Quality Care Saves Life of Rockwell City man

Soaking up the sun from the bow of his boat while listening to waves splash against the port, Phil Hammen can cast away the hard times he’s weathered in the past year. In a three month span, Hammen lost his mother and brother and then was diagnosed with a life threatening illness. “It was a very dark time in my life,” remembers Hammen, a Rockwell City, Iowa native who enjoys family time boating on Twin Lakes. “When I’m on the water with my family, it makes me feel like I don’t have a care in the world. Life is perfect.”

Feeling “perfect” was hard to muster for Hammen earlier this year. After he faced the death of his two family members, Hammen started to have pain in his stomach. He made an appointment at McCrary-Rost Clinic and he was treated for an ulcer. “When a patient presents with vague symptoms, my first approach is to
treat it in the least invasive way possible. Our goal as a medical team is to provide quality care to our patients, and part of that process is protecting the patient's health," says Barb Weber, Board Certified Advanced Nurse Practitioner (ARNP-C) with McCrary Rost Clinic in Rockwell City.

A few weeks later, Hammen's stomach still bothered him despite taking his prescription for an ulcer. Hammen scheduled a follow up appointment with Barb Weber, ARNP-C. "After visiting at length with Barb about my condition, she recommended I have an ultrasound," recalls Hammen. The test provided a view of Hammen's abdominal organs including his kidneys to see if something more serious was the cause of his stomach pain. "An ultrasound is a non-invasive test, meaning the patient does not have to have any type of incisions to be examined. It's virtually a painless way to get a look inside a patient," states Barb Weber, ARNP-C. The ultrasound was performed by a certified sonographer at Stewart Memorial Community Hospital (SMCH) in Lake City. When the results came back, Barb Weber shared the news with Hammen during his appointment.

"I was shocked to hear the news she gave me. I wasn't expecting bad news from the test," recalls Hammen. "I remember being stunned and the care and concern Barb showed me while she explained what our next steps would be."

A computed tomography scan, also known as a CT scan, confirmed Barb Weber’s suspicion. Hammen's left kidney had a mass on it the size of a golf ball. "While the news was scary, I took comfort in the care I received from the medical team. They kept me informed and answered my questions," says Hammen.

“At SMCH we believe it is essential for our medical providers, nurses and support staff to work together as a team. This helps the process of patients receiving the right care as quickly as possible,” states Dr. David Frate, Board Certified Family and Internal Physician at McCrary Rost Clinic Lake City.

The next step was to schedule Hammen to see a specialist in Des Moines. There, a surgeon confirmed the mass was cancerous, and he was diagnosed with renal cell carcinoma. On March 6th, a successful surgery removed the mass. Renal cell carcinoma, or RCC, is the most common type of kidney cancer, accounting for about 9 out of 10 kidney cancers, according to the American Cancer Association. While the cancer is common, it can go undiagnosed because the cancer can grow quite large without causing any pain or other problems. Each year, nearly 14,000 people die from the disease. Barb Weber points out that RCC is resistant to the most common treatment of cancer, chemotherapy. Hammen credits Barb Weber, ARNP-C and SMCH with
Partnering with Press Ganey reveals the Voice of the Customer at SMCH

Stewart Memorial Community Hospital and McCrary Rost Clinic take seriously what their customers are saying about them. They have partnered with Press Ganey, the nation’s leading provider of patient satisfaction surveys.

Press Ganey reveals its purpose on its website, “Whether it’s in the hospital, medical practice, ambulatory or home care setting, we partner with clients to create and sustain a high-performance environment to ultimately improve the patient experience. Our comprehensive suite of health care solutions helps clients meet their goals of improved quality, better care and lower costs. Press Ganey is not just about measuring patient satisfaction; Press Ganey is about improving patient satisfaction.”

Having measureable patient satisfaction results gives SMCH the tools needed to improve in all areas. The survey allows SMCH to compare itself to the state average and other hospitals in specific areas. This reveals what SMCH is doing well and highlights opportunities to improve patient satisfaction.

