Farmer’s Recovery Aided by SMCH Rehab Services

September 15, 2017 began as any other day for Keith Kies of Lake View. After dinner the busy farmer helped his sons unload new pigs. With rain in the forecast and hay on the ground, Keith decided to bale that afternoon. When he noticed netting caught in the baler, he stopped the tractor and worked at removing the netting. “I had about half the net cut out when I felt the tractor move.”

He jumped out of the baler and ran alongside the tractor, thinking he would get it stopped. Instead, his foot got caught under the tractor tire, pulling him under the wheels. The tractor and baler rolled over his chest and head.

With multiple injuries, Keith reached for his cell phone, which he discovered damaged. “All I could think about was my boys, Nick and Spencer, needing me for harvest,” he recalls. With that thought in mind, he began crawling toward the tractor which had come to a stop. Not moving fast enough, he stood up. “That’s when I realized my ankle was broken.” He managed to get to the tractor and drove it for a mile until he reached Highway 71. When no one stopped to help, he pulled the tractor and baler across the road, forcing traffic to stop. Police arrived and called for a helicopter to transport him to Stewart Memorial Community Hospital (SMCH) where he was stabilized and transported to a hospital in Des Moines.

Internal bleeding required surgery in which Keith’s spleen was removed and his liver was packed to stop the bleeding. Both of his lungs were punctured and collapsed. His windpipe was crushed, ankle fractured, and the meniscus in his knee was torn. He had broken vertebrae, and every single rib was broken. Surgery was performed to adhere titanium to his broken ribs, and Keith was put into a medically induced coma. His wife, Melodee, was by his side during the 57 days of his hospital stay.

When Keith was released, he arrived home unable to

Pictured left: Keith Kies is flanked by Amanda Kerber and Lisa Findley, occupational therapists at Stewart Memorial Community Hospital, who helped him recover after a devastating farm accident.
walk or care for himself. Friends carried him into the house and to his couch. After doing his home healthcare admission, Holly Wuebker, a homecare nurse at SMCH, updated Amanda Kerber, occupational therapist (OT) at SMCH, about Keith’s need for extensive assistance and equipment to help him with daily activities. “Holly let me know Keith was in need of a lot of extra equipment in his home. Once he was released from the hospital in Des Moines, he was unable to bring himself to a stand, walk, or even use his left arm functionally, which made it impossible for him to dress himself, stand at the sink to get ready, bring himself to the bathroom, and all other activities he once completed on a daily basis,” comments Amanda.

During Amanda’s first OT visit, she assessed Keith’s home for any safety concerns and what equipment was necessary to help him accomplish daily tasks. It took extensive assistance for Melodee and Amanda to help him stand. That first day he was only able to take a few steps to a commode placed near him. “Home Safety Assessments are vital for a safe discharge home for any patient who has had a change in health affecting their ability to move or take care of themselves,” says Amanda. The following visits were spent increasing range of motion in his left arm in addition to strengthening. Focus was also placed on increasing his endurance so he could participate in the daily activities that were important to him. Amanda helped to get his first floor bathroom adapted and brought a platform walker for his use.

One of Keith’s initial OT short-term goals was to stand for 3-5 minutes with the walker while Amanda held on to him. This goal was initiated so Keith would have the endurance needed to stand at his sink, stand while dressing himself, and eventually help his sons with livestock chores. He progressed to standing for 15 minutes on his own by the end of home health occupational therapy. Amanda also created a daily schedule for Keith to help with motivation, and she educated Melodee on proper lifting techniques to avoid injuring her back when Keith initially needed more assistance.

While Keith was working with Amanda, physical therapist Kay Crabb also worked with him in his home. “We worked primarily on strengthening and increasing Keith’s endurance. His goal was independence when walking and standing and being able to get in and out of a chair and bed,” says Kay.

To improve his swallowing and breathing, Keith saw a specialist who removed part of his windpipe and inserted a temporary balloon to stretch the organ. Speech-language pathologists Rachel Judisch and Courtney Bostwick worked with Keith to assess and improve his ability to swallow. They also gave him diet recommendations and taught safe swallowing strategies.

