Mom Relies on SMCH During Challenging Pregnancy

Elyse Schroeder’s third pregnancy was eventful. The mother of 10 year old Christian and 7 year old Jaycee and her husband, Justen, were excited to be expecting their first child together. The Lohrville resident scheduled her check-up appointments with Dr. Susan Hornback at McCrary Rost Clinic in Lake City and attended all the prenatal classes she could, including the Early Bird, Prenatal, and Big Brother, Big Sister classes for her older children. “I never attended classes with my other children, so I took advantage of the offerings at Stewart Memorial Community Hospital. Things have changed in the seven years since I had Jaycee, and I wanted to know everything,” remembers Elyse.

When she started bleeding in her first trimester, she contacted Dr. Hornback who admitted Elyse to the hospital. The bleeding stopped and Elyse was sent home. When she began to experience severe abdominal pain later in the pregnancy she saw Dr. Derek Duncan who diagnosed her symptoms a result of kidney stones. “Dr. Duncan was great! He explained my condition really well! I felt completely comfortable with his care.”

At 35 weeks of pregnancy Elyse began having contractions and tests showed she was retaining extra fluid and that amniotic fluid was leaking. Suspecting the amniotic sac had ruptured (the membrane that protects the fetus as it develops) Dr. Hornback monitored Elyse’s condition closely. Out of concern for the safety of moms and babies, delivery can occur at SMCH at 36 weeks. A baby is considered full term at 40 weeks. “Our goal is to prevent early delivery to avoid complications as much as possible. With an amniotic sac rupture, it is best to rely on specialty care, so we opted to transport her to a facility where she could safely deliver a pre-term baby,” Dr. Hornback explains.

When Elyse arrived in Omaha, she was thoroughly checked and the amniotic leak had stopped. “Sometimes a small leak in the sac can repair itself. Elyse was then discharged and able to return home. She was able to carry the baby to 38 weeks,” says Dr. Hornback.

Elyse recalls, “On March 2nd and 3rd I really wasn’t feeling well, but on Sunday, March 4th I rallied and felt great! We cleaned the house, bought groceries and went for a walk with the kids. But at 4:00 a.m. I woke up feeling bad. I’d been having contractions for several days and my cervix had dilated to 4 centimeters. We decided to go to Stewart Memorial where they checked to see if I’d progressed any further. My cervix was at 7 centimeters. Full dilation is 10 centimeters, so we knew the baby was nearly ready to be born.”

“I had painful back labor, and I was afraid I wouldn’t be able to get an epidural for pain relief. But certified registered nurse anesthetist Jeremy Johnson arrived and was able to administer the epidural. He achieved perfect placement for the shot. I was able to control my legs and push, but the pain was gone.” Raelynn Elyse was born at 11:40 a.m. on Monday, March 5th. She weighed a healthy 7 pounds, 14 ounces and was 20.25 inches long. Elyse’s challenging pregnancy resulted in a beautiful baby girl.

Because Elyse had been monitored during her pregnancy in the hospital, she felt very comfortable with the nursing staff, especially registered nurse Ashley Mork. She comments, “I was with Ashley a lot throughout my difficult pregnancy. Not only was she amazing during labor & delivery, she was with me when I had to be sent to Omaha. She explained everything always so we could understand it, and was extremely compassionate and caring to everyone. She also was great for all the classes I took at SMCH.”

Elyse and her husband were also impressed with the partnership between Dr. Hornback and Dr. Duncan. “I was comfortable with both doctors. They communicated so well with me, explaining everything that was happening. Their level of expertise was amazing. They were appropriately cautious and didn’t take risks that might have jeopardized my health or my baby’s. I am so pleased with the care I received.”
Cradling their newborn in their arms in a delivery suite at Stewart Memorial Community Hospital (SMCH), Randy and Samantha Small feel right at home. The couple have worked at the Lake City hospital for several years in nursing service.

When Samantha was expecting their fourth child she turned again to family and obstetric provider Dr. Derek Duncan for her prenatal care. “I trust Dr. Duncan. He knows me, and he knows my body.” Before Samantha began working for the Lake City hospital, Dr. Duncan had delivered her previous children, Xander, age 8, Zaya, age 6, and Zayne who is 3.