<table>
<thead>
<tr>
<th>Quality Rating Given By Patients</th>
<th>SMCH</th>
<th>ST. ANTHONY</th>
<th>DES MOINES</th>
<th>MARY GREELEY</th>
<th>IOWA AVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients who reported their doctors “always” communicated well</td>
<td>87%</td>
<td>83%</td>
<td>84%</td>
<td>76%</td>
<td>84%</td>
</tr>
<tr>
<td>Patients who gave their hospital a rating of 9 or 10 on a scale from 0 (lowest) to 10 (highest)</td>
<td>83%</td>
<td>75%</td>
<td>80%</td>
<td>67%</td>
<td>75%</td>
</tr>
<tr>
<td>Patients who reported YES, they would definitely recommend the hospital</td>
<td>84%</td>
<td>76%</td>
<td>82%</td>
<td>70%</td>
<td>74%</td>
</tr>
</tbody>
</table>

Data is the most current information available as of July 10, 2014, which reflects results from July 1, 2012 – June 30, 2013.

Source: www.medicare.gov/hospitalcompare
A little more than a year ago, Stewart Memorial Community Hospital joined the UnityPoint Health network of hospitals. UnityPoint is one of two major health systems in Iowa, and SMCH chose it as a partner because it shares the same vision and values as SMCH regarding the delivery of health care services. The partnership also allows SMCH to better serve the needs of communities in our area through the efficient use of resources and coordination of care. “One example of the benefit of this partnership is the use of a shared electronic health record (EHR) system. If a patient arrives at SMCH for an emergency and is then transported to Fort Dodge for additional care, the patient’s information will already be available in the EHR upon arrival. This can reduce wait time and testing for patients. It’s really a win-win,” says Heather Cain, CEO of SMCH.

While SMCH has partnered with UnityPoint, the hospital remains in control of local decision making. “The SMCH Board of Directors has a shared understanding with UnityPoint that health care decision making is best made at the local level, by individuals living and working in our community,” says Cain.

Essentially, the partnership gives patients more choices from quality providers of health care. SMCH evaluates and selects services that are right for the organization based upon service, cost and benefit to patients and team. Some benefits to SMCH include the opportunity to purchase supplies at a lower rate, education and peer networking for employees, and access to biomed support and specialty clinic services.

As SMCH works collaboratively with UnityPoint, the future holds many benefits for patients. One is the opportunity to offer a patient portal through the internet. My UnityPoint is a web based system which gives patients the option of viewing their medical record on-line through a secure system. “In today’s changing health care environment it is essential to have a partnership with a larger system to deliver value to our patients in the form of high quality and low cost health care services. Our partnership with UnityPoint provides us with the best of both worlds and positions SMCH well for the future,” says Cain.
Summer Safety Keeps Families Healthy

For parents with young children, the lazy days of summer can be few and far between. Children stay active all summer riding scooters and bicycles, swimming, playing ball and a myriad of other activities. Trying to keep your kids injury free all summer might be a parent’s toughest job.

While hazards abound, the American Academy of Pediatrics (AAP) has outlined their 2014 list of potential pitfalls parents should try to avoid.

First is fireworks on the list. While 4th of July is popular for fireworks, they are used all summer long. Fireworks can result in severe burns, scars and disfigurement. “While parents may think sparklers are a safe option for kids, they can reach 1000 degrees Fahrenheit,” warns Dr. Susan Hornback, a board certified family medicine and obstetrics physician with McCrary Rost Clinic Lake City. If the burn is serious, the Stewart Memorial Community Hospital Emergency Department is prepared to assess and treat the burn.