After 8 weeks of intensive therapy in his home, Keith moved on to the next phase of his treatment. Able to drive himself to the Lake City hospital, he began working with occupational therapist Lisa Findley and OT student Marie Drey to improve the movement of his left arm and shoulder. His surgeries had left scar tissue, which made moving his shoulder difficult and painful. “The purpose of occupational therapy,” explains Lisa, “is to help the patient be able to complete daily activities. After his rib surgery, scar tissue built up and inhibited his range of motion. We stretched his muscles and ligaments and completed exercises to release the scar adhesion, increase his range of motion and strengthen his shoulder.” After nearly three months of therapy, Keith was able to dress himself more easily, climb a ladder and get into his tractor. As part of Keith’s outpatient therapy program, he also worked with physical therapist Laura Hejtmanek before and after his knee replacement surgery to further regain his strength and mobility for walking post surgery.

“I wasn’t going to sit in a chair when I came home. I’m impatient and wanted to get better as quickly as possible. Therapy is hard work and work is therapy. I did the exercises at the hospital and came home to help my sons with chores on the farm. I weed the gardens, take care of the livestock, power wash the hog units - anything the boys need me to do. I keep working and keep getting better all the time.”

Keith is grateful to the people in his life. “Melodee, Nick, Spencer, and my daughter, Natasha, supported me every step of the way. I’m very proud of them. My sons worked very hard with harvest, taking care of the animals, and I’m touched by all the offers of help from friends and neighbors. All the people praying for me certainly helped in my recovery. Farm safety is crucial, even when doing tasks you’ve done a thousand times. An accident affects the rest of your life and the lives of your loved ones.”

He credits the therapists at SMCH with helping him reach his ultimate goal - to get back to the condition he was in prior to September 15th. “These people are like family. I was always greeted with a smile, and I got to know them quickly. They gave me the tools to work hard. Therapy hurts; it takes work. But work is the cure,” says Keith.
Climbing in and out of a telephone booth sized piece of equipment, Rita Desbiens breathes a sigh of relief. For the Churdan resident, her annual pulmonary function test has gotten much easier.

Rita, who was diagnosed with chronic obstructive pulmonary disease (COPD) in 2003, submits to testing each year to check the progression of the disease and effectiveness of her medications. “COPD causes me to get out of breath more easily. It affects my muscle weakness and stamina,” says Rita.

The equipment, a pulmonary function testing (PFT) machine, tests how well her lungs work. The machine measures lung size and air flow. Rita describes the experience, “When I’m in the machine I take a deep breath and then force all the air out and breathe in again. Then I’ll take a dose of my inhaler and do the test again to see how well the medicine works.” Results from the test are then sent to a pulmonary specialist who follows up with Rita.

Stewart Memorial Community Hospital recently purchased a new PFT machine, thanks to a generous gift from the estate of Delmar Phillips of Lake View. The gift was designated specifically for the purchase of diagnostic equipment.

The new machine replaces an 18 year old unit that took nearly 45 minutes to complete the test. With the new machine, Rita is finished within 15 minutes. “I used to dread the test because it was so time consuming. The new machine is so fast! I was pleasantly surprised,” comments Rita.

She continues, “My husband and I like the hospital in Lake City. The staff are knowledgeable and communication is really great. We feel comfortable asking questions. We’re very thankful to be able to see our specialists and have testing and procedures completed here.”

Cindy Carstens, CEO at SMCH comments, “As SMCH continues to strive to provide medical services locally, gifts, such as the one SMCH received from the Delmar Phillips estate, enable our organization to continue to provide exceptional care to the communities we serve. The new PFT equipment assures coordination of care for our respiratory patients and their pulmonologist so they can live the life they desire.”

Tammie Riedell, director of respiratory therapy at SMCH says, “Without the donation from the Phillips estate, we would not have been able to upgrade our equipment. Now we are able to conduct the testing our patients need more efficiently and accurately. Pulmonologists around the area are referring their patients to have the testing done at SMCH because of this new machine and how we run the tests. The PFT machine is a great diagnostic tool, and we are thankful to the Phillips estate for providing it.”