During her fourth pregnancy, Samantha developed preeclampsia at 35 weeks. A condition characterized by high blood pressure in the mother, it can cause serious complications to both mother and baby. “I hadn’t been feeling well for a couple weeks,” admits Samantha. “I mentioned my headache to a co-worker, and she encouraged me to see one of the obstetric doctors in the clinic. Dr. Susan Hornback was able to see me, and she had me monitored in OB to make sure everything was all right. She ran other tests and found the protein levels in my urine had gone up. I then saw Dr. Duncan who was in close communication with a specialist who suggested labor be induced after 37 weeks.”

Dr. Duncan kept a close watch on Samantha’s condition, “The only cure for preeclampsia is delivery. Delivery prior to 37 weeks can result in breathing and feeding problems for the baby. To give the baby more time to develop to avoid complications, I recommended bed rest for Samantha until it was safe for the delivery,” explains Dr. Duncan. For two weeks Samantha rested as much as possible and attended each weekly checkup where her blood pressure and the baby’s health were monitored.

At 37 weeks and 1 day, the couple arrived at the hospital in the early morning for labor to be induced. “We got to the hospital at 6:00 am. At 8:30 the medicine was administered to start contractions,” recalls Samantha. “By 8:00 pm the baby’s head was engaged, meaning he was in position for delivery, and my water broke. Contractions became more painful. My labor team were aware that for me, rocking in a chair is calming, so they made sure I was able to labor while sitting in the rocker in my suite. It made me less nervous and much more comfortable.”

Samantha continues, “By 10:45 the contractions had become unbearable, and Dr. Duncan and the nurses did all they could to make me comfortable until I was ready to push. With only one and half pushes, Xaiden Michael was born.” The eight pound, thirteen ounce healthy baby boy was born April 16, 2018.

Dr. Duncan’s expertise and manner inspired the loyalty of the Pomeroy couple. “He always has a game plan,” says Samantha, “and is prepared for whatever comes up. He’s extremely calm and reassuring. During my pregnancies, labor, deliveries and our growing family, I trust him to make the best decisions and recommendations for the health of all of us. Over the years we’ve had health concerns with our children, and Dr. Duncan is extremely accessible. He’ll call personally to update us on situations, and I know if I need anything I can get hold of him.”

Working at the hospital gives the pair a unique perspective on having children there. She notes, “There is so much compassion and teamwork at SMCH. Everybody is involved in the patient’s care. Everyone is willing to help as needed. I wouldn’t go anywhere else to have my children, and Dr. Duncan is the provider I trust for the health of my family.”

Pictured below: Randy and Samantha Small have trusted Dr. Derek Duncan for prenatal care and the delivery of their four children: Xander, Zaya, Zayne, and Xaiden.
Dr. Derek Duncan is a Board Certified Family Physician and offers a full spectrum of family care including Obstetrics, Pediatrics and Adult medicine in Lake City. Dr. Duncan also focuses on family planning and infertility. He’s a graduate of Drake University, Des Moines University Osteopathic Medical Center and Via Christi Family Medicine Residency Program. He is a member of the American Academy of Family Physicians, and the American Medical Association. Dr. Duncan is an avid Hawkeye fan, enjoys golfing and spending time with his family.

Dr. Susan Hornback is a Board Certified Family Physician and offers Obstetrics, Pediatrics and Adult Medicine in Lake City. Dr. Hornback began her medical career working as a Certified Medical Assistant and then as a Registered Nurse. She attended Des Moines University Osteopathic Medical Center and earned her Doctor of Osteopathic Medicine Degree. Her residency was completed at Iowa Lutheran Family Medicine in Des Moines. She is a member of the American Academy of Family Physicians and the American Medical Association. When Dr. Hornback is not caring for patients, she is spending time with her family.
Giving Back is Motivation for Annual Gift

You could say the third time was the charm for Jim Knauss of Lake City. “I moved to Lake City in 1969, moved away for my career, moved back, left again for work, and then the third time, I retired here,” says Jim who enjoys spending time golfing. Jim and his wife, Kathy, were married in 1990 and together they enjoy the life a rural community offers. “Everyone is friendly, and we have everything we need here,” shares Kathy. Jim and Kathy say they are grateful for the many amenities their community offers. “We use the golf course and library, our extended family uses the new pool, some of our family works at Opportunity Living, and we are very thankful for a local hospital,” expresses Kathy.