Next on the list is bug safety. To avoid being bothered by bugs, the AAP suggests not using scented soaps, perfumes, or hair sprays on your child and to use insect repellents containing DEET. The AAP and Centers for Disease Control recommend children age 2 months and older use products that contain 10% to 30% DEET. “It’s important to read the insect repellent label you are using on your child to make sure the DEET percentage does not exceed the recommendation,” notes Dr. Hornback. When your child is back inside, be sure to wash the insect repellent off. If a bug bite causes an allergic reaction, call your McCrary Rost Clinic medical provider to see if additional medical treatment is necessary or go to the emergency department for severe reactions.

While using bug spray is a simple way to protect your child, making sure they are safe at the playground requires a little more work. Top playground safety tips include using playgrounds that have protective ground surfaces like shredded rubber, sand, or woodchips at least six feet in all directions from the equipment. Also, make sure kids cannot reach any moving parts that could pinch or trap any body part. Beware of equipment that is hot from the sun to prevent burns. “Playgrounds are a great place for kids to burn energy and engage in active play. With proper supervision, great summer memories can be made,” points out Dr. Hornback.

Riding bicycles is another way kids stay active during the summer. To stay safe, wearing a helmet is a child’s best defense. The AAP says a helmet should be worn level on the head and covering the forehead, not tipped forward or backwards. The strap should securely fasten with about 2 fingers able to fit between the chin and strap. The helmet should be snug on the head, but not overly tight. If needed, the helmet’s sizing pads can help improve the fit. “Wearing a helmet is also important when a child in riding a skateboard, scooter, in-lines skates and heely’s,” advises Dr. Hornback.

In the case of all-terrain vehicles, or ATVs, the AAP warns that children who are too young to have a driver’s license should not operate or ride off-road vehicles. They say children are involved in about 30 percent of all ATV-related deaths and emergency room-treated injuries. Lawn mower accidents also contribute to injuries and deaths each year. Children under 16 years should not use ride-on mowers, and children under 12 should not use walk-behind mowers. Also, children should never be allowed to ride as passengers on ride-on mowers. “Lawn mower accidents can happen in an instant. That’s why it’s very important to keep children off mowers and out of yards that are being mowed,” recommends Dr. Hornback.

To read more on the recommendations from the AAP, go to www.stewartmemorial.org/summer-safety-tips-from-the-american-academy-of-pediatrics/.

Visiting the park is lots of fun, but Ryann (5) and Gracie (8), along with their mom, Rebekah Hungate, are careful to follow Dr. Hornback’s safety recommendations.
SMCH Celebrates Employee Accomplishments

Stewart Memorial Community Hospital recently recognized employees for their accomplishments during 2013 at its Rewards and Recognition Banquet. The Florence Nightingale award was given to Kari Jones, Director of Nursing. The Auxiliary Shining Star award recipient was volunteer Toni Kerns. Danni Anderson, P.A.-C., 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 all of the departments that contribute to inpatient care, leading to SMCH receiving national recognition for high scores in patient satisfaction: nursing service, pharmacy, business office, maintenance, housekeeping, purchasing, lab, emergency service, nutrition services, physical therapy, and radiology. Dr. David Frate 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 Holly Wuebker, RN, Homecare.

Bill Albright, Vice President of Human Resources at Stewart Memorial Community Hospital, says, “We are so proud to be able to pause and recognize our employees for the outstanding service they give to our patients and our organization. It is through their dedicated service that we remain the best place for our employees to work, patients to receive their care and medical providers to practice medicine.”

Thank You for Your Years of Service!

40 years
- Judy Hendricks
- Bob Dickkut
- Luanne Redenius
- June Urelius
- Maurine Thieszen

35 years
- Carmen Ludwig
- Deb Trost
- Donna Westcott

30 years
- Brenda Buss
- Lori Lasher
- Jenni Macke
- Mel Alcox
- Deb Perepeluk

25 years
- Kim Anderson
- Deb Daniel
- Deb Harms
- Doreen Mohr

20 years
- Kim Anderson
- Deb Daniel
- Deb Harms
- Doreen Mohr

15 years
- Nancy Flink, P.A.-C.
- Leon Hendricks
- Bob Arnold
- Perry Henely

10 years
- Renee Bronzynski
- Cindy Carstens
- Michael Case
- Kimberly Conley
- Kay Crabb
- Afton Daniel
- Christi Fredericks
- Jenna Haye
- Kari Jones
- Mary Ludwig
- Marilyn Mumm
- Michelle Pedersen
- Jenny Roby
- Donelle Ruthart
- Kari Sharkey
- Michelle Shaver
- Carmon Slininger

Danni Anderson, P.A.-C. is presented the Rising Star award by Heather Cain, CEO.

