles. Treatment may also include soft tissue techniques like massage, myofascial release, and scar mobilization; stretching and strengthening of core muscles; and improving one's level of fitness."

Ann goes on to explain biofeedback, a pelvic floor training technique that helps patients both see and feel the muscles they're using, "Biofeedback is a very common treatment in pelvic floor rehab. Biofeedback is not painful, and helps over 75% of people with pelvic floor dysfunction and can be used in different ways to re-train your muscles. Special sensors and video are used to monitor the pelvic floor muscles as you try to relax or clench them. Your therapist then gives you feedback and works with you to improve your muscle coordination."

For Ann, one of the most important parts of treating pelvic health issues is patient education. "Once patients understand their diagnoses and how the bowel, bladder and pelvic floor muscles are related, they can begin the steps necessary to reach their goals."

Another very important part of pelvic physical therapy is teaching patients the proper way to perform pelvic floor exercise, if strengthening is necessary, or teaching techniques to relax the pelvic floor muscles to reduce pain. Treatments are generally very effective, pain-free and private, and therapy appointments are scheduled one-on-one, a key to achieving each patient's goals.

Emily said, "Ann is so gentle and understanding, and she is very professional but at the same time, she's so kind and wants to get to know you. I was nervous when I first went in, and I realized very quickly that I had no reason to be nervous."

She added, "I honestly think that every single person that has a pelvic floor should go to a pelvic floor therapist. Even just for a short amount of time, so you know what you're doing - like a check-in... [Treatment] taught me how to take better care of myself. It wasn't just going in and fixing some things and going home. I can use everything that she taught me to keep improving."

To learn more about Stewart Memorial's Pelvic Health Services, contact Ann Riat, PT, at (712) 464-4244, or visit stewartmemorial.org. Life-changing pain relief and pelvic health treatment are just a call away!



STEWART MEMORIAL COMMUNITY HOSPITAL REHABILITATION SERVICES

Lake City: (712) 464-4244
Rockwell City: (712) 297-5016

SMCH WELCOMES UROLOGY SPECIALIST

WELCOME DR. TIMOTHY KNEIB OF SIOUXLAND UROLOGY ASSOCIATES! On the third Tuesday of each month, Dr. Kneib will be seeing patients here at SMCH. Conditions he commonly treats include bladder problems, prostate problems, urinary tract infections, bladder and kidney cancers, kidney blockage and kidney stones. Talk to your provider about a referral and make your appointment today.

Dr. Kneib has been with Siouxland Urology Associates since 1998. He grew up in Kansas City, Missouri, and attended the University of Missouri at Kansas City for his undergraduate degree. Dr. Kneib earned his medical degree at the University of Kansas Medical Center, and completed his internship and residency in urology at the University of Tennessee.



DR. TIMOTHY KNEIB, MD, FACS

APPOINTMENTS FOR OUT-PATIENT CLINICS CAN BE MADE BY CALLING  McCrory Rost Clinic AT 464-7907.

IOWA SAVINGS BANK AWARDS STEWART MEMORIAL \$25,000 FOR PUTTING PEOPLE FIRST CAMPAIGN

THE IOWA SAVINGS BANK [ISB] BOARD OF DIRECTORS recently solidified their plans to donate \$25,000 towards Stewart Memorial Community Hospital's Putting People First campaign, a \$31 million renovation project. The project broke ground in 2020, with the goal of expanding their services as well as improving efficiency, safety, security, and privacy throughout the hospital.

Departments most impacted by the renovation include the emergency room, rehab services, cardiac rehab, and respiratory therapy. Patients can expect to see a new helicopter landing area separate from main traffic flow, as well as separate hallways for public and private use when renovations are complete.

CEO Cindy Carstens said, "This donation showcases ISB's commitment in helping Stewart Memorial achieve our mission of 'providing quality health and wellness' to the communities we serve through their support of our 'Putting People First' campaign."

Iowa Savings Bank was founded in 1902 in Coon Rapids and has since opened branches in Carroll, Glidden and Lake City.