Kathy and Jim have relied on the care of the Stewart Memorial Community Hospital team for many years. Usually it is just routine appointments. A few times have been emergent. “Five years ago, I had a heart attack. I went to Stewart Memorial because I was having some pain. My doctor ordered tests which confirmed the heart attack, and I was quickly sent by ambulance to UnityPoint in Fort Dodge where I had three stents put in,” recalls Kathy. As part of her recovery, Kathy started the Cardiac Rehab program at SMCH. “This program is wonderful and it helped me get back to the hobbies I really enjoy like golf and walking,” Kathy shares with positivity. Kathy is also a breast cancer survivor. When she was fifty, she scheduled her annual mammogram at SMCH and the results showed she had breast cancer. “The team was very caring and supportive throughout my entire journey, which is one of the reasons we choose to support our local hospital.”

Jim and Kathy are strong believers in giving back. “It truly is a blessing to be a part of projects in our community that helps others. We have supported efforts like the new pool because it is important for our community, as well as our church and Opportunity Living. We feel the same way about Stewart Memorial Hospital. It’s important that we keep our hospital viable because it does so much for our community as a whole, like providing jobs and education opportunities,” points out Jim, who is happy to share that he is in good health.

For many years, Jim and Kathy have made an annual gift to SMCH to support a wide variety of projects including new labor and delivery beds, and emergency room equipment. “We are really proud of our local hospital. In fact, when we have friends visit from out of town, we always drive them to see the hospital and brag about it a bit!” beams Kathy with a little laugh.

Jim shares, “SMCH has been a part of our lives for many years, good times and in tough times, and we want to do our part to make sure it’s around for generations to come.”
MAKE AN IMPACT

Every gift is important to the future of caring for patients. We thank you for choosing to support the Stewart Memorial Community Hospital Foundation. There are many ways you can give, including those listed below. If you would like more information about how you can help, please contact us and we will help you find the gift method that works best for you.

Cash, Check, and Credit Card Gifts
A gift of cash, check or credit card is a simple way of making an impact.

Honorary and Memorial Gifts
Giving a donation in memory of, or in honor of a loved one is an impactful way to remember someone or commemorate a special day.

A Gift in Your Will or Living Trust
If you desire to make a lasting impact for the patients served by Stewart Memorial Community Hospital, leaving a gift in your Will or Living Trust is a simple way to ensure we can continue our mission for generations to come.

By making a charitable bequest to the Stewart Memorial Community Hospital Foundation, our commitment to providing high quality care to our communities will go on well into the future.

Matching Gifts
Matching gifts from your employer can increase your donation to the Stewart Memorial Community Hospital Foundation. A matching gift program typically matches all or a percentage of employee charitable contributions. The usual process is to complete a simple form from your employer and provide it to the Foundation office at Stewart Memorial Community Hospital.

Celebrating Our Employees

2017 CHAMPION OF THE YEAR
Linda Rath was nominated by a co-worker saying, “Linda works tirelessly for SMCH as Director of Business Offices while always keeping her co-workers’ best interests in mind while working toward SMCH financial goals. Linda has headed up the effort each year for the Adopt a Family and Food Drive for those families that are less fortunate during the holiday season. She does this not for the recognition, but because these are true acts of kindness and comes straight from the heart.”

2018 DAISY AWARD WINNER
Haley McDonough, RN, was nominated by a co-worker saying, “I watched as she took care of one particular patient. She spent a lot of time with him always asking him about his pain. This patient was terminal and she wanted to make him as comfortable as possible. His family was from out of state and she spent time with them on the phone helping them understand his condition.”

2018 DAISY AWARD WINNER
Michelle Thoma, RN, was nominated by a co-worker who said, “Michelle was always there for our patients. She was always so calm and collected, even when things were not going well.”
Kelly Ferry is not afraid to try new things. The Gowrie resident was a paratrooper with the 82nd Airborne Division, an elite division of the U.S. Army specializing in air assault, for 21 years. He lost count of the number of parachute jumps he’d made over the years at 160. During that time, he was seriously injured twice. The most severe injury was caused when his parachute was damaged and he fell too quickly. The impact injured his spine and fractured a vertebrae. Kelly recovered and continued jumping out of airplanes and helicopters until 2001. “Now, at the age of 57, I feel every single one of my jumps,” he says.

