Steady Pace & Hard Work Garner Results

With a big smile, Kristine Davis takes off at a steady pace down the sidewalk near her Rockwell City home. A few months ago, activities like walking, bicycling and riding a motorcycle with her husband, Bill, were difficult and painful for the waitress whose job required her to be on her feet for long hours.

For several years Kristine put up with the pain, getting cortisone shots from Dr. Thomas Dulaney to help relieve pain and inflammation every few months. When the shots ceased to work well, Kristine opted for joint replacement in her left knee.

Dr. Dulaney discussed Kristine’s options for surgery. When he asked if she’d like to have it done at the Lake City hospital, she quickly agreed. “Being at Stewart Memorial made it easier for appointments and for my family to visit me after surgery.”

She attended Stewart Memorial Community Hospital’s Joint Camp prior to her surgery. She met with several healthcare professionals who educated her about recovery. The pharmacist talked about post-op medications to relieve pain, a surgical nurse discussed what Kristine would need to do before surgery, and the infection prevention nurse gave her tips on keeping the incision site clean. Another benefit to Joint Camp was the opportunity to meet with a physical therapist and an occupational therapist who showed her the exercises and stretches she would need to do after surgery to speed her recovery.

“Before I attended Joint Camp I was a little worried about my recovery,” recalls Kristine. “Family members had the surgery with varying degrees of success. Meeting with the different experts helped me know what to expect.”

After her surgery Kristine spent a few days in the hospital recovering and preparing to return home. “I actually enjoyed my time in the hospital,” she says with a laugh. “The pain wasn’t bad and I liked visiting with the nurses and the housekeeping staff who cleaned my room.”

Kristine was vigilant about doing the exercises taught to her at Joint Camp. She began walking as much as possible. “I love to be outside, riding my bike or walking,” she says. “While some activities are still a little difficult, like walking up and down stairs and getting in and out of a car, I’ve come a long way. I know how important it is to follow the instructions of my doctor and the other healthcare professionals. Really, it couldn’t have gone any better than it did!”

In pain? Stewart Memorial Community Hospital can help. Our certified registered nurse anesthetists (CRNA) are specially trained to relieve pain and inflammation with epidural steroid injections. To learn more about SMCH Pain Management, call 712-464-4250

Kristine Davis exercised and listened to medical experts at SMCH to get back to enjoying the outdoors after knee surgery.
Physical Therapy Gives Rowen a Leg Up in Recovery

Dustin Rowen greets physical therapist Laura Hejtmanek, DPT, like an old friend as he walks into the exam room in the rehabilitation services department at Stewart Memorial Community Hospital. He slips off his work boots, wipes his palms on dusty jeans and prepares to get to work. As Laura places his foot on angled surfaces to stretch the muscles, she asks him questions about the swelling she feels in his ankle. She jokes with him about how fast he drives, and they visit about the weight lifting program Dustin wants to begin on his next day off. She kneads the foot and ankle to loosen the tight grip of the scar tissue in an effort to get more movement. Using elastic bands, balance boards, and cold massage, she works to help Dustin gain more strength in an ankle that was severely damaged in a farm accident in 2014.

The 20 year old farm hand was cleaning out a grain bin when the auger guard plate got caught. In a hurry, he kicked the plate to attempt to loosen it without shutting off the equipment, and the auger caught the back of his pants. With his leg caught, he was dragged toward the center of the bin until his leg jammed the machine, breaking belts in the auger along with his ankle. He was found 30 minutes later with severe injuries. The achilles tendon was cut on his left leg. There were lacerations on his hand from where he’d tried to move the auger off of his body. His right leg suffered the worst of it: tendons toward the outside of his leg were torn, the ankle was broken, and an artery in his ankle had been torn in half. Bleeding, however, was minimal since the auger had packed corn into the injury.

Emergency services arrived and immediately worked to free Dustin. “The scariest part of the rescue was when the fire department worked to cut apart the support bars at the entrance to the grain bin,” he recalls. “The dust in the air was a fire hazard and there was a fear of explosion.” When he was loaded into an ambulance, he immediately received antibiotics and pain medication through an IV.

