When it comes to his health, you could say Lowell Stoolman got a lucky strike and a spare. The avid bowler, who’s diabetic, thought he had his health under control. He kept a close eye on his diabetes by watching what he ate and recently lost 30 pounds. He stays active with bowling and golf. “I was caught off guard when I got sick one day, but I’m here to tell about it thanks to the foresight of my primary care physician, Dr. David Frate,” says Stoolman who has been a patient of Dr. Frate’s for three years. Last September, Lowell was going about his normal work day when he started to have pain in the middle of his back. “I work for the City of Rockwell City and had been checking meters. I stopped into a local business and the secretary immediately asked if I needed an ambulance. She thought I looked ill,” recalls Stoolman who bowls on a league and will compete in a state tournament this year. “I didn’t think I was that sick, so I continued working.”

That evening Stoolman confided in his wife about the pain. Peggy, a nurse of 36 years, insisted he have the abnormal pain checked out. “She really wanted me to go to the Emergency Room, but I waited until the next day to get an appointment with Dr. Frate,” remembers Stoolman. When he arrived at McCrary Rost Clinic in Lake City, he explained his symptoms. “When someone is having shortness of breath and pain in the middle of their back, I suspect that this can be heart related,” explains Dr. Frate, a board certified internal and family medicine physician. Dr. Frate ordered an EKG and blood tests. “All of the results were within normal ranges,” says Dr. Frate. However, Dr. Frate’s experience and depth of knowledge goes beyond the scope of test results. “Since I had been seeing Lowell on a routine basis, I knew that these symptoms were atypical for him, and that they were really bothering him.” Dr. Frate explained to Stoolman that additional testing was needed and set up an appointment for him with Iowa Heart Center in Ft. Dodge.

Stoolman, a Rockwell City, IA native soon found out the cause of his troubles. “I went to the heart catheterization lab and the doctor put two stents in. One artery was 90% blocked and the other was 70% blocked. I was lucky I paid attention to my symptoms, sought treatment and took the advice of Dr. Frate,” notes Stoolman who credits Dr. Frate’s thorough medical care for his survival.

Following the procedure to put stents in, Stoolman completed 12 weeks of cardiac rehab at Stewart Memorial Community Hospital. “The staff in cardiac rehab, Bev Waters and Megan Huster, are wonderful, I can’t say enough good things about them.”

Stoolman has the same sentiment for Dr. Frate. “Whenever I have an appointment with him, he always makes me feel like I am the most important patient. He goes the extra mile. If I have a question about something, he listens and gives me valuable input. He will even print off information for me to take home.”

Stoolman says when his health was in the “gutter,” he realized what a great team he had to care for him. “My wife does a wonderful job of looking out for me, I live close to an outstanding hospital and clinic, and I have Dr. Frate as my physician. It is a very caring and talented group of individuals that make taking care of your health easier.” Stoolman jokes, “If I were as talented at bowling, our team would probably win more tournaments!”
Health Coach makes Big Impact for Couple with Chronic Conditions

Sharon Carey is no stranger to hard work. After working in banking for 30 years and as a teacher associate for 8 1/2, she decided, with her husband Jerry, to enjoy retirement in their home town of Churdan, Iowa.

In recent years the couple have faced increasing health concerns. Jerry suffers from Charcot-Marie-Tooth disease, a neurological disorder that affects peripheral nerves supplying the muscles and sensory organs in the limbs. For Jerry it causes weakness in the legs. Sharon, to help with her own mobility, has had both hips replaced. She has diabetes and must work to control her blood glucose levels. Additionally, in fall 2012 she discovered she had cancer. To combat it, she underwent a total hysterectomy.

“With everything I was dealing with, Nancy Flink, my primary medical provider, suggested I could make use of the Health Coach program at Stewart Memorial Community Hospital,” says Sharon. She was connected with Kristy Vogel, RN, one of McCrary Rost Clinic’s health coaches. Vogel, along with Tayler Rasch, RN, and Megan Huster, RN, completed training offered by the Iowa Chronic Care Consortium to become a Clinical Health Coach.

The free service is available to any patient. “We help chronic care patients like those diagnosed with diabetes or high blood pressure, and assist patients in meeting their healthcare goals. We also help patients navigate the changing and complex healthcare system,” explains Vogel.