A car accident in January 2018 resulted in injuries for which Kelly sought medical attention. A driver attempted to cross a highway in front of Kelly too closely for Kelly to apply the brakes. “I hit their car at 60 mph,” he remembers. He was transported by ambulance to the nearest hospital, treated and released. He decided to seek help in recovering from his whiplash injuries from the Rehab Services department at Stewart Memorial Community Hospital.

Kelly met with physical therapist Branden Roberts. Branden evaluated Kelly’s range of motion and pain levels. “Kelly was unable to move his head without pain. He was able to turn his head 31 degrees one way and 40 degrees the other. Normal range of motion is 60 degrees. His body had locked into a protective state after the accident to avoid further injury. We needed to get his muscles to relax,” Branden notes.

“We started with exercises, using equipment to help me stretch and strengthen muscles,” recalls Kelly. “Branden doesn’t mess around with the exercises. He had me working hard!” He worked with Branden twice a week for an hour each visit. The muscles in Kelly’s neck, however, were guarded and slow to relax. “Branden suggested we try dry needling. When he explained it to me, I said, ‘Let’s do that! Let’s try it!’” Kelly says.

Dry needling is a therapy that utilizes a thin “dry” needle, one that does not inject medicine. The therapist inserts the needle into trigger points, or bands of muscle within larger groups of muscle. The targeted trigger points are knotted or stiffened muscles. The purpose is to release trigger points to relieve pain or improve range of motion. “I feel for the most tender, knotted region of the affected area,” explains Branden, “and then I insert the needle through the skin and directly into the muscle. When I feel the localized twitch response (LTR) which is the muscle twitch, I know I’m in the right spot. Using a pistoning, or up and down, motion with the needle to elicit the muscle twitch, the purpose is to pump out the pain and inflammatory mediators, or substances released from the cells, open blood vessels and allow more oxygen and healing nutrients to reach the tissue.”

“There wasn’t much pain during the dry needling sessions,” says Kelly. “I felt the muscle spasm. Branden is so skilled he could tell how the muscle was feeling without me having to tell him. Afterward I felt like I’d done a major workout with those muscles. The next day, though, I felt great!”

Kelly was impressed with the rehabilitation services staff at SMCH. “I’m so glad I came to SMCH. There is such positive energy in the whole department. By my second visit, the whole department greeted me by name. I felt comfortable with Branden right away. He has a great sense of humor and is an accomplished conversationalist. He can talk about anything. He doesn’t hold back on the positivity. He is sympathetic about the pain you’re feeling, and he knows what the muscles are doing. I came away from the whole experience with a lot of respect for what physical therapists do.”

Dry needling was only one of the therapies for Kelly says Branden. “We also did a lot of stretching and various other exercises. Kelly works overnights at Walmart as part of the mod crew. His work is very physical - resetting shelves with seasonal appropriate settings. He does a lot of lifting, reaching, and carrying for his job. Towards the end of his physical therapy we did some workplace simulations to get him ready to return to work. I’m very pleased with the results of Kelly’s therapy. His range of motion is unrestricted, and his pain is vastly improved.”

“I’m really glad I came to SMCH. It is a great atmosphere all around,” Kelly comments. “It’s important for people to know dry needling is an option. The benefits are great! In my experience, dry needling is a tool that definitely benefits the patient. I strongly recommend it and the therapists at SMCH to anyone.”

For more information about physical therapy services at SMCH, call 712-464-4244 or visit our website at www.stewartmemorial.org.
A day spent in one of his gardens or in his kitchen making a batch of delicious bread is Mike Schultz’s idea of a good time. The active 70 year old spends as much time as possible growing vegetables in his two large gardens and cooking, canning, and baking with the results. The former plumber/electrician also helps friends and family with home repairs in his spare time.

In the past, Mike struggled with back pain. “In the early 2000s I ruptured a disk in my back. I was in the hospital for a week. When I was released I had to return within a few hours because of the pain. I was given an epidural which helped for several years,” Mike recalls.

When his pain returned, Mike sought help at Stewart Memorial Community Hospital’s Pain Solutions Clinic. His first consultation with certified registered nurse anesthetist Sarah Crilly, who co-directs the Pain Solutions Clinic with nurse anesthetist Jeremy Johnson, consisted of a long conversation. Sarah explains, “It’s really important to listen to the patient’s story. We talk about past injuries and other therapies that have been tried. We do a thorough physical assessment to identify where the pain is located. We talk about what activities cause it and how the patient has adjusted his lifestyle due to pain.”