He was transported to the nearest hospital and then taken to a larger facility where his injuries were thoroughly cleaned. A boot was put on his left leg to support his ankle while the achilles tendon healed. Surgery was performed on his right leg to stabilize the ankle and repair tissue. He recovered, bed-ridden, in the hospital for two weeks. He was then transferred to a specialty facility for plastic surgery and bone reconstruction. “We wanted to save my leg at all costs. To repair the artery in my ankle they took a muscle from my abdomen during a 12-hour surgery. They also took skin grafts from my upper thigh to replace the damaged area around my ankle.” After three weeks of recovering in a hospital room, Dustin was able to return to his home north of Lake City.

For two months he could not stand longer than 20 minutes for fear of blood clots. Then he had to learn to walk again. Dustin began utilizing physical therapy (PT) from the Rehabilitation Services department at Stewart Memorial Community Hospital in October 2014. Having PT close to home made it easier for Dustin to come to appointments three times a week for almost a year. His therapist began with stretching to get movement in his ankle. Then they worked on getting his strength back. “In April 2015, I had a setback with the hardware,” Dustin says. His body began to reject the two plates, eight screws, and two pins used to reconstruct his ankle. Infection set in, and his surgeon removed...
all the hardware. After the six week recovery, Dustin started physical therapy at SMCH again, beginning at square one. The partnership with his physical therapist was important says Dustin, “We worked on regaining the motion and strength. The only limit we had was how much pain I could tolerate. At the end, I was able to run up and down stairs.”

While Dustin was participating in drills with his National Guard unit in June 2016, his ankle suddenly locked up and wouldn’t support any weight, causing a lot of pain. He was brought to the emergency room at SMCH where he was cared for by Dr. Susan Hornback and her team. “She knew right away that it was an infection in my ankle,” he says. “She ordered blood tests and an MRI that confirmed I had a staph infection.”

Staph infection is caused by a type of bacteria commonly found on the skin or in the nose of even healthy individuals. Most of the time, this bacteria causes no problems or result in relatively minor skin infections. But Staph infections can turn deadly if the bacteria invade deeper into your body, entering your bloodstream, joints, bones, lungs or heart. Treatment usually involves antibiotics and drainage of the infected area.

Dr. Hornback communicated with Dustin’s surgeon in Omaha who recommended immediate surgery. She coordinated transportation for him to get to the surgery center at University of Nebraska Medical Center as quickly as possible. “Dustin was very stoic, I knew he was in quite a bit of pain. We kept him comfortable and began the transfer process,” recalls Dr. Hornback. Dustin’s surgeon cleaned the infection and when he was released, SMCH’s home care nurses visited him to check his blood for infection and to change dressings.

Ten days after his return home, Dustin began his third round with SMCH’s physical therapy. “I have some sore areas now, but we are working to get movement back,” he explains. Laura’s expertise has brought him to the point where he no longer needs walking aids. Each session, lasting about an hour, consists of several exercises which Dustin attempts to duplicate at home to gain more ground.

“Dustin is an ideal patient. He wants to be able to do everything he did before the accident and is willing to do the work required to get there. Attitude is everything. Despite the setbacks, he comes back and does the work necessary,” Laura comments.

Sixteen surgeries and hundreds of hours of physical therapy later, Dustin walks with a limp, but he’s quick to grin. “It’s been a long road to recovery and there have been bumps along the way, but with the help of knowledgeable and caring experts and my family and friends, I feel stronger than ever and hopeful for the future.”
Stewart Memorial Community Hospital Receives Two Prestigious Patient Experience Awards

Stewart Memorial Community Hospital is pleased to announce it has been named a 2016 Pinnacle of Excellence Award* winner and a 2016 Guardian of Excellence Award* winner by Press Ganey. “The award is very humbling and we are grateful. The recognition is based on survey feedback from the patients we served for inpatient care. This prestigious recognition reflects the quality of care our entire team provides for our patients,” says Cindy Carstens, CEO of Stewart Memorial Community Hospital.

The Press Ganey Pinnacle of Excellence Award recognizes top-performing clients from health care organizations nationwide on the basis of extraordinary achievement and consistently high levels of excellence for at least three years in patient experience.

The second award, the Guardian of Excellence Award, recognizes top-performing health care organizations that have consistently achieved the 95th percentile or above of performance in patient experience. The Press Ganey Guardian of Excellence Award is a nationally-recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

“We are proud to partner with Stewart Memorial Community Hospital,” said Patrick T. Ryan, CEO of Press Ganey. “These awards are a testament of their determination to reduce patient suffering and deliver more patient-centered care. Stewart Memorial Community Hospital is transforming the industry standard with their continued focus on providing high-quality care in the communities they serve.”

