Physical Therapy Gets Talented Athlete Back on Track

When Kody Case walks into the Rehabilitation Services department at Stewart Memorial Community Hospital, he is greeted like an old friend. Physical therapy technician Candy Morrow teases him about the length of his hair. Director Rachel Judisch comments about how dressed up he is wearing khaki shorts instead of his customary athletic apparel. He is quick to grin and takes the joking in stride. Over the years, the multi-sport athlete has gotten to know the staff well.

“In eighth-grade track I had hip flexor problems. During basketball my senior year I sprained my ankle; I separated my shoulder in ninth grade football; and during my junior track season I had back pain,” he recalls. For each injury, Kody spent time with the physical therapists to repair and regain strength.

During his senior track season, Kody suffered an injury that threatened to end his hopes to qualify for the state track meet. “During one regular season track meet I ran the 400 meters. I was also scheduled to run the 200 meters which happened fairly soon after I finished my first race. I didn’t stretch enough prior to the 200 because I was still recovering from the previous race. About 50 yards into the second race, I heard a ‘pop’ and felt some pain in my leg,” he recounts. “I thought I could just rest, so I didn’t seek treatment, hoping my injury wasn’t too severe.” A week later, while Kody was attempting to qualify for the Drake Relays in the long jump, he reinjured, going from a grade 1 hamstring strain to a grade 2.

According to Branden Roberts, physical therapist at SMCH, “A hamstring strain is a common leg injury involving a tear in one or more of the hamstring muscles. A hamstring strain can range from mild to very severe involving a complete tear of the hamstring muscle. With a grade 1 strain, the patient will have some discomfort but will be able to walk normally. With a grade 2 tear, there is a more clear loss of strength and you see more severe tearing of the muscle. A grade 3 strain is a severe injury involving a tear to half or all of the muscle.”

Branden Roberts, physical therapist, utilizes the Graston technique on Kody Case’s hamstring string.
of the hamstring muscle. Crutches may be needed and the patient will feel severe pain and weakness in the muscle.”

For many years, SMCH physical therapist Jill Birks has helped care for injuries incurred during high school athletic events. She also facilitated the concussion prevention and management program where students have the opportunity to participate in baseline ImPACT testing. In 2016, SMCH partnered with South Central Calhoun athletics and increased access to physical therapy with Branden Roberts and Luke Larson into the school. With their coach’s referral, athletes can see the physical therapists at the high school twice a week before school. The therapists provide basic injury assessment and treatment to help prevent minor injuries from becoming more serious. Kody was screened by Branden during the clinic held at the school after his initial injury.

“Luke and I work with the students to assess their injuries. We then make recommendations for care, which can mean showing them how to stretch the muscle, apply ice or heat, or suggest they see their primary care provider if the injury is severe. We can’t stop the student from competing, but we can work with them and their coaches to avoid worsening the situation,” says Branden. “Kody is an intense competitor and will often play through pain. When he came to the injury clinic, I knew it was important to get him back to the best physical condition possible.”

Branden identified the injury and devised a plan of treatment based on training in the Graston technique. Because of the effectiveness of the Graston technique, all routine SMCH physical therapists are certified in that method of therapy.

With the use of specially designed stainless steel instruments, the physical therapists apply special techniques to restore range of motion and reduce pain by increasing nutrients and cellular activity in muscle tissue. It helps speed up muscle recovery and reduces the need for anti-inflammatory medication. A grade 2 hamstring strain such as Kody’s normally requires 6-8 weeks to heal.

Only three and a half weeks after Kody began physical therapy treatments with Branden, he was able to qualify for the state track meet in three events: 100m, 400m, and Sprint Medley - just one race short of a perfect 16 for 16 state events in his high school track career. “I really enjoyed my sessions with Branden. He explains everything and helped me understand the benefits. He genuinely cares about the overall well-being of his patients. He is very encouraging and wants me to be successful,” enthused Kody.