For the Careys, their health coach helps them find solutions to the challenges they face. “Kristy, our health coach is wonderful,” enthuses Sharon. “Sometimes, during an office visit with our provider, I forget to ask a question, or if I don’t understand something, it’s great to be able to talk to a health coach and get those questions answered.”

Having support on health decisions is important to Sharon. Jerry, who Sharon says can be a little stubborn, has difficulty walking and wears a brace. Kristy coached him to use a walker to help prevent falls. “She helped him see the walker was for his benefit,” notes Sharon.

“A health coach helps patients establish goals and gain access to resources to help them accomplish their goals. ‘My blood sugar levels were quite high. Kristy reminds me to use the stationary bike in my house. She’s helped me to see the importance exercise has in controlling my diabetes,’” says Sharon.

Sharon recommends the health coaching services, “I have someone to call if I have questions or need help. She lets me know about classes that can help me manage my own health. Kristy gives me confidence that I can work toward a healthy lifestyle.”

To learn more about the health coaching services available at Stewart Memorial Community Hospital, please call Kristy Vogel, RN at 712-464-3194, ext. 4229, Megan Huster, RN at 712-464-4118, or Tayler Rasch, RN at 515-352-3891.

Discovering that the fabricator of his original brace is retired, the couple turned to Kristy for help in locating a new orthotic provider.

A health coach helps patients establish goals and gain access to resources to help them accomplish their goals. “My blood sugar levels were quite high. Kristy reminds me to use the stationary bike in my house. She’s helped me to see the importance exercise has in controlling my diabetes,” says Sharon.

A Tradition of Excellence with a Personal Touch

“A health coach helps patients establish goals and gain access to resources to help them accomplish their goals. Health coach Kristy Vogel, RN, and Sharon Carey.
Imagine being a patient in the hospital, you’re ill or in pain. Your medical provider has visited with you and has recommended you seek advanced medical care with a specialist. As you prepare to leave the hospital, you can’t remember what the doctor changed about your medication or if you’re supposed to call your medical provider to schedule an appointment after you’re discharged.

This experience can be typical for any hospital patient. Stewart Memorial Community Hospital recognized opportunities to improve patient care. “As our patients were referred to specialists or other providers, our medical staff expressed great concern about the availability of needed records to continue the patient plan of care during hospitalizations or visits. To solve the issue, we first focused on how this was an issue among our own medical providers. This allowed us to develop a plan to start internally and then continue the process providing information to any provider or specialist our patient came in contact with. Our goal was to improve the process of providing patient information to all parties treating a patient at Stewart Memorial Community Hospital and McCravy Rost Clinics,” explains Cindy Carstens, Vice President of Nursing and Ancillary Services at SMCH.

Three areas of concern were identified. First, medical providers expressed concerns patients were returning for post hospital appointments and they were unaware of their plan of care, medication changes, or follow up testing. Secondly, we realized patients discharged from our facility did not always return to see their provider as recommended due to not having an appointment scheduled prior to leaving. Third, we recognized that even while hospitalized the treatment plan was not evident or shared with providers covering evening and weekend call at our hospital, and when they were called or making daily rounds, they may order tests or a treatment that was already discussed by the primary provider. This resulted in duplicate phone calls or orders that then had to be clarified and or canceled,” says Carstens.

A team comprised of members from the hospital, clinic, emergency department, and home care department developed processes that have resulted in a decrease in hospital readmissions, a reduction in medication errors and medication non-compliance, and an increase in the number of patients scheduling appointments prior to discharge, which resulted in better follow up care. One solution the team devised was to create the position of Transition Coach at SMCH.

The American Geriatrics Society defines transitional care as “a set of actions designed to ensure the coordination and continuity of health care as patients transfer between different locations or different levels of care within the same location. Transitional care is based on a comprehensive plan of care and the availability of health care practitioners who are well-trained in chronic care and have current information about the patient’s goals, preferences, and clinical status. It includes logistical arrangements, education of the patient and family, and coordination among the health professionals involved in the transition. Transitional care, which encompasses both the sending and the receiving aspects of the transfer, is essential for persons with complex care needs.”

