K.C. Feldbauer's pain wasn’t going away. While the 61-year-old Rockwell City resident didn’t let it slow him down, he thought he’d just have to adapt to it, that it was just part of the aging process.

In 2013, K.C. was working for the Iowa Department of Corrections when he injured his right leg. He tore his Achilles tendon and had a knee injury. Medical treatment involved surgery to repair the Achilles tendon and the meniscus in his knee. The meniscus is the cartilage that acts as a shock absorber between the shin bone and the thigh bone. Because K.C. had favored his right leg during that time, eventually both knees were damaged.

A second surgery, this time on his left knee, was performed in 2015 to repair the meniscus. That’s when he first met nurse anesthetist Sarah Crilly who administered anesthesia during that surgery.

Despite the surgeries, K.C. continued to experience pain in both knees. “I got a cortisone shot and that was good for six months. The second shot only lasted about a month. The third round was not effective at all,” he recalls. “My doctor prescribed pain medication. I can see how people can get addicted to it because it helps take away the pain, but I didn’t want to go down that path, so I stopped taking it. I learned to live with the pain.”

His son’s fiance, Joan Berg, a radiology technician who had worked with Sarah in the past, suggested K.C. seek her help. Joan told K.C. a nerve block might help until he was ready for joint replacement.

“I talked to Tonja Petersen-Anderson, my pri-
mary health provider at McCrary Rost Clinic in Rockwell City. She set up the appointment with Sarah,” K.C. recalls.

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. We go over imaging results and offer conservative treatment like injection therapy or recommend surgical intervention.”

Sarah determined K.C. was a candidate for genicular nerve ablation. During the minimally invasive procedure, she positioned three radiofrequency needles next to the genicular nerves in the knee using fluoroscopy, a type of medical imaging that shows a continuous x-ray image on a monitor. She then disabled the nerves via radio-waves so the brain no longer received pain signals. “With genicular nerve ablation, the patient is able to return to normal activity relatively quickly - within 24 to 48 hours,” explains Sarah. “It was an effective treatment for K.C. who was not yet ready for joint replacement.”

K.C. found instant relief from the procedure. “I got more than I was hoping for,” he says. “Before (the ablation) it was painful to walk. Now it’s nothing to do stairs.”

The procedure now allows him to make plans for improvements on his home that will require physical labor, “I’d like to concrete my driveway and re-build the box of a horse-drawn wagon on my property.” He also plans to do temp part-time work for the Iowa Prison Industries, supervising prisoners as they do welding fabrication and packaging tasks.

“Our goal in the Pain Solutions Clinic at SMCH is to improve the quality of the patient’s life,” says Sarah.

We Can Help

At Stewart Memorial, our advanced pain specialists combine advanced medical knowledge, technical expertise and compassion with understanding and determination to find solutions in the diagnosis and treatment of acute or chronic pain.

Conditions frequently treated:
- Chronic neck or low back pain
- Nerve pain/radiculopathy
- Degenerative or herniated discs
- Sciatica pain relief
- Arthritis pain
- Sacroiliac joint dysfunction
- Joint pain (knee, hip and shoulder)
- Shingle pain
- Rotator cuff pain

Types of injection therapy offered:
- Cervical/thoracic/lumbar epidurals
- Radiofrequency ablation
- Shoulder/knee/hip/ankle joint injections
- Facet/medial branch nerve blocks
- Genicular knee nerve ablation/blocks
- Trigger point muscle injections

Referral Required

If you are living with pain, talk to your primary medical provider about partnering with Stewart Memorial Community Hospital.
Stewart Memorial Community Hospital’s Foundation now accepts online donations
3 New Ways to Participate

1. Text to Give
   Step 1 Send a new text message to 41444
   Step 2 Text STEWART <space> pledge amount <space> your name
   Step 3 Click the link in the reply message to fulfill your pledge

2. Stewart Memorial Community Hospital Facebook Page
   - Log on to Facebook at www.facebook.com
   - Type “Stewart Memorial Community Hospital” into the search bar
   - Click on our page
   - Click the “donate” button highlighted in blue to be transferred to our secure form

3. Stewart Memorial Community Hospital Website
   - Go to the SMCH website at https://www.stewartmemorial.org
   - Click the “Donate Today” button highlighted in red to be transferred to our secure form
Adding a new baby to the family increases the joy but brings its own set of challenges. For new moms Lydia Larson and Laura Roberts, the delivery of their babies brought physical predicaments as well.

