Pain Solutions Lead to Smooth Sailing

When the fish are biting in Black Hawk Lake, it’s a good day for Jim Garrels. Actually, now every day on the lake is good for Jim, who owns Black Hawk Marine with his wife Lisa, but that wasn’t always the case. The Lake View resident suffered from debilitating back pain for more than 20 years. “The pain would come on suddenly. It might go away in a few hours or take up to two to three weeks.” His daily routine was interrupted and sleeping at night was elusive. He even passed out from the pain.

He tried several remedies. Jim recalls, “I tried chiropractic treatments, pain medication and exercise for lower back pain.” Jim also consulted with a specialist about a possible surgical solution. “I have a herniated disk, a couple of bulging discs and arthritis in my lower back,” says Jim. Discs act as rubbery bumpers between the bones in the spine. Discs can become damaged with ruptures, cracks, or tears, causing compression on nerves leading to tingling sensations and pain. Damage to discs can occur due to a direct impact, injury, a fall, or age. “The specialist told me the problem could be helped with surgery, but scar tissue could be a problem down the road. He suggested I could get by with an epidural and exercise,” Jim continues.

As an owner who participates in every aspect of the business, from sales and service, which includes boats and power sports, to dock and lift installations, Jim understands his role very well. “Customers expect the owner to be there. They want to talk to the owner. It’s hard to do business when you’re in pain. You’re not able to focus on the job. When the pain was bad, I was totally helpless. I couldn’t get out of bed. It hurt to walk or sit. No matter what I did, the pain was there. It was overwhelming.”

In addition to owning and operating Black Hawk Marine with Lisa, Jim has been on the Lake View Fire Department for 25 years, serving as chief since 2009. He served for 8 years on the city council and the Sac County Landfill Board. He currently sits on the 911 Board which he has since 2009. His family keeps him busy too with his sons and grandchildren. His schedule is full, he’s too busy for pain.

Finally, he sought help at McCrary Rost Clinic where the problem was evaluated, and he was given medicine to reduce the inflammation and the pain. “The medicine helped, but it wasn’t going to make the back pain go away, so I was referred to Jeremy Johnson, certified nurse anesthetist, at Stewart Memorial Community Hospital’s Pain Solutions Clinic.”

Jim met with Jeremy who, along with nurse anesthetist Sarah Crilly, directs the hospital’s Pain Solutions Clinic. Jeremy met with Jim and determined an epidural steroid injection would decrease the inflammation in the herniation and relieve Jim’s pain.

In addition to the injection, Jeremy recommended physical therapy to help strengthen Jim’s back. “Pain is multidimensional in what causes it, what alters it and what affects it. So to think that one type of treatment is magically going to fix a problem that has multiple aspects is not rational. The old days of thinking this medication or this procedure will fix the pain should not be the norm, and we, as provid-
ers, are learning that this multidisciplinary approach has better outcomes for the patients and is more cost effective for the patient and facilities,” says Jeremy.

He continues, “Chronic pain, simply defined, is pain that does not resolve in a normal time frame, longer than 3 months. Pain changes the body in the sense that tissue, nerves, muscles do not respond or act like they normally would, so using a multidisciplinary approach allows each specialty to alleviate some of the pain generators that may be causing the pain. One method is not going to alleviate everything for these patients. Several options are available to patients experiencing chronic pain, such as physical therapy, massage, chiropractic therapy, acupuncture, as well as injections. What we do here is serve as a conductor and help patients access services or treatments that otherwise would not be thought of to better serve the patient and the community. We do this in a compassionate and patient centered approach that individualizes each treatment to the patient.”

“I’ve had two epidurals. The first lasted six months, and I didn’t use physical therapy. The second epidural I took his recommendation seriously and went to physical therapy. Along with the epidural and the exercises and stretches I learned from the physical therapist, the pain relief has lasted over a year,” says Jim.

Jim continues to utilize the exercises and stretches he learned. He takes Tylenol for inflammation when needed. He’s recognized that seasonal demands can trigger his pain, so in the fall he is careful of the physical demands of his job.

“My family has been going to Stewart Memorial Community Hospital for a long time. Both of our children were born there and we’ve always gotten along very well there. The facility is very good - a nice place to go if you have to.”