Zacharina Winker, R.N. and Brooke Minnehan, R.N. joined SMCH in September 2013. The two nurses have various duties. They admit and discharge patients, and attend rounds with the physician to bridge any communication gap between the doctor, nursing staff and patient. “We educate the patient while they are hospitalized,” says Winker. “We discuss the reason for the hospital stay and any other health issues the patient may be experiencing.”

The nurses assure discharge instructions prepared by the doctor on-call are sent to patients’ primary medical provider. They also educated clinic staff on how to access the information in the hospital electronic health record (EHR). Upon the patient’s discharge they access the clinic EHR and update the patient’s medication record to show the current medications at discharge. In addition, they help schedule follow-up appointments with medical providers, no matter when the discharge occurs.

An area where transition coaches are extremely valuable is with chronic condition patients. “We work with patients and their caregivers to get to know all aspects of their lives, not necessarily about the condition for which they’re in the hospital. We then coordinate education and care to help them stay healthy at home,” explains Minnehan.

Carstens notes, “Adding transition coaches to our team is an effective step in improving patient care communication. As we strive to be the best rural hospital in the United States, we are proactive with quality and safety.”

As a result of SMCH’s commitment to quality patient care:

- 30 day readmissions rate fell from a range of 6-12% in 2012 to 2.5% in December of 2013
- Medication errors were reduced from 31/10,000 doses in 2012 to 3.74/10,000 doses in 2013
- Patients with follow up appointments scheduled before discharge went from 47% in 2012 to 94% at the end of 2013.
Compassionate Care
Eases Sorrow for Dayton Family

Planning for a new baby is an exciting time for a family. Decorating the nursery, buying sleepers, and preparing for changes a baby brings all add to the miracle of the joyous celebration. For many families, pregnancies go smoothly and the baby’s delivery are cherished memories.

For Pam and Roland Speck of Dayton, Iowa, bringing their miracles into the world proved to be a difficult journey.

The couple spent four years trying to get pregnant. After in-vitro fertilization, Pam became pregnant with twins. The pregnancy was complicated. Pre-term labor began at 22 weeks and Pam developed preeclampsia. Preeclampsia is defined as high blood pressure and excess protein in the urine after 20 weeks of pregnancy in a woman who previously had normal blood pressure. Left untreated, preeclampsia can lead to serious — even fatal — complications for both mother and baby. Pam’s twins, Alyssa and Chloe, were delivered via cesarean section at 36 weeks in 2006.

In 2011 Roland was diagnosed with prostate cancer. According to the Mayo Clinic, “Prostate cancer is one of the most common types of cancer in men. Prostate cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly.” Roland and Pam attacked the cancer aggressively. He received regular infusions of chemotherapy at Stewart Memorial Community Hospital.

During those dark days the couple discussed having another baby. “I had wanted another child for a very long time,” remembers Pam. “We knew, in all likelihood, I would be a single parent. We had our twins, who are wonderful. But I also felt the need for another child who would be something positive to focus on in the days ahead.”

After discovering she was pregnant, Pam consulted with Dr. Adam Swisher, board certified family medicine and obstetrics physician with McCrary Rost Clinic. Her hopes for a smooth pregnancy this time were quickly dismissed. “I had high blood pressure and developed gestational diabetes. After several stress tests at SMCH, Dr. Swisher advised bed rest. However, with taking care of Roland, the twins, and our animals, we modified that as much as possible.”

During Pam’s pregnancy, Roland’s condition deteriorated, and he spent more and more time in the hospital. “Everyone on the staff were incredibly compassionate, anticipating our every need. They even knew our favorite drinks,” remembers Pam. “Sometimes it’s the little things that matter. There were multiple instances when Rollie was having trouble getting around and Dr. Swisher personally helped him out to the car. The day of my cesarean section he made a point to have a chair brought in for Rollie so he would not have to sit on the rolling stool. Basically, I consider Dr. Swisher to be not only an outstanding physician, but an outstanding human being. He treats the whole person, and does so with unmatched skill and compassion.”

“Caring for the whole family strengthens the patient-doctor relationship,” says Dr. Swisher. “We took care of Pam, Rollie and the girls, really getting to know the whole family and providing, not only the day-to-day health care, but the intangible assistance that only comes from understanding the patient’s needs outside of the examination room.”