Lydia, a human resources generalist at Stewart Memorial Community Hospital, was a busy mom of toddler A.J. when she delivered Abel on July 18, 2018. Lydia says her labor and delivery experience was phenomenal. Having delivered A.J. at an urban hospital, she admits she was a little nervous about having her second child in a more rural setting. Lydia says, “I didn’t know if we’d receive the level of care we’d gotten before. Honestly, our experience at SMCH was even better. Everyone was so calm and did their jobs so professionally. Every labor is different. A.J.’s delivery two years ago was more difficult and caused some tearing. With Abel, I didn’t need any stitches.”

Laura, an OB nurse at Stewart Memorial Community Hospital, delivered her son, Jonah, on July 23, 2018. While her labor was lengthy, the delivery was rapid. “After only three pushes, Jonah was delivered. The fast delivery caused tearing and required stitches,” she says.

After healing from the births, both moms experienced urinary leakage. “When I started running again, I noticed involuntary leaking,” says Laura, “and when I coughed or sneezed.”

Lydia agrees, “About a year after I had A.J., I visited my sister and jumped on her trampoline and wet my pants. My mom told me that happens to all women after they’ve had a baby. So I thought it was normal, and I’d have to live with it.”

During a visit to the Rehab Services department where Lydia’s husband, Luke, and Laura’s husband, Branden, are physical therapists, Lydia mentioned the issue to physical therapist Ann Riat, who told her it wasn’t normal and help was available.

“Branden encouraged me to see Ann even before Jonah’s birth,” comments Laura, “He knows how good a job Ann does with her patients.”

When the women discussed their condition with their medical providers, each were given a referral to see Ann who 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.

The initial appointment involved lots of discussion and education about how the female body works. Lydia recalls Ann testing her pelvic floor muscle strength both manually and using biofeed-
back. 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. “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.

Laura’s visits with Ann were effective. “Ann was extremely professional and knowledgeable. She made me comfortable right away. She’s very honest and willing to expand her own knowledge through research and classes.”

Lydia comments, “I think it would be very beneficial for all expectant mothers to at least meet with Ann and be educated on what’s normal for their bodies.”

“Teaching expectant mothers to contract and relax their pelvic floor correctly is helpful to reduce incontinence during pregnancy and prepare the pelvic floor for delivery. There are also steps a woman can take to reduce the likelihood of a tear or need for episiotomy. Physical therapists can also help with exercise recommendations, body mechanics training and Cesarean scar management to help you feel your best,” says Ann.

For more information about women’s health services at Stewart Memorial Community Hospital, call 712-464-4244.

We Love Babies!
The birth of a child is a treasured memory and we are honored that our staff have chosen our healthcare team to be a part of their special experience. Knowing the knowledge and compassion of our team of physicians, physician assistants and nurse practitioners helped them choose Stewart Memorial Community Hospital for the most important event of their lives.
Seven rounds of questions like, “How many feet of wire does it take to make a Slinky?” and “How many sides does a dodecagon have?” and “What’s the former name of the Hoover Dam?” had over 240 people laughing and shrugging at the 6th annual Stewart Memorial Community Hospital Auxiliary Trivia Night fundraiser on February 2nd.

Out of the 28 teams that attended, Team Trivial Pursuit, hosted by Wade Voith, took the honors, scoring 58 out of a possible 80 points. 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 Trivia Night fundraiser has helped us to reach our goal for the final year, year three, of our Patient Centered Healing Environment project. The main focus of this project is to update our clinics to meet ADA requirements. Upon completion of the project, all patients will experience ease of access and comfort when receiving care at any of our four clinic locations,” says Katie Smith, director of marketing, development, and volunteers at SMCH. Brad “Big Daddy” Addison served as the Quiz Master, adding fun and humor to the night’s festivities.