Kody graduated this spring from South Central Calhoun High School after a successful four years, academically and athletically, receiving the prestigious 2017 Ed Thomas “Faith, Family and Football” award from the Iowa Football Coaches Association.

His future looks bright as he leaves Lake City to begin training at the University of South Dakota football camp this summer. He plans to study kinesiology, the scientific study of body movement, in hopes of one day becoming a physical therapist or following in his dad’s footsteps as a teacher and coach. The physical therapists at SMCH have been good role models. He comments, “At SMCH the physical therapists are unlike others. They genuinely care about their patients and work with them to help them find success in meeting their goals.”
The Stewart Memorial Community Hospital (SMCH) Board of Directors announces the retirement of long-time board member Deb Lightner. After serving 12 years, Lightner recalls many accomplishments and highlights a few specific achievements. “One area I am most proud of is the shift in culture at SMCH. The board supported, encouraged and participated in efforts to elevate the hospital from good to great. We focused on quality measures and increasing our commitment to every patient having an exceptional experience,” notes Lightner. She continues, “Our medical team, support staff and leadership did an outstanding job of educating peers about the purpose behind every effort. Whether it was increasing hand hygiene or reducing medication errors, the staff worked hard to meet goals because they want to do the right thing.”

Another highlight is the partnership and affiliation with UnityPoint. “The board studied this opportunity for quite some time to make sure the relationship would be a good fit,” recalls Lightner. “We gained many benefits by linking with UnityPoint to benefit patients, like access to more specialists and group purchasing cost savings. We were also able to remain independent with our own board of directors and decision makers. It’s been positive all around,” says Lightner.

Lightner says she has gained great appreciation of having access to local health care. One particular experience she will always remember is the care a friend received. “My friend was terminally ill and spent a lot of time at the hospital,” recalls Lightner. She visited her friend frequently as she fought breast cancer. Her friend received follow-up surveys in the mail for the opportunity to give input on how she felt about the care she received. “I vividly remember her sharing with me that there wasn’t one person she could single out to recognize for giving her great care because they were all great!” says Lightner. That remark struck home for Lightner. “It connected, for me, that this is why we have strived for every patient to have an exceptional experience, every time. You never know who is going to need care. It may be yourself, a family member, or a friend. I’m grateful to the SMCH team for being there for my friend.”

Replacing Lightner on the board is Shelia Berger of Lohrville, who has been involved with the organization for over 30 years. When the hospice volunteer program started at SMCH, Shelia attended the very first volunteer training and continues serving in that role. She also volunteers in the hospital gift shoppe each month. In addition to volunteering at SMCH, Shelia was employed as a certified nursing assistant at the hospital for over five years.

Shelia’s volunteerism stretches beyond SMCH. In her community of Lohrville, she was a volunteer EMT for the ambulance service for twenty years, served on the library board for over fifteen years, and is currently on the housing board. She also helps children in need by serving as a court appointed special advocate (CASA) volunteer, a role she has done for the past nine years and earned her state recognition. In 2013, she received the Governor’s Volunteer Award from Governor Branstad and Lt. Governor Kim Reynolds. Shelia was honored with a Length of Service Award by the Iowa Child Advocacy board.

While giving of her time is important to Berger, she also devotes time to a small group of important young people, her grandkids. She and husband Joe have three grown children and eight grandchildren.

Berger says she is eager to learn more about how her past experiences can help SMCH continue to be successful. “The hospital is a big asset to the region and it benefits so many people. Whether it’s for health care, employment or a service, the impact SMCH has is tremendous. I’m honored to be a part of the board that will help SMCH grow,” she comments.
Filling His Plate to Lose Weight

The Full Plate Weight Loss Program is a common sense, 7-step process to help you slim down, look great and be healthy. Would you like to feel more confident and in control of your weight? Imagine the satisfaction of not only losing pounds – but keeping them off forever. That life begins with the Full Plate Weight Loss program at Stewart Memorial Community Hospital.

