Dawn Tingwald knows a thing or two about medicine. In fact, she recently earned a master’s degree in the family nurse practitioner program at Clarkson College. As she worked toward her degree, she completed clinical rotations at Stewart Memorial Community Hospital and spent time with the medical providers on staff. When she found out she was pregnant, she knew right away she wanted board certified family physician Dr. Susan Hornback for obstetric care.

With her husband, Garrett, Dawn lives and works in Jefferson as a nurse at the hospital, and Garrett farms near Woodward. Dawn and Garrett didn’t mind the drive to Lake City for her checkups. “During my clinicals at SMCH for my registered nurse degree, my bachelor of science in nursing degree, and for my master’s, I always found it to be a pleasant atmosphere. For my women’s health rotation, I enjoyed working with Dr. Hornback. I watched her and Dr. Duncan in emergent OB situations, and they always remained calm and caring.”

Knowing the providers to whom they were entrusting their health needs was important to the couple. “I liked the fact there are only a few providers who will potentially deliver my baby, whereas at a larger facility there could be any number of strangers who are with you in the delivery room. It’s harder to trust someone you don’t know. The continuity of care at SMCH means I know who is going to be there to help me,” she says.

All of Dawn’s prenatal appointments were with Dr. Hornback, but when her water broke in the evening on March 10th, Dr. Derek Duncan was the obstetric provider on call. “He communicated with Dr. Hornback via telephone, and together they came up with a plan.”

While at home, Dawn had a few contractions, but they had stopped by the time she and Garrett arrived at the hospital. Discussion began about using the hormone pitocin to induce labor. “We talked about the risks of delaying induction and of starting it too soon. Dr. Duncan listened to our requests, we reached a compromise and started the induction a little sooner,” recalls Dawn.

Dawn was kept as comfortable as possible. “I was given an epidural injection before the labor became too strong. I was comfortable - even able to nap for a time until the contractions ramped up.”

Dr. Hornback arrived on March 11 to deliver Dawn’s baby, assisted by certified physician assistant Danni Anderson. “The delivery was going well until Dr. Hornback asked me to only push every other contraction and for the nurse to give me oxygen. Because of my medical knowledge, I knew there was an emergency developing. I tuned in to the monitors and understood the concern that the baby’s heart rate dropped and took longer to come back to normal during contractions. However, Dr. Hornback and her team were calm throughout all of it. Garrett couldn’t detect any hint of alarm or concern from them. Because of the way they were reacting, I was able to stay calm and focused.”

When Evelynn Marie was born at 2:48 p.m. on March 11, her hand was by her face, causing the difficulty. But the healthy 7 pound, 10 ounce baby lost no time in snuggling with her mother who comments, “After delivery we were allowed skin-to-skin contact. Essentially, the medical team gave us time to begin nursing and bonding.”

Dr. Hornback explains the team’s philosophy, “Dr. Duncan and I trained at the same medical school. We are both very patient and conservative when it comes to delivering babies. These babies come when they are ready. We intervene as little as possible and don’t induce unless it is absolutely necessary.”

“I appreciate Dr. Duncan’s and Dr. Hornback’s hands-off approach unless intervention is necessary,” Dawn says. The calm, reassuring atmosphere made for a wonderful beginning for the bright-eyed healthy baby and her parents.
Weight Loss is About More Than a Quick Fix

by Dr. Margaret Vitiritto

It’s that time of year when many people shift their focus to looking good for the summer. For most people, that includes a desire to lose weight. All of us want to look good and feel good, but most people don’t realize the tremendous impact that even moderate weight loss can have on their health.

A recent study suggests that almost 2/3 of American adults are considered overweight or obese. The proportion of people in America suffering from obesity has continued to grow astronomically since the 1970s. It has rightly been called an epidemic, because excess weight is a leading factor in the development of type 2 diabetes, heart disease, and cancer. Along with tobacco use, obesity is one of the leading causes of disease and death in the country.

