Stewart Memorial Community Hospital ranks second in the nation when it comes to cleanliness. Becker’s Hospital Review, a leading source of cutting edge business and legal information for hospital and health system leaders, recently published its list of 49 Cleanest Hospitals in the U.S. The list included hospitals with the highest percentage of patients who reported their room and bathroom were “always” clean in the HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey.

Having a clean room to recuperate in while ill or after surgery is crucial to the health of the patient. “Healthcare Acquired Infections (HAIs) occur when patients seek medical care for health conditions and an infection results from this care. According to the Iowa Department of Public Health, healthcare acquired infections affect 5% to 10% of hospitalized patients, causing nearly two million infections and 90,000 deaths, and cost $4.5 to $5.7 billion each year. Cleanliness directly impacts patient outcomes. Our housekeeping department does a phenomenal job setting and maintaining the highest possible standard,” says Kathy Collins, Director of Continuous Quality Improvement, Stewart Memorial Community Hospital.

According to Shirley Naughton, housekeeping department supervisor at SMCH, “Each and every day we (the housekeeping staff) are cleaning what is visibly soiled, but it’s actually what you can’t see that is so very important for the housekeeping department in a hospital to clean effectively with disinfectants. Proper contact time for disinfectants to be effective is very important and our staff takes the job very seriously and with pride on doing it right.”

In addition to daily room cleaning, the housekeeping staff views the time between patient discharge and new patient admissions as very important for cleaning. “We look at each discharge as a preparation for one of our own family members. If we cleaned that patient room once for the day and it is discharged later on, we clean it all over again, and it’s ‘all surfaces thorough.’ We wipe with disinfectant on all surfaces. This includes the inside and outside of cupboards, bedside stands, nurse call controls, all bed surfaces - literally everything,” states Naughton.

During the hours in between housekeeping’s cleaning schedule, the nurses and nurse aides do many tasks to keep the patient’s room tidy. Naughton acknowledges their efforts, “I want to thank the nursing staff as their work has an impact on the perception patients have on the cleanliness of their room and bathroom. We have a wonderful staff throughout the entire facility that assists in maintaining cleanliness throughout.”

Naughton concludes, “Being named second in the nation this year after receiving 23rd place last year for ‘percent of patients who reported that their room and bathroom were “always” clean’ is such a humbling acknowledgement, and I am just so proud of the staff for this outstanding achievement.”

*Pictured are members of the SMCH Housekeeping staff: (front row left to right) Bliss Habben, Shirley Luth, Linda Adam, Jane Janssen, (middle row) Shirley Naughton, Jami Baas, Tina Thomas, Scott DeVries, (back row) Sara Holst and Linda Ringgenberg.*
When Dax Lautner made an appointment with Dr. Adam Swisher at the McCrary Rost Clinic in Gowrie, he didn’t imagine Dr. Swisher would be the physician that brought his daughter into the world. “At the time, I needed a physician that could help me get my cholesterol under control,” recalls Dax, a farmer in Jefferson. Over the course of his medical appointments, Dax says he really got to know Dr. Swisher. “Like a lot of guys my age, I’m not a big fan of going to the doctor, but Dr. Swisher has changed that. He’s down to earth and easy to talk to,” notes Dax.

When Dax and his wife Nicole discovered they were expecting their second child, Dax recommended they go to Dr. Swisher for their care. “It’s not typical for Dax to make the call on who we go to,” jokes Nicole, who owns and operates the Xpressions salon in Gowrie. “But he was convinced that Dr. Swisher was the right choice for us,” says Nicole.

As her pregnancy progressed, Nicole saw Dr. Swisher, a board-certified family practice and obstetric physician, at the Gowrie McCrary Rost Clinic. “It was very convenient to have my care here, and the staff is excellent,” notes Nicole. For the most part, Nicole’s pregnancy was routine. “There was only one time when I had a scare. I was not feeling well and was afraid I would become dehydrated. Dr. Swisher made time to see me that same day and thoroughly evaluate my symptoms. Two days later he called me at home to make sure I was doing okay. It was a nice surprise and really confirmed the reasons why we chose Dr. Swisher,” states Nicole.