Nick Burley, who farms his family’s century farm north of Lake City, checked with certified physician assistant Nancy Flink before beginning the program. “She said my cholesterol level wasn’t bad, but was rising. Weight loss would help.”

He attended the Full Plate Living program’s information session and, after listening to registered dietitian Maurine Thieszen explain the goals of the 8-week program, decided to make the commitment to attend. He learned about superfoods like beans, avocados and apples that would help him stay full and avoid empty calories in foods like soda, cookies, and white bread.

The mission of the Full Plate Diet is to show how eating full plates of delicious fiber-rich food can help with weight loss without feeling famished, frustrated or deprived.

Nick and his wife, Rita, have made a few changes in their approach to meal planning. Nick stopped drinking soda and sticks with unsweetened iced tea. They have added more fruits and vegetables to the menu and have even planted raspberry and blackberry bushes on their farm. During class, Maurine coached that it is okay to mess up once in awhile. Nick says, “With the stress of planting season, it was easy to slip back into old ways. But I just got back on track.”

He found a lot of value in attending the weekly sessions. Demonstrations and discussions about everything from goal setting, changing negative thinking, and the amount of energy it takes to burn a calorie changed the way he approached dieting. “The best part was the support from my classmates who had the same health goals.”

The next eight-week session starts Wednesday, August 2. Attend the free information session on Wednesday, July 19, in the Stewart Memorial Community Hospital Conference Center to get the tools to start your weight loss journey.
BLACK BEAN & QUINOA SALAD

Prep Time: 15 min   Total Time: 30 min   Serves 4-8

2 cups cooked quinoa (1 cup dry quinoa yields about 2 cups cooked)
1/4 cup extra virgin olive oil
1 teaspoon ground cumin
1 clove garlic, pressed, grated or finely chopped
Juice of one lime (about 2 tablespoons)
1 teaspoon fine sea salt
1/4 teaspoon cayenne pepper (optional for heat)
15 ounce can black beans, rinsed and drained well
1 red bell pepper, quarter inch chopped (about 1 cup)
6 green onions, root removed, white and part of the greens chopped (about 1 cup)
1 handful of cilantro, rough chopped (about 1/3 cup)

Nick says, “My wife wraps this in a flour tortilla for me to eat on the go. It’s really satisfying.”

Prepare the quinoa as directed on the package. While the quinoa is cooking, whisk the olive oil, cumin, garlic, lime, salt, and cayenne (if using) together in the bottom of a large bowl to let the flavors marry while you chop the veggies. Rinse and drain the black beans, then chop the veggies; the key is to make the peppers and onions about the same size as the beans. Add the cooked quinoa, beans and veggies to the bowl and gently fold it together with the dressing. The quinoa can be warm, room temp, or cold when you make the dish. Regardless, letting it chill in the refrigerator at least 30 minutes lets the flavors come together. It tastes best served room temperature or chilled.
Schedule Your Child’s Annual Wellness Exam

With the beginning of the school year fast approaching, it is time for your child’s annual wellness exam. Medical providers and nurses from McCrary Rost Clinic and Calhoun County Public Health have teamed up to provide well child care.

The program includes:

• Outreach and Care Coordination to assist in scheduling well-child exams according to Early and Periodic Screening, Diagnostic and Treatment benefit (EPSDT) guidelines; assistance with health insurance coverage; follow up to assure services are received.

• Well-Child Exams held at your child’s medical provider’s office include: Developmental Testing; Complete Physical Exam; Immunizations, Lead Screenings, Oral Health including Fluoride Varnish and Lab Screenings,

at age appropriate appointments; Child Health and Development Resources; Referrals.

• Care For Kids - Families with children 0-19 years of age are informed of benefits and linked to needed services. In-home nursing services for children with medical needs is available. Care is provided by the medical provider of your choice and public health nurses who are specially trained in child health and development.

Your child’s medical provider will refer your child to be a part of the Well Child Care program or you can call 712-297-8323 to schedule an appointment for a well child exam.

