Under the bright Friday night lights, football field goal posts glow against the dark October sky. The grass, illuminated to an unnatural green, almost hurts your eyes. The hometown crowd cheers for a victory and then takes in a collective gasp as one of the players takes a sharp hit and goes down. They applaud as the football player gets up, but his coaches and medical personnel take action when they see he's unsteady on his feet.

On October 12, 2012, Kyler Case, son of South Central Calhoun’s football coach, Bryan Case, was playing a regular season varsity game during his junior year. During the last play of the game, the Titans were running an option play. The quarterback pitched the ball to Case who cut left, spun and was hit from behind by a linebacker on the opposing team. The opponent’s helmet knocked against the Titan running back's helmet and neck. “I remember feeling dizzy, but I don't really remember walking to the sideline,” recalls Kyler.

Jill Birks, the team’s athletic trainer and a physical therapist at Stewart Memorial Community Hospital (SMCH), and Coach Case noticed his son's wobbly gait. “Initially, Kyler waved Jill off, claiming he was okay as he's apt to do. But she tested him and said it was likely that he'd suffered a concussion,” remembers Coach Case.

A concussion is a brain injury. It occurs when the head or body experiences a bump, blow, or jolt, which causes the head and brain to move rapidly back and forth. It changes the way the brain normally works, leading to symptoms like headaches, nausea, confusion and dizziness. An athlete who suffers a concussion does not always lose consciousness. In fact, loss of consciousness occurs in less than 10% of concussions. Once a concussion is suspected, it is recommended the athlete be evaluated within the first 2 days of the concussion if possible.

Although most athletes recover from concussion, some experience severe cognitive difficulties like short-term memory loss, problem solving and general academic problems. For this reason, it is important to watch for changes in how the child is feeling or acting for several days after a concussion.

In the United States, approximately 300,000 student athletes experience a sports-related concussion annually. Coach Case verifies concussions are common injuries in contact sports, “We see a few concussions each year, not only in football, but in basketball, volleyball and wrestling as well. In my 20 years of coaching football, I’ve seen perhaps four to five instances of major concussions, with somewhat less serious injuries occurring every season.”

Because of the seriousness of such injuries, the Iowa Legislature passed a law in 2011 protecting students in grades 7-12 who participate in extracurricular interscholastic activities. The law states, “A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms or behaviors consistent with a concussion or brain injury.” The law also states the injuries must be evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries. Written clearance from the
Complex and Common Surgeries done at SMCH

When Jeanne Batz woke up in the middle of the night with horrible stomach pains, she tried to tough it out. “I thought I was coming down with a bad case of the flu,” recalls the Lake City native. As the night hours passed and her symptoms did not improve, she knew a trip to her local hospital Emergency Department was necessary.

“My daughter drove me to Stewart Memorial Community Hospital where Dr. Derek Duncan, a board certified family practice physician, was attending to the ER that night,” says Batz.

Batz was admitted to the hospital and underwent testing to determine the cause of her pain. “At SMCH, we are well equipped with technology and a highly trained medical staff to diagnose and treat patients,” says Dr. Duncan who has practiced at SMCH since 2008. Tests showed that Batz was suffering from a pancreatic attack and needed surgery.

Jeanne Batz in the SMCH Surgery Center

licensed healthcare provider before returning to the activity is also required.

Cognitive evaluation is performed using the ImPACT testing. The ImPACT test is an additional assessment tool in the comprehensive evaluation of concussions. The ImPACT test allows the physician to analyze how the brain is functioning compared to their baseline. This individualizes the test to each athlete. Dr. David Frate and Dr. Adam Swisher, SMCH/McCrary Rost physicians, are trained in the administration and interpretation of the ImPACT test which is a computerized neurocognitive assessment tool.

Evaluating a patient who may have suffered a brain injury is aided by a baseline ImPACT test. The computerized test, which measures memory and reaction time, is offered by SMCH, free of charge to students in grades 6-12. In the last two years, area schools participated in the program, and over 500 students were tested. “In 2011 SMCH purchased 300 tests. The next year, Calhoun County Public Health covered the cost of concussion education and testing for students using the Iowa Department of Public Health Love Our Kids - Child Injury Prevention Project Funds,” explains Birks who says that students are to be tested every 2 years to maintain an up-to-date baseline score.