“In healthcare, and OB, it is important to have a personalized relationship with your patients. The job of the physician goes beyond the clinic and hospital. Though healthcare is becoming less personalized we pride ourselves on patient focused care encompassing all facets of health,” noted Dr. Swisher, who has practiced in Gowrie for over two years now along with his wife, Kari Swisher, ARNP-C, and Rochelle Guess, FNP-C.

Just after the 4th of July, Dax and Nicole welcomed their new baby girl. Stella Frances was born weighing 6lbs 9oz and was 18 inches long. She joins big sister Paisley, 4. “My labor and delivery at Stewart Memorial Community Hospital went really well. I especially liked having the option to get a continuous epidural to keep me comfortable and control my pain,” recalls Nicole.

“A continuous epidural is the administration of medication through a catheter that is placed in the epidural space and attached to a pump that gives a regulated dose of medication at a scheduled interval. By using a continuous epidural, there is better pain control during the labor process. Pregnancy, and especially labor, is a difficult time in a woman’s life. We want to make this a positive experience in all facets. The continuous epidural is a new resource we now have available as an option for laboring mothers at Stewart Memorial to help make their experience the best possible,” says Dr. Swisher.

Besides controlled pain, Nicole says there were other perks. “My favorite part about the Lake City hospital is all of the pampering. I am usually the one pampering other people in my salon, so it was nice to get the royal treatment,” beams Nicole. SMCH offers many amenities to laboring mothers like spacious labor and delivery suites, whirlpool tubs, room-service dining, and personalized care and attention. “By going to SMCH, I feel like we had it all. We like the friendliness of a small community without sacrificing anything. We benefited from the modern technology, skilled medical staff and one-on-one attention. We really can’t ask for anything more,” reflects Nicole. “If I could get this same pampering at home everyday, life would be amazing!” jokes Nicole.

While Dax isn’t committing to room service meals or a new whirlpool tub at home for his growing family of girls, he says they have become loyal fans of Dr. Swisher. “When you get the kind of care we have experienced, there’s no reason to waiver. We are really satisfied with the care we receive,” states Dax.
Comfort for Babies and Parents is Focus for SMCH

When Alissa and Corey Blair of Lake City began planning for their third child, little did they know that Stewart Memorial Community Hospital’s (SMCH) obstetrics team and auxiliary were planning for his arrival as well. In 2012 the hospital identified a need for new technology in the OB department, namely a Panda Warmer that would replace an existing, outdated baby warmer.

The Panda Warmer features an integrated system that is less invasive for newborns. The system includes integrated resuscitation, heart rate monitors, oxygen saturation monitors, a weight scale, and a heat profile that keeps baby warm, but medical staff cool as the baby is checked over for the first time after delivery. Graysen Mark Blair, born on September 16, 2013, was the first baby to utilize the Panda Warmer.

The hospital’s auxiliary took on the challenge of raising $15,000 to purchase the warmer. It contributed monies raised in 2013 from the SMCH Gift Shoppe’s sales, bake sales, uniform sales, and from their annual Red Dress Revue event. “With the support of donors, families delivering their baby at SMCH will receive outstanding care,” says Mary Ludwig, Director of Development, Marketing and Volunteers. “While every parent dreams of a smooth labor and delivery, complications can happen. With a Panda Warmer, our medical staff is able to give newborns the care they need while maintaining a family centered environment in the labor and delivery room.”

The Blairs, who are parents to Autumn, 3, and Caidah, 1-1/2, were very pleased with the prenatal care they received from Dr. Susan Hornback and the rest of the obstetrics staff. “They were very proactive about the needs of the parents and the babies in their care, often anticipating what I needed. They explained every process along the way. We did cord blood banking, which is the process of preserving blood from the umbilical cord and placenta after birth to be used for stem cell transplants. The staff researched it really well and knew exactly what to do,” remarks Alissa. “After Graysen was born, it felt like he had four extra mothers (in the nursing staff) taking care of him so I could rest.”

The new mother of three raved about her stay in the hospital. “The birthing suites are amazing! There are amenities available that you didn’t even think you’d need, including a jacuzzi tub! My comfort was key. I felt well taken care of. The dietary department was awesome as well! They were very accommodating and the food was great!”

“We chose to come to SMCH, not only because it’s close to home, but because it has an outstanding reputation for care. Corey and I were both born at SMCH, so it’s even more special for us to deliver our child there. The Panda Warmer was impressive. It’s wonderful to have technology available here that you might expect to see in a city hospital. SMCH really cares about its parents and babies!” enthuses Alissa.