2013 Physician of the Year, Dr. David Frate (left) is presented his award and Golden Stethoscope by Heather Cain, CEO.

Toni Kerns receives the Auxiliary Shining Star award from CEO Heather Cain.

Holly Wuebker, RN, Homecare, is presented the Champion of Standards award by CEO Heather Cain.
A Note from the SMCH Auxiliary President

I read this in Chicken Soup for the Volunteer’s Soul and thought I would share it.

It Only Takes a Few

A group of ten cared about kids,  
And had an idea that was very fine.  
But one was asked to donate money,  
And now there are only nine.

Nine caring people,  
Thought helping kids would “be great!”  
But one was asked to commit some spare time,  
And now there are only eight.

Eight thought that a new youth center,  
Would be a special gift from heaven.  
But one was asked to join a committee,  
And now there are only seven.

Seven concerned about juvenile crime,  
Wished it was something that they could fix.  
But one was asked to spend time with a teen,  
And now there are only six.

Six were thankful for the gifts,  
They had acquired in their lives.  
But when asked about planned giving,  
The six soon became five.

Five were frustrated,  
Wishing for just a few more.  
But one became tired of people leaving,  
And suddenly there are four.

Four people asking themselves,  
Will the next one be me?  
One asked the question too many times,  
Now they are down to three.

With only three remaining,  
And so much work to do,  
One decides to just give up on kids,  
And now there are only two.

But the two that remain are leaders,  
And to help kids they will find some more.  
They each call up their own best friend,  
And suddenly there are four!

Four friends who share a common thought,  
Helping kids is great!  
They each recruit their own personal banker,  
And now their team is eight.

Soon these eight recruit eight more,  
And I think you will begin to see,  
That the number of people helping kids,  
Can start with you and me.

Now you can be like the eight who left,  
Or be more like the final two.  
But when you make your decision,  
Just please remember...It only takes a few.

~ Dave Krause

S.O.S – VOLUNTEERS NEEDED

If you have an hour to spare a few times a year, the Lake City Meals-On-Wheels program could use your help. To become a volunteer driver for the program, you need to have a valid drivers license and pass a simple health screening, which is provided free of charge at Stewart Memorial Community Hospital.

If you are interested in learning more about the program or becoming a volunteer, please call one of the volunteer organizers. Marilynn Collis at 712-464-1046, Dawn Dean at 712-464-8715, Jenny Sporleder at 712-464-3152, or Linda Luhring at 712-464-3361.

Cookie Challenge

It’s time for the Annual Iowa Hawkeyes VS. Iowa State Cyclones Cookie Challenge!  
September 8th - 12th

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 8th or 9th, please contact Lee Vogt at 712-464-4183

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

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brags &amp; Blessings</td>
<td>$ 64.00</td>
</tr>
<tr>
<td>Geranium Sale</td>
<td>$ 3,063.75</td>
</tr>
<tr>
<td>Interest</td>
<td>$ 5.31</td>
</tr>
<tr>
<td>Jewelry Sale</td>
<td>$ 2,965.05</td>
</tr>
<tr>
<td>Membership</td>
<td>$ 1,241.00</td>
</tr>
<tr>
<td>Pie Sale</td>
<td>$ 896.00</td>
</tr>
<tr>
<td>Trivia Night</td>
<td>$ 1,610.00</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$ 9,845.11</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geranium Sale</td>
<td>$(1,965.75)</td>
</tr>
<tr>
<td>IHDF Scholarship</td>
<td>$(300.00)</td>
</tr>
<tr>
<td>Jewelry Sale</td>
<td>$(2,257.70)</td>
</tr>
<tr>
<td>Postage</td>
<td>$(9.80)</td>
</tr>
<tr>
<td>Program</td>
<td>$(128.74)</td>
</tr>
<tr>
<td>SMCH Annual Gift</td>
<td>$(33,000.00)</td>
</tr>
<tr>
<td>Trivia Night</td>
<td>$(257.50)</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$(37,919.49)</strong></td>
</tr>
</tbody>
</table>