At 37 weeks, on Roland’s last “good” day, Pam delivered a baby girl, Vivian, on September 24, 2013. Twenty-four hours after meeting his newborn daughter, Roland’s illness forced him to be hospitalized. “When Vivian was two days old, we were told the cancer spread to his liver and his time was short. That was a very difficult day,” recalls Pam. “I was emotional and hormonal and became hysterical. It was the worst day of my life. Nurses Lisa Miller and Regina Rhea, came to Rollie’s room and talked to me, helping me to stay calm. They kept me sane.”

“Caring for the whole family involves working to ensure healthy beginnings, in addition to making a patient comfortable in the last stage of life and every health need in between,” says Dr. Swisher. “Our staff works and trains diligently to give the best quality care possible.”

“Dr. Swisher, the OB nursing staff and hospice staff were incredibly sensitive to the situation. With the birth of the twins and Rollie’s cancer, we’ve sought care at larger hospitals, but the nursing staff at SMCH was the best we’ve ever encountered,” says Pam. “They were kind, compassionate and incredibly skilled. Our entire family sees Dr. Swisher and I’d not trust my children’s well being with anyone else. He managed Rollie’s care for the last 2 years of his life and was always willing to look into new treatments. He did everything possible to give him the best quality of life. He showed a tremendous amount of compassion when it was time to discuss end of life decisions.”

“I chose to practice family medicine because of the broad spectrum of care family medicine covers. I am able to care for patients during every stage of life,” notes Dr. Swisher. “The Speck family’s situation encompassed every aspect of health care - from the hope of a new beginning to the close of a final chapter. Family medicine, rather than a specialized practice, appealed to me as a physician as it affords diverse opportunities for providing excellent care.”

Roland died on November 10, 2013. In the months since Roland’s death, Pam reveals she feels as if she’s in a trance. The baby, though, has been her miracle, a salve that helps her in her grief. “How can I go to a dark place, looking at Vivian’s face?” she asks. She cuddles her cooing five month old, who falls asleep with her tiny fist clutching her daddy’s wedding ring.
New Electronic Health Record System is EPIC change for SMCH

A new computer software system will help patients receive better health care. Stewart Memorial Community Hospital is joining a network of over 350 healthcare locations, many of them Unity Point affiliates, across the midwest in implementing a new electronic health record system called EPIC. SMCH launched the new system March 29th. The new computer charting system provides an up-to-date electronic medical record of patient medical information that can be accessed wherever a patient receives medical care within the network of hospitals and clinics on the EPIC system.

Electronic medical records will make the care patients receive at SMCH even better. First, current medical information will be at the medical provider’s fingertips – no matter if care originates at SMCH or at another Unity Point affiliated hospital, McCrary Rost clinics, or even one of SMCH’s Unity Point Health affiliates. Second, health information can be more efficiently shared between areas of the hospital that are involved in the patient’s care. Third, bar-code scanning technology will continue to be used for medications in order to better monitor safety in reducing and preventing medical or medication errors. Lastly, privacy and security of medical records will be improved.

Sherry Lampe, Clinical Nurse IT Director at SMCH, describes the equipment upgrades and staff training required prior to the go live date, “Training has been very intense for the last two months and the staff has worked very hard at learning the EPIC system. We are all very anxious to get started. We have added computers to each patient room along with several new mobile computers.”

In the near future, SMCH will offer an additional benefit which is a free, privacy-protected website for patients and care givers. The web-based portal called MyUnityPoint will help patients keep track of their personal medical history and test results. Registered users will be able to review lab and radiology results, their personal medical history such as their vitals, immunizations and providers seen. Additionally, patients will be able to request and keep track of clinic appointments, request prescription renewals, view current and past prescriptions, and send messages to and from their health care team.

Initial visits to the hospital and clinics will require registration staff to input information into the new system for the first time. Patients are asked to bring their insurance cards and one form of identification, such as a driver’s license. They may also be asked to provide their social security number. “The process of putting in a patient’s information does take time. We want to thank our patients in advance for their patience as we transition to the new system,” says Jim Henkenius, CFO.