There are many reasons why people are overweight or obese. Most of them have nothing to do with genetics or “glandular problems,” but rather are a combination of too many calories and not enough exercise. The vast majority of Americans do not get the 150 minutes of moderate exercise per week, which has been suggested to keep weight down and the cardiovascular system healthy. In fact, we are handing our habits as adults down to our children, and the increase in childhood obesity is one of the most troubling trends seen in medicine today.

What can be done to address obesity or being overweight? The first step is to talk to your doctor. Fortunately, we have a much better understanding today of what works and what doesn’t work than we did ten years ago. Your doctor is uniquely qualified to assess your overall health and to suggest ways of reducing calories and increasing exercise in order to facilitate weight loss. For the vast majority of people, serious weight loss entails positive lifestyle changes. These take time to incorporate, and your doctor can be a partner in helping you achieve your goals.

For many people, joining a support group, such as Weight Watchers, can be very helpful in keeping momentum going while gaining a better understanding of healthy choices. There are also other medical options. Some physicians offer medically

Margaret Vitiritto, D.O. - Family Medicine

Dr. Vitiritto sees patients in Lake City and Gowrie and is accepting new patients. She has always been fascinated with science and getting to know people. She believes family medicine is about more than taking care of the body; it’s about treating the whole person and family. She is a family practice provider, and she is passionate about bariatric medicine that deals with the causes, prevention, and treatment of obesity. “I’ve worked with all ages, from adolescents to geriatric patients, to explore treatment options for obesity.”

Make an appointment to see Dr. Vitiritto at McCrary Rost Clinic in Lake City by calling (712) 464-7907 or Gowrie (515) 352-3891.
supervised diet plans, and there are several new weight-loss medications on the market. Unfortunately, these medications have been shown to only give a very modest benefit while exposing the patient to a significant number of side effects. I do not routinely use them in my practice for this reason.

Another option that can be considered is bariatric surgery. Surgery involves the permanent alteration of a person’s anatomy to prevent the absorption of calories. Although it should never be considered before serious lifestyle modifications have been attempted, for a select population of patients this surgery can be extremely beneficial. Studies have shown that for middle aged and younger adults with diabetes, bariatric surgery can be curative in a majority of cases. However, it is important to remember that surgery is not for everyone. Many people with serious obesity have a number of other health issues which make surgery especially risky. In addition, surgery does not work unless radical lifestyle changes are made and these changes must be maintained for a person’s lifetime. It takes a tremendous amount of commitment to be successful after bariatric surgery.

As a physician, I hear many people tell me they would love to be off of their diabetes or blood pressure medications. The good news is for many people, weight-loss can help them achieve this goal. If you would like to start the process of losing weight, talk with your doctor. Be honest with yourself and explore the causes of overeating. Is it stress? Is it boredom? An honest assessment of the factors that contribute to overeating will help you increase your chance of successfully keeping the weight off. Remember, healthy weight loss is a process that can't be rushed. It takes time to implement serious lifestyle changes. Your doctor is happy to help you make decisions that will best increase your chances for success.

Weight loss isn’t just about going down a clothing size or two.
It’s about improving your life in many significant ways. A five to ten percent weight loss can:

- Improve blood glucose in people with Prediabetes or Type 2 diabetes
- Result in a five point increase in HDL (your “good cholesterol”) & decrease triglycerides by 40 points
- Improve sleep apnea
- Decrease “wear and tear” on your heart, back, knees, hips, ankles & feet

Topics you’ll learn about:
- Mindful eating
- Adding healthy habits
- Moving more/sitting less
- Planning what to eat
- Eating wisely away from home
- Tips from experts

Take Charge Weight Management
Nine session class series offered twice a year at Stewart Memorial Community Hospital
Call 712-464-4249 for more information
Cost: $30.00   Free to SMCH employees
Rehab Services Benefit Patient with Parkinson’s Disease

David Allen has a firm handshake and a ready laugh. Conversing with David, however, means speaking louder so he can hear in the ear sporting a hearing aid. The other ear is completely deaf. He’s got a great sense of humor, joking with the physical, occupational, and speech therapists he sees at Stewart Memorial Community Hospital. “Maybe you do know what you’re talking about!” he tells Rachel Judisch, speech-language pathologist.