(Left to Right) SMCH Chief Clinics and Outpatient Services Officer Jeff Gardner, ISB CFO Jordan Lietz, ISB Loan Officer Brian Berg, ISB Customer Service Representative Rachel Naughton, ISB Director Gene Vincent, SMCH CEO Cindy Carstens, SMCH CNO Ann Lengeling, and SMCH Clinic DON Amy Schumacher pose with ISB's recent gift to the SMCH "Putting People First" campaign.

SMCH RECEIVES TOP WORKPLACE AWARD FOR SECOND CONSECUTIVE YEAR

THE DES MOINES REGISTER RECENTLY recognized Stewart Memorial Community Hospital as a 2022 Top Workplace, alongside 138 other companies and organizations in Iowa. This is the tenth time SMCH has received a Top Workplace Award.

"Being recognized as a Top Workplace for the tenth time is a true testament to the great team we have at Stewart Memorial," said CEO Cindy Carstens, "It takes a great team to create and live the values that creates the workplace culture we have at SMCH and makes us stand out from other organizations."

The Top Workplace Award recognizes the greatest companies to work for based on employee survey data. To qualify, at least 35 percent of employees must respond to the survey. Responses are then compiled and scored by a panel of leading workplace scientists and experts. On average, fewer than three percent of eligible organizations that participate will earn a Top Workplace designation.

Receiving a Top Workplace Award differentiates a company from its peers because it highlights four areas of workplace culture, including company values and cooperation, employee engagement and appreciation, confidence in management, and innovative leadership. Top Workplace Award recipients come in all shapes and sizes, but they all have one thing in common: a dedication to culture excellence. To learn more about the award and its recipients, visit topworkplaces.com.



(Left to Right) Chief Financial Officer Jim Henkenius, Chief Executive Officer Cindy Carstens, Chief Nursing Officer Ann Lengeling, and Chief Clinics and Outpatient Services Officer Jeff Gardner proudly display this year's Top Workplace Award.

Our team is growing - and you can grow with us. Scan this QR code to check out open positions!



New Faces

AT STEWART MEMORIAL



Rachel Seil
Clinic Scribe



Tyffaney Toms
ER Tech



Kristen Hall
Auxiliary



Riley Fischer
Clinic Nurse



Fae Presley
Housekeeping



Marina Rosalez
Housekeeping



Paula Johnson
Surgical Tech



Taliya Kock
Housekeeping



Susan Stone
Clinic Nurse



Madison Bruening
RN



Mary Patterson
Reception



Julie Hackler
ER Nurse



Kortney Riley
Lab Tech



Laura Fugeroa
RN



Becky Curtis
Clinic Nurse



Wylee Kreft
Radiology Tech



Jaylin Janssen
Radiology Tech



Allison Riat
CNA



Kalah Bruns
RN



Zane Neubaum
Rehab Tech



Hannah Streeter-Halvorsen
Marketing



Elizabeth Bruns
Reception



Jennifer Eberle
CNA



Caris Ferry
Clinic Nurse



Jessica Jackson
Housekeeping



Jessica Tilton
Reception



Jennifer Christensen
Clinic Nurse



Molly Kaufman
Rehab Tech



Cindy Kraft
Head Cook



Michelle Tischler
Transportation



Rachel Van Gundy
Nutrition Services



Maggie Havens
ER Tech



Ashley Keffer
Housekeeping



Patti Weihs
Lab Tech



Hannah Meighan
Reception



Come join a team that cares deeply and serves compassionately! We live our vision of "transforming the health of our communities by providing coordinated care and exceptional experiences" through every person's unique talents, gifts, and skills. Our teams serve a higher purpose here, and in our communities, and we strive to be an outstanding place to work because we care about one another, our families, and our patients. Visit www.stewartmemorial.org to learn more, or scan the QR code above to start your career with SMCH.

STAY ACTIVE DURING THE WINTER MONTHS

The cold weather is definitely here, but that shouldn't stop you from getting your steps in! Our walking track, located on the lower level of the hospital, is free to use for the community. You can access the track through the Lake City clinic entrance during these hours daily: 7:00 - 9:30 am and 1:30 - 3:30 pm. Please call (712) 464-7907 with any questions!

DID YOU KNOW?

Less than 50% of Americans exercise enough to see significant health benefits! Walking 6,000 steps a day will help improve your health and walking 10,000 can help you lose weight.