In addition to annual donations, the SMCH Foundation is grateful to receive estate gifts of cash, securities, personal property and real estate to support programs and services. Estate gifts help ensure that the entire SMCH health care team can continue to provide exceptional care for every patient. As the Foundation moves forward to help SMCH meet new challenges, grow services, and provide opportunities, all gifts, no matter the size, help provide critical support to the hospital.

For more information on estate planning, please contact Katie Smith, Development Director, at (712) 464-4117 or email: kmsmith@stewartmemorial.org
Specialty Providers Welcomed at SMCH

**Benjamin Bissell, M.D., F.A.A.O.S.**

*Board Certified Orthopaedic Surgeon*

*Fellowship Trained in Orthopaedic Sports Medicine including Hip, Knee, & Shoulder Arthroscopy*

*Medical Education: University of Nebraska College of Medicine*

*Fellowship: University of Michigan, Trained in Orthopaedic Sports Medicine/Shoulder Surgery*

*Residency: University of Vermont*

Dr. Benjamin Bissell has been practicing orthopaedics for over 20 years and has a broad experience in comprehensive orthopaedic sports medicine. His specialties include arthroscopy including complex cases, and medical and surgical glaucoma management. He has served as a clinical instructor in the Department of Ophthalmology at the University of Minnesota and teaches resident physicians eye surgery at the VA Hospital in Minnesota.

In 2008, Dr. Bissell founded Global Eye Mission, a mission organization created to facilitate the development of long-term eye programs around the world. During that time, he accepted an invitation from a mission hospital in Indonesia to help start a new long-term eye program in Indonesia on the island of Borneo. From 2008-2013 Dr. Bissell and his family lived in Indonesia, and he held a position at Bethesda Mission Hospital training an Indonesian ophthalmologist and a group of nurses to establish a new eye program to serve the dire needs of their communities.

Dr. Anderson has professional associations with American Academy of Ophthalmology, Minnesota Academy of Ophthalmology and the Minnesota Medical Association. He has been seeing patients with Wolfe Eye Clinic since August 2018.

**Steven Meyer, M.D., F.A.A.O.S.**

*Board Certified Orthopaedic Surgeon*

*Fellowship Trained Orthopaedics and Pediatric Orthopaedics*

*Medical Education: University of Iowa College of Medicine*

*Fellowship: University of Iowa, Trained in General Orthopaedics and Pediatric Orthopaedics*

*Residency: University of Kentucky, Shriner's Hospital*

*Internship: McKennan Hospital*

Dr. Steven Meyer is a board-certified orthopaedic surgeon. He joined CNOS after his residency at the University of Kentucky, Shriner’s Hospital.

Dr. Meyer received his medical degree from the University of Iowa College of Medicine. He is fellowship trained in general orthopaedics and pediatric orthopaedics.

**Steven O. Anderson, M.D.**

*Comprehensive Ophthalmologist treating Glaucoma, Cataracts, and Other Ocular Disorders*

*Medical Education: Northwestern University Medical School with honors being elected into the Alpha Omega Alpha Honor Society*

*Residency: University of Minnesota*

Internship: Hennepin County Medical Center

Dr. Anderson has been practicing ophthalmology for over 20 years and has a broad experience in comprehensive ophthalmology. His specialties include cataract surgery including complex cataract cases, and medical and surgical glaucoma management. He has served as a clinical instructor in the Department of Ophthalmology at the University of Minnesota and teaches resident physicians eye surgery at the VA Hospital in Minnesota.

In 2008, Dr. Anderson founded Global Eye Mission, a mission organization created to facilitate the development of long-term eye programs around the world. During that time, he accepted an invitation from a mission hospital in Indonesia to help start a new long-term eye program in Indonesia on the island of Borneo. From 2008-2013 Dr. Anderson and his family lived in Indonesia, and he held a position at Bethesda Mission Hospital training an Indonesian ophthalmologist and a group of nurses to establish a new eye program to serve the dire needs of their communities.