**Beginning Balance:** $ 35,971.68  
**Ending Balance:** $ 7,897.30

**SMCH Gift Shoppe Financial Report**

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deposits</td>
<td>$ 13,469.61</td>
</tr>
<tr>
<td>Interest</td>
<td>$ 3.49</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$ 13,473.10</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$ 8,702.87</strong></td>
</tr>
</tbody>
</table>

**Beginning Balance - March 1, 2014:** $ 8,501.82  
**Ending Balance - May 31, 2014:** $ 13,272.05

---

**Join us at SMCH Auxiliary Table A Fare**

Noon Salad Luncheon and Silent Auction  
Doors open at 10:00 a.m.  
**Saturday, September 20, 2014**  
Opportunity Living Gym, Lake City

Sign up to host a themed table or purchase $6 tickets by contacting 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 17th annual Table A Fare on Saturday, September 20th!

---

**Summer 2014**

A Tradition of Excellence with a Personal Touch
### Auxiliary Programs

**Sept. 2**  
The global phenomenon of Barbie  
- Carla Offenberger  
*Bring your Barbie!*

**Oct. 7**  
Be Smart, Eat Smart -  
Maurine Thieszen, RD,  
LD, CDE, and Casey Wetter, Registered Dietitian

**Nov. 4**  
Honor Flight - Marlene Welander, Calhoun County Veteran Affairs

**Dec. 2**  
Annual Christmas Tea

**Jan. 6**  
Antique Roadshow -  
Starla Winters,  
Once, Then and Again Antiques and Collectables  
*Bring your favorite antique!*

**Feb. 3**  
Cleaning at Its Finest -  
SMCH Housekeeping

**March 3**  
Palliative Care - Dr. David Frate, Internal and Family Medicine

**April 7**  
Volunteer Appreciation Luncheon -  
Reservations Required

**May 5**  
Exploring Creation in Flower Arrangements -  
Joey DeVries, Lake City Flowers

---

### Meet Your Auxiliary Board

**Mary Sporleder, Auxiliary President**

Mary is a familiar face to most all Auxiliary members. Along with being a past president for the Auxiliary, she has been president of the Iowa Hospital Association Auxiliary/Volunteer Board. She is always ready and willing to help out and has served on committees for Table A Fare, Trivia Night, and Red Dress Revue, to name just a few. She also serves on the board and volunteers for the Capri Theatre, as well as the American Legion. Mary is married and is a retired school teacher. She is the proud mother of two and proud grandmother of four. She and her husband Elmer live on a farm between Auburn and Lake City.

**Carol Dickkut, Vice President**

I was born and raised in Lake City. After graduating from the University of Iowa with physical therapy certificates, husband Bob and I moved to Jacksonville, Florida. We relocated to Lake City over 40 years ago and raised our two children, Chad and Brooke. Bob took the Director of Physical Therapy position at SMCH, and I worked at Shady Oaks as a physical therapy consultant. After close to fifteen years at Shady Oaks, I went back to college to earn a teaching degree. I was hired by the Wall Lake School District, which transitioned into WLVA, which transitioned into East Sac County. I taught science for 22 years in 5th through 7th grades.