4. <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>



INTRODUCING: RADIAL PULSEWAVE THERAPY, A CUTTING-EDGE TECHNOLOGY RELIEVING PATIENTS FROM CHRONIC PAIN

By the Numbers

15
MINS.

OR LESS TO COMPLETE A
TREATMENT

1-4
APPTS.

TO SEE NOTICEABLE RESULTS

12
VISITS

ON AVERAGE TO RESOLVE
ISSUE

Radial Pulsewave Therapy (RPT) is a short-term, pain-free alternative to steroid injections, walking boots, physical therapy, and even surgery. It's commonly used to treat chronic foot, heel and ankle pain by using a low electromagnetic impulse to create a wave that penetrates into a targeted area, breaking up scar tissue and adhesions that put pressure on the surrounding nerves. Reducing pressure and increasing circulation to the problem area promotes healing and increases range of motion.

Most patients report some pain relief after their first treatment, but the most prominent effects are usually experienced after the second or third treatment. RPT has a proven success rate that is equal to or greater than that of traditional treatment methods, without the risks, complications, and lengthy recovery periods. It is a non-invasive pain relief method with no incisions, no risk of infection, and no need for anesthesia to be administered during treatment.

SMCH Physical Therapist Luke Larson administered Radial Pulsewave Therapy to Amy Vote, CMA, who experienced life-changing results. Amy was in severe pain caused by a calcium deposit in her shoulder. This prevented her from doing day-to-day activities like chasing kids and working out. She had planned on having surgery to remove the deposit, but RPT reduced it by 90 percent, allowing her to avoid surgery and return to her favorite activities pain-free.

Amy said, "I had pain in my right shoulder for years. I achieved some temporary relief through physical therapy and dry needling a couple years ago, but in August 2021, I had an X-ray that showed the deposit. Three weeks later, an MRI confirmed this. My orthopedic provider recommended surgery, but I could not have surgery for three to six months due to a blood thinner I was taking. I was in a lot of pain, had poor range of motion, and trouble doing most things. So, I decided to try physical therapy in an attempt to reduce the pain until I could have surgery."

I DID NOT HAVE SURGERY.
I NO LONGER HAVE PAIN.
I'VE GONE BACK TO
NORMAL ACTIVITY...

After partnering with Luke Larson, DPT, Amy began RPT right away. With just 10-minute sessions over a brief period, the re-imaging of her shoulder showed a dramatic decrease in the size of her calcium deposit.

"I did not have surgery. I no longer have pain. I've gone back to normal activity - working out, lifting weights, and even playing volleyball with no pain!"

For more information about Radial Pulsewave Therapy and how it might help you, talk to your provider about a referral or call Stewart Memorial Rehabilitation Services at (712) 464-4244.



Luke Larson, DPT, earned his Doctorate in Physical Therapy from Des Moines University in 2016. Some of his specialized training includes functional dry needling, dizziness and vertigo, joint manipulation, work-related injuries, neuro-pain science, and sports performance. Luke is actively involved in his community and is a member of both the Iowa Physical Therapy Association and the American Physical Therapy Association.



EDUCATION PROGRAMS OFFER RESOURCES AND SUPPORT FOR THOSE LIVING WITH DIABETES

In November, we observed American Diabetes Month, and we're doing our part to raise awareness by highlighting the incredible Diabetes Education Programs we have here at Stewart Memorial. For the millions at risk for diabetes, American Diabetes Month is a time to get educated and find resources.

ROCKWELL CITY RESIDENT EARL MCALEXANDER had great success in lowering his A1-C through Stewart Memorial's four-part diabetes course.

"About a year ago, I found out that my A1-C was at about an 11, and they diagnosed it as Type 2 Diabetes. At that point, they started me on some medication," Earl said. His primary care provider, Barb Weber, ARNP-C, suggested he start attending diabetes education courses to improve his eating habits and learn more about physical activity.



Scan this QR code to take the American Diabetes Association's Type 2 Diabetes Risk Test.



