

HEALTHCARE CONNECTION

STEWART MEMORIAL COMMUNITY HOSPITAL

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THE POWERS OF PRAYER AND PERSEVERANCE

HANNAH STREETER-HALVORSEN

S

eptember 6, 2023, was a day like any other for Lisa Albright of Lytton. She ran a few errands and did some chores

before picking up four of her grandkids from school. They had plans to attend the RVTV CyHawk event in Manson that night. Decked out in their best Cyclone attire, they were all eager for an exciting evening.

Just an hour later, that excitement would come to an abrupt halt. It would be replaced with panic, confusion, and worry. When Lisa had taken a moment to check her phone, she was shocked to see several missed calls and messages from her two sons, Ben, and Nick.

“Dad’s been in an accident – he’s on his way to Loring in an ambulance.”

As Lisa bolted to her car and fled to the hospital, her head was spinning. She had just seen her husband, Alan, that morning. What happened? How bad was it? Was he going to be okay? The seconds dragged on and on as she frantically made her way to Sac City.

When she finally arrived at the ER, she paced back and forth in the waiting room anticipating any news. Suddenly, a doctor burst through the door. He said that Alan had suffered a skull fracture, resulting in a brain bleed, when he was knocked down by a steer and struck his head on concrete at the family farm. He told Lisa that she would have a few minutes to see Alan before he was loaded into a Life Flight and flown to Des Moines. She rushed to her husband’s side, horrified by the sight of his condition.

Photo :

Alan Albright (left) and Luke Larson, DPT (right) pose with their pickleball paddles amidst one of many therapy sessions.



She later shared, “Alan just kind of stared at me – like he didn’t know who I was.”

Upon his arrival in Des Moines, the first of many CAT scans determined that Alan had a Traumatic Brain Injury (TBI) and a left-brain bleed. He spent four days in the ICU, a week on the Brain Injury Floor at Iowa Methodist, and almost three weeks at Younkers Rehabilitation Center.

Following his complex hospitalization and intensive physical, occupational, and speech therapy courses, Alan was released from Younkers on October 4, much to his relief.

“He was begging me to take him home,” Lisa recalled, laughing. “It got to the point where Alan would offer large bribes to various staff members if they’d just take him home!”

While it was a great victory, going home was just a small step in Alan’s long journey. Since brain injuries can take between six and 12 months to completely heal, Alan needed to continue his recovery process with therapy closer to home.

The Albrights chose Stewart Memorial’s outpatient rehab services because of the highly skilled staff and extensive options offered.

Alan participated in occupational, physical and speech therapy at SMCH to ensure his remaining needs were addressed thoroughly. Using the Bioness Integrated Therapy System (BITS,) Occupational Therapist Marie Drey was able to assess Alan’s reaction time, coordination and attention skills to determine if they were adequate for safe driving before ever getting behind the wheel. Physical Therapist Luke Larson focused on the balance, coordination and strength needed for physical tasks that were important to Alan’s lifestyle, like playing pickleball and climbing into a tractor. Speech-Language Pathologist Emma Tunning spent time with Alan working on cognitive exercises and strategies to support his recall of names and details for working through routine situations independently.

“The updated facility was wonderful, and we were very happy to be there. Alan looked forward to going to his therapy sessions,” Lisa said.

“All the staff were so friendly and accommodating. Rachel Judisch (Therapy Services Director) was kind enough to reach out when we got home to make sure we called if there was anything we needed.”

Now, four months after his accident, Alan continues to astound his doctors and therapists. His improvement and recovery have been exceptional. The couple has been able to return to Arizona for the winter where Alan will continue his outpatient therapy to fine tune his speech skills. He plays pickleball daily and even has plans to compete in an upcoming intermediate tournament.

Alan shared, “I am so grateful to be able to do things on my own again. The therapy staff were great and worked on things that were important to me.”

“The therapies at Stewart Memorial played a big part in Alan’s recovery. We’re all amazed at how far he’s come in just four months,” Lisa said. “He had so many people praying for him... We are very blessed to have had so much support in this journey.”

TRIVIA NIGHT 2024

On February 17, the SMCH Auxiliary will be hosting their annual Trivia Night FUNdraiser at the Lake City Community Memorial Building.

Table decorating starts at 5:15, doors open at 5:45, supper is served at 6:00, and trivia starts at 7:00.