Jim’s rough waters have subsided, and he’s back to business as usual. He’s able to enjoy his grandchildren, fishing, and helping his customers. To others suffering back pain, Jim would strongly recommend visiting with Jeremy and the staff at Stewart Memorial. “They are easy to talk to and give suggestions for alternatives to surgery. Knowing I can make an appointment with the Pain Solutions Clinic is a weight off my mind instead of suffering through the pain. I know there is someone who can take care of my pain without surgery. I can schedule the procedure and be resting at home in a couple of hours. I’m not down for a couple of weeks or even months. If you’re looking for pain management, look at Stewart Memorial.”

Jim Garrels works closely with his family, his wife Lisa and their son Brad and his wife, Callie, at Black Hawk Marine. He couldn’t let pain slow him down, so he made an appointment with Stewart Memorial Community Hospital Pain Solutions Clinic who helped Jim get back to business.
Lake City Couple Plans Gift to SMCH

Stewart Memorial Community Hospital (SMCH) holds many great memories for Bill Albright and his wife, Pat, of Lake City. For nearly 25 years, Bill led the human resources department of the hospital while his wife worked at Arrowhead Education Agency as a school psychologist. The parents of two grown children, his youngest grandchild was born at SMCH. “As a parent, you realize the significance health care plays in life,” notes Bill who retired from the hospital in 2015.

Quality health care is the reason 6 year old Kayin is here today. “She was born at SMCH and shortly after delivery, her mother Allison was rushed into surgery when the placenta would not detach. Early the next morning, nurse Bonnie Goreham noticed that Kayin’s condition was deteriorating. Kayin was rushed to Mercy in Des Moines for stenosis of the pulmonary valve.”

The emotions of seeing the impact of the care provided to his granddaughter further solidified Bill’s and Pat’s belief in supporting their local hospital. “We had an opportunity several years ago to make plans for a future gift for SMCH,” says Bill.

“We have experienced the extraordinary level of care the entire team at SMCH provides. From the guys in maintenance who make sure the temperature of your room is comfortable to our medical provider that checks on you, even after hours, with a personal phone call, is the best around,” comments Bill.

Bill and Pat agree they desire to see SMCH succeed well into the future after their lifetime has passed. “The hospital has been good to us, and we know the impact it has on our local and area communities. To help ensure the hospital has the financial resources it needs to continue to provide quality care, we have made plans in our estate for SMCH,” relays Bill.

Through a life insurance policy that Bill and Pat have taken out and designated SMCH as the beneficiary, they will leave a legacy with their hometown hospital. “We knew that this decision allowed us the opportunity to give a more significant gift,” shares Bill. “Supporting SMCH is something we identified as a priority and making the hospital the beneficiary of an insurance policy is a way we can afford to give a meaningful gift.”

While Bill has retired from his career at the hospital, the couple stays active and up to date on what’s happening at SMCH. Each fall, Bill and his family bring their horses and carriage to the hospital and offer free rides during the annual Fall Open House event. Families enjoy the sound of the horses’ hooves clomping along as they snuggle under warm blankets in the crisp autumn air while riding in the white carriage. “It’s a joy to see how excited the kids and their parents are to take a horse drawn carriage ride,” smiles Bill. Bill’s wife Pat can be found in the hospital gift shoppe. For many years, she has volunteered every month in the shoppe, except when they escape the cold Iowa winter to Arizona. She helps customers find a gift or something for themselves and enjoys catching up with staff she has come to know and love over the years. “Volunteering at the hospital is second nature to us. The hospital is a big part of our community and we are blessed to be a part of it,” adds Pat.
Women’s Health: Urinary Incontinence

Is a leaky bladder keeping you from doing the things you’d like? Have you stopped running or jumping on the trampoline with your children? Do you find yourself crossing your legs when you cough or sneeze? Is it difficult to make it to the bathroom in time if you hear running water or when you’re unlocking the door? Do you use the toilet frequently or restrict your fluids to keep from having to use the bathroom often? If any of these circumstances sound familiar to you, you are not alone. Urinary incontinence, which is defined as ANY involuntary loss of urine – whether a drop or a large amount – is a common but treatable condition.

Ann Riat, Physical Therapist at Stewart Memorial Community Hospital, specializes in women’s health and treatment of female urinary incontinence. Ann has 18 years of experience and has received specialized training by the Women’s Health Section of the American Physical Therapy Association in treatment of this condition. “I encourage women to speak with their medical provider about their symptoms and get a referral for services. Women do not need to accept this as a ‘normal’ part of life. You can do something about it.”