After Kyler’s initial sideline evaluation, he was evaluated by Dr. Frate. He underwent a comprehensive concussion evaluation. Dr. Frate analyzed Kyler’s post concussion test, which is a service patients pay for, against his baseline test. Results revealed Kyler did not have any cognitive decline after his concussion. “As a parent, safety is the utmost concern when it comes to your child. As a coach, of course you want your athletes performing to the best of their ability. Their health is much more important than the game,” says Coach Case.

The SMCH concussion program follows a step-wise approach to return to activity, starting with symptom free at rest, and then gradually increasing activity as long as symptoms are resolved.

“We are extremely proud to offer this comprehensive evaluation and treatment for concussions. I cannot stress the importance of the initial recognition of a concussion enough. Concussion recognition, evaluation and management are instrumental in the athlete’s recovery. The goal is complete recovery of the athlete, most importantly for their academic success. Every athlete’s injury is different and so is their recovery,” states Dr. Frate.

To learn more about ImPACT testing and other services offered at Stewart Memorial Community Hospital, call 712-464-3171, log onto our website at www.stewartmemorial.org or follow us on Facebook at www.facebook.com/SMCHLakeCity.

David Frate, D.O.
subsequent tests showed her spleen was not functioning normally. “The second scan revealed a large cyst, the size of a cantaloupe, on my spleen,” notes Batz who returned to Lake City with her husband Ken six years ago after living in West Des Moines for 40 years. The cyst needed to be surgically removed and in April, Dr. Marc Miller, a board certified general surgeon at SMCH, performed a spleenectomy on Batz.

“Her surgery went really well and there were no complications,” notes Miller who performs scheduled and emergency surgeries at SMCH in their state-of-the-art surgery center. With over 12 years of experience, Dr. Miller is no stranger to complicated surgical cases, “I enjoy doing complicated surgical procedures and feel that some can be done at SMCH in carefully selected patients.”

Following her surgery, Batz spent 24 hours in the Intensive Care Unit and then a few more days in the hospital. She says her whole experience was wonderful. “One of the reasons we knew Lake City would be a great place to retire is the quality of medical care available at SMCH and that was confirmed with this experience,” says Batz. “The nurses who take care of you in the surgery department, in the clinic and the hospital are outstanding! The staff make you feel like you are the most important person they need to care for and I couldn’t ask for anything more,” exclaims Batz.

Besides being well cared for, Batz says she’s thankful for all of the “little things” as well during her surgery and hospitalization at SMCH. “I get claustrophobic, so the staff made sure I was in a patient room with a nice big window and when I went home, the nurses called me to make sure I was doing okay.” She says these are the kind of things that make SMCH special to her.

With surgery behind her, and summer here, Batz says she’s glad to be doing the things she loves most like tending to her tomato garden, crocheting, and spending time with family and friends.

To learn more about the surgical services offered at SMCH, log on to their website at www.stewartmemorial.org or call Surgical Services Director Bonnie Herrin, RN, at 712-464-3171.

**Surgical question: Can I Have It Here?**

Call Bonnie Herrin, Director of Surgical Services 712-464-4714

**Surgical Procedures Available, But Not Limited To:**
- Hysterectomy
- Pelvic Laparoscopy
- Pelvic Laparotomy
- Endometrial Ablation and removal of Ovarian Cysts
- Hemorrhoid
- Excision of pilonidal cyst
- Removal of fatty tumors
- Removal of skin cancers
- Carpel tunnel release
- Removal of Ganglion cyst
- Colon surgery
- Hernia repair
- Insertion of Venous Access Port
- Cystocele (fallen bladder)
- Rectocele (prolapse of rectum into vagina)
- Zenkers Diverticulum
- Vasectomy
- Tubal ligation
- Breast biopsy
- Lumpectomy
- Mastectomy
- Urinary Incontinence
- Orthopaedics
- Ear, Nose, Throat
- Cystoscopy
- Podiatry
- Plastic, Reconstructive
- Ophthalmology, i.e. Cataract
- Laparoscopic and Open Cholecystectomy
While growing up, Steph Erpelding always dreamed of having a big family and raising her kids in a small community, much like she did in Holstein, Ia. What she never imagined happening is one of her three children providing possible life-saving blood for her other child. Ken and Steph are the parents of Kaden, 8, Kinzie, 5, and Kole, 3 months. Just before Halloween in 2011, Steph's daughter Kinzie, who was 3 at the time, started complaining of stomach aches and didn't want to eat. Her stomach appeared bloated.