Registration

Registration sheets are due to Kristen Hall by February 2. They can be found under the "news" tab on our website or picked up at McCrary-Rost Clinic: Lake City.

Awards

Awards will be presented to the "Best Dressed" team and the team with "Best Table Decor," so gather your friends, pick a theme, and get creative!



Best Table Decor 2023



Trivia Night 2023

Auction

As usual, there will be a huge array of gift baskets and auction items to bid on. All proceeds will benefit the Auxiliary's many projects and causes in the hospital and throughout the community.

"Big Daddy Addy" Brad Addison will be our emcee, so look forward to a night of FUN!

Questions can be directed to Kristen Hall at 464-4183 or khall1@stewartmemorial.org.



Auxiliary Members Jan Snyder, Kathy Baker, Coordinator Kristen Hall, and Member Joyce Schleisman



Are you looking for something fulfilling to fill some spare time? We need your help in the gift shoppe! Heart Strings Gift Shoppe, located inside the Stewart Memorial Main Entrance, received a beautiful, new space as part of the recent Putting People First renovation project. It is filled to the brim with unique gifts, eye-catching décor, and everything our patients need to feel extra comfortable during their time at SMCH.

However, a lack of volunteers in recent months has made it difficult to keep the gift shoppe open every day. This takes a toll on our community, as well as the many projects and causes that the Auxiliary funds through gift shoppe sales.

Volunteers can work as often or as little as they prefer, enjoy fresh coffee and visit with shoppers, and most importantly – help our small business keep thriving in Lake City! If you're interested in this opportunity, please contact Kristen Hall.



Kristen Hall
Auxiliary & Volunteer Coordinator

(712) 464-4183
khal1@stewartmemorial.org

NEW FACES AT SMCH



Shyla Mohr
Nursing



Lu McAlister
Nutrition Services



Julie Underhill
Dietician



Jessie Reed
Facilities



Dr. Julia Richardson
Family Medicine + OB



Jessica Freese
Radiology



Kim Olson
Reception



Corrine Beagle
Nursing



Christen Hartgers
Clinic CMA



Katie Burley
Nutrition Services



Glenna Nockels
LISW

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!

Stewart Memorial was recognized by the Des Moines Register as a 2023 Iowa Top Workplace, making us an eleven-time recipient. Receiving this award differentiates us from our peers because it highlights four areas of excellent 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.

Explore open positions and complete an application :



SCAN ME





PHOTO : DREW DESIGN

INTRODUCING *Linn Block*

Stewart Memorial's new CEO has big ideas, an even bigger passion, and a strong dedication to serving the community she grew up in

Linn Block assumed the role of Stewart Memorial Community Hospital's Chief Executive Officer on December 11. Block was selected from a field of applicants to succeed Cindy Carstens, who spent 15 years with SMCH.

Block has over 20 years of experience in healthcare leadership roles. Most recently, she served as the CEO of Manning Regional Healthcare Center. Here at SMCH, Block will oversee hospital and clinic operations and serve as the liaison between the community, patients, families, and Board of Directors.

She adds, "I also take an active role in working with our federal and state legislators to advocate for rural healthcare."

A Lake City native, Block was just 14 when she began her healthcare career as a CNA at Shady Oaks Care Center. After earning her bachelor's in nursing from Mercy College, Block gained experience in a variety of settings including a cardiac unit, post-anesthesia recovery, and emergency. She went on to complete a master's in healthcare administration at the University of Minnesota.

"I love having the opportunity to work with and serve people from my hometown. It's my goal to lead, support, and promote a culture of empathy and quality care."

While Block has spent a large portion of her first weeks getting to know the staff, she is most looking forward to evaluating the organization's mental health services, and whether those services are meeting the needs of communities in our area.

She says, "I have an opportunity to impact policy that supports mental healthcare and the goals of our organization. People count on us to help them get well and stay well, and emotional wellbeing should be a part of that."

Linn Block is a wife and mother of three children. She resides on the family farm with her husband, Nick, and daughter, Brinkley, a sixth grader at South Central Calhoun. Their two grown sons, Joey (and wife Grace) and Jacob, attended SCC as well.