Teams participated in three rounds of traditional trivia questions along with special rounds like “The Eyes Have It” where they identified the celebrity from a close-up of his or her eyes. During “Set the Scene” teams named the TV show or movie from the iconic scene pictured. Teams then determined the legitimacy of each “Fake News” entry. “Name That Tune” round was a big hit, ending with “Baby Shark” and several audience members doing the actions to the children’s song. Teams also earned points by decorating their tables and dressing according to their theme. Organizers of the event, SMCH Auxiliary members Marie Schwarm, Joyce Schleisman, Kathy Baker, Jean Blum, Mary Sporleder, Toni Kerns, Katie Smith, Jayne Wilhelm, and Jennifer Snyder were pleased to see a lot of team spirit.

The combination of ticket sales, live and silent auctions of donated items, and sponsors helped the hospital raise $74,694.33, which is an increase of 20% over 2018. “Thanks to the support of our donors, sponsors, and participants, we were able to reach our fundraising goal for the Patient Centered Healing Environment project. Every single donation is so appreciated, and we cannot thank everyone enough for their support,” says Smith.

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 so fortunate to have such strong support from the communities we serve. Thanks to our donors, sponsors, participants, volunteers, and team at SMCH we were able to break our record from last year and make this a fun and enjoyable evening for all!” says Smith. Photos from the event can be found on the hospital’s facebook page at www.facebook.com/SMCHLakeCity.

Team Trivia Pursuit were the winners of the 6th annual Trivial Night (left to right): Malory Klocke, Lynne Gentry, Dave Dawson, Karie Knouf, Wade Voith, Elaine Lietz, Stacey Bartels, and Shelle Kent.

The second place Team Gnomes It All vow to return in 2020 to seek the top score (left to right) Tammie Riedell, Rob Germann, Francis Riedell, Brett Grosely, Lynn Grosely, Joe Henkelman, Cindy Germann, Michele Henkelman.
Recognizing Our Trivia Night Donors

Platinum
- Chet Johnson Financial Strategies Group
- Iowa Savings Bank Charitable Foundation
- Macke Motors
- SMCH Heartstrings Gift Shoppe

Diamond
- Agents, Inc.
- Alan and Cindy Carstens
- Dr. Jon and Rachel Judisch
- Mid Iowa Irrigation of Lake City - Renee Staat - Glenda Gentry
- Rockwell City Rotary Club
- Shady Oaks Care Center
- United Bank of Iowa - Lake City
- Rockwell City, Lohrville

Gold
- Alpha Media - Fort Dodge
- Baird Holm Attorneys at Law
- Carroll Broadcasting Company
- CMBA Architects
- Phil Fanning
- Nancy Fink
- Graham Construction Company
- The Hauge Group - Charlie Cole
- Jim and Kathy Knauss
- Seim Johnson
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Silver
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- Regional Laboratory Consultants, P.C.
- Renaissance Group, Inc.
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- Kerri & Steve Shipley
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- Jennifer Snyder
- Western Iowa Surgery

Bronze
- Big Daddy Entertainment
- Auburn Feed Center
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- Bruning Oil Co., Dean and Bev Bruning
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Larry and Jody Kalkwarf
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- Kiana & Nate Lamphier
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- George and Tonja Petersen-Anderson
- Mary M. Pratt
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- Webster-Calhoun Cooperative Telephone Association
- Jayne Wilhelm