All families are encouraged to participate in this program. All payer sources are welcome.

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**Safe on Schedule: VACCINES FOR CHILDREN**

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**Recommended Dosages**

1. One dose between 1 & 2 months
2. One dose between 6 & 18 months
3. One dose between 15 & 18 months
4. One dose between 12 & 15 months
5. One dose yearly between 6 months & 6 years
6. One dose between 12 & 23 months
7. One dose if a child is catching up on missed vaccines
8. One dose for children unless your doctor tells you your child cannot safely receive the vaccine
9. One dose for children with certain health conditions that put them at high risk for serious diseases

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Lake City Nurse Named One of 100 Great Iowa Nurses

Iowa’s 100 Great Nurses were recently recognized at a ceremony in Des Moines and a Lake City nurse was included in the elite group. Kathy Collins, Quality and Utilization Management Director at Stewart Memorial Community Hospital in Lake City, was nominated by her peers for the award.

Initiated in 2005 by the University of Iowa School of Nursing, the 100 Great Iowa Nurses program identifies 100 outstanding nurses every year whose courage, competence, and commitment to patients and the nursing profession stand out above all others. These nurses go above and beyond to contribute significantly to the profession of nursing. Each year, the program asks for nominations. After undergoing a two-part review process, 100 Great Iowa Nurses are honored each year at a ceremony.

Kathy’s nursing career has spanned over four decades. She was hired for her first certified nursing assistant job when she was 14. “At first I took the job as a way to earn a little money. In 1968 I was paid 50 cents an hour and thought that was great! Then I found out I liked doing the job.”

She earned her nursing degree from the Nebraska Methodist School of Nursing. After graduation Kathy’s first nursing position was at Cass County Hospital for a short time before accepting a position at Audubon County Hospital where she was a night floor nurse. “In those days we did everything - we took care of patients admitted to the hospital, we worked the emergency room, and we worked in obstetrics.”

In 1975, Kathy joined the nursing staff at Stewart Memorial Community Hospital (SMCH). Through the years, she has worked in nearly every capacity as a nurse at the hospital.

“I’ve worked in the ER, the intensive care unit, the inpatient floor, as house supervisor, and I’ve helped in OB. For many years I worked in infection control. Now I’m the Quality & Utilization Management Director at the hospital.”

A complex job, the Quality Director coordinates all quality initiatives for the whole facility, not just the nursing department. She is also the patient experience coordinator and manages the patient experience improvement teams. “I monitor the patient experience results from surveys and coordinate efforts for improvement.” Another hat Kathy wears is in utilization management. She contacts insurance companies to get authorization for hospital stays. She monitors those stays and utilizes Medicare guidelines to verify that the patient receives the right level of care and appropriate services.

Since her first days in nursing, Kathy has seen many changes in medicine. “With the advent of managed care organizations, the level of documentation has expanded. The technology used in healthcare has increased,” she observes. “Patients have to be much sicker to be admitted to the hospital now. For surgical patients, we used to admit them the afternoon before the procedure. We’d then keep them for two nights for a minor procedure. There is constant change in patient care.”

As she looks back, Kathy fondly remembers her favorite aspects of her career. “I really enjoyed working the 3:00-11:00 pm shift on the patient floor and in the ER because of the excellent mentors I had during those years. One time in the ER, a trauma involving a child arrived. It was difficult, especially since my daughter was about the same age. We did everything we could for the patient and afterward, Dr. Paul Ferguson wrote a letter to our administration and the director of nursing about how well the staff worked together that night. If he hadn’t pointed out the positive aspects in the difficult situation, I wouldn’t have worked in the ER again.” Other mentors include Dr. Dale Christensen, Dr. Cesar Cardenas, Dr. Yotin Keonin, Dr. James Comstock, Dr. Paul Knouf, Mary Fay, RN, Katie Owens, RN, Virginia Curry, RN, and SMCH CEO Cindy Carstens.