Because Mike had received an epidural in January 2017 that hadn’t provided much relief, Sarah suspected his pain wasn’t being caused by a herniated disk. 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. “She thought the pain might be in the joints along the spine,” says Mike.

“Just as you can get arthritis in your major joints like hands, hips, and knees, you can experience debilitating pain from the joints of your spine. I thought Mike might be a candidate for radiofrequency ablation. RFA, which has been around for many years, is a procedure which targets nerves near the facet joints along the spine to stop the pain signals. At SMCH, RFA is performed under fluoroscopy (live x-ray) for guidance in properly targeting and placing the needle,” says Sarah.

Before RFA could be performed, protocols required two diagnostic injections to see if the medicine would provide pain relief. “I was awake during all the procedures,” says Mike. “It was pretty pain-free and non-invasive. Sarah first injected a numbing agent so I’d be more comfortable and then she did the RFA.”

Sarah explained Mike could experience pain relief for six to eighteen months, possibly longer depending on his level of activity. Since nerves regenerate, RFA can be repeated as needed. Afterward Mike was surprised by how great he felt, “Before the procedure I had trouble sleeping since I couldn’t get comfortable. I was irritable. I’m not much of a pill person, so I didn’t take much for pain relief. After Sarah was finished I felt I could go right back to work. Sarah and Jeremy have fresh ideas for pain relief. I’m so glad this worked!”

“At Stewart Memorial, we are very much invested in the long-term quality of life for our patients. We’ve purchased state of the art equipment to ensure we can perform progressive treatments that will be effective for our patients,” notes Sarah. “Additionally, we spend a great deal of time educating patients about treatment options. We are available five days a week. Patients experiencing chronic pain should talk to their primary care provider about a referral to our Pain Solutions Clinic.”

For more information about pain solutions at SMCH, call 712-464-4250.
SMCH Welcomes Two Board Members

The Stewart Memorial Community Hospital board of directors welcomes Carmen Hood of Lohrville and Jordan Lietz of Yetter to its membership. Carmen grew up in Alden, in north central Iowa, in a family of ten children. Her father was a farmer, and her mother worked for HyVee. She married Mark Hood from Lohrville and together they raised three daughters, Stephanie, who graduated from Dordt College in May with a degree in ag business, Jennifer, who is attending St. John’s University in Queens, New York majoring in legal studies, and Audrey, a sophomore at South Central Calhoun High School.

When Audrey was a baby, Carmen earned a bachelor degree and teaching certificate from Buena Vista University in English and history. “I substitute taught for awhile, but we made the decision that I would work at the locker full time in order to be more fully invested in our business,” recalls Carmen. She and Mark have owned and operated the Lohrville Locker for 24 years, which does custom processing for area livestock producers along with retail sales. Carmen’s role at the locker involves customer service, production, billing, and courtesy calls. Carmen values the relationships she’s built over the years with customers and employees, “I love helping people. I’ve known many of our customers for several years, and I enjoy the connections I’ve made.”

The busy couple raise Charolais cattle with a herd of about 100, and are active members of the Iowa Charolais Association. They also own and operate Clover Ridge hog confinement. When Carmen is not busy with work, she is enjoying her family, often camping with her husband and children, and cooking with the freshest ingredients she can find. She and Mark also love to take day trips in their convertible, enjoying the Iowa scenery.

When Carmen was approached about serving on the board of directors at Stewart Memorial Community Hospital she says, “I live by the idea that if you give, you’ll always have, meaning that giving of yourself and your time will be repaid in numerous ways. My husband and I work closely together, but I was looking for something that would be all mine. Self-development interested me as well as serving my community.”

As she has been exposed to the history of the hospital and current practices, Carmen has been surprised to learn how the hospital has invested in its people. “SMCH has continually strived to not only provide the most up-to-date services for its patients by updating equipment and bringing in specialists, but it serves its employees as well. The culture at the hospital encourages staff to seek educational and training opportunities.”

She is excited about what she can offer the board. “My approach to our family business is financially conservative. I think that’s a strength I bring to the board. What I do for a living is not all of who I am. I have a lot to offer, and I want to rise to the occasion and learn as much as I can.”

Growing up in Yetter, Iowa, Jordan Lietz never imagined he would return to the area after college graduation. “I thought I’d go to the big city and start my career,” says the loan officer at Iowa Savings Bank in Lake City. “But then reality set in with the expense of being a recent college graduate and having other expenditures, and I decided to return to my hometown.”