Mike Anderson - Decker & Co. Real Estate
- Roger & Lou Blanchfield
- Robert and Sara Block
- Breda Feed & Grain, Inc.
- Carroll Glass Company, Inc.
- Phillip & Carol Eichorn
- Farm & Town Insurance, Gowerie
- Christi Fredericks
- Gemberling Excavation, Inc.
- Graphic Edge
- Don Griffin
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- Paul & Rita Kail
- Jeff Kruse
- Bart & Jan McNeil
- Brock & Liz Meyer
- Mid-Iowa Publishing
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- Judy Wilson
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- Virgil Pettit
- Kevin Reiter
- Representative Mike Sexton & Becky Sexton
- Unity Point at Home
- Troy & Denise Whipkey

209 Main
- Arby's
- Brothers on Main, Carroll
- Burger King
- Capri Theatre, Lake City
- Carrollton Inn, Carroll
- Casesys
- Cielito Lindo Mexican Restaurant, Lake City
- Culvers, Carroll
- Fareway, Carroll
- Gabby's, Rockwell City
- Godfathers, Carroll
- Granny B's, Sac City
- Happy Dining
- Happy Eats
- Happy Guy
- Hvy 30 Motors
- HyVee
- Jalisco, Carroll
- Jimmy Johns, Carroll
- Kathy's Korner, Lake View
- Kwik Star, Fort Dodge
- Lake City Drive In
- Lauts, Fort Dodge
- Las Margaritas, Glidden
- Lefti's, Fort Dodge
- Lohrville Locker
- Lucky Pig
- McDonalds
- MC's Cafe, Carroll
- MC's Country Cash, Carroll
- Napoli's
- Olde Boston, Fort Dodge
- Peking Garden, Fort Dodge
- Pizza Hut, Carroll
- Pizza Ranch, Carroll
- Pizza Ranch, Fort Dodge
- Rancho Grande, Carroll
- Sinclair
- Stewart Memorial Community Hospital Gift Shoppe
- Kay Stevens Custom Designs
- Subway
- Sweet Things
- Tasty Greek, Carroll
- Wagon Wheel, Lake City

Walmart
- Yard and Garden

Silent Auction Basket Donors
- Bill Albright
- Anderson Shoe Store
- Auen Distributing
- Kevin and Joanne Bean
- Black Bison
- Blackhawk Marine
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- Jean & Jerry Blum
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- Breda Bar and Grill
- Brown Shoe Fit
- Buffalo Wild Wings
- Carroll Brewery
- Carroll County Club
- Carroll Municipal Golf Course
- Carrollton Inn
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- Cindy & Alan Carstens
- Charlie's
- Cielito Lindo Mexican Restaurant, Clayton Creations
- Community Pharmacy Lake City
- Community Pharmacy Lake View
- Community Pharmacy Rockwell City
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- Kathy's Korner
- Kirkberg Connections
- Kwik Star
- Lake City Country Club
- Lake City Drive-In
- Lake City Flowers
- Sherry Lampe
- Las Flores
- Lincoln Pharmacy
- Little Green Truck Coffee Company, Ellen Frank
- Brett & Mary Ludwig
- Jim and Linda Luhring
- Lych's
- Amanda Lynch Color Street Nails
- McCrory Rost Clinic, Gowrie
- McCrory Rost Clinic Lake City - Business Office
- McCrory Rost Clinic Lake View
- McCrory Rost Clinic Pod B
- McCrory Rost Clinic Pod C
- McCrory Rost Clinic Rockwell City
- Molly and You
- Opportunity Living
- Peg's Hair Design
- Physical Therapy Rockwell City
- Queen Beans
- Real Deals
- Susie and Daryl Reiling
- River Hops Brewing
- Rustic River Winery
- Schanmel Construction / The Schanmel Signature
- Jerry and Joyce Schleisman
- Amy Schumacher
- Shiny Top Brewing
- Sinclair
- Smart Moves Iowa Realty, Linda Rath
- SMCH Nutrition Services
- SMCH Finance Department
- SMCH Foundation Board
- SMCH Housekeeping Department
- SMCH Human Resources
- SMCH Night Shift
- SMCH Radiology Department
- Smith Racing
- Katie Smith
- Sneakers
- Jennifer Snyder
- Sommerfeld Outfitters
- Special Moments
- Sports Page
- Spring Lake Golf Course
- Stewart Memorial Community Hospital
- Sweet Honeymoon Winery
- Sweet Things
- Tanner Metal Works
- Thistle Down Nursery
- Total Body Works
- Touch of Country
- Trophies Plus
- True Value Hardware
- Twin Lakes Golf
- University of Iowa
- Uptown Sporting Goods
- Wagon Wheel
- We The Dreamerz
- Wild Rose Casino
- Lisa Wiederin
- Wightman Group
- Jayne Wilhelm
- Mark Wilkins
- Wooden Oar
- Wooden Shear
Exploring Healthy Cooking 2019
Classes Offered by SMCH