Diagnosed with Parkinson’s disease in his early 70s, the Pomeroy, Iowa, resident has noticed some changes in the past few years. “I don’t have any pain, but I always need to use the handrail on stairs.” His balance is affected, and he’s noticed a tendency to fall if he’s not careful. David sought help with balance from the physical therapists at SMCH.

Ann Riat, physical therapist, has worked with David on exercises to increase flexibility, range of motion, and improve balance. “David learned strategies to decrease his shuffling walking style, and we worked on activities to help him turn and change direction without losing his balance. People with Parkinson’s disease benefit from a good fitness program as well as specific exercises,” Ann explains.

Lisa Findley, occupational therapist at SMCH, helped David accomplish typical daily tasks affected by his Parkinson’s. She gave him weighted silverware to help decrease the shaking of his hands when he’s feeding himself. They also worked on therapy tasks focused on the ability of his hands and fingers to move, pinch, and grip, enabling David to dress himself independently. “Working things like buttons and zippers are not easy for Parkinson’s patients, and helping them to be self-sufficient is a major goal,” says Lisa.

Along with movement skills, Parkinson’s disease can affect a person’s ability to speak and eat. Prior to his diagnosis, David says, “I’ve always been told I talk too loud. My wife, Rosie, would often tell me to speak more softly. Now people tell me they can’t hear me.” David and Rosie made an appointment to see Rachel for speech therapy.

Rachel describes the areas she worked on with David to improve his speech quality, “Parkinson’s voice treatment focuses on increasing effort in speech which affects loudness but also improves speech clarity. Both are goals for David. We also spend some time working on phrasing to manage his breath control to ensure his volume lasts through the whole phrase he is saying. As volume increases, you use your breath up more quickly. Similar to gas mileage, the harder you drive, the faster you use up your gasoline. Phrasing works on increasing the amount of breaths you take while speaking, but doing so at the natural pauses in our speech patterns so it’s not noticeable to others.”

David admires the rehabilitation staff at SMCH. He enjoys the fun atmosphere and respects the knowledge and level of expertise they bring to patient care. “They make it fun to come here. They joke around and make me more comfortable as I’m doing the exercises. I’m doing the work - I might as well have a good time while I’m doing it!” he smiles.

To make an appointment with Rehab Services, discuss getting a referral with your provider who will coordinate with Rehab Services to set up your first appointment.

Parkinson’s disease (PD) is a neurodegenerative brain disorder that progresses slowly in most people. Most people’s symptoms take years to develop, and they live for years with the disease.

In short, a person’s brain slowly stops producing a neurotransmitter called dopamine. With less and less dopamine, a person has less and less ability to regulate their movements, body and emotions.

Parkinson’s disease itself is not fatal. However, complications from the disease are serious; the Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th top cause of death in the United States.

There is currently no cure for Parkinson’s. Your doctor’s goal will be to treat your symptoms to keep your quality of life as high as possible.

~ National Parkinsons Foundation at www.parkinson.org
Welcome to the New Members of the Rehab Services Team

Luke Larson, DPT

Luke Larson joined the Rehab Services Department on June 6. He earned a bachelor of science degree in human physiology from the University of Iowa and a doctor of physical therapy degree from Des Moines University. His clinical experiences include The Iowa Clinic, Fit Physical Therapy and Accelerated Rehabilitation Centers where he evaluated and worked with patients of all ages. He is a member of the American Physical Therapy Association and the Iowa Physical Therapy Association. He says, “Stewart Memorial Community Hospital is well known for its commitment to the community, promotion of overall wellness for its staff and patients, excellent communication within and between clinics, and outstanding teamwork among the professionals it employs. These are all qualities that I want and admire in an employer. Growing up in a small town in northwest Iowa, I developed a love for community and the people that make it up. I believe it was my experiences with people in my community growing up that led me to physical therapy and the desire to develop positive relationships with every patient I interact with.”