Carstens shares, “At Stewart Memorial Community Hospital, we understand our patients’ health is their most valuable asset, and their well-being is of utmost importance. Through several initiatives, our team delivers modern medical treatment and exceptional patient care. We conduct nurse shift change at the bedside to keep patients informed about their plan of care, and we use transition coaches to educate patients about their stay and current health issues. We also reduce anxiety through the implementation of our planning for discharge approach which brings together many departments to ensure all of the patients’ needs are met during their stay and after they go home.”

According to Carstens, the award represents an important recognition from the industry’s leader in measuring, understanding, and improving the patient experience. “This great achievement is only possible through tremendous teamwork and the unwavering commitment from every teammate to provide each patient with extraordinary care,” notes Carstens. “Our employees from every department can take pride in earning this prominent distinction together.”

The award was presented November 3 during the Press Ganey National Client Conference in Orlando, Fla. Accepting the award was Cindy Carstens, CEO, Kathy Collins, Director of Quality, Lara Cornelius, RN and Carmen Ludwig, LPN.

About Press Ganey

Press Ganey is a leading provider of patient experience measurement, performance analytics and strategic advisory solutions for health care organizations across the continuum of care. With over 30 years of experience, Press Ganey is recognized as a pioneer and thought leader in patient experience measurement and performance improvement solutions. Our mission is to help health care organizations reduce patient suffering and improve clinical quality, safety and the patient experience. As of January 1, 2016, Press Ganey served more than 26,000 health care facilities. For more information, visit www.pressganey.com.
The goal and desire of Stewart Memorial Community Hospital (SMCH) is to be the best place for patients to receive care, the best place for employees to work, and the best place for physicians to practice. The effort SMCH has put forth to accomplish that goal is now recognized. For the fifth time in six years, the Lake City hospital has earned a spot on the Des Moines Register Top Workplaces list.

The Top 150 Workplaces are determined based solely on feedback from employee surveys. The survey is conducted by WorkplaceDynamics, LLP, a leading research firm on organizational health and employee engagement. WorkplaceDynamics conducts regional Top Workplaces programs with 40 major publishing partners across the United States. Over the past year, more than 6,000 organizations and two million employees in the U.S. have turned to WorkplaceDynamics to better understand what’s on the minds of their employees. Through its workplace improvement offerings, WorkplaceDynamics provides solutions, training and tools to help clients improve their workplace.

This is the sixth year the Des Moines Register has identified top workplaces in Iowa. They collaborate with WorkplaceDynamics to conduct employee satisfaction surveys. Companies were either contacted by WorkplaceDynamics to participate in the survey process or nominated to participate by an employee. SMCH was able to achieve a 79% response rate of employees who participated in the survey in 2016, which was a 4% increase from 2015.

“It is an honor for SMCH and our employees to be recognized as a Top Workplace again this year,” says Cindy Carstens, Chief Executive Officer. “Our organization’s #1 priority from our strategic plan is to recruit and retain high performing providers and staff. Hiring the very best people and providing a great place for them to work allows our employees to provide an exceptional experience to the people we serve. Their genuine commitment and passion to provide that exceptional experience ensures quality health and wellness for all of the families in our communities.”

“It is an honor for SMCH and our employees to be recognized as a Top Workplace again this year,” comments Holly Espenhover, Chief People Officer at SMCH.
Care and Compassion are Hallmarks of SMCH Hospice Team

As he sits in the kitchen of his Lake City farm home, Dwight Dial is surrounded by items that remind him of his loved ones: a barometer his mother passed down to him from Swedish ancestors, photos on the fridge of children and grandchildren, embroidered wall hangings completed by his beloved wife, Jane. It’s a comfortable room in a sprawling farmhouse, but at the moment, it’s quiet. The only sound in the house is Dwight’s voice as he remembers three people he lost within three years.

His father, Gerald, was a tail gunner in a B17 during World War II in the European theater. He flew 36 missions and was featured in a book written about the “Flying Fortress.” Gerald rarely discussed his experiences with his family, who only came to realize the dangers he had faced when they read the book. “We told each other we’re lucky to be here!” recalls Dwight.