There are two main types of urinary incontinence: stress and urge. Stress incontinence occurs when the intra-abdominal pressure increases which causes stress on the pelvic floor and if muscles aren’t strong enough to counter that pressure, leaking occurs. Urge incontinence occurs in a patient who has a sudden, intense urge to urinate, followed by an involuntary loss of urine. Other symptoms include frequent urination and waking at night to urinate. Many times people have symptoms of both stress and urge incontinence, which is called mixed incontinence.

Once referred to physical therapy, the initial visit includes discussion and education. “I answer any questions the patient may have and then we talk about their symptoms, bladder habits, diet, and medical history. I educate the patient on bladder and pelvic floor muscle function and healthy voiding habits. I explain the evaluation process of the pelvic floor muscles and treatment options,” explains Ann. Pelvic floor muscle assessment may be done in the same visit or in the subsequent visit. After an evaluation, an individualized treatment program is developed. “Patients are typically seen one time a week for 4-6 weeks. All treatment sessions are carried out in a comfortable and private area,” she continues.

Biofeedback is one of the treatment tools available and allows patients to see on a computer screen if they are contracting their pelvic floor muscles correctly and shows them the coordination and endurance of these muscles. “This is an effective training tool because it allows the patient to know with confidence that they are exercising correctly and efficiently, which allows them to reach their goals more quickly. Women frequently tell me they have tried Kegel exercises before but they haven’t worked. Once they go through biofeedback training, they often see they weren’t doing Kegels properly,” notes Ann.

Bladder retraining may be needed, which begins with completion of bladder diaries, in which a patient logs the amount of times they void over a 24 hour period. “Sometimes we find a person is voiding frequently to avoid leaking. This sets up a bad cycle, as the bladder is supposed to store urine. If this continues, the bladder learns to tell a person to void well before it is filled. There is always a small residual amount of urine in the bladder after voiding – so the idea that toileting frequently will stop leaks is not correct,” Ann comments.

Hydration also affects the bladder. “If a person is not hydrating properly, the urine is more concentrated and this irritates the bladder causing it to contract, which may cause an incontinence episode,” explains Ann. Bladder re-training teaches a patient techniques to help quiet their bladder and restore normal voiding habits.

Some patients have difficulty “finding” their pelvic floor muscles or have a very weak pelvic floor. In these situations, electrical stimulation is helpful in assisting the muscles to get stronger and can be used by the patient at home to progress their therapy.

The pelvic floor is made up of muscles and they respond to exercise just as any other muscles in the body. The trick to success is learning to isolate the pelvic floor and exercise efficiently and effectively. “If you are experiencing symptoms of urinary incontinence please bring it up to your medical provider. You don’t have to live with it, treatment is available. The exercises are not difficult to master but your success will depend on compliance with a home exercise program and in some cases habit and lifestyle changes,” concludes Ann. Train your bladder instead of letting it train you and let’s get you back to the activities you want to participate in.
Carolyn Johnson had high blood pressure. Her primary medical provider at Stewart Memorial Community Hospital, physician assistant Danni Anderson, kept a close watch on Carolyn’s numbers, checking her at each appointment. When her blood pressure wouldn’t budge, Danni referred Carolyn to Dr. Suzanne Feigofsky with Iowa Heart Center. “Dr. Feigofsky suggested I have a sleep study done,” says the Lake City resident. “I was elated to find out I could come to SMCH to their sleep lab. It’s a great hospital. All the caretakers are so sincere and truly care.”

Sleep studies are conducted to determine, among other conditions like excessive daytime sleepiness, restless leg syndrome, or loud snoring, if a patient may have sleep apnea, a condition in which the person pauses breathing five to thirty times per hour or more while sleeping, preventing restful sleep. This condition, according to the American Heart Association, is associated with high blood pressure, arrhythmia, stroke and heart failure.

Carolyn arrived at the hospital for her 10:00 pm appointment.

Sleep Apnea and High Blood Pressure?
Sleep Study Examines Link

“I felt comfortable and secure. The room in the sleep lab with its private bathroom was clean from top to bottom. The sleep study coordinator greeted me so warmly and kindly. The tech came in next and introduced herself and explained the test in detail. She immediately put me at ease,” recalls Carolyn.

Carolyn was hooked to monitors that would keep track of her sleep stages, eye movements, oxygen levels in her blood, heart and breathing rates, snoring and body movements. “Surprisingly, I was able to sleep,” she laughs, “because of the level of comfort and security in the room, and the thorough information the tech shared with me.”