Dr. Anderson has professional associations with American Academy of Ophthalmology, Minnesota Academy of Ophthalmology and the Minnesota Medical Association. He has been seeing patients with Wolfe Eye Clinic since August 2018.
When You Need Surgery... Our Team is Ready

When you need surgery, rely on the outstanding surgical team at Stewart Memorial Community Hospital in Lake City. Our modern surgery center and exceptional team offers first class service to you and your family. We provide private recovery suites, made to order meals, and personalized nursing attention. Our surgeons are highly trained in many surgery procedures, including general, orthopaedic and cancer. When possible, minimally invasive surgery techniques are used so you can recover quicker with less pain.

General/Gynecological
- Abdominal Surgery (Colon, Gallbladder, Hernia, Hysterectomy)
- Cystocele or Rectocele Repair
- Laparoscopic Surgery (Gallbladder, Appendectomy, Tubal Ligation, Hysterectomy)
- Cesarean Section
- Breast Biopsy
- Mastectomy and Lumpectomy
- D&C
- Excision Lesions, Cysts, Tumors
- Pilonidal Cyst Excision
- Hemorrhoidectomy
- Vasectomy
- Venous Access Port Placement

Orthopaedic
- Fracture Management (Cast)
- Open Reduction Internal Fixations (Plates & Screws)
- Hand Surgery (Carpal & Cubital Tunnel, Ganglion)
- Total Joint Replacement

ENT
- Ear Tube Placement
- Tonsillectomy
- Adenoidectomy
- Nasal/Sinus Procedures
- Neck/Facial Lesion Excision

Ophthalmology
- Cataract Surgery

Podiatry
- Foot/Ankle Surgery

GI Endoscopy
- EGD
- Colonoscopy

Pain Management
- Lumbar & Cervical Steroid Injections

Urology
- Cystoscopy
“Exploring Healthy Cooking”
Classes Offered by SMCH

WHEN:  Tuesdays,
       November 20, November 27,
       December 4, December 11
       4:30-5:30 pm

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

COST:  $26 for the series to cover cost of supplies

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

With demonstrations and hands-on instruction, classes will include helpful hints, cooking techniques, balanced meal ideas, family friendly recipes, and, of course, tastings! A few seasonal ideas will also be included.

INSTRUCTORS:  SMCH registered dietitians and cardiac rehab staff

REGISTRATION REQUIRED:
Call Maurine Thieszen at 712-464-4249
or email mthieszen@stewartmemorial.org
by November 16.
Class size is limited.
Fran Kelley-Kuhrt made an appointment with her medical provider, advanced registered nurse practitioner Barb Weber, at McCrary Rost Clinic in Rockwell City. The Pomeroy resident had been feeling tired, “I’m not a napper, but I was finding myself resting during the day. Also, I normally drink a lot of water, but I was feeling extra thirsty and experiencing urgency to urinate.”

During her appointment on a Friday, Fran’s blood was drawn and her fasting blood glucose levels were tested. “It was over 300 mg/dL,” recalls Fran. “Barb thought it could be a fluke so she had me come back on Monday. My blood glucose that day was over 200 mg/dL.” According to the American Diabetes Association (ADA), normal fasting plasma glucose levels are less than 100 mg/dL. “My A1C was 9.4%,” Fran remarks. A1C testing reveals the average blood glucose levels for the past 2 to 3 months. The Mayo Clinic says an A1C of less than 5.7% is normal.

Barb delivered Fran’s diagnosis of type 2 diabetes. The ADA describes diabetes as a condition where blood glucose (sugar) levels rise higher than normal. For someone with type 2 diabetes, the body does not use insulin properly. The pancreas at first will make extra insulin, but over time it can’t keep up to keep blood glucose at normal levels.

Barb prescribed medication to be taken twice a day and referred Fran for diabetes education at Stewart Memorial Community Hospital. The 4 sessions are held over a 3-4 month period. Each session is 1 1/2 to 2 hours in length with diabetes educators Maurine Thieszen, RD, LD, CDE, Megan Jondle, RN, and Patricia Jensen, RN.

“When I was first diagnosed,” says Fran, “I went through something like the stages of grief. I was in denial and I certainly felt sorry for myself. I didn’t understand what was happening in my body. It was betraying me and causing big problems.”