For more information about the obstetric team of physicians or OB services at SMCH call 1-800-560-7500 or log on to their website at www.stewartmemorial.org.
Did you know there are 79 million people in the United States living with prediabetes? There are another 7 million people with prediabetes and they do not know it. Most of the time, symptoms of prediabetes are not clear, so, you may have developed it and not know it. Prediabetes means your blood sugar levels are higher than normal but not at a high enough level to be diagnosed as diabetes. This condition increases your risk for developing type 2 diabetes and cardiovascular disease according to the American Diabetes Association® (ADA).

The ADA also says that before people develop type 2 diabetes, they almost always have “prediabetes.” Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

If you have prediabetes, the ADA recommends you get checked for type 2 diabetes every one to two years.

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:
- Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Exercising moderately (such as brisk walking) 30 minutes a day, five days a week

Don’t worry if you can’t get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.

At Stewart Memorial Community Hospital in Lake City, Maurine Thieszen and Megan Huster help individuals learn how to prevent or cope with diabetes. Maurine, a registered dietician and certified diabetes educator can be reached by calling 712-464-4249. Megan Huster, a registered nurse, can be reached at 712-464-4118.

Are you at risk for Prediabetes?

Diabetes by the Numbers in the United States

Total: 25.8 million children and adults in the United States—8.3% of the population—have diabetes.

Diagnosed: 18.8 million people

Undiagnosed: 7.0 million people

Prediabetes: 79 million people*

New Cases: 1.9 million new cases of diabetes are diagnosed in people aged 20 years and older in 2010.

* In contrast to the 2007 National Diabetes Fact Sheet, which used fasting glucose data to estimate undiagnosed diabetes and prediabetes, the 2011 National Diabetes Fact Sheet uses both fasting glucose and A1C levels to derive estimates for undiagnosed diabetes and prediabetes. These tests were chosen because they are most frequently used in clinical practice.

Under 20 years of age
- 215,000, or 0.26% of all people in this age group have diabetes
- About 1 in every 400 children and adolescents has diabetes

Age 20 years or older
- 25.6 million, or 11.3% of all people in this age group have diabetes

Age 65 years or older
- 10.9 million, or 26.9% of all people in this age group have diabetes

Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011)
Q&A with Heather Cain, CEO

Editor’s note: in September the SMCH board of directors selected Heather Cain as the next SMCH Chief Executive Officer. She will begin her duties as CEO in early January.

Q. What has prepared you the most to take the top leadership position at a hospital during what may be some of the most uncertain times in healthcare as we prepare to accommodate the Affordable Care Act?

A. Serving in a senior leadership role in a critical access hospital for the past sixteen years, I have seen many changes in healthcare – The Balanced Budget Act, Critical Access Hospital designation, HIPAA, Rural Health Clinic designation, and Meaningful Use, to name just a few. Each of these changes came and went and we caught our breath before the next one came our way. The new world we live in requires us to adjust our mindset from one of episodic change to continuous change. Given this, the most important quality we can have as leaders in healthcare is the ability to adapt to change and help others do the same. Developing the ability to adapt to continuous change has helped me prepare to step into this new leadership role during this especially unsettling time.

Mentorship is something that is near and dear to my heart. I believe everyone should have a mentor and be a mentor to someone else. I have been blessed to have an amazing mentor who taught me how to lead with a servant’s heart, to connect people to their purpose and to have some fun along the way. Having a strong role model has helped me set a vision for how I want to lead.

Q. You held an important position, Chief Financial Officer, at Monroe County Hospital and Clinics for over 15 years. What inspired you to come to SMCH?

A. I saw the opportunity to take all I had learned in my career at Monroe and in my health care administration education and make a difference in a new way in an organization with similar values to mine. I am so impressed with the culture in place at SMCH and the Board and leadership commitment to maintaining the focus on patient satisfaction and employee engagement. SMCH has a strong reputation throughout the state and has received national attention for being a great place for employees to work and patients to receive care as evidenced by the recent Des Moines Register Top Work Places recognition and the Emergency Department Excellence and HCAHPS recognition from Studer Group. I’m proud to be joining such a strong team.