After the war, Gerald returned to the farm and married Alice Ann. Together, they raised seven children and tended the land. When he was 85, a lifetime of smoking resulted in a diagnosis of chronic obstructive pulmonary disease (COPD) and emphysema. In 2009, he began to utilize Community Hospice at Stewart Memorial Community Hospital (SMCH). Hospice is a special kind of care that brings terminally ill patients and their families comfort, support and compassion in a manner that respects and cherishes the dignity and uniqueness of each individual. When cure is no longer possible, hospice can provide highly skilled care to patients and their families in the familiar surroundings of their own home or residence, including nursing homes.

Dwight recalls, “The nurses would come to the house to take care of him. My parents were very private, but I think my folks shared more of their personal lives with them than they did with their children.” He was impressed with the level of care his father received at the hands of the hospice team. “At one point, my father decided to stop going to see his doctor for checkups. The nurses communicated with his physician who then made a housecall. Together they decided to let Mom continue to take care of Dad in their home with the help of the hospice nurses. When he passed on December 6, 2013, his last words to Mom were ‘I’m glad you kept me at home.’”

A few months passed and Dwight continued to farm. In June 2014, his mother, Alice Ann was diagnosed with breast cancer. Dr. Miller performed a mastectomy, but the disease had spread into her lymph nodes. “My mother was very strong. She went home and convalesced for a few weeks on her own and then began a series of 29 radiation treatments. After she completed 20, I took her to California to see her sister. When we returned she completed the last nine.”

Before Thanksgiving that year, Alice Ann acquired an infection and was hospitalized for 100 days. Dwight decided to take her home to his house where he could care for her. “The wound nurse showed me how to clean

to Des Moines to receive care from her oncologist where she stayed until October. When she was able to return to her home, she opted to do the next round of chemotherapy at the Lake City hospital, entering the hospice program at the same time. “Everyone at the hospital worked to make sure Jane was comfortable. The maintenance crew brought a hospital bed, then went and got a new mattress for it, while Bethany Morrow made sure Jane had new sheets and anything else she needed. Friends came to sing Christmas carols for us and later hung Valentine's cards all over the walls,” says Dwight.

The hospice team helped with bathing Jane and medications. They trained Dwight on how to care for her ileostomy and how to give her nutrients through a port after she was unable to digest food. Dwight pauses for a long moment, “Jane passed away on December 26, 2013, 20 days after her father-in-law. She didn’t want to go before Dad and she didn’t want to go on Christmas day. That morning she said to me, ‘I made it.’” Softly, Dwight continues, “I told her it was okay for her to go, and she went.”

In May 2011, Dwight and Jane were visiting their son in Alabama who was preparing for his third tour of duty in Iraq. They were playing with their grandson when Jane suddenly said to Dwight, “Something’s not right inside.” When the couple returned home Jane made an appointment with her primary care provider Nancy Flink, certified physician assistant. Tests revealed that Jane had ovarian cancer. Dr. Marc Miller performed surgery in June and Jane, a long-time Nutrition Services Director at SMCH, began chemotherapy at the hospital that felt like home.

On August 28, 2013 the couple celebrated their anniversary with dinner, margaritas and laughter. Dwight recalls that it was their last meal together. A few days later, Jane was taken
and pack her wound. The hospice nurses were also there to help care for Mom.” Throughout 2015, Alice Ann was in and out of the hospital but on December 5 she returned to the hospital for the final time. She told Dwight, “As soon as I’m well enough, I’m going to go to Shady Oaks.”

She reached that goal on December 9. “The hospice team was involved in Mom’s care at the hospital and the nursing home,” says Dwight. “The communication, care and support flow so well from the SMCH hospice team. They bent over backwards to make the process as easy as possible for the family.” Alice Ann passed away on December 31, 2015.

Dwight is grateful for the care shown to Gerald, Alice Ann and Jane, “Hospice gave my loved ones the ability to live out their last days in dignity and love, surrounded by people who truly cared. They became our family during those very critical days. The sincerity this staff has is unquestionable. For the compassion they have for those that are leaving us and for the caregivers, I cannot thank them enough.”

A Community Service of Remembrance
A program dedicated to those who have lost a loved one this past year.