Branden Roberts, DPT

Joining Luke and the rest of the Rehab Services Department is Branden Roberts. His educational background includes a bachelor of science degree in exercise science from the University of Northern Iowa and a doctor of physical therapy degree from Des Moines University. He completed clinical experiences at Mercy Inpatient Rehabilitation Hospital in Springfield, Missouri, Athletico Physical Therapy in Ankeny, Iowa, and Park Ridge Medical Center in Chattanooga, Tennessee, where he gained extensive experience working with post-surgical and trauma patients. He also worked as an exercise therapist and personal aid. He is a member of the American Physical Therapy Association and the Iowa Physical Therapy Association.

Stewart Memorial Community Hospital’s Rehab Services Department offers physical therapy, occupational therapy, and speech therapy. For more information call (712) 464-3171.

Meet Dr. Tara Mencias

McFarland Clinic is pleased to announce that Tara Mencias, MD, will partner with Stewart Memorial Community Hospital to offer care.

Dr. Mencias is a Physical Medicine and Rehabilitation physician. Physical Medicine and Rehabilitation is the branch of medicine emphasizing the prevention, diagnosis, and treatment of disorders – particularly related to the nerves, muscles, bones, and brain – that may produce temporary or permanent impairment.

Dr. Mencias will provide the following services: electrodiagnostic medicine, botulinum toxin and phenol injections for spasticity management, amputee/prosthetic care, post-stroke care, functional assessments, trigger point, peripheral joint and bursal injections for musculoskeletal pain and osteoarthritis. She will see patients at McCrary Rost Clinic Lake City on the second Wednesday afternoon of each month.

Dr. Mencias completed her residency at the Department of Physical Medicine & Rehabilitation and her medical degree at the Medical College of Wisconsin in Milwaukee. Dr. Mencias completed her Bachelor of Science degree in chemistry from Northern Illinois University in Oak Park.

For more information call the McFarland Clinic Physical Medicine & Rehabilitation Department at 515-239-4435.
Pain Clinic Makes All the Difference to Ham Radio Buff

A self-proclaimed student of electronics and technology, George Riedell, who has been a licensed amateur (ham) radio enthusiast for 25 years, will happily discuss frequency, the differences between AM and FM, and the physical challenges of erecting an antenna. Two years ago, the physical aspect of his hobby became nearly impossible. The Lake View computer tech ruptured a disc in his spine while trying to exercise. At first, George was prescribed pain medications to ease the pain. “I could barely move. I hadn’t been very active and my body was letting me know,” he recalls. An MRI later revealed a collapsed disc was compacting nerves and causing a lot of pain.

His doctor informed George at least two epidural injections would be needed to decrease the inflammation in the area around the affected disc which would increase his comfort and ability to move. “When deciding where to have the procedure done, SMCH always came up as the cream of the crop. I asked my doctor for a referral to the team at SMCH.”

George was no stranger to the certified nurse anesthetists at SMCH, Perry Henely and Jeremy Johnson. For other past surgeries Perry Henely was in charge of his pain management. “I was extremely nervous. I hadn’t slept or eaten well, and I’m not too fond of needles... or surgery. I was stressed!” says George. “But Perry gave me something to calm me down before the procedure. It helped tremendously!”

“When a patient is extremely anxious before surgery, blood pressure can be raised, breathing is altered, even sweating and nausea can play a factor. The patient definitely doesn’t want to sit still either, which is vital during an epidural. Anxiety can definitely hinder recovery,” says Perry. “Helping a patient relax is only beneficial. The first way we do that is to have a conversation with the patient and communicate what he can expect during the procedure and what the end result will be. Many times that conversation is enough to allay the concerns he may have. However, sometimes we do administer something to help the patient relax, as in George’s case.”

When George arrived for the first epidural, he was impressed with the staff. “Everyone was extremely professional. They took really good care of me and made me feel like everything was going to be okay.” Perry met with George and explained the procedure. The area of the injection would be numbed. A needle would be inserted into his back through which medicine would travel into the affected area to decrease the swelling and pressure on the nerves and relieve the pain he was feeling. He would then be watched for 15-20 minutes before he was released to go home. “I saw improvement right away. In fact, it was over six months before I felt the need to get the second epidural.”