Q. What healthcare industry trend has had the most impact in our line of service? How will you continue to address it?

A. I believe the transition we are currently experiencing in moving from a reimbursement system based on the volume of services we provide to one based upon providing the most value to the patient is the most significant trend to impact our industry in many years. While this type of change can be unsettling, it is also an exciting time where we will see health care in this country become something very different – we have the opportunity to reinvent ourselves and move from a sick care system to one truly focused on improving the health and wellness of every individual.

SMCH is well positioned to be successful in this transition because of the culture in place and the tools that have been hardwired to drive quality and enhance the patient experience. We will continue to be successful in this transition by keeping our focus on the Triple Aim – improving the health of our patients, enhancing the experience for our patients and reducing the cost of the care we provide.

Q. What are you most excited about with this new role?

A. I’m most excited about getting to know the team at SMCH and becoming involved in the community. My kids and I are so excited to move to Lake City and become a part of such a caring family of health care professionals. Absolutely everyone we have had the pleasure of meeting thus far has been so very kind and welcoming. We can’t wait to join you all in January!
Stewart Memorial Community Hospital
Wins Studer Group’s Excellence in Patient Care Awards

Stewart Memorial Community Hospital has been chosen to receive two Excellence in Patient Care awards. The double honor is being given by the nationally recognized outcomes firm Studer Group®. The Lake City hospital earned the awards based on patient satisfaction surveys filled out by patients that received care at the hospital.

The first award recognizes the Emergency Department at SMCH. According to survey results, patients ranked their care in the Emergency Department a 9 or 10, meaning they received outstanding care. The award is also based on achievement, improvement and overall outstanding performance. The accomplishment is based on comparing results from the fourth quarter of 2010 through the third quarter of 2011 to same time period in 2011 and 2012.

The second award is for an “overall rating” of patient care at the hospital. This means patients gave the hospital a rank of 9 or 10 on their patient satisfaction survey after receiving care at SMCH. The Overall Achievement award is based on scores given by patients from the third quarter of 2011 through the second quarter of 2012. “This recognition is a true validation of the hard work all of the employees at SMCH do to provide quality care with compassion to the patients we serve, which is the mission of the organization. Every department in the hospital played a key role in the patient perception of care they received, whether it is from the cleanliness of the hospital or the communication of key information provided by the care givers. The achievement of being recognized in two areas is a result of the team effort that is displayed daily by our employees,” says Cindy Carstens, interim CEO and vice president of nursing and ancillary services.

Stewart Memorial Community Hospital’s outstanding results in both categories ranked them among the highest from a database of over 850 organizations coached by Studer Group. Jan Knickerbocker, Studer Group Coach, recognizes the SMCH Senior Leadership’s vision and focus as the driver for the employees’ success in caring for their community with the highest quality. The hospital was presented with the award at the 11th annual What’s Right in Health Care® conference on October 21.

Pictured are SMCH staff members who accepted the Excellence in Patient Care award at the Studer Group’s What’s Right in Health Care conference: (left to right) Quint Studer, founder of the Studer Group, Dr. David Frate, Deb Legore, RN, Trauma Nurse Supervisor, Shelly Weston, RN, Matt Ringenberg, Emergency Services Director, Kari Jones, RN, Director of Nursing, Cindy Carstens, Vice President of Nursing and Ancillary Services, Bill Albright, Vice President of Human Resources, Jan Knickerbocker, RN, Studer coach, and B.G. Porter, President, Studer Group.
Stewart Memorial Community Hospital Earns Top Work Places 2013 Award

The goal and desire of Stewart Memorial Community Hospital (SMCH) is to be the best place for patients to receive care, the best place for employees to work, and the best place for physicians to practice. The effort SMCH has put forth to accomplish that goal is now recognized. For the second time in three years, the Lake City hospital has earned a spot on the Des Moines Register Top Work Places list.

The award is a result of surveys filled out by hospital employees which included comments such as, “At SMCH, what is found most meaningful about working at the organization is getting to practice my chosen profession in a supportive environment,” and “...while working as a team to provide the best patient care we can.” The 2013 list of Top Work Places was published in the Des Moines Register in September. “From the survey many positive comments were made regarding why our employees love their jobs. These comments came from new employees as well as those who have been here many years. Ranking in the top 20 for mid-size employers in Iowa is a great achievement,” says Cindy Carstens, interim Chief Executive Officer.