Tuesday, November 29, 2016
6:30 p.m.
Lake City Union Church
Lake City, Iowa 51449

In recognition that the holidays can be a difficult time for those enduring grief, Lampe Funeral Home and SMCH Hospice invite you to join us for a program with a message of hope and love.

For more information about this program call 712-464-7665
Sponsored by: Lampe Funeral Home www.lampefuneralhome.com and SMCH Hospice

Hospice Loving Tree Angels

This December, angel ornaments will decorate the Hospice Loving Tree once again. Each ornament will be printed with the name of a loved one whom family or friends wish to remember during the Christmas season. The Loving Trees will be on display in the Stewart Memorial Community Hospital lobby and in the McCrary-Rost Clinic lobby through the month of December.

If you wish to remember your loved one with an angel ornament, please mail the form below, along with your $10 minimum donation, to Stewart Memorial Community Hospice, PO Box 114, Lake City, IA 51449.

Please pick up your Keepsake Angel after Christmas.

Number of Angels needed: _____________
Name(s) to be placed on ornament(s): _______________________
(please print clearly) _______________________________________
________________________________________________________
Donation given by: _______________________________________
(donor names will be listed in a notebook to be placed near the tree)
Address: ________________________________________________

$10 donation payable to
Stewart Memorial Community Hospice,
PO Box 114, 1301 W. Main St.
Lake City, IA 51449
What is a Patient Centered Healing Environment?

Since the days of famed pioneer nurse, Florence Nightingale, the environment of patient care has been acknowledged as an important aspect of healing. Nightingale was not only a leader in improving sanitation and ventilation, but instrumental in bringing forth the mind-and-body connection. She identified factors such as noise, light, air quality, and colors as essential components of the healthcare environment.

Nightingale’s research in the 1800s continues to lead healthcare decisions today. As Stewart Memorial Community Hospital, McCrary Rost Clinic and Community Pharmacy have updated patient care areas over the years, design elements focused on alleviating stress for patients have been incorporated. “When we updated our labor and delivery birthing suites for moms, we wanted to create an environment that was soothing and felt comfortable. This is why we have whirlpool tubs, plush robes, and soft lighting in addition to serene décor,” notes Cindy Carstens, Chief Executive Officer.

Starting in 2017, SMCH will focus on creating an environment focused on patient needs in the highest traffic area of the hospital, which is the medical clinic. Studies conclude there are specific aspects of the environment, such as resting areas, overall cleanliness, décor, and cheerfulness of facilities, that positively relate to patient satisfaction. A clean, safe, and easy to use environment can significantly improve patient satisfaction and the quality of the health care experience.

Specific design changes in healthcare environments are created to reduce stress and alleviate the consequences of that stress. The design can also help reduce medical errors and hospital-acquired infections, while improving staff morale and efficiency. As Jain Malkin, a leader in this field, maintains, there is no doubt that the quality of the environment can enhance or hold back healing.

Over the next three years, SMCH will embark on creating a patient centered healing environment in their clinics located in Lake City, Rockwell City, Gowrie, and Lake View. Some of the considerations for the project are improved lighting, helpful displays and signage, updated furniture and wall covering, and replacing carpet that is over 20 years old.

Since the hospital and clinics are not-for-profit and do not receive any county tax dollars, private fundraising will fund the project, including funds from the annual Trivia Night fundraiser.

New CEO Announced for Stewart Memorial Community Hospital

The Stewart Memorial Community Hospital (SMCH) Board of Directors announces Cindy Carstens as Chief Executive Officer. Carstens began her career with SMCH eight years ago as vice president of nursing and ancillary services, and was named chief operating officer in 2015. Carstens brings more than 35 years of health-care experience to the Lake City hospital with strengths in operations, project integration, patient safety, and quality. Rev. Chad Dietrich, chairman of the board, says Carstens is an excellent leader for SMCH. “Her profound knowledge of health care, executive leadership, and focus on providing quality care aligns with the strategic focus of our hospital,” comments Dietrich.

In her current role, Carstens created many initiatives that improved collaboration in healthcare. She was instrumental in the creation of the SMCH Patient Family Advisory Council; a group of former patients, family members of patients, hospital staff, physicians, and administrative leaders committed to finding opportunities to improve the patient and family experience. Carstens further impacted patient care by collaborating with partners in Calhoun County in three key areas. First is addressing the need for mental health services in Calhoun County, second is through the work of the disaster coalition, and lastly by conducting the Community Health Needs Assessment which led to the development of community teams to address priority areas identified in the assessment.