THE GIFT OF A LIFETIME

JESSE UNDERWOOD

Staff Sargent Jimmy Ferguson lived a life of service to his country. As an Aircraft Maintenance Technician for the US Air Force, he maintained the highest quality and safety for planes under his control during the Vietnam War. He once earned a Luke Well Done award for Crew Chief of the Month. During that time, Sergeant Ferguson had been the crew chief overseeing the F-100F (56-3805), which posted an outstanding flying record. Jimmy's crew chief's performance was considered an effective contribution to the zero defects and the US mission safety 70 programs.

Jimmy was married to the love of his life, Joan Ferguson, for twelve years before she was diagnosed with cancer that eventually took her life. After retiring from active duty in the military, Jimmy returned to his hometown of Lake City.

Jimmy's acts of service proceeded him in death and will live in perpetuity with the Stewart Memorial Community Hospital Foundation as one of the recipients of his planned giving estate. Jimmy desired to give back to his community and did so by writing SMCH into a portion of his estate. This generous donation will support our growing efforts and the renovation of an employee office wing. The future Ferguson Wing will eventually house employees of our facility who work in operations as well as safety and quality -- just like Jimmy's life of service.

The Stewart Memorial Community Foundation is a 501c3 nonprofit with a mission of supporting the great works of our community hospital. SMCH is unique in that we do not receive any tax dollars from the community unlike similar rural facilities throughout the state. So, meaningful gifts like the Ferguson Estate go a long way in keeping your healthcare close to home.

If you are interested in learning more about how you and your family can make an impact, please reach out our Foundation at (712) 464-4117 or visit our website: www.stewartmemorial.org/ways-to-give.





FEBRUARY IS AMERICAN HEART MONTH



In February, we observe American Heart Month, a time to spotlight heart disease, its risk factors, prevention, and healthy lifestyles. American Heart Month has become especially important in recent years due to the impact of Covid-19 on the public's heart health, including potential harmful effects on the vascular system.

During the height of the pandemic, many people delayed or avoided going to hospitals for heart attacks and strokes, creating poorer outcomes. And while in lockdown, more people engaged in unhealthy behaviors like eating poorly, drinking more alcohol, and limiting physical activity - which can all contribute to heart disease.

According to a 2021 update from the American Heart Association, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death **worldwide**. This American Heart Month, make it a priority to focus on your cardiovascular health by taking small steps every day to reduce your risk of heart disease.

SMCH offers robust vascular care services to ensure all your health needs are met close to home, from prevention to recovery. SMCH Radiology offers Cardiac Calcium Scoring, which detects the extent and location of plaque build-up in the coronary arteries.

Our recently expanded Cardiopulmonary Services department provides rehabilitation to help you recover and maintain your health following a heart or breathing condition. To learn more, contact Cardiopulmonary Services Manager Nicki Steele : (712) 464-4239



Nicki Steele, RRT

Get to know your heart and develop healthy habits with help from our Cardiac Rehab team : (712) 464-4118