Greater access to your records for you and your doctor, enhanced safety, and ultimately improved services at SMCH are benefits of the new technology. “Our goals are to continue to improve the quality of health care we offer,” says Henkenius. “Coordinating care for our patients, regardless of geographic location, equates to improving the quality of patient care.”
Knowing the answer to how many flowers are on an Oreo cookie and how many shapes are in the Animal Crackers cookie zoo brought home a victory for the winning team at the inaugural Stewart Memorial Community Hospital (SMCH) Auxiliary Trivia Night. With three rounds of ten questions each, the team of Marylyn Gillespie, Donetta Stewart, Sally and Daryl Winter, John and Kim Olson, and John and Judy Panning earned the highest number of points and bragging rights as the first team to win Trivia Night. “The event was put together in hopes of raising money for a good cause while having a little fun testing people’s knowledge,” remarks Mary Ludwig, director of marketing and development at SMCH. Twenty-four teams competed in the event which was held at Opportunity Living in Lake City on February 8th. Brad “Big Daddy” Addison of Lake City served as the Quiz Master and added humor to the night’s festivities.

In addition to trivia, teams participated in two games: “Dead or Alive” and “Heads or Tails.” The winners of those two games were Marie Schwarm of Lake City and Jenny Stock of Lake View. Teams could also earn points by decorating their tables, dressing alike, and singing Karaoke. Organizers of the event, SMCH Auxiliary Members Jan Dougherty, Marci Duncan, Mary Ludwig, Virginia Sheffield, Mary Sporleder and Lee Vogt were pleased to see a lot of team spirit. “Many teams arrived dressed in costume including the Blues Brothers, Hillbillies, Iowa Hawkeye Fans, an Olympic team, Corn Heads, and TV characters from the shows Duck Dynasty and Bones,” says Ludwig.

The combination of ticket sales, a live auction of donated items, and sponsors helped the hospital raise over $21,000. “We are very appreciative of everyone that participated, contributed with a donation or sponsored the event. Their generosity directly improves the quality of care we are able to give patients at Stewart Memorial Community Hospital. As a private, not-for-profit hospital, every donation makes a difference,” says Ludwig.

“Trivia Night was a lot of fun and proceeds from it are impacting the lives of those we serve. We are so grateful for the support and partnership we receive from the communities to which we provide health care,” says Ludwig. Photos from the event can be found on the hospital’s facebook page at www.facebook.com/SMCHLakeCity
As a health care consumer, you deserve quality medical care to help you stay well and recover faster. Quality health care means you receive the health care services you need, when you need them, in the right way, to achieve the best possible results. At Stewart Memorial Community Hospital (SMCH) and McCrary Rost Clinic, we are committed to providing quality health care with a personal touch, delivered close to home by caring and compassionate professionals you can trust.

As part of our commitment to quality, we strive to provide the equipment and technology needed to allow for a positive patient experience. Proceeds from Trivia Night will fund a blanket warmer for the inpatient unit at SMCH and digital x-ray equipment in our outreach clinics.

Thanks to the generosity of many, especially our sponsors, patients recovering from an illness, accident or surgery will have a warm blanket for increased comfort while staying in the hospital. The blanket warmer will be located near the nurse’s station so our nursing staff can easily take a warm blanket to patients. The second project is upgrading x-ray equipment in our McCrary Rost Clinics. By installing digital x-ray technology, patients will get test results sooner. Previously, patients waited for their x-ray film to be developed and mailed to an off site radiologist. Once a radiologist saw the x-ray, a report was completed and sent back to the medical provider who ordered the x-ray. That process took seven to ten days.

With the upgraded digital system, the patient’s wait time for results is decreased to one to two days because x-ray images are sent electronically and not mailed. Digital images can also be stored on our Picture Archive and Communication System (PACS) and sent within our system or to another facility electronically, which also benefits patients.

Thank you for supporting these important projects through your generosity.
National Volunteer Week, April 6-12, 2014

National Volunteer Week, April 6-12, 2014, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It’s about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.

This year marks the 40th anniversary of National Volunteer Week, demonstrating the enduring importance of recognizing our country’s volunteers for their vital contributions. National Volunteer Week is not only our moment in time to celebrate our SMCH volunteers, but to share ideas, practices, and stories wherever they happen, and to re-imagine the notion of citizenship for the 21st century. Thank you SMCH Volunteers!


**General Fund:**

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**Ending Balance:** $35,971.68

SMCH Gift Shoppe Financial Report

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**Ending Balance:** $8,501.82

SMCH Gift Shoppe Financial Report

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**Ending Balance:** $8,501.82

*National Volunteer Week, April 6-12, 2014*

*SMCH Auxiliary Financial Report*

*SMCH Gift Shoppe Financial Report*

*SMCH AUXILIARY*

*Book Fair and Pie Sale*

Tuesday, June 11th
Stewart Memorial Community Hospital Conference Center
10:00 a.m. - 3:00 p.m.