Steph made an appointment with her McCrary Rost Clinic family medical provider, Mark Mogensen, Board Certified Physician Assistant, on a Friday morning to find out what was troubling Kinzie. "Mark Mogensen was very thorough and after some testing, he sent us to Stewart Memorial Community Hospital for an ultrasound," recalls Steph. Initial testing led Mogensen to believe Kinzie had leukemia. “Her blood work showed an elevated white blood count and her physical exam revealed an enlarged spleen,” recalls Mogensen. While the news is difficult to tell parents, Steph says Mogensen was very caring. "He was very kind about telling us the news and what our next steps would be."

While the leukemia diagnosis was scary, Steph and Ken stayed focused on how to make Kinzie better and not worry about the “what ifs”. "Just hours after our appointment with Mogensen and having the ultrasound, we left for Des Moines to start the process of treating Kinzie’s leukemia," remembers Steph. Her chemotherapy treatment, which continues today, consists of taking oral chemotherapy each day and monitoring her blood count. The solution to curing her leukemia is a bone marrow transplant or stem cells from cord blood.

As Steph and Ken settled into their routine of managing Kinzie’s leukemia, their dream of having more children surfaced again. "For a time, growing our family had to be put on the back burner. We had our hands full,” says Steph who is the Youth Coordinator for ISU Sac County Extension. In August of 2012, Steph and Ken got the good news they wanted. Baby number three was due in April.

For their obstetric care, the Erpeldings returned to Dr. Derek Duncan at Stewart Memorial Community Hospital in Lake City, who also delivered Kinzie in 2008. “As my pregnancy progressed, I visited with Dr. Duncan about saving the baby’s umbilical cord blood. He was very willing to make this happen and started the process of preparing for it,” notes Steph. Dr. Duncan says there was no hesitation in wanting to help. “If there is something we can do for one of our patients that could help save a life, we will do everything we can to make that happen,” says Dr. Duncan.

During the early morning hours of April 19th, Steph and Ken welcomed a healthy baby boy. Kole David weighed 9 lbs. and 7 oz. and was 20.5 inches. His birth went remarkably well and saving his cord blood went as planned. “To be completely prepared for the procedure of saving the cord blood, the OB nurses and I completed training the Viacord company provided. The process of drawing the blood out of the cord and safely storing it went really well,” recalls Dr. Duncan.

With the cord blood saved, the Erpeldings waited and hoped for an answer that will help Kinzie. “The next step was to have the blood evaluated and see if Kole’s cord blood is a match for Kinzie. If it is, his healthy blood and stem cells can be used to beat her leukemia,” says Steph who also says she and Ken are grateful for the care they received at SMCH throughout their entire journey. “We can’t say enough good things about Dr. Duncan, Mark Mogensen, the nurses and staff at the clinic and hospital. They have been a source of encouragement and provided wonderful care as we have gone through our journey of treating Kinzie’s leukemia and our pregnancy with Kole. We are grateful to have extraordinary care close to home.”

On June 12th, the Erpelding’s received good news. Kole is a perfect match for Kinzie, meaning Kole’s cord blood will be used to help Kinzie beat her leukemia. In the coming months, the Erpeldings will work with their team of medical providers to arrange for the date of the transfusion. “We truly feel blessed to live in a time when miracles like this can happen with the help of today’s technology and skilled physicians.”
Stewart Memorial Community Hospital to host Lunch Connection on “Knuckles, Knees & Hips - Oh Ouch!”

Come join us for a Lunch Connection at Stewart Memorial Community Hospital on Tuesday, August 6th, 12 noon. Lee Hieb, M.D., will discuss the causes of joint pain and what can be done to relieve it during her presentation “Knuckles, Knees & Hips - Oh Ouch!”

Lunch Connection is held in the Lower Level Conference Room at Stewart Memorial Community Hospital. Cost of $5 includes program and lunch.

Call Jennifer Snyder at 712-464-4214 for reservations by Tuesday, July 30th. To learn more about the services Stewart Memorial Community Hospital has to offer, visit us at www.stewartmemorial.org. Find us on Facebook at www.Facebook.com/SMCHLakeCity.