Today, George is able to enjoy the hobby he’s passionate about. While many ham radio operators set up an area indoors, George often prefers outdoor spaces, regularly utilizing parks at Black Hawk Lake in Lake View where he experiments with his radio equipment and communicates with people around the world. He says his back feels better with continued exercise and movement. “I appreciate the knowledge and compassion of the staff at SMCH. They go the extra mile to make patients more comfortable.”
SMCH Celebrates Employee Accomplishments

Stewart Memorial Community Hospital recently recognized employees for their accomplishments during 2015 at its Rewards and Recognition Banquet. The Rising Star award, given to a medical provider who has been with the organization two years or less, was presented to certified advanced registered nurse practitioner Tonja Petersen-Anderson. Dr. Susan Hornback was selected as the Provider of the Year. Jenni Macke, RN, was chosen for the Champion of Standards award, which is given to an individual who exemplifies the standards of behavior at SMCH.

Thank You for Your Years of Service!

40 Years
- Kathy Collins
- Mary Reiter

35 Years
- Lory Jackson

30 Years
- Sherry Lampe
- Linda Rath

25 Years
- Patrice Claiborne
- Lori Winterboer
- Bethany Morrow

20 Years
- Brenda Korleski
- Pat Rose
- Shelly Weston
- Rochelle Guess

15 Years
- Vicky Roby
- Chris Smith

10 Years
- Sue Aber
- Lara Cornelius
- Tammy Fredericksen
- Jenny King
- Mark Mogensen

5 Years
- Danielle Evans
- Jessica Meredith
- Katlyn Hanson
- Trevor Capron
- Jennifer Bradley
- Shelly Hammen
- Katie Barkmeier
- Jon Remsburg
- Morgan Cavanaugh

DAISY Award Presented to SMCH Nurses

Stewart Memorial Community Hospital nurse Sara Thorkildsen, RN, and SMCH Homecare/Hospice nurse Holly Wuebker, RN, were presented the DAISY Award at a banquet celebrating exemplary nursing.

Delivering compassionate patient care and great clinical skills are the qualities that recently earned two Stewart Memorial Community Hospital (SMCH) nurses the DAISY Award. The award, which was established in 1999 and stands for Diseases Attacking the Immune System, is in memory of J. Patrick Barnes. Barnes died at age 33 of complications of idiopathic thrombocytopenic purpura or ITP. During his lengthy hospital stay, his family was awestruck by the care and compassion Patrick received from his nurses. The DAISY award was established to say thank you to nurses across the nation by honoring the work they do at the bedside, funding research, and honoring nursing faculty.

(Left to right) Tonja Petersen-Anderson, ARNP-C, was this year’s recipient of the Rising Star Award; Jenni Macke, RN, was awarded the Champion of Standards; and Dr. Susan Hornback was named Provider of the Year for 2015.

Sara Thorkildsen, RN, and Holly Wuebker, RN, were this year’s recipients of the DAISY Award.
SMCH Auxiliary Welcomes New Officers

Stewart Memorial Community Hospital (SMCH) Auxiliary inducted new officers at the May 3rd Auxiliary meeting. The new officers included Jan Dougherty, Secretary; Marie Schwarm, Vice President; Toni Kerns, President; and Marci Duncan, Treasurer.

The Auxiliary has played an active role in the growth and development of SMCH since its inception in 1959. It was part of the community fund raising efforts that made the hospital possible. Today, over 400 members raise funds in many ways including an annual membership drive, Gift Shoppe sales, book fairs, bake sales, and events like Table A Fare and Trivia Night. In 2015, funds raised by the Auxiliary purchased two new labor and delivery beds to be used in the OB Department and three new EKG (electrocardiogram machines) to be used in the McCravy Rost Clinic locations of Lake View, Rockwell City, and Gowrie.

To learn more about the Stewart Memorial Community Hospital Auxiliary, call Mary Ludwig or Danielle Evans at 712-464-3171 or visit the hospital website at www.stewartmemorial.org.

Cookie Challenge

It’s time for the Annual Iowa Hawkeyes VS. Iowa State Cyclones Cookie Challenge!