I officially retired in 2012 and now do some substitute teaching. SMCH has always held a special place in my heart, and now that I am free from real work, the fun work has begun! It has been such a joy to become more involved in the community after working out of town for so long. In addition to the SMCH Auxiliary, I participate in the Friends of the Library committee, I’ve taken up golf again, I love to read, we love to travel where it’s warm, I’ve planted a little garden, and my favorite pastime is spending time with my grandkids. I look forward to serving the SMCH Auxiliary, an organization full of top-notch people!

**Jan Dougherty, Secretary**

I have lived in Lake City for 43 years, since marrying my husband Jim. We have two children, Darcy, whose husband J. works at SMCH. Our son, Jason, lives in Des Moines and works for John Deere in Ag systems tech. I taught lower elementary for 28 years.

After retiring 7 years ago, I got involved in many volunteer activities. I have been secretary of the Auxiliary for 3 years. I enjoy traveling, flower gardening and reading. We are blessed with a fine hospital here and I want to do my part to help it in any way I can.

**Marci Duncan, Treasurer**

I live in Lake City with my three daughters. I grew up in West Liberty, Iowa. I am a graduate of Simpson College in Indianola and hold an active CPA license. I do accounting work for several clients in the Lake City area. I enjoy spending time supporting my children in their various activities and am an active community volunteer. I am involved with the Auxiliary because I believe in the SMCH mission and the hospital’s vital presence in our area. I have been a member since moving to the community in 2007 and have served as vice-president, president, and am currently the Auxiliary treasurer.
June Graves lived with pain. For the past 30 years, she was afflicted with fibromyalgia. The Mayo Clinic defines it, “Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.”

Since there is no known cure for the disorder, June was treated for the pain. Recently she developed increased neck and right arm pain. She sought more relief by seeing an orthopaedic surgeon in her home town of Fort Dodge. A magnetic resonance imaging (MRI) test was done and the surgeon recommended she make an appointment with Dr. Lee Hieb, an orthopaedic and spine surgeon at McCrary Rost Clinic in Lake City.

During the consultation with Dr. Hieb, June was told she had vertebrae in her neck that were pinching nerves affecting her back and arm. Dr. Hieb recommended a surgery known as an anterior cervical discectomy and fusion to relieve June's pain and increase functionality of her arm.

Dr. Hieb says, “Unlike having this surgery most places, at Stewart Memorial Hospital we do this in a minimally invasive manner. This surgery removes a herniated or diseased disc through an incision in the front of the neck. The area above and below the removed disc is then cleared and prepared for a spacer. Instead of putting a plate on the bones, which can interfere with swallowing and has a 10% revision rate, we use a little intervertebral spacer. This takes its own bone graft so no cadaver bone needs to be used. It also is completely flush so it does not interfere with the esophagus or swallowing. Having done 360 levels or more of these, I have never had to revise any. In fact, in discussion with the company that makes this, they have not seen any revisions as well. The procedure takes about 45-90 minutes, depending on if one or two levels are done. The patient goes home the next morning and wears a soft collar for 3 days. This allows the bones to grow together after the disc is removed and the pressure is taken off the nerve.”

June admits to feeling some anxiety, at first, “I was scared to have surgery. I’ve had operations in the past and had been ill and in pain. But Dr. Hieb and the staff at Stewart Memorial Community Hospital explained what would happen every step of the way. When I told them about past surgical experiences, they adjusted the anesthetic so I didn’t get sick upon waking up. They really listened to my concerns.”

June is one of many patients who feel their medical provider communicates well with them. Surveys from patients reflect that 87% of patients at Stewart Memorial Community Hospital feel their doctor always communicated well. See the graph on page 3 for more information.

Her recovery was smooth and the effects of the surgery were immediately apparent. “I love to decorate - painting, rearranging furniture and wall hangings,” says June. “One day, shortly after surgery, I was taking pictures off the wall to prepare for an upcoming move. I realized that I could raise my arms all the way up without pain. I hadn't been able to do that for a very long time! Now the only pain I feel is in using muscles I haven't been able to use for years. But that is pain I'm grateful for!” she chuckles.