Throughout the year, Team SMCH raised money in various ways for Relay for Life. Selling cinnamon rolls donated by Donna Westcott, hosting cooking contests, and selling frosted sugar cookies for St. Patrick’s Day are just a few of the fundraisers. The team donated $2,700 to the American Cancer Society at its June 14th Relay for Life event held in Lake City.
Stewart Memorial Community Hospital Celebrates Employee Accomplishments

Stewart Memorial Community Hospital recently recognized their employees for their accomplishments during 2012 at its Rewards and Recognition Banquet. The Florence Nightingale award was given to DAISY award nominees Lisa Miller, RN, Julie Mosher, RN, Kari Jones, RN and Jenni Macke, RN. The Auxiliary Shining Star award recipient was volunteer Zeta Bradley. The Auxiliary also presented the hospital with a donation of $32,500. Dr. Adam Swisher was given the Rising Star award. The Golden Pillar award, which is given to a department that exemplifies the standards of behavior at SMCH, was given to the housekeeping department which helped SMCH attain a high national ranking for cleanliness. Dr. Susan Hornback was awarded Physician of the Year. The Champion of Standards award, given to an individual who exemplifies the standards of behavior at SMCH, was given to Kristi Jacobson, Pharm. D, Community Pharmacy.

Recognition was also given to employees for reaching milestones. Completing 40 Years of service is Kathy Holm, RN, Hospital Nursing Service, and Sheila Remsburg, Human Resources. Recognition for 30 years of service goes to Valerie Mapel, LPN, Clinic Nursing. In the 25 year category, SMCH honored Nancy Corey, CNA, Homecare/Hospice, Brenda Kropf, RT, Lake View Clinic Lab, Kathryn Pogeler, CNA, Surgery, Tammie Riedell, LPN, CRT, RCP, Respiratory Therapy, Bryan Thompson, R.Ph., Lake View Pharmacy, Terri Vote, CRT, RCP, Respiratory Therapy, Sue Sievers, Dietary, and Jim Daisy, Maintenance. Jill Birks, M.P.T., A.T.C., Physical therapy was recognized for 20 years of service. Completing 15 years of employment is Pat Koster, RN, Radiology, and Lisa Poppen-Findley, M.S., OTR/L, Occupational Therapy. Recognition for 10 years of employment went to Carol Gower, Clinic Nursing, Deb Hildreth, Lake City Pharmacy, Jane Moeller, R.Ph., Pharmacy Director, Matt Ringgenberg, P.S., Emergency Services Director, and Tina Snyder, OR Secretary. The final group to be honored is 5 year employees which include Ashley Gorden, RN, Hospital Nursing Service, Amy Gray, RN, Hospital Nursing Service, Derek Duncan, D.O., Ellen Frank, Administrative Assistant, Megan Huster, RN, Cardiac Rehab and Diabetes Nurse Educator, Kim Kramer, R.Ph., Rockwell City Pharmacy manager, and Nicholle Miller, EMT.

Stewart Memorial Community Hospital CEO Leah Glasgo says dedicated employees are a key component of the organization. “The families we serve can take comfort in knowing that our healthcare team which is providing for their needs, is backed by years of service with our hospital. Our employees have shown our patients year after year that they are dedicated to our mission of providing excellent care to every patient, every time. We are blessed to have highly-trained, compassionate employees caring for our patients at Stewart Memorial,” commented Glasgo.
Dear SMCH Volunteers, Auxiliarians and Friends,

What a pleasure it has been to serve as your president for the last year. I am always so proud of the SMCH community and how it is so willing to respond to the needs of our hospital. Over the last several years I have had the opportunity to attend several ISHA sponsored events and as I meet auxiliary leaders from around the state and talk about accomplishments, I am always pleased to see that we are “one of the leaders of the pack” in terms of events, activities, membership and funds raised. But, being who we are, we do not sit on laurels, but are busy on what’s next.

The Executive Committee (EXCOM) working with Mary Ludwig and Lee Vogt have set a great program for 2013-2014. We start off September with “Drink to Good Health” presented by John and Rose Guinan of the Santa Maria Winery. (Count me among those happy to know wine can be good for you!) The other programs are listed on page 9. So save the first Tuesday morning of each month to join us. Even better, bring a friend along.