Shelley Hammen, RN



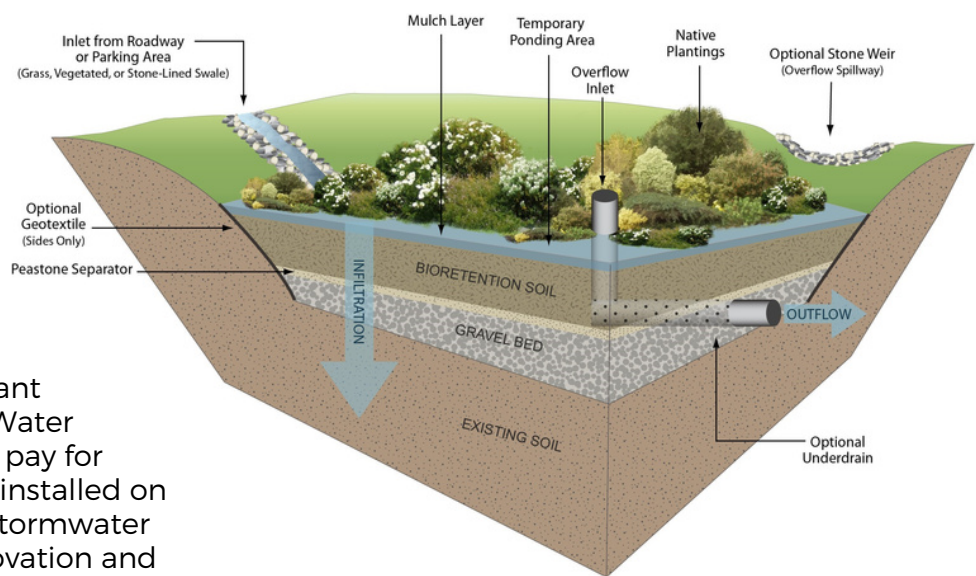
Sarah Mowrey, RN



CREATING A MORE SUSTAINABLE LAKE CITY

HOW STEWART MEMORIAL IS DOING OUR PART TO IMPROVE WATER QUALITY AND CONSERVATION IN CALHOUN COUNTY

Late last year, the Stewart Memorial Community Hospital Foundation received an \$85,000 grant from the Calhoun County Soil and Water Conservation District. The grant will pay for several bioretention cells that were installed on the hospital's property to manage stormwater during the recently completed renovation and expansion project.



“Bioretention cells are one of the most widely used practices for managing stormwater and protecting water quality,” said SMCH Chief Finance Officer Jim Henkenius. “They filter out many pollutants and reduce the risk of flash flooding and erosion, which can threaten our community’s infrastructure.”

On the surface, a bioretention cell appears as a depression in the landscaping, collecting runoff from impermeable surfaces like parking lots and streets. In most communities, dirty storm water flows into storm sewers and discharges into local bodies of water without treatment. Sediment, heavy metals, oils, greases, and bacteria are transported directly to urban streams. Bioretention cells will capture and break down these pollutants and slowly release cool, clean water.

“Large scale developments, like our recent renovation project, typically disturb and compact soils, reducing their ability to infiltrate water,” said SMCH Foundation Director Jesse Underwood. “By incorporating bioretention cells, we’ve offset this issue and will help improve water quality in our county for generations to come.”

Henkenius added, “Not only does this element of our renovation project put the people in our community first, but it puts the environment first as well.”

UPCOMING CLASSES

**CONTACT ASHLEY MORK, RN, TO REGISTER :
AMORK@STEWARTMEMORIAL.ORG
(712) 464-4291**



Basic Life Support (BLS)

Conference Center

- Thursday, February 1, 8:30 - 12:00 pm
- Tuesday, March 19, 8:30 - 12:00 pm

Basic Life Support RENEWAL

Conference Center

- Wednesday, February 14, 9:00 - 12:00 pm
- Wednesday, February 14, 1:00 - 4:00 pm
- Friday, February 16, 9:00 - 12:00 pm
- Tuesday, February 20, 1:00 - 4:00 pm
- Tuesday, February 20, 5:30 - 8:30 pm

Neonatal Resuscitation Program

Hospital OB Wing

- Tuesday, January 23, 4:00 - 7:00 pm
- Thursday, February 29, 9:00 - 12:00 pm

PALS Renewal

Conference Center

- Thursday, February 8, 8:30 - 1:30 pm

HeartSaver CPR AED

Conference Center

- Tuesday, February 15, 1:00 - 4:00 pm
- Monday, February 19, 9:00 - 12:00 pm
- Wednesday, February 21, 1:00 - 4:00 pm

ACLS Renewal

Conference Center

- Tuesday, February 13, 8:30 - 1:30 pm
- Wednesday, March 27, 8:30 - 1:30 pm

Perinatal Classes

Conference Center

- Oh Baby! Prenatal:
 - Thursday, February 8, 5:30 - 9:00 pm
- Big Brother/Big Sister:
 - Tuesday, Jan. 30, 6:00 - 7:00 pm
 - Thursday, April 25, 6:00 - 7:00 pm
- Breastfeeding Basics:
 - Tuesday, March 12, 6:00 - 8:00 pm

See a full schedule, course costs, and descriptions on our website.



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, FNP-C, 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
Glenna Nockels, LISW
Victor Ogoti, CRNA
Liz Peterson, PA-C
Julia Richardson, MD
Josh Smith, DO
Barbara Weber, ARNP, FNP-C



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

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

Kate DeWall, LISW
Melinda Engelmann, LISW
Karla Manternach, LISW

Urology

Timothy Kneib, MD, FACS

Wound Care

Mark Mogensen, PA-C

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