June recently moved to Florida to escape the cold Iowa winters. The retired 61 year old enjoys bowling, bingo and doing handiwork. She credits Dr. Hieb and her surgical skills, along with her compassionate care, for being able to live pain free and get back to activities she loves. “Having this surgery was the best experience! I would definitely drive back to Iowa to have Dr. Hieb's expertise if I ever need spine surgery again! She is very skilled and was able to reassure me. Dr. Hieb made me comfortable about having surgery!” she exclaims.
Throughout the year, Team SMCH raised money in various ways including a pumpkin decorating contest, selling cinnamon rolls donated by Donna Westcott, hosting cooking contests, and selling smoothies and frosted sugar cookies for Valentine’s Day. The team was able to donate $3,200 to the American Cancer Society at its June 13th Relay for Life event held in Manson. Shown above are team members Mary Ludwig, Jenni King, Dawn Williamson and Holly Hildreth.

SMCH to host Lunch Connection on “Farmer’s Market Fresh! Quality Recipes for a Healthy You”

Join us for a Lunch Connection at Stewart Memorial Community Hospital on Thursday, August 7th, 12 noon. Maurine Thieszen and Casey Wetter will present fresh ideas for using produce from area farmer’s markets.

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 Thursday, July 31st. 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.

European Salad

contributed by Maurine Thieszen and Casey Wetter, SMCH Dietitians

12 oz chicken breast, pre-sliced
¼ tsp salt
¼ tsp ground black pepper
2 tsp olive oil
3 green onions, sliced
1 large yellow bell pepper, cut in strips (about 1½ cups)
16 cherry tomatoes
10-oz package European Blend Salad (fresh salad greens)
Whole grain croutons (about 8 per serving)
Fresh ground pepper, to taste

Vinaigrette

½ cup frozen raspberries, thawed
1 tbsp olive oil
2 tbsp cider vinegar
1 tsp sugar
¼ tsp garlic salt
¼ tsp oregano
¼ tsp ground black pepper

Place all vinaigrette ingredients in a blender, blend until smooth; set aside. (Note: vinaigrette can be made ahead and refrigerated.)

Season chicken with salt and pepper. Heat olive oil in a large skillet. Sauté chicken until cooked thoroughly; remove from pan, and let cool.

Slice onions. Toss cut vegetables with European Blend Salad. On individual serving plates, top salad with chicken and croutons, drizzle with dressing, and finish with fresh ground pepper, if desired.
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**
  - Ryan D. Vincent, M.D.
  - 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

**Oh Baby! Classes**

- To register, call **712-464-3171, ext. 6040**
- **Early Bird Classes**
  - **Thursday, August 14**, 6:30 p.m.
- **Pre-Natal Classes**
  - **Saturday, July 19**, 8:30 a.m.
  - **Saturday, October 25**, 8:30 a.m.
- **Big Brother/Big Sister Classes**
  - **Tuesday, July 22**, 6:00 p.m.
  - **Tuesday, October 28**, 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 24**, 5:00-6:00 p.m.
- **Thursday, August 28**, 5:00-6:00 p.m.
- **Thursday, September 25**, 5:00-6:00 p.m.
- **Thursday, October 16**, 5:00-6:00 p.m.

**Auxiliary Meetings**

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

- **Tuesday, September 2**, 9:30 a.m.
  - “The Global Phenomenon of Barbie” by Carla Offenberger
- **Tuesday, October 7**, 9:30 a.m.
  - “Be Smart, Eat Smart” by Maurine Thieszen and Casey Wetter

**Lunch Connection**

**Farmer’s Market Fresh! Quality Recipes for a Healthy You**

- **Thursday, August 7**
  - Presented by Maurine Thieszen, RD, LD, CDE, and Casey Wetter, RD
  - SMCH Conference Center
  - RSVP: **712-464-4214** by July 31

**Fall Open House**

- **SMCH Fall Open House**
  - **Thursday, October 23**
  - 4:00-7:00 p.m.

Health care providers at Stewart Memorial Community Hospital and McCrory-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