As she prepares to retire, Kathy looks forward to spending more time with her grandchildren and extended family, reading and flower gardening. “I have been so fortunate to have had such a long career at a facility that has always been progressive, family oriented and supportive.”
SMCH Auxiliary Financial Report
for February 1 - May 31, 2017

General Fund:
Beginning Balance: $48,289.63

Income:
- Bake Sale $881.50
- Book Fair $1,614.80
- Brags & Blessings $7.00
- Donation $6.00
- Geranium Sale $4,363.75
- Gift Shoppe $15,000.00
- Interest $28.86
- Jewelry Sale $1,786.00
- Membership $1,708.70
- Trivia Night $23,853.33
- T-Shirts $666.00

$49,915.94

Expenses:
- Book Fair $(1,387.93)
- Geranium Sale $(2,827.50)
- Jewelry Sale $(1,421.50)
- Program $(18.50)
- SMCH $(67,000.00)
- Trivia Night $(3,787.31)

$(76,442.74)

Ending Balance: $21,762.83

SMCH Gift Shoppe Financial Report
Beginning Balance: $35,540.85

Deposits $10,478.04
Interest $9.97

$10,488.01

Expenses:
Merchandise $(25,307.04)

Ending Balance: $20,721.82

Join us at
SMCH Auxiliary
21st Annual
Table A Fare
Noon Salad Luncheon and Silent Auction
Doors open at 10:00 a.m.
Saturday, September 16, 2017
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
It’s time for the Annual Iowa Hawkeyes VS. Iowa State Cyclones Cookie Challenge!

September 5th - 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 5th or 6th, please contact Danielle Evans at 712-464-4183

Eischeid Joins SMCH Foundation Board

Stewart Memorial Community Hospital (SMCH) announces Gary Eischeid joining the hospital foundation board of directors. The foundation was established in January 2016 for the purpose of inspiring giving to support the hospital. “I’ve had positive experiences with the health care team at SMCH and I am honored to serve on the board,” shares Eischeid who resides in Lake View with his wife Regina.

Eischeid brings over 25 years of leadership to the board. He served in various military command positions and retired in 2006 as Brigadier General. His military career earned him many awards and commendations. One highlight of his military career involved simultaneously leading 25,000 soldiers in various locations in the United States and South Korea to execute all logistics and transportation needs.

Eischeid is the current vice president of logistics for Landus Cooperative and previously served as the general manager of POET Biorefining in Gowrie, Ia. “We are pleased with Gary’s decision to join the foundation board,” says Mary Ludwig, Director of Marketing, Development and Volunteers at SMCH. “His leadership and past experience are attributes that will help the foundation grow and achieve goals.”

Eischeid fills the vacancy of Seth McCaulley who resigned from the board after moving out of the area. During the first year of operation, the foundation board established policy and bylaws. In 2017, the focus is creating a strategic plan. Eischeid joins fellow board members Jo Grodahl, Chuck Schmitt, Marci Duncan, Faye Huster, and Marcie Boerner, as well as SMCH staff Cindy Carstens, CEO, Jim Henkenius, CFO, Amy Schumacher, and Mary Ludwig.

“It’s exciting to be a part of a board where I can offer insight to strategy, policy and continuous improvement,” shares Eischeid. The board recently participated in a two day strategic planning session and established goals that align with the goals of the organization. “Our vision is to transform our communities by providing coordinated care and exceptional experiences. The Foundation goals will support SMCH in achieving this important vision. The end result will be charitable giving that represents an investment in improving the health of our communities,” shares Carstens.
Tillie Lynn Reynolds sits on an examining table in a room at McCrary Rost Clinic in Lake City. The happy ten month old baby is content to tear the paper protective sheet as Dr. Derek Duncan performs a well child exam. Reassured that Tillie’s heart and lungs sound good, her parents, Sarah Jo and Adam, smile and answer questions about her teeth, sleeping patterns and how close she is to walking. Big brother Ty, who is two and a half, busily explores the room.