September 6th - 9th

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 6th or 7th, please contact Danielle Evans at 712-464-4183.
Join us at
SMCH Auxiliary
20th Annual Table A Fare

Noon Salad Luncheon and Silent Auction
Doors open at 10:00 a.m.
Saturday, September 17, 2016
Opportunity Living Gym, Lake City

Sign up to host a themed table or purchase $6 tickets by contacting Danielle Evans at 712-464-4183 or email at devans@stewartmemorial.org

We cordially invite you to be our guest and bring a friend for our 20th annual Table A Fare!


General Fund Report by Marci Duncan, Treasurer

Beginning Balance: $ 31,125.44

Income:
- Brags & Blessings $ 31.10
- Geranium Sale $ 3,808.25
- Gift Shoppe $ 15,000.00
- Interest $ 15.21
- Jewelry Sale $ 401.00
- Membership $ 1,150.75
- Pastry Dough $ 60.00
- Program $ 10.00
- Trivia Night $ 25,680.00
- Uniform Sale $ 1,691.58

$ 47,847.89

Expenses:
- Check Fees $ (35.29)
- Geranium Sale $ (2,459.40)
- Memorial $ (12.87)
- Pastry Dough $ (1,397.00)
- Postage $ (9.40)
- Program $ (44.15)
- SMCH Annual Gift $ (60,000.00)
- Trivia Night $ (6,520.92)
- Uniform Sale $ (3,159.39)

$ (73,638.42)

Ending Balance: $ 5,334.91

SMCH Gift Shoppe Financial Report

Beginning Balance - February 1, 2016 $ 32,955.76

Deposits $ 13,406.12

Interest $ 9.10

Ending Balance - May 31, 2016 $ 16,837.67

Expenses $ 29,533.31

We cordially invite you to be our guest and bring a friend for our 20th annual Table A Fare!
Volunteers Honored for “Making Care Brighter” at Stewart Memorial Community Hospital

Auxiliary members were honored in April for their service and commitment to Stewart Memorial Community Hospital (SMCH) in Lake City. Nearly seventy SMCH Auxiliary members attended the annual Volunteer Appreciation event hosted by the hospital at the Lake City community building. SMCH CEO, Cindy Carstens, welcomed guests to the event and gave the invocation. The luncheon was served by SMCH administration and staff. Carstens expressed her appreciation to the volunteers by stating, “For your service to Stewart Memorial Community Hospital, our patients and staff, we are very grateful, and we thank you. Your kindness, support, and generosity equip us with the ability to provide excellent health care and service to our communities. You so generously give your time and talents, and today we are honored to celebrate you, our volunteers.”

The keynote address focused on the hospital’s 2015 achievements. The “Year in Review” was presented by Carstens. It highlighted several initiatives the hospital is working on, employees recognized for exceptional work, and awards earned by the hospital. Carstens also thanked the Auxiliary volunteers for their efforts in raising $60,000 for the hospital. Through proceeds from several events, such as Trivia Night, Table A Fare, linen sales, book sales and Gift Shoppe sales, the Auxiliary is funding three new EKG machines for their medical clinics in Rockwell City, Lake View, and Gowrie. The donation will also fund two labor and delivery beds for the hospital’s OB department.

Following lunch, entertainment was provided by South Central Calhoun Speech participants Seth Stamp and Trenton Dick. Their performance was exceptional and left the audience laughing.

Each Auxilian attending received an adult coloring book to thank them for brightening health care through the contributions they make at SMCH. To learn more about the Stewart Memorial Community Hospital Auxiliary or to become a member, call Mary Ludwig or Danielle Evans at 712-464-3171.

Auxiliary Programs

Sept. 6 “Culinary History of Iowa” by Darcy Maulsby, Author

Oct. 4 “Making Your Home a Reflection of You!” by Sheila Remsburg

Nov. 1 “New Equipment in Respiratory Care and OB Department” by Tammie Riedell, CRT, RCP, Director of Respiratory Care, and Jenni Macke, RN, Director of OB

Dec. 6 “Annual Christmas Tea”

Jan. 3 “Radon Awareness” by Shelly Schossow, Calhoun County Public Health

Feb. 7 “End the Ouch with SMCH Pain Clinic” by Jeremy Johnson, CRNA

March 7 “Rustic River Winery” by Marsha Phillips, owner

April 4 Volunteer Appreciation Luncheon
Reservations required.