During the sessions with the diabetes educators, Fran learned a lot about what it means to have diabetes, including the increased risk for kidney disease, nerve damage, eye disease, strokes, and heart attacks. One of the most effective demonstrations for Fran was when she was shown two test tubes with liquid inside to represent her blood. One tube also contained a substance to represent elevated glucose. When turned upside down the blood in the high glucose tube ran very slowly. “No wonder I was so tired with all that extra stuff in my blood,” comments Fran. “It was a very impactful image.”

Fran also learned how she can take charge of her disease. “I’ve always been a label reader. Now I zero in on the carbs and fats,” she says. The body turns carbohydrates into glucose so a person with diabetes needs to be aware of the amount of carbs she is eating. “Portion control is so important. I still cook the foods my husband and I love, but now I just eat smaller portions. It helps me to not feel deprived.”

The course emphasizes self care, which means monitoring what is eaten, taking medications, exercising appropriately, measuring and managing blood sugar levels, and being prepared for possibilities and challenges. For Fran the sessions helped her to take her condition seriously. “This is my life now, and I had to figure out how to manage my life to manage my diabetes,” she says.

A year after her diagnosis and completing the diabetes program Fran is feeling good. “I’ve lost 20 pounds by controlling my portions and exercising regularly. My A1C has dropped to 5.5%. I’ve learned to take care of myself to avoid the complications of the disease. I am so glad Barb referred me for this program. It encouraged self-care and helped me feel in charge.”

For more information about the Diabetes Self-Management and Support program at SMCH, please call 712-464-4249 or visit www.stewartmemorial.org.

Diabetes educators Maurine Thieszen (seated, left), Patricia Jensen and Megan Jondle (standing) helped Fran Kelley-Kuhrt (seated, right) learn to manage her type 2 diabetes through the SMCH Diabetes Self-Management program.
Meet the 2018 SMCH Auxiliary Officers

Marie Schwarm, President
Marie, a Lake City resident, is mother to Katie Shafer and Susan Albright. She has seven grandchildren. She is retired after 38 years of service to AT&T. Marie is a member of St. Paul’s Lutheran and Presbyterian Church where she serves as treasurer of the church council. She is co-president of St. Paul’s Women of the Evangelical Lutheran Church of America, and she volunteers at South Central Calhoun Elementary School.

Marie has been a member of the Stewart Memorial Community Hospital (SMCH) Auxiliary for five years. She has helped the auxiliary raise funds in various ways, including bake sales, candy and jewelry sales, cookie decorating, and Trivia Night. Her goal for her tenure as president is to be a good representative of a great bunch of hard-working ladies. She says, “I hope to gain a better knowledge of this wonderful hospital and hopefully additional friendships with the warm, sweet ladies of the Auxiliary.”

Joyce Schleisman, Vice President
Joyce and her husband, Jerry, live in Lake City where they raised five children: Lori Messer, Brian Schleisman, Jason Schleisman, Heather Pallister, and Sean Kuhl. They have 16 grandchildren. She retired after serving 27 years as executive secretary at Opportunity Living.

A member of the SMCH Auxiliary for 20 years, Joyce has helped raise money by volunteering for bake sales and other fundraising sales. Since her retirement, she has enjoyed volunteering in the gift shoppe at the hospital. Her goal for the Auxiliary is to facilitate an inviting and prosperous gift shop to benefit the hospital. Joyce comments, “I feel it is important to maintain a quality hospital and do the very best to help in anyway.”

Jean M. Blum, Treasurer
Auburn resident Jean Blum and her husband, Jerry, have four children, 11 grandchildren and 6 great grandchildren. She works part time for H&R Block and is involved with the American Cancer Society on the Accounting Team for Relay for Life.

An Auxiliary member for two years, Jean has volunteered in the gift shoppe, at bake sales and the geranium sale. Her goals for her tenure as an officer are to meet the Auxiliary’s fundraising goals and to help recruit new members. She looks forward to becoming acquainted with other Auxiliary members and hospital staff.

Kathy Baker, Secretary
Kathy and her husband, Bob “Bake”, are the parents of Jeni Flickinger, Donald Baker, Pam Brabec, and Susi Schumacher. They’re the proud grandparents of ten. Kathy retired from New Coop, but returns to work when needed. She is involved with her church, serving as secretary in two groups at the Lanesboro United Methodist Church, and her community neighborhood watch.