SMCH earned accreditation from the Accreditation Commission for Health Care (ACHC) for its sleep study services through 2019. Achieving accreditation is a process where healthcare organizations demonstrate compliance with national standards. Accreditation by ACHC reflects an organization’s dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

Tammie Riedell, Director of Respiratory Therapy at SMCH says, “We contract with Practical Sleep, LLC to conduct sleep studies on our patients, including daytime and nighttime testing. Dr. James Meyer, pulmonologist with UnityPoint Clinic, is board certified in sleep medicine and reads all the test results. He makes sure our patients get the best care afterward, whether that means prescribing a CPAP (a machine that increases air pressure in the throat to keep the airway open) or referring the patient to a cardiologist. Without accreditation we would be limited to the kind of testing we can provide. We want to provide the greatest and best service to our patients.”

At 5:30 am the study concluded and the tech explained to Carolyn she would receive a complete report from Dr. Meyer. “Fortunately, the report ruled out sleep apnea for Dr. Feigofsky. She was able to prescribe medicine for me, and I have been working with diet and exercise to lower my blood pressure.”

Carolyn found the experience to be positive. “We’re so fortunate to have our health team at SMCH and the availability of specialists. They coordinate their efforts to get their patients on the road to recovery. SMCH has been around a long time. Healthcare is changing and I’m very grateful that decisions have been made through the years to allow members of our communities the comfort of getting great care at home.”

Carolyn Johnson poses in a sleep study room at Stewart Memorial Community Hospital

Tammie Riedell
Respiratory Therapist
SMCH Auxiliary Trivia Night Fundraiser a Success
Raising $62,000 for Clinic Improvements

It came down to the wire between two teams at the 5th annual Stewart Memorial Community Hospital Auxiliary Trivia Night fundraiser. Wade Voith’s team battled Mary Reiter’s team, Bowling in Iowa, which ultimately scored the victory. While only one team can claim first place and bragging rights for the year, every team shares in the fun of the annual fundraiser. “This event is our primary fundraiser to help support our Patient Centered Healing Environment project. The funds will be used to transform areas used most by patients in the medical clinics including upgrading bathrooms to meet ADA requirements,” says Mary Ludwig, director of marketing, development, and volunteers at SMCH. Twenty-nine teams competed in the event, held at Opportunity Living in Lake City on February 3rd. Brad “Big Daddy” Addison served as the Quiz Master, adding fun and humor to the night’s festivities.

In addition to trivia, teams participated in “Dead or Alive” and “Heads or Tails,” trying to guess if a famous figure is still alive and if a question is true or false. Teams also earned points by decorating their tables, dressing alike, and playing Name That Tune. Organizers of the event, SMCH Auxiliary members Toni Kerns, Marci Duncan, Marie Schwarm, Mary Ludwig, Jayne Wilhelm, Kathy Baker, and Mary Sporleder were pleased to see a lot of team spirit. “Many teams dressed in costume including Shark Week, Ghostbusters, nuns, tropics, favorite sports teams, and the candy Smarties,” says Ludwig.

The combination of ticket sales, live and silent auctions of donated items, and sponsors helped the hospital raise $62,000, which is an increase of 12% over 2017. “We are very appreciative of everyone that participated, contributed with a donation or sponsored the event. Their generosity directly improves the quality of care we are able to provide to patients. As a private, not-for-profit provider of healthcare, every donation makes a difference,” says Ludwig.

Funds from the event are designated to improve areas in Lake City, Rockwell City, Lake View and Gowrie. Patients will benefit from more comfortable registration areas, larger restrooms, softer lighting, updated flooring and wall covering, and additional signage to share important health information. “We are grateful for the support and partnership we receive from the people in the communities we serve,” says Ludwig. Photos from the event can be found on the hospital’s facebook page at www.facebook.com/SMCHLakeCity. Trivia Night 2019 will be held on Saturday, February 2nd.
Recognizing Our Trivia Night Donors

Platinum
Chet Johnson Financial Strategies
Macke Motors
Sac County Endowment Foundation
SMCH Anesthesia

Diamond
Jim and Jodi Henkenius
Mid Iowa Insurance
Rockwell City Rotary
United Bank of Iowa
Western Iowa Surgery

Gold
Agents, Inc.
Carroll Broadcasting
Alan and Cindy Carstens
Fanning-Wirth Family
Nancy Flink, PA-C
Heartland Bank
Tim and Marti Huser
Iowa State Bank
Kari and Steve Jones
Dr. Jon and Rachel Judisch
Jim and Kathy Knauss
Lightner Family Farms, Inc.