This is the third year the Des Moines Register has identified top work places in Iowa. They collaborate with Workplace Dynamics to conduct employee satisfaction surveys. Companies were either contacted by Workplace Dynamics to participate in the survey process or nominated to participate by an employee. To be eligible to compete for the award, a certain percentage of employees need to respond to the survey. “The response rate of our employees was well over the required 40%. We achieved a 70% response rate and we are very pleased with that,” says Bill Albright, vice president of Human Resources.

The survey asked employees to rate statements that have a high correlation to how they feel about their workplace on a seven-point scale. The statements address fair pay, feeling genuinely appreciated, and how well their manager listens to them. “A key to an organization’s success is its ability to adapt to a changing external environment. As it gets tougher and tougher to respond to those changes, employees are key assets and play an important role in our success. Without our employees we would not be able to adapt to the changes healthcare is experiencing and provide the quality care we do at SMCH,” notes Carstens. Survey comments from employees reflect that sentiment, “As a team we are constantly improving our services and how we respond to our patients. Senior managers at SMCH are futuristic and appreciate the value of good employees. SMCH is ahead of the pack, not in the middle or the end when keeping up on new laws and regulations.”

The pursuit of excellence not only positively affects employee satisfaction, but patient care as well. “Satisfied employees do a better job of taking care of patients, and we want our employees to know they are valued here,” Albright says. Low employee turnover reflects the job satisfaction many employees find at SMCH. “Of our 270 full and part-time employees, more than 20 have over 30 years of service and 58 employees have more than 20 years of service at SMCH,” notes Albright.

“I am grateful to all of our SMCH employees for their service to our mission. Their genuine passion to give outstanding care to our patients and positive attitude is what makes SMCH an amazing place,” says Carstens. “It is an immense honor to be a part of this team and help create a wonderful place for employees to fulfill their passion of taking care of others”.

The Des Moines Register
Anticoagulation Clinic provides convenient care close to home

Long-time Gowrie residents, Darwin and Donna Springer are no strangers to Stewart Memorial Community Hospital and the high level of care administered there. “We doctored in Lake City for over 50 years, starting with Dr. Dale Christensen who began there in 1958.” Over the years the couple, who retired from farming and operating a hardware store, raised a family, using services in Lake City and later in Gowrie when the McCrary Rost Clinic opened a branch.

Serious health concerns began in 2003 when Donna had eye surgery performed in Iowa City. As she was preparing to be discharged, she collapsed in front of four doctors on their rounds. She was diagnosed as having blood clots in her lungs. In 2006 Darwin underwent quadruple bypass surgery on a micro-valve in his heart after his physician detected a problem during a regular checkup.

Due to those episodes, Donna and Darwin were both prescribed the medicine warfarin, also known as Coumadin, to reduce clots from forming in their blood. Clotting is a normal body function but if the blood clots too quickly, serious medical problems may occur. Warfarin is therefore used to treat many types of blood clots including: deep vein thrombosis, a blood clot generally within the leg or arm; pulmonary embolism, a blood clot in the lung; stroke associated with an irregular, rapid heartbeat called atrial fibrillation; and stroke associated with heart valve replacement.

Kari Swisher, Certified Advanced Registered Nurse Practitioner at Stewart Memorial Community Hospital, explains how the drug works. “Warfarin blocks the formation of vitamin K - dependent clotting factors in your liver. Vitamin K is needed to make clotting factors that the blood needs to clot and prevent bleeding. Vitamin K is found naturally in some foods, such as green leafy vegetables.”

Patients taking warfarin need to be closely monitored. The Springers have a blood test once a month at the Gowrie clinic which checks their INR. INR stands for International Normalized Ratio, and it is a standardized method for reporting blood coagulation with warfarin. The INR is normally around 1 in someone not on anticoagulation medicine. For most medical conditions, an INR goal of 2.0-3.0 or 2.5-3.5 is set by your physician. If the INR is above goal, the patient has too much warfarin effect and a higher risk of bleeding. If it’s below goal, the patient has a higher risk of clotting.