EXCOM met with Cindy Carsten, vice president of nursing and ancillary departments, to decide on the funding objective for this year. The SMCH leadership evaluates its needs against its regular budget and then determines several things that would benefit from the help the Auxiliary can provide. Cindy discusses these with EXCOM, helping us to understand the need and the benefits of each. EXCOM then determines which items we take on as our projects. This year we are delighted to announce that we chose two projects. The first is digital radiology equipment upgrade for one of the satellite clinics. The other is a blanket warmer for inpatient care. These two projects total $33,000.

Fundraising is one of our key functions and we are adding some new events. In November, a sheets and blanket vendor will be here. Several of us have personally tested the products and give them our highest endorsement, “Great quality at a great price.” We have also booked a frozen food vendor who has ready-to-bake wonderful holiday cutout cookies and other pastries (made here in Iowa). That one is scheduled in conjunction with our Christmas candy sale. Late this winter plan on killing the winter blues by attending our first Trivia Night. Look for more information in the next Healthcare Connection.

As always, it takes lots of help to make this organization a success. My personal thanks to each one of you.

Virginia Sheffield

“A Success in life has nothing to do with what you gain in life or accomplish for yourself. It’s what you do for others”, -- Danny Thomas

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A Letter from the SMCH Auxiliary President

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Cookie Challenge

It’s time for the Annual
Iowa Hawkeyes
VS.
Iowa State Cyclones
Cookie Challenge!
September 9th - 13th
Vote for your favorite team by purchasing
a decorated cookie for just $1.00
All proceeds benefit your SMCH Auxiliary sponsored projects!
If you are able to help decorate cookies at 8:00 am on September 9th or 10th, please contact Lee Vogt at 712-464-4183

Auxiliary Fundraiser Events

9/9-9/13 Hawkeyes Vs Cyclones Cookie Challenge
9/21 Table A Fare
10/8 Book Fair/Pie Sale
11/11 Linen-Sheet Sale
11/25-11/29 Pre-sale - Cut out cookie/ puffed pastry
12/4 Holiday Candy Sale & pre-sold product pick up

General Fund Report by Marci Duncan, Treasurer

Beginning Balance: $14,226.79
Income:
- Donations $160.00
- Geranium Sale $2,326.92
- Gift Shoppe $10,000.00
- Interest $5.48
- Memberships $869.50
- Red Dress Revue $15,655.00
- Uniform Sale $267.77
Total Income: $29,284.67

Expenses:
- Geranium Sale $(1,517.50)
- Postage $(12.88)
- Programs $(35.00)
- Red Dress Revue $(4,053.08)
- SMCH Gift $(32,500.00)
Total Expenses: $(38,118.46)

Ending Balance: $5,393.00

SMCH Gift Shoppe Financial Report

Beginning Balance: $13,097.13
Income:
- Deposits $13,609.02
- Interest $4.54
Total Income: $13,613.56

Expenses:
- Auxiliary donation $(10,000.00)
- Vendor & supply expense $(7,645.69)
Total Expenses: $(17,645.69)

Ending Balance: $9,065.00

Join us at
SMCH Auxiliary Table A Fare
Noon Salad Luncheon and Silent Auction
Saturday, September 21, 2013
Opportunity Living Gym, Lake City

Sign up to host a themed table or purchase $6 tickets by contacting
Mary Ludwig at 712-464-4117 or
e-mail at mludwig@stewartmemorial.org or
Lee Vogt at 712-464-4183 or email at
lvogt@stewartmemorial.org
We cordially invite you to be our guest and
bring a friend for our 16th annual Table A Fare
on Saturday, September 21st!
Stewart Memorial Community Hospital Auxiliary
2013-2014 Meeting Schedule

Tuesday, September 3, 9:30 a.m.
“Drink to Good Health” by John and Rose Guinan, Santa Maria Winery

Tuesday, October 1, 9:30 a.m.
“Healthy Eating” by Darcy Maulsby

Tuesday, November 5, 11:15 a.m.*
Business meeting only prior to Lunch Connection at noon. “Navigate Your Numbers. Learn What a Health Coach Can Do For You!” by Kari Swisher, ARNP-C, and Kristy Vogel, RN. Pre-registration and $5 fee for Lunch Connection required.