Silver
Joanne and Kevin Bean
Casey’s General Stores
Robert Craigmile
Holly and Adam Espenhover
Roger and Marlene Glasnapp
Martin Hildreth Company
Iowa Savings Bank
Bret and Mary Ludwig
NEW Co-op
Heather and Greg Paris
Regional Laboratory Consultants, P.C./Iowa Pathology Associates
Seim Johnson
Sparky’s
Deb and Scott Trost
TrueNorth

Bronze
Auburn Feed Center
Justin & Stephanie Bellcock, ARNP-C
Dean and Bev Bruning
In Memory of Howard DeLong
Essentia
Family First Dental of Lake City and Lake View
Kelly Hays
Kalkwarf Dental
Lake City Country Club
Lake View Lumber Company
Kiana & Nate Lamphier
Shirley & Edward Naughton
Mary M. Pratt
Francis and Tammy Riedell
Kevin and Amy Schumacher
Sue & Rick Sievers
Reggie and Betsy Gardner
Deanne and Andy Grantham
Jeff Kruse
Lake View Motel & Suites
Kevin and Joy Monahan Family
Randy and Debbie Nieland
Warren and Linda Norgren
Opportunity Living
John and Judy Panning
Virgil Pettit
Jacob J. Petzenhauser
Kevin Reiter
Marie Schwarm

Live Auction Donors
ArtworX Design Shop
Bill & Pat Albright
Blackhawk Marine
Blank Park Zoo
Boulder’s Inn & Suites
Capri Theater
Alan and Cindy Carstens
City of Lake View
Tom Craig and Jillian Fanning
Des Moines Performing Arts
Marci Duncan
Eckerman Jewelry
Gary Eischeid
Fort Dodge Messenger
Graphic-Advocate
Greener By The Yard
Handmadelowa
Iowa Cubs
ISU Athletics Department
Jane Johnson
Steve and Kari Jones
Dr. Jon and Rachel Judisch
Kathy’s Korner
Lake City Drive-In
Lake City Flowers
Lake City Golf & Country Club
Los Floras Mexican Restaurant
Bret & Mary Ludwig
Lynch’s Mainstreet Bar & Grill
Gus Macke
Opportunity Living
Reflections
Retreat Salon and Spa
Scratch Cupcakery
Spring Lake Golf Club
Sweet Things
Thirsty Carp Bar & Grill
Total BodyWorks
Twin Lakes Golf Course
Twin Lakes Grocery and Grill
Wagon Wheel

John Westergaard
Wightman Group
Mark Wilkins
Wooden Oar

Silent Auction Basket Donors
Kevin and Joanne Bean
Barb Bloess
Crissy Boeckman
Tom and Steph Crabb
Dog Spaw
Reggie Eischeid
Ellen Frank
Handmadelowa
Cyd Hatfield
Jane Janssen
Kings Pointe
Linda Luhring
McCrary Rost Clinic and Community Pharmacy of Gowrie
McCrary Rost Clinic Pod C
Amy, Trisha, Rebecca, Shelby
McCrary Rost Clinic Lake View
Haley McDonough
Molly and Drew Beer Bread Co.
Opportunity Living
Cathy Rardin
Linda Rath
Susie and Daryl Reiling
Sue Ricke
Rustic River Winery
Amy and Mylie Schumacher
SMCH Anesthesia
SMCH Emergency Room
SMCH Finance
SMCH Gift Shoppe
SMCH Lab
SMCH Nutrition Services
SMCH OB Department
Jennifer Snyder
Jenna Sturm
Bryan Thompson
Lisa Wiederin
Jayne Wilhelm
WHEN: Wednesdays, April 11, 18, 25 and May 2
5:00 - 6:00 pm

WHERE: South Central Calhoun High School
Family & Consumer Sciences Room

COST: $20 for the series to cover food costs

TOPICS: Crockpot Meals
Freezer Meals
Healthy Snacks
Cook Once, Eat Twice

With demonstrations and hands-on, classes will include helpful hints, cooking techniques, balanced meal ideas, family friendly recipes, and, of course, tastings!