Kathy is a 50-year member of the SMCH Auxiliary, but says she has become more active with the group in the last two years. She has served as a gift shoppe volunteer and on the Trivia Night executive committee. She hopes to continue to involve more people with the auxiliary and to help the communities served understand the importance of a growing hospital. She comments, “Already I have gained so much from interacting with new people and learning a lot about our local hospital.”
Stewart Memorial Community Hospital Earns Top Work Places 2018 Award

Stewart Memorial Community Hospital (SMCH) has been named one of the top 150 workplaces in Iowa by the Des Moines Register for the seventh time in eight years. The goal and desire of Stewart Memorial Community Hospital (SMCH) is to be the best place for patients to receive care, the best place for employees to work, and the best place for physicians to practice.

The Top 150 Workplaces are determined based solely on feedback from employee surveys. The list is based solely on employee feedback gathered through a third-party survey administered by research partner Energage, LLC (formerly WorkplaceDynamics), a leading provider of technology-based employee engagement tools. The anonymous survey measures several aspects of workplace culture, including alignment, execution, and connection, just to name a few.

“Top Workplaces is more than just recognition,” said Doug Claffey, CEO of Energage. “Our research shows organizations that earn the award attract better talent, experience lower turnover, and are better equipped to deliver bottom-line results. Their leaders prioritize and carefully craft a healthy workplace culture that supports employee engagement.”

“Becoming a Top Workplace isn’t something organizations can buy,” Claffey said. “It’s an achievement organizations have worked for and a distinction that gives them a competitive advantage. It’s a big deal.”

“Our employees are the heart of SMCH, and they are truly what makes us a Top Workplace. Each person’s job here is to care for our patients, and as an organization our job is to take care of our people. When an employee struggles because of a major life event you see our team at our very best, compassionate, caring, giving, and fully focused on helping them in anyway we can. This is a top workplace because we have people who come to work every single day to do what they are passionate about. People come to work here because of how we treat each other at all levels and the friendly feeling you get the second you enter our doors. Being a Top Workplace once or twice might be a coincidence, but not seven times; there is something different here,” comments Holly Espenhover, Chief People Officer at Stewart Memorial.

Cindy Carstens, Chief Executive Officer at SMCH says, “Being recognized as a Top Workplace has benefited SMCH in our ability to recruit new employees to our great team as well as retain current team members. As employment opportunities decrease and with the workforce shortage in key areas, this recognition will allow us to continue to attract top performers.”
Stewart Memorial Community Hospital Auxiliary Presents

Saturday, February 2, 2019
Doors open at 5:45 p.m.
Games begin at 7:00 p.m.
at Opportunity Living, Lake City, IA

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

Meal included. Cash bar available.
Tickets $25 each
Contact the Committee for more details:
Katie Smith (712) 464-4117
Jayne Wilhelm (712) 464-4183

Funds raised at SMCH Auxiliary’s Trivia Night will fulfill the Auxiliary’s pledge made three years ago to raise $200,000 for the Patient Centered Healing Environment project. The goal of the project is to make areas most used by patients in our clinics more comfortable, private and accessible. Please consider making a donation to this worthy cause.

YES, I want to help Stewart Memorial Community Hospital create a patient centered healing environment

ENCLOSED IS MY DONATION FOR $______________

SIGNATURE

PRINTED NAME

PHONE

EMAIL

RETURN TO: Katie Smith, Director of Development, SMCH,
P.O. Box 114, Lake City, IA 51449-0114
For questions, please call Katie at 712-464-4117

RECOGNITION LEVEL:
- Platinum – $2,500
- Diamond – $1,500
- Gold – $1,000
- Silver – $500
- Bronze – $250
- Patron – $100
- Friend – $50

ALL GIFTS WILL BE RECOGNIZED during the annual SMCH Trivia Night fund raiser on February 2, 2019.