Mike Dewerff, President and CEO of UnityPoint Health Fort Dodge, shared, “We are pleased to add Cindy to our regional health care leadership team. As we continue to focus on the best outcomes for patients, building partnerships and delivering exceptional patient experiences while strategically ensuring the long-term viability of health care in our region, we couldn’t be happier to have Cindy and Stewart Memorial as a part of the UnityPoint Health Fort Dodge team.”

Carstens, a Farnhamville native, began her role as CEO at SMCH on July 16. Prior to joining the team at SMCH in 2008, Carstens served as the director of nursing for Greene County Medical Center in Jefferson, IA. She earned her Associate Degree of Nursing from Iowa Central Community College in Fort Dodge, a Bachelor of Science in Nursing from the University of Phoenix and a Masters in Healthcare Administration from Des Moines University.

In addition to her professional accomplishments, Cindy is a Top 100 Nurses recipient in Iowa. She is a member of the Iowa Organization of Nurse Leaders and Rockwell City Rotary. She currently serves on the Iowa Central Nursing Advisory Committee, Calhoun County Board of Health, Calhoun County Disaster Coalition, Calhoun County Mental Health Task Force, Service Share Risk Management Committee, and Iowa Hospital Advocacy Committee. Carstens is a member of the Iowa BE Chapter of TTT (Time, Talent and Treasures). This volunteer group focuses on raising funds to send 4th grade girls to camp and scholarships for graduating senior high girls.

Carstens and her husband Alan, a farmer, live in Gowrie, and have three grown children, Matt, Jenni, and Curtis, and seven grandchildren. In her free time, she enjoys reading, traveling, shopping, camping, and attending her grandchildren’s events.
Multi Generation Family Care with Nancy Flink

In the late 1920s, news headlines followed the progress of Amelia Earhart, Mickey Mouse made his debut, and the iron lung became a popular device for treating polio. On a farm near Jolley, Iowa, the Johnson family was growing with the birth of Dwight. He has fond memories of growing up on the family farm and spending time in Lake City. His first recollection of needing healthcare stems from a surgery when he was a young boy. “My first memory is from when I was eight years old and Dr. Warren McCrary took my tonsils out. The team was great then and is just as wonderful now. That was 80 years ago!” recalls Dwight who is now a retired farmer.

Dwight became the second generation of Johnsons to rely on the dedicated team of medical professionals at Stewart Memorial Community Hospital. Dwight and his late wife, Frankie, have four sons, six grandchildren, and 17 great-grandchildren. “We’re very fortunate to have a healthy family. We’re lucky to have good genes, and the medical team at McCrary Rost Clinic have always made sure we get the check-ups we need and take care of any urgent needs,” notes Dwight.

Dwight’s son Nick is the third generation of the Johnson family that chose McCrary Rost Clinic for care. He shares, “Nancy Flink is our medical provider, and she treats us like family. She always works around my schedule so I can get the care I need without missing work. We feel fortunate to have this kind of care in our communities.” Nick, the third of Dwight’s four sons, now helps run the family farm and appreciates easy access to care as well as the culture of the team. “We know we’ll be treated with quality care, compassion, and respect. That means a lot to our family.”

Beth Stauter, the daughter of Nick and Jane, became the fourth generation to rely on the healthcare team to care for the youngest generation of Johnsons. “What I love most about Nancy, her nurse Susie, and the care team is they communicate with you in ways you can understand,” shares Beth. “Since they were babies, I’ve relied on Nancy to care for my children when they are sick,” notes Beth.

Her mom, Jane, adds, “The coordination of care is excellent. I always get the follow up information I need to know.”

Whether patients are facing an urgent need, a devastating disease or seeking to improve their quality of life, Stewart Memorial and McCrary Rost Clinic is your healthcare partner. Their mission is to serve you and your loved ones today, tomorrow and generations to come.