Before the couple moved to their farm between Rockwell City and Lake City, they had lived for a time in Ames. When Sarah Jo became pregnant with Ty, the decision was made to seek care locally. After careful consideration, they turned to Stephanie Bellcock, Certified Advanced Registered Nurse Practitioner, for their care at the Lake View McCrary Rost Clinic. “We are very grateful for the thorough care she provides. When one child is sick, she gives us pointers on what to watch for in our other boys which is very helpful,” says Scott, a Sac City native. When the Kluvers, who met as students at UNI, became pregnant with their third child, Stephanie recommended they partner with her teammate, Dr. Su-

A Stewart Story: OB Impacts Two Families

Despite having a medical condition that could have made achieving pregnancy difficult, Laurie and Scott Kluver of Sac City were filled with joy each time a pregnancy test came back positive. “I only have one fallopian tube, not two like most women,” shares Laurie. A fallopian tube provides a route for a woman’s egg to go from the ovary to the uterus. If the egg is fertilized, it continues to develop until the birth of the baby. One challenge Laurie and Scott faced was finding a medical provider to deliver their third baby. “We doctored in another town for our first two boys, and needed to find someone new when that doctor stopped delivering babies,” recalls Laurie who lives in Sac City.

The Kluvers sought input from friends and family. After careful consideration, they turned to Stephanie Bellcock, Certified Advanced Registered Nurse Practitioner, for their care at the Lake View McCrary Rost Clinic. “We are very grateful for the thorough care she provides. When one child is sick, she gives us pointers on what to watch for in our other boys which is very helpful,” says Scott, a Sac City native. When the Kluvers, who met as students at UNI, became pregnant with their third child, Stephanie recommended they partner with her teammate, Dr. Su-

Stephanie Bellcock, ARNP-C, (left) recommended her partner, Dr. Susan Hornback, (right) to Laurie and Scott Kluver when Laurie was expecting Bradek.
decrease pain from the contractions. Sarah Jo recalls, “Everyone in the delivery room was so calm. The timing of everything was perfect - the epidural had time to take effect and the pain was a lot less than during Ty’s birth. When I was ready, I pushed for about an hour until Tillie was born at 12:05 pm.”

Sarah Jo appreciates the care the nursing staff provided during her labor and to her nine pound, 4 ounce, 21.5 inch baby girl, especially registered nurse Ashley Mork. “She was amazing! She could tell by my reactions what I was feeling. She was very in-tune with what my body was going through. She kept her composure and kept me calm.”

Sarah Jo enthused about the care she and Tillie received after the birth. “We stayed for two nights and the nurses were great, day and night. They always introduced themselves and anything I needed was brought quickly.”

The family went home where the baby and her brother are growing and thriving. “Overall, it was a wonderful experience to give birth at SMCH,” says Sarah Jo. “It’s comforting to know we will use the clinic and hospital for years to come. The staff is so great to work with. They work with my schedule for appointments and are so personable with my kids. They don’t make me feel like I’m bringing in a circus with my busy toddler and growing baby. They take it in stride, and I know I can trust these knowledgeable professionals.”

san Hornback in Lake City. “When we first met with Dr. Hornback at the Lake City McCrory Rost Clinic, I remember her sharing in our excitement. I loved going to my check-ups because she always made me feel like I was her top priority,” recalls Laurie.

When their baby was ready to enter the world, the Kluvers share that their birthing experience was top-notch. “The teamwork among each department we interacted with was seamless. The nurses, doctors, and aides were all on the same page with my care.”

While the hours after their son’s birth were precious and filled with all the emotions that come with the arrival of a new baby, there was one area of concern as the Kluvers prepared to leave Stewart Memorial Hospital and take baby Bradek home. “He had jaundice because of a high level of bilirubin,” shares Laurie. “Bilirubin is created during the normal process of red blood cells breaking down. Usually, it passes through the liver and is then released into the intestine as bile. The body of a newborn produces a higher amount of bilirubin because they have more red blood cells. If the levels are too high, and not treated, the baby can suffer severe health issues,” says Dr. Hornback. According to the American Academy of Family Physicians, 95% of infants with high levels of bilirubin fully recover with treatment. However, if newborns are not treated, they can become deaf, suffer from cerebral palsy, or an intellectual disability.