May 2 “Backyard Gardening” by Jane Johnson
Throughout the year, Relay for Life Team SMCH raised money in various ways including a pumpkin decorating contest, selling cinnamon rolls donated by Donna Westcott, selling t-shirts, selling candy cane grams, sub sandwiches sale and hosting tailgating potlucks. The team was able to donate $4,500 to the American Cancer Society at the June 3rd Relay for Life event held in Manson. Shown above are team members (seated, left to right) Jennifer Snyder, Jodi Henkenius, Kelly Hays, Casey Wetter, Bethany Morrow, (standing) Holly Espenhover, Lisa Wiederin, Darci Peterson, Cindy Carstens, Genni Hoyle, Danielle Evans, Scott DeVries, Deb Trost, Pam Hospelhorn, Carmen Schamel, Valerie Mapel, Lisa McGuire, Katie Kozal, Amy Schumacher, Joanne Bean, Kim Anderson, Jim Henkenius, Brenda Korleski, Sue Sievers, and Heather Cain.

SMCH to host Lunch Connection on “No Falls This Fall”

Join us for a Lunch Connection at Stewart Memorial Community Hospital on Thursday, August 4th, 12:00 noon. Tonja Petersen-Anderson, ARNP-C, and Maurine Thieszen, RD, will present “No Falls This Fall.”

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 28th. To learn more about the services offered by Stewart Memorial Community Hospital, visit us at www.stewartmemorial.org. Find us on Facebook at www.Facebook.com/SMCHLakeCity.
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.
- **Mental Health Services**
  Christel Rinehart, ARNP
  Lynn Williams, ARNP
- **Ophthalmology**
  Ryan D. Vincent, M.D.
  Wolfe Eye Clinic
- **Orthopaedics**
  Thomas Dulaney, M.D.
  Diane Thi Tran, M.D.
  Heather Schall, P.A.-C.
- **Physical Medicine & Rehabilitation**
  Tara Mencias, M.D.
- **Podiatry**
  Mark Hartman, D.P.M.
  Abby Williams, D.P.M.
- **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 11, 6:30 p.m.

**Pre-Natal Classes**
Saturday, July 16, 8:30 a.m.
Saturday, October 8, 8:30 a.m.

**Big Brother/Big Sister Classes**
Tuesday, July 19, 6:00 p.m.
Tuesday, October 11, 6:00 p.m.

### Diabetes Get-Together
The Diabetes Get-Together 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 28, 5:00-6:00 p.m.
Thursday, August 25, 5:00-6:00 p.m.
Thursday, September 22, 5:00-6:00 p.m.

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

**Tuesday, September 6**, 9:30 a.m.
“Culinary History of Iowa”
by Darcy Maulsby, author

**Tuesday, October 4**, 9:30 a.m.
“Making Your Home a Reflection of You”
by Sheila Remsburg

**Tuesday, November 1**, 9:30 a.m.
“New Equipment in Respiratory Care and Obstetrics Departments” by Tammie Riedell, CRT, RCP, Director of Respiratory Care, and Jenni Macke, RN, Director of OB

### Lunch Connection
**No Falls This Fall**
Thursday, August 4, 12:00 p.m.
Presented by Maurine Thieszen and Tonja Petersen-Anderson, ARNP-C
SMCH Conference Center
RSVP: 712-464-4214 by July 28

New Patients Always Welcome!
Health care providers at Stewart Memorial Community Hospital and McCrary-Rost Clinics

- Danni Anderson, P.A.-C.
- Tonja Petersen-Anderson, ARNP-C
- Stephanie Bellcock, ARNP-C
- Derek Duncan, D.O.
- Nancy Flink, P.A.-C.
- Megan Grodahl, P.A.-C.
- Mark Mogensen, P.A.-C.
- Rochelle Guess, FNP-C
- Perry Henely, CRNA
- Susan Hornback, D.O.
- Jeremy Johnson, CRNA
- Barbara Weber, ARNP-C
- Adam Swisher, D.O.
- Kari Swisher, ARNP-C
- Kari Swisher, ARNP-C
- Margaret Vitiritto, D.O.