NAME(S) AS IT SHOULD APPEAR IN THE RECOGNITION MATERIAL:

THANK YOU FOR YOUR SUPPORT!
**Stewart Memorial Community Hospital Auxiliary 2018-2019 Meeting Schedule**

**Tuesday, November 6, 9:30 am**  
“Healthy Cooking for Two” by Casey Wetter and Maurine Thieszen, SMCH Registered Dietitians

**Tuesday, December 4, 9:30 am**  
“Annual Christmas Tea”

**Tuesday, April 2, Noon**  
Volunteer Appreciation Luncheon  
Reservations required

**Tuesday, May 7, 9:30 am**  
“What’s New in the Nursery” by Jane Johnson

**Tuesday, June 25, 9:30 am**  
Summer Outing to Prairie Pedlar in Odebolt

*All meetings held in the SMCH Lower Level Conference Center*

---

**Loving Tree Angels**

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

If you wish to remember your loved one with an angel ornament, please mail this form, along with your $10 minimum donation, to Stewart Memorial Community Hospital, 1311 W. Main, Lake City, IA 51449.

**PLEASE PICK UP YOUR KEEPSAKE ANGEL AFTER CHRISTMAS.**

---

**Stewart Memorial Community Hospital Loving Tree**

**Number of Angels needed: ___________**

**Name(s) to be placed on ornament(s): __________________________**  
(please print clearly)  
______________________________________________________

**Donation given by: __________________________**  
(donor names will be listed in a notebook to be placed near the tree)

**Address: ______________________________________________**  
______________________________________________________

$10 donation payable to  
Stewart Memorial Community Hospital,  
1311 W. Main St.  
Lake City, IA 51449

---

**Auxiliary Event Schedule**

**Monday, November 12 and Tuesday, November 13:** Linen Sale

**Thursday, November 15:** Mingle Jingle

**Saturday, November 24:** Small Business Saturday

**Thursday, December 6 - Friday, December 7:**  
Chocolate, Candy & Snack Sale  
Thursday: 10:00 am - 7:00 pm  
Friday: 8:00 am - 1:00 pm

**Tuesday, December 11:** Cut-out Cookie and Puff Pastry Sale

**Saturday, February 2:** Trivia Night FUNdraiser
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.
  Josh Smith, D.O.

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

- **Ophthalmology**
  Steven Anderson, 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
  Emile McNace, LISW
  Karla Manternach, LISW
  Amy Riesberg, 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.

**Notice:** If you speak Spanish, you have access to free language assistance. Call 712-464-4203.

**Contact:** For 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, November 6, 9:30 am**

“Healthy Cooking for Two” by Casey Wetter and Maurine Thieszen, SMCH Registered Dietitians

**Tuesday, December 4, 9:30 am**

“Annual Christmas Tea”

**Exploring Health Cooking Class**

Tuesdays, November 20, November 27, December 4 and December 11, 4:30-5:30 pm
South Central Calhoun High School Family and Consumer Sciences Room
Cost: $26
RSVP: 712-464-4249 by November 16

**Lunch Connection**

Battling the Opioid Crisis
**Thursday, November 2**
SMCH Conference Center
RSVP: 712-464-4214 by October 25

**Oh Baby! Classes**

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

**Early Bird Classes**

**Wednesday, November 7,** 6:30 p.m.
**Wednesday, February 6,** 6:30 p.m.

**Pre-Natal Classes**

**Saturday, January 26,** 8:30 a.m.
**Saturday, April 13,** 8:30 a.m.

**Big Brother/Big Sister Classes**

**Wednesday, January 30,** 6:00 p.m.
**Wednesday, April 17,** 6:00 p.m.

**Follow us on Facebook**

at www.facebook.com/SMCHLakeCity

**We are now on Instagram. Follow us**

@stewart_memorial

**New Patients Always Welcome!**

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

- Danni Anderson, P.A.-C.
- Tonja Petersen-Anderson, ARNP-C
- Stephanie Bellcock, ARNP-C
- Sarah Crilly, CRNA
- Derek Duncan, D.O.

- Nancy Flink, P.A.-C.
- Megan Grodahl, P.A.-C.
- Susan Hornback, D.O.
- Jeremy Johnson, CRNA
- Barbara Weber, ARNP-C

- Mark Mogensen, P.A.-C.
- Adam Swisher, D.O.
- Margaret Vitiritto, D.O.