WHEN: 4:30 - 5:30 pm, Thursdays, April 11, 18, 25 and May 2

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

COST: $26 for the series to cover food costs

TOPICS: Healthy Low Carb, Frugal Food, Satisfy the Sweet Tooth

With demonstrations and hands-on preparations, 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.

This Is Home
a one day event for residents to join hands in support of HOME

Saturday, April 27, 2019
8 am - 4 pm
(mark your calendar, more details to come)
For ongoing information regarding This Is Home like our Facebook page at www.facebook.com/events/963578823832469/

Sign up online or at Lake City city hall
Residents to apply at https://goo.gl/forms/xsGUAhYAdD1BowAt1
Volunteers to help neighbors improve their outdoor space at https://goo.gl/forms/PjSk5XH7u5NonpOE3
Local Businesses to contribute supplies/equipment at https://goo.gl/forms/QfVHjp3VbcPVKeMT2
Sponsors to donate funds in support of the projects at https://goo.gl/forms/QfVHjp3VbcPVKeMT2
Stewart Memorial Community Hospital Auxiliary

GERANIUM SALE

Name _____________________________________________ Phone _____________________________________
Address ___________________________________________ City _______________________________________
State ________________ Zip __________________ Email _____________________________________________

______ Annual membership $5  ____ Lifetime Membership $100

See back of card for many opportunities our Auxiliary offers!

Order Deadline: Thursday, April 25th
Pick up date: Thursday, May 2nd 1:00-5:00 pm at the Hospital Main Entrance

Mother’s Day May 12th

How 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
   Orders may be placed through April 25th.

Order Total $ _____________
Paid: Check _________
       Cash _________

Red

Violet

Salmon

Light Pink

______ 4” pot—$4.50
______ 8” pot—$15.25
______ 12” pot—$37.50

______ 4” pot—$4.50
______ 8” pot—$15.25
______ 12” pot—$37.50

______ 4” pot—$4.50
______ 8” pot—$15.25
______ 12” pot—$37.50

______ 4” pot—$4.50
______ 8” pot—$15.25
______ 12” pot—$37.50

Clip and Return
Stewart Memorial Community Hospital Embarks on Expansion Project

Stewart Memorial Community Hospital (SMCH) is entering a building and renovation project that will expand patient care areas at the Lake City hospital. Areas most impacted will be the emergency department, rehab services, cardiac rehab, business office, and respiratory therapy to address patient needs for privacy, security, safety and efficiency. In the past two years, SMCH has seen a 21% increase in patient visits to rehab services that include physical, occupational and speech therapy. Outpatient services, including cardiac rehab and respiratory therapy, has seen an increase of 18% since 2015. “We plan to expand and renovate our hospital to enhance the overall patient experience, broaden available healthcare services close to home, recruit and retain the best medical staff, and be a catalyst for economic development in the county, specifically through expanding our ER and Rehabilitation Services departments and providing patients with the care and privacy they deserve,” says Cindy Carstens, CEO.

The projected $31 million project will create private exam and treatment rooms in the emergency room and rehab department. The ER will be moved

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.
closer to the patient wing, increasing availability and efficiency for nursing staff. A new helicopter landing area will be placed in a restricted area and emergency traffic will flow separately from main traffic flow. Separate hallways for public and private use will be created to ensure patient privacy. The majority of the funding for the project will be provided by USDA financing. Remaining dollars will come from local bank financing and community support.