The son of Mark Lietz and step-son of Cathy Lietz, Jordan has deep connections to the area. “My aunt and uncle, Pam and Short (Roger) Hicks, owned the Wagon Wheel for many years, my dad farms and Cathy works at Celebrations to Go. I grew up here, and I was looking for ways to get more involved with my community.” That opportunity presented itself to Jordan when he was asked to serve on the board of directors at Stewart Memorial Community Hospital.

The Iowa State University graduate is putting his finance degree to good use. After graduation, he worked for AFLAC until the position at the bank became available. Jordan enjoys his work a great deal. “I enjoy meeting new people. My favorite part of my job is helping people reach their dreams and goals and watching them grow.” In his spare time, Jordan enjoys golfing, bowling, fishing and outdoor sports. He is a Kansas City Chiefs and Iowa Hawkeyes fan, attending the Iowa versus Nebraska football game every year with friends.

Jordan is a member of the Lake City Betterment group and serves as its treasurer. “I met Cindy Carstens, CEO at SMCH, while serving on the Betterment, and I knew fellow board member Scott Nesbitt. When Mary Reiter, director of radiology at SMCH, recommended me for the position, I felt like I could bring a fresh perspective to the board. With my financial background, and being a recent grad, I might look at things a little differently.”

He says, “I’m excited to learn more about how the hospital operates. During orientation, CFO Jim Henkenius talked about how the hospital is reimbursed from insurance companies, and I found it fascinating. I also hope to gain a better understanding about the partnership between the hospital and the communities it serves.”

Jordan and Carmen began their first three year terms in April 2018.
Lake City resident Trish Christensen is a busy mom. With six adopted children, one child she gave birth to, and five step-children, her plate would seem full. However, Trish is also a foster parent, having hosted a total of 32 children in her home over the years. Currently, she has three foster children, ages 7, 6 and 20 months, living with her. Her free time is limited, and when Community Pharmacy in Lake City found a way to save her extra trips to the pharmacy each month, she was definitely interested. “I have a few prescriptions for myself. I also have one child who is on 7 different medications. With multiple children on different meds, I was coming to the pharmacy each week.”

Pharmacist Bret Francis explained a new service, called SimpleSync, to Trish. “It’s a medication synchronization program. When a patient is on multiple medications, she can enroll in the program. At the pharmacy we coordinate all the prescriptions into one monthly pickup. We can combine an entire family’s medicines, so it’s one easy stop.”

Enrollment in the program is free at any Community Pharmacy location in Lake City, Lake View, Gowrie and Rockwell City. The pharmacist will discuss the patient’s medications and work out a plan to synchronize the prescriptions. Jenna Sturm, pharmacist, explains, “We may need to partially fill a prescription once or twice to sync it with other medicines to get them all to align on a single day.” The patient then selects a convenient fill date.

“We will call the patient about a week prior to the pick up date each month to make sure the prescriptions are the same, get any refill requests, and to remind the patient of the date the medications will be ready,” says Jenna. “At Community Pharmacy we’re always looking for ways to improve care for our patients, and we’re excited to offer this service that not only is a convenience but also improves compliance in patients, making sure they’re taking medicines as prescribed.”

Trish enthuses about the program, “It is great! SimpleSync saves a lot of time. I used to try to manage my family’s medications so there were fewer visits to the pharmacy. Now I don’t have to worry about it. Instead of a weekly trip to the pharmacy, I’m now able to come once a month.”

For more information about SimpleSync, contact Community Pharmacy in Lake City at 712-464-6416, Lake View 712-665-8554, Gowrie 515-352-3876, or Rockwell City 712-297-7337.
Auxiliary members were honored in April for their service and commitment to Stewart Memorial Community Hospital (SMCH) in Lake City. Nearly seventy SMCH Auxiliary members attended the annual Volunteer Appreciation event hosted by the hospital. A special presentation of $67,000 was made to the hospital by the auxiliary from funds raised in 2017 to be used for the hospital’s Patient Centered Healing Environment project.