The Johnson family is one of many families that rely on the dedicated team of medical professionals at McCrary Rost Clinic and Stewart Memorial Community Hospital for quality healthcare. “We’re very fortunate to have this facility in our community. It’s worth investing in and we’re behind it,” says Dwight. “We’ve been very satisfied with our care for five generations,” smiles Dwight with a gleam in his eye, surrounded by his family.
Stewart Memorial Community Hospital Auxiliary Presents

Saturday, February 4, 2017
Doors open at 5:45 p.m.
Games begin at 7:00 p.m.
at Opportunity Living, Lake City, IA

How it works: Create your own team of eight. Your team will receive points by answering questions correctly. The winning team receives a prize! Win extra points by decorating your table, dressing as a team, or participating in extra events between rounds.

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

SMCH Auxiliary Financial Report for June 1, 2016 - August 31, 2016

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

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Ending Balance: $8,649.44

**SMCH Gift Shoppe Financial Report**

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Beginning Balance: $17,440.19

Expenses: $4,886.61

Ending Balance: $23,610.22
Breastfeeding your baby has many benefits for both mom and baby. In addition to giving baby the nutrition needed to protect from illness and encourage growth, breastfeeding helps mom lose the baby weight, strengthens her bones, and reduces ovarian and breast cancer. The physical closeness during nursing helps form the emotional bond that is important for their relationship and psychological growth.

Lactation specialists at Stewart Memorial Community Hospital educate families about the benefits of breastfeeding babies. In addition, they provide a support system that is necessary for everyone to be successful by encouraging the mom and family. At SMCH the lactation specialists meet with each new mom to teach how to feed the baby, demonstrate how to hold the baby, how to operate breast pumps, how to store the milk, and answer any questions. They help women experiencing breastfeeding problems, such as latching difficulties, painful nursing, and low milk production. A lactation consultant also helps babies who aren't gaining enough weight. The lactation specialists at Stewart Memorial Community Hospital are pictured: (left to right) Katie Barkmeier, RN, Katie Pudenz, RN, and Andreau Kramer, LPN. For more information about breastfeeding and to ask questions, call 712-464-4203.
Stewart Memorial Community Hospital
1301 W. Main
Lake City, IA 51449

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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.
- **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.
- **Orthopaedics**
  - Thomas Dulaney, M.D.
- **Pain Clinic**
  - Perry Henely, CRNA
  - Jeremy Johnson, CRNA
- **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**
  - Wednesday, February 8, 6:30 p.m.
  - Wednesday, May 3, 6:30 p.m.
- **Pre-Natal Classes**
  - Saturday, January 14, 8:30 a.m.
  - Saturday, April 8, 8:30 a.m.
- **Big Brother/Big Sister Classes**
  - Wednesday, January 18, 6:00 p.m.
  - Wednesday, April 12, 6:00 p.m.

**Pick up your FREE 2017 SMCH Calendar!**

Visit McCrary Rost Clinic, Community Pharmacy, or Stewart Memorial Community Hospital to pick up your copy.

Auxiliary Meetings

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

- **Tuesday, November 1, 9:30 a.m.**
  - “New Equipment in Respiratory Care and Obstetrics Departments” by Tammie Riedelli, CRT, RCP, Director of Respiratory Care, and Jenni Macke, RN, Director of OB
- **Tuesday, December 6, 9:30 a.m.**
  - “Annual Christmas Tea”
- **Tuesday, January 3, 9:30 a.m.**
  - “Radon Awareness” by Shelly Schossow, Environmental Health, Calhoun County Public Health
- **Tuesday, February 7, 9:30 a.m.**
  - “End the Ouch with SMCH Pain Clinic” by Jeremy Johnson, CRNA

**Save the Date!**

- **Thursday, March 2**
  - SMCH Conference Center
  - RSVP: 712-464-4214 by February 23

Lunch Connection

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
- Adam Swisher, D.O.
- Susan Hornback, D.O.
- Kari Swisher, ARNP-C
- Jeremy Johnson, CRNA
- Barbara Weber, ARNP-C
- Adam Swisher, D.O.
- Riedell, CRT, RCP, Director of Respiratory Care
- Ronald Cheney, D.O.
- Marc Miller, D.O.
- Josh Smith, D.O.
- Christel Rinehart, ARNP
- Lynn Williams, ARNP
- Ryan D. Vincent, M.D.
- Thomas Dulaney, M.D.
- Perry Henely, CRNA
- Jeremy Johnson, CRNA
- Stephen L. Piercy, M.D.