Working with the architects for the expansion, staff members from rehab services, cardiac rehab, housekeeping, respiratory therapy, the business office, and maintenance spent five days at Western Iowa Soft Water, formerly Celebrations to Go, in Lake City as part of the P3 process (Planning, Packaging, Perfecting) the architectural firm of CMBA utilizes during the design portion of the process. CMBA provided the initial drawings for the expansion as a springboard. The group split into 3 teams to design work areas best for patients and staff. Coming together, the group was then able to determine the best plan.

Architect Patrick Leahy explained the benefit of the week-long process, “Involving staff in the process ensures rooms have the right size for their function. Outlets, cabinets, equipment and shelving are put in the correct place meaning fewer change orders later on. Situational simulations are conducted to test the design multiple times, then the architectural drawings are changed.” He said three to four months of work are squeezed into one intense week.

Using cardboard, tape and ingenuity, staff then built models of several rooms to get a feel for the proper size and placement of equipment. “Building the models speeds up the design and implementation process,” says Carstens.

Members of the group found much value in the process. “It worked well to help visualize the areas. Seeing them built helped us recognize how a patient with mobility issues, such as a wheelchair, might be able to use the facility. So we included lowered and raised counters at the registration desks,” explains Shirley Naughton, housekeeping supervisor at SMCH.

An open house was held on Wednesday, January 23 and February 6 for the public to attend and view the models and the updated floor plan for the expansion. Carstens comments, “Today, we stand in a unique position to continue this extraordinary vision and ensure that our communities have local access to quality health care well into the future. A vibrant medical community is crucial for the growth of our communities and the quality of life of our residents both young and old.”
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.

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

- **Ophthalmology**
  Steven Anderson, M.D.

- **Orthopaedics**
  Steven Meyer, M.D., F.A.A.O.S.
  Benjamin Bissell, M.D., F.A.A.O.S.

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

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

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

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

**Outpatient Clinics at Stewart Memorial Community Hospital**

**Stewart Memorial Community Hospital Calendar of Events**

**Oh Baby! Classes**
To register, call 712-464-3171, ext. 6243.

- **Early Bird Classes**
  **Wednesday, May 8**, 6:30 p.m.
  **Wednesday, August 14**, 6:30 p.m.
  **Wednesday, November 6**, 6:30 p.m.

- **Pre-Natal Classes**
  **Saturday, April 13**, 8:30 a.m.
  **Saturday, July 27**, 8:30 a.m.
  **Saturday, October 19**, 8:30 a.m.

- **Big Brother/Big Sister Classes**
  **Wednesday, April 17**, 6:00 p.m.
  **Wednesday, July 31**, 6:00 p.m.
  **Wednesday, October 23**, 6:00 p.m.

**Exploring Healthy Cooking 2019**
This new series meets at South Central Calhoun High School Family & Consumer Sciences Room. Cost is $26 for the series. Call Maurine Thieszen at 712-464-4249 by April 9th to save your spot.

- **Thursday, April 11**, 4:30-5:30 p.m.
- **Thursday, April 18**, 4:30-5:30 p.m.
- **Thursday, April 25**, 4:30-5:30 p.m.
- **Thursday, May 2**, 4:30-5:30 p.m.

**New Patients Always Welcome!**
Health care providers at Stewart Memorial Community Hospital and McCrary-Rost Clinics

- Danni Anderson, P.A.-C.
- Tonya Peterson-Anderson, ARNP-C
- Stephanie Bellcock, ARNP-C
- Sarah Crilly, CRNA
- Derek Duncan, D.O.
- Nancy Flink, P.A.-C.
- Megan Grodahl, P.A.-C.
- Adam Swisher, D.O.
- Margaret Vitiritto, D.O.
- Barbara Weber, ARNP-C
- Mark Mogensen, P.A.-C.
- Susan Hornback, D.O.
- Jeffrey Johnson, CRNA