Tuesday, December 3, 9:30 a.m.
“Annual Christmas Tea”

Tuesday, January 7, 9:30 a.m.
“Having a Hobby During Retirement” by Pat Albright, photographer

Tuesday, February 4, 9:30 a.m.
“New Equipment is Uplifting” by SMCH Physical Therapy

Tuesday, March 4, 11:15 a.m.*
Business meeting only prior to Lunch Connection at noon. Program to be announced. Pre-registration and $5 fee for Lunch Connection required.

Tuesday, April 1, Noon
Annual Volunteer Appreciation Luncheon. Pre-registration required.

Tuesday, May 6, 9:30 a.m.
“Backyard Gardening” by Jane Johnson

*Please note special time.
All meetings held in the SMCH Lower Level Conference Center other than April *TBA
For Melvin Pieper, sitting on the dock with a fishing pole in his hand was his idea of a perfect summer afternoon. When he began to feel pain in his hip, the 84-year-old retired school teacher wondered if his days on Twin Lakes were over. “The pain came off and on for a couple of months. I finally made an appointment to see Dr. Pablo Amador at McCrary Rost Clinic in Rockwell City. When I explained the sporadic pain in my hip, he advised me to make an appointment to see Dr. Thomas Dulaney, DMOS orthopaedic surgeon at Stewart Memorial Community Hospital. Dr. Dulaney recommended a total hip replacement."

First performed in 1960, hip replacement surgery (also called total hip arthroplasty) is conducted on one of the body’s largest ball-and-socket joints. The damaged bone on the acetabulum (part of the pelvis bone) and femoral head (the upper end of the thigh bone) and the cartilage is removed and replaced with prosthetic components. According to the Agency for Healthcare Research and Quality, more than 285,000 total hip replacements are performed annually in the United States.

“Mr. Pieper suffered from osteoarthritis which is an age-related type of arthritis. The cartilage that cushions the bones wears away and the bones rub against each other, causing hip pain and stiffness,” explains Dr. Dulaney. “Other causes for hip pain include rheumatoid arthritis which is an autoimmune disease that causes damage to the cartilage. Post-traumatic arthritis follows a serious hip injury or fracture. Avascular necrosis occurs when an injury to the hip limits the blood supply to the femoral head, causing the surface of the bone to collapse.”

To learn more about his surgery, Melvin and his wife, Marlene, attended Joint Camp on Thursday, January 10th. Joint Camp is offered by Stewart Memorial Community Hospital for patients prior to surgery. “The purpose of the camp is to prepare patients for their experience during and after their surgery.”

Patients are asked to bring all their current medications and we fill out a pre-admission sheet and pre-registration with the business office to help smooth the process on the day of surgery. Several of our staff members talk with patients, including Physical Therapy which explains the therapy they’ll receive after surgery. Occupational Therapy talks about getting their homes ready for their return. Pharmacy discusses the types of pain medications they’ll be given. Nursing Service lists what items they should bring to the hospital. Finally, I present them with a t-shirt and give them a tour at SMCH of our surgery center. Patients give us high marks for our Joint Camp because it’s very interactive. They meet their caregivers and are able to ask lots of questions,” says Bonnie Herrin, RN, Director of Surgical Services at SMCH.

After his surgery on January 14, 2013, Melvin stayed for seven days, taking advantage of the Skilled Care services offered at the Lake City hospital. “Hospital stays after a joint replacement average around 4 days,” notes Herrin, “but some patients choose to stay longer in our Skilled Care program where they can receive care and therapies.”

When Melvin returned home, Marlene had some anxiety about being able to care for him. They were able to receive in-home care assistance from Jill Birks, physical therapist at SMCH. “She was very good about helping me to know what my limits were initially. She would tell me what my body wasn’t ready for yet. She was quite strict!” Melvin says with a smile.

Melvin’s recovery lasted about three months. With the hard work of rehabilitation behind him, he’s ready to get back to a retirement filled with family and church activities and singing in the choir at the United Methodist Church in Manson. He’s also enjoying having a fishing pole in his hands again.

"From the friendly greeting of the pretty young farmer’s wife to the orientation for the hip surgery, explained by nurse Bonnie, you are at ease. Then the introduction to Dr. Dulaney who explained the x-ray and the necessity for operating, I felt confident in Dr. Dulaney and with excellent care of a very capable nursing staff, once again I was healed. My thanks to the medical staff at Stewart Memorial Community Hospital."