Come visit the New Books Are Fun Book Fair with over 250 great titles at unbelievable prices! First run, top quality products from the world’s leading publishers.

Everyone Welcome!
Legislative Update: Iowa’s Community Hospitals - An Irreplaceable Asset

A hospital is an asset to any community or region. It provides communities with easy access to the broad spectrum of essential health care services - primary care, surgery, laboratory services, emergency care, hospice and technology like magnetic resonance imaging.

Community hospitals also offer community benefits in the form of charity care and free and reduced-cost services like immunizations, health screenings, and counseling. Many of these programs and services simply would not exist without hospital resources and leadership. Hospitals as health care providers are clearly irreplaceable. But hospitals are also essential in another way - as economic engines that are among the largest employers in their communities and for the state as a whole.

$4.1 Billion Impact

Iowa has 118 community hospitals, and they create an enormous economic impact across the state. Hospitals not only provide jobs, they create jobs by purchasing goods and services from other businesses. And hospitals are essential to local and statewide economic development - companies that want to relocate or expand demand access to comprehensive, high-quality health care services. According to a study by the Iowa Hospital Association (IHA), Iowa hospitals provide more than 71,000 jobs that pay more than $4.1 billion in salaries and benefits. This makes hospitals the ninth largest non-agricultural employer in Iowa. No wonder most Iowa hospitals are among the largest employers in their counties.

And these are not ordinary jobs. Most hospital employees are highly skilled and well-paid professionals who not only carry college and post-graduate degrees, but regularly update their skills through continuing education.

Multiplying the Benefit

But the economic impact of hospitals extends beyond the people they hire and the salaries that are paid. The business and household needs of hospitals and their employees creates a “multiplier” effect that supports thousands of additional jobs. This means that, in total, nearly 120,000 jobs are tied to Iowa hospitals, creating an overall impact that is worth nearly $6 billion to Iowa’s economy.

Hospitals: An Economic Priority

Each year, Iowans invest in their hospitals. They recognize community-based health care as a statewide priority and support hospitals through millions of dollars in personal donations and thousands of hours in volunteer time. Iowa leaders both in the state Legislature and in Congress should share that priority. To expand and attract business, keep young people and families in our state, and ensure the future of communities both small and large, hospitals must be a central part of our leaders’ economic plans. Simply put, with nearly 120,000 jobs and more than $6 billion at stake, the health of Iowans and the health of their state’s economy both depend on hospitals.

“A strong connection exists between Stewart Memorial Community Hospital’s success and the viability of our local communities. We are grateful for our talented employees who have dedicated their careers to providing quality health care here in our hospital, clinics and pharmacies. The data provided here shows our employees and their families impact our economy in a very real way. Our organization is well positioned to continue to be successful in the new health care environment by delivering value to those we serve by providing the right services at the right time to achieve the best possible results,” says Heather Cain, CEO at SMCH.

Clip and Return

Please mail to:
2014-2015 Annual Membership
Stewart Memorial Community Hospital Auxiliary
1301 W. Main, Lake City, IA 51449
800-262-2614 • www.stewartmemorial.org

Name_______________________________________ Phone __________________________
Address______________________________________ City __________________________
State________________ Zip ______________ Email __________________________

____Annual membership $2 ______ Lifetime Membership $100
SMCH Payroll Deduction $______ (minimum $1) each paycheck through 3/31/15

See back of card for many opportunities our Auxiliary offers!
Back By Popular Demand
Stewart Memorial Community Hospital Auxiliary
Geranium Sale

Name__________________________________________Phone # ________________________

Colors: _____ Red _____ Violet _____ Salmon _____ Light Pink

Size: ___ 4” pot—$4.50  _____ 8” pot—$15.25  ____ 12” pot—$37.50
(add $2.00 if you would like your pot wrapped in foil with a bow.)