INSTRUCTORS: SMCH registered dietitians and Cardiac Rehab staff

REGISTRATION REQUIRED:
Call Maurine Thieszen at 712-464-4249
or email mthieszen@stewartmemorial.org
by April 9.
Class size is limited.
2018-2019 Annual Membership
Stewart Memorial Community Hospital Auxiliary

Name_____________________________________________
Phone # ________________________________________

Address _________________________________________
City ______________________________________________
State_________ Zip ____________ Email __________________

_____Annual membership $5  _____ Lifetime Membership $100
SMCH Payroll Deduction $______ (minimum $1) each paycheck through 3/31/19

See back of card for many opportunities our Auxiliary offers!

Order Deadline: Tuesday, May 1, 2018

Pick-up date: Tuesday, May 8th, 1:00-5:00 pm at the Hospital Main Entrance
Three easy ways to place an order:
1. Send this form to SMCH-Attn: Jayne Wilhelm, 1301 W. Main, Lake City, IA 51449
2. Drop form off at the SMCH Gift Shoppe
3. Call Jane Johnson at 712-210-2583 to place an order or if you have a question.
Orders may be placed through May 1st.

Mother’s Day • May 13th

Please mail to:
2018-2019 Annual Membership
Stewart Memorial Community Hospital Auxiliary
1301 W. Main, Lake City, IA 51449
800-262-2614 • www.stewartmemorial.org

You’re Invited
Stewart Memorial Community Hospital Auxiliary

VOLUNTEER APPRECIATION LUNCHEON
NEW LOCATION!
Lower Level Conference Center
Stewart Memorial Community Hospital

Tuesday, April 3, 2018
at Noon

Reservations Are Required
Limited Seating Available
Please RSVP to Jayne Wilhelm
at 464-4183
by Monday, March 26, 2018

It’s time to Renew Your Auxiliary Membership

Clip and Return

Back By Popular Demand
Stewart Memorial Community Hospital Auxiliary

Geranium Sale

Colors: _____ Red  Size: _____ 4” pot—$4.50
       _____ Violet  _____ 8” pot—$15.25
       _____ Salmon  _____ 12” pot—$37.50
       _____ Light Pink

(add $2.00 if you would like your pot wrapped in foil with a bow.)
Cardiac Rehab asks: Have you gotten your steps in?

Anyone who walks past the cardiac rehab department at Stewart Memorial Community Hospital knows there is good work happening. Fitness equipment is whirring and clicking while patients visit with each other and nurses Megan Huster and Trish Jensen. Patients see the benefits to the exercise, regaining strength and finding motivation from the staff and fellow patients. “We often talk about how much daily tasks, like housework and gardening, impact the level of activity. Just because you’re not on a treadmill doesn’t mean you’re not benefiting from exercise,” says Trish.

Patients began asking the nurses about how to track activity when they weren’t in rehab. “We thought it would be a useful tool to our patients to provide them with a FitBit while they were in the program,” says Megan. When she reached out to other rehab programs in northwest Iowa, she discovered their plan was unique. “No cardiac rehab program I spoke with were offering trackers, but they all thought it was a great idea!” she laughs.

Thanks to a generous gift from Peter Farley, an alumnus of the cardiac rehab programs, and his wife, Melanie, SMCH was able to purchase FitBits to be available to any Phase II patient who wishes to use it. After researching several trackers, Megan and Trish determined the FitBit was the best fit for the needs of their patients. The device tracks steps taken, heart rate, floors climbed, calories burned, and sleep patterns. It does not require the user to have a smart phone but can be synced online. The user can check out their numbers on a computer in the department.

“We are so grateful to the Farleys for their support of the cardiac rehab program. Their donation will give others the ability to track their fitness efforts. They’ll be able to see how active they are in their normal daily activities and help encourage them to reach more goals,” says Megan.

For more information about the cardiac rehab program, please visit www.stewartmemorial.org or call 712-464-4118.

Clip and Return

I would be interested in the following SMCH Auxiliary activities:

- ☐ Serving on a Fundraising Committee
- ☐ Distributing publicity for Blood Drives
- ☐ Donate to Bake/Candy/Pie Sales
- ☐ Help Knit Baby Caps/Sew Neck Pillows
- ☐ Be a Gift Shoppe Volunteer or substitute
- ☐ Serve as a Community Representative
- ☐ Help with Committee work
- ☐ Serve as a Committee Leader or Officer
- ☐ Help deliver Meals on Wheels
- ☐ Be willing to help with simple tasks if available when needed.
Amanda and Taylor Bengford are firm believers in natural childbirth. When the Odebolt couple were expecting their first child, they created a birth plan that outlined what they wanted during delivery. When their initial obstetrics provider became unwilling to work with the couple’s plan, they opted to look elsewhere for prenatal care. Amanda heard a radio ad about Stewart Memorial Community Hospital’s OB services, and after reading an article about Stewart Memorial Community Hospital’s providers, Amanda’s grandmother suggested she make an appointment with Dr. Susan Hornback.