“Patients on Coumadin need to pay attention to their diets. Many foods you eat have vitamin K in them, and vitamin K helps your body make clots. Food containing fat substitutes, such as olestra (Olean), are supplemented with fat-soluble vitamins including vitamin K. While patients shouldn’t necessarily avoid vitamin K, they should keep their diets consistent and eat a normal, balanced diet,” says Kari Swisher.

“We are so glad to have the high level of care we receive at McCrary Rost Clinic with the Swishers. Dr. Adam Swisher is our primary care provider, and Kari Swisher helps us with our Coumadin levels each month. It’s great to have such a wonderful team, including Rochelle Guess, in Gowrie,” says Donna. “They are a dynamic team that really enhances healthcare opportunities close to home.”

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We take care of hearts
- Coumadin clinic
- Stress Testing
  - Treadmill
  - Chemical

Stress tests are commonly used along with a nuclear scan where a radioactive isotope is injected into a vein at near peak performance on the treadmill and then the heart is scanned to give a more accurate picture of how it is functioning. This scan is compared to a resting scan of the heart to see the differences when working and when resting. This increases the accuracy of the stress test. If the chemical stress test option is used instead of the treadmill, the nuclear scans are always taken.
A Letter from the SMCH Auxiliary President

Dear SMCH Volunteers, Auxiliarians and Friends,

Wow, just like that it is fall. I have always loved this time of year: cool nights, crisp days and the crunch of leaves underfoot. Our annual fall kickoff events were big successes. Iowa State won the cookie challenge and the Auxiliary was presented with a check for $1226.26 from the cookie sales. Table A Fare 2013 was outstanding. I am always amazed at the creativity and design of the table sponsors and the generosity of the silent auction donors. My personal thanks to all of you that made it possible. Special recognition to auxilians Vicki Keonin, Peggy Scanlan and Mary Sporleder, and to the Dietary and Marketing Departments for their contributions. All together we raised $3,788.

This year our fundraising efforts are focused on upgrading the radiology equipment in the Rockwell City Clinic and purchasing a blanket warmer for the in-patient wing of Stewart Memorial. We are trying some new events in support of those projects. I hope you had a chance to support the linen sale. In addition to high thread count sheet sets, they had a large selection of plush blankets that make great gifts. We have also scheduled a frozen, ready-to-bake holiday cookie and pastry sale (preorders from November 11th to 25th) leading up to the Christmas Candy Sale on December 4th. I can't begin to tell you how good they are, so consider yourselves warned. Planning is going forward for a Trivia Fun Nite on February 8th to give you a break from the winter blahs. To find out more, read page 11. The Gift Shoppe continues to be an important part of raising funds, and we welcome you to stop in to see the latest arrivals.

Thank you to all our members. None of the support we provide SMCH would happen without you.

Virginia K. Sheffield, President

Stewart Memorial Hospital Auxiliary
Shining Star Nominee – Toni Kerns

For decades, the Stewart Memorial Community Hospital (SMCH) Auxiliary has benefited from dedicated, community-minded people who share a common interest in the hospital and auxiliary. Shining Star Nominee Toni Kerns has worked tirelessly for the Auxiliary. Toni has served the Auxiliary as President, Secretary and Community Representative. She has been a champion helping and promoting the Auxiliary, doing everything from event ticket sales to table sponsorship at SMCH Auxiliary's annual Table A Fare fundraiser. She has also served two six-year terms on the hospital board of directors. The Auxiliary at SMCH has been very fortunate to have such a dedicated auxilian. Toni has two daughters and four grandchildren. Toni was honored with this award at the IHA Conference in Des Moines on October 10th.
Hospice Loving Tree Angels

This December, “Ivory Bisque” angel ornaments will decorate the Hospice Loving Trees once again. Each ornament will be printed with the name of a loved one who family or friends wish to remember during the Christmas season. The Loving Trees will be on display in the Stewart Memorial Community Hospital lobby and in the McCravy-Rost Clinic lobby through the month of December. If you wish to remember your loved one with an angel ornament, please fill out the form below and, along with your $5 minimum donation, mail to: Stewart Memorial Community Hospice, PO Box 114, 1301 W. Main St., Lake City, IA 51449

CLIP & MAIL

Community Hospice Loving Tree

Name to be placed on ornament: ____________________________________________________________
(please print clearly)

Donation given by: __________________________________________________________________________
(donor names will be listed in a notebook to be placed near the tree)

Address: ____________________________________________________________________________________

$5 donation payable to: Stewart Memorial Community Hospice
PO Box 114
1301 W. Main Street
Lake City, IA 51449

Crock Pot Cream Cheese Chicken Chili
(This would also make an excellent dip served with corn chips!)