Order Deadline: Friday, May 2nd

Pick-up date: Tuesday, May 6th, 1:00-5:00 pm at the Hospital Main Entrance

Three easy ways to place an order:
1. Send this form to SMCH-Attn: Lee Vogt, 1301 W. Main, Lake City, IA 51449
2. Drop form off at the SMCH Gift Shoppe
3. Call Jane Johnson at 712-210-2583 to place an order or if you have a question.

Orders may be placed through May 2nd.

Mother’s Day • May 11th

Clip and Return

I would be interested in the following SMCH Auxiliary activities:

☐ Serving on a Fundraising Committee
☐ Distributing publicity for Blood Drives
☐ Donate to Bake/Candy/Pie Sales
☐ Help Knit Baby Caps/Sew Neck Pillows
☐ Be a Gift Shoppe Volunteer or substitute
☐ Serve as a Community Representative
☐ Help with Committee work
☐ Serve as a Committee Leader or Officer
☐ Help deliver Meals on Wheels
☐ Help with Guest Courtesy Cart
☐ Be willing to help with simple tasks if available when needed.
Chicken Azteca  
*contributed by Maurine Thieszen, Dietitian, Co-Winner of the Crock Pot Cook-Off*

2 (15 oz.) cans black beans, drained  
4 c. frozen corn kernels  
2 garlic cloves, minced  
3/4 tsp. ground cumin  
2 c. chunky salsa, divided

Combine beans, corn, garlic, cumin, and half of salsa in slow cooker. Arrange chicken breasts over top. Pour remaining salsa over top. Cover. Cook on high 2-3 hours or on low 4-6 hours. Remove chicken and cut into bite-sized pieces. Return to slow cooker. Stir in cream cheese. Cook on high until cream cheese melts. Spoon chicken and sauce over cooked rice. Top with shredded cheese.

Beer Macaroni & Cheese  
*contributed by Lisa Wiederin, Business Office, Co-Winner of the Crock Pot Cook-Off*

1 pkg. (16 oz.) elbow macaroni  
1/4 c. butter  
2 garlic cloves, minced  
1/4 c. all-purpose flour  
1 T. ground mustard  
1 tsp. salt  
3/4 tsp. pepper  
2 1/2 c. 2% milk

Cook macaroni according to package directions for al dente. Meanwhile, in a Dutch oven, heat butter over medium-high heat. Add garlic; cook and stir for 1 minute. Stir in the flour, mustard, salt and pepper until smooth; gradually whisk in the milk, beer and cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in 2 cups cheddar cheese, the fontina cheese and 1 T. Parmesan cheese until melted. Add chives. Drain macaroni; stir into sauce. Transfer to a 4 qt. slow cooker that has been sprayed with cooking spray. Sprinkle with remaining cheddar and Parmesan cheeses. Cook on High for 1-2 hours or on Low for 3-4, or until heated through. Top with crumbled bacon. Let stand for 5 minutes before serving.
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**
  Diana Smith, ARNP
  Tracey Wellendorf, M.D.

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

- **Ophthalmology**
  Wolfe Eye Clinic

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

- **Podiatry**
  Mark Hartman, D.P.M.
  Eric Jensen, D.P.M.
  - Surgery Services at SMCH

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

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

Stewart Memorial Community Hospital Calendar of Events

### Auxiliary Meetings

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

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

### 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)

**Positive Solutions**
**Wednesdays, March 19, April 2, 16, 30, May 14, May 28**
SMCH Conference Center

### Lunch Connection

A Smooth Transition: How Our New Transition Coaches Ensure Quality Care
**Thursday, June 5**
Presented by Kari Jones, R.N., Zac Winker, R.N. and Brooke Minnehan, R.N.
SMCH Conference Center
RSVP: 712-464-4214 by May 31

### 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, April 24, 5:00-6:00 p.m.**
**Thursday, June 26, 5:00-6:00 p.m.**
**Thursday, May 22, 5:00-6:00 p.m.**
**Thursday, July 24, 5:00-6:00 p.m.**

### Oh Baby! Classes

To register, call 712-464-3171, ext. 6040.
**Early Bird Classes**
**Thursday, May 8, 6:30 p.m.**

**Pre-Natal Classes**
**Saturday, April 26, 8:30 a.m.**
**Saturday, July 19, 8:30 a.m.**

**Big Brother/Big Sister Classes**
**Tuesday, April 29, 6:00 p.m.**
**Tuesday, July 22, 6:00 p.m.**

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

- 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