The 34 week pregnant mom remembers the visit vividly, “I was very nervous. But Dr. Hornback was completely on board with my birth plan. She understood that I didn’t want to use drugs during and after the delivery. She respected my wishes, never pushing me to do things differently, while also informing me about hospital policies that were put in place for patient safety,” Amanda says.

Dr. Hornback cared for the Lake View chiropractor through her remaining weeks of pregnancy, but due to the close partnership between Dr. Hornback and Dr. Derek Duncan, when it came time to deliver, Dr. Duncan was the doctor on call. “I would like to be there for all my patients’ deliveries, but that’s not possible. I’m so fortunate to have such an excellent partner who loves OB as much as I do!” says Dr. Hornback.

“He had looked over my birth plan also, and had no problems with doing things as I wished,” recalls Amanda. Laughing a little, she continues, “I did change my mind about not having an epidural. When I was dilated 8 centimeters I asked for and received the pain relief I needed to get through the rest of the delivery.” Sadie Lynn was born May 17, 2015, weighing 8 pounds, 4 ounces.

With a growing two year old and a busy chiropractic practice, Amanda was thrilled to discover their family would soon expand. Dr. Hornback again provided prenatal care during Amanda’s pregnancy. “She was so open to my perspective. She even watched a video I recommended, and we shared book suggestions with each other.”

When she was ready to deliver, Amanda labored with the OB nurses Brooke Bass and Ashley Mork. “They were excellent, my rocks. Brooke helped with the epidural which we’d determined to get a little earlier this time, and Ashley was excellent during discharge.”

During the delivery, Dr. Hornback determined the umbilical cord was wrapped around the baby’s neck when her blood pressure began dropping, “Dr. Hornback kept her cool. She had to get the baby out quickly so she had me push when I wasn’t contracting. Taylor and I had no idea that things were getting scary because of her calm demeanor,” says Amanda. Lanni Mae was born on May 14, 2017 weighing 8 pounds, 1 ounce.

When Lanni was one month old, her parents noticed swelling in her right eye. They took their baby to see certified physician assistant Danni Anderson who diagnosed a hemangioma, or birthmark, under her eyelid. Concerned the birthmark would continue to grow and cover her pupil, causing blindness, Danni referred the family to a pediatric dermatologist. The baby was prescribed a beta blocker which has inhibited the growth. “We had an MRI to check the growth of the birthmark,” says Amanda, “and it doesn’t appear to be growing anymore. Surgery is a possibility if it gets larger, but it’s looking like it is going away.”

Amanda’s experience with the births of her children was so positive she recommends the care at SMCH. “All around, the staff at Stewart Memorial is so good - from nursing to dietary (the food was great!) to housekeeping. In my own practice, I see a lot of pregnant women who are unhappy with their care for various reasons. I recommend Dr. Hornback to everyone!”

Amanda and Taylor Bengford recommend Dr. Susan Hornback at Stewart Memorial Community Hospital who they turned to for prenatal care and delivery of their daughters Saydie (2) and Lanni (9 months).
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**
  Suzanne Feigofsky, M.D.

- **Ear, Nose and Throat**
  Tracey Wellendorf, M.D.

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

- **Mental Health Services**
  Kendra Walker, ARNP

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

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

- **Pain Solutions**
  Sarah Crilly, CRNA
  Jeremy Johnson, CRNA

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

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

- **Rural Behavioral Health**
  Melinda Engelmann, LISW
  Amy Riesberg, LISW
  Emile McNace, LISW
  Karla Manternach, LISW

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

New Patients Always Welcome!

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

- Dann Anderson, P.A.-C.
- Tonja Petersen-Anderson, ARNP-C
- Stephanie Bellcock, ARNP-C
- Sarah Crilly, CRNA
- Derek Duncan, D.O.
- Nancy Flink, P.A.-C.
- Megan Grodahl, P.A.-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

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