2 chicken breasts, cut into small pieces
1 can Rotel tomatoes with green chiles
1 can corn kernels, do not drain
1 can black beans, drained and rinsed
1 pkg. Ranch dressing mix
1 T. cumin
1 tsp. chili powder
1 tsp. onion powder
1 (8 oz.) pkg. cream cheese

Put the chicken in the crock pot. Top with the tomatoes, corn, the drained and rinsed beans, ranch dressing, cumin, onion and chili powders. Stir to combine then top with the cream cheese. Cook on low for 6-8 hours, stirring once or twice to blend in the cheese. Serve over rice. Can also serve in tortillas or taco shells. Serves 4.

**General Fund Report by Marci Duncan, Treasurer**

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| Beginning Balance | $5,393.00 |
| Expenses          | $(13.50)  |
| **Ending Balance** | **$11,444.79** |

**SMCH Gift Shoppe Financial Report**

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<tr>
<th>Expenses</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$9,066.04</strong></td>
</tr>
</tbody>
</table>

How it works: Create your own team of eight OR we can make a team for you. Your team will receive points by answering questions correctly. The winning team receives a prize. Win extra points by decorating your table, dressing as a team, or participating in extra events between rounds. All proceeds go to benefit the SMCH Auxiliary for the purchase of Digital X Ray equipment and a blanket warmer for med/surg patients.

Popcorn, appetizer buffet, coffee and water provided
Tickets $20 each
Contact Lee Vogt (712) 464-4183 for details

The Premier Event of the Year
Join the Fun and Excitement!

Saturday, February 8, 2014
Doors open at 6:00
Games begin at 7:00 pm
at
Opportunity Living, Lake City, IA
Stewart Memorial Community Hospital
1301 W. Main
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 assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional. If you do not wish to receive the Health Care Connection, please call 712-464-4117. Websites not belonging to this organization are provided for information only. No endorsement is implied. Images may be from one or more of these sources: ©Thinkstock, ©Fotolia.

Outpatient Clinics at Stewart Memorial Community Hospital

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**
  - Tracey Wellendorf, M.D.

- **General Surgery**
  - Ronald Cheney, D.O.
  - Marc Miller, D.O.
  - Josh Smith, D.O.

- **Ophthalmology**
  - Dr. Michael Vos
  - Wolfe Eye Clinic

- **Orthopaedics**
  - Thomas Dulaney, M.D.
  - Lee Hieb, M.D.

- **Podiatry**
  - Mark Hartman, D.P.M.

- **Pulmonology**
  - James C. Meyer, D.O.

- **Urology**
  - Stephen L. Piercy, M.D.

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 Calendar of Events

**Caring Hands Closet**

To register, call SMCH at 712-464-3194 or Public Health at 712-297-8323. Learn more at [www.stewartmemorial.org](http://www.stewartmemorial.org)

**Loving Your Family, Feeding Their Future**

**Wednesday, December 4, 6:30-8:30**
Stewart Memorial Community Hospital Conference Center

**Staying Healthy this Winter**

**January 8, 6:30-8:30**
Stewart Memorial Community Hospital Conference Center

**Grandparent Basics**

**February 5, 6:30-8:30**
DOUBLE POINTS!
Stewart Memorial Community Hospital Conference Center

**Positive Solutions**

**March 5, 19, April 2, 16, 30, May 14, 6:30-8:30**
Stewart Memorial Community Hospital Conference Center

**Auxiliary Meetings**

All meetings held in the SMCH Conference Center. No registration necessary. Everyone is welcome!

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

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

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

**Tuesday, March 4**
Business Meeting prior to Lunch Connection, 11:15 a.m.

**Oh Baby! Classes**

To register, call 712-464-4224.

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

**Pre-Natal Classes**
**Saturday, January 11, 8:30 a.m.**

**Big Brother/Big Sister Classes**
**Tuesday, January 14, 6:00 p.m.**

Check us out on Facebook!
www.facebook.com/SMCHLakeCity