Lab tests revealed Bradek needed a higher level of care and was taken to SMCH’s partner hospital, Blank Children’s Hospital in Des Moines. “Dr. Hornback personally called us to share his lab results and explain what the next steps were,” remembers Laurie.

As Bradek received specialized care to decrease the amount of bilirubin in his bloodstream with the use of special lights, the Kluvers felt well cared for. “Dr. Hornback and Stephanie Bellcock both called to check on us, our baby’s progress and offer reassurance. The personal calls meant a lot to us,” says Scott. After a two day stay, Bradek’s bilirubin level dropped to a normal range, and he was able to go home from the hospital.

As Bradek approaches his first birthday on July 12th, the Kluver family could not be happier with his progress and healthcare. “It’s comforting to know that the medical team we count on always goes the extra mile for our family. Whether it’s accommodating our schedule, helping us gain a better understanding of a health issue, or making us feel like family, we are grateful for the care we receive,” says Laurie.

Dr. Derek Duncan examines Tillie Reynolds during a checkup as her parents, Adam & Sarah Jo, and big brother Ty look on.
Stewart Memorial Community Hospital
1301 W. Main
Lake City, IA 51449

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**
  Brittany Pearson, H.I.S.

- **Cardiology**
  Mark Berry, D.O.
  Suzanne Feigofsky, 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**
  Holly Galles, DNP, ARNP
  Kendra Walker, ARNP

- **Neurology**
  Babak Rezaei, M.D.

- **Ophthalmology**
  Ryan D. Vincent, M.D.

- **Orthopaedics**
  Thomas Dulaney, M.D.
  Heather Schall, PA-C

- **Pain Solutions**
  Jeremy Johnson, CRNA

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

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

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

- **Audiology**
  Brittany Pearson, H.I.S.

- **Cardiology**
  Mark Berry, D.O.
  Suzanne Feigofsky, 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**
  Holly Galles, DNP, ARNP
  Kendra Walker, ARNP

- **Neurology**
  Babak Rezaei, M.D.

- **Ophthalmology**
  Ryan D. Vincent, M.D.

- **Orthopaedics**
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Stewart Memorial Community Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, gender identity, or sex.

**Contact Information**

For comments, questions or more information, call SMCH at 712-464-3171 or go to www.stewartmemorial.org.

**Auxiliary Meetings**

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

- **Tuesday, September 5**, 9:30 a.m.
  “Full Plate Living” by Maurine Thieszen, RD, LD, CDE

- **Tuesday, October 3**, 9:30 a.m.
  “Quilts” by Sally Brown

**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 27**, 5:00-6:00 p.m.
- **Thursday, August 24**, 5:00-6:00 p.m.
- **Thursday, Sept. 28**, 5:00-6:00 p.m.
- **Thursday, Oct. 19**, 5:00-6:00 p.m.

**Oh Baby! Classes**

To register, call 712-464-3171, ext. 6040.

- **Early Bird Classes**
  **Wednesday, August 16**, 6:30 p.m.

- **Pre-Natal Classes**
  **Saturday, July 1**, 8:30 a.m.
  **Saturday, October 14**, 8:30 a.m.

- **Big Brother/Big Sister Classes**
  **Wednesday, July 5**, 6:00 p.m.
  **Wednesday, October 18**, 6:00 p.m.

**Lunch Connection**

Telehealth/Mental Health
**Thursday, August 3**
SMCH Conference Center
RSVP: 712-464-4214 by July 27

**Full Plate Living**

Free Informational Session
**Wednesday, July 19**
SMCH Conference Center

**New Patients Always Welcome!**

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

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