- Melvin Pieper
Frito Corn Salad

contributed by Candy Morrow, Physical Therapy
This was the winning recipe in the SMCH Relay for Life Team's Super Salad Showdown fundraiser held in April 2013.

1 can whole kernel corn (drained) ½ pkg chili fritos
1 can whole kernel fiesta corn (drained) Chopped bell pepper (optional)
1 cup miracle whip salad dressing Chopped onion (optional)
1 cup shredded cheese

Mix all ingredients except Fritos. This may be made the night before and refrigerated. Just before serving add the Fritos. Don’t add early as they become soggy.
Stewart Memorial Community Hospital
1301 W. Main
Lake City, IA 51449

Health care providers at Stewart Memorial Community Hospital and McCrary-Rost Clinics

- Araceli Amador, M.D.
- Pablo Amador, M.D.
- Danni Anderson, P.A.-C.
- Ronald Cheney, D.O.
- Thomas Dulaney, M.D.
- Derek Duncan, D.O.
- Nancy Flink, P.A.-C.
- David Frate, D.O.
- Rochelle Guess, FNP-C
- Lee Hieb, M.D.
- Susan Hornback, D.O.
- Marc Miller, D.O.
- Mark Mogensen, P.A.-C.
- Josh Smith, D.O.
- Adam Swisher, D.O.
- Kari Swisher, ARNP-C
- Barbara Weber, ARNP-C

Stewart Memorial Community Hospital offers a wide range of outpatient clinics to meet the varying needs of the people in our communities. Appointments for the outpatient clinics can be made by calling 712-464-7907 or 1-800-560-7500.

- **Audiology**
  John W. Reis, Au.D.
- **Cardiology**
  Mark Berry, D.O.
  Iowa Heart Center
- **Dermatology**
  Katherine Blomgren, P.A.-C.
  Scott Green, M.D.
- **Ear, Nose and Throat**
  Vivian Chance, ARNP
  Tracey Wellendorf, M.D.
- **General Surgery**
  Ronald Cheney, D.O.
  Marc Miller, D.O.
  Josh Smith, D.O.
- **Hematology & Oncology**
  Dan Buroker, M.D.
- **Ophthalmology**
  Dr. Michael Vos
  Wolfe Eye Clinic
- **Orthopaedics**
  Thomas Dulaney, M.D.
  Lee Hieb, M.D.
- **Podiatry**
  Mark Hartman, D.P.M.
  Eric Jensen, D.P.M.
- **Urology**
  Stephen L. Piercy, M.D.

Oh Baby! Classes

To register, call 712-464-4224.

**Early Bird Classes**
**Thursday, August 1,** 6:30 p.m.

**Pre-Natal Classes**
**Saturday, October 19,** 8:30 a.m.

**Big Brother/Big Sister Classes**
**Tuesday, July 23,** 6:00 p.m.
**Tuesday, October 22,** 6:00 p.m.

Diabetes Support Group

The Diabetes Support Group meets April through October in the evening at SMCH. For more information please call our Diabetes Educators, Maurine Thieszen or Megan Huster at 712-464-3171.

**Thursday, July 25,** 5:00-6:00 p.m.
**Thursday, August 22,** 5:00-6:00 p.m.
**Thursday, September 26,** 5:00-6:00 p.m.
**Thursday, October 17,** 5:00-6:00 p.m.

**Lunch Connection**

To register, call SMCH at 712-464-3194 or Public Health at 712-297-8323. Learn more at www.stewartmemorial.org

**Fall Fling**
**Thursday, September 19**
Calhoun County Historical Museum,
Rockwell City

For comments, questions or more information, call SMCH at 712-464-3171 or go to www.stewartmemorial.org

Stewart Memorial Community Hospital Calendar of Events

J oin us on Facebook
www.facebook.com
/SMCHLakeCity

Auxiliary Meetings

All meetings held in the SMCH Conference Center. No registration necessary. Everyone is welcome! **Full schedule on pg 9.**

**Tuesday, September 3**
Drink to Good Health by John and Rose Guinan, Santa Maria Winery, 9:30 a.m.

**Tuesday, October 1**
Healthy Eating by Darcy Maulsby, 9:30 a.m.