Fast Facts

➤ **7.2 MILLION AMERICANS HAVE UNDIAGNOSED DIABETES**

➤ **INDIVIDUALS WITH DIAGNOSED DIABETES HAVE HEALTH CARE COSTS 2.3 TIMES HIGHER THAN SOMEONE WITHOUT DIABETES**

➤ **HEARING LOSS IS ABOUT TWICE AS COMMON IN ADULTS WITH DIABETES AS THOSE WHO DO NOT HAVE DIABETES**

➤ **DIABETES KILLS MORE AMERICANS EVERY YEAR THAN AIDS AND BREAST CANCER COMBINED**

➤ **ANNUALLY, 50,100 AMERICANS BEGIN TREATMENT FOR KIDNEY FAILURE DUE TO DIABETES⁵**

5. https://professional.diabetes.org/sites/professional.diabetes.org/files/media/diabetes_fast_facts22322.pdf

The SMCH Diabetes Self-Management Education Program started in 1998 with a mission to prepare people with diabetes to make informed choices about their diabetes care. Instructors are trained as health coaches and as diabetes educators, and the program is accredited by the American Association of Diabetes Educators and certified by the Iowa Department of Public Health.

The Diabetes Education team is comprised of Nurse Shelly Hammen (*middle,*) Nurse Sarah Oliver (*left,*) and Dietician Casey Wetter (*right.*) Together, they assist and support people with diabetes on their lifelong journeys of self-care.

"When I started, they gave me booklets to write down my exercise and eating habits and having a record made me more aware," Earl said. His efforts have not gone unnoticed, as he continuously receives positive feedback about his weight loss, "I went from about 240 [pounds] to about 210 in a six month period."

"Our sessions are informal and allow for hands-on learning," said Shelly Hammen, RN, "Which is why we see great success among participants. Our team is passionate about what we do, and we're there every step of the way to answer questions and provide resources."



Since his participation in diabetes education, Earl has been walking three miles nearly every day, managing his portions, and maintaining a healthy A1-C of 5.7. To learn more about Stewart Memorial's Diabetes Education programs, contact Shelly Hammen, RN, at (712) 464-4118.

ENVIRONMENTAL SERVICES DEPARTMENT EARNS TEAMWORK AWARD

The SMCH Environmental Services Department was recently awarded the Teamwork Award for Quarter 4. This award is reserved for employees who model SMCH values by working together and helping others. Jane Janssen (*fourth from left,*) who submitted the nomination, had this to say about the Environmental Services Department:



"Covid-19 required many additional purchasing supplies on top of the maintenance of normal inventory. This, at times, became overwhelming and left me behind in my work. Shirley recognized my need and found ways for her department to lend assistance... Shirley, Linda, and the Environmental Services Department are the definition of teamwork. They often look outside of their own department to see the needs of others and provide what they can to better Stewart Memorial Community Hospital. Their help to others aligns with the mission, vision, and values of SMCH."

HEALTH CARE CONNECTION

December 2022



**STEWART MEMORIAL
COMMUNITY HOSPITAL**

1301 W Main St
Lake City, IA 51449

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.

SMCH OUTPATIENT CLINICS

Appointments for outpatient clinics can be made by calling (712) 464-7907.

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
- Steven Meyer, MD
- 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

SMCH CALENDAR OF EVENTS

To register for classes, contact Ashley Mork by emailing amork@stewartmemorial.org or by calling (712) 464-4291. Scan the QR code below to see a full list of 2023 SMCH Classes.

CPR CLASSES

- Heartsaver First Aid: December 27, 8:30 am, Conference Center
- Basic Life Saving (BLS): January 20, 8:30 am, Conference Center
- BLS Renewal
 - January 25, 9:00 am, Conference Center
 - February 14, 9:00 am, Conference Center
 - February 14, 1:00 pm, Conference Center



PRENATAL CLASSES

- Prenatal Class: January 15, 8:30 am, Conference Center - *Free of Cost*
- Prenatal Class: February 9, 5:30 pm, Conference Center - *Free of Cost*

AUXILIARY EVENTS

- Trivia Night: February 25, 5:00 pm, LC Community Memorial Building

OUR PROVIDERS

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

NEW PATIENTS ALWAYS WELCOME!

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.

MCCRARY-ROST CLINIC PHONE NUMBERS

Clip this section and save for future reference as some of our phone numbers have been updated!

Lake City: 712-464-7907
Rockwell City: 712-297-8989
Gowrie: 712-464-8891
Lake View: 712-665-8555