SMCH Chief Executive Officer, Cindy Carstens, welcomed guests to the event and gave the invocation. The luncheon was served by SMCH administration and staff and Lake City Mayor Tyler Holm. Carstens expressed her appreciation to the volunteers by stating, “For your service to Stewart Memorial Community Hospital, our patients and staff, we are very grateful and we thank you. You so generously give your time and talents, and today we are honored to celebrate you, our volunteers.” Carstens keynote address focused on the Master Facility Plan for SMCH. The presentation highlighted the goals of the hospital and what the future plans are for a renovation project. Cindy showed plans to the group with the goal of breaking ground within the next 5 years.

Mary Ludwig, director of marketing, development and volunteers at SMCH, thanked the volunteers for their service and gave an update on the Patient Centered Healing Environment project. The project involves the remodeling of restrooms and exam rooms at McCrory Rost Clinics in Lake View, Lake City, Rockwell City and Gowrie to meet current Americans with Disabilities Act requirements along with paint, carpet and lighting. Ludwig informed the group the Gowrie and Rockwell City projects are near completion and the Lake View clinic is now underway. The volunteers enjoyed entertainment provided by the South Central Calhoun Titanium A Capella Group under the direction of Ms. Cayla Morton.

Each Auxilian attending received a water bottle with lemonade packet and a bookmark as a sign of appreciation and encouragement to relax with a glass of lemonade and enjoy a good book. To learn more about the Stewart Memorial Community Hospital Auxiliary or to become a member, call Mary Ludwig or Jayne Wilhelm at 712-464-4183.

Cookie Challenge

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

September 5th - 7th

Vote for your favorite team by purchasing decorated cookies for just $1.00 each

All proceeds benefit your SMCH Auxiliary sponsored projects!

If you are able to help decorate cookies at 11:00 am on September 4th, please contact Jayne Wilhelm at 712-464-4183
Join us for a Lunch Connection at Stewart Memorial Community Hospital on Wednesday, August 8th, 12:00 noon. Dr. Suzanne Feigofsky, will present “Ladies: Love Your Heart.” Lunch Connection is held in the Lower Level Conference Room at Stewart Memorial Community Hospital. Cost of $5 includes program and lunch.

Call Jennifer Snyder at 712-464-4214 for reservations by Thursday, July 26th. To learn more about the services offered by Stewart Memorial Community Hospital, visit us at www.stewartmemorial.org. Find us on Facebook at www.Facebook.com/SMCHLakeCity.

Team SMCH donates to American Cancer Society

Throughout the year, Relay for Life Team SMCH raised money in various ways including a pumpkin decorating contest, selling cinnamon rolls donated by Donna Westcott, selling t-shirts, selling candy cane grams, sub sandwiches sale and hosting potlucks. The team donated $5,800 to the American Cancer Society at the June 7th Relay for Life event held in Rockwell City. Shown above are team members (front row, left to right) Jess Heinrichs, Lisa McGuire, Jodi Henkenius, Jennifer Snyder, Casey Wetter, Bethany Morrow, Brenda Korleski, Valerie Mapel, Jess Drees, (second row) Kari Jones, Deb Trost, Michelle Shaver, Deb Harms, Carmen Schamel, Lisa Wiederin, Sue Sievers, Lori Lasher, Courtni McLaughlin, Kiana Lamphier, (third row) Jayne Wilhelm, Tina Snyder, Jane Janssen, Brenda Buss, Joanne Bean, Sherry Lampe, Maurine Thieszen, Jim Henkenius, Pam Hospelhorn, and Mike Meyer.

SMCH to host Lunch Connection on “Ladies: Love Your Heart”

Join us for a Lunch Connection at Stewart Memorial Community Hospital on Wednesday, August 8th, 12:00 noon. Dr. Suzanne Feigofsky, will present “Ladies: Love Your Heart.” Lunch Connection is held in the Lower Level Conference Room at Stewart Memorial Community Hospital. Cost of $5 includes program and lunch.

Call Jennifer Snyder at 712-464-4214 for reservations by Thursday, July 26th. To learn more about the services offered by Stewart Memorial Community Hospital, visit us at www.stewartmemorial.org. Find us on Facebook at www.Facebook.com/SMCHLakeCity.
Stewart Memorial Community Hospital
1301 W. Main
Lake City, IA 51449

Health Care
Connection
Summer 2018

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 Welleford, 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.

- **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.

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, sex, sexual orientation, gender identity, or sex.

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-464-4203.

**注意:**如果您使用繁體中文,您可以免費獲得語言援助服務。請致電1-712-464-4203.